

**The Diary of a Squire  
Foreword  
October 2016**

**Squire Bin Forever (1627-present  
New to You But Not to the World!**

**A Survey was taken and Six out of Seven Dwarfs were not Happy.**

**I'm too busy to be manic.**

**Feelings are like the icing on a cake.  
They make the cake look attractive and taste good but they are not the cake.**

**Dr. Dennis Cogswell**

It is unreal that I would be writing the Forward to any book. Then again, I am unreal as is my life. Perhaps it all is unreal?

It is true that I am a composite Squire but then are we not all composite persona, with many elements coming from many sources? I am based in my values, and feelings, which haven't changed much in my three hundred ninety three years of life. I greatly value family and relationships, a focuses of Authors Dennis and Nancy Cogswell's series of books. I have come d from Dr. D.'s creative sense as he is in a life development creative period of his life. His focus in on writing for the general public and making presentations from a Squire's point of views. He is learning much, which is the mantra that his father Robert, left with him.

**The Journey**

I never dreamed that I would be on a three hundred ninety-six year long journey---the length of my life today. The experiences I have had and the experience gained are way beyond anything I could have imagined. I have not only been to places unplanned, met people I didn't know I

would meet, but I have learned much that I didn't even know existed. Thank heavens I made it past age sixteen when I knew it all.

### **From Then to Now.**

So that you may experience some of what I have, let me tell you about my journey--remember, my journey is not complete; there is more to come.

I know little about my family of origin. After four centuries of living, my memories here are unclear. The same can be said about our record keeping. In America, we didn't keep good lineage records until well into the 1700's. I believe that I was born to Joseph and Dorothy Abbott in 1620 in the Virginia county of the Isle of Wright. My home was on farming lush acreage settled on by my father. I had three brothers and sisters but when our parents both died in the same year at age thirty-seven, our birth family dissolved. We were largely left on our own. After all we were all over ten years of age and clearly adults.

To make my way to the other American Colonies, I signed on as an indentured sailor and got to Bristol, England where I stayed a while and came back to America and the Bay Colonies and Ipswich, Massachusetts. It is here, around 1640 AD. that I met John Cogswell, who had just come over on the ill-fated Good Ship Angel Gabriel. The Cogswells became my adopted extended family and remain so today, some four centuries long.

### **Squires Do Feel**

At this moment, more of my history escapes me, as I am choked with emotions. Even now, I miss my parents and the wonderful family life I would have experienced. These feelings, long repressed, are now very intense. I doubt that I will ever lose them and as painful as they are: I actually do not want to as they energize me. To cope, I turn up the volume on the positive and

seek to experience positive feelings from positive and successful relationships. Those feelings serve me well, but not always.

Why did my parents have to die at such an early age---thirty-seven? That was not unusual in the seventeenth century but other's parents lived into their seventies. Why couldn't my parents have lived long lives? Oh my. I feel so bad now.

All of a sudden, this is too much. I am really distressed---A moment is needed to experience these feelings---Although unpleasant, this experience is character building. Is that what I need?

Now other memories are floating upward. Before I was ten, I found myself in love with an Indian maiden, who was not even alive, having died twenty years before my birth. In my fantasy, I pined for her then and now; what could have been? We lived in the same area and played in the same fields. That would be Pocahontas, well known Indian maiden and a Colonial legend . Married at age twelve, she died suddenly at age twenty-two on her way back from England to the land she loved; she left a husband and a two year old child. My young crush was based on my needs at that time. I finally got over Pocahontas when Christina came into my life when I was twenty. Oh, my---what a time that was. <sup>1</sup>

It has taken a while but I have learned that feelings are a major part of my being. A feeling is meant to be felt and then discharged. As an actual physical, electrical and chemical process within my brain, along with a psychological and social process, it is quite real. It is like water that always seeks to move to the lowest level; feelings are meant to be discharged. We humans don't release our bad feelings well and often save or repress them which leads to great

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<sup>1</sup> See [www.SquireBinForever.com](http://www.SquireBinForever.com) Read the posting in the Squire's journal, "A Moment of My Time" all about his romance with Christina and introduction to the process of bundling.

difficulties in all walks of life. Dr. D., my adopted father, has shared with me about how the field of neuroscience is writing for the general public about feeling or neuron pathways that get established in our brains based on our experience and how they influence our future feelings.

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### Values Always Prevail

I am proud to have been born an American, of the Old Dominion, of Virginia. I value that as much as I value my great travels. I have a real sense of belonging which is important. It permeates my whole being. The same can be said for my valuing family. My specific family has changed over the year's but only in the details. The structure has been altered but not by much. Our family dynamics are constantly changing but in a circular motion. The century determines the specifics of family life as what it values comes to the surface.

It is our value structure that guides and influences all that we do. The ones that are basic and fit most are the values of independence, self-reliance, strength of character, religious faith, importance of place, importance of belonging to a community and the famous 'life liberty and pursuit of happiness.'" However, as I travel through our developing country for the centuries that I have, I am aware that it has become more difficult to be fully independent. All people find themselves today to be more interdependent than independent although they deny that process.

### Moral Values

Is there still a place in our world for moral values, the highest ranked of all the different type of values? The Sanctity of Life<sup>2</sup> belief has greatly disappeared for many Americans. Have our wars and our computer games that so many delight in, featuring killing and death, become the new

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<sup>2</sup> [http://en.wikipedia.org/wiki/Sanctity\\_of\\_life](http://en.wikipedia.org/wiki/Sanctity_of_life)

norm ? Do young adults know what death really is like? They have been sensitized to life being a game that you reload and live and die, over and over.

Goodness and purity are also being downsized. Our societies' political leaders often do not possess the qualities of leadership of those that have gone before them. Today's political process is one of negative campaigning and advertising. All are against something and not for anything.

Many of our communities in which we exist and from which we value have become singular entities with all valuing the same thing. We not only live in gated communities with those just like us; and what we do with our time is done homogenously. Differences are not only not valued, they are abhorred. This is so different for me as I spent much time as a young adult listening to Thomas Jefferson and Patrick Henry actively disagree in public and then meet later on in the week at the Raleigh Tavern over a good pint of ale to see what they could agree upon that was good for the Colonies. They agreed that extremism of any kind was not in America's best interest and worked to set examples and establish principles for us to follow.

### **Experience is Valued Here**

Some say my musing is that of an old man, always complaining. I don't feel old, even at age three hundred ninety-three. Or is it the wisdom that comes with experience? Einstein clearly thought the latter. He stated: "Information without experience is useless." His point is when one has access to as much information as the average American adult does, this provides them with a great rush of power. Einstein knew that the ability to process that information and to apply it are higher order mental skills that are only developed through experience. Furthermore, it must be the right type of experience and come at the right stage of intellectual development and maturity.

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## **A Squire's Leadership**

Like many things, the answers are all right here. Instead of looking to others for answers, I will look not only back at my experience but also inward.---When your journey takes you there, you will do likewise. I certainly have the historical perspective, as stated Vincent, Dr. D.'s fifteen year old grandson and Vincent's friend, Ramon. They said to me --"Papa of Papa's- you have been around a lot and for a long time. What do you think we should be doing with our lives?"

Vincent and Ramon, I start with my heroes---Joseph Campbell says we must have heroes. (Campbell, 1988). My main heroes have been Robin Hood, Presidents Jimmy Carter and William Clinton, Jesus and most babies. The latter because they are pure, untaught by we humans and basic in their response to life. Babies actually don't overvalue feelings. They feel them, express them to us by crying but when their need is over, they move on. I clearly think that once they get to a certain age it is a contest as to whether we will learn to communicate with them in their ways or they will learn our ways. They eventually give up on us and conform to our communication language and methods.

## **Keys To Success in Life, in Any Century**

I have discovered life-long learning. In addition to the specifics that I learned there, I also learned that the more you know, the more there is to know. Learning one set of information or skills opens the ways to others that we didn't have before. The mark of a real scholar is not how many or what s(he) figures out, but what new questions s(he) can offer to himself/herself and others to be answered. This why I am always telling Dr. D. "Remember, there is more to learn".

I have seen that a specific period of time or generation values things differently. Contrast the presidential mantra of President John F. Kennedy---"My fellow Americans, ask not what your

country can do for you, ask what you can do for your country." ---with that of a later president, President Ronald Reagan---“Are you better off now than you were four years ago?”

I believe in the concepts of strengths, gratitude, happiness, empowerment, hope and more. I have learned that people will change and that it is inevitable and emotional. Humans change best, from a position of strength. Our main human weakness is greed, especially in the area of wealth, financial and human capital. We have much more than we need and work hard to make sure that others don't share, even though we speak of being Christian. Our tendency towards violence comes because our emotions are over-valued and we are very scared.

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### **The Squire's Last Question**

I leave you for now with a familiar question: “If there is a large and deep forest, where there is no live human being or animal present. A tree falls to the ground. Is there a sound?”

I leave it to you to learn enough so you can answer that. As you proceed down that learning path, your journey, you will change your answer often.

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