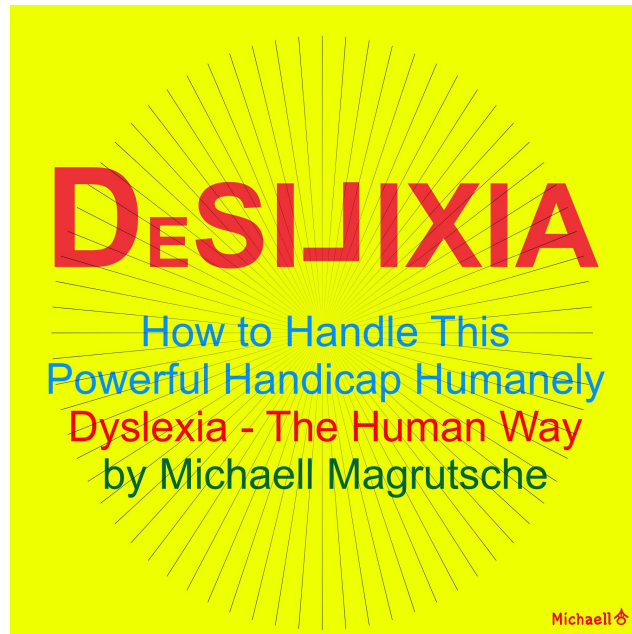


DYSLEXIA (Big Cousin of ADHD) A BLESSING OR A CURSE?

by Michael Magrutsche



After Mas Sajady was open to start some research on Dyslexia, I went through my initial post of January 24, 2022 and added all the info that I collected including my experiences and notes from a dyslexia journal I compiled in the last 8 years. I added parts of articles of celebrity-dyslexics that somehow found a way to function in systems to create a master document for human self-education and research.

To give you a feeling of what Dyslexics have to sort out to get through the day, this doc is very detailed because Dyslexia is so comprehensive. I think dyslexia can not be solved by knowledge but by sensing our way through.

The chore message of dyslexia in society: Being myself is not okay. I could only connect to other human beings through creativity and art because systems did not know what to do with me.

If you discover anything I missed, please let me know.

We humans outside and inside of systems are overdue to dive deeper into this extremely strong handicap of humanity.

Four dead-end kids according to systems. One was spanked by his teachers for bad grades and a poor attitude, and dropped out of school at 16. Another failed remedial English and came perilously close to flunking out of college. The third feared he'd never make it through school - and might not have without a tutor. The last finally learned to read in third grade, devouring Marvel comics, whose pictures provided clues to help him untangle the words.

Dyslexics mostly observe themselves in the context of being wrong or failing because they can't do mundane things others do and the world says mostly differently of what they perceive.

These four losers are, respectively, Richard Branson, Charles Schwab, John Chambers, and David Boies. Billionaire Richard Branson developed one of Britain's top brands with Virgin Records and Virgin Atlantic Airways. Charles Schwab virtually created the discount brokerage business. Chambers is CEO of Cisco. David Boies is a celebrated trial attorney, best known as the guy who beat Microsoft. Konko's founder Paul Orfalea. Other famous dyslexics are Albert Einstein, who was thought till 4 or 5 he was slow or mentally handicapped because he did not respond immediately like other children.

"It is a disability in learning," says David Boies. "It is not an intelligence disability. It doesn't mean you can't think." He's right. Dyslexia has nothing to do with IQ; many smart, accomplished people have it, all unique personalities are **Winston Churchill, John F Kennedy, George Washington & George W Bush, Tom Cruise, Leonardo Da Vinci, Walt Disney, Jim Carrey, John Lennon, Steven Spielberg, Pablo Picasso, including Sally Shaywitz,** a leading dyslexia neuroscientist at Yale, believes the disorder can carry surprising talents along with its well-known disadvantages.

The dyslexics, take longer to comprehend, are often late-bloomers, have astigmatism (distorted eyesight.) Dyslexic (Google 5-17 % of population) either can't achieve enough or their abilities are misunderstood by society (perhaps it is caused on a frequency level ?)

System navigation is a nightmare. Thus I don't comprehend money, success navigating systems. Human connection is key to recognize normalcy in themselves. I am an alpha/leader with people. In systems, I function like a broken beta or okay gamma because humans tend to hide behind systems to get their way.

Advantages: "Dyslexics are overrepresented in the top ranks of people who are unusually insightful, who bring a new perspective, who think out of the box," says Sally Shaywitz. She is co-director of the Center for Learning and Attention at Yale, along with her husband, Dr. Bennett Shaywitz, a professor of pediatrics and neurology.

The Dyslexic Experience Growing Up. Usually dyslexia is lifelong, and no case is the same: It alternates in intensity. Sometimes I function normally or even better than normal, the next time it feels like I am out of my body and my head and speech is not functioning.

The shifting of perception/realities makes the dyslexic so vulnerable.

Since working with my breathing, I learned from Patrick McKeown of <https://buteykoclinic.com/> and the healthy sugarless Keto diet from Dr. Eric Berg <https://www.drberg.com/> my nervous system is stronger and I am more grounded that helps my dyslexia.

Dyslexics don't outgrow their problems -reading and writing usually remain hard work for life, but with patient teaching and deft tutoring, they do learn to manage.

Absent that, dyslexia can snuff out dreams at an early age, as children lose their way in school, then lose their self-esteem and drive. "The prisons are filled with kids who can't read," says Caperton. "I suspect a lot of them have learning disabilities."

Diane Swonk, chief economist of Bank One, for 16 years is still wondering whether she should turn right or left for her Chicago train and which way to turn when she leaves the office elevator.

"I'm not in the consensus a lot. In fact, being in the consensus makes me really uneasy." She can't dial telephone numbers. She has a hard time with arithmetic, reversing and transposing numbers. Because your functioning is so convoluted you self doubt which creates insecurity and ultimately low self worth.

Dyslexia Fosters Artificial Loneliness to Our inner Herd animal. That's why human contact and genuine encouragement make superheroes of dyslexics. Unlike with other systems any confirmation, when humans confirm that they are having a similar experience (relating) it resonates tremendously and has an immediate impact of me being okay, feeling not like the ugly duckling but being a part of the human tribe- the herd animal that we are.

Dyslexia is a crucible, particularly in a high-pressure society that allows so little room for late bloomers. "People are either defeated by it or they become much more tenacious," In his unpublished autobiography, Kinko's founder Paul Orfalea says that to a dyslexic, a sentence is worse than Egyptian hieroglyphics. You're always turning into blind alleys and ending up on the wrong side of town."

He finally graduated, but not before being "invited to leave ... practically every high school in Los Angeles." One principal counseled his mother to enroll him in trade school, suggesting that Paul Orfalea could become a carpet layer. His mother tearfully told her husband, "I just know he can do more than lay carpet."

Orfalea's parents, both doctors, claim they never once doubted his abilities, even though "I absolutely did." His parents' faith in his abilities was very important to him.

Charles Schwab was very strong in math, science, and sports (especially golf), which helped him get into Stanford. But anything involving English "was a disconnect." He couldn't write quickly enough to capture his thoughts. He couldn't listen to a lecture and take legible notes. He couldn't memorize four words in a row. He doesn't think he ever read a novel all the way through in high school.

He was within one unit of flunking out of Stanford his freshman year. "God, I must just be really dumb in this stuff," he used to tell himself. "It was so horrible that Charles Schwab and his wife, Helen, created a foundation to help parents of children with learning disorders.

Dyslexics have a much longer learning curve because they have to listen to the writing. I think a thought, dictate it in a voice recorder, typing it, come back and finish my thought in writing. Writing books helped me a lot. Once written down I have a deeper knowledge and wisdom about the subject. I have never met someone that has a deeper knowledge about art/creativity as an inherent human superpower outside systems.

The Upside and Downside of Dyslexia: One of the things dyslexics do is learn to get the big picture, to grasp things very quickly rather than seeing the itty-bitty part," says Sally Shaywitz. "They have no choice. It's a survival skill.

Dyslexics have to develop a distinctly different way of processing information that gives them an edge in a volatile, fast-moving world. It helps dyslexics to involve spatial skills and what also works is to go a bit slower...."

If you could survive childhood, dyslexia was a pretty good business boot camp.

It fostered risk taking, problem solving, and resilience. And we dyslexics do different things without blinking an eye."

Dyslexics learn humility and how to get along with others. It's probably no accident that Kinko's, Cisco, and Charles Schwab have all been on FORTUNE's list of the best places to work. "I never put people down, because I know what that feels like," says Richard Branson, who seldom asks for a resume either, "because I haven't got one myself."

"Schools reward well-- roundedness," "Forget spelling. Use computers," says William Dreyer of Caltech. I use computers, iPads and mobile phones to read me my emails, text and anything longer than a paragraph and/or needs to be comprehended. Self-awareness that conditions Dyslexics to understand other humans was a top predictor of success of dyslexic.

David Boies turned dyslexic deficits into advantages. It's like having CAD [computer-aided design] in your brain. I bet these other guys see business in 3-D too. I bet they see graphs and charts of how trends will unfold."

Richard Branson's mind goes blank at the most inopportune times, he writes important things-like names-in black ink on the back of his hand. He won't use a computer. He's terrible at math.

Until recently, Branson confesses, he was still confusing gross profit with net profit. He'd been faking it, but not too well. One of his board members finally pulled him aside to give him a mnemonic, or memory aid, which often comes in handy for dyslexics. Pretend you're fishing, the board member said. Net is all the fish in your net at the end of the year. Gross is that plus everything that got away. I now know, a piece of cake and peace is the opposite of war, but I still mix up Hearst and Hirst.

How Dealing with Computers and Dyslexia: "I was a closet bad reader ... I never showed anybody my handwriting until I was in my 40s." Sir Richard Brenson.

I can not read my handwriting either but even when typing I screw up.

I think about the paragraph clearly, type it in (right), reread it and change it (to false.) 2 days later, dyslexics look at the paragraph and recognize that it was right the first time. This process gets one confused/insecure because every time you do the work the brain says it is right.

I mostly type, then run my writings through one or two correction programs and read it, letting the computer read it at least 2 times before I send off the post. I always ask myself: would others understand what I am expressing? Very affording.

There is a difference between knowledge and the means (wisdom) of acquiring knowledge." Seeing the big picture early on may be the dyslexic's best shortcut: David Boies says he always, always is looking at the big picture, at how the story will end.

John Chambers prefers voicemail to e-mail because "it's so much easier for me to understand and visualize by hearing." Roles flourished in law school (Yale, Magna Cum Laude) in part because he could learn by listening.

Symptoms that make you doubt yourself: Many say they almost always have to redial phone numbers, often more than once, misspell emails or forget their social security numbers and passwords the more often they have to use them. You reread your emails 4 times to comprehend their meaning or before you sent them to clear all the mistakes and mispronunciations.

Diane Swonk rechecks her calculations five times. Dyslexia made me not attracted to a lot of people, no women because it is too hard to talk about nebulous system things.

Craig McCaw says dyslexics need a translator "who can take that conceptual or intuitive idea and get it into a form that's usable." Because he's more conceptual than analytical, he needs someone who can communicate with people who are the opposite.

Medical Dyslexic Assessment: Possible clues to the differences between A-students and dyslexics can be seen under a microscope at the Beth Israel Deaconess Medical Center in Boston.

Some of the most interesting research on dyslexia occurs at the Shaywitzes' Yale center. In Glen Rosen's Harvard lab, a slide shows how dark clouds of neurons have strayed from their normal path, probably during fetal development, and ended up in tiny clumps called ectopias (ectopia is Greek for "out of place"). Dyslexic often have to look up words 2 or 3 times, later forget the correct spelling or usage because the brain sees and speaks it right, but it is wrong which the computer usually detects..

Rosen, an associate professor of neurology, theorizes that the wandering neuron causes a "cascade of connectional differences" in brain wiring. Because the ectopias prevent some nerve fibers from going where they should, they migrate at random, wiring regions of the brain not normally connected.

Scientists believe this might explain why no two dyslexics are alike and why one, like Richard Branson, might be terrible at math but a good writer, and why another, like Charles Schwab, might be quite the opposite.

Researchers used to think that many more boys than girls were dyslexic. (Schools were identifying four times as many boys as girls decades ago.) But an ongoing study at Yale of 400 Connecticut children indicates that the numbers are about equal.

Nutritional Influences: too much sugar/carbs , Lack of B vitamins, especially fat soluble B1 benfotiamine and candida all amplify Dyslexia symptoms. See Dr. Berg recommendations on ADHD <https://www.youtube.com/watch?v=kHiqo4jQoxQ>

SPEAKING, READING & LANGUAGES: I am fluent in two languages and sometimes I can switch on the fly, while next time I get lost in one of the languages in which a series of the correct words don't come.

When stressed it feels like dyslexia affects my speech and language center in my brain and I start to stutter. I studied French for 5 years in college and I watch at least 2 French films a month, but without subtitles I am completely lost.

MRI at the Yale lab has shed new light on how the brain works, bolstering the belief that dyslexics have difficulty decoding the smallest meaningful segments of language, called phonemes. (The word "cat" has three phonemes: kuh, aah, and tuh.)

When dyslexic subjects are asked to sound out words, MRI technology, by measuring blood flow, shows relatively less activity in the back of the brain and more activity in the front. In good readers, most of the activity occurs in the back of the brain.

Despite all the unknowns, dyslexia is clearly better understood and treated

today than it was a generation ago. Yet in a high-pressure society where straight As and high test scores count for so much, the disorder still carries a heavy penalty.

David Boies says nothing has been harder for him than watching the struggles of two of his own children who are dyslexic. "It is awful. Awful. The most difficult thing I've ever done," he says. One of the boys is in high school. The other graduated from Hamilton College Summa Cum Laude and from Yale Law School--despite childhood testing, recalls David Boies that "was not very optimistic in terms of what he would be able to accomplish."

David Boies wishes that society allowed more room and more time for late bloomers. "In this environment," he says, "you get children who think they are masters of the universe, and children who think they are failures, when they're 10 years old.

They're both wrong. And neither is well served by that misconception." Where would we be, after all, if the bar had been set so high that none of these guys-not Charles Schwab, not John Chambers, not David Boies, not Richard Branson, not William Dreyer, not Craig McCaw-could have cleared it?

DYSLEXIA HELP IN SCHOOLS: During human development stress is devastating for dyslexics. With encouragement and understanding dyslexia can become a superpower of seeing context and complicated problems. Montessori and Waldorf as schools, are best known for kids with system handicaps. I confirm Mas Sajady's thesis, outside systems, Dyslexia, can be a superpower to comprehend context, but function inside of systems is still very challenging.

One superpower to help Dyslexics self-shaming is honest encouragement and believing in other humans.

<https://www.facebook.com/watch/?v=529621368360620>

OBSERVATIONS FORM MY DYSLEXIA IN ACTION:

While focusing on my breathing to be out of my mind, in my body. While I do alternate nostril breathing I realized, I went out of sequence. I did it physically right but then corrected my breathing according to my faulty perception of left and right.

I only realized this because I really didn't mess up physically I perceived that I mentally screwed up. I focused on the breathing and still with all the focus I just was observing what happened and suddenly my mind jolted/falsely realizing I unconsciously switched, but I did not - I observed it and I realized it was correct. Experiences like this create self-doubt.

Dyslexia feels so often that physical experience is another physicality but only mentally like a real dream. Time space shift or it could have been two realities that I shifted between.

DIET IMPACT ON DYSLEXIA: obviously always has an impact on the physical but it is definitely not the cause, dyslexia symptoms seem to randomly show up no matter what you stuff in your mouth. I quote Jenn Falchi from (telegram) "There could be many reasons. I have seen dyslexia resolve once the trauma held in the cells of the body is released and the left and right sides of the brain can speak to each other again."

In my opinion, Dyslexia is a stronger version of ADHD that got somehow locked into me through conditioning or trauma.

DYSLEXIA CAN BE AN ABILITY :

Dyslexics feel they have strong intuition but dyslexia's symptoms make it hard to apply it within the physical. Because of these symptoms, dyslexics grow first self-doubt then low self-esteem then self-worth, resulting in perpetual self-shaming. In confrontations with others it must be me that is at fault. Because their physical reality does not fit with other humans' perceptions.

Even during the recent 7 years I keep realizing that I intuitively self shamed myself because I could not get the results that he claims others get. This is why dyslexics doubt or not allow their gifts. If it is a handicap because it is not „normal,“ if it is a human ability that is misunderstood let's make it the superpower that dyslexia can be and raise our human potential. Because treating it as a mistake would be like taking out an appendix or tonsils or gallbladder in which humans always confirm that the human and its body are flawed.

I confirm that dyslexics see themselves with their reality like one would look in a mirror. Dyslexics have to be hypersensitive to change everything around to end up being parallel aligned to physical reality comprehend and survive physicalness. To understand how physicalness works, dyslexics work extra hard and disciplined on every level, just to get by. For many dyslexics living is more about surviving than for non-dyslexics.

Mas: Dyslexics have the ability to see context better than anyone. That is absolutely true. When the dyslexic sees this clarity of context, they have to be aware that their world doesn't see it like this (yet.) Be careful to not to disregard what you observe as another dyslexic symptom of seeing reversed or distorted. Since then I confirm that this is correct and it still is.

DYSLEXIA PATTERNS OF DYSLEXICS:

Many turn into A-personalities because of the feeling of running out of time (away from death/dying.) There seems to also be issues with the dead.

Mas: Dyslexics are hypersensitive. They somehow perceive their reality like flipped in a mirror. They take on other energies or dead energies. Do spatial

referencing from your upper chest inanimate object to push your reality/people out, not sucking it/them in.

I think because they are confused and to make sense they have to heighten/hone their senses to survive. That's why I relate to humans but can't understand, especially system navigators.

DYSLEXIA QUESTIONS TO BE ANSWERED: Society programs you with its “TRUTHs”, when it gets too intense for you, you abandon your inert tool of intuition and observing. Something happens in your brain like a switch and you distort your observations. To survive in this reality, you decide to switch or distort. You keep bending your observations, which turns into dyslexia.

From what we know today, there could be plenty of reasons to cause (and affect) dyslexia as good or bad.

I wondered if dyslexia could happen during the time of growing up, the first seven years?

Or, are you born with dyslexia like a brain defect? Or is it trauma related?

From the resolve of releasing trauma, held in the cells of the body, the left and right sides of the brain can't speak to each other again.

How important are sugar Free diets, Breathing, and human encouragement?

Is Dyslexia your own decision/result of what society re-programs you to be against your intuition and fit better into system dynamics?

Is Dyslexia a system created (in the physical like human trauma) or a special distortion or a distortion that hides an ability?

How should we dyslexics (10% of population) do this XI dyslexia group?

How can dyslexics get the right intuition and a healthy relationship with/to Self when everything is so distorted?

How to get clarity for dyslexics to become more effective because doing everything over and over is exhausting?

If it is a system created distortion then let's become conscious and fix it?

How strong are ADHD and dyslexia intertwined?

Because breathing exercises work so well I wonder has Dyslexia to do with the interface of the Autonomic and Sympathetic nervous system?

As a dyslexic I keep asking myself if dyslexia is a superpower, a faulty brain wiring, or a distortion from outside our physical consciousness, DNA or a culmination of many reasons like a perfect storm?

I have never seen more dyslexics than with artists and in creative circles. Art was also my life savior that kept me interacting as equal within the art community. Creativity and art that are definitely the glue that combines humans, with art being our universal language.

In my experience the most damaging experience of dyslexia is the constant severing force that counters our instinctual affects of our inherent social animal drive that is our core power of harmonious coexisting.

Mas Sajady seems to be one of the few who has a lot of compassion for humans to resolve this puzzle. I will do my best to support dyslexics to finally get clarity and see the potential that is hidden in this condition.

Ultimately, Dyslexia is a common disorder (10%) that begs to be explored to be applied/adjusted to raise our human potential.

I feel dyslexics have to solve this disorder because they do not judge others and understand the heaviness of dyslexia, that's why more dyslexics are drawn to be alone by themselves to feel okay with who they are.

It would be brilliant, if we could find more understanding of dyslexia for human kind.

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