

A photograph of two men sitting in chairs. The man on the left is wearing a plaid shirt and has a slight smile. The man on the right is wearing a light blue t-shirt with 'UCSB SCHOOL OF MEDICINE' printed on it. The background shows a doorway leading to another room.

**Thumos Love Family
Newsletter
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[1] Created by [Nickantony Quach](#), **Thumoslang** stands for Thumos language but it more precisely is a nomenclature. It's both a nomenclature for social life and, as [Jairson Ascencao](#) puts it, an architecture of social logic. It is the “technology” by which human relations are conducted with minimal generation of unwanted drama. For the first time, humans discovered a way to have systematic control of relationships in their social life. Documented by the 2017 book [Thumos: Adulthood, Love & Collaboration](#), this discovery should be no less important than the widespread control of fire.

[2] If you want to become an expert in any field, you must understand its nomenclature, i.e. its naming system. Using its nomenclature, you become far more powerful when you talk about various topics in the

field. Likewise, using **Thumoslang** as the nomenclature for social life, you achieve consequential relationships with far less effort.

[3] If you did chemistry in high school, you know that the name of each chemical element is part of its nomenclature. You also know that it takes hard work to understand the first set of elements, let alone how they bond with one another. As a complex nomenclature, **Thumoslang** can be fully understood only after it is formally taught. Like a language, the more you use it, the more you get out of it.

[4] A course in **Thumoslang** is called the [Thumos Love Challenge](#) (TLC). Its mission is to promote widespread but systematic control of relationships in social life using **Thumoslang**. It walks learners from easy to difficult steps over time.

[5] The TLC course is divided into nine levels. Each level is accented by a color belt as done in Karate. It starts with white, yellow belt and ends with red, black belt.

[6] You're wearing a White Belt in **Thumoslang** after you take the first step in White Belt on your ***Thumoslang Journey***. As described below, the step involves you sending a strong message of love to another person. However, as a White Belt, you should try it on a friend at first.

[7] If you want to carry out the following procedure as part of your [Thumos Love Challenge](#), film your experience and present the result in a video. Tag it with the hashtag #ThumosLoveChallenge when you share it with the public. Otherwise, by choice, keep your ***Thumoslang Journey*** private.

Procedure 1 for White Belt in Thumoslang

[1] Create a private blog and use it as your private office. Ensure that others cannot see anything you post in your private office.

[2] Identify the first friend of yours as an experimental target of love. In this procedure, let's give the friend a name: Erik. Start a new post in your private office to keep track of how Erik interacts with you.

[3] One day, ask Erik to let you use him in practicing the use of **Thumoslang**. Explain to him that **Thumoslang** is about improvement in personal relations. That's why you need a friend for this. However, do not conduct the experiment with Erik on the same day you made the initial request.

[4] On a different day, send Erik via texting the following text string (without the quotes): “[FB.com/ThumosLove](https://www.facebook.com/ThumosLove)”. Within the next several hours or longer, do not interact further with Erik until he contacts you again. The link should take him to [this Facebook page here](#).

[5] Hopefully, once there, Erik would click on the button [\[Learn More\]](#), which would take him to the elaboration on [this page here](#). At the bottom of the page is the video [The First Falsifiable Definition of Love](#), which is [Episode 3](#) in [Season 8](#) of the YouTube series [NDBaker93](#). You may want to watch the video long before Erik does.

[6] On a different day, ask Erik what he thinks of what you sent him. Report his response in your tracking post.

[7] On a different day, ask Erik to watch the video if not already done. Ask for his feedback and report his response in your tracking post. By now your friendship with Erik has just deepened.

[8] Repeat the above steps with another friend. Track his or her response in a private blog.

[9] As a reminder, if you want to carry out the above steps as part of your [Thumos Love Challenge](#), film your experience and present the result in a video. Tag it with the hashtag #ThumosLoveChallenge when you share it with the public.

The End

PS:

To publish your story or advertise in this newsletter, talk to [Nick](#). Click [here](#) for [his contact information](#). For the next issue of this newsletter, go to [Ri4C.com/News](#).

Sharing:

If you've ever wanted to do good for humanity by joining a local business organization on its Day Zero, here is your chance. For more information, read [Issue #1A](#) of the [Thumos Love Newsletter](#). It should be accessible at [Ri4C.com/News](#).