

Inquiring Minds: A Smorgasbord Approach to Life's Choices

#54 Apr. 3, 2019 "Whatever floats your boat." —I first heard this from my brother Jeff, but it's a self-evident [phrase](#).

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Interesting Origin of the phrase 'Different strokes for different folks'? (from [The Phrase Finder](#))



boxer phrase-maker Ali

"This expression began life in the USA in the 1960s. The first person known to have used it is the boxer Muhammed Ali. Here's an example taken from the transcript of an interview he gave while preparing for his fight with Cleveland Williams in November 1966, in which he was explaining his boxing style:

"I don't have any [big] punch. I just hit a man so many times he wished I had a punch."

and, explaining his knock-out punches against Sonny Liston and Floyd Patterson, he said:

"I got different strokes for different folks."

Ali went on to win the fight which saw the first use of his famous Ali Shuffle.

In using 'different strokes for different folks' it may be that Ali was repeating existing street slang but, if so, there's no surviving record of the expression in print prior to his use of it. Given Ali's celebrated and inventive use of language it is likely that he coined the expression himself.

The expression soon became commonplace in the USA (although it is rarely used anywhere else in the English-speaking world). If a given "practice" is not engaging, interesting, or not prescriptive enough *for one's particular needs*, one has to, I believe, align them to match his/her particular needs or long-term goals."

From Orthodoxy to Diversity in Religions, Political Parties, & Other Belief Systems

While Ali seems to tailor his boxing style to different opponents he faced, the phrase has morphed to mean to be aimed at oneself, i.e., whatever gets you through life, whatever works for you, "whatever floats your boat."

Belief systems have become less orthodox or professing unified tenets [as the early religions of all creeds took great steps in their development to do so](#), only to diversify, fragment, and fractalize.

Integrating Meditation, Exercise, Gym, Diet, Supplements, and Other "New Age" Beliefs

What "floats my boat" undergoes a continual search for healthful practices and/or remedies—yet these need research and continual re-evaluation. Several examples. I need at least ten minutes of specific back exercises once or twice a day to strengthen my core and contained a back injury I had in 2012. But upon further observation one of these exercises may be worsening my glaucoma pressure. Also, in preparation for this newsletter, I found that the [CoQ10](#) to offset a statin use may have a side effect of insomnia—which I have. I will research this more, and check with my doctor. Lastly, I have found that some meditating is helpful for me to become more relaxed, mindful, and focused and enjoy life more. It helps me get to sleep at night. In conclusion, I surmise that: 1) we all have different needs, 2) we have to keep re-evaluating them, and 3) what works for one person may not work for another.

"Meditation is a practice where an individual uses a technique – such as [mindfulness](#), or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state." -[Wikipedia](#)

Some Beliefs are Prescriptive and Science-based, Others based on Fear, Wishful Thinking, Bias, etc.

I was amazed how one person in our spiritual community (which accepts anyone with a heart-beat and good intentions) was practically apoplectic that I did not necessarily believe in reincarnation or even in an afterlife. "All the great spiritual thinkers believed in reincarnation, and surely you believe in what they teach?!" *What makes sense to me is verified by experience and science, not just belief.* Different boats afloat. -Joe