

# Filosofia ja systeemiajattelu

Elämänfilosofia, kokemuksesta oppiminen  
ja systeemiäly

## Luento 2

# Kohtaaminen Eerikinkadulla

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Aalto-yliopisto, Dipoli, sali 1

28.1.2015

Enunciado com espirito  
alleg

Aug 20 (M... ..) dedicated to Bush

# Fokuksessa oma ajattelu

A handwritten musical score on aged paper. The score consists of several staves of music, some with notes and some with scribbles. There are various annotations and markings throughout, including dynamic markings like 'pp' and 'ppp', and performance instructions like 'Enunciado com espirito alleg' and 'dedicated to Bush'. The text 'Fokuksessa oma ajattelu' is written in a large, bold, red font across the middle of the page. The paper shows signs of age, with some discoloration and faint lines.

Enrico con spirito  
alleg.

Aug 20 (M. ... ) dedicated to Bush

# Sivupöydän metodiikka

The image shows a handwritten musical score on aged paper. The score is written in black ink and consists of several staves. The top left corner has the tempo marking "Enrico con spirito alleg." and the date "Aug 20 (M. ... ) dedicated to Bush". The central part of the page features the title "Sivupöydän metodiikka" in a large, bold, red serif font. The musical notation includes various notes, rests, and dynamic markings such as "pp", "p", "f", and "ff". There are also some handwritten annotations and corrections throughout the score, including a circled "5" and a "5" with a plus sign. The right side of the page has some additional markings, possibly indicating page numbers or measures.

”Judo on samanaikaisesti sekä yksilölaji että joukkuelaji.”



**Yksilö yhteisen hyvän puolesta JI TA KYO EI (vas.) sekä henkisen ja fyysisen voiman järkevä käyttö SEI RYOKU ZEN YOO (oik.) ovat judon keskeiset periaatteet.**

# Me itse jääkiekkjoukkueena

1. Edes tähtiä ei voi peluuttaa koko ajan
2. Hölmöä pyöriä vain omalla maalilla puolustusasetelmassa
3. Hyökkäyspään syöttöpelit ja mielikuvitukselliset mahdollisuudet (ideointi ja lumoutuminen vs. kriittisyys)
4. Kyky ajatella toisten hyvää
5. Valmistautuminen ja palautuminen



Enrico con spirito  
Allegro

Aug 20 (M. ...)

dedicated to Bush

# Vipuvoimainen syöttöpel: Ihmeitä Dipolin salissa 1

The image shows a page of handwritten musical notation. At the top left, there are annotations: "Enrico con spirito" and "Allegro". In the top center, there is a date "Aug 20" followed by some illegible text. At the top right, it says "dedicated to Bush". The page is filled with musical staves, some of which have the word "LINK" written vertically on them. There are various musical symbols, including notes, rests, and dynamic markings like "pp" and "f". The handwriting is somewhat messy and appears to be a working draft or a personal manuscript.

Enrico con spirito  
alleg.

Apr 20 (M. ... ) dedicated to Bush

A handwritten musical score for a piece titled "Platon". The score is written on multiple staves. At the top left, there are performance instructions: "Enrico con spirito" and "alleg.". At the top right, there is a dedication: "Apr 20 (M. ... ) dedicated to Bush". The word "Platon" is written in large, bold, red letters in the center of the page. The score includes various musical notations such as notes, rests, and dynamic markings like "pp" and "f". There are also some handwritten annotations and markings throughout the score.

# Platon

"Enrico con spirito  
alcali"

Aug 20 (M. ... ) dedicated to Bush

50



Handwritten musical notation and notes on the right side of the page, including the number '50' at the top.

Vertical handwritten notes on the left side of the page, including the word 'LINK' repeated several times.





Ensemble con spirito  
alleg.

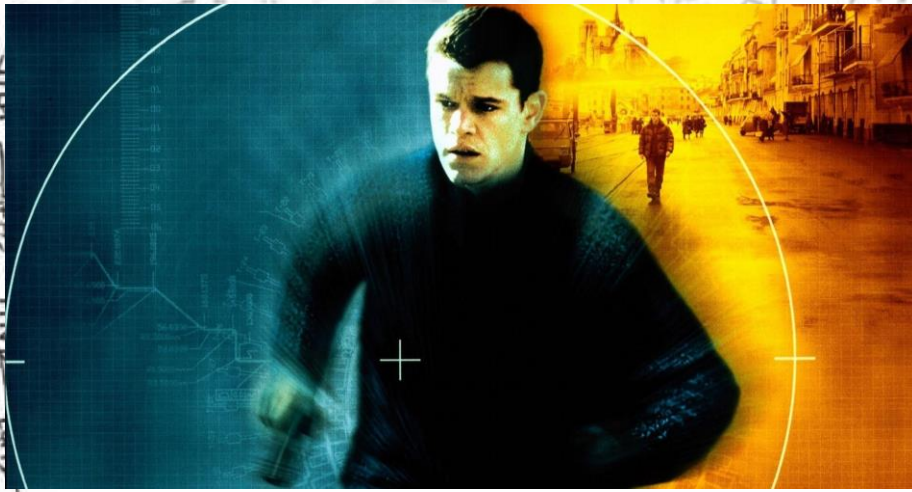
Aug. 20. (M. ... ..) dedicated to Bush

# Fokuksessa oma ajattelu

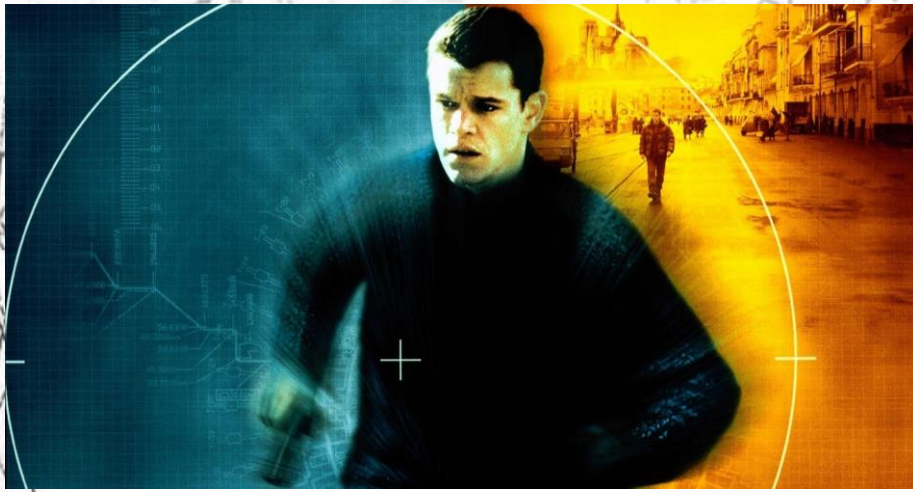
Handwritten musical notation on the left side of the page, including staves with notes and clefs.

Handwritten musical notation on the right side of the page, including staves with notes and clefs.

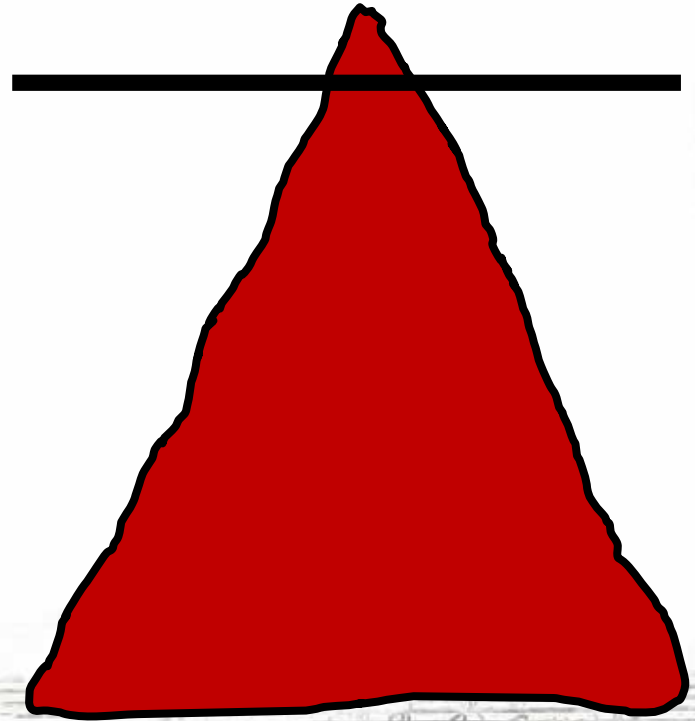
Handwritten musical notation at the bottom of the page, including staves with notes and clefs.



# The Bourne Identity

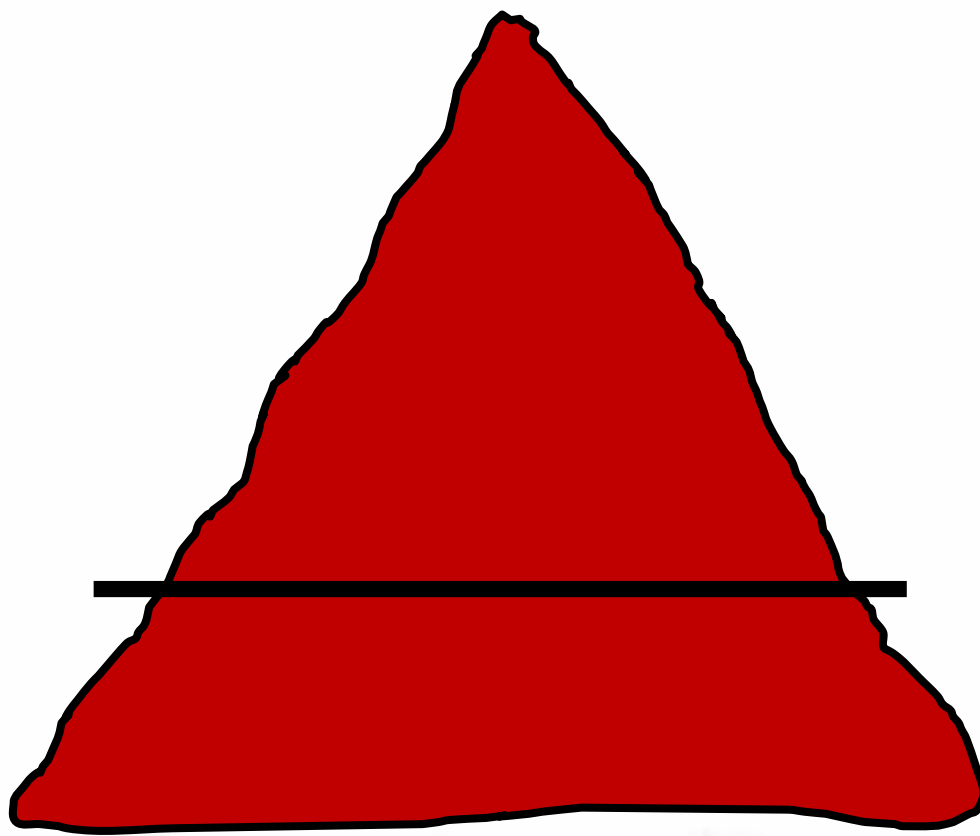


# The Bourne Identity



Enrico con spirito  
alleg.

Aug 20 (M. ... ) dedicated to Bush



50

(f)

ppp

Ke

(f)

S

ppp

(f)

ppp

b.g.

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

(f)

ppp

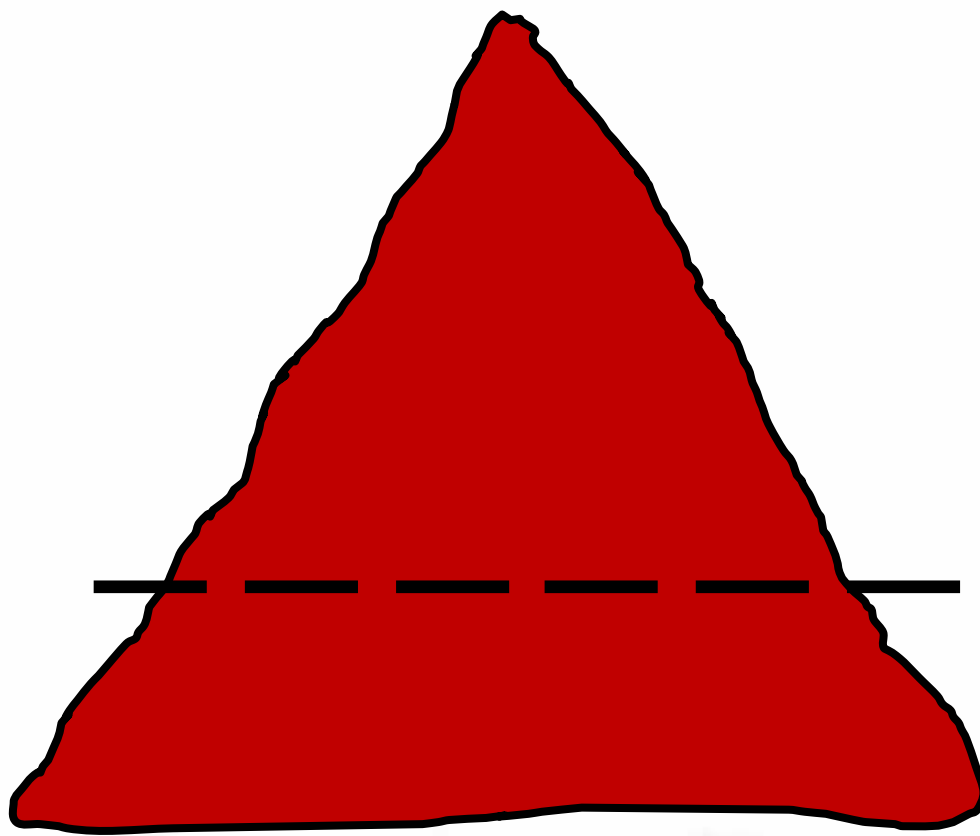
(f)

ppp



Exercício com espírito  
alleg

Op. 20 (M. 1-4) dedicated to Busch



Handwritten musical notation on the left side of the page, including staves with notes and clefs.

Handwritten musical notation on the right side of the page, including staves with notes and clefs.

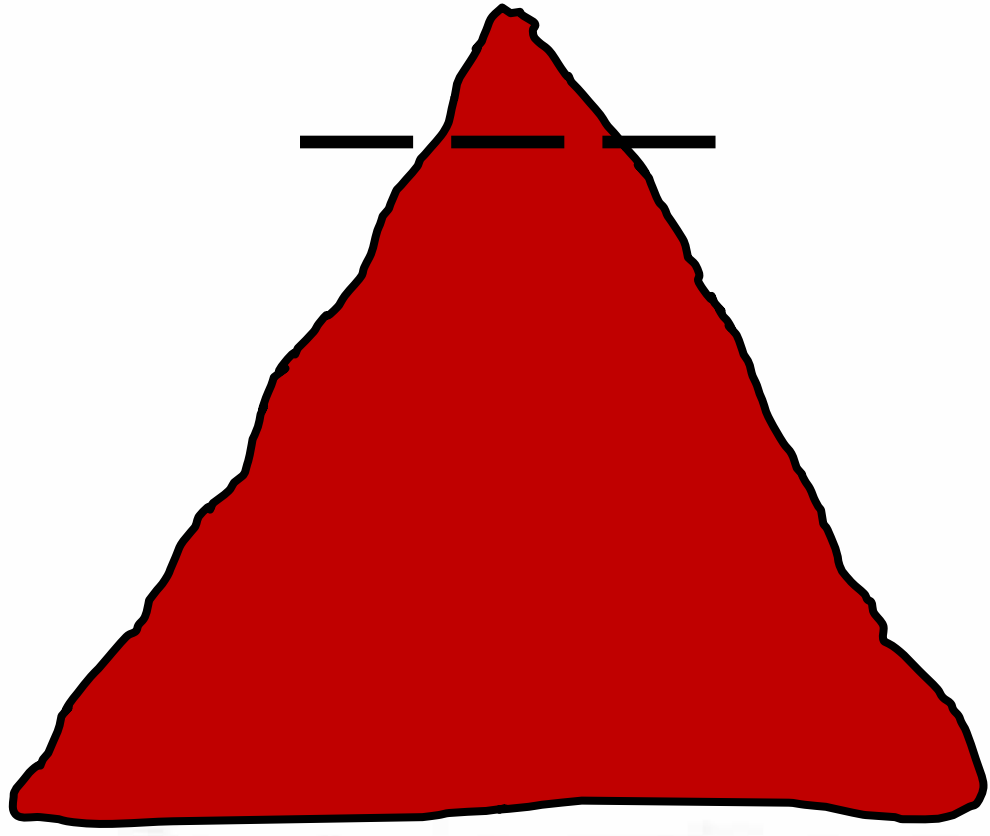
Handwritten musical notation at the bottom of the page, including staves with notes and clefs.



Enrico con spirito  
alleg.

Op. 20 (M. 1-4) dedicated to Busch

50



Handwritten musical notation on the left side of the page, including staves with notes and clefs.

Handwritten musical notation on the right side of the page, including staves with notes and clefs.

Handwritten musical notation at the bottom of the page, including staves with notes and clefs.

Exercício com espírito  
alleg

Op. 20 Mikromuutos (4) dedicated to Busch

# Mikromuutos



The image shows a handwritten musical score for Mikromuutos. The title is written in red ink in the center. At the top, there are handwritten notes: 'Exercício com espírito alleg' on the left and 'Op. 20 Mikromuutos (4) dedicated to Busch' on the right. The score consists of several staves of music, with some parts appearing to be repeated or crossed out. The handwriting is in black ink on aged paper.

Ensemble con spirito  
alleg.

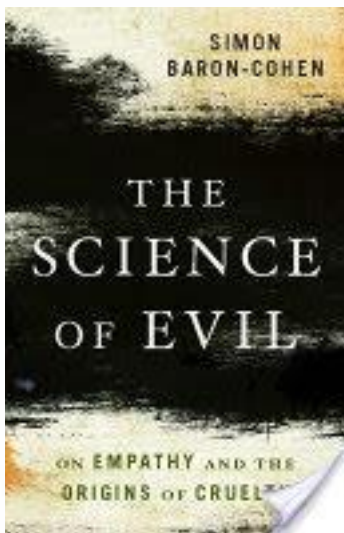
Aug 20 (M. ... ) dedicated to Bush

# Kohtaaminen Eerikinkadulla

A handwritten musical score for the piece 'Kohtaaminen Eerikinkadulla'. The score is written on multiple staves, with some parts appearing to be for a string ensemble or piano. The notation includes various musical symbols such as notes, rests, and dynamic markings. The paper shows signs of age and use, with some ink bleed-through from the reverse side. The title 'Kohtaaminen Eerikinkadulla' is prominently displayed in the center in a dark red font. At the top left, there are performance instructions: 'Ensemble con spirito' and 'alleg.'. At the top right, there is a dedication: 'Aug 20 (M. ... ) dedicated to Bush'. The score is partially obscured by the title and the dedication text.

Exercise on empathy  
Aug 20 (Monday) dedicated to Bush

# Myötäelävyys vs. "systemisyys"



# Minuuden piilomallit

Carol Dweck: Mindset, 2006

<http://mindsetonline.com/>

- Fixed mindset (olemusajattelu)
- Hahmottaa peruspiirteitä kuten lahjoja ja älyä lopputulosten, esineellisten, rajaavien kategorioitten kautta
- Epäonnistuminen uhkaa persoonan peruspiirteitä
- Growth mindset (kasvuajattelu)
- Hahmottaa peruspiirteitä kuten lahjoja ja älyä vähittäisen kasvun kautta, soveltaen kategorioita jotka jättävät lopputuloksen auki
- Epäonnistuminen on mahdollisuutta kehittyä ja kasvaa, se mitä olen on tulemisen tilassa



# Universaalit luonteen hyveet

Peterson & Seligman, eds. Character Strengths and Virtues: A Handbook and Classification, 2004

- 1 Ylittämiskyvykkyys eli transsendenssi (toiveikkaus, tarkoituksen kokemiskyky, kohottuneisuus, syvä kunnioittaminen, kiitollisuus, huumori)
- 2 Tiedolliset ja viisauteen liittyvät luonteen vahvuudet (kyky kiinnostua, avoimuus ideoille, luovuus, näkökulmien vaihtokyky)
- 3 Rohkeus (kestävyys, aitous, kantti, integriteetti, innostuneisuus)

# Universaalit luonteen hyveet

Peterson & Seligman, eds. Character Strengths and Virtues: A Handbook and Classification, 2004

- 4 Kohtuullisuus (harkintakyky, nöyryys, vaatimattomuus, itsehillintä, armollisuus, "ei-liian-överi-överisyys-eikä-liian-överimikään-muukaan-suus")
- 5 Oikeudenmukaisuus (sosiaalinen vastuullisuus, yhteistyökyky, reiluus)
- 6 Inhimillisuus (välittävyys, anteliaisuus, rakkaudellisuus, "kiva, mahtava tyyppi"-syys)

Ensemble con spirito  
alleg.

Aug 20 (M. ... ) dedicated to Bush

# Kukoistuskatse

A handwritten musical score for the piece 'Kukoistuskatse'. The score is written on multiple staves. The top left corner contains the tempo and mood markings 'Ensemble con spirito' and 'alleg.'. The top right corner has a dedication: 'Aug 20 (M. ... ) dedicated to Bush'. The central part of the page features the title 'Kukoistuskatse' in a large, bold, red serif font. The musical notation includes various notes, rests, and dynamic markings such as 'pp' (pianissimo) and 'f' (forte). There are also some handwritten annotations and symbols throughout the score, including a large '50' in the top right corner and some illegible scribbles at the bottom.