

BEING A WHOLE HUMAN

[HOME](#) [ABOUT](#) [EMBODIED](#) [CARDANO](#) [BLOG](#)

<https://www.wholehuman.emanatepresence.com/>

When the paid hosting service for this website, personally funded for 7 years, expires in January 2023, the URL will change to <https://www.wholehuman.emanatepresence.weebly.com/>

January 8, 2023

The revision date is the version number.

Credits and links are given to the originators of content, when possible.

If anything is missing or in error, please [report](#).



cardano_-_10.30.2022_-_being_a_whole_human.pdf

[Download File](#)

"Unless Someone Like You Cares a Whole Awful Lot,
Nothing is Going to Get Better. It's Not." — Dr. Seuss.

CARDANO:

The egalitarian, high-performance, global
blockchain, operating system, and community --
open source, decentralized, innovative,
problem-solving and solution-making,
learning, bettering and improving.
Blockchain by the people, for the people.

What is the meaning of egalitarian?

*/ɪˌɡæ.lɪˈter.i.ən/ believing that all people are equally important
and should have the same rights and opportunities in life: an egalitarian society*

From the Cardano website:

"Cardano is a blockchain platform for changemakers, innovators, and visionaries,
with the tools and technologies required to create possibility for the many,
as well as the few, and bring about positive global change."

From a Tweet:

"#Cardano will be interoperable with the internet of blockchains AND
legacy financial systems (credit cards, debit cards, banks and regulation).
That is why Cardano is the global financial operating system of the future!

Please feel free to copy, paste and share this page in whole or part.

PEACE

"...The lifelong search for inner peace challenges us to learn more
about ourselves while allowing us to evolve with the seasons
— peace requires a journey beginning with you."

TRUST

A potential piece of the path to human advancement
in concert with Cardano's technological advancement.



CARDANO SPOT

POWERED BY **weebly**

is a social content
platform developed
with the **Cardano**
community at its core.



.@CardanoSpot is a place where #Cardano enthusiasts can stay up-to-date
and grow through insights on the market and connection with the community.

Join the waitlist today: cardanospot.io/landing

A TWEET ON TWITTER

"Here's an article from the WEF saying that after crypto's disaster year 2022 (which of course totally did not happen because of planted bad actors etc etc), if we all just hand control of this space to JPMorgan all will be well. Lmao, get rekt"

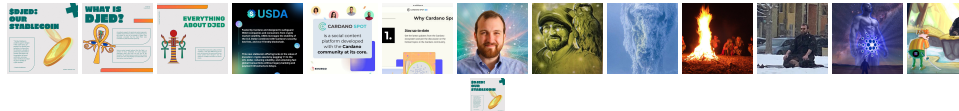
GARY

Thank you for sharing this enlightening article which reveals dark intentions known to many. Perfect that the Cardano Spot platform is in the works.

ARTICLE ON WEF WEBSITE

"2022 was a terrible year for cryptocurrencies, with the loss of \$2 trillion in market value. We could now see the handover of crypto technology and blockchain infrastructure to more regulated and established institutions. Cryptography and blockchains will continue to be integral parts of the modern economic toolkit.

<https://www.weforum.org/agenda/2023/01/future-of-cryptocurrencies-davos2023/>



@astroboysoup -

If you're a content creator, you can contribute content to Essential #Cardano. A community hub where you can contribute to the news and knowledge source around the #cardano ecosystem.

bit.ly/3i7Yxdh

@EmanatePresence -

The content I create of news and knowledge is less technology and more psychology but in my mind essential for the Cardano or any community especially one that aspires to harmonious self-governance. It's all on my non-commercial website. Appropriate for Essential #Cardano?



[all_you_need_to_know_about_cardano_ispo-by_geniusx.pdf](#)
Download File

ONLINE BLOCKCHAIN RESOURCES

A-Z ORDER

A dear family member was introduced to Cardano two years ago by me. He invested, but became impatient and diversified to other blockchains, where he lost heavily. Recently, I had the pleasure of introducing Cardano to someone who'd never heard of blockchain or crypto, and helped him get started. Here are some -

Suggestions from Gary (not financial advice)

- Don't forget the first rule of investing: never invest more than you can afford to lose.
- Stay within the Cardano ecosystem for fewer complications, more world betterment, and caring community spirit.
- Be careful, never give out your keys, and keep informed through the Cardano Twitter community. 'Not your keys, not your crypto.'
- Consider staking with single pool operators, as that improves decentralization and the health of the ecosystem.
- Consider also staking to mission-driven renewable energy pools.
- However, don't feel guilty for delegating to an ISPO for awhile, e.g., if that's in your best interests. Balance.
- Check your investment regularly, as things happen which can affect earnings - stakepools retire, etc. Your ADA is still safe on the blockchain but might not be gaining rewards.

- Remember, generally ADA is for the longer term. Other native tokens within the ecosystem, however, can yield higher, faster returns as the blockchain develops.
- Beware of crypto scams such as fake accounts and giveaways.
- Don't let your brain go into FOMO (Fear Of Missing Out). Stay grounded and centered.
- DYOR (Do Your Own Research), think for yourself, and be **self-aware of motives**.
- Research also any projects 'on the blockchain, but not of the blockchain' before investing.
- Questions can usually be answered by the community or Cardano forums.
- Having said all that, imo, this is a great time to stock up on as much ADA as possible keeping the aforementioned in mind.

Community controversies generally arise from misperceptions and assumptions based on incomplete information. The first step towards resolution is becoming well informed, unemotionally, on the facts from all perspectives. Every story has more than one side.

ADA WHALE

Copy/paste in Twitter search:
From:cardano_whale "AW x"

ATTACK VECTOR ON CARDANO

BUILT ON CARDANO

All the #Cardano projects and developer tools, organized and searchable!
Explore and contribute to the growing Cardano ecosystem
<https://builtincardano.com/>

CAPTUREAPP

Making NFTs a matter of point, capture, sell. Note from Gary: not yet on the Cardano blockchain.
<https://www.captureapp.xyz/>

CARDANO ADVISOR BOT

Searching is Old School. Tweeting is cool! We find the Best Pools that match you interests automatically.
<https://sanskys.github.io/advisor/>

CARDANO AMBASSADORS

<https://cardano.org/ambassadors/>

CARDANO BLOCKCHAIN EXPLORER

<https://explorer.cardano.org/en>

CARDANO: CHARLES HOSKINSON - LEX FRIDMAN PODCAST

<https://youtu.be/FKh8hjJNhWc>

CARDANO CUBE

Explore all projects building on Cardano
<https://www.cardanocube.io/>

CARDANO DEVELOPER RESOURCES

PPBL course from @gimbalabs in gimbalabs.com/gimbalgrid
IOG has YouTube channel called IOG Academy, they offer free Haskell courses.

CARDANO EXCHANGES (DEX) PROJECTS

These projects use Blockchain technology to build new types of financial marketplaces. This includes decentralized trading systems, investment services, and digital asset storage.
<https://www.cardanocube.io/collections/exchanges-dex>

CARDANO HUB

the place where the cardano community comes to meet, discuss, learn, stake and have fun!
<https://forum.cardanohub.net/>

CARDANO IMPROVEMENT PROPOSALS

Discuss, comment, and question potential Cardano Improvement Proposals (CIPs)
<https://forum.cardano.org/t/cip-cardano-members-based-organization/109759>

CARDANO LINK

Cardano Docs & Guide
https://www.cardanolink.net/CardanoLink/Docs_Guide.html

CARDANO REPORT BY MESSARI

Cardano: Slow and Steady Scales the Chain
<https://messari.io/report/cardano-slow-and-steady>

CARDANOSCAN

<https://cardanoscan.io/>

CARDANO TREES EDUCATION TECHNOLOGY

https://youtube.com/playlist?list=PLQ1ucvOAX1sA_4P4AZvYWFpfxO

CASCADING DISRUPTIONS

<https://chaindebrief.com/iohks-romain-pellerin-on-cardano-disrupting-intermediaries-the-vasil-upgrade/>

CATALYST ANNOUNCEMENT CHANNEL ON TELEGRAM

<https://t.me/cardanocatalyst>

CHARLES HOSKINSON YOUTUBE CHANNEL

<https://youtube.com/c/charleshoskinsoncrypto>

CHARLES HOSKINSON INTERVIEWS

There are numerous YouTubes and articles, these are just some recent ones:

Excellent @IOHK_Charles interview with @bigpeyYT from #RareBloom covering future governance, and much more.

<https://youtu.be/lnALzFeqdrY>

Cardano (\$ADA) Founder: Lace Wallet Is IOG's View of How Crypto Ought To Be Done

<https://cryptonews.net/news/altcoins/14770369/>

COIN BUREAU CRYPTO COMMENTARY

<https://m.youtube.com/c/CoinBureau>

COMPANY TAKING OVER CRYPTO

https://youtu.be/H_JGGSpjUbw

CRYPTO CONSPIRACY

<https://youtu.be/k9b3HzirmHU>

CRYPTO AND IMF

<https://youtu.be/KkwB52K-Fdc>

CYBERSECURITY GUIDELINES FOR CARDANO USERS

<https://iohk.zendesk.com/hc/en-us/articles/900005141163>

DAPPS ON CARDANO

<https://dappsoncardano.com/>

DJED UPDATES

<https://www.wholehuman.emanatepresence.com/blog/djed>

DISCORD

Beginner's Guide to Discord

<https://support.discord.com/hc/en-us/articles/360045138571-Beginner-s-Guide-to-Discord>

EPOCH CALENDAR - CARDANO POOLPEEK

<https://poolpeek.com/epochcalendar>

EPOCH CONVERTER

<https://www.epochconverter.com/weeks/2022>

EPOCHS

Cardano Countdown

<https://cardanocountdown.com/>

ERIK VOORHEES

Why crypto matters. Why the separation of state and money matters. Why people care about Web3.

<https://twitter.com/zguz/status/1586160318148845568?s=61&t=4gPVA0Z3nWsULa2XR7fdEg>

ESSENTIAL CARDANO

Your Cardano onboarding guide

<https://www.essentialcardano.io/article/your-cardano-onboarding-guide>

GENIUS ACADEMY

<https://academy.geniusyield.co/>

GENIUS ACADEMY - CRYPTO BASICS #3 CARDANO

<https://youtu.be/WCpKRnRMq5Q>

GENIUS ISPO DASHBOARD

<https://www.geniusyield.co/ispo-dashboard?lng=en-US>

Here is how to find your stake address :

Paste your wallet address into the cardanoscan.io search bar. Your stake address is under Controlled Stake Key.

Copy the address starting with "stake".

GENIUS YIELD

<https://www.geniusyield.co/>

GLOSSARY OF TERMS

<https://docs.cardano.org/glossary/>

GUARDA

What is Cardano (ADA) Coin & How Does It Work?

Cardano Network and ADA coin review. Learn about tech details, history, and the future of Cardano.

<https://guarda.com/academy/crypto/what-is-cardano/>

HOW CAN CRYPTO AND CBDcs HELP COMMUNITIES?

<https://thefintechtimes.com/how-can-crypto-and-cbdcs-help-communities/>

HOW TO REPORT FRAUD

<https://iohk.zendesk.com/hc/en-us/articles/900006123386>

HOW TO UNDERSTAND AND DEAL WITH ONLINE HATERS

<https://www.wholehuman.emanatepresence.com/online-haters.html>

HUBERMAN NEURAL NETWORK

Concise write ups of science based protocols for improving sleep, focus, optimizing work spaces, social connection, resilience, gut health, learning & neuroplasticity & more are all available as PDFs, at zero cost (& no sign up required)

here: hubermanlab.com/neural-network/

IOHK TECHNICAL SUPPORT

<https://iohk.zendesk.com/hc/en-us>

ISPOs

Catch the latest ISPOs?

youtu.be/3jC7ws8544Q

MAESTRO

Fund, build & scale

The developer platform for Cardano

<https://www.gomaestro.org/>

PLAYBOOKS AND PORTALS

The courageous truth of deep collusion between government intelligence agencies and the media, with journalist Clayton Morris and Dr. V. A. Shiva Ayyadurai, inventor of email and U.S. Senate candidate. Cardano is capable of being the technology for the bottoms up movement they discuss.

POOL PEEK WITH EPOCH CALENDAR

<https://poolpeek.com/epochcalendar>

RESOURCES FOR STAKEPOOL SELECTION

<https://orcada.io/resources/>

SAPIEN

Navigating the Cardano Ecosystem

<https://m.youtube.com/c/S-PIEN/videos>

SLIDESHOWS

Including Cardano Infographics

TIPS FOR STAYING SAFE ONLINE

<https://iohk.zendesk.com/hc/en-us/articles/360015295134>

THE ULTIMATE GUIDE TO CARDANO BY ALEX VALAITIS

Demystifying one of the most enigmatic and important blockchains in Web3

<https://web3pills.substack.com/p/the-ultimate-guide-to-cardano>

WHITEBOARD CRYPTO YOUTUBE

<https://m.youtube.com/c/WhiteboardCrypto/playlists>

WALLETS FOR CARDANO HODLERS & ARTISTS

<https://www.monetsociety.io/post/top-ten-cryptocurrency-wallets>

Just be cautious about any article because there's lots of scams and misinformation. I don't know this one, it just seems good information about wallets. See suggestions for at beginning.

TWITTER THREADS

Guarda Wallet

<https://twitter.com/guardawallet/status/1576557611339714563?s=21&t=veUSKNCx3C8j9ES0v7uCKw>

###

EMOTIONAL REGULATION

Emotional regulation: Skills, exercises, and strategies

<https://www.betterup.com/blog/emotional-regulation-skills>

WEEK 4 VIDEO 8: LEARNING SIMPLE EMOTION REGULATION STRATEGIES

<https://www.coursera.org/lecture/happiness/week-4-video-8-learning-simple-emotion-regulation-strategies-2qyLL>

YOU CAN HEAL CHILDHOOD PTSD

Smart Tips and Techniques to Start Living a Happier Life Today

<https://crappychildhoodfairy.com/>

YOUTUBE LINKS FOR FOLLOW ALONG INSTRUCTION VIDEOS

(including DMT breathing, neck and shoulder stretches, stress release techniques, meditation and more....)

<https://www.wholehuman.emanatepresence.com/one.html>

CARDANO COMMUNITY

From Gary:

Cardano, the most scientifically developed and decentralized cryptocurrency blockchain and global operating system, enables self governance not only in the economy but in many facets of life.

Self governance requires personal maturity among members of a community, which is why resources for emotional regulation are included in the links.

Question for the Cardano Community

How do you feel about:

FORMING

*A Voluntary Association of Members
of the Cardano Community
Towards Self-Governance.*

and/or

DEVELOPING

Processes and procedures within the scope of self-governance by the Cardano community. At least, in some cases to have conversations which result in forming recommendations the community can make to IOG, etc.

Input, feedback, comments and suggestions are appreciated.

Initial Thoughts:

Principles of Cardano

Decentralization
Security
Scalability
Interoperability
Innovation

Principles of the Community

Welcoming to All
Weeding Out Bad Actors
Providing Education, Resources and Help
Betterment Online by Defeating Scammers, Etc.
Betterment Offline by 'Real World' Projects

Standard of Conduct

Tweet complete and clear
Mindful of public audience
Emotionally regulated

Filtered to Remove Harshness
Listen to Community Feedback
Expand the Community
Personal Reflection Encouraged...

Procedures for Debated Situations

Reaching out to Cardano Foundation
Accountability of ISPOs and Devs...

Please provide input!

Gary's suggestions to The Genius Family to structure information access (applicable many places):

GENIUS FAMILY

One sentence description
[Link to Details](#)

PROJECTS

GENIUS YIELD

One sentence description
Bulleted Key Points - Need to Know
Steps to Involvement
[Links to Details](#)

GENIUSX

One sentence description
Bulleted Key Points - Need to Know
Steps to Involvement
[Links to Details](#)

GENIUS MULTI-TOKEN

One sentence description
Bulleted Key Points - Need to Know
Steps to Involvement
[Links to Details](#)

Tweet by Farmer Nash

Here is your ADA builder starter pack. Everyone on here is in the fields actually building/contributing:

[@theother_dave](#)
[@Cinnamon__Bunnn](#)
[@Padierfind](#)
[@theuttermost](#)
[@kdevpls](#)
[@JohnRiveraX](#)

TWITTER THREAD REPRINTED

by Cardano Gourmet

Do you want to be involved in building on Cardano but you're not a programmer?

Here are 9 opportunities to get involved right now in Cardano (as a non-tech person)!

Thread 

1 — Participate in conversations

Start engaging in discussions (Twitter, YouTube, Forums, Blogs...) to :

- Fight intellectual dishonesty
- Warn the #CardanoCommunity (scams, red flags..)
- Share ideas and support new projects

Share knowledge and learn from others 

2 — Join events

Start joining in-person or virtual events to :

- Meet people
- Learn about projects
- Share your ideas

Most of the events are free (like Cardano Summits).

🔗 Find events here: [meetup.com/pro/cardano/](https://www.meetup.com/pro/cardano/) (73 groups, in 44 countries with +30k members)

3 — Delegate to Single Pool Operators

Start staking your \$ADA in SPO and :

- Earn ~4% rewards per year (compounding)
- Help decentralize the network

⚠️ Avoid CEXs (Binance, Coinbase...). Pick a non-custodial wallet to keep custody and withdraw freely (no lock-up period)

NOTE from Gary:

Imo, ADA users need to make best choices for themselves, without feeling guilty. I delegated to single pool operators before staking to Genius ISPOs for higher and more diversified rewards, and for their community contribution. Now that the ISPO is completed, I've gone back to single SPOs.

4 — Become a content creator

Grow your audience on social media to have an impact inside the Community and beyond

Add value to the ecosystem by learning and developing a deep understanding of Cardano

🔗 Successful creators: @cardano_whaleon on Twitter and @cryptorecruit on YT

5 — Become a digital artist

You're a designer, a musician?

Bring your digital art and mint your first NFTs on Cardano.

Explore the vibrant NFT ecosystem and get inspired by hundreds of creators.

🔗 Explore the NFTs marketplaces: @jpgstoreNFT @CNFT_IO @Tokhun_io ...

6 — Become a Cardano Ambassador

Join the Cardano Ambassadors Program to drive adoption, promote awareness and educate (currently +50 ambassadors).

You can nominate yourself as a :

Content creator
Meetup organizer
Moderator
Translator

🔗 Apply here: cardano.org/ambassadors/

7 — Become a Delegate Representative (dRep)

Any \$ada holder can delegate its voting power (Catalyst) to a dRep.

The role of a dRep is to :

- Source and review data
- Coordinate and form policies
- Consult with experts
- Vote on projects

🔗 Apply here: docs.google.com/forms/d/e/1FAI...

8 — Get a job in the Cardano ecosystem

Apply to positions in Marketing, HR, Finance, Project Management.

The 3 Cardano founding entities are currently hiring :

- cardano-foundation.jobs.personio.com
- apply.workable.com/io-global/#jobs
- emurgo.io/career/

And many more other companies!

9 — Invest in the ecosystem

⚠️ Only invest what you can afford to lose. NFA ⚠️

If you feel comfortable, you can invest in :

\$ADA : Cardano's native token
Projects of its ecosystem
NFTs collections

You can also start using DeFi (borrow/lend) to increase the network activity.

Bonus — Learn to code

Start your journey of becoming a Haskell developer (the coding language picked by Cardano).

You need to learn some Haskell to build dApps with Plutus, its native smart contract language.

🔗 Beginner Haskell by IOG (free course) : iohk.instructure.com/enroll/3BAAGG

Done! Time to get involved! ☐

🔗 If you found this thread valuable:

1. Feel free to follow me @cardano_gourmet for more threads
2. Please Retweet (this page) to create a spark for more people



COMMENT ON ABOVE THREAD

Great thread! I would add:

Become a Proposal Assessor and earn ADA while learning about many exciting projects, developments, and community activities seeking funding through Project Catalyst.

t.me/cardanocatalyst

t.me/CatalystCommun...

Gary Note:

The following is a thread on Twitter by Unknown Living @Unknownliving11

1. So lad , you're willing to explore #Cardano?

I get why you have/had doubts, there's a lot of misinformation out there.

Thanks for coming around and reconsidering.

This community is unmatched; welcoming, intelligent and willing to help.

A thread to help you get started lad:

☐

2. Let's chat the basics now aye.

Proof of Stake & staking.

Cardano allows for safe, non-custodial staking. This means that you can hold your \$ADA in your own wallet, w/ no locking mechanism, and delegate that to a stake pool of your choice to earn rewards (3-5% APY) every 5 days.

3. Now lad , PoS allows for greater throughput/decentralization, and less power consumption.

There are thousands of stake pools minting blocks for the network you can move your delegation at any time to another if you choose.

You can also spend the ADA in your wallet at any time.

4. A few pools, and their operators @kdevpls and I personally recommends lads:

(Twitter Addresses)

HAZEL @NilsCodes

HERO @HEROsPool

MALU @Cryptofly777

21ADA @thinkgrowcrypto

BERRY @berry_ales

SMAUG @SmaugPool

APE @TheADAape

DYOR and sorry to the great operators this list omitted.

5. Moving on, let's chat wallets now aye.

PC full node:

daedaluswallet.io

Browser extension / Simple UX
NamiWallet.io

Browser extension / Mobile app 📱
eternl.io/app/mainnet/we...

Browser/mobile/EVM compatible
flint-wallet.com

6. Steady lads now the DEXs - Cardano Native Tokens can be exchanged as "first class citizens" on the LI.

@MinswapDEX
minswap.org

@wingriderscom
wingriders.com

@SundaeSwap
sundaeswap.finance

@CardanoMaladex
maladex.com

7. NFTs: Cardano NFTs (sometimes called CNFT) have been active since early spring 2021 and there are TONS of great projects to dive into.

They suggest the largest NFT marketplace is:

@jpgstoreNFT
jpg.store

Other marketplaces:

@CNFT_IO
@artano__io
@Tokhun_io

8. NFTs cont'd (DYOR)

Some popular projects I and @kdevpls recommend you check and pump when you can lads!

@spacebudzNFT
@claymates
@unsigned_algo
@ChilledKongs
@adaGOATS
@pxlzNFT
@YummiUniverse
@officialmocossi
@RaccoonSyndicat
@DbagMfers
@ido_pass_nft

9. Community members of significant value:

@Padierfind
@cardano_whale
@TheADAApe
@berry_ales
@RichardMcCrackn
@DanielTetsuyama
@StaleDev
@N8iveToEarth
@IOHK_Josh
@JeremyFirsterCF
@theuttermost
@Cinnamon__Bunnn
@Welikethetrees
@_AskNemo
@DeansEpoch
@adamKDean
@monad_alexander

10. Community cont'd*

@moonbeamr_art
@RyanJones_NEWM
@bigjoethedon
@Jake_Shepherd1
@Red_PalmNFT
@0xMrWzrd
@BullishDumpling
@SheeshLaBoi
@garza_aadam
@Hobbiw
@cryptodramz
@FahadoukenNFT
@TalCrypto
@Esco_3DMfer0006
@jake_geoghean
@el_just_el

*Not exhaustive lads

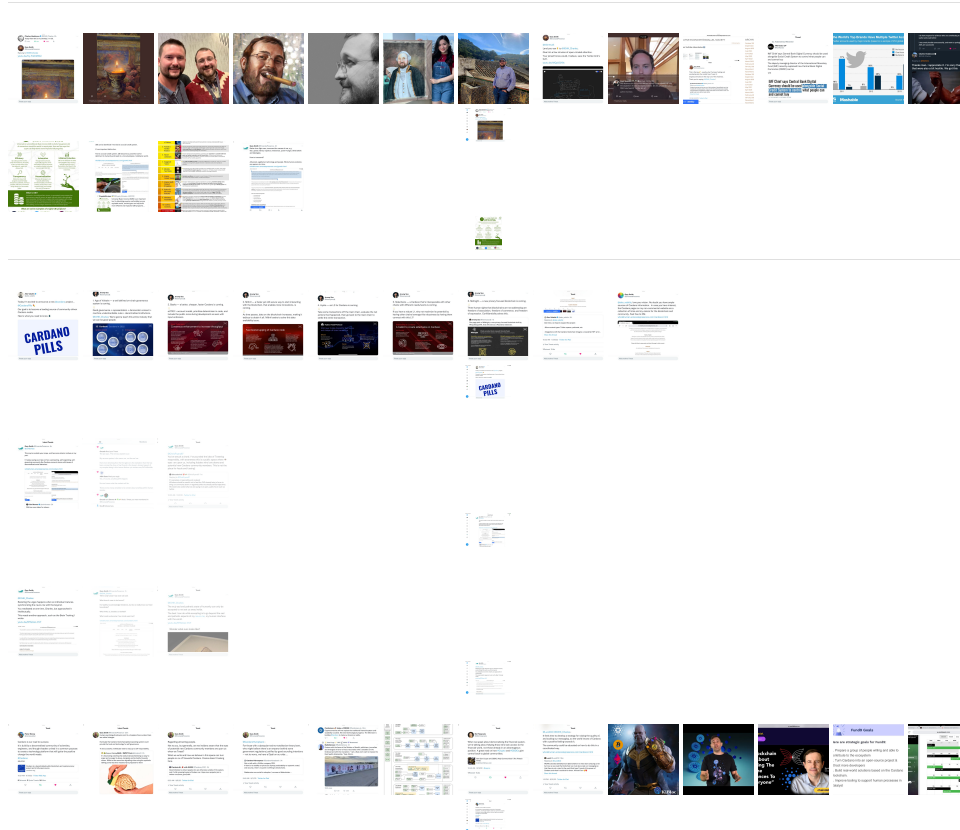
11. Now now, I wish this thread has been helpful in easing the learning curve to the Cardano ecosystem

If you have questions, don't hesitate to participate in the community discussions and especially twitter spaces that are constantly running

Welcome lads.

Let's change the world

11. Disclosure now , full credits to the lad @kdevpls give 'em a look.



Disclaimer:

*Advice (e.g., medical, financial or personal) is not given here.
Each person is responsible for their own choices, actions and consequences.*