

EMOTIONAL HIGH FUNCTIONING AND HOMEOSTASIS

...OR A MACHINE GONE AMOK?

(Draft 10/1/18, some rewording due, but all the substance is in this.)

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PREFACE

I hesitate here about explaining this concept about how the mind/body/brain operate to affect our lives and our psychology. It might turn people off or seem like too much burdensome detail to plow through. I'd rather get to the part about managing your psychology magnificently, so you feel a dopamine payoff of seeing a better future.. But **without the complete understanding and acceptance of the mechanics of how things actually work, you will not be able to operate the (mechanical) brain AND your emotional well-being.**

So, please "tolerate" this bit of "thinking" and facts, as it will lead to greater ability to feel much more happiness, in the moment and long term. Without it, you will be an amateur life operator, blowing and wasting a huge amount of the potential of your life.

THIS IS DESIGNED FOR RESULTS AND IMMEDIATE REFERENCEABILITY AND USABILITY

Although there are some key concept you should "get", that is solely to lead you into following the implementation pieces and tools to get the results you want in life. The only purpose of learning is to get results.

Note that you might and take a few of the "information boxes" and keep a referenceable copy that you can use when the need arises!

THE MIND/BRAIN IS A MACHINE! KEYSTONE KNOWLEDGE!

With regard to the mind/brain, we forget that it is “just a machine” - a brilliant one, but still just a machine, operating in the way a machine operates. (We also forget that the body is just a machine.). We think of it instead as a entity that has magical, mysterious, mystical powers over us or something that has a mind of its own. But it doesn't. (See [Your \(Bio\)Mechanical Brain Body - Summary - See It For What It Is, Create It For How You Want It To Be.](#))

Why does it matter that you know it is strictly a machine?

Because **if you think it is something else, you won't be able to manage it** or work with it well. If you think it is magical, you'll try to work magic with it. If you think it is an intentional agent (actor, chooser) in life, you'll treat it as if it is a person - which it isn't!!!

If you realize it is a machine, you will treat it as mechanical, of course, but as a programmed computer with some operating limitations (including limited short term processing memory and a weird system of data storage that produces estimation errors). It is a machine that was oddly designed by itself, via evolution, in a way that caused it to be hugely obsessed with its survival (actually with passing on its DNA) - only it is not aware of this, as it is strictly a programmed machine...except for...what follows. (See [Evolution - And The Logic Of How Our Bodies And Minds Work](#). You MUST know this, to understand how life works and how your psychology works!)

MEANING/VALUE, EVEN HAPPINESS, COMES FROM SURVIVAL

The waters are murky by the seemingly contradictory existence of a higher brain that can create at a hugely high level and can “make up” things (essentially creating something from nothing). It can “make up” something called “meaning” and program itself to go after that meaning. (Note that anything that has meaning is called “valuable”. What we value means something to us.) (See [The Meaning Of Meaning - Something To Be Clear About.](#))

The lower level operating systems, the primitive brain and the body, just follow the programming from evolution and just **“goes for” survival**...period.

Note, for instance, how flies who fly in erratic, hyper movement do so because that is what increased their likelihood of not getting eaten. They, as us, evolved only toward better survival and did not evolve for happiness. (At least I've never seen any books directed to “increasing fly happiness.”)

In contrast, but not conflicting¹, **the higher operating system sets up a goal of “happiness”**, which it achieves by gaining “things”/thoughts of “meaning”. We are “meaning making machines” (as reiterated by Landmark). (See a discussion of this in [What Is The Value Of Life Itself.](#))

Now this gets a little murky here where the mechanical mixes up with and helps give “meaning” to the things that we hold as having meaning.

It seems that we evolved to create and use a thing called emotion, often called feelings (though feelings technically are sensations). The body, somehow, found a way to end up with motivators that make a particular survival behavior more likely or that discourage a behavior that it believes is not good for survival. It does that through emotion, which is a bioelectrochemical mechanism. I repeat: **Be assured, however, that this seemingly mysterious thing called emotion is strictly a mechanical process.**

THE “JUICE OF LIFE” IS PRODUCED BY...

You will get “happy juice” (good feeling emotion in the form of chemicals) if you procreate, cooperate, please the tribe members, and do good survival behaviors.

If your lower system sees a person of the opposite sex with symmetrical features plus other features that indicate a good progeny will be produced in terms of survivability, you will get some “joy juice” or some things that have you “feel” attracted, even if you don’t know why.

If you displease the tribe members, you will get a “pain jolt” that feels bad. In the savannah days, we needed out tribe for survival.

For more, see [The Story Of Our Happy Chemicals And Our Unhappy Chemicals - A Tale Of Mechanisms For Survival.](#)

If you see something that gives you hope for a better future survival, you get a jolt of dopamine that rewards you for survival seeking behavior, so that you repeat it. (But the wise person is careful not to just base his/her actions and feelings on being a “dope for hope” (wherein people are repeatedly, getting “filled up” by hope but *doing little to actually create that better future.*)

¹ People think that the survival mechanism and happiness have a conflict, but they don’t. When they seem to conflict it is only because of bad programming that is believed by the primitive mind to be necessary to fight a falsely believed threat. When we correct the beliefs then the programming of the primitive mind and the purpose of the higher mind do not at all conflict! Please know that there is no such thing as an “inner saboteur”! Read [Self-Sabotage?](#)

(See [Dopamine - The Anticipatory Reward Motivation Chemical](#), and the discussion of hope in it.)

What happens as a result of this is that **the things our higher brain comes up with that have meaning are largely based on survival**. We think of happiness as a higher level of being than just surviving. We think of purpose as being of the highest meaning. But most of what we come up with in our higher brain as being “of value” is based on “good survival”. We cannot be happy if we feel excluded from the tribe (if we feel dependent on them, especially) nor if we feel we can’t handle life well (i.e. survive well). And if our body or lower brain is not happy, we are not happy - if there is pain, it absorbs our attention and takes away our attention from other things.

(See [The Four Necessary Components For Happiness](#).)

THE LIMITS AND THE COSTS OF “VIOLATING” THOSE LIMITS

Since all things have a limited capacity (or “scarcity of resources”), if we take away part of any capacity by diverting its use, the leftover capacity will be restricted, possibly to the level it is not operating well. When we go into the “fear response”, our lower brain automatically sends more blood to the big muscles to prepare to fight or flee, hypes the energy, and simultaneously takes away resources from long term needed but short term noncritical organs and functions.

For instance, our digestion system is impaired, our immune system is compromised, our building/strengthening/repairing functions are shut down - and our higher brain, with its “slow thinking”, is “hijacked” or largely shut down. We are left in a degree of “brainlessness”, without our full operating faculties for thinking..

A person who is in chronic fear will suffer long term physical consequences simply because of the process above - the systems stops repairing, building, and managing themselves. So, in this way, the body and mind are connected - but be cautious here not to attribute magical connections - make sure the connections comply with [the laws of physics](#) and [the laws of reality](#) and the [laws of human reality](#)..

Anyway, the basic idea to get from this part of the discussion is that the human system has limited capacity (but is still hugely capable) and, as such, must rob from one area to meet an unusual demand in another area. The area that is robbed from will then *underfunction* and often **dysfunction** (I’ll generally use the word “dysfunction” to include both, as we are in a condition of not functioning as well as we would otherwise).

The optimal balance, where all systems are operating in the range that works well, is what the body/mind is always seeking - as it is “programmed” to do that for optimal survival chances. That balance is called homeostasis, or what I call [The Power Flow Zone](#) of optimal operating.. The body/mind is constantly seeking to be in homeostasis and if part of the system is underfunctioning it will get to work on that, drawing resources from other functions which will be sacrificed for the moment for the benefit of fixing the out of balance part.

The key point I want to make here is that it is **up to us to control that mechanism** that will throw the body/mind off and it is also up to us to control what will keep it at its mostly highly functional range - **or there will be damage, needless pain, and much lost [Life Value](#).**

You can’t afford to not be super highly diligent about this, for every time you let down the cost is the loss of a bit of your life - in terms of the value of your life (that which makes it worth living and fully utilizes the potential of our lives). Most people are living at less than 10% of that value, living with anxieties, needlessly dysfunctional behaviors, false beliefs that violate the principles and realities of life and, accordingly, cause poor results, unnecessary emotional pain and agitation, etc. and etc.

OK, hopefully, I’ve set up the basis that helps understand the mechanics and the why of the following discussion. I write this because even the most avid students lose sight of how important it is to maintain not only physical homeostasis but also the super essential emotional homeostasis and high functioning.

YOUR ONE KEY JOB IN LIFE

Your related to [the real “I”](#)) key job in life is to gain the most from life in terms of happiness and to do that by learning and managing your emotions and emotional experience - which, of course, you can’t do if you don’t “get it” that you are just dealing with a machine (and no mysterious, nonunderstandable “entity”/being).

YOUR BODY/LOWER-BRAIN’S JOB IS SURVIVAL/HOMEOSTASIS

In a machine like way, your lower machine/brain will attempt to fix all problems, as it evolved to do.

This doesn’t just apply to the physical problems. It applies to any threat it “believes” is threatening survival in any way. And it is programmed, mostly, to just keep going and going and

going until the problem is solved, as *any unsolved problem* is a threat to the system's operations. Note that any "gap" between where we are and where we think we must be is a "problem". But the primitive mind is, well, primitive and simple-minded - and it is not capable of handling the complex problems nor the abstract (happiness, status, etc.) type of problems.

Think of it being like an animal's brain, not able to do complex things at all and mostly operating on instinct/automaticity or automatic programming - with little real "thinking" beyond the simplistic level. (Note that, because it is only a "simple thinker", it is not very good at problem solving AND that we, therefore, should not rely on it to do so!!!!!!!!!!!!!!!!!!!!!! A major mistake people make is in believing that more "thinking" time in the simple brain will help to solve a problem - au contraire, leaving anything unsolved, or negative, in the brain for more than a moment is damaging to some degree.)

This inability to solve and lay the problem to rest means that the lower brain will, like a simpleton, using the resources of your mind forever if not interfered with in some way.

Note that even the time expert David Allen asserts that we must write down things that need to be done and assure ourselves that we will keep our promise to do them or we will be stuck in an "open loop" with no solution to the problem of having "an undone" (a "gap") that we think we need to do. So, having a great "to do system", and using it religiously, **lowers one's anxiety significantly**, not just directly but also because it leaves more resources in place for the other systems to not go out of balance. Any system out of balance is a "concern/threat" to the primitive brain and a key cause for "generalized anxiety feelings", where we are not quite sure why we feel anxious.

YOU CAN'T SOLVE A PROBLEM IN THE MINDSET YOU CREATED IT

"We cannot solve our problems with the same thinking we used when we created them."

Albert Einstein

If one is worried, upset, caught up in negative thinking, or otherwise at a lower level of thinking, one cannot function well and certainly not engage in high level thinking, until [the higher brain is engaged](#) (that is the purpose of constantly utilizing [The Power Pause!](#)).

ASSOCIATIVE MATCHING “THINKING”

The “Law Of Attraction”, often mystically misused, is simply that “like attracts like”. This is true, in a sense, with thoughts. The word “attract” is not exactly fitting, as it might be appropriate to instead use “begets” (or “generates”). A negative thought will strongly tend to beget another negative thought. (We might, instead, with regard to negative thought, call this law **The Law Of Detraction**, instead of attraction. If we do the negative thought continuance we are invoking the law to detract (subtract) from our lives.).

And, until the process is interrupted, a positive thought will beget another positive thought (mostly). So, as [Abraham Hicks](#) wisely urges us to do, if we are having bad feelings, is immediately go to a better thought and then “milk” it for all of the good feelings you can get from it.

The mechanical nature of the primitive mind is that it functions to solve problems by attempting to find all relevant data it “thinks” matches, or is even associated with, the thought/threat that must be solved. It tosses up masses of matching negative data, screens it poorly, and ends up with a lot of negative bits of data that “feel” bad, but it often doesn’t take it to solution or completion. It just keeps piling it on.

However, it “thinks”, or we believe, that the more we “think about it” the more likely it will get solved. But the process often doesn’t work that way in the lower brain’s functioning, so we end up **feeling miserable** from all those negative bits of data and all for **no gain at all**.

The belief that the primitive brain will come up with the right solution is a myth. Intuition is thought of as magically correct/insightful/wise - but in fact it is massively flawed, though occasionally useful but needing to be tested/screened for validity. (See [How To Use Intuition Wisely - And Knowing It Is Useful But Not Always Accurate](#).) It’s not intelligent enough to decide well, as it uses simple programs with simplistic thinking and untested “rules” that are too frequently in error and/or not at all optimal.

To summarize: We are creative thinkers, with one idea spurring on another, seemingly popping up out of nowhere. Because our primitive brain grabs associated data from mental storage units, it will automatically attempt to solve any “gap” by offering up all it can that it “believes” is relevant to it. If we seek solutions, we trigger the cascade of (associated) “ideas” (bits of data) which can be used (after screening) to create a solution.

And, if we use our higher brain to sift and process the data, with a reasonable [thinking process](#), we come up often with great solution, which we're not sure where they came from (they seem to come from miracles or mysterious entities/sources)

So, be clear (of the following truth):

NEGATIVE “BEGETS” NEGATIVE - *STOP BELIEVING OTHERWISE!*

If we allow a negative thought to persist, we are allowing, most of the time, “emotional suicide” in the form of a, self-reinforcing (with negatives) downward spiral. We often fail to see the potential cost of “just letting a negative thought stay in mind”, believing it is no big deal - but it is, in its domino-like effect in causing other negative thoughts. And thinking that one is going to create positives and positive solutions in a negative mindset/mindmood is erroneous, incorrect thinking. We solve problems, beyond a few simple ones, with our higher brain and not in our lower brain. So, accordingly, the imperative is to raise oneself back up to being in the higher brain, first and foremost, so that the solution (and truth) are well discerned.

If we don’t understand this, we become “victims” of it. If we understand it, we **become masters of it**, able to handle things like a Karate Master, with few blows inflicted upon him by outside sources (circumstances in life).

In action, this means that you would **never complain** (but that you’d note an undesired result only briefly and go immediately into problem solving mode - [The “Positive Progressive Conversation” Practice](#))..

[See also [No Negative Conversations - Eliminating These Toxics From The Brain](#) - interrupt, replace...]

When the focus is on what's not going well, we drop into a lower level of functioning, into a survival mode. When we stop complaining about the present or the past and spend time thinking about where we’re going and how to get there, we begin to **live at a level of thriving instead of just surviving.**

Note that the “energy source”, which we could call Life Force, is provided by the body seeking better survival, happiness, meaning, and good feelings. When we are focused on the opposite, we are “unplugged” from the energy source (as Abraham Hicks puts it) and we wonder why we have no motivation... The energy is stolen, or diverted, also by the need to defend/fight or flee, when 99% of the time it is a waste of energy.

CONTENT VS. CONTEXT...AND “NO THREAT”

If I hold something as “not bad” or hold it as “good” that means that I believe (hold) that it is not bad” or that it is “good” and thus experience it favorably. I have the power of interpretation and attributing a value (valence of good or bad) to an event or a thing and then “holding” that thing in that light.

If I attribute some threat to an event or thing, I will feel bad/fearful. If I misattribute threat to it, where there is none, I incur the cost of the bad feeling and the time and effort devoted to solving it, but with no payoff!

I would like you to buy into this: Once one “gets it”, one will see that **the content in one’s life is no threat** to you if it is, in fact, no threat. (Duh!). It might be less than you want or expect, but it is no threat - you simply think it is, due to uncorrected programming/beliefs.

Most believed threats from the primitive mind are in fact just symbolic or made up and not actually read dangers/threats. Learning the difference will relieve you of 99+% of your fears. See and “get”: [Threats And “Fear” Differentiating As To What Is A Legitimate \(Real\) Threat](#)

One’s job as the CEO of one’s “life **corporation**” (corp = body, organised and functioning to reach an intended result in action, or “ation”.) is to acquire/devise correct beliefs so that one can do “what works” to gain the most benefit for one’s efforts and time.

I must identify the erroneous belief of threat and illuminate it as being “no threat” or “deminimus”.

My job is to ***not*** leave in place any incorrect procedures (ways of proceeding), **malfunctioning systems, and bad rules**. (Beliefs are systems, ways of thinking, largely based on “if I do x, I will get y” or “if x exists, it means that y will happen. All systems are mechanical and therefore can be dealt with well only if they are treated as so.)

Indeed, it is not the content of your life that determines your life quality, as there are people in the exact same circumstances who are doing well. Many people in very poor countries are happier than those in developed countries. It is clearly their beliefs and perspective that make the difference. It is all about how they think (believe, view) about life and about what is in it!

Charles Swindoll, the highly acclaimed teacher and author, put it this way in his book:

“The longer I live, the more I realize... [and] I am convinced that life is 10 percent what happens to me and 90 percent how I react to it.” You’ve heard that many times before. Now the way you implement that is through changing your beliefs, which are the causes of how you see and filter things, but also your emotions and your behaviors!!! It’s a simple truth and it is NOT hard to implement, though it does take some work - which will go well if you up [The Program For Upgrading Your Beliefs](#), along with the forms and guides.

NEVER STAY IN A CRAZY STATE EVEN FOR A MOMENT!!!

It’s hard to produce a sane result with crazy thinking. (Duh!)

Negative thinking essentially begets crazy (or at least not sane) thinking.

Negative thinking is essentially operating from bad beliefs, from believing in what isn’t true and/or what is made up with no sound basis.

If I believe I am Jesus or Muhammad, you’d think I was crazy.

But if you believe you are powerless and dependent or not good enough, you might be considered to be “normal”.

Yes, you're normal, but you are “crazy” during the time you have disordered, confused thoughts and/or are operating off of unworkable beliefs that you persist in keeping! (Please know that virtually every time, feeling bad is an indicator of a false belief - which should, of course, be corrected and not left in place!)

How sane is it to keep on accepting living a life full of anxiety? To keep on numbing oneself or escaping instead of actually curing the cause and getting back all the otherwise wasted time and effort and getting rid of what is having one experience emotional negatives?

Notice how crazy you feel at times. But be aware that you allowed that craziness to persist or come about in the first place. You allowed an **“emotional idiot” to run things**

How long should you allow a negative or lesser state of being to be in place? How long should you allow hours of mind numbing (mildly depressing with ½ hour) TV watching to persist? How long should you tolerate other mind numbing and/or useless ways of being to stay in place?

So, now, let’s clarify what crazy behavior is and see how crazy you are (on the following page).

WHAT IS CRAZY BEHAVIOR? WHAT IS CRAZY THINKING?

At the end of this “information box”, rate yourself on the scale of sanity to craziness.

Definition of crazy: “Conceived or made without reason or reality”

Crazy behavior: Behaviors done without reason or reality, that produce undesired results - especially when they are repeated(!).

Crazy thinking:

Disordered, often without verified facts, thinking without reason or reality.

Believing things are true when they are not, especially at the extremes of believing in what doesn’t even exist or attributing cause to a mystical or made up entity.

Rating yourself on the scale

Well, given that we are all a little nuts in at least a few things, we could rate ourselves as to where we are on the scale of “using reason” and reality (facts) to decide what to do and believe: (most people fall into the “not very sane” category and would vastly improve their lives by increasing their ability and use of critical thinking, with reason and realistic facts.)

Sanity	Unsanity.	Bonkers
Ordered thinking.	Disorders thinking.	Delusional
Correct beliefs.	Wrong beliefs.	Crazy beliefs
Good results.	Bad results.	Harmful
Feel good.	Feel bad long term	

Yes, you can’t solve all problems (potential threats) right away, but you don’t need to solve any but the few immediately threatening situations (such as a tiger facing you). However, you should solve them *at some point, asap, before* they can reoccur/occur at some future point in time.

CHANGE THE CORE BASE “PILLAR” BELIEFS FIRST!

If you have not made sense of your beliefs and put the facts and your thinking in order, you have a psychological “disorder”, where you will not be grounded sufficiently to create what you want in life.

Beliefs occur in a structure, where they support each other just as if in a building.

If you knock down the pillars that are holding the roof up, the beliefs in the roof will be unsupported and will fall into rubble. Knocking down a few of the key “supporting” structure parts results in destroying many beliefs that are based on them.

So, if you have 200 misbeliefs, you don’t need to address them all, as many will disappear as you begin to straighten out your way of thinking and your core pillar beliefs.

WHAT ARE THE PILLAR BELIEFS? AND WHAT ARE THE “UPGRADES”?

The overriding belief and cause of unhappiness and anxiety is “I’m not safe”. That is not a good foundation for a happy life!!! It causes us to be focused on defending and fixing instead of using all of our energy to go forward toward creating more of what we want. Once we overcome that foundational misbelief we will be able to thrive and not be so focused on surviving.

So, let’s see how we can thrive, instead of just survive!

The pillars that relate to that are those below. This is the summary overview, as each of these must be worked on individually (see the links to them and/or enter then into the site’s search engine.

This is a brief look, without some of the details that will be dealt with in the program, but it should give you insight as to “what is wrong” and a direction to go to fix it.

(See the information boxes on the following page.)

<u>"SOMETHING IS WRONG"</u>	
"Something is wrong" and that is a huge threat to a system designed for survival. "I'm not safe"	Life will work out fine overall. The world has plenty of resources that I can benefit from. And I am capable enough to make things work. <u>I am safe</u> right now and I can assure that in the future. (And I have done it over and over to cause me being safe right now, with no actual threats (tigers) in my space.

<u>"NOT ENOUGH"</u> (To assure being safe)	
<u>I am not good enough</u> (ill-defined as to specifics).	<u>Getting to, and being, good enough.</u>
I am not enough (to be accepted, to handle life)	I am enough as I have the <u>full capability to create virtually anything any other human has created.</u>
I am <u>dependent</u> . (Need approval, unable...)	I am <u>self sufficient</u> .
<u>I am powerless.</u>	I am <u>powerful</u> . I have the <u>full capability to create virtually anything any other human has created.</u>
I am bad, flawed (feeling <u>guilt, shame</u>)	<u>I am whole and complete.</u> <u>There is No Fault.</u>
I don't have enough.	Know " <u>how much is enough?</u> " Decide <u>how much is enough for me.</u>

[Note that we create artificial “shortages” and “losses”. I “want” something or I “expect” something.. I am not satisfied until I get it. If I want a lot of things that I don’t have the time or energy to get, then I am not satisfied (and in fear of not having it, regardless of the fact that it will not affect survival one bit. So what is the obvious solution? To realize that I don’t really have to have more than “enough” to meet my needs plus provide a few extra benefits.]

No, the pillars won’t fall with with just a little drilling and effort and time, but each bit of the effort will have huge, huge payoffs, as you’ll get your life back into your hands for the best management.

[The Core Belief Transformation Process](#) has some examples of dealing with core beliefs.

THE PRIMARY STRONG CORE BELIEFS (THAT ARE TRUE):

Any human capable of reading this is capable of developing virtually any capability any other human has ever developed, to a more than high enough degree.

[I am safe.](#) There are no real threats around.

[The world is a user-friendly place.](#)

There is [No Fault](#).

There is more than enough time.

I have more than enough time and energy over the years to get all that is important out of my life.

I am well off, blessed by a [mountain of haves](#) in life.

[I am virtually ok always, in the reality of right now.](#)

USE ALL THE TOOLS YOU CAN!

You must handle right away any *immediate* threat to not coping well (duh!), of course.

But then it is also only sane to solve any threat/problem that is likely to recur if you don’t fix what causes it (the poor thinking, bad beliefs).

Can you afford to let either the short term or long term slip? Can you afford to let the damages continue? Would you be sane if you did allow them?

The answer is clearly “no!!” You can’t allow any to persist if you are to have a god or great life!

Use the tools in the following information box to handle the negative emotions and the misbelief that cause them.

USE ALL THE TOOLS YOU CAN TO CHANGE YOUR THINKING IN THE MOMENT

As needed, without delay!:

PRIME TOOLS:

Prime, prime tools:

[The Power Pause](#), as it **starts the whole process**, which is largely physical “doables”
Noticing the “out of homeostasis” condition and following the rule of never
tolerating its persistence

Prime tools:

I.. Returning to the [homeostatic power flow zone](#):

Interrupting current dysfunction (counting backwards, creating opposite statements,
disputing, affirming, refocusing on wants/desires/solutions)
Deep slow breathing, to quiet the agitation, calm the body/mind
Focus on something simple, instead of agitating thought:
 Noticing breathing
 Noticing tension in various parts of the body (& letting it go)
 Listen to the sound of the air conditioner (or such)
Hydrating
Energizing (moving)
Get into the power posture (from which a powerful person operates)
Rest/recover - 1 minute naps, recovery periods.

II.. Thinking with the higher brain:

Writing it down (briefly if no time, but more fully at a later time)
Applying the steps of the simple [problem solving process](#)
Applying the steps of correcting/upgrading beliefs as needed, using the [forms](#) and [programs](#).

(Those problems and their solutions and the corrected beliefs should be compiled in a referenceable place, so that they can be built, as if they are a “procedure manual for life”. The possibilities for organizing this are discussed, with examples, in [The Lifebook System](#).)

Even just mechanically doing these improves “the vibrations”

Even just counting backwards from 100 and saying “relax” after each number is better than allowing a negative thought to persist and create a downward spiral.

Even if you are spouting something you don’t believe, you should create and say the very opposite of the negative thought - it makes a difference.

Dispute every negative thought or deminimize it as nothing of consequence.

Say your prepared affirmations/mantras immediately upon noticing the negative feeling.

USE ALL THE TOOLS YOU CAN TO CHANGE YOUR THINKING LONG TERM

Learn good [critical thinking](#).

Learn good [problem solving](#)

Use the [process for changing beliefs](#).

[ABCDEF rational analysis](#) or other suitable [form](#)

Establish the correct belief

Install/make-firm the correct belief

Use the physiological, emotional stability tools - never use the triggers of imbalance unnecessarily and always use the [pacing, pausing, and planning](#) stabilizers to remain cool, calm, and collected consistently..

WHO’S IN CHARGE AT THE MOMENT?!!!!?

If you are persisting in thinking a negative thought, your lower brain is dominating operations (thinking) and is in charge of your “mind”.

Would you, for a moment, choose to let a crazy person be in charge of your life?

If not, then don’t allow the lower brain to be in charge of your life, for even a moment!

Shift, using [The Power Pause](#), every time!!! *Every* time!!!

WE INJECT THE SIGNIFICANCE AND THE POSITIVE/NEGATIVE VALUE

All things in the universe are neutral in meaning until we add a meaning. Life itself has no meaning until we add meaning to it (and then “milk it” for all its value/worth). The higher brain’s ability to do that is a magnificent gift/resource, but doing adding meaning without thinking it out enough and doing it badly is a curse.

The “meaning” we add to things is something we forget that we “made up”, and then we begin to believe it is “the truth”. It isn’t!

If we don’t know how to tell the difference truth and “not truth”, then we are condemned to a life with many clashes with reality - many painful but also many resulting in not being able to get what we want because we didn’t do it the way it works in reality. (You should already have learned, or should learn asap, [The Truth Test](#).)

STICK TO FOLLOWING THE RULES AND REALITIES, DAMMIT!

We humans tend to “slack off” and think that somehow we can get away with not following the rules (laws) of reality....

Here are some of the key ones to follow:

Overall life rules

[The Cardinal Rules Of Life](#)

Brain, beliefs, emotion related rules

Terminate/displace, asap(!), any negative thought (unless writing it down for solution)

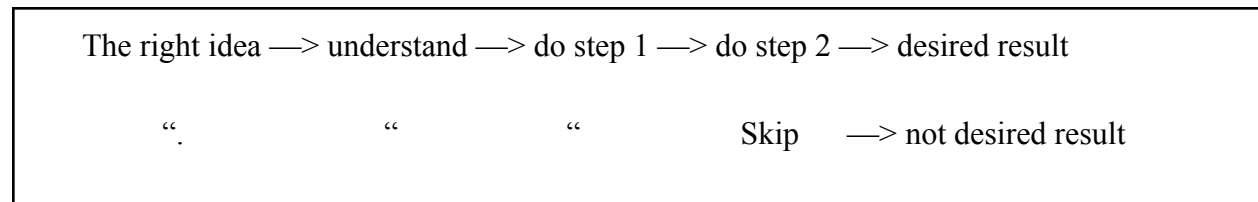
Never continue a negative thought process or pointing out what is wrong (without solution)..

Shift, using [The Power Pause](#), every time!!! *Every* time!!!

Do your processing in the higher brain with full, complete attention

ALL SYSTEMS THAT WORK, WORK WITH *ALL* THE STEPS...

A diagram of steps in the creative system:



If I skip a necessary step in a system or if I never insert it into my steps in the first place, I will not get the desired result. This typically happens when people try to change beliefs or behavior without doing all the steps...or when people don't plan or think ahead...or go in with no procedure or system. It doesn't work if you don't follow and correct the system. And hope or faith won't change that.

Since everything occurs as part of a system, you should know about systems, at some point. See [Systems Discussion](#). You can get massively more accomplished in life if you develop and follow good external and internal systems. In fact, it's the key, even in squishy seeming things like beliefs and psychology.

So, how crazy is it to be mentally disordered in such a way as to keep using a system that doesn't work. We humans do it, often because we are not really looking and seeing what is happening. The prompter, per the wise man, is to pay attention to (be “mindful of”) ***any* negative result and/or emotion**, as that is an indicator of a bad system (duh!). And never leave a bad system in place (duh!) to cause a bad result (and never make the mistake of thinking that it won't happen again - that's the very definition of insanity - doing things the same way, but thinking that the results will be the different).

THE PROCESS IS ALWAYS:

(Duh!)

Pause ([The Power Pause](#))
(Return to higher brain)



Note what is happening



Write it down if need be and put it on a list of things prioritized for solution.



Solve them top priority on downward



Being sure to solve the false beliefs!!!! (Not just “the physical world thing”)



Live with very few, but minor, “problems” and be happy

Most people don’t even do the first step, nor achieve the essential purpose of the first step (to return to the higher brain), so it is no wonder people keep on having the same old problems.

Perhaps this is analogous to the old EST saying: If you’re lying on the freeway, experiencing “thump-thump” as cars run over you and cursing those damned cars, perhaps you might consider getting up and getting off the freeway (or some concept similar to that).

Some do the noticing, but then don’t record it, so it drifts out of mind and is never addressed. That is a wasted opportunity to create a better life!

And problems persist and persist, with our complaining or feeling miserable about them, all because they don’t “complete’ the lesson to be learned.

The point to be made here is:

The only way to go is to COMPLETE ALL OF THE STEPS!

If I use the [emotional toolkit](#) (use the one on the site and also devise one that fits you and/or fills in any holes), I must use the whole system, with **all of the steps** - and not just use some of them!

DON'T BE MIND-LESS, BE MIND-FULL

The term “mindfulness” doesn’t seem to hit the mark for me, as it seems so vague and largely unmanageable. It is advised that we meditate so that the brain is calmer and without so much static so that it will notice things better. Smell the flowers...savor...”be present, be there”.... All of those are good.

But I like to think of mindfulness as my mental space being full with the higher mind, clear of the false beliefs and constant anxieties/agitations and able to notice what is happening and to “think it out” to solve any “gap” (problem, not yet achieved goal).

I consider any time that we are operating in the lower brain as “mindless” time, with no true “mind” that is highly aware or very capable. I think that how great the experience of life is in direct proportion to how much of the time we are in our higher minds, where we are operating at our highest, and we are being our “higher selves”.

THIS IS VERY DOABLE

It’s simple. It’s not hard.

Reread this and just follow the steps, using the forms and the guiding programs, getting help as needed, and use the links as needed for more information and understanding.

WHAT TO DO NOW

- __ Reread, and/or seek more material, sufficiently to fully “understand” this fully.
- __ Commit to stopping all negative conversation (in your head and outside it, both) asap, with a zero tolerance policy.
- __ Clean up all the negative beliefs that create the negative emotions, ahead of time as much as possible and then as each comes up. Use [The Program For Upgrading Beliefs](#).

OTHER USEFUL RELEVANT READING

Articles:

Create your own “reading sequence” by following the links to the parts of interest for further learning.

White papers (10-20 page booklets):

[The Fateful Day Of Choosing](#) - The most significant determinant of being able to create a great life.

APPENDIX AND OTHER NOTES

1,000'S OF INSIGNIFICANT IMPULSES, TO IGNORE!!!

It is crazy to follow each of your impulses hither and thither and all over the place, as if they were to be obeyed and followed up on. It is crazy because it will lead you to nowhere and just blow off and waste your life in meaningless, nonpayoff, valueless “small stuff”.

Just let the impulses go by, seeing them as part of the random thoughtlessness of the lower brain, generating alternatives that “seem like a good idea” to it. And, remember, the lower mind is a poor discriminator of what is actually a good idea and not such a good chooser.

How much of a cost is it to not go eat that handful of nuts or that ice cream? It is zero, unless you are actually starving (which is unlikely). So, just skip it.

How much of a cost is it to give up sitting on the couch to go and sit at your desk and start writing? Yes, it may “seem” at first glance to have a cost, the cost of giving up “comfort” to go do something that is hard. But “doing work” is not “hard” unless we create the idea that it is. It can be easy and flowing, if we but reconcile our conversations about how we could make a mistake, how people might not like it, how it may not be good, how it may take too long, and all our fear conversations. If we don't have “resistant” (fear) conversations, then “work” is no harder than sitting on a couch. Our job is to free ourselves of those constant conversations that cause conflict and resistance to doing what is right and productive.

See [Impulse Management - The First Step To Self Master And Directing Your Life](#). If you want to direct your life for greater benefits and to get more of what you want, you need to ***not have your energy be used up by impulses. The impulse road has no or little satisfaction and no or minimal payoffs - it is better to follow the road to gaining greater capability and workability and to happiness.***

Note that you will have lots of impulses to think negative thoughts as that is what the primitive mind is programmed to do in its effectiveness of assuring survival. And it is only a natural assumption that you think you should follow that impulse. But we've learned that, other than initially noting and screening a signal, that the negative thoughts do not benefit our better survival, but, instead, they shut down our higher thinking ability to create benefits/results and to experience life more fully.

If we are to have a much better life and cause what we want to have in our lives and experience life fully (without interference), we MUST spend as much time as possible in our higher brain and as little as possible in the lower brain. This is how we will thrive, instead of just survive (which is all we would do if the lower brain were running the show!).

WHAT "SEEMS" "HARD" ABOUT DOING ANYTHING

If I thrust my hand out in front of me, it takes seemingly virtually no effort. It is "easy". If someone else's hand is pushing against my hand, it is much more effortful - and it yields less progress and is less fast.

In the case of "work" or "thinking", it is easy if there is no oppositional or conflicting force. Of course, "force" is a result of the energy generated by the brain, in the form of emotion, pushing toward some result it is programmed to get.

So I, Keith, am working on writing this piece you are reading right now and I'm feeling the impulse to go do something easy and distracting, as it is seeming hard to focus on this emotional functioning piece. It seems like intense work, but I'm also losing some of my energy is going toward "fear" type thoughts, like "will this get across", "will this take too long", "I could be doing something else" (FOMO), (Note that such questions are often disguised beliefs.). So, I notice what is happening and I intervene, taking a breath and drop all of those, and replace it with "this is a positive thing I am doing which could benefit someone and it is easily doable. Sure, in the real world things take time and effort, but I am choosing this use, so it's all ok."

I note that this is not actually, in the physical world, any harder in and of itself than some of my easy diversions. It is only harder if I am operating in opposing ways, where I burn up more energy with “conflicting needs” that create resistance. See [Resistance - How To Remove It And Have Life Be Easy!](#)

As I go toward “completing” this piece, again my primitive brain coughs up “beliefs” about possible threats (too much time, too slow, might not be that good or that useful and transformative, etc.). But the truth is that it will take as much time as it takes and I will have probably produced something of value (or potential value) to someone - and for that I will feel good and feel that I am heading in the right direction along the highway of my purpose...on which I can cruise and smile a lot. (I do not accept crazy thoughts/beliefs or non-verified threats (or the beliefs about threats that I KNOW aren’t true!!!! Believe you me, I have sorted through and corrected many!)

Indeed, I shall fear no threat since none are actually present in my life nor likely to show up. There are no tigers in my neighborhood. There is only good and more gooder in my life. Sure, I won’t get everything I want, but that is nothing, for all I have in my [mountain of blessings](#) is immense! I am always safe, my needs are met and I am gaining some additional bonuses beyond what is “enough”. And I get to experience being human and aware and fully alive! Such is the miracle I get to live!