

THE ONLY CRITERION FOR EVERYTHING YOU DO IS THE VALUE CREATED

The only criterion for what we do is “Does it create value for yourself (and others, to the extent we want that)?”

Humans, and the higher brain/self, get more happiness out of life from things that produce more value for the particular human individual.

In our higher self/brain, we go for producing clarity and thinking things through.

In that higher self/brain, we also find it invaluable to rise up to a higher level perspective and look from 50,000 feet at the big things and how things are working or not.

That perspective allows us to ask higher order things like: “How can I improve myself or improve something in my outer world?”

And, especially, we ask “How can I discover what is of more value so that I can feel even happier?” (In my higher self I naturally “want more”, as it makes no sense to want less or to settle for less than we are capable of causing for ourselves! Who “in their right mind”, with no inhibitions, wouldn’t be happy to have more???)

Questioning whether you could choose something else of better value for yourself does not threaten you or invalidate you and your choices, it only elevates you. If one is getting upset about that, it is, again, a good time to pause and take a time out (from being in the reactive animal part of ourselves) and return to being in the higher self!!!!

What we don’t want is “less” or “to feel bad”.

When we are stuck in the drama created in the lower brain and creating ourselves being upset, threatened, and/or in stress, we **cannot operate anywhere near our potential personal power level. Only when we choose to no longer allow those primitive, non workable methods** to be used can we operate at our most powerful level (even at much of a level at all).

The lower brain will, of course, seek to justify itself with statements like

“I just couldn’t help myself”. (In other words “I had no power in that situation and it had power over me.”)

“I’m just human and therefore I had to do that.” (Yes, you’re human, but you also have, as the particular difference from animals, a **higher brain that can think about and strategize** to run the basic behavior functions and choices of a human, or at least affect them to some positive degree. Essentially setting yourself up as just being only the animal part of a human does not work as it allows yourself to operate in the **animal-like stimulus-response mode**. You are more - and that more is “the human brain” and “who you really, really are” (the higher self)

But we have our higher brain and it is *the one that can think and choose better* and not get caught up in drama, emotions, false beliefs, false threats.... We *know* when we are “in drama” or “feeling bad emotionally” - and we must train ourselves to see that we are in the non-working mode AND then act upon it in order to **return ourselves to the [well-functioning power zone](#)**, where we are again able to be in our higher brain. (I use, and recommend, this particular method: [The Power Pause Time-Out Tool](#).)

Use those two power assurers in your life and your life will be very greatly elevated!

“Spend zero time on upset and/or bad feelings!¹ Just move on, to creating what is of value to you in life!”

The BuddhaKahuna

Some related pieces:

[No Fault, And Not Knowing Better, Yet!](#) - Follow the sequence and make sure you understand this life changing paradigm and install it into your life for a great upleveling of one’s emotions and related behaviors!

[The Righteous, Unthinking Mind Versus The Thinking Mind - And The Effect Of Harmful Ignorance](#)

[Keith D. Garrick](#)

Of [The Life Management Alliance](#)

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Please [Contact me](#) with any suggestions, additions, revisions, etc., that might help improve this piece and the process, and/or any questions or requests you might have.

(Note that most of the pieces I write are intended for more study and completion. As such, you might do the overall reading of the piece and then tickle it for followup later if you cannot

¹ These are ancient methods that worked for survival 10,000 years ago. They can be questioned and modified toward more of what works in today’s world. See [The Fear/Pain Process/Methods - Your Choice](#)

complete it in one sitting. It is not likely that you can do it in one sitting. Possibly, read [How To Read And Learn From A Keith Garrick Piece.](#))