

**THE ONLY SURE PATH TO THE GREATEST LIFE**  
**THE GRAND PLAN AND INSTRUCTIONS**  
**(with links to take you as deep as you want/need to go)**

This “book” is my version, so far, of the Grand Introduction To Life And How To Live It. It is a “growing” book, to be read as is for now, but with pieces being added (so you’ll need to be on the mailing list for [the blog](#) to be notified). There is a reading sequence already on the site that is called [The Only Sure Path To The Greatest Life: A Delineated Path, Using “The Life Power Process”](#).

**THIS BOOK WILL “COMPLETE” YOUR LIFE TO GET IT TO WHERE YOU WANT TO BE.**

How to navigate and jump to where you want to be: ...use find (CTRL F) or just jump back to the table of contents by using CTRL home combination.

For a briefer overview of contents, pop this page up, too: [Super-Brief Contents Table](#)

In this book and in each discussion we use “templates” for perspective and thinking. It is very simple. In fact it is just the ABC’s of life and reality. A. B. C. D. Result. Don’t just look at part of the tree, but the whole, over time (as everything happens over time and in a sequence, not instantly). We want to see the whole picture, for greater understanding and perspective. So if we are told we should have a purpose to be happier in life, we ask why, meaning for what reason and what will it get us. It is all based on something, like, for instance, most anything we do is based on survival or some mechanism that evolved for survival....

We often leave out the steps for completion. Have a good attitude is not a sufficient plan or workable, we need to lay out each step to get to a “good attitude” including defining what it is and what it consists of and then look at the rest of the sequence, as to what the benefits will be if we get to “good attitude” for the sequence does not end there, as it is only a part of the sequence.

To “solve” a process, we look at the sequence in the process and solve each piece. This book is set up as the trunk of all that works in life, so as we use the causal chain approach to life, you have the choice to go out into a branch that will help you solve (or get working better) a particular step or process in the overall sequence of steps. To actually solve the process that causes a problem or undesired effect, we must solve each part in the sequence, so that is why we have the branches to go down to completions. The funny thing is that as we solve or create a successful process for any one thing in a particular process the solution will apply to many other processes, for those same individual steps are involved in many processes. You solve one thing and you get multiple benefits in that it helps solve lots of other things!!!! You accumulate these solutions and life gets dramatically easier, for the solution process is now built in and ready to go to solve anything, easily and naturally. We only need to solve many things once instead of allowing the problem to repeat itself over and over, unsolved...

Why be regime-mented? Too restrictive? No regime at all is insanity. Too much is harmful. The right balance is super key - and it the degree of regimented should be far greater and serving us even better!!!!

You won't have status anxiety if you don't need to get anything from "status", if you are self sufficient and capable of doing well enough to have "enough status" based on your regular behavior - I.e. You will have "solved" the anxiety uncertainty and whether the need is filled.

## **THE TABLE OF CONTENTS - IN DETAIL, WITH LINKS**

### [Cover Pages](#)

### [ORIENTATION: Preface, The Purpose, The Means, And Successful Implementation](#)

#### [THE KEY QUESTION TO ASK AT THE MOMENT](#)

### [CORE FOUNDATION FOR ALL OF LIFE](#)

[I would suggest also, as a reinforcer and further illuminator, you read and implement The Four Agreements, by Ruiz \(if you have a question on how to do that, email me\). \(Ruiz page on the site.\)](#)

### [I WHAT I WANT - Goals, values, the purpose of life](#)

#### [IA THE POINT OF IT ALL, THE PURPOSE](#)

#### [IB YOUR VALUES - Set them right](#)

##### [What We Value](#)

##### [Two Choices On How To Live Life](#)

#### [1C MODEL PERSON, MODEL LIFE](#)

##### [1 What the great life looks like \(revisited in more detail, later\)](#)

##### [2 The model person looks like this](#)

#### [ID WHO I CHOOSE "TO BE"](#)

#### [IE GOALS FOR A GREAT LIFE](#)

### [II WHERE I AM - Tests, self ratings, nailing what is true without criticism](#)

### [III FOLLOW THE RIGHT PATH OF LEARNING/CONSTRUCTING A GREAT LIFE](#)

#### [The levels of learning](#)

### [IMPLEMENTING ANYTHING IN LIFE](#)

#### [IIIA BUILDING THE FOUNDATION](#)

##### [Just Set Up The Core...](#)

##### [You Must Build The Foundation First!](#)

##### [The Foundational Formula For A Great Life](#)

#### [IIIB THE PATH TO FOLLOW](#)

##### [The Only Way To Life Success And Happiness](#)

##### [The Essential Choice That Makes The Difference](#)

You Don't Have Time To Do It The Other Way

Highly Recommended Approach

How To Build The Life Top Down And Bottom Up

If Life Looks Like This, What Should I Do First? And Next?...

You Must Have A Path!

You can enter at any point in the path to fix immediate needs or get boosters.

AGAIN, THE SOURCE OF IT ALL IS...

GOING TO THE NEXT LEVELS

### IIIC FIRST LEARN

PROCEEDING FURTHER FROM VICTIM TO "GENERATOR"

THE BIG QUESTIONS OF LIFE - And The Answers

How Best To Use This 10,000 Year Old Human Design?

How Best To Get Your Brain To Work

2 Most important to learn "life competencies" and core skill

3 The super-principles, super-truths

### IV LEARNING REALITY AND HOW THINGS WORK

Dedication to Reality

This sounds a lot like Joseph Tussman's wise advice. Most of us have problems confronting reality because it does not line up with how we want the world to work. The rise of a political figure that we don't support baffles us because in our mind the world shouldn't work that way.

What Peck outlines below is a version of the map and territory problem.

Superficially, this should be obvious. For truth is reality. That which is false is unreal. The more clearly we see the reality of the world, the better equipped we are to deal with the world. [!!!! A requirement!!].1 The less clearly we see the reality of the world—the more our minds are befuddled by falsehood, misperceptions and illusions—the less able we will be to determine correct courses of action and make wise decisions. Our view of reality is like a map with which to negotiate the terrain of life. If the map is true and accurate, we will generally know where we are, and if we have decided where we want to go, we will generally know how to get there. If the map is false and inaccurate, we generally will be lost. [so we live in irreality and wonder why we have problems!!]

While this is obvious, it is something that most people to a greater or lesser degree choose to ignore. They ignore it because our route to reality is not easy. First of all, we are not born with maps; we have to make them, and the making requires effort. The more effort we make to appreciate and perceive reality, the larger and more accurate our maps will be. But many do not want to make this effort. Some stop making it by the end of adolescence. Their maps are small and sketchy, their views of the world narrow and misleading. By the end of middle age most people have given up the effort. They feel certain that their maps are complete and their Weltanschauung is correct (indeed, even sacrosanct), and they are no longer

interested in new information. ... Only a relative and fortunate few continue until the moment of death exploring the mystery of reality, ever enlarging and refining and redefining their understanding of the world and what is true.

This biggest problem isn't that our maps are inaccurate but rather that we fail, especially as we age, to revise them

#### IVA REALITY

ENOUGH CAPABILITY, NOW CORRECT BELIEFS

Rewriting The Story Of Your Life

#### THE ONLY TEST OF LIFE

1 The physics of life and "the universe"

YOUR LIFE SO FAR AND WHO YOU ARE, ACTUALLY

EVERYTHING OCCURS IN THIS SEQUENCE

1a Cause and effect

2 WHO I REALLY AM

#### IVB HOW THINGS WORK

1The Mechanism

The (Bio)Mechanical Body/Mind - An essential understanding

However...We Make Up Meaning!

Why You Don't Control Your Life

V BELIEFS - Beliefs about how things work and the self are the basis for life, correct them and...

CORRECTING BELIEFS IS FIRST AND FOREMOST

NEVER TOLERATE A WRONG BELIEF!

A SuperTruth: No fault, no blame

ESSENTIAL UNDERSTANDING: NO FAULT, NO BLAME

#### VI PSYCHOLOGY, EMOTIONS AND SELF MANAGEMENT

PSYCHOLOGY AND EVOLUTION 101

VIA EMOTIONS - How they work, how to work them- from fear to motivation to happiness

The Whole Story Of Emotion In One Paragraph

The Whole Story Of Causing Emotions

Feeling Bad, Feeling Good, Being Short Of...

Do Our Emotions Determine Us?

EMOTIONS ARE ALSO INDICATORS TO USE

MOTIVATION - All chemical - "Change" this, redirect

How About This, Instead?

WILL YOU?

THE ABSOLUTE ABILITY TO CHANGE

EMOTIONAL INTELLIGENCE IS FIRST!

## 2 NO STRESS

Stress Is Neutral, Unless...

## 3 NO FEAR, NO ANXIETY

BELIEFS, FEARS, AND REALITIES

THREATS

Fear And Actual Threat Versus Fictional Threat

Am I Safe?

ARTIFICIAL LOSSES AND SHORTS

YOU WILL BLOW IT, BUT DO THAT AT THE MARGINS

“ENOUGH” AS A KEY UNDERSTANDING

Never Enough...Unless..

Am I Good Enough? No!

REALISTIC FEAR, IT'S THE CONSEQUENCES, DUMMY!

INDEFINITENESSES

Confusion, Uncertainty, Several Directions At Once

Unfinished Business And The Mind...And Confidence

THE ROLE OF UNCERTAINTY IN LIFE AND FEARS

WHAT IS THE WAY OUT?

I CAN SOLVE ANY SOLVABLE PROBLEM

WHAT ARE THE EFFECTS IF I CONTINUE AS IS?

WHAT DOESN'T WORK

The “Side” Effects Of Depleting Emotional Reserves

WHERE TO INTERVENE

IMAGINE...

BEING DRIVEN

Wouldn't Such A Life Be Awful?

VIB SUPER-PRINCIPLE: STAYING IN “THE ZONE” OF HIGH FUNCTIONING

PHYSICAL STABILITY IS ESSENTIAL

ALL SYSTEMS SEEK “RELIEF”

THE GREAT COST OF BEING “OUT OF BALANCE”

PHYSICAL STABILITY IS ESSENTIAL

VIC SELF MANAGEMENT - The key to a successful life...

THE ABSOLUTE ABILITY TO CHANGE

1 Behaviors, Habits

2 How to successfully cause change, this time

VID UNCONDITIONAL HAPPINESS - How to attain

VII OTHER IMPORTANT STUFF

VIII THE MODEL OF WHO WE CAN BE

FIRST, YOU MUST KNOW “WHAT IT LOOKS LIKE”  
YOUR LIFE SO FAR...AND THE NEXT PART!  
MODEL OF WHO WE CAN BE

#### IX THE LIFE AND BEING DESIGN AND PLAN

Never Random, Always By Design  
The life design, the life plan

#### X MAKE LIFE EASY

#### XI GETTING THE RESULTS- Do 1st, the life skills, practices

##### A THE LIFE SKILLS

1 Artfully managing your time and “life value” productivity Remove the time/energy misusers

##### B PRACTICES TO INSTALL

Practices To Install Right Now In Your Life!

##### C COMMITMENT, DECISION, PROBLEM SOLVING, CHANGE, GOAL ATTAINMENT

THE SYSTEM TO SOLVE PROBLEMS!

THE MOST SIGNIFICANT CHANGES TO MAKE!

##### D PRODUCTIVITY - Of “life value”, not widgets

The Law Of Getting Things Done

#### THE SUPER APPENDICES

”WE CREATE A WHOLE STRUCTURE OF “SUPPORTS”  
THE MECHANICS OF HOW WE WORK

#### MY KEYSTONE LIFE POLICIES

THE 10 MOST EFFECTIVE THINGS YOU CAN DO IN LIFE

THE 17 PRINCIPLES OF WHAT MAKES LIFE WORK

10 BIGGEST “GET IT DONE” AND PEACE OF MIND IMPROVERS

THE SUPER-PRINCIPLES OF LIFE

THE MASTER LIST OF WRITINGS AND EXERCISES

WHAT IS NOT DOING ME GOOD

A MESSAGE TO THE TEENAGER

## **Cover Pages**

The Only Sure Path To The Greatest Life - The Grand Plan And Instructions

A Super “Tree Learning” Book (with links to take you as deep as you want/need to go)

“An “idea” not locked into your life is worthless to you. It is just a passing moment, not a true piece of your life.”... (so the purpose of this book is to lick it into your life to be used over and over to get more and more benefits)

-----

The questions this book answers, in a practical, doable way

The great questions of life

10,000 years ago

Utilize brain

---

## **INVICTUS** (modified)

Despite the uncontrollable pieces in life,  
I go on, unafraid,  
Creating that which I want in life,  
Using my awesome powers

“For it matters not how strait the gate,”  
Nor the circumstances that I do not control,  
All that matters is that I diligently create the life that I want,  
Always remembering that  
**“I am the master of my fate.  
I am the captain of my soul.”**

[The actual poem: [Wikipedia](#) ]

Indeed, if in life I affirmed this often in my thoughts, I could not help but to live my life powerfully, for I would then have the mindset that will have me learn what is necessary and to then do what is necessary and workable. I would actually live a results-based life, knowing that doing an action means nothing unless it actually produces the desired result (inside me and lastingly). I would [not confuse the means as being the ends](#) I seek, as I would observe what works to get what I truly want in life at a deeper level of substance and do only that which gets me that.

---

## **ORIENTATION: Preface, The Purpose, The Means, And Successful Implementation**

-----  
Integrate:

“Elon Musk, how do you learn so fast?”

“It is important to view knowledge as sort of a semantic tree - make sure you understand the fundamental principles, i.e. the trunk and big branches, before you get into the leaves/detail or there is nothing for them to hang on to.”

-----  
The purpose of this book is to make the biggest positive change ever in your life.

To create the greatest life one must follow the path that leads one to build the greatest life. To move from low sanity (disordered thinking, lack of self control, not being in touch with reality, uncertainty with reality) to order in one's life, mastery of oneself, knowing what is best for oneself.... And one's emotions...



Leading to freedom and taking control of one's life purposely filling it up with wonderful experiences and clear, very happy thinking...

A book full of ideas and concepts is not, in my opinion, worth anywhere near what a book is that provides the means to achieve the desired results in the area it discusses. The area in this case is the biggest one: life.

This book is designed to have you get the perspective and to see how things all tie together AND in the process as you go and/or in a second pass through actually do the rest to assure completion of what it takes to make life work at level 1 and level 2. You have the option to do the quickest improvement of life per hour of time by doing the level 1 processes, so that your life is more quickly raised to a good level or to do level 1 and then level 2 in each or selected areas.

You'll find that life overall (and in a specific area) will tend to rise as you fix the "leg" on a stool (area), just the same as if you balanced a stool's legs or put a platform under a stool. You lift the stool and all legs and the top go up the same amount.

There is a "synergy" effect, where you improve your ability to function in one way such that it causes you to function better in other areas or parts. This is the  $2 + 2 = 5$  principle, where the whole is greater than the sum of the parts - or "one improves the other as a side effect".

As you keep on improving several abilities, the increases in life quality occur geometrically (exponentially, multiplicatively) not "linearly". In linearity, 1 added to 2 leads to a total of 3, which rises by 1 as you add each 1. It is a slow gain process. With synergy effects, the process greatly increases the gains in a multiplying way. Simple, but please keep it in mind, as you are in the process of doing what is recommended - it will have more benefits than you would think as you do one after the other.

[I've created on the site a supersummary of the key points, an intermediate without all the detail.

I

## THE CONTEXT OF HOW WE LIVE OUR LIVES - HAPPY OR NOT HAPPY

We live our lives from a context of scarcity, not enough, not yet arrived, not having enough.... That is our overall view of our life and ourselves.

Why unhappy with life? Not have enough, not secure, not notice what have, not able to control life (so afraid if something happens we can't handle it..

Not having to get..

Physically invigorated

Mentally invigorated

Intensely getting to be able to intensely experience the meaning of life.

What we want is to know we can handle life, own it, be able to do it. To get there we have to learn and do it. And life will be full of meaning and not trivia or unloved life, of tv...

Notice that we get all excited about life getting better (and then we don't do what is needed to raise it a level or two).

The point is to get to where we feel secure (not fearful, not inadequate). - inadequate → fear not being able to handle...

### **THE KEY QUESTION TO ASK AT THE MOMENT**

Do I feel physically invigorated, emotionally invigorated, and mentally invigorated?

If the answer is no to any of them, then evaluate what to change to stop the negative factors/causes and to do what is necessary to invigorate (or cause it, as rest will create the ability to live with greater invigoration).

### **CORE FOUNDATION FOR ALL OF LIFE**

The core foundational basis for all of life:

1. Your models of [reality](#) ("beliefs")
2. Your [systems](#) you use to get what you want

Since these are the foundation to all of life, it would make sense that you would make sure these were all serving you at the highest level. You've heard "a chain is as strong as its weakest link". The chain in this case is the "causal chain" which is all the "steps" that lead from one step to another and *ultimately produce the desired results*.

We can either leave the most vital link in the chain, where it all starts, to happenstance OR we might, instead, note the results we're getting and then, if they are not good, correct the chain - *EACH* part of the chain, but absolutely correct the beginning of the chain!!!

If we note that we are experiencing a "negative feeling", that is a **sign that things aren't working** (in some way) - which would suggest that it might be useful to correct whatever it was that caused the negative feeling - and not leave it to repeat itself later.

Specifically, note that If we criticize ourselves in order to "correct" or "motivate" ourselves, we inflict on ourselves a negative feeling. If we feel "shame" and "guilt" (which are "designed" to have us correct our social behavior, mostly), then we have a bad belief system that is out of date and erroneous and that we CANNOT allow to keep on harming us!!!!

The bottom line is that a negative feeling is virtually always an indicator of a false belief. You might disagree, but I purport that there is a better way to motivate oneself, one that has no negative to it. A negative feeling is a “result” - and one that is undesirable..

While we might “want to” correct our negative beliefs, we often are stuck in the absolutely false beliefs: (read the links to see the truth)

I am not [capable](#) of learning and correcting and being more effective.

I do not [have the time](#).

It might not be [worth the time](#).

Once you start working on your beliefs, at some point it will be best to correct the biggest harmful belief and one of the beliefs that must be corrected or one cannot possibly achieve real happiness:

I am not capable of [handling my life](#).

This must be corrected!

Another major misbelief is the one we engage in when we are being a parent scolding a child and *believing it works*. Correspondingly, the big key belief to change in life is that we are “wrong” or “bad” in what we do and, accordingly, also should be criticized or [punished](#).

The truth, objectively and scientifically provable, is that **judgmental criticism is not valid**. The truth, instead, is that “we all do the best we can at the time WITHIN the limits of our awareness (knowledge). If there is an undesired result, there is no “fault” in us but only a lacking of knowledge. We are NEVER to blame. The solution is always to cure the lack of knowing, not to fault ourselves or others.

In short, there is [no fault, only “not yet knowing”](#). (And cure is in gaining the knowing!!!) You must accept and install this belief in yourself or you will not, absolutely not, be able to have true happiness. Read up on this and work on it until you’ve “got it”.)

We have lots of beliefs to correct, as we adopted lots of them without question or thinking. But at what point do we stop correcting our beliefs?

The answer is when you have reached the point where you:

1. Virtually never experience blame, [shame, guilt](#), or self [criticism](#).

2. Are able to understand and believe absolutely the fact that you [have all the equipment you need](#) to create happiness - i.e., you have the power to do anything any other human being has done - you only need find out what they learned and the system details of what they did.

Please don't stop short of achieving that, as each amount of learning and effort to gain that level of beliefs is well worth it - and, in fact, priceless. Isn't your happiness priceless? Isn't it "unsmart" to leave in place that which makes oneself unhappy?

Why do people stop and let the busyness of life interfere without repairing the very vehicle that gets one through life? Why would anybody continue to base their lives on a shaky, faulty foundation?

As Vishen Lakhiani puts it, referring to our destination way of being: "Be unf\*\*kwithable." (from others and from our own automatic thoughts). I suggest that you get to that point!!! (Or, on the site, you might read [The Skill Of Fearlessness](#) - and achieve it!)

I suggest that you buy Vishen's book [The Code Of The Extraordinary Mind](#) (no it's not a woo-woo book), which uses factual, engineering type thinking and is absolutely worth understanding. Note that you should not just "consider" buying it - you should definitely buy it!!!

I would suggest also, as a reinforcer and further illuminator, you read and implement [The Four Agreements](#), by Ruiz (if you have a question on how to do that, email me). ([Ruiz](#) page on the site.)

Email me ([Contact](#)) if you have any comments, including suggestions, the actions you've taken and the results you've gotten from you studying this and implementing it (to whatever degree).

## **I WHAT I WANT - Goals, values, the purpose of life**

### **IA THE POINT OF IT ALL, THE PURPOSE**

*The purpose of life is not the same as your "life purpose" - which only is a means to the true purpose. ("live your purpose" so that you'll be happy - so that means that the end purpose is implied as being "to be happy")*

*Either be doing something that benefits the future good experience or be being in the future good experience (minus 20% friction factor). Not being in a bad emotional state.*

*So, spiraling, for other than mental refreshment or a form of rest (which doesn't have to be meaningful but could be)*

*Life is easy if you don't make it hard. It can be enjoyed without stress, orchestrated as you want it within the realities of life. And the reality is that everything is set up at a level that works greatly for us - if we align with it and use it for our benefit (much of it works automatically and the rest we have to utilize on our own and capitalize more on it). Moments of upset should be rare or virtually non-existent and very temporary. Some are things of memory only that no longer exist.*

*See Ev. Rules of life*

## **IB YOUR VALUES - Set them right**

Align the activities with the values

### **What We Value**

I value this because

## **Two Choices On How To Live Life**

#1. Go ahead and do something --> Then (Maybe) learn

#2. Find out how things works ahead of time, figure out what to do → Then do it.

The first barely or hardly works. The latter is what makes life work. Your choice.

## **1C MODEL PERSON, MODEL LIFE**

### **1 What the great life looks like (revisited in more detail, later)**

#### **2 The model person looks like this**

Pull some from reinventing yourself in ev.

## **ID WHO I CHOOSE “TO BE”**

Obviously this must align with your values. Most importantly it must align with the ways of being that cause the results you want in life, including satisfaction and pride in who you are being.

## **IE GOALS FOR A GREAT LIFE**

For a great life, you cannot set goals of “being comfortable”, “leisure”, “sitting around” as those have implications that suggest that you will not do what is necessary to get the results you really

want in life. So the all encompassing goal that will have you reach all of those, which we might call “I don’t want to be stressed” goals, is to keep yourself in The Zone (aka homeostasis) of high functioning. Your commitment is to immediate correct/eliminate upset and/or stress, as those pull your functioning out of The Zone.

## **II WHERE I AM - Tests, self ratings, nailing what is true without criticism**

You’ll learn later that there is no basis for blame, shame, criticism, as the reality of life dictates that you cannot yet know what you do not know yet (that statement will make sense after you read . It is a matter of not yet knowing.

## **III FOLLOW THE RIGHT PATH OF LEARNING/CONSTRUCTING A GREAT LIFE**

### **The levels of learning**

We learn in levels and we can choose which level to stop at, depending on the value of going up another level in an area. But our learning is “cumulative”, you accumulate it and get better at it in stages. Usually the first is to get the basics...then onward to more and more ability to use the knowledge. Or we get the overview, so we can understand the macro picture and/or determine which pieces are of interest and which to mine further.

I’ll point to some sources that can further our learning where needed, but where we can go in for the overview

So, we’ll be do learning at stages or levels...using branched learning. Some will be on The Site, some will be from useful resources that are already at the level of high worth in learning and implementing. We’ll be referring to B. Johnson Philosopher’s Notes TV (10 minute videos on books) for free (but you can choose whether to go further via a subscription at a relatively low cost)

We do not have time to “go back later”, we just have limited time to learn and a limited level to arrive at, so we need to assimilate what is needed and NOW, not later. But in the context of we already have enough and are capable enough, so that “all is well” at the basic level - and then we are just adding on to our ability to appreciate and feel the meaning of experiences...

## **IMPLEMENTING ANYTHING IN LIFE**

Without ALL the steps necessary, you cannot get what you want in life. Most often we rely on trite generalities or concepts, but they leave us nowhere, perhaps waiting for a miracle to get us what we want. We must do all of the steps in the causal chain, get specific ways of doing things. “If we can find out what a successful person did, in sufficient detail, we can do what that

person did. Overall, we can do anything any other human being has done (unless there are peculiar traits needed, such as being tall for basketball).

### **III A BUILDING THE FOUNDATION**

#### **Just Set Up The Core...**

#### **You Must Build The Foundation First!**

##### [Build the foundation](#)

This is the most important thing you can do...

Although it seems so obvious, people seem to ignore this and continue to hope things will work out anyway. They try to do without knowing and hope that they'll get the right result. Instead what they need to do is to learn how a thing works and how to work it, before they do the doing. At least to some degree...

But it's too boring, takes too much time - au contraire, it saves time in all the major things we do. A stitch in time saves nine. How to be able to learn and not have it be pushing aside the rest of life.

Operate where the rubber meets the road. (The analogy if you have a car up on a life and you press on the gas, the wheels will spin but you will go nowhere but "fast". It is not until you lower the life so that the wheels are touching the ground, where life occurs, that the rubber meets the road and you are propelled forward.

What you do means nothing unless it gets a desired result.

Where do I start? Following a learning sequence while also using current goings on to indicate what to fix and make better...

I have what it takes to create whatever I need in my life!!!

All we need is the confidence that we can handle whatever comes up and still be ok [and it helps if we know we will, with few exceptions, always ok and well enough].

I CAN! I am capable of finding and creating and following any path I need to follow to where I want to be!!! I know I will be ok. Life is good and will be good!

I'll follow the flippin' rules and I'll be ok. I'll use the paths already determined to be successful in life!!!!

I need only find them (they are right here,,,see. )

(The paths need to be complete, though there is some truth that part of the path may be defined later, knowing you can and will is fine, but you have to know the path to being able to figure out how to create the rest of the path - that path is... See

## **The Foundational Formula For A Great Life**

### **IIIB THE PATH TO FOLLOW**

#### **The Only Way To Life Success And Happiness**

Simple. Clear.

A successful person knows what he/she is doing, as evidenced by the results successfully attained - results he/she decided he/she wants and then figured out and learned how to get.

He/she could not successfully skip over or forget any of those steps. The road to success always have the same segments to it.

Success equals getting what you want in life. (As long as you've first aligned what you want with what is actually beneficial...what you want is the feeling...not the object or means used to get the feeling...if something gets you a feeling initially but ...

To get what you want in life *you* have generate (go get) it. It won't come to you reliably based on circumstances, other people, wishing, the law of attraction or any mysterious forces aligning in the universe. And then somehow life works out. (Seriously now, why would anyone consciously do that? Most people do this, at least to some degree, in their lives. ) These people did not learn what reality was so they kept operating in a believed reality.

You can only get what you want if you, of course, know what you want and then figure out and learn how to get what you want.

You look to see where there is still a gap and you seek to close the gap. You copy where you can, for reinvention is a waste if it is already invented, you get help where you can, you see what needs correction and you correct it right away if it is an ongoing need.

To get anything to produce a result for you you must know how it works and then how to work it. Yes, you can keep doing it without knowing how to work it but you don't get good results. Notice... and correct... frequently  
Know the nature of your mind.

Every day as the pilot of your life, you would start up your engines knowing where you are going to go, following the flight checklist. Notice those are all just mechanical and doable according to a sequence that is followable. (If you have none, you suck in life.) You have sensors on the dashboard and you have to know how to interpret the signals and what to do to adjust...am I ready for flight?? Am I thinking and capable of moving forward? Go down the runway...build momentum...emotional fuel, all barriers cleared out, flight controller feedback and permission to go..you fly directly to the destination, you don't



meander. Gas conversion to energy and action...- emotional physical , I'll take off and then fuel later...have to come back down...I'll do it in hops...

### **The Essential Choice That Makes The Difference**

The logic I ask you to look at is this:

If we leave life up to our lower brain system, we will have not so good a life, because it makes crude, often incorrect “decisions”.

If we instead, insert our higher brain thinking in the space between stimulus and choice of response, we will make a better choice, since our higher brain thinks things out further and in more detail, using a superior ability to discriminate, see, and choose.

Simple.

Do it or don't do it.

You can do it, simply by remembering to ask, once you notice an impulse, “what is going on here?”, which engages the higher brain thinking to seek a higher solution than our lower brain monkey mind would come up with otherwise.

Until you've installed this behavior (asking the question or a form of it), you must have it installed in a reminder system such as on your computer screen saver running across the screen and/or in a reminder that pops up on the screen.

Do this earlier and you will cut off the waste of diverting resources to things of less importance... Your body/mind perceives a need/want and then marshals resources to achieve that, taking them away from other things. If your primitive mind has you off and running toward something not of actual import, you are not only less able to do other things (because resources have been taken away but it also may be running in the opposite (opposing) direction.

The simple effect looks like this:

Effort toward what is more important actually	→
Effort the opposite direction	←
Net gain	0

Opposing energy cancels out the other energy for a total waste.

Management of effort in life, and, of course, in getting results is dependent on this energy/resources principle: basically, deciding what is best to go for, so use energy in the right direction

Increase effort in that direction  
Reduce or eliminate in wrong direction (so not lose energy and so not take up resources that handicap us)

(Heh? See the more detailed explanation. This is an essential principal/mechanism to know and use, so be sure to learn and embrace it for use in your life as it will make a huge difference in results in life!!!) at

### **You Don't Have Time To Do It The Other Way**

In our humanness and in our busyness, we do not have enough time to read and synthesis and plan from scratch all that will have us living better lives. It is “difficult” to set aside enough time, so we’ve got to make it easier to get to our end objective of sufficient functionality. You simply don’t have time to do it “the long way”, though you must do it the “completed” way.

The way to do it is to have someone else “invent” (synthesize and put together) the structure which you can copy and use in your life and more easily assimilate and understand without having to be a researcher, investigative journalist, productivity expert.

So, you take what I’ve synthesized (or what I point to that has been well synthesized by others) and then you learn and understand it and make your own modifications. But you do not start from scratch, as it is very costly to reinvent the wheel when a good one has already been designed that is workable for you.

This is the fastest way to get to the point where you are fully harvesting and enjoying life at its fullest, without stress or anxiety and with lots of fulfillment and satisfaction and building of deep, lasting happiness.

Yes, each thing you lock down completely for your use for a lifetime will take 10’s of hours but it will not take the 100’s of hours that reading and synthesizing on your own will take - and you will reach completion (i.e. finish it and be able to get the results) in the first case whereas in the longer slog you’re likely to not arrive at the finish.

In order to correct your “system” of knowing, you will have to go back and fill in the [learning gaps](#) where you didn’t learn or you misunderstood what was necessary to go to the next level of ability/competency. This is necessary and invaluable!

To get a sense of your progress, just check off the pieces you’ve finished from the individual writings and exercises master list (in the appendix).

### **Highly Recommended Approach**

*Scan read, the beginning section to see if this book/writing approach makes sense.*

*Then resist going down all the links for now so that you get the overall idea. Divert for a few minutes to figure out to do it right.*

*Index kindle PDFs*

*Do best in order - but you determine which to read first, often using a link and then survey to see if do later, put on list to sort (best drag and drop for ease).*

*Sq3r this book...how to read this (and other books) appendix or link?*

*The purpose of this book is to make the biggest positive change ever in your life.*

*To create the greatest life one must follow the path that leads one to build the greatest life. To move from low sanity (disordered thinking, lack of self control, not being in touch with reality, uncertainty with reality to order in one's life, mastery of oneself, knowing what is best for oneself.... And one's emotions... Leading to freedom and taking control of one's life purposely filling it up with wonderful experiences and clear, very happy thinking...*

### **How To Build The Life Top Down And Bottom Up**

We can identify what we want and then go for it. This is, of course, necessary, but it is not sufficient. It is sometimes so distant from where we are that it is hard to relate to reality and what is to be done in working on this “top down” approach.

It is necessary that you use the “bottom up” approach by looking at how your current life and your current doing of life does not align with what is desired and/or beneficial. This is a fix what isn't working approach, where you are obviously continuously installing what does work - if you keep on doing that, every day or week, not leaving dysfunctional beliefs or systems in place, you will build the life you want. What did I do that didn't work for the best for me during the day? Then I implement it into my life, noting my usual incompetencies and failures and then learning what is needed and further correcting my systems.

### **If Life Looks Like This, What Should I Do First? And Next?...**

In the real world, everything runs in sequences of causes and effects. (Everything!!!!!!).

If an earlier point in the sequence is not right and workable, then the rest of the chain will be not good. (And, of course, the chain is only as strong as its weakest link. Two things to remember: Result of chains come from:

Bad earlier links → bad results

Weakest link determines quality of results. )

LIFE sequence PICTURE

Learn --> Form rules (beliefs)--> Run life by rules --> Get results → adjust --> Best life results.

### THE SEQUENCE IN MORE DETAIL

(Scan to get idea first, then go back and focus and ask if this is true...)

Functioning unit born (all the equipment that is needed to “do” life well)

Learn

Systematically

Path, guided, not refigure path!!!! Just follow one and tweak it!

Highest quality - expert, proven, true/factual (not myth)

Formulate rules

If I do this, I'll get this

Beliefs are the cause of emotions and determine all of life.

Activate, act (Do, Run life by beliefs, rules principles laws)

Emotions cause rule, in a biomechanical reality

Emotions are “felt” and determine “quality” of the experience of life

They are causes and they are effects ultimately

Beliefs are the cause of emotions and the

Adjust as needed

Think (problem solve system, decide)

So, you are born, with all the equipment you need (see proof). You acquire information (learn) that you use your equipment to formulate into something useful for “good survival”. Those are called rules of what works, often called beliefs (as in “I believe it is true that this will work).

Your brain seeks survival, so it motivates action via chemical in the form of emotions

and is true

Wouldn't it be unsmart if we expected somehow life would turn out without doing this? Many leave out essential learning, many leave wrong beliefs in place and somehow believe life will work with random learning and primitive brain running the show.... Bad results means bad causes...duh

**You Must Have A Path!**

[The Road Of Life](#)

What do I do and in which order... (will i have enough gas to get there...system for staying gassed and filled, emotional gas...follow through, too hard...)

#### FOLLOW THIS PATH

Simple way: Follow this path, focus as soon as ready on major beliefs to fix (not enough time for it all)

The best path is a “build” vs. skirmish in and out and attack...

There is a path. To get anywhere in life you must have a path, road to follow - will i find the road? It takes time and is not easy to design the path or find and sort out what the right path so we don't do it. Don't give up

Path of least resistance...just go through the bushes...

**You can enter at any point in the path to fix immediate needs or get boosters.**

#### **AGAIN, THE SOURCE OF IT ALL IS...**

Beliefs, constructs of it how things work...

#### *A QUICK EXAMPLE*

*Daniel has a high IQ and is a supermotivated (by fear) achiever. He has been so busy or distracted that he has not learned and developed emotional intelligence. His beliefs create so many false dangers and threats that he cannot function well in the rest of his life - hard to function with alarms going off all the time and the primitive mind trying to solve them. He is wrestling his “believed” demons so to speak and is so busy doing that that he can't do many basic things, such as remember to mail the income tax forms. While he can, and often does, work on later parts of the chain, he is too handicapped to do it well. He must go back and fix the source link of the problems wrong beliefs... And ASAP... He keeps not fixing the core problem but is so anxious that he can't focus on and complete it, so we need a superintervention that will create it.*

*He wants a great relationship but will tend to use the same old “let me fix the problem” mentality and “I will be nice to you as I owe you so much” approach, when what is actually needed is meeting her needs for emotional understanding, empathy, and soothing. He can never “hit the target” since he doesn't know what is actually needed or even understand emotions. Fix problems vs. address what is actually being asked. Can never get there with the old approach..*

*And, no, he is not “bad” for his lack of emotional intelligence, though he might receive this message as such, because he, like many people still buy into one of the top 3 destructive beliefs about “fault” (see No Fault).*

## **GOING TO THE NEXT LEVELS**

Doing “the work”, after the prep and learning program - Apply and correct and replace and install what is needed to make life much better.

If we strictly name “what is so” in the actual observable world, then we can see reality. Many of our belief system derived unpleasant emotions are based on something that neither exists nor is true. When we realize that “made ups” are not true per se and we examine each one and adjust it to reality, the world lightens up hugely. Without this done completely and well, we will live an uncertain life of not believing we are good enough, fearing the future and doubting if we can handle it.

The compilation of our beliefs put into perspective is what comprises our life philosophy and that better be “right on” or life will not be good. The life philosophy, if it is fully formed, guarantees a good life.

Once we set up this sound basis for life, we add to our life skills and hone our beliefs and systems to the extent that the time and effort pays off in great long term happiness value. Among the skills we continue on until mastery is the ability to manage our time to free up time for getting high life value, learn how to get life value, and of course we learn how to learn better and how to think better and how to be better problem solvers and to make very good decisions while enjoying our selves. See the separate section on this.

Ultimately there is nothing to worry about. There are a few things to think about, plan, and develop to support us, but worry is not needed, nor is ongoing anxiety or fear.

Ultimately we get to where we base our life on what we desire and our life is no longer run by, or burdened by, fear.

The end point you will reach is:

To be without faux fears (99+% of fears removed), without anxiety.

To be authentic and free, not run by enculturated beliefs that are not valid.

To be greatly appreciative and see fully the miracles and wonder of the world.

To be fully compassionate to yourself and all other humans.

## **III C FIRST LEARN**

### **PROCEEDING FURTHER FROM VICTIM TO “GENERATOR”**

The necessary vital essential mandatory-for-happiness change that a human must make is to leave being a victim/child to go as far as possible along the spectrum to being a life “generater”

### **THE BIG QUESTIONS OF LIFE - And The Answers**

#### **How Best To Use This 10,000 Year Old Human Design?**

How do you take the greatest machine ever invented that was designed 10,000 years ago and make it work in today’s world?

Learn how it works and how to work it (duh!), what was it designed to do?

Recognize its limits

Invent ways to make it work remarkably well. Design it and make it happen

How do you do get to the point of being able to design it and actually getting a good design?  
Follow this path..

Notice what works and what doesn’t work, stop what doesn’t utilize what does, invent ways to better work (redesign all the faulty input)

#### **How Best To Get Your Brain To Work**

2. How do you get your brain to work best?

So that it can make the best decisions, learn, create, design, think things through

Notice when you can’t think. Can think

What is different about those two, utilize what does work, stop what doesn’t  
Vs. I just can’t think, it’s too hard...”i’m just human”...

## **2 Most important to learn “life competencies” and core skill**

## **3 The super-principles, super-truths**

## **IV LEARNING REALITY AND HOW THINGS WORK**

You cannot find your way through life if you don't have a map of reality!!!!!!!

If you are to live a good life, you must have, as Shane Parrish says, a dedication to reality.

1st we must learn what it is, as rapidly and as accurately as possible. Then we must revise and update it, using critical thinking (factual testing and logic testing) to assure it is right. We learn what “reality” is, mindlessly or creating reality as we wish it would be.

Farnam:



## Dedication to Reality

This sounds a lot like Joseph Tussman's wise advice. Most of us have problems confronting reality because it does not line up with how we want the world to work. The rise of a political figure that we don't support baffles us because in our mind the world shouldn't work that way.

What Peck outlines below is a version of the map and territory problem.

Superficially, this should be obvious. For truth is reality. That which is false is unreal. The more clearly we see the reality of the world, the better equipped we are to deal with the world. [!!!! A requirement!]].<sup>1</sup> The less clearly we see the reality of the world—the more our minds are befuddled by falsehood, misperceptions and illusions—the less able we will be to determine correct courses of action and make wise decisions. Our view of reality is like a map with which to negotiate the terrain of life. If the map is true and accurate, we will generally know where we are, and if we have decided where we want to go, we will generally know how to get there. If the map is false and inaccurate, we generally will be lost. [so we live in irreality and wonder why we have problems!!]

While this is obvious, it is something that most people to a greater or lesser degree choose to ignore. They ignore it because our route to reality is not easy. First of all, we are not born with maps; we have to make them, and the making requires effort. The more effort we make to appreciate and perceive reality, the larger and more accurate our maps will be. But many do not want to make this effort. Some stop making it by the end of adolescence. Their maps are small and sketchy, their views of the world narrow and misleading. By the end of middle age most people have given up the effort. They feel certain that their maps are complete and their Weltanschauung is correct (indeed, even sacrosanct), and they are no longer interested in new information. ... Only a relative and fortunate few continue until the moment of death exploring the mystery of reality, ever enlarging and refining and redefining their understanding of the world and what is true.

This biggest problem isn't that our maps are inaccurate but rather that we fail, especially as we age, to revise them

Key truth - don't reinvent the wheel, copy it and use it and then improve it as needed, learning what is necessary to do that....

## **IVA REALITY**

### **No Reality Map, You Won'T Reach The Result**

Truth tautological: path , learning, not yet know, not a fault....

## **COMPLETING YOUR MAP OF REALITY OF LIFE**

(Without being clear on reality, one is on the spectrum of insanity, not quite in touch with reality.)

First, you must create/adopt a map of reality and how things work in life. Without it, you cannot navigate life successfully nor have anything to compare a belief to to see if it aligns with reality.

Physical reality (helpful in all of life, and it is essential for understanding the mind and body)

#1. How the mind and body work

\_\_\_ **the mind and body are strictly mechanical** (there are no ghosts or “beings” in it, contrary to popular myths and explanations).

\_\_\_ **The thoughts in the primitive brain are often not true!** does not screen well for truth, but it does seek to assure survival, and, if survival is not in question, it seeks happiness. However, it contains many falsehoods and bad data. Thoughts are often not real and should never be accepted as truth, until screened properly.

There is no “truth” that you are threatened and that the world is not ok. It is false beliefs that were passed on to you. Most of them are not true and your primitive mind will not know the difference - it mostly just associates to whatever is up at the moment and then coughs up a bunch of bits of data. Thoughts, and beliefs, are often wrong and should not ever be thought of as true or real until after they are screened by the higher brain. It’s not true until tested.

Your mind is strictly a mechanism, mechanical.

\_\_\_ **It is “meaning” that creates our human experience** - and it is **us who create the meaning** and any purpose - it is not given to us by an “it” nor is any one meaning implicit in life. You pick the meaning and purpose. We, not “it”, create meaning (and purpose). We are the only species that can do that.

\_\_\_ The “creator” of your life is your higher brain, period. Though mechanical, the higher brain “creates” a thinking, experiential life. It creates all meaning and even a purpose if wanted - these are not thrust upon us or bequeathed upon us, they are not given but are created.

\_\_\_ **The ultimate purpose** is happiness (accumulated, ongoing, unconditional, enduring, deep). Everything else, including our “personal purpose”, is the means to happiness. We identify what those means are and then we develop and/or insert them into our lives accordingly to attain the ultimate purpose. To reach this purpose we must be confident of our survivability or we will continue to “feel bad” and not be able to attend to our happiness.

## **ENOUGH CAPABILITY, NOW CORRECT BELIEFS**

\_\_\_ Here is the embodiment of the person we can be and the life we can experience.

If you don't make it explicit and then work backwards to figure out what would create that you will have only a wish. Take each one and put it in the plan - each one! And then choose which to develop in which order.

### **Rewriting The Story Of Your Life**

I realize that it was not a label or a permanent fault, it was just a not yet knowing, as my basic, unit, who I am really, is fully adequately functional. Beliefs,

Keeping the old story locks in old beliefs that relate to fear anxiety and just plain feeling bad... Rewrite your life and your future life will change. Then create what your life will be in the future: "this will be my life". Do the first and you will dramatically change not only your past but your entire future!!! This is major, not just a "froo froo" exercise. (Later you can use this to write your autobiography from, but don't do it now, as there are more important impactful things to do before that luxury.

### **THE ONLY TEST OF LIFE**

The only test is results, evidence, which of course includes problems and/or bad emotions.

The best rules are:

- #1. If it doesn't work emotions, problems, people --> Don't do it anymore.
- #2. If something works, causes good emotions, or you see what effective people do → Do more of it

You create a whole new set of tested and intentionally added beliefs and guides.

### **1 The physics of life and "the universe"**

### **YOUR LIFE SO FAR AND WHO YOU ARE, ACTUALLY**

**"All the experiences in your life** – from single conversations to your broader culture – **shape** the microscopic details of your brain. Neurally speaking, **who you are depends on where you've been**. Your brain is a relentless shape-shifter, constantly rewriting its own circuitry – and because your experiences are unique, so are the vast, **detailed patterns** in your neural networks. Because they continue to change your whole life, **your identity is a moving target**; it never reaches an endpoint."

Eagleman, David. The Brain: The Story of You

Once you learn that the brain is solely a data receiving, mechanical matching, computer like device, you can then see that you can manage your brain, and thus your behavior and emotions, by changing the inputs and the programming (neuronal “patterns”) within it. It is just a machine. Since the Real You is the determinate higher brain, the Real You can decide to change all of the inputs and to do the “installing of the programs”. You are strictly a collection of programs that can be constantly changed and you are in control of it. There is no mysterious entity (or entities) determining what to do. The Real You can change anything to what you want it to be, though, of course, it does take time to do it.

This is not a mysterious process. It is strictly a doable process, because each step is doable in and of itself, well within the capability we each have.

The programming in the brain “never reaches an endpoint” - it is not “fixed” or “unchangeable”. You, once the Real You takes charge, can change it to whatever you want. (We will not however change the basic machinery, where the inclinations or tendencies are in our DNA - we’ll still have things that the primitive brain will respond to in basic terms...

\_\_ I was born with all the **basic capability** (to learn and think) I need to create a great life and to be safe and survive. I am a very high **quality “vessel”**, into which comes “data” to use in life.

\_\_ 1. From birth, **others input data**, beliefs and concepts “into” me (**I am the quality vessel, not the things put into my vessel**, as they can be changed, while my vessel is ongoing.

You are not “it” and “it” is not you. Since these others things, including our behaviors, beliefs, what is held in the head, etc., can be changed, they are simply something we have for the moment but we are not them. This must be known!

\_\_ Until corrected, those inputs, inputs from circumstances plus the limited reasoning I had at the time have determined “who” I am in terms of behavior and beliefs *for time being* - **I am not at fault or blame for these**. Right now I cannot know anything else better or at a higher level than that. They are just put into you and determine your beliefs and behaviors until corrected.

\_\_ The correction of these is **my primary job** in life and the most important in *determining my life and my experience of life*.

You were born as simply a quality vessel” into which there were inputs that formed your beliefs and behaviors at a time when you didn’t know how to screen them for validity. You are not at fault or blame for these, as they are I putted into you and have determined “who” you are for the time being - but only until corrected - and the correction is the big job of your life, biggest determinant.

\_\_ From birth, I either learned the basic life skills that allow us humans to live well and be effective or I didn’t. Situations and circumstances determined my (and any human’s) path too, *unless* interrupted with a new strong “force” (influence) that pushed it upward. Then you apply the basic capabilities to gain the basic life skills and create great power in life (More on this later).

This has determined your life so far. To have a life that is much improved, you must learn the value of changing it and then do the work, as you will, now that you are aware that your job is to alter the path upward, determine your path for the rest of your life - and this time do it right and powerfully, as soon as possible (why wait a long time for a much better life?).  
it is up to me to fill in for what hasn't been learned. I am where I am.

## **EVERYTHING OCCURS IN THIS SEQUENCE**

### **1a Cause and effect**

### **2 WHO I REALLY AM**

Actual You, Lennie, the primitive mind mechanism , the elephant

## **IVB HOW THINGS WORK**

### **1The Mechanism**

“What the pupil must learn, if he learns anything at all, is that the world will do most of the work for you, provided you cooperate with it by identifying how it really works and aligning with those realities. If we do not let the world teach us, it teaches us a lesson.” — Joseph Tussman (The world does not have agency or will, it just has energy and movement and natural forces, but it never chooses to “teach” us anything. It is us who clashes with it and when we do clash it is a sign that we didn't know enough to not clash with it. This is where the false saying “it teaches us a lesson” comes from, but it does no such thing. We only see a sign that we must learn in order to not have the problem occur again...

“The best way to identify how the world really works is to find the general principles that line up with” what has proven to work in reality (Peter Kaufmann

### **The (Bio)Mechanical Body/Mind - An essential understanding**

Fortunately, we evolved a biomechanical combination that created a strong surviving species which was based on successfully passing on certain DNA traits that had us be stronger. The end point of it all is that it makes us survive (not die) and procreate to pass on the genes. That is the driving mechanism, which is totally based on an information system that matches perceptions and interpretations of data with existing data patterns within the brain that have associative programs on what to do. If something is not for “better survival”, it motivates us to get back to better survival via chemical combinations that have us act in an anticipated way to get an anticipated expected result. If it is bad for survival, it feels bad. If it is good for survival, it feels

good. Our whole life is a round of trying to create good feelings. It is the end point of our lives (as opposed to animals not experiencing “good”, “bad”).

It is all mechanical and there are no gremlins or mysterious forces.

(ONLY evolves such that we are better at passing on certain DNA traits that make us better and better able to survive better and better. We are highly developed capacity to add meaning and value of things but we need to create that

Evolution strictly mechanical passing on of DNA that “adapted” for better survival of DNA, for no purpose just mechanical... Meaning evolved from positive chemicals that mechanically encouraged us to do that which would help assure our genes would be passed on.

### **However...We Make Up Meaning!**

When we think of “mechanical” we think of “machines” and insist that we cannot be just machines, that there must be more to it than hard cold metal or the equivalent. Well, there is. We evolved with a unique ability to be conscious and see ourselves and to add meaning and value to whatever we see. When we “feel” a feeling it is always based on a bunch of chemicals that we can interpret as positive or negative sensations

(People will tend to viscerally react to this, perhaps even reject it, but it isn’t bad and it is essential that it be understood, for it affects greatly what you will choose in life, which then is what will create a great life for you. If you don’t “get it”, your life cannot be nearly as good.

### **Why You Don’t Control Your Life**

(see how to create change later, but first “get” this reality, so you stop using the false belief that you can overpower the natural forces that be...you’ve got to use the forces instead of fight the forces (and lose every time) [find align with the forces, eblogger and/or ev.]

Once you “get” the key realization of who you actually are (the conscious, thinking, higher brain) and see that you are not the supporting mechanisms, you can begin to work on “controlling” your life. You cannot “out willpower” the elephant or Lennie (the mentally handicapped, but functioning primitive mind). People have tried and they fail lots of times, but they still keep going at it, or they give up on getting the results they wanted. They don’t realize that it is not about one’s True Self but that it is about finding and using a better strategy, one that works - most things are achievable if you map out the well thought out way to do them, within human limitations, within the ability of the human mechanisms (body, primitive mind).

You must train the elephant and give simple ways to Lennie to do what you want, in his own interest. Lennie, of course, wants to do well, but is scared about survival most of the time, so he has to be assured that he will be ok...and then he is his natural happy self...until the next alarm...and he doesn't know what to do to adjust to a situation except for a few simplistic routines that are not well thought out. [Lennie is an advanced version of an elephant, but his core is the equivalent of an elephant.]

It is up to You to think of and design the routines, as the magic, mysterious entity running the universe will not do it for you! Only the True Self has the ability to design, so if you really want something you have to design how to get it (and be clear on what "it" is).

The point here is to stop trying to do things without a good way set up to do them - and to stop trying to overpower reality or living in the irreality of hope, that it may happen by itself, somehow...

[Again, humans are prone to giving up or making themselves wrong for not achieving the results they want. But the truth is that, except for a few genetic malfunction cases, we all have the ability to think and design and create what we want in life, but we must learn the methods to do that.

### **THE ESSENTIAL INGREDIENT WITHOUT WHICH IT CAN'T WORK - DUH!**

[I'll use the term "duh", not as a derogatory statement, but as "oh, I see how simple and true and obvious that is. Of course!"]

If one does not have knowledge, one cannot know how to make something work to get the results one wants in life.

"No kidding! So what!?"

It's obvious, of course, but so many people fail to fill in the missing information so they keep not getting the results they want in life or what's worse is that they fail to correct and stop doing that which creates harm.

Of course, the response is "who has the time" to learn it all?" [There are tens of thousands of hours available without having to stress oneself. In fact, learning life ends up freeing up a huge number of hours in life, more than that used to do the learning! But we'll show you how to schedule the time and use the time, so it fits in just fine.]

Or, better yet, "I'll just learn it as I live life!" No, you will not learn life if you learn randomly and occasionally without sufficient focus and without effective learning methods.

If you are the smartest of the smart in many areas and you are experiencing poor results in some part of your life, it makes no sense not to get smart in that area - you simply must.

It is ALWAYS true that, with the exception of a few birth or tragic events, there is no inherent "fault" or "bad" or "inferiority" about a human being and there is no valid blame - there is only "not yet knowing". And your job #1 in life is to fill the gap IN THOSE AREAS THAT MATTER in life, to the point of what we call "sufficiency" - that level required to be able to produce adequately the results you want in life such that you are confident, competent, and very happy.

There are levels of knowing. Which level we want to go to is dependent on how useful, in terms of results and value produced, of course, the knowing will be. The most valuable knowing is knowing how to work your body and your mind and to orchestrate your life. Most people only learn enough to "get by" plus a little, but if they didn't use "get by" as a level to shoot for, but true mastery of life (not physics, not marketing, not any job) then they would live the great life they are capable of if they continually learn and do...

The three levels: (the test of "knowing" is "sowing", if you think you know but you don't get the results, you don't know. You are delusionary...). Life only goes well if you don't "stop short" of going to the level that you need! If sowing is poor in life that means your knowing is poor or short

Knowing → Sowing

1. Knowing "of", knowing "about", able to talk about it and sound good.
2. Some knowing, still making mistakes
3. True knowing - Things are tied together, full perspective, wise choosing, fully thought out

**V BELIEFS - Beliefs about how things work and the self are the basis for life, correct them and...**

### **CORRECTING BELIEFS IS FIRST AND FOREMOST**

First and foremost we adjust our beliefs, for they are the central determinant of our emotions and the very experience in life (far more than the circumstances and what happens in our lives) and the most important of all!. Your belief system is at "the core" of you.

If a person is not making progress in life, no matter his brilliance and how hard he tries, it is because of an "earlier" cause in the chain of life:

Occurrence → Belief → Emotion → Behavior → Results



Without correct beliefs, you cannot handle the other items further along in the chain - no miraculous great leaps will occur! You MUST correct the earliest cause in the chain!

## **NEVER TOLERATE A WRONG BELIEF!**

### **A SuperTruth: No fault, no blame**

## **ESSENTIAL UNDERSTANDING: NO FAULT, NO BLAME**

You ABSOLUTELY cannot live a happy life if you criticize and pejoratively (=right/wrong) judge yourself. It will make you unhappy.

People who "get it" will, instead of "criticize", "assess" what is going on and needs to be done. And they'll feel no threat and no displeasure. They operate from the reality perspective of "workability" and not from the right/wrong, good/bad judgmental "punishing in order to correct" viewpoint/belief.

Spend the time to "get it" and your life and feelings about it will absolutely transform.

## **VI PSYCHOLOGY, EMOTIONS AND SELF MANAGEMENT**

### **PSYCHOLOGY AND EVOLUTION 101**

We evolved to survive. Our ability to react to dangers and fight or flee or get up and do something about them in a driven way is what caused us to be able to live to pass our genes on.

We faced frequent threats of famine, being killed by humans and animals, and lack of a food supply and the possibility of being kicked out of the tribe. It was vital that we respond intensely to those dangers. We concentrated on very few things and made damned sure we knew how to do them well because each made a huge difference in whether we lived or died.

It is now 10,000 years later and we have the same machinery and basic mind that have not evolved or adapted to today's circumstances. The old systems, though very good for their original purpose, are antiquated, outmoded, and not suitable for today's world.

Life was simple, danger was clear... Now life is complex, and we are not trained how to handle or even see what is a true threat. we even take from our childhood the dire need for approval because of our dependence on our parents and then generalize it to all people. (our old tribe thing).

We had very infrequent, in any one day, stimuli but when we did, it was intense, definitive, not wimpy.... We have a certain volume of “negative flow of chemicals that cause ‘feeling bad’ that flow through us. The amount of chemicals per incident times the number of incidents that occur = the total amount that goes through in a day plus training hyping - magnifies importance (paranoia) and find more to be concerned with ... severity times frequency...

We don't know how to handle today's world that well. A few people had great role models in their parents to copy, so they “learned” what worked from them. A few happened to get the education on how things really work in life.... And our genes nor the cultures passed down are not programmed for today. Therefore, we must build it or suffer by not adjusting as needed.

We must teach our primitive minds how to see what is of danger and what isn't. We have to have solutions for the key “dangers” and see that there are very, very few dangers and see that we (in the developed nations, at least) are safe from ALL dangers/threats that we developed to fight and we very, very seldom even run across any decent sized threats of actual import... what needn't be reacted to at all (to save its resources and not abuse our happiness)

### **VIA EMOTIONS - How they work, how to work them- from fear to motivation to happiness**

#### **The Whole Story Of Emotion In One Paragraph**

Primitive mind matches current perceived data with brain data for procreation and survival and does a programmed emission of chemicals (called emotions) to motivate actions to correct the danger or encourage the better survival (of DNA) move. It is strictly mechanical.

However, there is a feedback loop added about “awful”ness, assessment... cured or bad..

(you can't change the emotional reaction but you can change the triggers to get what you want...)

#### **The Whole Story Of Causing Emotions**

All emotions are triggered by the primitive mind to accomplish a particular survival function. This is based on a mechanism that is wired in and which we cannot change or overcome. It is strongly wired in. However, we can change the emotions we have by changing the triggers. We can trigger what we want to feel almost completely. (We can't overcome extreme triggers such as not having air or extreme actual danger.)

The trigger of every emotion is the interpretation/perception that

- 1) your survival and safety and stability are threatened and need to be made safe, stabilized, settled, calmed down.
- 2) Your procreation and survival potential can be enhanced

### **Feeling Bad, Feeling Good, Being Short Of...**

If I don't get this, this means to my primitive mind that... my survival is threatened...

Why? Stable, able, capable to survive in the future (and now, of course) anything else is a threat of some sort. My knowledge is questioned or I think I am not respected and will lose face (which will mean...blah, blah). Opposite is not in control, and related "uncertain, in doubt, not definite, not defined," (To meet the latter and reduce it, we do these actions that generate certainty and/or reduce doubt. They are doable actions, which then have various effects, including "psychological" ones.) The point here is not to explain the whole thing right now but to have you see that this is pathway you can go down which will work to increase certainty (of future safety) and decrease uncertainty (fear of future not handled well)

Losing face, etc. see Social Status and understand the mechanism and the flaw!!!!.

### **Do Our Emotions Determine Us?**

Writing separately - see it gdocs

### **EMOTIONS ARE ALSO INDICATORS TO USE**

Emotions are just chemical messages and instigators to get us moving based on interpretation of what is going on And our operating knowledge.. If we are to correct something that is reducing our survival or threatening our capabilities, the message will feel "negative". If it is positive, it will feel "positive". These are our GPS. But they, like intuition or anything from our simple primitive mind, are not necessarily "the truth" or appropriate. We have to bring in the higher brain by asking the question "what does this indicate?" Negative emotions indicate a wrong belief (and a wrong action), as far as the primitive mind goes, but we have to further process these using our brain: "This belief or action doesn't feel good. Is this belief wrong? (Look back on the causal chain.)

Do not let the signals go to waste. Correct them. Learn...

(Note that "inner wisdom" is limited to our crude DNA abilities and what we have learned so far. We might "deduce" that one thing is smarter than another, but we cannot do that beyond the amount of knowledge we've brought into ourselves. We don't have a magical "knowing" without the actual knowledge being exposed to us, and there is no "universal intelligence" or "universal knowledge" that is somehow hanging out there in the ether (or air) to reach into.

### **MOTIVATION - All chemical - "Change" this, redirect**

Motivation is all chemical - and you can figure out and install in your life those mechanisms and beliefs that will alter the process of motivation. Remember, motivation is caused by chemicals of attraction and of safety-seeking (from believed or actual threats). The game is to learn how to cause more attraction (so that we do more of what benefits us) and how to decrease, or more efficiently meet, the need for safety-seeking so that it does not get in the way. We must learn the skill of discernment, where we differentiate among the threats as to which are true or not and as to which are important enough to be concerned about). Since “motivation” is via chemicals, we must start at the very cause of emotions, which are beliefs. One cannot get to being effective in managing motivation without first managing the causes, which are beliefs. (One piece you would read, and then set it up so that you follow up to the level of completion, is [Threats And Fear Differentiated](#).)

We seek to relieve pressure/tension. We can intentionally screen or correct to relieve pressure where it is falsely created and/or there is another cause we can control. Filter from outside of us - I don't have to.

We can add pressure to

Pressure who? Not the Actual You but Lennie the elephant...

### **How About This, Instead?**

Imagine instead the person who is running his/her life very well, with little effort and with grace and calmness, who can honestly say “well, that was good enough, that was enough to give me good enough value. Now what else can I do that will give me good value.” [The “not good enough” person will, instead, think of something he/she must do to solve the always ongoing ever-present problem of not “being enough” and then use up the time (that could have been used for high value) in a low payoff, low value way..]

That person would do, first, only that which would assure the base level of performance needed that might actually affect his/her survival. And that person would show up at the event, thinking “I know I can operate in the range of “okness” socially, perhaps not impressing but “good enough” not to cause a real problem...and if anyone thinks poorly of me that is strictly that person's poor thinking. And, of course, if something does actually matter, then I'll handle it, but I'll not waste my time upfront being compulsively, unthinkingly anxious about it!” “I will not give up my life for foolish avoidance of disapproval!!!” “I am, bottomline, an ok person.”

This person will have done the same thing, starting from the culturally induced belief of “I'm not good enough” and then putting his/her thinking into a logical, thought-out order. From that thinking, he will only focus on doing those things that are [controllable](#) - and thus he has a **better chance of successfully getting what he wants**, and **not being dependent** on someone else's opinion or approval! He/she will

have put definition, definiteness, and clarity into his/her life, including figuring out what is “enough” (and writing it out and installing it!!!!).

No more impossible (or unlikely reached) expectations. No more living in undefined, vague beliefs and feelings of fear and anxiety and dependency.

Now living in a life of freedom and seeking true value in life as the primary objective of life.

Of course!!!!

What sane person would choose otherwise?!!!

## **WILL YOU?**

Will you do what is necessary to "close the gap":

Answer the "[Enough](#)" question.

Determine what is of true [value](#) in life.

And then install it.

## **THE ABSOLUTE ABILITY TO CHANGE**

“It isn’t the strongest species which survives, neither the most intelligent, but rather that which adapts best to change.” Charles Darwin

No, it’s not true that you cannot change and that you are under the governance of forces and powers that mysteriously control you.

No acknowledgement no facing, no confronting... No solving, no changing, just the same old life

It’s a rut, not a fixed in concrete

Every result comes from a chain of causes. Each part of the chain is but a simple step. When we try to deal with the whole thing or to overpower it or resist it, we fail, almost always. We need, instead, to use a reasonable strategy, which always involves a series of steps in the strategy and dealing with one or more of the identified flawed pieces of the chain.

It is as simple as seeing that there is a bad result, and therefore I should do something else. Asking what went wrong. Drawing out a simple chain diagram of what might have been involved and then learning what is needed to solve the problem. A bad belief can be identified and changed to a good belief. And, yes, we do need help sometimes when it is beyond our current knowledge. Each part taken one at a time is reasonably handleable....

Need to fully engage our thinking capacity, use methods that work (link to those in the site)

### **EMOTIONAL INTELLIGENCE IS FIRST!**

You're happy when Lenny is happy. Lenny is not happy when he is fearful, anxious, stressed. "but this is normal" is what people say and it is not based on reality - they just think (believe) that it is... not reality

## **2 NO STRESS**

### **Stress Is Neutral, Unless...**

Stress in and of itself is simply a force activated to get something back to or to a certain place from where something is right now. It has no (emotional) meaning other than its function.

But we add unnecessary "upset" (that will create stress), when we add a "valence", which is a positive or negative emotional valuing. An example is when we say "this is awful", then we set up a new alert and a new fight or flight response that involves negative emotions in order to try to get us back to a "safe" homeostasis ....

## **3 NO FEAR, NO ANXIETY**

Fear is a valid, workable thing. It is just that the triggers are invalid and that the modulators are not in place to "see" what is going on or to control it, we overhype ourselves.

Fear is only a temporary thing, to be used as needed. We can joyfully look for what we can make better, but not have a critical, panicky type conversation, living in doubt, whether you will handle something or not, knowing already good enough, won't lose social status, knowing can rely on self....

## **BELIEFS, FEARS, AND REALITIES**

We make up or get from others explanations without checking out the facts nor, often, the logic and then we believe them as if they are true and/or logical. But...living by false beliefs is very dangerous to your happiness....

\_\_ There are few legitimate fears. Most of your fears are strictly “imaginary”, only existing in the mind and not true in the real world. You should learn what reality is, so you can use it to screen out what doesn’t match reality.

\_\_ Untested, unexamined, uncorrected beliefs cause problems and bad feelings. If we correct those, we will live a great life. Don’t allow uncorrected beliefs to stay in your life! it.

\_ Your primitive mind has “thoughts” (bits of associated data) that are not thought out and often not true. Don’t believe them at all, until tested!

(What was my mind thinking? Learn it is not YOU.)

\_\_ Eliminating false beliefs will free to to make the best choices in life.

\_\_ We go through a process, below, to correct and do “A Build” to arrive at a great set of beliefs that enable the best life. Part of the process lies in making some choices on how we run our lives. See the following.

## **THE STORY OF FEAR**

See the machinery in appendix

## **THREATS**

### **Fear And Actual Threat Versus Fictional Threat**

A fear of what is could actually happen (a result in the real world)

Some stuff means nothing. Not winning the tournament, not has no provable survival value, real value.

Real value, faux value. If it produces a good feeling it has some value, in terms that it produces “good”. If it produces no actual real world result, it is fictional. When you can’t tell the difference between truth and fiction you’ve got a problem is it true or not?

Dange and solution takes priority it is compelling and almost impossible to overcome.

Must be heeded to go into rebalance, stable condition by any easy means (we cannot think long term at the time!!!!)quite strong, quite commanding, but can change the trigger. Danger is big, sex is big (closing the gap is big.

### **Am I Safe?**

While believing you are good enough will make you feel more safe or less unsafe, there is much more to the conversation that is needed.

### **ARTIFICIAL LOSSES AND SHORTS**

As if it actually affected your survival level, below “enough” to survive...

### **YOU WILL BLOW IT, BUT DO THAT AT THE MARGINS**

You are going to “blow it”. Given that reality of being human, it is best to blow it “at the margins”, with the extra stuff after the core is set irrevocably in place. You can be flaky, have low willpower etc...you will be human, I predict, so you will have times of distraction and low willpower, but if you set up a core, you will go much, much further in life than others who have set up no core....

### **“ENOUGH” AS A KEY UNDERSTANDING**

#### **Never Enough...Unless..**

Enough what

If not defined, never reach it...



## **Am I Good Enough? No!**

Q: “Really, seriously now, am I good enough?”

A: “Really, seriously now, the answer is no, certainly not!”

Yes, you are a human capable of learning and doing all that is essential and important, but you are **not capable of achieving “enough” if there is no clear end point** to enough.

You have stumbled into the very human trap and conditioning that have caused one to:

1. Buy into unreachable expectations *beyond human capabilities* and then use them as
2. **Standards to judge oneself** against as good enough, with:
  - a.. An endlessness to the **vagueness** of what is enough and
  - b. Definitely no answer to “enough **for what?**”

The trap is that we are **endlessly trying to reach “enough”** since enough is not reachable (it is endless).

## **REALISTIC FEAR, IT’S THE CONSEQUENCES, DUMMY!**

writing separately

If you do something and nothing happens in the real world, then isn't it true that you need not fear anything happening in the real world if you do that same thing, since nothing will happen in the real world? (Duh!)

If an event occurs and it has no effect in the real world on you, then isn't it true that you need not fear anything happening in the real world if that same event occurs?

So, it must be true that if something doesn't have a consequence (effect) on you or your life, it need not be feared or given any concern!

You might notice that 90+% of your fears are based on something you simply made up that has no consequences in your life. Once we begin to ask "will this really have a consequence in my life?", then we can decide to not fear it, to not stress out at all (i.e. zero). (Wouldn't this be true of anything without

enough of a consequence to actually matter, as it is simply something of only passing, momentary notice.)

Your fears are full of "social status" made-ups that actually have no consequences (or none of any consequence worth noticing). If someone you don't interact with in life and are not dependent upon in any true, lasting way disapproves of you, then, with the correct view on life, there is zero actual consequences so that it makes no sense to even react, much less fear at all.

Some things, it is true, will happen and have some effect on your life. But the life can still be marvelous, even if you are inconvenienced. Or, as [W. Mitchell](#) says, after one total body burned accident and another causing him to be paraplegic, "Before I was paralyzed there were 10,000 things I could do. Now there are 9,000. I can either dwell on the 1,000 I've lost or focus on the 9,000 I have left."

See the PDF (34 pages) [\[link\]](#), which also discusses reality, life power, levels of the life hierarchy, what is of the highest value in life, social comparison, being good enough, pretending and impressing, approval, tradeoffs of consequences for a "better deal", and inconsequentiality!

## **INDEFINITENESSES**

### **Confusion, Uncertainty, Several Directions At Once**

Pulled too many ways...

### **Unfinished Business And The Mind...And Confidence**

Anything that could be construed as a detriment to our survival can be "seen" by the primitive mind as a danger/threat. Having something unsettled that is needed for things to run smoothly in the future or that needs to be tamped down so that you can function better could be seen as a danger/threat. It is the job of the primitive mind to keep drawing attention to what needs to be fixed to survive well, so it keeps focusing on it as often as possible and reminding you and also shooting out little chemical "motivators", which almost always are negative.

Anything with a definite plan on what to do, if the mind has confidence in it, will cause that item to not be of concern. The Zeigarnik Effect where the mind doesn't let go until an open loop (something not finished) is closed. Just writing something down with the confidence that it'll be looked at and handled takes away the anxiety from open loops and "ups the odds and the level of certainty that there is nothing to worry about.

Uncertainty is a threat. The mind, 10,000 years ago, could not afford to not have you very well-prepared and certain what you would do in certain life threatening situations, which were common then. We have the same mind now, as evolution moves very slowly for virtually no change. However, as is true for all believed threats and therefore all fears, today we have many, many more possible threats (and stimuli) to

handle. If they were all considered to be big life threatening situations or anything serious, they would trigger a lot of chemicals and fear many, many times a day. If we were so paranoid and anxious that we perceived most of these as big threats, we would fold our tents quickly, too anxious to even function. There are various degrees below that, but most developed nations people consider too many things to be dangerous to a degree high enough to trigger the fight/flight (or anxiety) syndrome, ruining our bodies with lots of excess chemicals damaging...

Confidence, certainty, definiteness (a form of certainty), clarity,

You can change this

There's a lot of unfinished business with regard to life and how you run life, unless you've addressed those very, very well. Being in that condition of uncertainty leaves you vulnerable to all sorts of worries. You've got to tack them down.

Not built in, you've got to build in.

Can't overpower to confidence or just use affirmations - must do it one thing at a time

## **THE ROLE OF UNCERTAINTY IN LIFE AND FEARS**

There are those people who live in a swamp of emotions around "uncertainty" - not knowing what will happen and then fearing something bad will happen. Some people live a life where they are full of certainty, but in the same life consequences as the uncertain people. The first feels bad in life. The second feels good about life and himself and how he is in the world.

You MUST, if you are to be happy, learn to have "Sufficient Psychological Certainty", where you are not concerned about uncertainties hardly any of the time. In this regard, we carry you through the Certainty Generators

See also the feeling good, feeling bad, section...

## **WHAT IS THE WAY OUT?**

The obvious, but not easy, answer is to define what is "enough" for each objective we truly need to meet to live "sufficiently well".

And then we can add the next level up: what is "enough" to live a "good enough" life.

I define those on the site - you may wish to go ahead and do your defining first and then refer to the site or you may wish to refer to the site to get more specific items to consider. (You might start at [How Much Is Enough For Me?](#), which is my own answer. It then links into the master page on the subject.)

But, please, *do not skip this step*, as that will leave you *stuck in an endless loop* of feeling bad about not being good enough - a terrible way to live life.

## **I CAN SOLVE ANY SOLVABLE PROBLEM**

I can create the solution to any problem, either with help or on my own, or a combination. I absolutely trust myself to do that. [develop the trust]. I need only know that I have a “system” for doing it, with doable steps in it that are clear and well laid out. The system is...see  
When I have a problem I go to this... Just need to know it is there...

## **WHAT ARE THE EFFECTS IF I CONTINUE AS IS?**

Being “in the question”, in itself feels bad, but it also causes one to do things that will **displace** other things of value in life because it takes time to play the game of “trying to be good enough”. (Ref. [The Law Of Displacement - Insert The Higher Stuff, Instead!](#))

Some play this game in life by spending a huge amount of time **avoiding** even small mistakes, perhaps even seeking perfection in what they do, as those, they **fear**, may “prove one to be short of being good enough”. [Note that “good enough for what?” still goes unanswered.] So, one does **not spend enough time on things that would add good positive emotions to our [emotional tank](#)**.

The effect of feeling bad and the effect of the anxiety and effort in trying to watch everything one does, all at once, is a huge depletion of (positive) emotional reserves.

In that deficit condition, one becomes *more desperate* because the primitive mind is noting that it is “too close for comfort” to going over the edge into a true depletion, down to nothing - and that, to the primitive mind, is *very* threatening to survival. The primitive mind must recruit all the forces and resources it can in order to prevent that from happening or even from being too far out of the solidly functioning range the body and mind must be in for good survival - it must always, with no real option otherwise, try to get us back into the [H-Zone](#) (homeostasis). One cannot afford to ignore the chief law that governs the automatic functioning of the body and mind - homeostasis cannot be violated without repercussions.

Besides thinking that oneself is not good enough, one sets it up so that noncontrollable sources must be recruited to help “prove” that one is good enough (i.e. not so bad that one is not seen to be “[unworthy](#)”). They seek to get proof from “out there”, but it somehow seems to never be enough, as more is always needed until it is “enough”, which it never is. Indeed, their lives are controlled by “out there” (circumstances, other people) and thus they are the victims of life and not the victors!

At the hard core, the “not good enough” person is a **prisoner** of having to stay on **high alert** and do maximum **effort** to gain from others the ap-**prove**-al they “[need](#)”. And, of course, from evolution, we are programmed to feel good about getting [approval](#) - and that is all good and fine as long as we are not *hungry for it* and *anxious about it*. A nice bonus is always good - but if it is an [addiction](#), one will be forever stuck in the addictive cycle of ups and downs and destructive harmful behaviors and thinking.

In this cycle, you are stuck in being a slave to gaining approval instead of living life to gain what is truly of value in life. [Of course, you must also define what is of value - and please do not put on that list “getting approval”, for that is mixing up a possible “means” with the true “ends” that we want, those things that are truly of value. Do the [value](#) exercises starting here with an overall briefing and then following the path set up for you.]

## **WHAT DOESN'T WORK**

No matter how many “affirmations” of “I am great!” or “I am good enough!” or “I am worthy!”, you will never get there by saying something that you do not actually see as true - you can never reach “great enough”, “good enough”, or “worthy” if it is undefined and therefore unreachable!!!

We cannot try to “overpower” the fear. We must go deeper than that, by following the suggested exercises.

[I must note at this point that we can avoid all this useless correcting of what is wrong, the “not adding” to our emotional reserves, and all the anxiety and feeling bad, simply by correcting the vicious circle (the vicious chain) at the core cause of it all!!!! Of course, that is the basic erroneous belief/assumption we started off talking about.]]

Workability is all that matters, not right/wrong, shame-blame, good/bad....

## **The “Side” Effects Of Depleting Emotional Reserves**

And, on top of all of the above, we add the effect of having few emotional reserves. When the reserves are low, there is a hair trigger that causes one to go after “**quick hits**” of either relief from the unpleasantness of one’s own thoughts and/or seeking distractions and/or immediate pleasure in an attempt to fill the emotional hole.

As a result, one **cannot focus on or stay on a path of progress** - and so the person lives a “[zig-zag](#)” **no progress life**, *keeping all the old problems unsolved while stacking even more on the top*. He/she has trouble completing the work to solve a problem or even following through on what is needed to do anything that takes much work.

## **WHERE TO INTERVENE**

So the question, as is always the case in a causal chain, is “where do we intervene?”, and implicitly connected to that “where is the most effective place to intervene in the chain?”

I think that we must revise the whole basis for the bad set of derived beliefs, false dangers, and harmful behaviors.

We must learn and then define for ourselves what is enough.

When?

Now, immediately, or at least as soon as possible!

To what degree?

Well, 80% would be great and a worthy objective that is very easily reached.

I would suggest that one would **best** go “all the way” to a *full* understanding of “the enough” concept.

But, since you are time limited and may not be able to become fully enlightened real soon, the “best for now” would be to **write out what is “enough”** as you define it and then install it into you by reading it daily (or at least a summary).

Note, however, that when we set a clear definition of what is enough and lower our expectations down to reality levels, that we **then** need also to maximize our understanding of [what we do have already](#), as that will help fill our “tank” of “enoughness” and to close [The Unhappiness Gap](#) that we have created over our lives.

## **IMAGINE...**

Imagine going into community meetings afraid that some authority figure will not be impressed with you and may even withdraw or not give his support to you. Imagine how tense you would feel if you are doing hyper self checking. Imagine you are concerned about how you hold your hand, how you stand, whether you have an intelligent look on your face... Will everybody like me? Will I look powerful enough (or pretty enough or competent enough or...ad infinitum)?

And then afterwards, imagine that such a person then puts himself through the angst and agony of saying “was I good enough?” to which he always answers “no, I goofed here and that person must have thought this... and... and... and...” (then he reviews all the instances of possibly being short of perfection or some unreasonable expectation) (Imagine what it would be like on the other end, having to listen to that person in his writhing about.)

## **BEING DRIVEN**

Better : what drives you...rightly wrongly...

One fellow holds himself out as “not being competitive” since that would mean he was less than “good” in others’ eyes. So he is not “aggressively” or directly competitive, but he seeks to perform perfectly or at such a high level as to be admired. He has this intense drive to do it super well.

He comes up with more good ideas, by far (since he is intensely motivated), and achieves far more than others (or seeks to, despite his undertow of impaired emotions and false beliefs)...he overworks himself down into the ground and at huge costs to himself and to those closest to him, much damage to his personal life, all so that he can seek to assure that he will get approval and/or avoid disapproval... [That sounds preposterous. And it is a preposterous way to live and think in life.]

## **Wouldn’t Such A Life Be Awful?**

Imagine trying to live a life where any of those scenarios are true. Wouldn’t it be awful? Although most people aren’t as extreme as the person in the previous example, most people are living some degree of this life-harmful way of being (being always short and not good enough, having to be a people pleaser, having to get approval and lots of it...).

## **VIB SUPER-PRINCIPLE: STAYING IN “THE ZONE” OF HIGH FUNCTIONING**

All of your life is effected by this, for when you are not functioning well, you are dysfunctioning and unlikely to get the results you want in life.

If you are to orchestrate your life to be the way you want it, you must assure that you are always staying in the zone or returning to it as soon as you can.

It makes no sense to let yourself drift out of, or to stay out of, “The Zone”, whether it is emotionally and/or physically.

I’m sure you get the basic of this, but I recommend you go deep into understanding and implementing it, for it is one of the great factors of living successfully and powerfully. Read [Living Life In The Power \(H+\) Zone](#).

## **PHYSICAL STABILITY IS ESSENTIAL**

If you’re not stable physically, how can you live a good life?

You simply cannot live a good life if you are out of whack physically. You will not only have energy problems, but you’ll not feel so good emotionally and your mind will get constant signals of danger to worry about, which is emotionally draining in and of itself. And then you’ll be less productive and sharp - and you’ll not feel good about that! It’s a downward spiraling life you’ll live if you allow yourself to be at all out of whack!

This means that you follow the [whole physical stability checklist](#), and, for sure, at a minimum, you do this;

\_\_ The same bed time (as early as possible) and wake up time, after a [full night’s sleep](#).

\_\_ Do nothing to have [blood sugar](#) go out of the stability range.

\_\_ Do no less than 20 minutes of movement of the major muscles daily, but better yet follow the basic exercise routine I recommend and make sure it is locked in by [making it easy to exercise](#).

Assure that you always feel good physically. Keep your energy stable through [naps](#) or [energizing](#) breaks - never allow yourself to stay out of [The Zone](#).

Sit down and write out what you will do to correct and assure physical stability - and never settle for any destructive irregularities - never, never, ever - as it will drain out the very energy of life!!!!

## **ALL SYSTEMS SEEK “RELIEF”**

All biological systems (and physical systems, too) work according to physical laws where things go apart and tend to be pulled back into their original position. For instance, we have a series of biological “thermostats” (except they are systems seeking balance beyond heat) that will note when we are above or below the best operating range that is stable and reliable and ongoing. When things get out of whack,



then the system notes that there is a gap and that the item should be pulled back into the stable, working range.

Like gravity or more like a rubber band, things will automatically tend to come back because of the pressure to come back to a non-stretched, non-stressed position. That “pressure” is something we call technically in engineering a “stress”, simply a force pulling back into the center position. In the real world, pressure/stress is simply pressure/stress and no more. It works.

In the mental world, if we misinterpret it (as the primitive mind tends to do) we might add a meaning that this is a threat to our existence, for any instability threatens a system working..

Kelly McGonigal stress need not be “stressful” (i.e. need not have a bad connotation that is stressful added to it) so that stress is not stressful or harmful....

Note that we tend to do enough to relieve a certain stress/tension/pressure in one thing and when it is reduced we switch our attention over to whatever is now the biggest pressure items. The problem is that we have not closed the loop on the first item, often, so we leave it to come up another time because the cause (a false belief or an unworkable process) is left intact to cause new mischief the next time...

We spend our lives a lot of on keeping our plates spinning, frantically running from one to the others so that they don't come crashing to the ground (get to have too much pressure from them instead of getting rid of the plates by solving them....keep on trying what doesn't work or what we don't know how to do... we don't learn what it takes to prevent the major mistakes in life (see appendix the major mistakes in prioritized order and what to do to not make them!!! See mistakes section...

### **THE GREAT COST OF BEING “OUT OF BALANCE”**

Irregularity.

Tolerating a wrong belief!!!!!!

### **PHYSICAL STABILITY IS ESSENTIAL**

If you're not stable physically, how can you live a good life?

You simply cannot live a good life if you are out of whack physically. You will not only have energy problems, but you'll not feel so good emotionally and your mind will get constant signals of danger to worry about, which is emotionally draining in and of itself. And then you'll be less productive and sharp - and you'll not feel good about that! It's a downward spiraling life you'll live if you allow yourself to be at all out of whack!

This means that you follow the [whole physical stability checklist](#), and, for sure, at a minimum, you do this;

\_\_ The same bed time (as early as possible) and wake up time, after a [full night's sleep](#).

\_\_ Do nothing to have [blood sugar](#) go out of the stability range.

\_\_ Do no less than 20 minutes of movement of the major muscles daily, but better yet follow the basic exercise routine I recommend and make sure it is locked in by [making it easy to exercise](#).

Assure that you always feel good physically. Keep your energy stable through [naps](#) or [energizing](#) breaks - never allow yourself to stay out of [The Zone](#).

Sit down and write out what you will do to correct and assure physical stability - and never settle for any destructive irregularities - never, never, ever - as it will drain out the very energy of life!!!!

### **VIC SELF MANAGEMENT - The key to a successful life...**

#### **THE ABSOLUTE ABILITY TO CHANGE**

No, it's not true that you cannot change and that you are under the governance of forces and powers that mysteriously control you.

No acknowledgement no facing, no confronting... No solving, no changing, just the same old life

It's a rut, not a fixed in concrete

#### **1 Behaviors, Habits**

#### **2 How to successfully cause change, this time**

## **VID UNCONDITIONAL HAPPINESS - How to attain**

### **VII OTHER IMPORTANT STUFF**

### **VIII THE MODEL OF WHO WE CAN BE**

#### **FIRST, YOU MUST KNOW “WHAT IT LOOKS LIKE”**

First you create it in your mind...”anything you can conceive and believe...” 1st conceive, then we’ll formulate the “believe” not out of blind faith but from building a solid foundation upon which to believe.. if you don’t see what you are after, you have no chance of knowing what you are after in life. Getting “better”, “enjoying life”, “becoming who I should be”, “leaving a legacy” are all vague generalities, not often really connected to having the best life one can have.

So, we must know

1. What a great life looks like
2. Who you can and might want to be

2 page plan?

#### **YOUR LIFE SO FAR...AND THE NEXT PART!**

When you agree with these, put a Y in each of them. This whole checklist must be finished in order to assure you have the basis set up for a great life. Each link takes you off to a reading sequence or a program sequence to learn more and/or to implement and do “the work”. (You should take no less than 5 hours per week of focused, uninterrupted time.) This is not only a key points piece but it is a curriculum where the links lead into the reading sequence or a program that will finish off the topic. At the end of this piece, learn more about how to learn more by reading “How To Use This Book/Site”

“Ultimately we get to where we base our life on what we desire and our life is no longer run by, or burdened by, fear. We live in reality and we create a truly happy, fear-free life.”

The BuddhaKahuna”

#### **MODEL OF WHO WE CAN BE**

Here is the embodiment of the person we can be and the life we can experience.

If you don’t make it explicit and then work backwards to figure out what would create that you will have only a wish. Take each one and put it in the plan - each one! And then choose which to develop in which order.

See in Ev Unfuckwithable.

## **IX THE LIFE AND BEING DESIGN AND PLAN**

### **Never Random, Always By Design**

Living life randomly will not get you where you want to go just as a road trip with no map and no route will likely not get you to any destination. You MUST design your trips ahead of time. Your day must be pre-designed in its structure such that you know how a day will go and do not have to redecide in the moment (in a typically not well-thought out manner). You only have to insert what is the unique content for the day, i.e. what goes into the golden concentration high value hours.

What should you pre-design?

Your overall life. Do the LifePlan.

Your daily schedule, along this idea:

Your maintenance system for keeping up high energy functioning. (H+ zone - follow this plan)

### **The life design, the life plan**

Lt plan - guidetostrategicallyplanyourlife-091217110236-phpapp02.pdf

**Once you know what life looks like when it's working well, it only makes sense to schedule those items first on your calendar. See examples under Jeff Sanders in ev.**

## **X MAKE LIFE EASY**

### **XI GETTING THE RESULTS- Do 1st, the life skills, practices**

#### **A THE LIFE SKILLS**

**1 Artfully managing your time and "life value" productivity Remove the time/energy misusers**

## **B PRACTICES TO INSTALL**

### **Practices To Install Right Now In Your Life!**

The Pause and The Always Check-In.

## **C COMMITMENT, DECISION, PROBLEM SOLVING, CHANGE, GOAL ATTAINMENT**

### **THE SYSTEM TO SOLVE PROBLEMS!**

Most problems have already been solved, so it behooves you to find the solution that is already available. There is a system for solving problems so you should not wily nilly try to solve problems as your method will likely be not well thought out or not workable in some way.

So, look up what is already on the site that, by using the search engine, entering a phrase that describes the problem. (Or if it is not on the site, then do a general web search.)

Use "[The Problem-Solving Process](#)", including using one of the [forms](#) that will guide you (there are a number of them to choose from that will fit you or the problem type).

Note that the process includes the part that you must come up with - a listing of the problems you have to solve, as a start. Of course, you can list the top 5 or 10 that you have and then prioritize them so that you start with the most beneficial to solve.

You will keep the solutions in a [referenceable](#) format, so that you do not have to reinvent them any more.

As you do this, notice that life becomes more and more problem free! And anxiety and fear will decline, as confidence begins to go up exponentially.

### **THE MOST SIGNIFICANT CHANGES TO MAKE!**

## **D PRODUCTIVITY - Of "life value", not widgets**

### **The Law Of Getting Things Done**

People think that getting the results they want is hard, but only if they approach it the wrong way. Everything happens from a strategy, which is a sequence of steps (of what to do). If you know the sequence you do the doables that consist in each step and you know the details (or enough to be able to fill in the more obvious blanks) you can do anything.

So...

## **THE SUPER APPENDICES**

### **"WE CREATE A WHOLE STRUCTURE OF "SUPPORTS"**

\_\_ We then set up our reminders (grounding) notebook and use that as a holder/reference point to gather and work on and add to our empowering, freeing beliefs. It all is set up to be worked on and added to and used for "grounding" in the reminders notebook. It all comes together and to an endpoint there.

\_\_ And we also set up our Life Operating Notebook and files where we modify and install improvements in our "systems" of life that support us. (While these are other than about beliefs, they help enhance our lives more and more as we progress (actually make progress) in life, rising to higher and higher levels of operating in life.

## **THE MECHANICS OF HOW WE WORK**

TO BE COMPLETELY RE-WRITTEN...

Originally there were only robots, but something odd happened along the way. Some of the robots began to build a special unit of machinery that became superpowerful .... Before that the robots were pretty simple, operating with traits similar to animal robots

I have a little robot, pretty smart but not real intelligent and it has some obsolete programming in it. It came with some of it, as it was duplicated from old robots from many years ago so that it could function and survive well. It is a learning robot because of its programming but it received a lot of programming (unintentionally) from other people who didn't know the right programs nor programming techniques but who tried their best to have a better operating robot plus the owner it was with tried to figure some things out but misfigured them as the owner, too, was developing.

Then the owner and his/her robot had to, in a traumatic transitioning, take responsibility for his/her own life and feeding. But neither the owner nor the robot was prepared fully and there was still some old programming that never got corrected. Nevertheless they had to survive.

They did survive though operating with some bad programming and missing knowledge - and they did learn some things pretty fast, because they had to. But pretty soon things got to where they were pretty survivable, so there seemed not much of a need to correct the programming nor add knowledge.

they suffered from the protection machinery setting off inappropriate alarms and giving them a bunch of electrical jolts and a lot of caustic chemicals that were designed to hurt so that they would do what the protection machinery wanted - to correct and handle the danger. If there was a real danger, like in the old days, it was survive or die, so it was life or death - and that meant the whole enchilada - so it made sure it did whatever it needed to do to get the threat handled. For little things, it gave a little jolt. For things it perceived as big, it gave a big jolt, as it couldn't afford to fool around and die. (Nowadays, we can deduce the level of believed threat simply by noticing how big the jolt is, for the protection machinery is, after all, machinery - it automatically and mechanically gives a big jolt to motivate a big fast action to correct a big threat...

The problem was that there weren't many real dangers to survival around any more as the world had changed immensely. But the machinery still had its job to do and just one primary job: to look for threats, constantly,

The problem is that it was not programmed well, so it couldn't really perceive well and it still had some extreme reaction programming that no longer applied.

there was another machine also, designed to assure the survival of the programming so that the next generation of robots would be created. It gave "good feeling" chemicals out, so our robot was motivated to do those things that the good feelings were given out for. Of course, the robot was only a robot, so it would sometimes seek out those good chemicals but not realize its actions would have repercussions later. And, after awhile it learned that "life" was about getting the good chemicals that it "loved" to get.

Relief loved to get, too. So we "love" relief, that nice little tension relieving drink after work, an aspiring, a distraction from the constant haranguing (better fix things) monologue from the protection machinery....

The special machinery was so well developed that it could "create" new things...

It didn't however put its computing power to the task of figuring out that it was different than the robot, since the robot was carried around in the same transport vehicle (body). Some people figured out that the special machinery was the creator of it all and the experiencer of it all and the master of it all. Some didn't get the memo and thought the robot was the master determiner. The robot wasn't so good at thinking so it did a poor job of managing, but when the thought machinery of the super machinery was applied it could actually figure out what best to do and then how to do it - it was a master manager when it had the time and energy given to it, when it wasn't peppered with a million things to take care of...

Only when the super special machinery

Before that there was no "me" that could step outside and see all that was going on, no witness

The stars of this tale are:

The super special machinery module (creator of a living, feeling, meaning creating entity

The robot and its buddies:  
the protection machinery (aka "protector")  
and the love machinery (aka "feel good"...

## **MY KEYSTONE LIFE POLICIES**

Post this!!!!

If I don't intentionally or thoughtfully set what I do my mindless primitive mind will - and it won't be good!!!! An unthought out life is not good!

Assimilate see Ev. (Include use it, observe, Change it

Physically invigorated (don't sit)

I direct what I do in my life (gain perspective, decide what to do, direct myself to do it

## **THE 10 MOST EFFECTIVE THINGS YOU CAN DO IN LIFE**

I've put these into the order of impact. Do them one at a time to the point of "sufficient mastery", going through all of them, then coming back and upgrading them even more. Follow the program for each, as it will guide you to the level of mastery that is sufficient to get the results you want in life. Remember that the purpose of life is always to attain deep, unconditional, ongoing happiness

Correct all of your core beliefs - They are the entryway to life...and emotions and behaviors and happiness. See the [4 necessary components](#) without which you cannot be happy.

Define and determine what is of the highest value in life, prioritize, and change life to fit the value.

Maximize these 5 decisions (spouse, career, education

Learning how to be highly productive in a spacious, graceful, life happiness way.

Match your inputs with your human capacity, for greatest ease and effectiveness - The front end filter that fits actual current capacity for ease of processing and no stress, stopping "randomness waste" in life...

Increasing flow through capacity that is realistically humanly doable

Remove all that is "clutter" or useless or a game that is self-wasting (fighting to get approval all of one's life, where it is a phantom of no benefit; fighting stress that is for no purpose and due to false beliefs, etc.

Learning how to do critical thinking (for correct beliefs and for correct decisions!)

Learning how to learn - For referenceability, findability (researchability), usability for greatest results of life value.



## **THE 17 PRINCIPLES OF WHAT MAKES LIFE WORK**

Do what is must first, then what is of the highest payoff, then do the high value bonuses

Finish (don't do anything without a result achieved)

Don't spin plates that you can eliminate (solve and use as need only) ...

The Building Principle - Built to last

The decision principle

Vs. weakness, indecision (not a morality thing but - the maybe, unless to be decided later

The is it the truth principle run your life on this one!

The power commitment principle

The systems principle

The cause effect law

Psychological principles

The no-fault, no blame principle

Productivity principle

The straight line, completion principle

## **10 BIGGEST “GET IT DONE” AND PEACE OF MIND IMPROVERS**

Start the day trip soon after awakening - wait two hours and you'll not travel down the road as far.

To get the most results from thinking do your thinking when at the highest ability to think (and highest energy to confront) - productivity is not about doing, it is about producing something of great value ... resolving problems is of huge value...

Restore thinking ability (energy) to be able to use it the most...

## **THE SUPER-PRINCIPLES OF LIFE**

Homeostasis

Correct what doesn't work to a system/belief that works

No fault

Everything is a mechanical system (relates to “no fault” also)

Just figure out how things work and then how to work them. If do x get y...

Not “not knowing” and somehow expect to get what we want in life...

## **THE MASTER LIST OF WRITINGS AND EXERCISES**

It is virtually always most productive to do each piece of your progression at a “sufficiency” level first, as you'll get the biggest gain for the amount of time spent. Then, once you are sufficiently effective in your life overall, you would come back to master the area at the higher levels you deem worthwhile for your time. As you check off each item, you will be able to see what you have cumulatively accomplished so that you can “feel” a sense of accomplishment and of

having built a strong foundation for your life. (I would use “2” as a “good mastery” level, where you are confidently competent and then I’d use “3” as true mastery.)

The list below is a list of the lists you've completed. The way you would handle this is to put all your lists in a three ring binder in this order, with whatever separator tabs you want, so that you can flip through them in order to see what you've accomplished and to see what is next as you build your fantastic foundation for your greatest life. (This is what I wish I would have had much earlier in my life, though I am perfectly happy now having substantially achieved it.)

[illegible]


## **WHAT IS NOT DOING ME GOOD**

This is for my greater good and I shall ignore my “impulses” as they are not legit (as long as I am taking care of my legitimate needs).

What is not part of a life that is functioning to the optimum or for my greater good.

Eating ice cream bars at night, even though it is most the “3 net carbs” type. Stop this.

Rule: I only eat what is good for my body.

Going through email in the morning, getting caught up in lots of potential ideas. Do it later in the day, as it uses up my prime time!

Rule: No email in the golden hours

An erratic sleep schedule. Rework this and prep for sleep to the exact time of 10 pm, awaking at 6 am. Just Do It!

Work out in the afternoon or when convenient, sometimes miss.

Rule: Instead, use it as part of day launch and self-care part of day. (Or, if for some reason something else is in the way, I do the workout at the first opportunity before continuing the day. ) Also, I do the full workout I have set up, not just the aerobic part. (And I specify, in writing and accessible in my notebook, what I am to do.)

Not doing my set up for the day of what I will do and when I will do it. This is crucial.

Rule: If not done the day before, it is to be done at the end of my other day launch activities.

Fiddling around, entertaining myself with worthless trivia (even the news), often when I am tired, or as a “filler” between activities.

Rule: Just go straight to the next thing, except for the rest or energizing breaks needed.

Assure I am 100% back in The Zone ALL of the time.

Starting things I will never finish (notes, books, cd’s) or be able to find later to use.

Rule: Don’t start anything if I do will not get the result. Finish whatever I read or study or start, which means continuing until the result is achieved (or achievable when needed). Toss anything I will not follow up on (so it is “finished”)

Following my impulses as if they are legitimate. They pull me aside.

Rule: Ignore those impulses, as “not legitimate”. If it feels strong, then ask if it is legitimate.

### **A MESSAGE TO THE TEENAGER**

Yes, you are caught up in proving your power or smartness, but if you look you’ll see that you are trying to purport something that is not actually true. You’re not yet as smart as you need to be and that means you’ll make a lot of mistakes when you are an “adult” on your own.

As a baby, we needed someone to take care of us because we could not yet do it for ourselves. As a child, this was still true, though we’d learned a few things that helped us operate in the real world.

As a teenager, we could not yet have learned what we need to know just by “being in life” with no systematic learning process.

The solution is to do a direct systematic learning process to be sure that we get to the point of being a self manager with the skills to cope with life and adapt to it...

Learn all the 101 levels of the necessary skills, including how to manage intimate relationships (and to “love” and communicate and eliminate the bullbleep stuff that causes us problems and lots of false beliefs that don’t work in life)

