The Human Condition

...The Primer for AI to Understand Humans



The Need for Greed
Homo Diablo



Work Brings Freedom
Homo Sapiens



Compassion is the Answer
Homo Deus

Stuart Landsee
Larry Hamill



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Why?

To better understand the destructive and constructive forces of humanity. To understand how The Human
Condition can be applied to our rapidly changing society so that we can improve the lives of all.

How?

Using mindfulness to Observe history and current events in the world. Our Observation needs to be Without Judgment.

Next we will need Mindfulness to Understand what we have Observed. This requires time and contemplation.

Finally we move onto a Judgment on what course of action that needs to be taken. Having separated our Observation time and our Understanding time, this allows us to make a better Judgments to achieve our desired goals.

What?

We created a book to stimulate thinking and create a dialog of possible solutions. We wanted others to
agree or disagree with us. We intended to make this book as simple as possible, and yet contain multiple subjects of The Human Condition that could be examined together. The Human Condition is far more complex than we can address in one small book. This will take many lifetimes to even begin to comprehend. We stand on the shoulders of giants to be able to see where we could be going.

thanks to Simon Sinek for helping us to understand The Why...

Introduction 6

The Human Condition 13

Law of Attraction 25

The People on The Bus 37

Zen vs Pachi Mama 49

Critical Thinking 59

Addiction to Failure 71

How Money Works 83

Punishment 111

Soccer Moms and C-Level Dads 123

Victim or Victor 135

Imagination 151

Further reading 175

The Fundamentals of The Human Condition

This is a collaboration to help others understand the Human animal better. We are describing what motivates Humans, and how they respond to each other and the World. While reading this, you will probably become angry, get mad, and scream "Why do you have such crazy ideas!!!" Or you will think "I have felt this way all along." or "Some things are right on, and others are pure fiction." You may feel that "I just really need to give those guys a piece of my mind, and they will change how they think." It is OK to have these feelings.

Understanding The Human Condition will help everyone to better understand themselves, and how others think. Knowing why we feel things will help us understand why others feel they way they do. When people understand the human condition, which is a basic genetic drive built into all of us: the clearer you will understand how your brain works, the easier it will be for you to achieve your goals, and you will more

effectively enrich the lives of others around you. Knowing why we feel things and how emotions work in ourselves and others, we can become a tight-knit community. This community will be more productive and peaceful.

If you want to build an internal combustion engine, you will need to understand physics, chemistry and metallurgy to be successful. If you wish to put a rocket into space and visit the space station, you will need to understand physics, chemistry, calculus, and how to build the rocket. If you wish to be a farmer, you will need to understand soil, plants, weather, drainage, and how to fix your tractor. If you don't understand any of these well, you will likely fail in your endeavor... Unless you hire people who understand these basics to help you.

No matter what you do: live, work, play, love, procreate, or conduct business, it requires that you interact with other people. Let's say a car mechanic understands cars very well. If he does not understand people, his business will falter. A cook must understand what kinds of foods people like and why, or they will not attain their goal. They will also need others to eat this food, or it will just be thrown away with no enjoyment.

As you read this book you will get PISSED... You will get ANGRY! *You will disagree.* When you wake someone up to go to work or school they can become quite upset. They were in a beautiful dream world where everything was beautiful and everything happened at their wish and desire. Now some people may be having a nightmare, when waking up they will be quite frightened, and think that the present reality is part of their fears or nightmare. Relax, it will all be OK.

You may realize you are being woken up to go to a theme park, or to go on on a date with your dream person... or you may say this is a pile of shit and roll over and go back to sleep.

When a farmer wants to stop coyotes from eating his sheep, he will set up traps that clamp on an unsuspecting coyote's leg. If caught in one of these traps, a coyote will chew off its own leg to save itself from being killed by the farmer's shotgun. Likewise, imagine that you went out on a real bender. The next morning you wake up. You find that your one-night-stand is so ugly that you will chew your arm off to avoid waking *it (the ugly one-night stand or the ugly ideas that you slept with for many years)* up, having to deal with the ugliness... afraid *it* may want to go with you or ask for another date! …This is called Coyote Ugly.

When reading through this book, you may find that some of the ideas that have been near and dear to your heart for years, like a coyote's leg was to the coyote or your arm is to you, that the connection needs to be removed. You will have to chew off any remaining connection to these archaic and outdated ideas. It may be painful, but you will walk away with a life reinvented.

However you react, you can learn some basic ways that humans think and act. We stand on the Shoulders of Giants and have learned from the best thinkers in the world on a variety of human traits and responses.. Major Anthropologists, Geneticists, Medical Doctors, Psychiatrists and Psychologists... As well as from a Humorologist. Any person who knows comedy, understands how people think.

We have personally interviewed over 100,000 people over a 60 year time period. We asked them questions on their beliefs and feelings on the world because we wished to understand the world better. We have read

over 50,000 books from Fiction (where we learned many facts), to Science Books and Documentaries (Don't worry this did not too much of our time). As influential Gurus we have pointed the way to many people over the years, and we are happy that you have joined us.

As children, our parents told us that there wasn't enough money, food, housing, or time to go around for everyone. Driving around the country as young children, we noticed vast stretches of empty land, millions upon millions of acres with nothing. When forced to eat food that was disgusting to us, our parents told us that there were starving children in China that would appreciate this food. Whereupon we told them "let's mail it to them!" We noticed that our friends that had gardens, and had to be avoided because they would try to give us free food… especially cucumbers and zucchini! The vast abundance that we noticed in the world did not fit with the whining and complaining of parents and teachers in our lives.

Realizing the stupidity and waste of wars that accomplished nothing, we searched to find the root cause of these conflicts. We struggled to understand why teachers and children felt the need to become bullies in school (mental and physical bullies). The only thing that we came up with was the need that one individual had to be superior over others. The Principle of Scarcity did not make any sense, while The Principle of Plenty made total sense as we were wallowing in abundant food, shelter, and education.

We also have struggled to understand other people, and why they do the things that may seem insane to an outsider, but totally logical to those in their tribe. We are not here to promote or diminish any Religion, Political Belief, Conspiracy Theory, Tribe, or any other Long Held Belief. We wrote this to help people to better understand themselves, and to have more

empathy for others' beliefs and actions. We also wrote this to enable people to see the abundance in the world, that is available for all. There is no need to keep people in boxes and keep things from them.

When you understand the core functions of a Human Being, in whatever direction you wish to go, you will be more successful. If you don't know abundance, you do not understand the world. If you do not know people, you do know business. If you do not know people, you do not understand religion. If you do not know people, you do not know politics.

We will start with one of the most basic precepts of The Human Condition that we all have. If we understand the *Need to Succeed* and *The Need to Become the Best*, this will explain reactions that humans have, and also the solution to live in a *Better, Happier, More Affluent and Productive* world. Nietzsche and Robert Green both touched on this subject in their dissertations. Nietzsche wrote The Will to Power and Robert Greene has quite a few books on how people throughout history grew their power by dominating other people. As well Plato wrote about Socrates view of humans dominating other humans. Our book The Human Condition will be uniting many different ideas and showing how these problems and solutions are being dealt with in a modern context.

Even when we are talking about How Money Works, (most people think Money is an object, *it is really a figment of your imagination*), this is just a part of The Human Condition. If you feel that you don't have enough money, then you do not understand The Human Condition. If you are having problems in your business, then you do not understand The Human Condition. If you do not understand The Human Condition, you will not understand politics. If you are having problems with your relationships, then you do not understand The Human Condition.

It is OK to email us, yell at us, tell us you love us, tell us you hate us, or what ever else you feel.. it will all be OK..You can email us and let us know our facts are wrong. Please just don't say they are wrong, give us a list of reasons. If in your research you find out we were right, then you have learned something new. Please let us know that we were correct. If in your research, you find out we were wrong, please let us know, then we will learn something new! We are just waking you up to play…. as loving parents we will put up with your abuse and appreciate your love.. You Are Great and Wonderful! We really do love you. Now let's go inside the book to play and have some fun!

The Human Condition

The Human Condition is a state that all Humans occupy. No matter who we are, no matter what our ideology is, or race or sex. As Human we all fit in this category. The only way you can stop this is to cease being Human IE. become an energy being.. pass on to a different plane.. become a computer.. etc. Even many Animals will fit into this condition in some ways.. They also have parts of their brains similar to ours.

We are always striving to be *better* than others. This is driven primarily by the Lizard Brain, which deals with our most primitive and basic functions. This is generally known as The Reptilian Brain the oldest of the three areas of the human brain. This brain controls the body's vital functions such as heart rate, breathing, body temperature and balance. Our reptilian brain includes the main structures found in a reptile's brain: the brain stem and cerebellum. This part of the Brain deals with the three F’s: Fear, Food, and Procreation.

The Lizard Brain performs a vital function, but it is very rigid and

compulsive. One of the main traits generated through the reptilian brain is the drive to establish and defend territory. It is involved in aggression, dominance, and courtship displays. It resists change and will become angry when objects are not in the same place or the territory it lives in changes. It is involved in tyrannical dictators who feel the need to control every part of their lives and those around them.

When The Lizard Brain is in control there is Panic, Aggression, and Desperation. It feels a need to go into full attack when it feels threatened. This part of the brain also can confuse sex and aggression as the same thing. This is why when two male lizards are fighting over territory one will mount the other. Even two female lizards will do this.

In war soldiers will dominate the enemy through rape, and then kill them because sex is all about dominance.

In humans with mental disorders they can confuse sex with aggression and dominance... which leads to rape. Even with two consenting adults may role play and like rough sex. As with a Dominatrix in a relationship she will become very aggressive and physical abuse becomes sexual pleasure. Or one person in a relationship will become very jealous and angry, and have to know where the other person is 24 hours a day. At times they physically abuse or mentally berate the other person even though this person is dearly loved by them.

The Lizard Brain has no concept of time. When an injury happens (pee pants in grade school, bad breath on a first date, your fly open during the entire presentation) ... even though this was 50 years ago, to The Lizard Brain this just happened. Or even when it hears about injuries to their culture or ancestors (slavery, loss of territory, insult to race), it will respond as if this is currently going on. So when your ancestors were

abused 5000 years ago or 500 or 50, it is as if it is happening now. So when people tell us to get over it, its because we haven't gotten out of The Lizard Brain.

Now this does not pertain to injuries that are currently going on. If you ancestors were abused 100 years ago and your family is still being abused today, this is not The Lizard Brain Memory, this is Current Memory that is happening to you now. The past insult or injury can also make the current insult or injury even more painful.

The Lizard Brain is also apparent when during a fight with your lover, you bring up events that happened or words that were said years ago into the current conflict. This is because you haven't gotten out of your Lizard Brain. You might be a redneck if you haven't got out of your Lizard Brain! How do we get out of this kind of thinking? This does not include current problems that are happening during an argument. And yes if there are current problems going on that reflect into past habits it will make the current problem more painful.

Any thought that goes through our head passes through the Lizard Brain first. Here we evaluate and decide if we need to fear, eat, or procreate with any idea that goes through our head.

How do you move on to the other parts of the brain? Eye movements and position of the body are directly tied into other parts of the brain. By looking at your eyebrows until it actually hurts, this will force your brain to produce only alpha waves. This helps you to move the thoughts from the Lizard Brain to parts with higher functions. Raising your arms over your head in a victory pose makes your body produce more testosterone which is converted to dopamine. This activates the frontal lobe. The frontal lobe can then evaluate the information on a higher and more

complex level.

Start thinking about how things will be in the future. What are some possible outcomes of our actions? What are possible solutions that we can apply to the current problems that will make things better tomorrow? By thinking about the past or future and solve puzzles we activate our frontal lobe which gets us out of our Lizard Brain.

Inhaling through the nose and exhaling through the mouth also activates the frontal lobe.

By using our sensations like sense of touch, body position, and examining our emotional feelings we activate the parietal lobe. This part of the brain is involved with higher thinking, being a nice guy, and our sense of balance. Yoga is all about balance. Without balance we fall over…. mentally and physically.

As in the movie “Fiddler on the Roof" the theme is about balance in life. Starting with the traditions of the past, and moving onto the innovation of the future. We must maintain the balance between these two things. The main objective of Yoga is to keep this sense of balance throughout our lives. When you are not balanced you tip over and fall. Yoga can help us move thoughts from the Lizard Brain to the parietal lobe, and onto higher thought functions.

By being silent and listening we activate our temporal lobe. This runs our sense of hearing. So when we only hear our own thoughts, these are probably just coming from The Lizard Brain. When we quit speaking, and quit talking to ourselves, and listen to the world this forces the temporal lobe to function. The temporal lobe also deals with our ability to make judgments. When we connect our temporal lobe to our frontal lobe we can

make judgments that deal with the future and intelligent solutions.

The occipital lobe takes care of our vision, having fun, sexual pleasure, and unbridled joy (Mirth). If you have ever heard children in a playground: running, jumping, and laughing as they play, this is mirth. Mirth has no goals to score, it has no points to make, it is just unbridled fun and enjoyment of the moment. When we take a minute and look around us: spin, jump, fall, and laugh… this will activate the occipital lobe.

All of these activities are required to move our thoughts from the Lizard Brain up to the amygdala (basic mammalian brain), and then on to the higher functions of The Human Brain.

The Human Condition starts in The Lizard Brain and then moves to the higher functioning Human Brain where it is processed and evaluated, then decisions are made on which direction that it needs to go. This need *to be better* comes from the need for survival. In the past there may have not been enough food, water, or sexual partners for all to go around. The *best* of the group always got the *most*, this gave them a better chance of survival. We put others down so our DNA can survive to the next generation.

This is just a part of the survival of the fittest. It makes sure that only the healthiest of the group are able to reproduce and survive. This has carried on to our lives today. We always want or feel the need to *be* better or win in a contest. In high schools each will compete against other high schools. In school kids will compete with each other to see who is the best. There is sibling rivalry or fighting for a larger part of the families resources. There is only one king and one queen at the prom. There is only one valedictorian. All of the rest are failures.

You may say "this is not what drives me! I have no need to be better than others… we just all need to get along and be equals"... or "I am a kind and benevolent person."

OK, you are a Butler that serves and waits on others. You still want to be the Best Butler.. to stand out among other Butlers. This Is why they have awards for being the best in your field. You say you just like to play games. Do you keep score? Do you jump up and scream when you win? Do you jump up and scream when someone else or your favorite team wins, and then tell everyone in earshot, "that is my team."

Do you tell jokes? Do you watch comedy shows? Do you follow sports? Do you have your favorite player? Do you feel that others need to be as enlightened as you are? Do you tell your children if they do not study that they will only be able to get a job as a janitor? Then when they graduate from college and can't get a job, you tell them that they are too lazy because they will not take a job as a janitor. Do you have to have the latest fashions. Do you like shoes, traveling on a cruise ship, mowing your front lawn? Do you feel it is OK to have so much money that it is impossible to spend it all while billions barely have enough to eat each day. If you say yes to any of these things….you are human.

We constantly feel the need to stand out in a crowd… to be one of the best. This is the Human Condition. There are many different ways that we can do this. Let's examine different situations, then we can ask ourselves how can we be responding to this basic drive. Do we have to allow it to be destructive or can it make the human race more compassionate and caring?

In the late 60’ some Government Leaders were realizing it was destructive when the CEO of companies were making huge salaries

compared to the wages of the average worker. Then the ratios were fifty to 200 times the wages of the average worker. So they reasoned, if we force corporations to publicly post the wages of the CEOs they will become ashamed of being too greedy. This backfired as now some CEOs realized they were not getting as much as other CEOs, and fought for higher salaries. This has resulted in salaries of 1000 to 2000 times the wages of the rest of the company. Because being in charge and being well off was not the issue. The issue was being better than all the rest of the CEOs. Their standing in the company was a given. Now they had to be better than all the other CEOs in other companies.. It was a race that never will have any winners. They liked to call themselves C-Level People... positioning themselves as superior to others in the company or in life.

The same thing happens with the average wage earner. I have seen them buy a two bedroom home (1200 sq. ft.) when they first get married think, "In 30 years this will be paid off and we can retire." Three years later their friends have bought a much larger home than theirs... they sell theirs and buy a house with four bedrooms and a two car garage to be like their friends. They say "successful at last." They are keeping up with the Joneses. This goes on for the rest of their lives..Buying a boat, motorhome, jet skis, always trying to be better than others (especially their neighbors). It has been said that a "good" income is when you make 10% more than your wife's sister's husband. When we achieve these things, we get a rush of brain chemicals that makes us feel good (dopamine) that feeds this insane addiction. This is an addiction. It is the same kind of addiction as alcohol, cocaine, meth, food, sex and the list goes on.

This addiction is just as destructive as crack, meth, or heroin. This addiction will cause us to go to any lengths to acquire the cocaine-like

chemical. As you can see in a crack addict, the destruction of an entire life, finances, physical health, and moral sense. The only way that this can be tempered is with serotonin (mirth) and oxytocin (close-knit community). Everyone has the power to control this part of The Human Condition and how it affects your life and those around you.

So how does this drive work in humans and how can we control this or redirect it to a better, happier and healthier society? Let's examine this for a closer look at each of the aspects of this drive.. **The need to be THE BEST!**

Our higher brain tells us we do not have to *do* this, but our Lizard Brain will try to override this. The best way is to accept we are *humans* and to go with The Flow. By understanding The Flow we can be more effective in our self control. When you sail a boat from the harbor to the ocean, you sail on the outgoing tide. When you come into the harbor, you sail with the incoming tide. Going with the flow of the tide. This is why it is so important to recognize "what is." This could be called "being present." If you don't understand The Flow, or what is, then it will require much more effort to become what will be.

Imagine you are going to hike down a mountain. Being present, you recognize that you are watching the sunset while on the top of the mountain. You say to yourself "OMG" it is going to be dark in 20 minutes. It will take you 2 hours to get to the bottom. Is this a good time to walk down the mountain? Why? Its dark, treacherous turns and cliffs on the path. To go with the flow, you would wait until morning before commencing your hike down the mountain. To really go with the flow, you would have timed your hike to start out in the morning, and planned to return well before sunset. If you had wished to view the sunset from the top of the mountain you would have brought tents and sleeping bags to

be able to spend the night safely and comfortably.

Let's examine The Flow that occurs in the human brain and our emotional systems.. There are three ways to *make* ourselves better than others. By fully understanding these three states of The Human Condition, we can learn to go with The Flow, and gain more control over our lives.

First, we put others down... this is the Devil State, (The word Devil is translated from a Greek word that means to gossip or slander) ...as in the song “Gossip is the Devil's Radio”. When we laugh, make fun of others, or talk behind their backs to other people we are trying to show everyone that we are better than them.. or bullying them we are putting people down. This is the quickest and easiest way with the least amount of effort. Comedy is part of the devil state as Comedy is tragedy from a different point of view. So if I walk across the lawn and I step on a rake you will laugh, I will cry.. A week later I will tell this to my friends, I will laugh with them because I am removed from the event by time.

Then we can work hard to improve ourselves. This is The Human State. Self betterment is the goal of all humans. This is why babies learn to talk, to walk, to run, to read and write. This is why: we practice and go to school... why we run miles to get ready for the marathon... why we go to the gym... why we eat good food and avoid bad habits. This is why we save for a rainy day. This is why we start a business to make more money.

Finally, we can lift others up. This is the God State... to be in service to others. There is a parable of a God who came upon his disciples arguing over themselves on who was to be the foremost in his Kingdom. He then knelt down and washed their feet, and said "Who ever wants to be the

Greatest must first become the Least." So when you humbly bend down to crawl in the dust to help others, they will look up to you with great respect. We always enjoy life when others look up to us. This is why we start a business to make the lives of others better.

We will always be in all three states at the same time.. The only way we can get out of this is to become a Robot or move onto a Higher Plane (death). Now which state do you want the majority of your energy in? This will change every day, and with every situation that comes up. 10% Devil.. 50% Human.. 40% God? ... whatever combination *you* choose. This Human Condition affects everything in our lives: Making Money, Work Life, Family Life, Sex Life, Neighborhoods, Schools, Military, Government... When any of these things seem to be going badly it is because too much time is spent in the Devil State, and not enough time in the God State.

What I hear over and over is that "We do not have enough resources on this planet!" This statement is part of the Devil State to rationalize the need to keep resources away from others. Is there really a shortage in the world?

… Or are we like a child who is holding onto three toys; and every time they go to pick up another toy they drop one of the toys that was already in their hands. This can be quite comical to watch, as they can only hold onto and control just so many things at one time. Do you believe that he who dies with most toys wins? You can only sit in one chair at a time. You can only be in one room at a time. You only need one toy.

The Law of Attraction vs. The Law of Repulsion

Whatever you want in life, you must give away. Our wants and needs are driven by The Lizard Brain. It is also driven by the need to be better than others. Like it or not, it is just what is. It is what exists, you can fight and scream and kick, and say that there are other reasons for our actions, but I have not seen them yet. If you have, please send me your examples…

The current popular method for acquisition of things is called The Law of Attraction. In the Law of Attraction, they say it works like a magnet… pulling things toward you. If you want a new car, you have to imagine yourself driving a new car, owning a new car, and being admired by others because you own the new car. This will increase the chances of you being able to own this new car Model XYR45x. The latest and the greatest!

How old is the Law of Attraction? The challenging question is, when did mankind first become aware of The Law of Attraction? The answer to

that is unknown, although there is evidence to suggest that at least the last six thousand years or more humans were aware of The Law of Attraction.

Although it is unclear as to how long ago the phrase “Law of Attraction” was first coined, there are early references to the Law of Attraction being in action. Buddha said “All that we are is the result of what we have thought." Buddha truly understood the Law of Attraction. Not only do we create the material things in our lives by what we think, we also create ourselves. The Buddha started out in The Devil State where he was royalty, and those that surrounded his palace were living in squander. Upon realizing the dichotomy of the situation, he moved himself to live with the poorest of the poor. Later he realized when he was in poverty that he had no power or ability to help others around him. He realized by taking The Middle Road, he would have more power to help others.

If we don't spend enough time in The Human State of The Human Condition, we will not have enough enough resources, energy, or knowledge to pick others up. This requires self-improvement and self-evaluation. We need to understand how to wisely use resources, and that we are living in a world of abundance. People that have been put down do not see the abundance. Because they do not see the abundance, they are not able to attract it to themselves.

In the Bible we see that Job may not have fully understood the workings of the Law of Attraction. However like many people today he suffered the consequences of the law by not using it for his good. In Job 3: 25, it reads “For the thing which I greatly feared has come, and what I feared has arrived.” How many of us are creating what we do not desire in life? How many of us are setting ourselves up as victims because we do not understand or are not consciously using The Law of Attraction? Not

understanding The Law of Repulsion will also bite you in the ass.

Of greater importance in the history of the Law of Attraction is the awakening of the awareness of ever larger groups of people in the last century or so. James Allen's (1864-1912) best known work "As a Man Thinketh" is one of the most powerful books written on the Law of Attraction. It was written in the male genre and the prose and style of the time so it requires careful reading. The forward in the book states...

> *to stimulate men and women to the discovery and perception of the truth that - they themselves are makers of themselves by virtue of the thoughts which they choose and encourage; that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness.*

The recent concepts of The Law of Attraction were formulated by a group of people using principles set out in the book called "The Science of Getting Rich" by Wallace Wattles (1860 – 1911). The purpose of this book was to help dirt poor coal miners to realize they could escape the seemingly hopeless situation they were living in. Wattles studied the various religious beliefs and philosophies of the world including those of Descartes, Spinoza, Leibnitz, Schopenhauer, Hegel, Swedenborg, Emerson, and others. He consolidated these ideas into several books including "The Science of Getting Rich" In this book he builds upon the following statement...

There is a thinking stuff from which all things are made, which, in its original state, permeates, penetrates, and fills the interspaces of the

universe."

The stories of Jesus Christ taught that it was a great game of giving and receiving.

Whatever a man gives away (soweth) that he shall also have (reap).

This means that whatever man sends out in word or deed, will return to him; what he gives, he will receive. If he gives hate, he will receive hate; if he gives love, he will receive love; if he gives criticism, he will receive criticism; if he lies he will be lied to; if he cheats he will be cheated.

We are taught also, that the imaging faculty plays a leading part in the game of life……So we see, to play successfully the game of life, we must train the Imaging Faculty (The Human Condition). A person with an Imaging Faculty trained to image only good, brings into his life "every righteous desire of his heart" - health, wealth, love, friends, perfect self-expression, his highest ideals. To paraphrase this concept… whatever you want in life, you must give away.

The imagination has been called, "The Scissors of The Mind," and it is ever cutting, cutting, day by day, the pictures man sees there, and sooner or later he meets his own creations in his outer world. To train the imagination successfully, man must understand the workings of his mind. The Greeks said: "Know Thyself." ...or know The Human Condition. If you don't know humans… if you don't know people, then you don't know yourself. The scissors only work if you know what you are cutting.

The Law of Attraction is a driving force for many who are trying to become rich. These individuals who want more… is it because they do not have enough? … is it because they want to have more than their

neighbors? ...are they working on The Law of Attraction? … or are they working on The Law of "Keeping Up With the Joneses"

What are you trying to Attract? King Midas thought that he wanted everything he touched to turn to gold. When he received this and found he could not eat, drink or have affection in his life anymore, he then realized he had attracted the wrong thing. A genie granted a wish to a peasant who found his lamp and released the genie. The peasant wished to have all of the money and jewels of the world. He died several minutes later buried under tons of debris. There was a man who went to heaven and God asked him what he would really like to have. The man wished that he could live in paradise, and have a harem of women… Seconds later he looked around and found himself as a bull, living in Montana, surrounded by cows.

What are we trying to attract?

Why do you want to attract anything into your life? In The Human Condition any endeavor or goal that we have always requires interaction with other human beings. What do we want from these other human beings… why do we need them? First we have to get to know ourselves. Why do you want to attract anything into your life? What is your Ideal-Self?

The Ideal-Self is a concept that we know may never exist. An example, I will never become angry. In The Human Condition this will never happen. You will never be able to fully achieve this. Then we have the Ought-Self. These are things that we know we *should* do, or *ought* to do… things that other people us to do. People like our parents, family members, lawyers, government, employers feel we should be doing. Then we have the self that we desire to be. This is our Desired-Self that is attainable, and not

too idealistic.

The Law of Attraction is very powerful in the lives of people. They feel the need to attract the things they want in their lives. They will attract many things that they do not want… Situations, friends, or crap. You should not only be attracting, you should repulse also. Repulsion is the garbage disposal, the trash can, or perhaps the things that you need to put on the burn pile of your life. You will need to find out what you do not want, and make sure it does not come toward you.

Just as in a magnet there are two poles. When you have two magnets if you put two of the poles together some will attract, and others others will push away. Also in life there are some things you will want to attract to you and there will be some things you want to push away from you. But how are you going to do that?

A young man is looking for a mate... He buys a new home, a new car, and a new huge boat. Imagine what kind of person that he is going to attract into his life. Likely he will find a woman who wants a new car, a new home, and a huge boat… all material interests. After a few years she will then divorce him and take his new car, new home and huge boat. A young woman is looking for a mate, so she hangs out a local bar. She falls in love with one of the patrons at the bar and marries him. After she gets married she is upset with him because all he does is drink at the bar, spending his paycheck, and seldom comes home.

You will need to question not only *what* you want in life, and more importantly you will need to question *why* you want something in life. So you want to have 100 million dollars in your life… you get your wish and you are on a desert island with 100 million dollars. SHIT! Oh you didn't clarify *what* you wanted exactly, and *why* you wanted it. What you

really wanted was lasting and meaningful relationships with other people, dependable shelter, adequate and enjoyable food. You were trying to attract the wrong thing. Many lottery winners are murdered or abused and have their cash taken away from them by thieves. What do you really want in life, and why do you want it? Do you want money or do you want an enjoyable life with your friends?

A wealthy man is walking the streets of downtown LA. If he flaunts his wealth… $2000 suits, $20k watch, and arrives in a limo, he will attract muggers. If he wants to repulse these muggers, he will have to dress in casual clothes and blend in with his surroundings. One gentleman traveled with $100k cash across the country that he wanted to give to a charitable organization. He dressed in clothing of a homeless person and didn't bathe for a week before traveling. He was repulsing all of the would be muggers. A woman who earned 100s of millions of dollars from network marketing companies lost four husbands in LA. They were mugged and killed because they flaunted their wealth. They were attracting muggers. They should have been repulsing muggers.

Our actions, our thoughts can repulse people or situations that we do not want in life. If we challenge superficial people they will no longer want to be around us. If we call out perpetual victims for what they are, they will no longer want to be around us. If our associates are individuals that have no power in their lives we will become powerless. When they complain, and we are constantly offering solutions or setting the example they will become irritated and no longer want to be around us. This is different from listening to other people's' problems and being compassionate with them. As with homeless people, you can help them without becoming one of them. We can repulse certain people and attract others at the same time. Who do you need to repulse in your life? Who do you need to attract in your life?

If we are constantly thinking about what we don't want then this will become attracted to us. What do you want to be and why do you want to be it... This your Ideal-Self. The opposite of this Ideal-Self will be repulsed from us when you have a clear idea of your Ideal-Self.

The Ideal-Self is also known as your Ego. Ego is the the Latin word for "I". This is who you are or your clear vision of who you are. Some refer to good egos and bad egos… or to people that are egotistical. They do not understand what the Ego (Ideal-Self, I, who you are) is. People that do not have an Ego or Self Identity are usually put into mental hospitals. They take on egos of famous, feared or well loved people.. IE. Napoleon, Janis Joplin, Jesus Christ, etc.. You will always have an ego. What is this ego? Define it! You can be kind, loving, and compassionate. You can be tyrannical, demanding, and harsh. You can live in The Devil State. You can live in The Human State. You can live in The God State. This is all your choice of what your Ego is. It will change from hour to hour. It will change from day to day. It will change from year to year. The Lizard Brain does not like change, and will fight and become *ANGRY!!* at the change!

When you call someone egotistical it is because you feel they are in the Devil State and are putting you or others down. When you feel somebody is self-reliant, it is because they are in The Human State and are working on their own problems. When you feel someone is charismatic and compassionate, it is because they are in the God State, and are busy helping others. All of these conditions are egos that a person can possess. You can like them, dislike them, strengthen them, diminish them or change them. A person can be made of many Egos.

Ego is not something that we need to get rid of. Ego is something that we need to understand. How to use it... How to abuse it. There are times

that we become overwhelmed and we will need to disconnect temporarily. An example would be an argument that is escalating. By stopping and disconnecting and using these exercises: raising your arms in the air in a VICTORY POSE!!!, looking at your eyebrows until it hurts, breathing in through your nose and out through your mouth, and thinking about the future.

Do it now!!!

I AM SERIOUS GO BACK AND DO THEM!!!

We must understand that our ego can attract or repulse different things in our life. If we do not understand who we are, who we want to be, and why we are, The Law of Attraction and The Law of Repulsion will be ineffective in our lives. Having no opinions and feeling like everything is beautiful will put us into a state of limbo. In limbo you are going nowhere… floating in nothingness.

To be most effective you will need make a list of things that you want in your life. Then decide on what you do not want. These are the things that you need to be deciding that you will repulse in your life. When you are repulsive others will not want to be around you. Scammers, thieves, and abusers will find you repulsive and will not want to be with you.

You need to figure out how to attract..and how to repulse these different things in your life. Take this list that contains the ten most important things that you want in in life. Then sort the list so that the most valuable

things go to the top and the least important ones go to the bottom. Then scratch off all but the top three. These are the only ones that you will have time and energy to accomplish. The bottom seven, very likely will become a side effect of doing the top three.

The Law of Attraction and The Law of Repulsion become a weak force when we do not understand The Human Condition. Without understanding our basic drives and needs that we have as human beings we will not understand ourselves. In a community that functions well there is always a hierarchy and a position that each person fills. If every person is trying to become the Chief and every person is trying to become the Witch Doctor chaos ensues. By understanding The Human Condition you will better understand your place in society. If you wish to change your position in society, working with The Human Condition will empower you to enable change.

No matter what your position is in society is when you fulfill this the happier, the healthier it becomes, ...and the happier and healthier you become. When a farmer produces ten times the produce with one tenth the labor, the whole community benefits from this increased wealth. This is why a corporation that tries to advance itself by mistreating employees and customers has less power. Corporations that understand The Human Condition will then understand how business works and leverage this knowledge into a better society for all. What kind of world do you want to live in? A dystopian world that is devoid of love and compassion where you are the oligarch controlling and dominating other people's' lives… or a bright beacon of hope where you have happy laughing gleeful mirthful individuals bathed in love and oxytocin. This is your choice. What will you attract what will you repulse?

The People on the Bus

Imagine you are on a long trip with many of your relatives. You are driving the SUV with a goal of where you want to arrive. The kids are always asking you "Are we there yet?" Aunt Betty always has to pee. Grandpa Aims is snoring away. Cousin Charlie wants to stop at every rock and rodent zoo to sitesee. Baby Almirah is always crying, she is not happy to be in the car. Your cousin Teresa is constantly texting her boyfriend. You are trying to pay attention to the road and not getting lost. At the end of the day, you are totally exhausted. At times you wished that you had a barrier between you and the people in the back of the SUV. What is going on inside your head is very similar to this scenario.

Our minds are like a bus with 36 people on it. There is a barrier between the 36 people and the bus driver. The bus driver cannot hear and is not aware of any activity going on in the back of the bus. He thinks he is the sole person on the bus, and he is making all of the choices on where to go. There is a slot in the barrier and every so often, a note comes out telling the bus driver when to turn, when to stop, when to speed up, and it also tells you when to pee. The driver thinks he is making these

decisions, all on his own, but he is being directed by the people in the back of the bus. The people in the back of the bus are constantly arguing and fighting on where to go, and what the bus will do next. When they come to an agreement, then the note is passed to the driver with directions.

Most people do not hear the argument going on in the back of their brains even though everyone is going through this process. At times people get a small glimpse of the back of the bus during their REM sleep when they are dreaming. You only live twice: once in your life and once in your dreams. In a schizophrenic (which means dual breath or two lives) they are hearing this argument constantly. They think they are hearing voices, which is true, they are hearing voices. A normal person has a barrier that prevents them from hearing the argument in the back of the bus. In a schizophrenic they hear different voices from the different people in the back of the bus. The only difference between them and everyone else, is everyone else doesn't hear the argument. Schizophrenics hear the whole argument while everybody else only reads the note that is passed to them. The note contains the conclusion of the argument.

Everyone on the left side of the bus are females, or left brain which involves material things, logic, and language. Everyone on the right side of the bus is are men, or right brain which involves abstracts, emotion, and creativity. In a male the females are muted or given less voice, so the decisions that are made are more masculine. In a woman the males are muted or are given less voice, so the decisions are usually more feminine. Almost every person has a left and right side of their brain. You can live and function with just one side of your brain removed, but not as well as if you have both sides.

The people in the back of the bus are a part of The Lizard Brain, which

deals with the three F's. The three F's are fear, food, and procreation. The first two in the back of the bus are always having sex or thinking about it. The next two are always hungry, or deciding what to eat. The next two are always afraid of not enough sex or food. Every thought that goes through our head passes through The Lizard Brain first. This allows us to make decisions quicker and faster when there is possible danger, food, or procreation available to us. These decisions can be made quicker and with less thought in The Lizard Brain. Imagine that you are standing in a road and a car is coming toward you. You pull out a calculator and a sextant to measure the speed of the car, your position, when, and if it will hit you….Sorry too late! The Lizard Brain would instantly react to the danger and jump out of the way. It could have missed you by a quarter inch, but are you willing to risk this.

The next row of people have crystal balls, and they can see into the future. They also have a laptop connected to a drone-quadricopter that is flying several miles above the bus. They know what is going to happen next. This is the Thalamus, which is connected to your future self, and knows what is going to happen microseconds before it occurs. This gives you your increased reaction time, and gives the people on the bus a chance to debate the next course of action before it occurs.

We have people who have microphones outside the bus listening to what is happening, and making judgments. We have people that have windows to see out of the bus, and they are telling everybody what it looks like outside the bus. Then we have a group of people who are feeling how smooth the road is and balancing the bus. Next there is a group of intellectuals who are debating knowledge past and present, and making decisions how this will direct the bus in the future.

We also have a group of people that create a fantasy world that we live

in. We have another group of people that are reality checkers. They put both of these stories together and come up with a combined story of what the world really is. When only the fantasy creators are working you will end up in a mental hospital not being able to deal with reality. Some people who have had strokes and cannot walk will be convinced that they have the ability to walk. When asked by their friends to go for a walk, they find excuses like "I am tired today." "I don't feel like walking." "Lets just do this tomorrow." You may find the same thing happening with your friends on occasions. You may want to do something and they will always come up with lame excuses of why they can't. It's just that they really don't want to, they just do not wish to be honest (real). Individuals that have had a stroke and the fantasy creator no longer works become incredibly depressed and want to leave this world. In order to have a balanced life you need to have the fantasy creator working with the reality checker.

Constantly, all of these people are arguing and putting their two cents in on what to do next. Whichever part of your brain you allow to dominate, or rule the bus, will become your personality or Ego in life. You can change this through meditation and also with the people that you associate with. You can reinforce some behaviors and quelch others. People with no Ego usually are put in mental hospitals where they take on the Ego of someone else… Napoleon, Jesus Christ, or some other famous person that other people admire. They do this because they have no Ego of their own. There is nothing wrong with having an Ego (or definition of who your are), but what is this Ego? Is it kind, loving, and considerate? Is it selfish, greedy, and wanting to dominate others? Are you happy with your Ego? You can change it.

All of the decisions that we make in life are made by a group of others

who live in our heads each one with a specific job or task to accomplish. When presented with new information your brain makes decisions at the lowest level, which is passed through billions of neurons until a decision of choice is made. Then the note is passed to the driver. If you want to change your thinking, you are going to have to influence each of the 36 people on the bus.

How does the driver on the bus control and affect the people in the back of the bus? If you are not careful the passengers will hijack the bus and take it to Cuba. How do you control the passengers? You will need to have a balance of everybody on the bus or the decisions will become lopsided. You will become less effective in life. You will either hide under a rock or you will be throwing rocks at people. You will become a conspiracy theorist, or you will overlook a conspiracy against you.

Lets address The Lizard Brain. First, if car salesman wants to sell you a new car, they will set a seductive person next to it. This stimulates The Lizard Brain to associate the car with procreation. They will show you a wealthy person driving the car. They will show someone driving fast. And we all know that when you drive a car fast, you become a winner, and a pretty girl will kiss you. Since we all want to be a winner and the glory that goes with it, we will buy the fast car. To avoid this, you need to prepare beforehand. You will need to understand your basic desires that The Lizard Brain has. You will need to sit and think about the cost and the expense it will take to purchase this new car. It is nice to have the pretty girl kiss us when we win. Can you afford the house payment, the hospital bills, the new clothes, the endless hours taking care of the children, losing your home and everything that you own in the divorce? Have you thought everything through? Have you made a plan?

The Lizard Brain only benefits us when we have to make fast, quick,

snap judgments. This is why offers usually come with limited time or last chance to buy. This will activate The Lizard Brain to make a choice without extensive thought. The Lizard Brain makes choices about procreation, but unlike lizards our procreation involves a lifelong investment. If marriage is not in the works, then child support will be. When we are shown food the decision to eat or not is made by The Lizard Brain. High calorie foods are more attractive to The Lizard Brain as they will provide more energy with less effort. Are we thinking about our food choices or are we grabbing whatever comes in front of us? You will need to carefully examine your choices. When we make poor choices, we end up in bankruptcy, divorce court, with the car wrapped around the tree, obese, and with poor health.

The best way to move out of The Lizard Brain is to understand actions and thoughts that occur in the more advanced Human Brain. The Frontal Lobe deals with time, the future, and complex calculations. The Parietal Lobe deals with feelings, body position, and being a nice guy. The Temporal Lobe deals with judgment and hearing. The occipital lobe deals with vision, roller coasters, and having fun.

If you want to get out of your Lizard Brain and into your Human Brain there are very simple things to do. You can stand up and put your arms over your head in a V, which is the Victory Pose, this will fool your brain into thinking that you are being victorious. You can also breath in through the nose and out through the mouth, which activates your Frontal Lobe. When your Frontal Lobe becomes more active the thoughts leave The Lizard Brain and enter into The Human Brain. Another thing that you can do is think about the future. The Frontal Lobe is the part of the brain that deals with future plans and calculations. The Lizard Brain has no concept of time and if you have thoughts about the future, The Lizard Brain doesn't understand them. Then the thoughts are forced into the Frontal

Lobe. Thinking about future plans, and how they deal with what is being presented to you will get you out of The Lizard Brain.

Before you buy the car consider if you can afford the payments for the next seven years. Will my present job last for seven more years? Will the car last for seven more years? Will they have a better version with better gas mileage and a more powerful engine next year? Do you really want the girl standing next to the car? Does she really want you? Is the salesman being honest? Are you just hungry? Will eating a sandwich quench your desire to buy a car?

It has been suggested to never go shopping for anything (food, cars, shoes, significant others) when you are hungry. Always eat first before any shopping or choices are made. Make sure that you are relaxed, and have had plenty of sleep. Never impulse buy. If it's a good deal today, it will be a good deal tomorrow, or the next year. It is best to contemplate, meditate, and ask for help from others before making any decisions.

If we eat the correct amount of fats, proteins, amino acids, and vitamins in our diet these different parts of our brain (people on the bus) will receive adequate nutrition. When each person is well fed, they will be able to put in the proper amount of input into the decisions being made. Dr. Eric Braverman has written several books on how to provide proper nutrition to different parts of your brain. Dr Daniel Amen also has written numerous books on brain balance and nutrition. He also encourage PET scans which will show which part of your brain is more or less active. We also need to exercise or give information to different parts of the brain. The parietal lobe and the cerebellum will be stimulated by balancing, dancing, and coordinated movements of the body. The frontal lobe requires deep and reflexive thinking. It needs puzzles to solve and future plans to make. The temporal lobe needs calming sounds and judgments

or decisions to make. The occipital lobe needs beautiful sceneries, wonders of nature, roller coasters, and social connections.

If any of the parts of the brain are deprived of nutrition or activities they will either shut down or act like a screaming crying baby until they get the proper attention given to them. They can also get out of the seat and rush to the front of the bus and take total control over where you are going. Not allowing any input from any other people on the bus. If they become dormant, they will not be able to participate in the discussion going on and decisions will be made without their valuable input.

Balanced exercise will increase blood flow, help the digestion and overall health of the body. The healthier the body is, the easier it will be for it to provide proper nutrition to the brain. Exercise in itself will also stimulate different parts of the brain. A brain without input becomes insane. This is why in an economy that limits jobs or potential activities to people in society creates riots and havoc. By being limited there is not enough stimulation, society moves back into The Lizard Brain, it becomes afraid, confuses sex and violence, and is in constant fear of not having enough food. This is why people on the edge of poverty, obesity becomes a problem for them.

If you want to stimulate your brain, you must stimulate your life. Yoga is about stimulating your life. If you learn how your breath works then you will be able to change your mind. If you are aware of how your body position works then you will be able to change your mind. If you are aware of yourself then you will be able to change your life. Yoga is about life. Yoga is life. The word yoga is related to the word "yuke" or to bind or yoke. This is what we are doing when we practice yoga. You are yoking yourself to the multiverse, the universe, our world, other people, your friends, your family, and your brain to your body. This all needs to be in

balance. Yoga is all about balance. People that are insane are referred to as being "out of balance." Yoga is much more profound than just a class, it is life. In school you can have classes, but school or the classes are not life. They are preparing you for life. Yoga is about preparing you to be balanced in your life.

When a baby is crying you can do one of two things. You can calm it down with reassuring kisses and hugs, or providing food. You can also distract it or stimulate it with some jingling keys or a rattle, or a squirrel (squirrel?). How do you take care of the crying people on the bus? How do you focus on your goals so that little distractions are not able to keep you from your dreams? You can calm the babies down with relaxing meditation so you can go to a happy place. You can distract them with chanting meditation. You can give them problems to solve so that they are busy. You can educate yourself so you can tell them "Excuse me, you are full SHIT!" You will find that this will also need to be done with people in your life. It can be entertaining to listen to a person's story of fear and destruction. This will really be of no benefit to you. You do not need Chicken Little or Paul Revere to warn you that "The sky is falling!" or that all politicians are evil. This will only consume your time and energies that are better spent on your dreams and goals.

You can exercise the fantasy creator by reading books or watching movies that are total fantasy. You can make up stories of magical worlds and tell them to your friends. You can tell the fantasy creator isn't working well if you are depressed or the world looks gloomy. If you can only see evil and negative things in life, if you wonder why it is so easy for everyone to lie to you, and why they are always disappointing you, then your fantasy creator needs to be tuned-up. You can stimulate the fantasy creator by learning about body language and the egos of others, and then creating stories that explain their actions.

The majority of people will be lying to you or rejecting you depending on your outward appearance. In the movie "Fiddler on the Roof" Reb Tevye was imagining how wonderful it would be if he became a wealthy man. He sang a song entitled "If I were a rich man" In this song he imagines everybody in the village coming to him for advice and counsel. And he mentioned that it wouldn't make any difference if he was right or wrong because he was a wealthy man. Why do we always think that wealthy people have all of the answers? People are constantly quoting Donald Trump or Warren Buffett as sources of wisdom. It makes no difference about their personal character or their love and compassion they may or may not have. This is The Lizard Brain at work. The person with the most crackers is who you gravitate to. This is The Human Condition. I hate to tell you this, but we have all of the crackers.

Most people will say that Michael Jackson was a fantastic dancer. He had 50 people on the stage with him that were better dancers than him. All of his moves were copied from other people who came before him. Because he was in front and drove up in the most expensive car and made the most money, The Lizard Brain gave him the most credit for his dance moves. Are you letting your Lizard Brain hijack your sense of reason and logic in the world? Are you allowing crackers to distract you from your goals or passions in life? Are you controlled by doggy treats, do you jump through hoops for pieces of meat? Are you inspired by your dreams or amazed by your own power? You need to stop and take inventory of what motivates you in life. Is it material possessions? Hoarding? Sexual pleasures? Food? Intellectual pursuits? Yoga will teach you that honesty should be foremost in your life. To thine own self be true and you cannot be false to any man.

What kind of books or entertainment are we allowing ourselves to be involved in? Are we reading about a dystopian future where we run out of

food, water, and sex? Or are we reading about a Utopian future where there is no lack and everything is perfect. This could be compared to looking at a glass of water and one person saying, "It is half full", while the other person will say that "it is half empty." A stoic will say "I have a glass! And there is water in it!" "Amazing!" An entrepreneur will steal the glass and sell it to someone else. An opportunist will grab the water and drink it down. Are you balanced in your view of the world?

In The Human Condition the people on the bus will drive us anywhere from The Devil State to The Human State to The God State. Where do you want to be? Learning about these different people on the bus and how they are affected by input and your surroundings, you can learn to guide the bus to the proper state that you wish to be in.

In The Devil State you will always be speeding up to be faster or first in line. You will also be throwing out spikes to slow or stop other traffic.

In The Human State you will become a well educated driver, have an excellently tuned bus, and you will be aware of the road and where you are going. You will have mapped the road out in advance and drive at a safe speed so that you don't have breakdowns during your trip.

In The God State you will be driving a tow-truck. You will carry tires for other cars, and extra gas to help other buses. You will have directions to multiple locations to help others reach their destination. You will care less about arriving somewhere than about help others to reach their destination. Arriving is something that you did when you were born, now you are traveling. The only other destination would be death. Are you rushing to get there? Are you enjoying the trip? Have a nice trip. See you next fall.

Zen vs Patchi Mama

Different people try to “Get” closer to God in different ways..

Some try to devoid themselves of all feelings, wants, desires, and disconnect from “reality”. They are trying to achieve nothingness. To have no feelings... No pain.. No pleasure. They will eat as little as possible, and spend most of the day meditating on Nothing. They feel the more austere they are, the closer they are to God. These people find it important to get rid of their Ego or their personal identity. This is Zen or becoming one with the universe. It involves denying your feelings or emotions. You sit at the top of a mountain wearing a diaper meditating and allowing no pleasure in your life. You may eat an occasional cockroach and poop your pants. About once a week, a little old lady will come and visit you and bring you a bowl of soup. Eventually you will dry up, die and blow away... and become a hydrogen atom which is the simplest of all of the atoms in the universe.

The other extreme is “Pachi Mama”... The Mother Earth Goddess. These people feel the more they eat, enjoy pleasure, sex, and fully engage with

their Ego, the closer they will be to God. They will carve a vagina in a rock so they can impregnate the Mother Earth. They are extremely connected to the material world. The word material, comes from the word mater for motherhood. Since this is the Mother Earth Goddess, it involves worshiping and reveling in their material possessions. This person is into parties, hookers, earthly pleasures, fast cars, fast cash, and fast sex. This person is dominated by The Lizard Brain… it is mainly concerned with The Three F's….Fear, Food, and Procreation (fucking). They feel the more they have and they experience, the closer they are to God. Their goal is when they die to be buried and become one with The Mother Earth.

In the middle we have Stoicism which Buddha referred to as The Middle Way. Imagine you have a partially filled glass of water. A pessimist will say that the glass is half empty… an optimist will say that the glass is half full… the business person will sell the glass of water… an opportunist will drink the glass of water while everyone is arguing about the glass of water… the stoic will exclaim… "I HAVE A GLASS! ...AND THERE IS WATER IN IT! ...AMAZING!!!" The stoic will then ask "Is anyone else thirsty?" A stoic will love and cherish his family and friends because he realizes that they may not be here tomorrow. Whether conditions move him toward The Zen State or The Pachamama State, he is ready to adjust his mind and living conditions to fit either one.

People also worship the Cargo God. This can appear in any of the above States… Pachi Mama, Zen, or Stoicism. The Cargo God has a ship full of goodies! The ship is almost ready to come into port, but it is waiting just off of the horizon just for the right conditions to happen. The Cargo God will only come into port when everyone is good and obedient. If anybody in the community is evil, The Cargo God will not bring the boat into port. Therefor the community must police everyone to make sure they are

compliant. If they can achieve this goal, then there will be plenty and abundance for all. The Cargo God was worshiped by many people in the South Seas. When the missionaries first showed up, and preached that God was waiting to bring abundance to the Earth, but we did not know the day or the hour. This totally depended on obedience and compliance in a community. They said "AHA! This is our Cargo God!" So they readily joined the missionaries' church. When they realized there was a significant difference they killed and ate the missionaries. Do you worship The Cargo God? Are you waiting for your ship to come in? You have heard the expression "When our ship comes in, we can buy this new house, new tv, new car...yadayadayada…" Are you waiting to win the lottery? Are you waiting for the person of your dreams to show up in your life? Do you say "When I get around to it." Then you are worshiping The Cargo God. If I just study harder, work more hours, be more compliant, then success will come into port. This is worshiping The Cargo God. Are you waiting for an all powerful being to arrive on the planet and correct all imbalances and imperfections in humanity? You don't know when this is going to happen, but you are waiting for this… then you are worshiping The Cargo God.

What do you want to be? Do you want to be more Zen? Do you want be more Pachi Mama? Do you want to be a Stoic? Do you want to worship The Cargo God?…or do you want to be somewhere in the middle of these? Some days you may wake up, decide you want to stay in your room, and do absolutely nothing… simply Be. Some days when you wake up, you may want to drift toward Pachamama and get on a roller coaster, go to the bar, and have passionate sex with thousands of people, jump out of an airplane, go bungee jumping, eating all-you-can-eat-gourmet-food, and enjoy as many pleasures as possible. Then other days, we may wake up get the kids off to school, get ready for work, drive to work, perform fantastic projects for the boss, gossip with our co-

workers, come home prepare dinner, enjoy TV with the family, go to bed, have sex, and then go into a sound sleep. Different times and different days, we may go to one extreme or the other. Mostly individuals that I have spoken to all say that they want to be somewhere in between. This is what Buddha chose.

Buddha was raised in a palace as a prince. He was fed the finest of food, educated by the smartest of the land, was admired by the most beautiful ladies, and wore the fanciest of silks on the planet. Buddha was kept in isolation from the world outside the palace, and became quite curious about what was out there. Buddha heard stories of Great Seekers that through years of discipline and practice in meditation gained enlightenment or ultimate wisdom. When the day came for Buddha to become King, he escaped from the palace grounds to find enlightenment. Passing through the world of squalor and poverty Buddha became heartbroken at the plight of the peasants. He made a choice to give up all of his wealth and position, and become one of the people. Because of lack of food, shelter, hygiene, he became quite ill… nearly to the point of death. Meditating under The Bodhi Tree or The Tree of Enlightenment, Buddha had an epiphany. His epiphany was of The Middle Way.

The Middle Way is somewhere in between. Sometimes extremes may enter into a person's life that aims for The Middle Way, but he will gently find ways of getting back to center. Even another wise person in Buddha's time said "Keep deception and lies far from me, give me neither poverty nor riches; feed me with the food that is my portion." By becoming too rich, you lose your sensitivity to others' perspectives. By becoming too poor you become weak and in danger of stealing or harming others. Wealth creates arrogance… Poverty creates hopelessness. Where would you like to be in this situation?

War is caused by extreme wealth contrasted by extreme poverty. Income inequality creates unrest in society. Even monkeys can be upset when one monkey receives a higher quality food than another. This creates anger and fighting. Human beings do not mind if one monkey has a little bit more than they do. Though when a human is sleeping in a gutter and eating maggots, they become quite angry at the monkeys that are living in the palaces and eating truffles.

Human beings are always looking for one person in their group to become a leader. It is OK if this leader is fed better food, has a better selection of mates, and the best shelter. When they are attacked by outside forces: famine, armies, ignorance, killer bees… they expect the leader to take the brunt of the punishment. He should be smarter, stronger, and faster than the rest of the group, and should take care of the problem much better than anyone else.

In groups of humans and monkeys life is much more enjoyable and pleasurable for all when the extremes of wealth are not too great. This has been proven to be no more than 15 to 20 times from the poorest of the pack to the richest. The societies that maintain this balance are the happiest, are the most creative, and live the longest. What kind of society do you want to live in?

In politics we have North Korea that has a Totalitarian vice-like-grip on the people. They live in total fear and impoverishment. North Korea is *officially* called the People's Democratic Republic of North Korea. This is one problem with labels. If it says 100% Cotton… it may not be true.

The other extreme is Somalia that has no governmental control. The only ones in charge are the warlords. The warlords just like the government of North Korea keep a vice-like-grip on the people in their country. In

Somalia if you displease the warlord, you are dead. Somalia like North Korea is one of the most impoverished countries in the world.

Extreme Right-Wing Politics also wants total control over everything. They say they want less central government and stronger community governments as in Somalia. They also say they need a stronger army and everyone in the country should have their religion or belief system as in North Korea.

Extreme Left-Wing Politics says that the government should own everything and see to it that each person has equal access to resources… taking away personal ownership, pride, and ego out of the situation. This does not exist anywhere in a political forum, though it does in religious situations like the Quakers and Mennonites. These groups are not allowed to flaunt personal possessions before others. In some groups they are allowed to drive new cars and tractors, but these are all owned by everyone in the group. The group decides which person's job best fits the new shiny equipment. Another example of this is a commune or kibbutz. This is a community where everyone shares in the work, and benefits from the fruits of the labor from the group. This is Extreme-Left-Wing Politics.

Where do you want to be? The majority of the people in the world will be very close to the center. If you were to question each person individually on their ideology, you will find people on the left that are 60% left oriented and 40% right oriented. On the other hand, you will find people on the right that are 60% right oriented and 40% left oriented. The only problem that we are faced with today are labels.

An example of the problems with labels is shown in a Star Trek episode "Let That Be Your Last Battlefield." In this episode we had two remaining

people from a planet where 50% of the people were half black and half white. The other 50% of the population were half white and half black. They were only fighting over a label.

Another example is in "Gulliver's Travels" where an entire nation was fighting over which end of the egg everyone should open up first… the top or the bottom.

In politics you will also find people on extreme ends of the axis. This needs to occur to keep things in balance. The crazies on the left will balance the crazies on the right. 99% of the people will be very close to the center to the point where it is hard to distinguish which is which. So people will try to control you (politicians, religious leaders, employers) by giving labels to everyone. Labeling people creates divisions. When you receive a label, you receive all extreme parts of it, even though only one small part of this label actually describes you.

You are not a label. You are not Zen. You are not Pachi Mama. You are not stoic. You are not Left-Wing. You are not Right-Wing. You are not strong. You are not weak. You are not smart. You are not stupid. You are not old. You are not young. No one is 100% male. No one is 100% female. You may may contain varying degrees of each of these in who you are, but you are none of them completely. What you are may change from day-to-day. What you are may change from year-to-year. You are a living, breathing, dynamic, godlike energy being. DO NOT LET ANYONE LABEL YOU!!!

There is no wrong way to do anything. There is only the way that you choose. When we fully understand The Human Condition we realize that we will be in many states at the same time. These can change from day-to-day, and from year-to-year. Do you want to live in a rigid-fixed world

where everything stays the same? This is otherwise known as Death... Or would you rather live in a living, moving, dynamic world where every day there are new choices to make, new things to see, new worlds to conquer.

Are you ready to be the change that you want to see in the world?

In The Human Condition there are three States: The Devil State (gossip or putting others down), The Human State (working hard to improve ourselves), and The God State (building others up). Just as in moving in one extreme to the other, which state you are in will change from hour-to-hour, day-to-day, year-to-year. These are choices that we must constantly make. We do not want labels applied to us, nor do we want to put labels on others. We must become aware of where we want to go, and who we want to be. When you drive a vehicle, you must make constant course corrections to keep yourself on the road toward your ultimate destination. This requires vigilance of our surroundings. It is a team effort. In a team everyone does not have the same potentials or abilities. Each person works with the strengths that they possess. This is what makes human beings the most powerful animal on the Earth. By working together cooperatively, as a team, each person has a different job and position. The more aware we are of The Human Condition, the smoother and more efficient the team will operate. Some people will be leaders and some will be followers.
The more time each member of the team can spend in The God State, the more *powerful* the team will become. In The God State, you are more concerned about the success of others than your own. In turn, they will be doing the same for you. Where you are *weak*, they will be *powerful.* Where they are *weak,* you will be *powerful.*

Where do you want to be? At what extreme do you wish to exist?

Critical Thinking

Using the Human Condition to Think and Reason... On "The Why" of Our Actions

Why do you hold certain ideas close to your heart, and dispose of others? If you want to live with clarity, strength and wisdom you must question everything you know or believe. Are you willing to look at the world from a different angle (paradigm)? *Or is you stuck in The Lizard Brain, and fight and become angry over any change or anything that is not correct?* The beliefs that we hold, are they based on Tradition or Scientific Research?

Science is always trying to prove itself wrong. Religion is always trying to prove itself right. They both have a place in our lives. We must choose how much Religion and how much Science that we want in our lives. With Yoga there is always a balance in life that helps us become more powerful. When going in one direction, there is always a balance needed in the the other. This is The Law of Equal and Opposite Reaction. How can you balance belief with wonder?

Science creates a fantasy world for an idea to fit in. This is one reason that many new advances in science come from Science Fiction. A scientist will take one of these new ideas, and then start to attack it from all sides. If it survives the onslaught, then they will try to build on it, and see if it fails. After many years of failing and succeeding they will come up with a working model; or shelf it, accept failure and then go on to a new project. Projects that are rejected may be viable at a later time when new information comes in from another scientist. Even when they have a working product or idea, they will still continue to test this to the point of failure.

Even in Science, Religion will appear. Max Plank said "Nothing new comes forth from science until the old school dies off." Once scientists discover new information, they tend to become religious about their beliefs. They are always trying to prove themselves right, even though the younger scientists are making new discoveries. The younger scientists in turn do the same thing when they become older. If scientists were in The God State of The Human Condition, this would not happen.

Religion takes long held beliefs from the past and tries to validate their position. They dig up ruins of ancient civilizations to prove the truths of the sages. Even if current science goes against their beliefs, they stick to the old ways. When an insurmountable pressure comes upon them from the crowd, they make slow and gradual changes.

In the first Christian churches, a priest could have a wife and family. Later in 304 AD, God says they can't. Currently, the Catholic Church is debating whether or not a Priest can have a family. As well, there has been debate about whether people of a certain sex or race cannot hold special offices in the Religion. Currently, in most Christian Religions, it is OK for the priests to be married and have families.

Even when a new group breaks off from the main religious group because it is inflexible, the new one after a while becomes firm and inflexible. Religion always tries to stay the same and avoids change, it can become flexible and change, but it will never change as rapid as Science. Religion, like Science, also can be in The Devil State, The Human State or the God State.

This is how we use The Human Condition in Science and Religion...here are some examples.

Devil State: Do we look down on others who do not think like us? People in this state say "Those scientists just don't have the ability to have faith and lack stability."... "Those Religious people just do not have knowledge and are uneducated."... "Anyone that does not believe in evolution is an idiot."... "Anyone that does not have faith in God is damned forever."

Human State: Are we being honest with ourselves whether we are scientific or religious? As scientists, do we have our beliefs and understanding from science, or is it because we get funding? Are we going along with our tribe, or do we research everything carefully. In Religion, do we get our feelings and beliefs from singing songs and a large building? ...Or do we research and carefully examine our faith?

God State: Do we support others that have a different world view than us? Do we realize that others have not lived our lives, and do not have the experiences we do? Why don't religious people believe scientists? Is it because they are always changing their minds? Why don't scientists believe religious people? Is it because they will not change their minds? We can lift others up, reval in their wonderment and differences, without becoming them.

To have Critical Thinking you must be flexible, be willing to listen to new ideas, and be willing to handle the pressure of questioning old ideas. Critical Thinking does not mean that you criticize everything. It means that you question and examine everything that you learn.

Critical Thinking is highly dependent on the crowd. The reason The Human Condition exists is because of the crowd (other people). If you were on a desert island, all by yourself, The Human Condition would have very little effect on you. You could put yourself down (how could I be so stupid to be on this island), you could improve yourself (build a shelter, tools, a fire to signal a rescue ship). Or you could plan how to keep others from being in the same position (Better ship construction, radio contact for SOS). Without the crowd The Human Condition becomes less important. The larger the crowd the more important it is to know The Human Condition. With a large group of people comes banks, governments, police forces, and port-o-potties. In The Human Condition we are always trying to establish our position of superiority with a large crowd.

In the book "The Wisdom of Crowds", James Surowiecki shows that the more information you get from each person in the crowd, the more accurate the information becomes. It starts out with an event hundreds of years ago…

At a county fair they were going to slaughter and dress an ox to sell its meat. There was a contest to see who could guess how much meat would be dressed from the ox. Everyone had a chance to make a guess, and whoever came the closest to the exact weight, would get five pounds of meat free. A mathematician was observing this. Out of curiosity he collected everyone's guesses, added the total weight that each person guessed, and divided the number of the total weight by the number of people making the guesses. The number he came up with was within a

few ounces of the exact weight of the dressed ox.

Years later, some mathematicians put a jar of jellybeans in Times Square. Over ten thousand people guessed what they felt the number of jelly beans in the jar were. Some guesses were as low as 200, other guesses were as high as ten thousand. When the total guesses were added up and divided, the amount came within two beans of the actual amount.

Another example of this happened when an atomic submarine sank in the Pacific Ocean. They had enough air to last for several weeks, plus the technology on the submarine was highly classified. It was important that the military find their submarine quickly. They had thousands of square miles to search, a seemingly hopeless task. They asked for input from people all over the world on where they thought the location of the submarine could be. They gathered all of the guesses. When all of the guesses were added up and divided, they found a submarine within a few hundred yards of the average guess.

With Critical Thinking, we can use The Wisdom of Crowds to be able to come up with a correct understanding for our viewpoint of anything. We must take a large sample of ideas from one extreme to the other before we come to a correct conclusion. Without the crazies on each end, the center would have never been found. When you eliminate the crazies, you weaken your strength or ability to find the truth. In ancient times people that claimed to be prophets of God were also considered to be crazy. If you acted crazy and unusual you were referred to as “Behaving as a prophet.” In many ancient societies people that were crazy and different were given special honor and respect as they realized that the crazy people balanced out the “normal” ones.

On the other hand, you have probably heard of lemmings who will start migrating in a large herd. When they come to a cliff they obediently follow the lemming in front of them over the cliff without question. Is this how you live your life?

A herd can protect individual animals from predators because of the large group. In extreme cold temperatures, a herd will mill or circulate. This brings the ones on the outside who are really cold into the center so they become warm and cozy. The ones in the center will move toward the outside, insuring the survival of the herd. Which one of these herds do you live in? Is your herd safe, or are they leading you to destruction?

With Critical Thinking we should become very observant on whether following the herd is the wisest choice, or going out on our own could provide more safety. It's never always one way.

When you acquire a large body of information, you will be able to see if new information fits into your scope of the world. When new information seems correct, but does not fit with facts you already know, then you need to re-examine them more carefully. Without looking at the whole picture, you could be sidetracked by emotional arguments.

This is why Observation Without Judgment is so important. This allows you to Observe many things in the world, and it gives you time to Understand them, so that you can make a better Judgment on what is True.

Just because you see this on the News or other Media, doesn't make it correct or incorrect. The smaller your base of knowledge, the harder it is to use Critical Thinking. This is why you need to know how to use your photographic memory, and be able to read 4000 words a minute. The

more knowledge that you can take in from many sources, the greater your ability to evaluate new information as being correct or incorrect.

For many years people believed that oil was a fossil fuel. It is impossible to burn a fossil. A fossil is made when calcium carbonate fills up a hole left by decaying tissue or bone. You cannot burn calcium carbonate. Everyone for years merrily went along with this idea until Thomas Gold.

He felt this just didn't make sense. He was a *maverick*, never going along with the status quo. We now know oil is a biofuel that is made by bacteria that live as deep as 50 miles under our crust. Oil is a renewable resource with an unlimited supply. It takes energy to drill and pump it up from the caverns from where it is stored, but there is an unlimited supply. There are oceans of oil on other planetoids (satellites of planets) in our solar system, and on these planetoids, it snows methane. We do not need to burn oil or gas for energy. There are other ways of getting energy that are more effective, cleaner, and less expensive; but it is clear that without the correct knowledge, you cannot make a decision on new energy sources or mining methods.

The Human Condition comes into play with this knowledge. In The Devil State, you will frighten people by using The Principle of Scarcity, or you will frighten people with Potential Disasters. Potential disasters are always good for stimulating The Lizard Brain. You can create followers by preaching or proclaiming disasters… hinting that you are a source of protection… *if* they follow you.

The Devil State also comes into play with The Cargo God. The Cargo God promises resources to alleviate the pain of the disaster if the followers are obedient to the leader of the group. When the followers are obedient then the Cargo God will bring the ship into port that is full of

goodies. You may have heard people say “When my ship comes in everything will be alright.” Without Critical Thinking you will be easily duped by this. As one person said "You can fool all of the people some of the time, you can fool some of the people all of the time, but you cannot fool all of the people all of the time."

The Human State is evident when you study hard, gain knowledge, or experiment improve your understanding of the world around you. You are willing to change when you find new information, but not be easily swayed by every new idea or new trend that shows up. An ancient writer described individuals like this to be as waves in the sea that were tossed in every wind that ever came along. To be consistent requires study, hard work and effort to constantly improve yourself.

The God State takes new information and wisdom that it acquires, and uses it to benefit others. For instance, they may realize that even though there is an unlimited supply of oil that burning it could cause pollution. They do not need to attack oil companies, or people that burn oil. With their newfound knowledge they could show them that urine and shit could replace all of the oil and coal that we are mining today... at a much lower cost. You can lift others up without attacking.

With your newfound knowledge that we have an unlimited supply of resources: air, food, water, and energy... there is no need to be fearful of taking care of 30,000 children that have fled for their lives to live in your country. When you understand that money is merely a figment of your imagination, you will help others not to panic. When you realize robots are currently making 50% of all products that we consume and use... and within 5 years, they will be making 100%... You will realize that the only thing lacking is Love, Kindness, and Respect. In The God State you will be more than happy to show this Love, Kindness and Respect to others.

Realizing that whatever you give away in life, will be returned to you… tenfold.

Our brains take in information that we receive from photons or air compressions. It is only vibrations that we interpret into our Reality. It is only vibrations that what we call "reality", this is not what *really* is. We interpret these in different areas of our brain, and then we make a up a world that fits a concept that we already made up in our heads.

Others may give us information that helps us to form our view of the world we live in. Parents, Teachers or Clergy create a story that helps us make sense of the events that we observe in life. Many times they embellish the truth to make the story more appealing, and to increase their value to us.

We can also embellish the information we receive, and create a whole new world of our own making. This is called confabulation. People that have suffered a stroke or brain trauma will confabulate to make up for the information that was provided by the damaged part in the past. When you do not have enough knowledge of a subject, you create facts to make sense of your world.

Confabulation makes it very easy for others to control us, or get us on their side. This is why The Human State is very important for us to function well. We need to gather information and make sure this is correct. You will need to keep up with current discoveries if you want to improve yourself.

Those in the Devil State will make up outright lies to dupe us into depending on them or trusting them. One way to ensure loyalty is to create an enemy that we must unite or rally to fight against. To make children more clinging or dependent, we create the bogeyman or

kidnappers that are to be feared. This causes the children to become more dependent and obedient to the parent. If you are a young man, you take your date to a scary movie so that she will hug or cling to you during the scary parts. If you are a government, you create terrorists so that the subjects will run to you for protection and give up their freedoms. In high school they have rival schools to make students loyal or obedient to the school that they attend. High Schools will also tell you that if you do not graduate, you will only be able to get a job as a janitor.

In The God State you make sure that people are well educated in a variety of subjects. You tell the truth when it hurts. Honesty and truth have more value to you than money and material things. Improving the living conditions and the education of the world is of utmost importance to you. Understanding that the wealthier the world is as a whole, the better off you and your loved ones will be.

To use critical thinking nothing will ever be set in stone. It is flexible and dynamic. You will need to broaden your scope of knowledge, or trust the advice of The Wizard.

Knowledge may piss you off the first time that you hear it. When experiencing this anger, it is wise to understand thoroughly why the anger is exasperating you. Finding new things out is a lot like waking up… you are crabby about it at first, but then when you realize all of the cool things that you can do with your gift… it seems to be OK. :-)

Addiction to Failure

Why do we always seem to fail time after time?

In The Human Condition we are always trying to be better than others. This is our measure of success. We want more knowledge, more wisdom, more money, more sex, a larger house than everyone else. We equate this with success. You want success and you are Addicted to Failure. Why are we Addicted to Failure when The Human Condition states we want to be better than everyone else?

In The Human Condition we have learned that there are three ways of being better than others or more successful. We can withhold information, objects, success, or connections. We can diminish their value to other people. We can become more successful by working hard, earning more, learning more, innovating more, collecting more rocks, collecting more shit than other people have. We can also become more successful by providing for others, taking care of others, teaching other people, helping old ladies across the street (even if they don't don't really want to cross the street). By being Addicted to Failure (self-sabotage) you still use The Human Condition to get your fix. Why do you like using The Human

Condition this way?

Our Addiction to Failure is evident when we put others down to make ourselves feel better. When a person has the capability to help us out with our business we ignore their phone calls, keep them from networking with important customers, and avoid promoting our employees, and consequently this will keep our businesses from succeeding.

Our Addiction to Failure is evident when we are only concerned with our success. This tends to lean more to The Human State. We forget that we need to take time for those around us. The most valuable thing that you could give anyone in your life is your time because your time is the most valuable thing that you possess. If you are only concerned with your success you will fail if your dreams need the help of others. By giving your time to other people, others will give their time to you. No matter how important you may say that your dreams are, if you are only concerned with your success, you will fail. If you are only concerned with your own success, why would you want to help others?

Our Addiction to Failure cannot be present in The God State. Try passing out money to homeless people, and let me know how you failed at that. Try to be loving, compassionate and supportive of your children, and let me know how that caused you to become a failure. Try to be attentive and caring toward your significant other, and explain how that caused you to become a failure. Try to support and empower your employees or coworkers, and let me know how that caused you to become a failure. Even if some of these individuals have severe mental issues and cannot accept your compassion and support onlookers will be inspired and the disease (virus) will spread.

The larger percent of our time that we spend in The God State compared to The Devil State or The Human State will increase our chance of being successful. The more time we spend being successful then this feeling becomes part of our comfort zone. The only way that you can get rid of an addiction is to replace it with a new addiction. Addiction to Success. This is why successful people will then start a new business, write a new book, and it will be successful. Because of their addiction they will accept nothing less.

But how about you? Do you feel you are failing time after time? You put in a lot of effort and just when it seems that everything is going great, everything falls apart? You plan, schedule, study, practice; and still fail time after time. You are not alone, many have the exact same problem. You have just written a fantastic novel. You wrote it on your laptop. You think to yourself, "Finished at last!" You close the laptop, and you take advantage of a well earned sleep. You wake up in the morning, ready to send this off to the publisher, and the files are nowhere to be found on your computer. If you find these files, they are corrupted, and unreadable. You find a new job, your dream job, that you have been applying and trying to get for years. They tell you to show up on Monday. On Friday you don't feel well, you go to your doctor, and he tells you that you have advanced stage cancer. The week before, during the physical, everything was fine.

You have been wanting to purchase a brand new luxury car. The car of your dreams. You go down to the dealership and fill out a credit application hoping that they will accept your credit. You get a phone call two days later saying come on down, sign the papers, you have been approved. Just before your pen hits the paper and you are going to sign for it, you look at the sales person and say "I can't believe that they missed my bankruptcy two months ago and the car loan that I defaulted

on three years ago … This is AMAZING!" As you walk dejectedly out of the dealership because they pulled your loan, you shake your head, and say "Why do only bad things happen to me?"

Let's take a look at success. When you succeed it requires more effort to maintain the level of success that you get. Others expect more of you, and you will need to take care of others. When you fail, less is expected of you. With success, you fear that others will not come to your aid or rush in to help. Others will expect you to improve to the next level. You will also feel the need to pressure yourself to improve to the next level… Requiring even more effort. Constantly you are afraid that you will reach your level of incompetency. The People on the Bus rationalize in your head the best thing to do is don't start or find an excuse that others will accept and not blame you for being a failure.

Inside your head your brain functions like a bus with 36 people on it. Everyone on the left side of the bus are females. Everyone on the right side are males. Each row of seats has a specific function. The people in the back of the bus are part of The Lizard Brain. The people in the back row are always having sex or thinking about it, or talking about it. The next row up, are always hungry, and looking for the next meal. The next row, are always constantly afraid: should we have sex, do we need to be afraid of having sex, do we have enough to eat, or are we eating too much. Each row thereafter has a specific function: listening, looking, thinking, feeling, fortune telling, fantasy creating, reality checking, and so forth.

The people in the back of the bus are constantly arguing over what to do next. In a female the ones on the left side of the bus have a larger say in the outcome. In males the people on the right side of the bus have a larger influence over the outcome. There is a barrier between the people

in the back of the bus and the bus driver. The bus driver cannot hear the arguing and fighting going on in the back. The barrier stops this completely. There is a slot in the barrier that a piece of paper can pass through. When the people on the back of the bus have come to a consensus, they pass their decision onto the bus driver. The bus driver then speeds up, slows down, turns left, turns right, stops, or whatever the directions they tell him to do. The bus driver being oblivious to the activity in the back of the bus. He feels he is making all of these decisions on his own. This is occurring in every human being that is alive and conscious.

In some people or some buses, the barrier is very thin, and does not block the arguing and bickering going on in the back of the bus. The bus driver either thinks aliens are talking to him or he is possessed by demons. This is only because they do not understand the process. This presents itself as a disease that is called Schizophrenia.

When the people in the back of the bus become addicted to failure, they will scheme and plot, and direct the bus driver to run over nails, go off a cliff, or drive in the wrong direction insuring that same familiar feeling returns. We are not aware of this process going on. This is why failure keeps showing up in our life, and we are confused because this is not where we wanted to go… But this is where the people in the back of the bus wanted to go.

Another thing that creates fear in being successful is that we realize that successful people are expected to take care of others. Willie Nelson was making eight million dollars a year and said that the only difference was that he now had 150 families to care of. He had 150 people setting up, tearing down, and moving stuff around for him; and he was responsible for these people's income for them and their families. As when you win

the lottery, everyone that you have ever known or spoken to, and everyone you are related to, ten times removed, will be calling you asking for money. This makes us afraid of success because with success comes more responsibility, and we also feel the need to maintain this success. You can win a marathon, but can you win every marathon that you run in for the rest of your life?

Success is a let down. Is that all there is? Brief elation, and then nothing. You need to start struggling again. Is your Addiction to Failure keeping you from moving forward because of your fear of the constant battle to be successful? Look at the champions after they get off of the podium: the next day, week, decade... Most of them are caught in a mayhem of groupies, friends asking for money, and expectations of a repeat performance. They realize that the more successful they become, the more is expected from them, and the more that people expect taken care of by them. This puts a horrendous pressure on us as we know deep inside that we can never be the savior that they want us to be. Caesar in Latin means savior. The Caesar in Rome was the savior of all of his subjects. This is why Jesus was killed because the Jews were calling him “their Savior” which was sedition (disloyalty) to Caesar.

When you are working for a corporation you cannot outshine your superiors. They will consider you a traitor. So you swallow your pride, and never work up to your full potential. This actually lessens the value of the company and what can be accomplished by them. To keep your position in life secure, you embrace failure. Why are you are always afraid of outshining those with more powerful position than you? In a wolf pack there is an Alpha Male and an Alpha Female. The inferior males never mature sexually until the alpha male dies. We have inherited the same genes in our DNA that try to force us to be subservient to the leader.

We sabotage our chance of success so that we are protected from attack by the alpha male (or our wives). By sabotaging ourselves and becoming a failure, which we have been most of our life, we can feel comfortable with who we are. We spend twelve years going to school, being told by every teacher and grades we receive that we are failures. Anything less than valedictorian, or an A+ in all of your classes means that you are failure. Out of a class of a thousand there is one valedictorian, and three salutatorians, and the rest are failures. So out of a thousand people there are 996 failures. Is it any wonder that people become addicted to failure? If you hear something often enough from your parents, teachers, or spouses about what a failure you are, eventually you will start to believe it… even though it is not true. Why would you want to do something different?

When you are trying something new, there is the power of imagination. You get a rush building up all the fantastic scenarios that will come with success. The rush of the anticipation for failure produces neurotransmitters called endorphins and cortisol. Although they make you feel good, they are produced to get your body ready for fight or flight. This makes you feel alive. When you are faced with failure you become alive… every nerve in your body is alive and ready for action. Ready to run, ready to fight.

For the majority of us, The People in the Back of the Bus have heard for our whole life about what a failure we are. From our parents, our teachers, and our preachers. So a decision is made that your Ego is being a failure. Their job is to ensure that this tradition is carried on. All decisions will then direct the bus toward a guaranteed failure.

When we talk with our friends about our new projects: writing books, developing clean free energy, losing weight, new invention that is worth

100 million dollars. Our brain hears this and figures that we have already done it. The brain decides to put no more effort into it because it is already done. They have found out that the more that you talk about what you are doing, the less action that you put into it. Your new project will never get done. The less you talk about it, the more action you put into it, the greater chance it has to be accomplished. Though you must mention at least once to others so they and yourself feel obligated to others to carry out your promise.

There is confusion in The Human Condition. Of the three ways that we have to be better than anyone else (putting others down, building ourselves up, or helping others). In the devil state we find that by putting others down does help us feel better, but we fail to see that putting ourselves down will only make ourselves feel worse. When we are Addicted to Failure in The Human State we see that falling from success isn't worth the climb. In the God State we will not be worried about shame and blame or whether others think that we are succeeding or failing. We will be content in the fact that we are making the lives of others better. When you lead a horse to water you can be content that you have given the opportunity for him to drink. You do not need to worry whether he drinks or not. When we do things for others in The God State we do worry if the reject or accept our help. We are content that we have given them opportunities.

If we continue with our Addiction to Failure we will never accomplish our dreams. Do you really want to accomplish your dreams?

If you are Addicted to Failure stopping cold turkey will only lead you to your complete collapse. Start with a 28 day program, which means that you must get away from current situations from friends, acquaintances or situations that are dragging you down. Join a Mastermind Group of like

minded people that are not addicted to failure, these people will sit in a circle and discuss how they can help each other to become successful. Sitting in a circle and looking in each others' eyes in a safe place produces Oxytocin. This is what they do in a rehab center. You need to attend these Mastermind Groups for the rest of your life. Just as any addict would do to avoid relapse.

Improving is something that you need to do for the rest of your life, unless you are Addicted to Failure. White knuckling for a month or two will not work. This needs to be a gradual process that will continue for the rest of your life. Do not give up. There will always be room for improvement.

These things subconsciously make you shy away, or avoid success. Living in a safe community with positive reinforcement will help your brain produce Oxytocin. When you have adequate oxytocin in a positive environment, any addiction of any sort will not be able to exist.

Scientists did an experiment where they put a rat in cage by themselves. They then gave the rat a choice between heroine and food. The rat always chose the heroine. Then they put another rat in a cage in the center of the cage. The rat in the small cage was not able to get to the heroine or the food. The rat that could choose between the food and the heroine realized the the rat in the center cage could not eat without their help. The rat with the food chose to feed the rat in the cage and did not touch the heroine. This experiment was called Rat Park.

The more time you spend in The God State helping others, the less addictions will affect you. This includes The Addiction to Failure. By being more concerned about other people and their welfare, you will become less concerned about any blame or shame put on you. You will

also need to allow others to be in The God State, and let them help you. Just because someone needs help doesn't make them are a failure.

Being honest with ourselves will help us to avoid The Addiction to Failure. We know our strong points and we will also know our weak points. We will be willing to help others with our strengths, and we will be willing to accept to accept help for our weaknesses. Only by becoming a person without shame can we avoid the addiction to failure. There is no blame and shame in being honest with ourselves. There is only what is.

How Money Works

In order to explain something that is very complex, we need to begin simply with something that can be grasped easily. If you were going to study physics or chemistry one of the first things that they show you is a model of an atom. This model looks like a solar system with a nucleus or the sun at the center, and electrons rotate around that look like planets. And you are told that each of the electrons may have a different orbit. As these electrons receive or release energy their orbits may change as a planet going around the sun that is given more energy like a booster rocket would change its orbit around the sun to a different location. How an atom works is far more complex and difficult to fathom even for scientists that have studied them for years.

The reason that they show you the simple model is so that you can have a foundation to understand the more more complex things to come. Money is an incredibly complex thing. Money is just human beings, billions of them working and cooperating together, and how it operates in reality may appear very chaotic and random like an atom, but when they

are working together atoms can create a rock a dog, or a human being.

Without understanding how these atoms work, you will not be able to understand chemistry, physics or biology.

We are going to use a very simple model on How Money Works, how humans view it, and how it interacts with our lives. Money is far more complex than this simple example that we are going to use, but it will give you a foundation to understand it better.

This is the same as with numbers 1,2,3, which when used properly can get a rocket to Mars. This is how easy it is going to be 1, 2, 3....as the song says.

In the Human Condition humans use money to be better than other humans.

In The Devil State humans use money to put other humans down to make themselves feel better. This is when you steal from others or if you have plenty then you don't share. You can enslave people and give them very little money, and charge them a lot for food and shelter. You can ridicule them for not having enough even though they have been put in situations where it is difficult to acquire money.

In the Devil State people use money to put others down. They say things like "I have more than you, so I am better than you. I have a nicer home, nicer house, better food, so I have a higher social standing." In The Devil State you can make it quite difficult for others to get more. There are only so many hours to work harder or smarter in the world, so you make sure others do not have time to improve themselves. You will see that they

have low pay so that it takes many hour to cover their basic expenses. You can make sure that others have less: you will build fences to keep others from resources, you will hire armed guards to keep others away, you will control media sources and gossip about the "Lazy People" who are not earning their keep. Since the resources are locked up and these people are kept away from education, the only way for them to get basic food and shelter is to line up and become slaves to those that "Own" the resources.

The second way humans can be better than others is in the Human State. This is where we work hard to lift ourselves up. This is when we work long hours to increase our paycheck, or aim for the job that pays lots of money. We do extra work to win a commission. We save our money, invest it in money markets ....so that it can grow on its own. We save our money for retirement so that we will have funds to live when we can no longer work.

In the Human State a person will work very hard, save or invest their money. They will go to colleges and universities, and get a piece of paper that they hang on the wall so others can see the superiority they have. They will get a mortgage (mort...Latin for death, gage...to measure) which figures out how much longer they have to live and then loan them the money to buy a house. When they pay off the mortgage they will then be dead. The banks figure how much useful time you have left then give you a loan that last this long. Then you become a slave for the rest of your life.

In the God State we use money to lift others up. When we provide jobs with adequate pay, provide education, health care, and opportunities for advancement to others we enter into The God State. We see that others have adequate employment and activities to create fulfillment in their

lives.

In the God state you give to charities that are helping others. You work on Habitat for Humanity so poor people can have a place to live. You live in a house that is "less" than you can afford. You drive a car that is not the latest or greatest even though you could afford the best. You understand that the better off others are the happier and more abundant your life will be. This is why many after working so hard to acquire things realize all of this stuffs means very little to them. They then give their money to charities and to helping the poor and underprivileged.

In what state of The Human Condition would you like to invest your money? All three parts of the Human Condition you will find in every monetary transaction between humans.

Money

Money, Money, Money. Humans are obsessed with it! Whether they want more, or are trying to avoid the need for greed. What is this “thing” that dominates the minds of so many? What value does this have? What power over us does it have? How does it work? Do we need more of it? Is it an object to be obtained or is it a figment of your imagination?

I have learned that Whatever you want in life, you will need to give away…

If you want more love, kindness and respect, what would you give away? Logically you would give away love, kindness, and respect. If you decided you wanted more hate, disgust and anger, what would you give away? ...You would give away more hate, disgust, and anger. If you want more knowledge what would you give away? You would give away

knowledge. This is why teachers always learn more than the students. If you wish to learn something, start teaching it.

If you want money, give away money. Who earns more money, employees or employers? ...Employers always earn more money because they are spending more money. They have to pay all the bills and paychecks for everyone.

I hear people complain all of the time that they are constantly giving things away (sacrificing themselves) and they are not getting anything back. They give away money to their children expecting the children to love them or respect them. Then they wonder why the children do not respect or love them. This is because they are giving money, they are not giving love and respect. You should just be giving money to your employees or the grocery store.

Many people give love kindness and respect hoping for money in return, this does not work very well. Others give away money hoping for knowledge and education. This is why our school systems are so inefficient.

Giving away information does not convince others, it only causes others to give you more information back. They will tell you that you are wrong and they will give you information on their opinion and their ideas.

If you want to convince others you will need to Listen to them and understand their side of the issue. When you have gained their confidence they will be open to listen to you.

If you want more energy. What would you give away? For example, if one person sits on a couch all day and consumes a lot of potato chips. Then

you have another person exercising all day and eats very little food. Who will have the most energy? The one giving away and taking in little.

"The love that you give becomes the love that you get." -String Cheese Incident

The Velocity of Money

Here is a simple example of how money works. This will be like the atom with the electrons circling around it to explain physics and chemistry, or the numbers 1,2,3 to explain rocket science.

Take a group of 10 people. They have one dollar bill among them. They pass this bill from one to the other, once every hour. The dollar bill travels in one direction, goods and services are passed in the other direction… a lesson, a smile, perhaps a book, an old video game, a hug and a kiss… When you bring your paycheck home and give it to your significant other, what do you get in return? ...a hug and a kiss.

If the dollar bill goes around once per hour, how much will they be making? ...one dollar per hour. If they pass the dollar bill ten times per hour…. $10 per hour. Passing the bill one hundred times per hour…. each will be making $100 per hour. All of this with only one dollar bill in the room. The only thing that has changed is how fast they move the dollar bill from one person to the other. This is called The Velocity of Money.

Now you may say “But they do not get to keep the money?” “How can they be earning anything?” ...And what happens to you every week after you get paid? Likely you get $500, then you turn around, and give this to

someone else. They, in turn, give this to the next person in line. You pay bills, buy things, or perhaps invest it. The next week you get $500 again.. Same money, just moving from one person to another... you do not get to *keep* money.

There is only about $500 cash for every person in the US... if this is not circulating, then no one is making any money, and everyone is worse off.

The faster money moves through the economy, the healthier the economy is. The speed that money goes through an economy is called the Velocity of Money. Economists can tell how healthy an economy is by measuring the Velocity of Money.

The same principle works like blood in a body. If it is not circulating then the body is dead. If blood isn't moving fast enough, then you are weak and sickly. It can also move too quickly, then it will not have time to affect the cells that it is next to.

This is like air in your lungs. If the air is not circulating in and out, then you may have lungs full of air, but you will be dead.

Just like everything in life... you keep nothing, you just rent it for a while. If one person gets nervous, thinking the money may not come back to him, and puts this bill in his pocket... what happens? The game will be over because there is no money moving. Then the economy dies.

We need a moderator for the game to keep it going. If one person gets greedy or nervous and puts the money in his pocket the moderator will come over and take the dollar out of the person’s pocket and put it back into circulation. We call this person the tax man.

This is what happens when the market crashes. People start to get worried about the market and think that the stocks are over-rated, or they will not get back their money from their stock investment. Then they pull all the money they can out of the system, and put it in their basement, or invest in gold. This causes The Velocity of Money to slow down. This creates further panic and fear that drives the same thing over-and-over again. This leads to a sick and collapsed economy.

When the economy collapsed in 2006 because of the fear George Bush wrote a check for 800 billion dollars to reassure people that there was plenty of money and that they should not panic. Where did he get this money from? He got it from nowhere. He just wrote a check for 800 billion dollars and gave it to The Federal Reserve.

Several years later The Federal Reserve wrote a check for 800 billion dollars to Obama to pay back the loan. Why did George Bush write a check for 800 billion dollars? Was there 800 billion dollars owed somewhere? During an interview he was asked this question and he responded “Eight hundred billion sounded like a large number.” He realized that people just needed reassurance that there was more than enough money to go around.

Several years later when the conservative representative were threatening to shut down the government by not funding projects in order to get their way with their programs that they wanted. Obama threatened to mint a trillion dollar coin and carry it over to the federal reserve which would cover the bills. Where was he going to get the trillion dollars from? He was just going to stamp this number on a coin. The executive branch cannot print cash, but they can mint coins. The senators became frightened and capitulated and started funding the government again.

During the several weeks where branches of the government weren't funded and they couldn't write paychecks for people they figured that 24 billion dollars was lost. How was this lost? Where did it go? Into a hole? The government projects were eventually funded, and people did receive their past paychecks, but somewhere still 24 billion dollars were lost. This is because money was not circulating, grocery stores, car lots, and mortgages were not paid so these individuals and companies couldn't pay their bills. This snowballed to become 24 billion dollars.

The Mars Rover cost 1.8 billion dollars. Where did that money go? Did it end up on Mars? Was it burned for propulsion of the rocket to get all the way to our neighboring red planet? ...The money stayed here on earth, and went into the pockets of scientists, security guards,and housekeepers of the labs where the rover was created. Those people went home and gave that money to their significant other; they then received a hug and a kiss; the workers kept a little of the money for lunch at work; and then returned to work the next week after cheering the kids at the soccer game over the weekend. The money stayed on earth it didn't go to Mars.

They build an airplane worth $20 billion. Is the airplane full of cash? ...No, this was given to the people that built the airplane, which gave it to stores to buy groceries, pay bills, and take the kids out to the movies. The people that worked at the stores and the theaters passed that money onto other people. When this money went through a million people's' hands, the government had at least another $200 billion to spend on a bigger airplane!

What about drug dealers, prostitutes, and students that go to school

and do not do anything but spend all of their loan money on parties, beer, the opposite sex, and drugs... Where does that money go? It's the same story. They spend their money and it goes right back into the economy! Carefully measuring the health of an economy i.e. The Velocity of Money, these expenditures are good things because goods and services are passed around. When this is happening in an equitable way, everyone gets to eat! The reason the government gives out Food Stamps and Welfare is to stimulate The Velocity of Money.

So how do you increase The Velocity of Money? If you were to walk into the room and threaten everybody to move faster this could increase The Velocity of Money.If you gave everyone a five dollar bill rather than a one dollar bill, this would increase The Velocity of Money. If there were ten one dollar bills, then it would be less dependent on just that one bill moving. This would help increase The Velocity of Money. If each person has more than enough money to cover their basic bills, then they are willing to spend more money because they are not living in fear.

The GDP (Gross Domestic Product) is the amount of goods purchased during a year. The more money people spend, the higher the GDP. So when wages are low, the GDP rises slower. When wages are higher, the GDP will increase at a higher rate. The amount of taxes collected by the government depends on the GDP. The more money that is spent, the more money the government will have to cover their bills.

At our current velocity of money the government will never be able to pay off the 20 trillion dollar debt. It will be upside down on its loan. If you could double the velocity of money through the economy the National Debt would be paid off in 10 years.. If you tripled the velocity of money then it would be paid off in two years. Now how could this happen?

If we have a federal income of 4 trillion dollars with a budget of 3 trillion dollars. This leaves 1 trillion dollars to pay off the interest and balance of debt. Doubling The Velocity of Money would bring in eight trillion dollars (2 x 4 trillion dollars), minus the three trillion dollars budget... will leave a balance of 5 trillion dollars to pay off the debt. Tripling The Velocity of Money would leave a balance of 9 trillion dollars to pay off the debt. The faster moves through the economy, the more the government can spend, but they will also have more to pay off their debt.

It costs about .60 cents to print a dollar bill. How can they afford to do this? Each dollar bill goes through one million people's' hands until it is destroyed and a new one printed. If each hand it touches pays about 10 cents in taxes then this bill has created 100,000 dollars of value to the government.

Real Estate

Imagine you are on a cruise ship. The ship sinks at sea and you are the only survivor. You swim to a desert island. The next morning you wake up and look around for things you can live on. The waves have washed up on the shore a suitcase from the wreck. Excitedly you open it up hoping for food or things you can use for your survival (like a ham sandwich). Inside you find $10,000,000 in US currency. What value does this money have for you? Toilet paper? Fire starter? Crumpled it up and maybe make a mattress.... very little value.

Now let's say this suitcase has something of "Real Value". I keep hearing money needs to be backed by gold. So there is $10,000,000 worth of gold. Of what value is this to you? Probably even less.

I had a friend that was very ambitious. He kept wishing that everything he

touched would turn to Gold. A Kindly Fairy took pity on him and appeared to him one day. She told him that from now on everything he touched would turn to gold. And tapped him on his forehead with her Magic Fairy Wand … “Prang!” He was ecstatic! As he ran around the room everything he touched turned to gold. The chair, the table, the door and everything else. After a while he grew hungry and picked up an apple. It turned to gold. Every piece of food he touched turned to gold. He picked up a glass of water, it turned to gold. His beloved daughter ran into the room and threw her arms around him. She instantly turned into a gold statue. As he lay dying... sobbing, hungry, thirsty and lonely, he realized that gold was not the most valuable thing in the world.

The next time someone is trying to tell you gold is the only secure thing.. Remember they want to trade their Gold for your Money..

> Now let's go back to the island. After about a week you get bored and go exploring. You notice a bluff extending out to the ocean on the island. You are able to get past this bluff. Suddenly you come upon a city with one million people. Now what value does the 10 million dollars have? Quite a bit. What has changed in this equation? The money is still the same. The suitcase is still the same. You are the same… but now you are surrounded by other people. Money only has value when you have other people to give it to. It is like love, you can be full of love, but if you have no-one to give it to, it has less value.

The reason the government takes taxes out of your check is to give you the impression that money has value. You see the deductions that are taken out of your check every week and you become angry because the government has taken something that "belongs to you". Your employer already takes out an additional 30% out of your check which is paid in

taxes to government programs and insurance policies. You never see this, so you never miss it. If they really needed your money and didn't want to offend you, instead of getting a $1000 check with only $700 take-home, they would just give you a $700 check… and you would never see the $600 dollars the government took from you. You would have no *sense of loss.*

Imagine a dog sitting next to a stick, ignoring it completely. You reach down and grab this stick and run away from the dog. The stick has taken on a high value for the dog as he will try to chase you and take it from you. Before this, the dog had no interest in the stick. Only when you try to take it from him, did it acquire value.

Now imagine a child surrounded by six different toys. He is totally bored, you reach down and grab one of the toys, and take it to the other side of the room. You now have his total attention and he starts crying because you have taken something from him.

You have a garage full of crap that you have not used in years. You are too lazy or preoccupied to clean it up and make a run to the dump. One day you wake up and notice that someone has broken into the garage and taken your things. You become very angry and feel a great sense of loss. How could anyone do this to you? …yet you haven't touched any of the objects in the garage for decades. Now that someone else has taken them from you, it has escalated their value. Humans always want what others take from them.

Your girlfriend has just dumped you. She told you that she wants to "just be friends." You say that you understand… no problem. So you don't call or talk to her for a month. She finds out that you had lunch with a very beautiful woman. None of your friends would be upset over this.Yet *she* is

livid even though she said she wanted to be one of your friends. She calls you and says "Who is that person that you went out with?!?!" She still does not like you, but she is upset because she feels that another woman has taken something from her. You had no value until someone else wanted you.

The reason why the government taxes you is because it wants you to think that the money that you are working for, slaving for, trading your time for, sacrificing your family for… has true value. Abraham Lincoln was able to pay for the entire Civil War by printing Greenback Dollars. Of course the bankers became upset with him because he did not borrow money from them. As we all know he died soon thereafter. After this event, all presidents have been protected by The Secret Service. The original purpose of The Secret Service was to protect our money supply… and it still is. Then Kennedy was going to print five dollar silver certificates, and he died within months after this plan as he was being protected by The Secret Service.

Money is a figment of your imagination. It is just a token that we pass from one person to the other that shows how much we appreciate their service or existence. When your grandkids have a birthday, you may send them a twenty or one-hundred dollar bill to let them know how much you appreciate and love them. When you buy food from a farmer, you give him bills (money) to let him know how much you appreciate his hard work and effort. When you go to work and produce things for your employer, he again gives you tokens of his appreciation for your hard work and effort (money).

All of these activities could take place without money, but as part of The Human Condition we are always constantly worried that one person isn't carrying their full load. We need to see tokens or certificates that they

possess, so that we are assured that they are acting with full responsibility. We do not have time to observe them 24/7, so when we see tokens or certificates, we feel assured that they are doing their share.

If you are still having a hard time understanding How Money works, let's look at this example

First example is a closed loop system. A closed loop system is like an air tight room and you are locked inside by a serial killer who is holding you for ransom... he does not want you to die as he will not get the ransom, but he wants to make sure that your life is threatened if he is arrested or captured. To keep you alive everyday you are given an air bottle with enough oxygen so you live for one day. When this runs out you will die. You only get one bottle every 24 hours. You must be conservative with your breathing until the next bottle. You cannot afford to exercise or have lots of movement as this will burn too much oxygen and you will die before the next bottle shows up.

Compare this to an Open Loop System. This is like a person running in the woods that does not worry about oxygen. When the runner breathes out carbon dioxide, the plants respire the carbon dioxide back to oxygen. It is impossible to run out of oxygen. The more you consume, the more there is.

A home economy is more like a Closed Loop System. Only so much money comes in every week. If you spend more than you take in, you die financially. You must become conservative with your spending to make it last until the next paycheck. If you do not, eventually you will go bankrupt, and be kicked out of your box.

A government is like an Open Loop System. You do not need to worry about spending money, because the more you spend the money, the more people have to make purchases and you receive more back through taxes that are paid by the consumers. When the government spends money they end up getting more than they spend because the money passes through hundreds of people taxing each of them as it is passed. Just as running in the woods you do not need to worry about more oxygen coming back to you as there is an unlimited supply. In a worldwide economy there is even more money as the more they spend the more that there is. You cannot compare government debt to a household debt. These two scenarios do not match. Your household is a Closed Loop System, and the national government is an Open Loop System.

There are city governments, state governments .. country governments.. world governments.. The larger the government, the more it is like an Open Loop System… If you put a huge coal fired plant in the middle of the forest that puts out more carbon than the forest could return oxygen back to you. One coal fired plant is not going to overwhelm all of the forests. If you have too many coal fired plants then it can overwhelm a forest.

As with too many coal fired plants, it can be overwhelming on the people if the governments were to spend more than the population can absorb. If you gave every person $100,000 per year, this would not imbalance the economy. If you gave every person one trillion dollars all of a sudden then this would confuse the world economy. People's imaginations are not yet ready for this kind of surge of money.

As with carbon, water, and oxygen...Money is not created, it is circulated. The only way a government could create more water would be to bring

an ice asteroid into the ocean so there is a large amount of water onto the planet. This would raise the sea level and create havoc for those living next to the ocean.

Water comes from The Water Cycle. It rains in the mountains and water comes down the river. You drink the water, and then you pee the water into the sewer. The sewer eventually runs into the ocean and the water evaporates from the ocean to form rain clouds which blow onto the mountains, and the cycle begins again.

So the larger the system, the more it can absorb changes. When scientists built Biosphere 2, it was not able to sustain eight people because it was a closed loop system. It was difficult to maintain the water and oxygen cycle because this was a closed loop system.

Even though this was on a half an acre per person. One of the reasons the experiment did not succeed was that they got on each others' nerves. There is more to life than food, oxygen, water and a cozy temperature. We need interaction with a wide variety of people, and we need to be able to get away from some of them on occasions. We also need to spend more time with ones of our choosing on some occasions. The larger the system is, the easier it is to do this.

Our planet can sustain over 100 billion people easily, as it is more an Open Loop System. Our universe can sustain an infinite amount of people. There is no shortage of resources. There is no shortage of land. There is no shortage of air. There is no shortage of verses. Some people live in a multiverse. Some people live in a *uni*verse What is a verse? ...A verse is a paragraph ...A complete thought. A *uni*verse is one thought, one paragraph to explain everything. A multiverse is many thoughts… many paragraphs to explain everything. Are you stuck in a box? The only

way that we will know if you are living or dead is to open the box.

Should you be more Conservative or be more Liberal? If we are Conservative then we keep resources to ourselves. If we are Liberal then we circulate our resources which will be passed on to others. Just like the money that we receive every week functions best when we give it to others. They in turn pass it on to even more people. This money eventually comes back to us and is recirculated. If you are living in a Closed Loop you need to be more Conservative. If you are living in an Open Loop system you need to be more Liberal.

You cannot compare a family's spending habits with the spending habits of a large government or corporation.

The Principle of Scarcity

The Lizard Brain is dealing with fear and scarcity, it does not understand social interaction. The Lizard Brain confuses an Open Loop Economy with its own small world view of its micro-economy. A lizard is usually only aware of a few hundred square feet of territory. It is not aware of a volcano called Krakatoa on the other side of the world. Fear mongers will go on cable news channels and broadcast fear and scarcity. Are you living in Open Loop or a Closed Loop System. Are you living in The Lizard Brain or The God Brain?

Recently I heard about a problem that our country is going through. 30,000 children came into the country to escape wars, poverty, and death threats. I keep hearing that we don't have enough funds to take care of these children. This reminds me of another incident in the past…

In 1947 three million undocumented children showed up in the United

States. They had no ability to take care of themselves; they were uneducated; couldn't speak English; needed housing; 24/7 care; and they needed someone to change their diapers. What happened to the economy in 1947? Also the national debt in 1947 adjusted for inflation was 100 trillion dollars. ...And the tax rate for the ultra-wealthy was 90%.

What was the condition of the economy from 1947 to 1983? This was the period ruled and dominated by the baby boomers. This generation was the most prosperous, well educated, and influential group of people ever in the world. Schools were built, teachers were hired, homes were built, and construction workers were hired. The economy was fantastic: plenty of jobs, plenty of money for schools and libraries, charities were well funded, and The Velocity of Money was moving at a high rate.

The more things that need to be taken care of, the more money circulates. The more money that circulates, the more money everyone else has. Wealthy people put their money in their basement in a vault or in their offshore bank account. Poor people will spend their money instantly. This is why ultra-wealthy people slow down the economy when they have the money. Poor people will speed up the economy when they have money.

When you save money you either put it in a box in your house, you put it in a bank, or you buy government bonds. If you put it in a box in your house, it destroys the velocity of money. You could always buy gold with it, which would be the same thing as putting it in a box in your house because gold is not circulating. If you put it in a bank, then the bank can loan out $100 for every dollar that you put in. A bank will also charge interest on the money that they loan to others. Both of these actions loans and interest can create inflation. If you buy government bonds, they are normally used for war where homes, houses, and people are destroyed,

this causes inflation and is a horrible waste of energy and time. Imagine that you go to a bank and you want to borrow 100k to fix up your home. They will say “No problem.” What if you told your bank that you wanted 100k to purchase explosives so that you could destroy your home. They would not give you the money. This is why war even though it creates jobs, it also destroys value in the economy.

Inflation is accelerated by greedy people. A senator was interviewing some restaurant owners on increasing the minimum wage (increasing wages from $7.50 to $12.00 per hour). At McDonald's a seven dollar Big Mac Meal would increase by 7 cents. One of the restaurant owners spoke up and said "but my meals at my restaurant cost $15!" The senator then said, "Then you would have to raise your meal by 15 cents." The restaurant owner responded "If I have to charge 15 cents more, then I will charge $5 more." There was no need for them to charge $5 more, except for The Human Condition. The owner wanted to feel superior to the employees. He could have just charged 25 cents more and still have a profit. The inflation to pay people almost double their wages would have been one percent… a very low inflation rate. If they kept it up every year to keep up with the cost of living, this would only add .01% inflation to the economy.

It is only greed and avarice that is causing inflation. If you were to give each person a million dollar income every year, this would upset the economy. As the economy would not be able to handle the increase. A million dollar income is a 2000% increase and this would create chaos.

Everyone's imagination would not be able to deal with the change. An example, if you were able to give 20 times the food per day, their health would go down hill. Another example is when you have starving children in a country, you cannot walk in and give them tons of food instantly. You

have to gradually increase the food intake, so that their bodies can handle it.

Currently, 50% of everything that we eat and consume, wear, drive, live in is made by robots. Within 5 years 100% of everything will be made by robots. Even robots will be made by robots. So what will humans do? How will they earn money? There will be no jobs! There will be no way to earn a paycheck!

So how will humans have money to buy things? There will be an abundance as there will be an endless supply of food, housing, and transportation available. There will be no need to work for money. You will only have to understand The Human Condition.

Wealth Inequality

A good income is when you earn 10% more than your wife's sister's husband.
There is plenty of money to go around.
If you criticize the poor and you do not live in poverty, you are a snob.

A group of friends are visiting. They put all the kids in one room with toys to play, so the adults can visit in peace… After a while, an adult hears screaming and fighting. The adult enters the room and one child has taken all the toys. What would the wise or responsible adult do? You got it, they redistribute the toys…. but who put the toys in the room? They were put there by the parents. None of these children have earned the toys. The toys were there to be shared. All of the resources on the planet earth were not put their by any group of individuals. They were put there to be shared by the inhabitants. For one person to hog all of the resources is just as foolish as the child who hogs all of the toys.

Experimenters put two monkeys in a lab, each was in a separate cage next to the other. The scientists gave them carrots for a few minutes as a reward for a completion of a task. They then handed one monkey a grape and the other monkey a carrot. The monkey that got the carrot became very angry, and threw the carrot back at the scientist to show his disgust at being mistreated. As the scientist continued to give one monkey a grape and the other a carrot, the one that received carrots became more angry. Monkeys have a very sensitive sense of equality and justice.

Would this be any different for humans? When there is a gross inequality of paycheck or wealth from one person to the other people become frustrated. One of the worst things that happened in our economy was Robin Leach's "Lifestyles of the Rich and Famous". When Leach showed lavish properties and luxuries other wealthy people realized that they were not the "wealthiest." They were just getting fancy carrots and the other "rich" people were getting grapes. So the mediocre wealthy people started squeezing the blood out of the workers in order to reach the level of the super wealthy.

Similarly, thinking this would lower the salaries of CEOs, the government in 1969 forced corporations to publicly post the salaries of the CEOs. They hoped this would shame the CEOs into taking a smaller salary because of the public uproar over their ridiculous salaries. This backfired as when the lower paid CEOs realized others made more than them they insisted on a higher salary.

Alpha was the leader of the wolf pack that had five wolves: Thumb, Pointer, Middle, Ring, and Pinky. Alpha had it all, the bitches (...Middle, Ring, Pinky), the respect (he always kept a lookout for the hyenas), and strength (he could break an elephant's skull with his paws). Alpha was the leader of the hunt and the pack brought home twenty elk of nearly

identical appearance. Alpha took fifteen elk for himself and gave the rest of the pack, each one for themselves. The next season the pack had the exact same success. Alpha decided that because of his proof of leadership, he'd take sixteen elk and leave four for the rest of the pack to divide among themselves. Alpha was outcasted from his pack. Why would they do that to him?

In order to solve this problem of inequality, researchers have found that you need to make the difference of the salary between the average paid worker and the CEO no more than 15 - 20 times. Currently in our economies this is modeled poorly. The difference of a salary of a broom pusher and the CEO in many companies is between 2000-5000 times. In an ideal situation if the CEO wanted more money, he would have to raise the wages of the broom pushers. If the CEO wants to make a million dollars a year, how much would the broom pushers need to be paid? Congratulations if you got the answer… the broom pusher gets paid 50k-66k/year.

The countries that rate in the top ten of The Happiness Index have this in their legislation. In some countries they limit the CEO no more than 15-20 times the average wage. In other countries they just tax the shit out of incredible high wage earners. As you know money is a lot like shit. If you keep it in one spot it will rot and stink. If you spread it around everything grows!

You can still have wealthy people that make more money, but you would have to be the owner of the company, or inherit wealth from your parents. This would still become very difficult to acquire huge sums of money compared to the rest of the population. With the inheritance tax it could take 400 years to amass a large sum of money within a family. Normally when money is inherited the children will spend the money and

it usually disappears within two generations. Once the family trust loses control over the money, it is very difficult to hold onto of large sums. This is a good thing because it insures that money circulates in the economy.

There is no shortage in the world at this point. If all of the oil was brought to the surface of the world it would be an ocean 21 miles deep. If you were to take all of the energy from the portion of Zero Point Energy Field that one hydrogen atom occupies, you could create our own universe one billion times over. E=mc2 or m=E/c2, so in order to create matter it takes a huge amount of energy to produce a very small amount of matter. There is so much energy in this minuscule amount of Zero Point Energy that converting this energy to matter could create all of the matter in our entire universe, one billion times over. All the stars, planets,, galaxies, black holes… one billion times over! We are surrounded by this energy field. Boundless unlimited energy is all around us. To really understand this you need to take classes in Physics, Chemistry, and Biology.

The urine from one cow can produce enough hydrogen to heat the hot water for three homes.! Urea, using a very low voltage will release Hydrogen that can power your car or heat your home… it makes road trips much simpler… no pit stops!!! If everyone was to put a septic tank to collect the waste from your house, it would produce enough methane that could heat your house cook your food, and power a generator with all of the electricity that you could possibly need.

We have the technology to build Rockets for everyone. We are a time with 3D printers that can print themselves.

Currently robots are making a large percent of the products that we need. They are building cars homes, driving tractors on farms, driving buses semis and taxi cabs. Robots are performing surgeries, diagnosing illness,

and keeping track of patient medications. They winning lawsuits, organizing government, and providing customer support. These robots speak over 28 languages, and can mimic accents, emotions, and dialects of these languages.

The question that is important to ask is… what are we going to do now that the robots are doing everything? How are we going to get a paycheck? Many countries today are giving their citizens a guaranteed paycheck. Where is this money going to come from? The answer to this lies in understanding How Money Works and The Human Condition.

Money as a Power Tool

What keeps humans from distributing resources is The Human Condition. In The Human Condition people are trying to be more powerful or better than others. There are three inescapable ways that we will be seeking higher status as humans as long as we are human. The first part of The Human Condition is The Devil or The Gossip State. In The Devil State, people put each other down to make themselves more powerful. The second part is called the Human State. Here a person works as hard as possible to achieve for themselves...fanciest car, clothing, stuff, etc... The third part of The Human Condition is The God State. In The God State a person helps another out by getting down to their level. We do not want to confuse empathy and sympathy when we are in The God State. Empathy gets its arms scratched and bitten by bugs to help another out of metaphoric trenches, where sympathy will ditch you for a metaphoric ballet or a football game. Empathy is more in The God State where sympathy is more in The Human State. All human life is a combination of those three states. Which State of The Human Condition would you like to live in more?

In The Human Condition people are always concerned if others are beneath them, on the same level as we are, or if they are superior to us. We use tokens or certificates to establish their position in society. If we want to become better than others, we can make sure that they have fewer tokens or certificates than we have. We can work hard to produce and acquire more tokens and certificates than others have… or we can make sure others around us have adequate tokens and certificates… and they will look up to us as Gods or Goddesses.

You do not need more Money, you need more Imagination!

Money is not an object. It has very little or no intrinsic value. When you cut out a coupon out of a newspaper, it says "One Dollar Off (our product)" You will notice, it has a disclaimer that says the real value of this coupon is .002 cents. The token or dollar bill itself has no real value. An apple has real value... a house has real value (that is why it is called real estate). Having dollar bills and with no-one to trade with for products or services is a vain and worthless endeavor. The only thing that has real value is other humans and interacting with other humans. The most valuable thing is the time people share with each other. Your child would rather have your time than your money.

Researchers have been looking to find what causes people to live beyond 100 years. At first they studied DNA and realized it had little relation to longevity. The next thing they studied was health care, this had a stronger correlation. The next thing that they studied was large amounts of money and again this only allowed the person better medical care, but it was not the driving force for longevity. Many incredibly wealthy people die in their 60s.

The only thing they found that resonated across the board was social connections that these older people had. The stronger the social connections was the main driver of longevity. Why are we concentrating on money as the solution to illness when our social connections are far more important? Amassing large sums of money will help people act like they like you, but they will stab you in the back literally or metaphorically at the first opportunity.

Why are we working so hard? Why are we so concerned about collecting and hoarding something that has no value within itself. You can compare it to the TV show "Hoarders" where people acquire possessions over many years that pile up in their homes and fill up every square inch of their house up to the ceiling! How do they solve their problems? They take all of the shit out of the house and throw it away.

Money is much like shit. If you have a big pile of it, it will continue to smell really bad. It will rot if you keep it in one place, and you will have a big pile of shit, lots of flies, maggots, and no-one will want to be around you that you care for. If you spread it around as you would manure in a garden, then everything will grow! Money is just like this. The more that it is spread equally in the garden, the more things will grow.

You may have noticed a dead spot on your lawn that came from an animal taking a shit on your lawn. Too much shit in one location kills everything. If you look at the grass several inches away from the shit, it is taller and healthier than the rest of the grass. This is why amassing too much money in one location or with one person hinders the growth of the economy. Remember that whatever you want in life that you must give away.

Punishment...

Does it Work?

The Problem

Society does not run very well if there are people that do not cooperate. We always seem to have people that rebel, want to take more than their share, or cause problems for other people. We call these people criminals, rebels, or terrorists. So far we have tried to punish these people to gain compliance.

...What hasn't worked?

Solitary confinement has been used for centuries to correct and punish people. Parents have locked their children up in closets hoping to control them. Kings would put people in dungeons, torture, and maim them. Dictators punish traitors to instill fear in the populous, showing them that if they misbehaved they would be put into solitary confinement also. Prisons today use solitary confinement as an extreme form of

punishment. This is required because the person is already in prison. The worse thing that you can do to a prisoner is to put them into solitary. them to reflect on their actions. The prisons had to be They would rather be in the general population and be endangered from gangs, rapists, and serial killers than to be in solitary confinement.

People have built isolation chambers that will block all sound and light in the room. These chambers also have an immersion tank that keeps the body free from the sensation of gravity and temperature change. Most people cannot stay in these chambers for more than ten minutes before losing their minds. The record for this chamber is 30 minutes.

A prison was built in the late 1700's in the Americas. The rooms were large 20' x 30' with a 20' ceiling and one bed in the center. They hoped to isolate criminals and allow closed within a few years because all of the prisoners went insane.

If isolating people worked there would be no criminals. Solitary confinement is a poor solution to control and get people to go along with you. This would be like cutting off your hand so it that would become more dexterous. This just doesn't work. The hand dies. People in solitary only come out with a lot of anger.

One of our neighbors was a real asshole, causing lots of noise, shooting guns in the middle of the night, he was very strong and belligerent, so that one person alone was not able to control him. So all of the neighbors got together, jumped him and put him in a hot box in the backyard for a week. We all figured that when he got out that he would have time to contemplate his behavior and straighten up. What do you think happened when we let him out a week later? Was he suddenly a really nice guy?

An example is a story of a powerful genie was imprisoned in a bottle. The first ten thousand years the genie said to himself "If anybody lets me out, I will give him all of the gold in the world." The next ten thousand years passed and the genie said to himself, "If anybody lets me out, I will grant him all of the kingdoms of the world." After the following ten thousand years the genie said, "If anybody lets me out, I will give him all of the gold, all the kingdoms, and all of the wisdom to be had in the world." After the next ten thousand years passed. And the genie was so pissed for being locked up for so long said to himself, "If anybody lets me out, I will rip their body apart and send them to hell."

When people are let out of confinement, the only thing that you have created is a pissed off person. Confinement only creates mental illness which causes more problems in society. Why would you use something that does not work? This would be like putting water in your gas tank because you are on empty. The tank is full, but you will be going nowhere.

Society has also used fear of abandonment to control or manipulate a group. This works because in small societies if you are not part of the group, you have no access to food or shelter. You also did not receive protection from enemies of the group. Religious groups will use shunning which is a form of abandonment to control and manipulate their members. Parents will use fear of abandonment to control their children.

An example of this is when I was a young child. My mother would try to use a switch on our legs to punish us. This did not really hurt compared to the belt whipping we received from our father. We would laugh at her efforts to punish us. She then would say "I am going to put my hat and coat on and leave." She would then proceed to the closet, get her hat and coat on, even though it was the middle of summer and grab her

purse, and start walking down the street. This worked because we could run after her crying and saying that we were sorry.

This didn’t work very well because a month later we would be doing it all over again until the punishment was reinstated. Why would you do something that doesn't work very well? This would be like using a clothespin to hold a tear in your pants. This is only a temporary fix.

Some people will yell and scream and berate people. This has a temporary effect as you will only get obedience when you are in the room or they think you may walk in at any moment. As soon as you leave people will usually do something to damage or injure a possession or goal that you have. For example, in a plywood factory the boss would scream and yell at the workers because they were behind schedule and they needed to lower the cost of the manufacturing. As soon as the boss left, they would take 30-40 sheets of an expensive plywood, run it through a chipper, and turn it into sawdust.

Again, this does not work very well. The only thing that you accomplish is that you have people that hate you. They will become passive aggressive and sabotage your efforts behind your back while smiling at your face. Why would you use something that could bite you in the ass?

Society for years have used gossip to control people in the group. Because we crave approval from others this causes us to get in line to avoid this negative speech. This comes from The Devil State, which means to gossip or put others down. As soon as the person is not under observation of the group they will revert to their original actions. Gossip does work, but it is not permanent, and it is a poor way of controlling people.

They have also used guilt, shame, and blame to control people. Thousands of years ago The Buddha realized that pain was the main source of discomfort in our society. Yet we see that people want to revert to this shame and blame to control others. In a volatile political climate people are asking on social media what is happening to shame and blame. They feel like if they bring back shame and blame that this would straighten “the bad people”. Shame and blame is a temporary fix and it creates more problems than it solves.

For years people have used corporal punishment to control children and subjects. They would beat you with a whip, sticks, and their hands (spanking) in order to inflict physical pain on others. In extreme cases they will cause severe bodily damage with breaking bones, removing limbs, and placing people in uncomfortable positions. This has not worked very well because as soon as the person gains physical strength or power, they will fight back and destroy the punisher. You may end up killing the person, and have no one left to control. I repeat, this is a very poor way of trying to control people. This is like kicking your car if it won't start.

The question that we have to ask ourselves is "What are we trying to do?" If you are trying to control other people you will need to understand the human psyche, and how it works. The most important thing to all human beings (except the sociopaths) is oxytocin and serotonin. We create these chemicals by having a strong social bond and creating a safe environment for all. Criminals are created when the environment is not safe and people have no hope for the future. When you remove hope, you destroy a peaceful society. This is why cities and neighborhoods where poverty exist turn into high crime areas. These people have no hope for the future, no hope for jobs, no hope for a better life.

What Works...

How do we control people? Let's take an example of a chicken in a box with a light bulb. You want to teach the chicken to peck at the light bulb. You talk to the chicken for a half and hour and it looks at you with wonderment (chickens don't understand English). You could beat the chicken with a stick until it pecks the light bulb. You will have one of two things, a chicken sandwich or the chicken will jump out of the box and run away. Neither of these things work. If you wait long enough, the chicken being a curious animal will peck at the light bulb. When it does, if you throw in a kernel of food after two or three times the chicken will peck at the light bulb all of the time knowing that it will receive a reward.

Another example is of a woman who wants a man to take the garbage out (all men realize that this is their job). You can yell and scream, or beat them and they will run away. This is why men go out hunting or out with the boys because receiving feminine disapproval is very painful to them. Usually men have a different opinion than women of when the garbage should be taken out. If it's overflowing, to them this is the correct time. If it's half full, the woman feels this is the correct time to take it out. When it is not taken out, the woman starts nagging "Shouldn't you take the garbage out, isn't it time??" This never seems to work very well for anyone.

What you should do is be patient and wait (yes you will have to wait until it's overflowing) and say nothing. Eventually they will realize that they need to take the garbage out. When they come back in, you can jump up and down and squeal with joy, and give them a hug and a kiss. The next day they will come in with the garbage can almost empty and ask you "Is there any garbage to take out today honey?" If you have tried this and it has not worked, then you are not patient enough, or you may be giving

them dirty looks… stop it. Punishment does not work. Rewarding good behavior does.

Another example is church groups and boy/girl scouts use similar approaches to get compliance. Religious groups will only allow you to perform service when you are compliant with their requirements. If you are rebellious, they will bar you from cleaning and maintenance on the building. If you are good, then you get to be of service, be an altar boy, clean the restrooms, teach classes, and help other people in the congregation. Work that people normally avoid becomes a reward. Religions have used this for thousands of years successfully. It is not something new.

This would be like if you want your children to enjoy doing the dishes or making their bed, you will tell them "Would you help Mom or Dad make your bed or help us wash the dishes?" Children always want to be doing what the adults are doing. When you punish your children with chores, they equate the chores with something to avoid. When children see successful people as not doing anything, they try to take a shortcut and try to become successful by not doing anything. You can control your children that have been disobedient by saying "The rest of the family is going to go wash dishes, and you need to stay in your room because you have been misbehaving." Washing dishes is now a reward. They will find that making their beds is a privilege not a punishment. In the future making their beds and washing the dishes will always bring back fond memories of being with Mom and Dad.

One mother mentioned to me about her son, "Now I understand as my son has never has wanted to wash dishes, he is now in the cub scouts, and he tells me he *must* wash the dishes as this is how he will earn an honor badge in service." Her son equates washing dishes with a positive

thing in life. He receives honor and praise from the cub scout leader and his fellow scouts. When cleaning the house, making the bed, and washing the dishes is treated as an honor and privilege, children will do this for the rest of their lives. When it is used as a punishment, they will avoid this at all cost for the rest of their lives.

Tom Sawyer used this to get people to help him paint a fence. When his friends came by and asked him what he was doing as he was painting the fence and not playing. He told them "This is a very important job and requires a lot of skill." When they ask if they could do it too, they were told "Just watch me for a while, and you may learn." After a short time period, they were begging and pleading to paint the fence. By the end of the day he had many of his friends painting while he sat back and directed.

Using rewards and positive reinforcement, you will accomplish your goal of obedience or compliance with less effort on your part. The change in people will become permanent as they will always have fond memories when they perform these tasks in the future. By using oxytocin and serotonin, which are created under a safe group environment, the changes you wish to see will be permanent and long lasting.

Oxytocin is a "feel good" neurotransmitter that is used in group bonding. Animals that produce lots of oxytocin will mate face to face. Other animals that do not produce oxytocin do it doggy style. Animals that produce lots of oxytocin will mate for life. Animals that do not, will have a temporary mate, or a new one every year. Oxytocin is produced in humans when you are having sex face to face, when a woman is carrying a child, when she is delivering a child (they give pitocin, which is a commercial name for oxytocin to induce labor), when she is nursing, when people sit in a circle and talk to each other and feel safe.

Everything that we do in life is to get oxytocin. When others see us with a new car, or the fanciest cell phone, and they admire us, we get oxytocin. When they see us belonging to a tribe (like Apple, having a certain wristband, wearing t-shirts from the grateful dead, etc), all of these things produce oxytocin. If you want people to buy your product or service, you need to create this chemical, oxytocin. A crying baby is no oxytocin, a cooing baby is oxytocin. This is why it is so painful to hear a baby cry.

Serotonin is another "feel good" neurotransmitter. When people do not have enough of this, they become depressed, and a doctor will prescribe SSRIs (selective serotonin reuptake inhibitors), to increase the amount of available serotonin in your brain. When you have an orgasm this is serotonin pumps going off in your head to reward you for having sex. This also creates a bonding between people. Serotonin is created in a large group when you feel safe.

All of the negative aspects of control destroy oxytocin and serotonin. This causes dissonance and unrest. This causes people to become violent, trying to destroy the source of their pain. The only thing that you are creating when you negatively punishment is violent people. In Louisiana when the police were confronting the protesters, the possibility of violence was escalating, stores were being looted, and property was being destroyed. As soon as they got a new sheriff in town that walked with the protesters and listened to their fears, the possibility of violence dissipated rapidly. Do you want to have success or frustration in life? How will you choose to live in harmony with others? Will you choose negative reinforcement, or positive reinforcement? This will be your choice.

A group of people have decided compassion can help control people’s attitudes, outlooks and actions in life. They have created a program

called The Compassion Game. As we all know in The Human Condition that as humans we are always trying to become better than others. By moving into The God State they are able to make the lives of people better and show compassion for them. They have taken this into a women's prison where they set up rules and regulations for the game where you get so many points for the compassionate actions they do for other prisoners or the guards. In two weeks the prison became a reasonably pleasant place to live with no violence, and everyone was much happier. They are also using this in neighborhoods where people are at risk and in poverty, and they are getting amazing results.

If we really want to make the world a better place, we will limit The Devil State, encourage The Human State, and depend on The God State to do the major work in improving the world. We need to have more compassion and less punishment. We need to eliminate shame and blame, and create rewards for good behavior. We need to understand that people can be different from us and still not be evil. Let's work together to make our personal lives and the world a more enjoyable place for all to live.

Soccer Moms and C-Level Dads

Too busy to live.

The belief that you always have to be busy, that you must have no idle time, that you must work for all that you possess is an idea brought to you by warlords of old. This enabled the warlords to control their people in order to have larger bigger pyramids, castles, and well groomed grounds surrounding the castles. A symbol of wealth was mowed grass surrounding your castle. This required a lot of sheep or a lot of servants. This is why we have well mowed lawns, and why the rich like to play golf. Even religions would convince their followers that they had to become busy worker bees creating a surplus as the harsh cold winter was coming. The more goods that everybody had stored meant more taxes and tithing paid to those in charge. The powers that be would convince everybody that "Idle hands were the devil's workshop." People that were idle or lazy and not doing anything were cast out or put in prison. In order to amass more wealth, they had to convince everyone that “Through hard work comes salvation.”

The Nazi's wrote on the entrance to the Auschwitz Concentration Camp, "Through Hard Work Comes Freedom." Instilling hope in these hopeless souls that if they worked hard and were subservient that they would eventually would find freedom. Church leaders over the years would convince people that they would have to *earn* their salvation through acts of service, donations, and strict obedience. They would do this although they preached salvation was attained through grace. The word grace comes from a word that means *unearned income*. You received income through no work on effort on your part. Many today still say the only way God knows you love him is by your service, and yet he is all knowing and all seeing. This doesn't make sense, but it does to those leaders because they are in The Lizard Brain.

I have seen women scrub their kitchen floor with a toothbrush on their hands and knees for hours thinking, "The only way I can be a good mom is to spend hours and hours cleaning my floor." In a commercial application the same floor would take ten minutes, and it would be just as clean. They feel unless it takes a large effort to accomplish something that the accomplishment must be worthless. People who run marathons will practice six to seven days a week for hours at a time, even though Tim Ferriss in his book 'The Four Hour Body' shows the same results can be achieved in 1/5th the amount of time. What is your goal? Is your goal to work really hard or to accomplish great things? Or is your goal just to accomplish great things? Or is your goal to enjoy life?

In The Devil State you will put others down because they are not busy with the things that you are busy with. You will look down on others and call them lazy. They are not working for and supporting a rich person. They are not a slave to someone else. They may be busy climbing mountains, drawing pictures, playing video games, and singing; but they are not doing it for pay from a wealthy person. The only time you feel

these activities are OK is when you receive lots of money for doing them. Otherwise these artists are lazy, and to be looked down upon. In The Devil State you will see to it that other people are busy in the *proper* activities. In business you will create lengthy reports that are filed in a box, and never looked at, then thrown away. You think to yourself "At least everyone in the office was busy." Corporations create large amounts of pointless jobs. For capitalism to work the corporations must create jobs. Economists have calculated in a large corporation that at least 30% of the jobs are pointless. This is because in a capitalistic society everyone needs to be working for a wealthy person. These people are called “Owners” as George Caplin named them.

In The Human State you will be concerned about your own business. You will be busy making money, working out at the gym, going to yoga practice, taking new courses, and learning how to be busy. In The Human State you are concerned about yourself. Are you the busiest person in the office? If you aren't, you will ask the boss for more things to do. This will let the boss know that you are trying to be busy. When you go home you will be busy cooking dinner and cleaning the house. You will be busy making sure your family is busy. In The Human State you will care less about others outside of your circle.

In The God State you do not care about ***busy***. You will enjoy time in many different pursuits. You will be willing to let the multiverse take care of you. You will allow others to be busy in their own interest. Whether others want to "be busy" or in silence, you will do all you can to help them. You will not allow the judgment of others on your *busy*-ness or non-*busy*-ness affect you. You will recognize the unlimited energy force around you and you need to allow this to energize you. In the God State meditation allows you to be very busy, but no one else will see your busy-ness.

In a business, managers will think employees must be busy. It is not about how much you get done, it's about how busy you appear to others. Individuals will move papers from one side of the desk to the other, run to the copy machine, or go to the shredder. This is all to look busy. It's not about accomplishing a task or getting a job done. In one company that I went to work for I was able to perform a job that the previous person took eight hours to do in one hour. The manager was upset because I wasn't busy doing anything. The manager gave me another job to do in addition. Both of these jobs took me two hours. I didn't receive praise or a raise for being efficient. Eventually I was given the work of four men, which I accomplished in less than four hours. Their solution was to send me to a part of the factory where they did not have to see me. I would come and go on my own, and just let them know that I worked the 40 hours. Even though during the 40 hours I was only busy for four of them. They were happy when they never saw that I was not busy, .

In the book ‘Cheaper by the Dozen’ an efficiency expert in the 1920’s consulted with factories to help them achieve higher efficiency. This helped the company increase their profits. He asked to see the laziest man in the factory. He watched how he performed his job with intense scrutiny for two weeks. The efficiency expert knew that the laziest man would never do anything that was not required to get the job done. The laziest man had not been fired because he was producing enough product to warrant his wages. The industrious man (Soccer Dads and C-Level Moms) would run around the factory constantly being busy, checking every little thing, sweeping the floor, doing anything to look busy, but never really getting anything accomplished. The efficiency expert would then retool the whole factory to do things the lazy man’s way because the lazy man would expend the least amount of effort to get the maximum output.

In the book "Rework", the company 37Signals mentions that excellent companies should have no M&Ms. M&Ms stand for meetings and managers. 37Signals started in 1998 with ten people, and very little income. Today they bring in over $150 million a month, and have only 40 employees scattered over the globe. Each employee does their job, and they have no need for meetings and managers. The worldwide economy claimed this business model would never work, and they were wrong. Most companies will waste hours of time in meetings where very little is accomplished. In these meetings the only thing that is accomplished is that managers get to show off their power.

C-Level Dads (and C-Level Moms) start work early in the morning, go to power lunches, cocktail breaks, and work late into the evening. When they arrive home at night if anybody is still awake they will give them a kiss on the cheek, and crash into bed. As their head hits the pillow a thought goes through their head, "Thank God I didn't have to think about anything deep today."

Soccer Moms and Soccer Dads will get up in the morning, fix everyone’s breakfast, prepare all of the lunches, drop each child at schools or daycare, come home and clean the house they had just cleaned thoroughly the day before, then run to participate in five or six different clubs or events that they have joined for the rest of the day. Soccer Moms will then rush to pick the kids up from schools and daycare, then drop each one off at violin, soccer, football, speech, math club, parties, youth groups, etc. She then runs home to prepare dinner, and then she runs and picks everyone up, brings them home, feeds them, cleans up after them, and when the kids are done with dinner she makes sure that everyone is done with their studies and practices until everyone collapses out of total exhaustion. Just before she goes to sleep a thought goes through her head “Thank God I didn't have to

think about anything deep today.”

In order to communicate with your children at times it will require an hour of dead silence before they reveal their innermost thoughts. Children need to have periods of boredom in order to become creative. A group of people were tested to find their creative index... they scored 98%. These people were kindergartners. The group was tested four to five years later, and their creative index level had gone down to 30%. In high school the group's creative index level had gone down to 10%. In work, in school, we are always graded when we seem to be constantly busy, yet the greatest inventors and thinkers of all time have always had long periods of low productivity. One of the reasons that we rush and rush to get things done is to impress other people around us.

Another reason we keep busy is to prevent us from thinking about situations that are bothering us. In Yoga we use meditation and stillness to Balance this. It is very important for us to take time to think (pray or meditate), to breathe, to rest, and our families need this too. If you are always running how will you become still enough to see the world around you? You probably heard the expression “We go to work at jobs that we do not like, to earn money to buy things that we do not need, in order to impress people that don’t like us.” ...or we don’t like either.

I'm in a hurry to get things done
Oh I rush and rush until life's no fun
All I really gotta do is live and die
But I'm in a hurry and don't know why.

Why are we in a hurry? Are we in a hurry to impress other people? Are we in a hurry to impress ourselves? Do we just have low self-esteem? Lets slow down, enjoy life, be a directed people. Do your intentions fly all

over the place like a shotgun, or are all your intentions direct and to the point like a high powered rifle? We don't live on a plantation in the 1830's where if the plantation owner didn't see us pick cotton fast enough we would be beaten, not given food, and we would have to sleep outside. Even though at times it may *seem* that we are living in similar circumstances (could we have traded chains for credit cards?) We can only handle so many projects at a time. We can enlist the aid of others to get things done realizing that we personally do not have the time to do.

It took more than one man to build the road in front of your house. It took a whole team of people to design and build the car that you drive. It took millions of hours of engineering and design and construction to build the plane that you fly in. No one man built that factory, no one woman built that house, no one person has built anything by themselves in this world today. Everything requires a team effort. Now even more than ever Robots are doing work we choose not to. Let them do it, and you can become a Human being, a Godlike Human Being (Homo Deus).

Your children can be taught to make their own food, clean their rooms, and wash their clothes, all while having fun doing it. If you read the chapter "Punishment - How Does it Work?" you will understand how to motivate your children and loved ones to get things done. You can also use the principles to motivate yourself to get things done. You may have a hard time cleaning your garage, but if you invite friends over for beer and pizza, cleaning the garage can become quite a bit of fun.

All of the great discoveries of the world and scientific thought have occurred during times of inactivity. Leonardo Da Vinci would have accomplished nothing if he had been behind a plow. He was funded by several rulers to be an artist and was given time to think about how his world works. Albert Einstein would have never developed the Theory of

Relativity if he had been working in a factory. He took a job as a patent office clerk that required less than one hour of actual work every day. Because of this he had the time to sit and think. Out of boredom comes great things.

If you do not take time for yourself and slow down, you will destroy your health, sanity, and the lives of others around you. We need time for meditation, and we need time to just hold the ones that we love. Every person doesn't have to be a soccer star. Every person does not have to be a C-Level Manager in a company. Every child does not have to be a professional basketball player. Every child doesn't need to join the math club or the chess club. Every child needs to be loved. Every child needs to be given the freedom to find their own way.

Reading expands the mind, but unless you have free time, reading won't occur. If you are forced to read a book, you will learn nothing. If you are given freedom, learning accelerates. By having time to try several different paths in life, and being allowed to fail, you will discover what motivates you the most. By giving yourself space, you will find the path that you have passion for. Sometimes people have to quit their jobs, travel, and broaden their education before they find their true passion in life. Are you ready to find your true passion?

Finland has the highest rated school system in the world. Graduates from their school system go to college sooner and score higher on tests than any other educational system in the world. They start children out for the first eight years with three hours of school per day which includes one hour of recess. They have no subjects and they have no tests given to the children. The only thing that is important is to learn social skills. As they gain curiosity about the world around them they will

ask questions to the teach about how and why things work. In order to satisfy their curiosity, they will have to learn reading, math and information about their point of interest. Finland has realized that the students do not have to be “busy” in order to learn.

Caregivers in a hospice that take care of terminal patients have reported on the common regret that those who are about to die express. Most feel that they didn't spend enough time with their families and let work rule their lives. An older gentleman told me that he had worked two or three jobs his whole life to provide for his family. Three years after retiring his beloved wife passed away. He regretted all of the time that he had lost with her. Many housewifes express that they are more concerned about their home than the people in their home. They wished that they had spent less time on the material aspects and spent more time on the relationships. Why would you wait until you are dying and full of regret? You can take action today to understand what your true motivation in life is.

All of these things are merely ways to impress other people. We impress people with things that we usually don't care about. We feel that in order to fit into society we need a certain level of material possessions. We are afraid of being called *lazy* or *unproductive.* Are we allowing ourselves to be superficial? A superficial person is only concerned about the outward appearance. A superficial person does not really have a deep love or motivation in life. The outward appearance is important for the superficial person. People do judge a book by its cover. If you have no substance inside the book though, people will quickly put it down.

Robots are currently taking over a large portion of labor. Every year that passes human beings need to do and less and less. Our basic needs are met quite easily. The Lizard Brain is still living thousands of years in

the past where if one person slacks, the village would starve (never has this really been the case, but this is how they felt). In this abundance of food, shelter and health care we never have to stress over being busy. We can enjoy our lives with our loved ones always having time for them. Your time is far more valuable to other people than your money.

I have seen and been with people over the years who will take a day off, and drive to the country. When they get out of their cars, they will take a deep breath and say "At last we are in God's Country." Now there are weeds, twigs, bear poop, deer poop, bugs and insects all over the ground. No bushes are trimmed, no trees pruned, and mosquitoes are flying all over the place. They will cook their food over an open fire, get ashes and sand in their food, burn it, undercook it, and savor every bite saying "Food always taste better outdoors." So if this is God's Country where do they live? In the Devil's Country? Then they sit and stare at the stars for hours, eat burnt marshmallows, and enjoy the most beautiful display of lights.

A painter is busy, a poet is busy, a writer is busy, a gamer is busy, an artist is busy…. Why do you feel they are lazy? Because they are not working(slaving) for you or a wealthy person cleaning their home or turning a crank in a factory. This will only make the factory owner wealthy. This will only make the worker cranky.

Are you busy to keep the thoughts out of your head? Are you busy because you want to put the thoughts in you head onto paper, onto a stone, onto a song, onto a heart, onto a student, or onto the ones you love.

Do you want a busy life or do you want a wonderful life?
Do you want to be busy or do you want to be loved?
Do you want to be busy or do you want to love.

Victim? Or Victor?

...Understanding of the difference between a Victor and a Victim.

A Victim is one who has no control over the events in their lives: a crime Victim, a rape Victim, or a Victim of circumstance. A person can have bad or terrible things happen to them in life and still not be a Victim. A Victim is someone that has no control over the events that happen around them, or has no ability to positively respond to the events that happen to them.

A Victor still has terrible and bad things happen to them that they have no control over, but they realize that they do have control over one thing...Themselves! They realize that they can adjust how they respond to these things good and bad that happen to them. A Victor will be willing to make adjustments and learns how to avoid the event or mistake in life again. A Victor can be born without legs and arms and still get a following on a speaker tour. Then he will marry a beautiful woman, have kids, and have an incredibly happy family. He still will have no arms and no legs.

A Victor can lose all their possessions and money, then go on to a productive life. A Victor can be savagely attacked within an inch of their

lives, heal and recuperate; then go back to their normal lives.

A Victim can have the same thing happen to them, and then crawl into a hole and be devastated for the rest of their lives. A Victim can win the lottery, and become a recluse worrying that others will take their money from them...maintaining their Victimhood even though they won the lottery. A Victim holds onto the abuse cherishing and nurtures the pain.

I found that if I cut myself or smashed my hand at work, the best thing to do was keep on working. I soon forgot about the pain, and I ended up with more money in my pocket at the end of the day because I was able to continue working, and get more done. Our job was paid on piece rate, the more you did the bigger your paycheck. I noticed others would spend time looking for a band aid, and spend time nursing the wound for the next several days. They did not have to work and could take a break. They get to suffer more pain, and have less money in their pocket (which made them an even *bigger* Victim). We all choose what things are the most important to us. A Victim and a Victor can have the same event happen to them and respond in two totally different ways.

Willie and Wilma Whiner where characters on Saturday Night Live. They were famous for complaining and whining no matter what happened to them "Oh no! I just got a check in the mail, and now I have to go cash it… Why Me!!!?!!??" "Oh no! I just got a *raise* at work, and will have to pay more taxes, and they will expect more from me." “Oh no! How could this happen to me!!??! The Universe hates me!!"

When we have no control over what happens in our lives, then we become Victims. A Victim will whine, cry and complain hoping others will feel sorry for them and provide comfort and support. All this does is to let others be aware of their helplessness… who then will go and take

advantage of them even more (predators always like to attack the weak and the helpless). You may have heard of people who have been rape Victims or mugged and even though they cried out for help sometimes for hours no one went to their aid. Others were afraid of becoming Victims themselves.

While if Donald Trump or Paris Hilton went into a store everyone would rush over to their aid… They needed no help. But if a homeless person walks into a store... no one wants to help them...but they need your help. The reason is that no one wants to be around a Victim. Everyone wants to be around a winner. It is our choice if we want to be a Victim or a Victor. Many have been in bad circumstances beyond their control but have decided to maintain their position as a winner, not a Victim. They were able to keep a good positive attitude, and were able to take charge of the events taking place in their lives.

Whenever someone petitions for justice in court they are a Victim. Whether as an individual or as a group, we are clamoring for justice, it is because we are Victims. A Victor will never go back to the court, complain or be asking for justice.

An event may have just happened days ago or 5000 years ago. The Lizard Brain is not aware of time. The offense from the perspective of The Lizard Brain is that the event just happened seconds ago or the event is currently happening now. The only way to get out of The Lizard Brain is to move the thought process up through the amygdala and into the frontal lobe. In the frontal lobe the concept of time, rational thought, and meaningful solutions arise.

When bad things happen in our lives we can stop and mourn and gather ourselves up after the event. Just as when you stub your toe or injure

yourself, you may stop and repair the wound and give it a little bit of extra attention.

If you were to see a person fall down in the street, and you went up to them and offered a hand and they said it “No thanks I will get up later.” A week later you walk by the same spot and you see that same person still in the same spot and they haven’t gotten up. You would come to the conclusion that the person was insane (or think this is a *real Victim* here)... Get over it, get out of the ditch, bandage the wounds and get on with your life.

A Victim will go over and over the event, and relive this time and time again. Each person they meet in life, they will tell the story anew. It is OK to listen to this story once if you wish to be empathetic. Any more than this, and you will be promoting their Victim story. If you make it so that the person can continue being the Victim, this is called being an Enabler. If you allow it they will fill up your life with this negative output. You will find yourself so busy putting out fires and running to unclog toilets that you have no time for yourself, your family, or your dreams. As human beings, we have all of the time in the world, which is 24 hours a day… how will you chose to spend this? If you spend all of your time enabling others and have no time left for you or your family, you are now a Victim.

If you are a billionaire, then you can hire people to take care of others. If you are not, then you will have to wisely choose what to do with your time. If you do not wisely choose what to do with your time being a Victim will cause you to focus on the negative things in life, and you will not see the opportunities, and good things in life.

This becomes evident when nations today are fighting over the inheritance that an ancestor left thousands of years ago. They will fight

and kill each other all in the name of God, or wrongs they felt were done to them generations ago. Others will moan over the mistreatment of ancestors several hundred years ago. They will live in poverty and despair remembering the evil things that others have done to their ancestors, and focusing on the continuing disparagement that is given to them today. They could just move on and make their life better today, but instead they just wallow in their misery, and keep attracting bad things into their life. Abusive people in the Devil State like Victims because they are easy prey.

Victimhood is involved in The Human Condition. To avoid further attacks from people in the Devil State, people will flaunt their Victimhood saying "I'm already down! I'm already beneath you!" Signifying to the potential abusers there is no need for further attacks. As in a fist fight, one person falls to the ground, and the dominant one will say "Just stay down and I will not have to hit you again!"

The Bully (The Devil State) likes Victims because it is easier to keep others beneath them and subservient. You can be the world's greatest piano player, and the Bully will make fun of you because your handwriting is messy. When you grade or criticize the work of others, you are in the Devil State. When you use the Bell Curve to evaluate the work or test of others… you are in the Devil State. The Bell Curve needs to always put ⅓ of the population into a lower state (put them down). Even if the whole class had a 97% to 100% scores, still those with 97% would receive a failing grade. Our entire education system is not about education, it is about putting people down and teaching them to be subservient in society. Does this piss you off? If you are in The Devil State it should.

The same thing happens in a large corporation. When management is less concerned about your productivity than of you being aware of your

position, and you are not confronting the "Boss" then this company is in The Devil State and trying to put you down. A company that helps impoverished kids get good jobs in large corporations said that they not only teach skills, but how to react in a corporate culture. People are hired for their skills, and fired for not having the proper social skills in a corporation. Acting like a Victim (knowing your subservient position) will help you keep your job. Is this the J.O.B. you are looking for? One of being a Victim!

People in the Devil State will put you in a position to fail. They will assign a task to you, then not give you all the information or training you need in order to accomplish the job. When you fail you will feel miserable, they will feel exalted in their superiority, thinking "See, I knew that no one can do as good as of a job as me!' Or "See, I knew I was right!" or “I told you that person was a loser.”

I was helping a group of people unload a semi-truck full of soft drinks for a charity event. Volunteers started to carry the cases off the truck one at a time. This was going to take hours, as there was just one narrow ramp leading off the truck, and each one had to wait for someone else to get off the ramp before they could proceed. I suggested that one person in the truck could toss the cases to a person on the ground, and then do a human chain to get the drinks to the desired location. I was told there was no way I could catch the cases, and this would not work. I reassured them that I was capable of catching the case of soft drinks. The person in the truck then took one case, raised it over his head and threw it at me as hard as he could. Of course it hit me, and broke and fell on the ground (he had proved me wrong). A friend of mine then jumped up into the truck, and gently lobbed the cases to me. I was able to catch these with no problem, pass them to the person next to me, and the truck was unloaded in minutes. The person who felt the need to be right over the need to empty

the truck tried to set me up for failure, but I was a Victor, and I won.

How can you avoid The Devil State, and not let others set you up for failure? The Human State will allow you to learn, acquire skills and avoid the pitfalls and the abusers. Learning skills and getting trained in new things will combat the onslaught of the abuse. When given a new task, be careful to not over simplify it. Do research and ask questions of others who are experienced. In The Human State you realize that no one is perfect and we all make mistakes, and we learn by our mistakes. Making a mistake does not devastate your life, it just lets you know that you are human. In the Human State you do not allow yourself to be a Victim. Associate with people in The God State, that will lift you up and make sure that you will not fail.

When you get stronger and are better able to take care of yourself, the need to be a Victim will have less of a driving force on you.

The Devil State requires that you make others Victims to keep them in a lower position that you. When people are Victims they have less power or strength to fight back. They will submit and succumb to your dominance. This gives you a feeling of superiority over others. By using confabulation, you will convince yourself this is a natural state and not one imposed by your choices. The Lizard Brain has no compassion or feeling of community. The Lizard Brain also confuses SEX with VIOLENCE. Self preservation and its own survival is the driving force behind its actions of making other people Victims.

The Devil State is also involved in Humor and Comedy. If you are skillful enough you can use The Devil State to stop abusers and avoid becoming a Victim. You can do this by using parody, irony, and sarcasm.

The Human State can help you combat the onslaught of The Devil State. Knowledge and Understanding will expose to you the lies that are being told to you in order to keep you in a lower position. Your education will help you to identify the lies and not be drawn into negative situation. You know the only reason they are attacking you is to put you down and to keep their superior position. When new skills are required you will take the time to learn them and be willing to make the changes needed. In The Human State you understand that you depend on help and guidance from those that are more experienced than you are. These will be people in The God State. This is not because they are the smartest or most experienced, it is because they are willing to help you. In The Human State you can also use mindfulness which is Observation Without Judgment to come to understand situations that have happened or are currently happening to you. The better your understanding, the better you can adjust your response therefore no longer being a Victim.

The God State will allow you to mentor and educate other people so that they can succeed at their endeavors. In The God State you will set up mentoring programs so that others can succeed, and get over their negative events in life (going to hell and back). I used to have a home on the road to hell and back. *I saw many people pass in front of my house time after time taking the same trip.* You will help Victims not to focus on their injuries, but to focus on their strengths. In The God State you will not assign tasks or jobs to people without giving them information or skills to accomplish their job. If they start to fail, you will jump in and kindly point them in the right direction. In the God State you do not grade with the Bell Curve. You will understand that everyone has different qualities and strengths, so there is no need to compare one person with another. Everyone can succeed and everyone can be the best in something.

We all have been Victims. And we all have been Victors. There is a time

and a place for everything. Being a Victim will help us toward moving onto being a Victor. We do not want to shame and blame people that are Victims. We want to provide them a way out of being a Victim, and *strengthen* them to be a Victor.

Where is our Focus?

Years ago, when I first started to hang drywall, I spent a lot of time each day hitting my fingers with my hammer. Since it slowed down the process of my job and my pay depended on the work that I accomplished on the job, I gave much thought to finding a solution to the problem. After several years (I am a slow learner), I figured out that wherever I allowed my eyes of focus on is where the head of my hammer went. When I looked at the head of the nail, that is what I hit. When I looked at my fingers, because I did not want to hit them, I hit my fingers. To avoid hitting my fingers, I focused only on the nail, and removed my hand from sight as soon as possible. I also had a problem with bending the nails over. When I was looking at where the nail point was going into the drywall, I constantly bent the nail over. When I changed my focus to the head of the nail that I wanted my hammer to hit, I never bent the nail over.

I started to notice also that in *Life* whatever I focused on is where I went. When I drove my car, if I let my gaze go to one side of the road I unconsciously steered the car that way. When I only looked at the road just in front of me, it was harder to drive smoothly. Only when I looked far ahead where I wanted to be, not where I was, was able to drive smooth and in control.

By thinking and focusing on where we want to be next month or next year, we will find our lives going more smoothly and we will end up where

we want our lives to go. When we spent time thinking about all the bad things, more negative things show up in life. This is like looking in the rear view mirror for potholes and roadkill behind us we will end up hitting more potholes and threatening the lives of animals in front of us. When we concentrate on what we desire and where we want to go, we will arrive at a destination that contains the good things that we want.

When severe traumas happen to us (loss of a loved one, severe accident, etc.), we need time to mourn the loss and come to grips with the event. It is up to us to choose how much time to spend in mourning: one week, one year, or the rest of our lives. Mourning does not bring back the loved one, it does not repair damage caused by an accident, it does not replant a forest after a forest fire… The damage can only be repaired by action on our part. The choice is ours.

I limit the number of negative things about murder, rape or violence, because I do not want to focus on these. It is not that I forget about such things, just like I know that my fingers still are there when I hammer, I just don’t focus on them.

When I want my business to expand and improve, I focus on things that will help me build the network I need to succeed. I plan for success. I project success. I think that everyone in the world is plotting for me to succeed. If this is my focus, then this is where I go. I can still be aware of pitfalls or mistakes that can be made in my business, but I do not focus or spend a lot of time on these potential problems. Once I become aware of them I don't focus on the problem… I focus on the solution. Where is your focus? If you are not sure, ask your friends. Keep a record of the main topic of your conversations for two weeks then you will know.

Self Control vs. Controlling the World

I see many people today trying to control the world around them. They want to control the weather, their children, employees, and everything in their lives. From what I have seen this is not working very well for them.

For example; how much control do I have over how the government is run? Maybe .00001% or my vote. How much control do I have over women?? None whatsoever, never had, never will. Go outside and scream “Stop Rain!!!” or tell the waves in the ocean “STOP!!!”. Let me Know what happens. The end result is that the only thing that you have control over is yourself, and even this is difficult. So I spent the most amount of my time with Self-Control.

You can be controlled by the Government, Religion, or Mom And Dad… or you can have Self-Control. Self-Control is making a decision and sticking to it. When there is a glass of water in front of you and you decide to drink it and you do that is Self-Control. When you make a choice not to drink it and don’t, that is Self-Control. When you tell your children there will be consequences for their actions and there aren’t any you are Out-of-Control. When you say you will go to bed by 12:00 pm and don’t you are Out-of-Control. When you say you will diet or take care of your health and don’t, you are Out-of-Control. When you find yourself Out-of-Control, you will find that eventually the government, religion, or mom and dad will be more than happy to step up and take control of you.

The less Self-Control a person has, the more they will try to control those around them (The Devil State). They try to control what people say, how they dress, where objects are placed in a room etc. When a

teacher in a classroom has no Self-Control, the class is out of control. When parents have no Self-Control, the children are out of control. When leaders in government or religion have no Self-Control, their followers are out of control. When I feel the need to control others(Lizard Brain), I work on Self-Control(The Human State). The more I can control myself, them other things in my life seem to follow suit. This means I take 100% responsibility for everything that is going on in my life. I have a choice to be a Victim (*one who has no control over what has happened to them*), or I can have Self-Control and choose how to respond to the events in my life. The more that I develop Self-Control, the more that everything in my life turns around to be what I want it to be. The more we can develop this trait, the more successful we will be in life (The God State).

100% Responsibility

How much responsibility are we willing to accept for the events that are going on in our lives? Ten percent? Fifty percent? Ninety nine percent? It all depends our outlook and our view of our Victimhood.

If we do not accept 100% responsibility for the events in our life, then we will always have a link or ties to the Victimhood. It will be difficult to break free. Those that accept a smaller responsibility will always look for ways out of their commitment to their goals. When stress or pressure hits them, they cave to the 1/10 of one percent that they have not made a commitment to. There will always be an *out*, or a *reason* not to fulfill their commitment.

I hear people say if a drunk driver hit you or if there is an earthquake, how could you accept responsibility for this?

The word responsibly means the *ability* to respond. If a person is hired as

a lifeguard and cannot swim or perform CPR then they are irresponsible. They are not able to respond when someone is drowning. It is not their fault. Now if I were to hold someone under water and they drowned then I am culpable, or it is my fault. This a totally different scenario.

We need to make sure that we have the skills and education to be able to respond to things that happen to us. When driving are you able to change a tire? ...fix minor engine problems? ...schedule regular maintenance? ...pay attention to other drivers and what they are doing? ...or do we feel that everyone should be following the rules of the road, so why bother to look out for the other person?

If we want a better relationship, are we making ourselves more attractive (hubba hubba!! ;-)) to the kind of person we want in our life? Are you letting your inner qualities of love, kindness and respect outshine your outer beauty? Whatever you allow to become brighter will become your beacon of attraction. If you allow outer beauty, you will attract shallow people in your life (Lizards). If you allow your inner beauty to outshine, you will attract people that have the same dreams and aspirations as you (Humans in The God State). If we want a better job are we getting the skills needed for this job? Those that are responsible will be taking action to resolve the negative situations going on. Those that are Victims will just sit and whine. "Help I have fallen and can't get up!"....

Two people were just hit by a car. One is a Victim and the other is a Victor. Two people just lost their job. One is a Victim. One is a Victor. Two people were just diagnosed with a terminal illness. One is a Victim. One is a Victor. Two people have been Bullied and abused by others. One is a Victim. One is a Victor. Two people have won the lottery. One is a Victim. One is a Victor.

At times we all have become Victims.

At times we have all become Victors.

Where do you want to go today?

Imagination...

...You own a time machine.

Have you lived a day that seemed to drag on forever? ...Have you had a day just fly by? ...Or have you ever been in an accident and it seemed that the world was moving by you in slow motion. These are all examples of your ability to affect time.

How do we go back in time? We use our memories. Can you go forward in time? This is intuition. Can you change what your future will be like? This is called Imagination. Can you change your past? This is called creating a new memory or what some people call a "false" memory. Therapists and police officers can install false memories in people by their manner of speech, and how they connect to the patient or person they are interviewing. You plant these false memories in people because this is where you want them to go.

The thalamus is the part of the brain that connects all of your sensations (touch, smell, vision, hearing, and body position) and acts like a switchboard to direct this information to a specific part of the brain. This is involved from The Lizard Brain to the superior Human Brain. Your thalamus also is connected to your future self. Every input our brain receives from other parts of the body (except for the sinuses) goes through the thalamus before it reaches the part of the brain that deals with this information. Everything coming in from the right side of the body is switched to the left side of the brain and vise versa. During brain surgery if you stimulate a section of the brain directly with a probe it takes one or two seconds before the person responds to the stimuli… we know this because in brain surgery, the patients are awake. Then when you touch your toe with a needle, your response time could be 100x faster or more. The only way this can happen is if the thalamus is sending out information from the leg before the event occurs. This can only happen if the thalamus is connected to its future self. Information is coming back to you in time from one to two seconds in the future. Each microsecond it goes into the future the possibilities are exponentially increased. Who is controlling your time machine? Are you stewing over past injuries, or are you in the present, solving problems, or are you looking to your glorious future?

Our brain works like a bus with 36 passengers and a driver. There is a barrier between the passengers in the back of the bus and the driver of the bus. In this barrier there is a slot where a piece of paper can pass through with instructions telling the bus driver where to go. The bus driver cannot hear the people on the back of the bus. He does not really know that they are there. He just see the instructions coming out of the slot. The people on the bus are constantly arguing and fighting over who is going to get their way. The people on the left side of the bus are usually female and the ones on the right side of the bus are male. The

people on the back rows of the bus are concerned and are always thinking about sex, food, and fear. Then there is a row of people involved with vision who are looking outside the bus to see where they are going. There is a group of people that listen to sounds from outside the bus to figure out what is happening outside. Then there is a group of people who feel the vibrations, the tilt of the bus, and how rough the road is. There is also a group of people that are operating a quadcopter with a camera and a microphone that is about a mile in front of the bus. They are telling everybody else where they are going to be in the future. There is a person who is writing a fantasy story about the life of the bus. It includes unicorns. Then there is a person with a laptop that is doing fact checking on the fantasy story. Finally there is a group of people who are deep thinkers and try to make decisions that will work out best for all people on the bus when they arrive at their new location. Everyone is constantly arguing and fighting over who is going to get their way. When they come to a decision then this is written on a piece of paper that is pushed through the slot to the driver of the bus. The driver thinks he is making these decisions all on his own, but all of these choices are made from the passengers in the back of the bus.

Which person on the bus has the most say in where you want to go? Your imagination is dependent on the decisions made by the people on the bus. Is The Lizard Brain planting false memories so that you can put someone else down or rationalize your mistreatment of a certain race or ethnic group (The Devil State). Is your Human Brain creating false memories to explain the world that we live in? This is called confabulation.

Our brains do not have a specific place to put a memory. When we remember things we pull them from different places and reassemble them. As with the people on the bus each one will contribute a section or

piece of information that contributes to this memory. When a person does not have all the information to explain something or an event we tend to confabulate.Confabulate comes from Latin and it is a past participle of confabulari, from com + fabulari, to talk. From the fabula where we get fable. The word was first used to describe how people make up crap in 1604. We aaallllll do this to one extent or another.

One person was horribly beaten and raped while jogging on a trial.. she identified the attacker as the husband of her best friend. Even though he had an alibi of being in a restaurant with his wife and all the waiters and cashiers had vouched that he had been there, he was still convicted on the eyewitness testimony of the person who was raped. 12 years later a DNA test was being run on all prisoners, and a match was found. Of a totally different man who had also been in the area at the same time. The police stopped the man for loitering in the park earlier that day. He had a prior conviction of rape. The police ignored him as a suspect because of the eyewitness testimony. What had happened was that she had a argument with her friends husband two hours before the beating. When you suffer severe trauma you can lose the memory. So her brain put the face of her friend's husband on top of the attacker. Her friend's husband was the last face she could remember. When the facts came out she was devastated that she had wrongly put an innocent man in jail for 12 years. The wife of the man who was put in prison divorced him as even she believed that somehow he had escaped the restaurant and committed the crime 30 miles away, and returned back to the restaurant in a five minute time period while he claimed he was using the restroom. Many similar events like this have led to the rejection of eyewitness testimony in crimes.

Our thoughts and beliefs can cause The People on the Bus to make up a story or to go along with our belief system.. In our brains we have a

Fantasy Creator and a Reality Checker. After the people on the bus argue about the correct viewpoint they will create a world that is not too harsh or too unrealistic. Our imagination can control our world. Be careful with your imagination it can create or destroy lives.

Confabulation is making up stories to explain things that you do not fully know. Using confabulation, you will create something that never existed to make the story go smoother. When we confabulate and are in The Human State of The Human Condition we do we make up stories on how amazing we are that is out of proportion to reality. We also can make up stories that diminish how great we are, and we make up excuses on how we cannot do things. In the God State you can use your imagination to see what other people could be, not as they are. Confabulation can also be used in The God State to create a new and better person that can be helped out. We can see their possibilities and cover over their imperfections as one god said "Love covers a multitude of sins".

How do you control time?

Now what is time? Time is a measurement of matter moving through space. A pendulum swinging back and forth. A crystal vibrating in a watch. How fast a vehicle moves from one place to another? How long it takes for the earth to complete one revolution. How long it takes for the earth to circle the sun. Again time is matter moving through space. If there is no movement, then there is no time. If there is no mass, then there is no time. If there is no space for this mass to move through, there is no time. Time is just a value that man gives as a unit of measurement to these observations. Time is just a figment of your imagination. As Einstein showed in his Theory of Relativity, time will be different for two different people in two different situations. Everything is relative. Each

person has a different imagination.

When you were young, it seemed to take forever to wait for things to happen. As you get older, time starts to seem to fly by. Again the only that has changed is our mental attitude. In The Human Condition children wish time to go faster so that they could be older, and be in a superior position over others. For older people, they wish time to go slower as this will keep death further away. Death becomes the ultimate insult. Time is merely a figment of our imagination. It can be controlled by our brains depending on if we are in The Devil State, The Human State, or The God State. You have the ability to change the speed and direction that it is going.

If you want more time, what are you going to do with this time? Many think that success is sitting doing nothing… having no goals or pursuits in life. This is why some people that are kept away from chances of success will take the shortcut and just move on to chillin'. This is why people that are forced into poverty will give up and act like their confabulation of a wealthy person. They think wealthy people do nothing.

We do not like things that are easy. We like things that are hard. John Kennedy, when stating the reason he wanted to go to the moon said, “because it is hard.” We do not like things that are easy. We want things that are difficult. Things that require effort.

In The Twilight Zone (a show from the 50’s) there was an episode about a gambler who died and was brought to heaven. God welcomed him to heaven which was a Las Vegas style casino. He was shown a large room and was told that everything was free… on the house. Girls were waiting for him and he was told they would come to his room whenever

he called..all free. He went down to the casino and every game he played he won.. And he won Big! After a week of this he called god to his room. He said there had been a mistake made. He should have gone to the other place. He could not live in a world where everything was easy and just handed to him. He wanted to live in a world where he had to fight and struggle to get everything, even though this included cheating. God smiled at him and told him there had been no mistake that he was already in the other place.

When things are hard the more effort we need to put in. The more effort we put in the more we enjoy the results. So when you complain about life that is hard, enjoy the fruits of your accomplishments! To avoid this peril you will need to understand The Human Condition. When you succeed at one thing, just raise the bar. This is being Addicted to Success. Raising the bar beyond your capability of reach is called Addiction to Failure.

We need to have goals and things to accomplish in life. If you put a group of kids in a room with some toys they will play with the toys. They do not sit around and do nothing. Humans beings like to have things to do. When the things they are doing are their passions they live longer and are happier. The reason people living in a ghetto do not do things is because if they fix up the broken buildings the wealthy owner will come in and kick them out. They have no hope of benefiting from their hard work. It is not that people that are poor are necessarily lazy, mostly they just have no hope. When we have no hope we just roll over and die. This is why when a person who has been diagnosed with a terminal illness will become sicker quite rapidly. They may have had the disease for 30 years and it progressed quite slowly as the were not aware of it (they still had hope). When we don’t give direction and purpose to a goal then we never will get anywhere or attain happiness in life. You need to spend time on things that interest you and that you have passion for in life.

In The Devil State we can have goals and interests of putting others down. This could require that we hoard more material possessions and take things from other people so that our possession bag is larger than everyone else's'. We can spend our time watching news channels that broadcast information on other people's stupidity and weakness. This will keep us quite busy also.

In the Human State we can have goals and interests of picking ourselves up. This could require that we receive a better education than others, working longer hours, using more wisdom in investments, and relationships. By doing all of this our possession bag will become larger than others. We can look at others and think "It's too bad that they couldn't be as good as me." In The Human State we realize that our possessions and certificates alone will let everyone know that we are superior.

In The God State we can have goals and interests of raising others up. We can mentor and help educate other people so that their lives will become better. By spending time with our families and showing love and care for them, we will receive their adoration. We do not need to acquire possessions to feel superior to others. We will help others to achieve more and have more confidence in themselves. We can understand that a job or a business is not our life. It is just a stage.

What kind of world do we want to live in? ...how do we control our imagination? …how do we steer the bus? ...are there any limitations? is there enough energy? is there enough money? is there enough water? what is holding us back? how big can we go with our dreams?

I hear many people discuss that there is not enough energy in the world. From the laws of Physics there is a term called as zero point energy

field. There are over 15 different fields that are known to science today. They do not totally understand all of these fields and how they function, but they do know when they interact together, that they create something that we know as matter and mass. An atom is basically empty space. If you were to take all of the potential energy in the space that one atom takes up, you could instantly convert this energy from the fields into matter. You would create enough matter to fill up one-billion universes our size (all of the galaxies stars and planets)... As far as the current state of the art of telescopes can see, and scientists can extrapolate the size of the universe a billion times over. One of these machines the size of a cell phone that could tap into the zero point energy field could provide all of the power for our planet and we could zoom around the universe at a hundred thousand times the speed of light, and regulate the planet's weather conditions.

If you took all of the potential oil underneath the ground, and could instantly move it to the surface of the Earth, it would form an ocean of oil twenty-one miles deep. Oil is a renewable resource. It is a biofuel because it is the poop of bacteria that eat methane. Though it would be devastating if we were to burn all of this, as this would cause severe pollution and block the sunlight from hitting the planet.

If you took all of the sunlight that hit the Earth, and turned it to electricity with the most modern of standards, you would be able to power 1000x more than we currently use. If you wanted to fund this project, it could easily be done for one trillion dollars more or less. This project could be done with techniques that we have today. These techniques would increase species diversity, clean water availability, and more food.

There are two other ways of getting energy. There is urine and there is shit. Urine can be converted to Hydrogen quite easily which can power

motors and fuel cells. The urine from one cow can provide enough electricity to heat the water for five homes. With the methane from the shit from one house you can provide all of the electricity that it needs, all of the gas to cook your food, and send the excess energy back to the power company.

We produce two thousands kilocalories of food a day per person on this planet. This is 2000x than we actually need. This means that we could have 2000x more people on the planet and still have enough food at our current production rate. One reason that some people don't have enough food is that we throw over half of it away, and we eat five times more than we should. Another reason is greed and The Human Condition of wanting to put others down.

If you were to put all eight billion people on the planet into one city with the population density of Paris, France, they could build a city the size of Louisiana and Alabama. The rest of the earth would be empty. And please don't tell me that Paris is overcrowded as many dream of living there.

So what are we lacking? Land? Food? Water? Energy? Love? Kindness? Respect? The first three we have plenty of. The last three we seem to have a shortage.

In The Devil State of The Human Condition we will look for facts or information to re-establish in ourselves the principle of scarcity. Once the devil is assured that there is not enough to go around, he will work tirelessly to keep resources away from as many people as possible. The Devil State will find reasons for putting people down (race, skin color, social standing, financial resources, or certificates of education). Any that do not possess the correct qualities will be barred from access to these abundant resources. Even though food is leaking out the cracks of the

storehouse, the devil will be totally convinced that there is just not enough to go around.

In The Human State of The Human Condition the person will understand they need to work hard to make sure the storehouse is full. They will work many years, day and night, and consume very little to see that their personal storehouse is full. When they realize that food is leaking out the doors then they will work hard to build a brand new storehouse.

Jesus gave a parable of a man that had many storehouses that were full. The man told his slaves to tear them down and build larger ones. When they finished the tasks, the wealthy man took a deep sigh of relief, and said to himself "You can rest now, as I have plenty stored up for the future." God appeared to the man in a dream that night, and told him "Sorry, but you will die tonight, and have no use of all of the things that you stored up."

The useless pursuit of material possessions has been known for thousands of years.

In the God State you will realize the abundance of air, food, water, and energy that are on this planet. You also realize that it will take energy and effort of your part to redistribute these resources to those in need. You will be more than happy to do this as you will receive ten times as much love, kindness and respect in return. You will not unnecessarily waste things, and you will not cry over spilled milk or burnt cookies.

Imagine that robots are manufacturing everything that we eat, wear, or use for shelter. Currently, 50% of everything that we use today is made by robots. In just a few more years 100% of everything will be made by robots. Even the robots will be made by robots. For the past 25 years

there have been factories of robots that make parts for other robots. I even have robots that clean my floor at night, I lovingly call them cockroaches! And we have robots that clean up decomposing bodies and vegetation in the forest. They are called insects and fungus. When robots make everything that we need, what will humans do for work? How will they get money to buy these products? Either they will starve or everything will be free. If a factory is producing one car every five minutes out the factory door, eventually every road in our country will be full of parked cars. Everything needs to be used by someone somehow or it will just rot.

Artificial intelligence will take over many jobs that we feel are purely intellectual. Legislation, law enforcement, Judicial, education, and other social services. They have artificial intelligence that is diagnosing disease, performing surgery, technical support, and managing decisions. There is nothing that will be exclusive to human beings. There will be no need for humans to do anything unless they choose to.

Today people use computers to go to war (Call of Duty), build cities (Sims), and for social interaction (Second Life).

Every year more and more people are connected to machines, cell phones, touch pads, and computer interfaces. They cannot do anything or go anywhere without these machines going with them. This is called a cyborg, part human, part machine. Amputees and people with nerve damage have mechanical body parts or computer chips implanted in their brain to make up for the damage done to them. These mechanical parts can be connected to nerve endings in their body or directly to their brain. These seemingly handicapped people can now function equal to or at a higher level to normal human beings. They are creating implantable nanobots that will increase your intelligence, strength, and

endurance. Eventually it will be hard to distinguish between human parts and machine parts. As the Borg from Star Trek frequently say to humans …"Resistance is futile."

So how do we gain control over our imagination. Does this just depend on a random roll of dice? Or can we steer where we want to go? Ray Kurzweil will focus on a situation or problem that he wants to solve 20 minutes before he goes to bed. He usually has a dream about the solution. He keeps a notepad by his bed so that when he first wakes up he can write the information from the dream down. This exercise allows him to control and use his imagination.

Meditation can be used to direct or control what we want our imagination to be about.

Meditation

Imagine a time in your life when it seems like in your brain there are 36 different people inside your head arguing, screaming, and in complete disagreement. You can't even see straight. Simple things that were once easy became a mess of confusion. Sounds are painful, and smells are either too strong, or void of their aroma. People with such anxiety can create pain, tear their muscles, break their bones, create sickness, and even create cancer and heart disease.

The part of the brain that leads to panic is called the Lizard Brain. The Lizard Brain is concerned with the three F's: fear, food and procreation. Meditation is excellent to calm down the Lizard Brain and everyone else in a person's busy mind. Then decisions can be made in a more rational sense without letting The Lizard Brain dominate.

There are three ingredients to meditation: Posture, Breathing, and Observation.

Posture

Finding a comfortable position gets easier with practice. Some people find meditation through walking, relaxing on their back, listening to the birds… there is really no wrong way! The advantage of seated meditation is that with practice is that there is the least amount of pressure on breathing compared to other poses. A similar breath can be found while standing, but a person will run into different problems of holding a standing position. Laying on the back compresses the ribs to the ground, but with blankets, pillows, and sometimes even ropes and belts, incredible clarity of mind can be experienced with very little effort. Hips, knees, ankles, and feet are usually are quite tight if beds, couches and chairs are all a person is accustomed to, but they will get more comfortable over time by using a seated posture.

Meditation will be easier if you give yourself between four hours and three days to regroup between practicing. The more skilled that you become, the more often you will be able to practice.

Making life easier and more poised are the goals for meditation. In order to do this through meditation we have the chance just to experience something as it is… without fear, shame, or judgment. That is not to say that we won't say nasty things to ourselves, but through meditation we will find ways of managing our thoughts. Do your thoughts change with the rhythm of your breath? When those nasty things come up how is the beat of your heart affected… how is your breath affected… are tensions in your body affected?

Breath

The breath is a tool for bringing clarity to your world. Breathing in you can take things into consideration that you want to bring into your life. Breathing out you can take things into consideration that you want to put out into the world. Pay attention to your breath to find a breath that fits the attitude, sensitivity, strength and flexibility that you want to have in your life. Fortunately, you can use your breath to guide posture that is easy, poised, and calming.

Observing

Observing where we are is important in meditation. We sometimes become ashamed and want to ignore certain ideas because they are “wrong”. Although not all ideas are equal, each idea can provide valuable input which can be considered... Sometimes accepted, sometimes rejected. Usually, your significant other, or children just need to be heard, and realized that you have at least listened to their wants and needs, and taken them into consideration when making choices. When your child tells you that he wants to spend summer vacation in the space station, you can ask them pertinent questions about how they are going to prepare for the trip. They can spend the next summer learning all of this important information, and realize that they need to broaden their education, and physical abilities in order to qualify for the trip. They are not being rejected, their energy is being redirected. The same goes with thoughts in our mind. If you have a thought that “nobody loves you.”, you want you take this idea into consideration, and understand that the idea may or may not be true, meditation will help you understand whether everyone loves you or not. Meditation will help you understand why people do not love you. Meditation will also help you understand why people love you.

Zen or Disconnecting

It's OK to disconnect to meditate, but this should only be for a certain time period, whether ten minutes, one hour, or four hours… you do not want to disconnect from life forever. The reason you are disconnecting is to make your life more vibrant, and in control. It's just like when you are having an argument with your significant other. Sometimes it's best to disconnect for a while, whether it is ten minutes or four hours. You can reconnect with them feeling fresh and devoid of the mundane worthless argument that got you there in the first place. Life is your significant other. When you are fighting with life, you are fighting with yourself. Meditation helps you to regroup, refresh, and reconnect to your main goals in life.

Pachi Mama or Connecting

The other end of the spectrum of Zen is Pachi Mama. Here a person lives large as possible. Fastest cars, jets and yachts. Most mansions, most epic parties, with the biggest corporation, largest families, most countries... Biggest islands, cleanest cities… The material world is what we swim in. How involved do you want to be in the material world, or how involved do you want to be in a spiritual world? How big do you want to live? Why?

Buddha

Buddha was born a prince into a kingdom that in his time had the best education systems in the world. He was excellent in relationships and everyone loved him. Enlightenment was a curiosity to him so he took the path as a monk. He fasted, meditated, and talked with the gurus...

Though most of the gurus had wise insights, there was always something that was missing to buddha. Through his journeys he discovered the life of poverty, and a life of opulence. He was striving to find the correct path.

While sitting under a Bodhi tree in meditation he found his insight. His insight was to take the middle way. Walking on the center of the path rather than swerving to extremes was his message. He found that both extremes lead to suffering. Although all suffering cannot be stopped, much can be avoided by taking the middle way.

Super Powers

You can also use meditation to control body functions. Every thought and emotion creates chemicals which course through our bodies, and contain signals or information that tell each cell in our bodies how to respond. You can activate or suppress your immune system with your thoughts.

Years ago, in one orphanage, they had many babies in one ward, their physical needs were met, and were all well fed. Even though their physical needs were taken care of their was still a high death rate from illness. It was strange that the first two or three babies always closest to the door always fared better than the rest. The further the crib was from the door, the greater the chance they caught disease and died. This puzzled the caretakers of the orphanage until one night a caretaker decided to check on a baby. The cleaning lady had picked up the nearest baby to the door and was cuddling it, and talking to it. She had done this every night, to the first few babies close to the door. There was no time for her to do this for the others. So just an act of love and attention was able to ward off disease. You may not be able to control how others treat you but you can control how you treat yourself.

Another form of meditation would be to imagine different forms and functions of your body, then going in and healing the disease and damage done to your body. To do this you can imagine yourself driving up to a large building which is quite familiar to you. You enter the building and direct the repairing of plumbing, the windows, the roofing, the heating, the cooling. This building is you. You can even go into the basement where boilers and pumps and sewage leaves the building. You can also take classes on how different parts of your body function. You can imagine how all of these function and work together unitedly.

John Sarno is a pain specialist that does surgery on less than 2% of his patients regardless if they have broken, herniated, or ruptured backs. He does this with lectures and psychotherapy. Even without surgery their back pain goes away. He also works with other doctors that deal with cardiac and endocrine ailments that have seen the same results, no matter what part of the body it is. The more you can educate yourself on the functions of the organs and the cells, the more effective your meditation will be to aid your body to heal. This is why many people can use meditation to slow their heart rate or lower their blood pressure.

Focus

I noticed in LIFE, whatever I focused on, is where I went. When I drive my car, if I let my gaze go to one side of the road I unconsciously steer the car that way. And when you only look at the road just in front of you it is harder to drive smoothly. Only when you looked far ahead where you wanted to go, not where you are, can you drive smooth and in control. By thinking and focusing on where I want to be next month or next year I find my life going more smoothly to where I want it to go. When I spent time thinking about all the bad things then more of the negative showed up in my life. When I concentrate on good things then more of those came in

my life.

When people think mostly about bad events or even *possible* bad events in their life, all they are doing is bringing more bad things to them. This is the victim complex. I found that if I cut myself or smashed my hand at work, the best thing to do was keep on working. I soon forgot about the pain, and I ended up with more money in my pocket at the end of the day because I was able to continue working and get more done. I noticed others would spend time looking for a band aid and time nursing the wound for the next several days. Others suffered more pain and have less money in their pocket. I guess that we all choose what things are the most important to us.

Now when large traumas happen to us (loss of a loved one, severe accident, etc.), we all need time to mourn the loss and come to grips with the event. But we can all choose how much time to spend in morning, one week, one year, or the rest of our lives. The choice is yours. Are you a Victim or Victor? Are you still addicted to failure or misery? Maybe it's time to join a Mastermind group.

I also try to limit the number of movies or books that I read about murder, rape or negative things because I do not want to focus on these things. It is not that I forget about such things just like I know that my fingers still are there when I hammer. I just don’t focus on them.

So when I want my business to expand and improve I focus on things that will help me build the network I need to succeed. I plan for success. I project success. I think that everyone in the world is plotting for me to succeed. If this is my focus then that is where I go.

In the business and the academic world people are given titles and

pieces of paper. This signifies that they are in charge and should be obeyed. They even have tenure and status and seniority. These pieces of paper and plaques do not make a leader. They make you a slave driver. People bow and worship you because you are carrying a flag or ensign that represents your status. This creates frightened followers who will agree with whatever you say because their jobs are in jeopardy.

This is what caused Michael Jackson to lose his life. Everyone around him was completely afraid of saying the wrong thing or not agreeing with him. This caused him countless frustrations that ended up in court cases that could have been avoided if everyone around him had just said "You are a complete idiot! This is not a smart thing to do!" Of course the person saying this would have fired, and Michael would have hired somebody to go along with his every whim. In the long run, this is what caused his death.

When we get followers by creating fear in people, we weaken and make our leadership less effective. Only by having people express their feelings and thoughts to us can we become a true leader. The more that we know about people and their personal lives, the better we can understand how to guide them to a become a more productive team. If we don't know people we don't know management. If we don't know people, we don't know business. If we don't know people, we don't know government.

A leader sets the example and protects everyone else from the slings and arrows of misfortune. When everyone recognizes this in a person they will gladly follow him into the depths of hell (as long as they get a raise or a corner office).

In The Devil State, a slavedriver will humiliate, belittle, berate, and

chastise those in his charge. Even when they are doing a good job, he will go out of his way to make sure that they know that they can be replaced at any time. His position or piece of paper is what everyone else will salute or worship. Of course if a new leader with a new flag shows up with more beef jerky and a bigger piece of pie, they will abandon the old leader in a second.

They will also sabotage the old leader because they were afraid of confronting him directly. The only way that they could confront him is through passive aggressive communication. This slows the project and makes it more expensive. Being in the Devil State forces others to be in The Devil State also, as they will feel this is their only solution. Many managers today are taught that they must attack, humiliate, and berate their employees. The slyly become false friends of the workers. Of course this puts the employees in a state of confusion which causes their body to go into a constant flight or fight mode. This creates heart disease, cancer, and broken homes.

In The Human State a manager will educate himself on the strength and weaknesses of his team. He will then offer education and training to make the team members better qualified. He will remind them of the need to follow his lead because of his piece of paper that he has received. He may let them know that they will need to get their own piece of paper to justify their existence. Mostly he will concentrate on his own knowledge and management skills he learns through secondary education. He understands there are *seven habits* that good managers have. The Human State in management is limited. It will limit the amount of damage it does, but also it will limit the amount of good he can do.

In The God State a leader will inspire others. A leader will set the example of what is expected. A leader will allow small mistakes that cause little damage to slip by without chastising. These small mistakes can be dealt with at a later time, and usually mentioned to the group as a general improvement that needs to be made.

A leader will go out of his way to find specialized training that fits each member of the group. A leader will constantly be constantly educating himself on what is the latest and greatest, and what is working and what is not working. A leader understands that there is more to life than the workplace. Each individual in his care may have needs at home that need to be addressed. Not everyone wants more money, some would prefer more time off for their families, others would like extended higher education, others would like childcare, and some just need a hug and a kiss. Not everyone pulling the sled needs 100% the same thing. A leader is sensitive to each member on the team and their needs on and off of the job. A leader does not need a piece of paper on a wall to establish his authority.

When we understand how simple these principles are it is much easier to implement the solution that we desire. You will find it is easy as one, two, three. You always have three choices that you can let your imagination run on. The principle of scarcity, the principle of plenty, and the the principle of your godhood (ability to create and to help others). We are in all three states at once. We do have the ability to control what percent of ourselves we will put into each state. Whatever the mind can conceive and believe, you can achieve. Use your imagination wisely. Imagine people living in peace and harmony. Imagine well.

Further Reading

Having read over 60,000 books and personally interviewed over 100,000 people over the years has influenced our viewpoint of the world. Some of these have strengthened our view of The Human Condition, and others after we listen to their perspective, all we are left saying is “WTF!” In The Wisdom of the Crowds James Surowiecki shows that for a correct Observation you need to take in information from multiple sources. Some of these will be outliers which are individuals that deviate extremely from the left or right of the norm. Malcolm Gladwell showed in his book Outliers that these people at extreme distances from the norm help balance society, and bring up new ideas, and new directions for the group. We have learned Lao Tsu, Epicurious, The Buddha, that balance helps us to understand ourselves and our position in the world. Closed minds and unwillingness to learn new things has always harmed society.Rejection of past knowledge and traditions can also be quite harmful to society. Religion is always trying to prove itself right and science is always trying to prove itself wrong. Religion is actions or ideas that have been repeated over and over that have become an integral part of our life. Science comes up with theories and ideas on how things

work, and then attacks them trying to prove them wrong. Once they have proved the old idea correct, they then tweak or create new theories that they will continue to attack until they prove wrong or find flaws in the theory. .

For us to be balanced in life we need to have one foot in a stable, traditional, position (religion), and the other foot needs to be flexible, and readily willing to embrace new ideas, This will help us remain in balance. We will not be stuck and frozen in time, nor will we be tossed about by every new idea or theory that comes up.

Below is a list of authors and thinkers that will help you explore the ideas in this book deeper and in more detail… This is only a beginning to the list. The purpose of this book was to get you thinking, and you can decide which ones you would like to accept, and what you would like to prove us wrong. We are more than willing to listen to any input that you wish to give us, and if you have further questions on anything, or you want to bitch we would greatly appreciate your words. .

Know these, their history, their relation,

Lao Tsu - The Dao or The Way or the I Ching
Bhagavad Gita
The Holy Bible
The Yoga Sutras
The Koran

Epicurious who influenced ...Lucretius, Immanuel Kant,Friedrich Nietzsche,Karl Marx,Michel Foucault, Michel Onfray, Thomas Hobbes, John Stuart Mill, Jeremy Bentham, David Hume, Pierre Gassendi, Philodemus, Metrodorus of Lampsacus, Publius Aelius Hadrianus, Han

Ryner, Carius, Hermarchus, Amafinius, Thomas Jefferson,...and he was influenced by Democritus, Aristippus, Pyrrho, Nausiphanes.

Epicurus was influenced by Democritus, Aristippus, Pyrrho, and Nausiphanes.

A few important writers...
Thomas Payne
Henry David Thoreau
Alexandre Dumas
Victor Hugo
Steven King
J K Rowling
Lewis Carroll
Maya Angelou
Roald Dahl
Aldous Huxley
Yuval Noah Harari
Ray Kurzweil
Dr. Suess
Ernest Hemingway
Ayn Rand
Franz Kafka
George Orwell
Herman Hesse

Science Fiction...

Complete Works of Harry Harrison with Special Mention of The Stainless Steel Rat Series and The Slippery Jim Digriz was a deep study in The Human Condition.

Friedrich Pohl
Complete Works of Isaac Asimov
Robert Hylan
Ray Bradbury
Mary Shelley

Economics….
Thomas Piketty
Milton Friedman
Adam Smith
Friedrich Hayek
John Meynard Keynes
Paul Krugman
Jeffrey Sachs
Joseph Schumpeter
Daniel Kahneman
John Stuart Mill
James Galbraith
John Kenneth Galbraith
EF Schumacher
Graciela Chichilnisky
Friedrich Engels
Alfred Marshall
Ha-Joon Chang

On living long, our amazing future, and the crap we will continue to see from other humans and ourselves….

Cynthia Kenyon

Peter Diamandis

Hans Rosling

Aubrey De Grey

Brian Greene

Robert Greene

Simon Sinek

Malcolm Gladwell

Micheo Kaku

Richard Feynman

Dr. John Sarno

Buckminster Fuller

Jacque Fresco

Thomas Gold

Fun Videos on Youtube to help you understand some of the chapters of The Human Condition….

Scrooge McDuck and Money 1967

https://www.youtube.com/watch?v=UFvXhQ70OpQ

How to Start a Movement

https://www.ted.com/talks/derek_sivers_how_to_start_a_movement

What do you desire?

https://vimeo.com/60087670

From Scarcity to Abundance--Re-imagining Money: Ellen Brown at TEDxWallStreet https://youtu.be/TR-U2fLIXaE

If you are a slow reader and you want to get better skills, do the exercises in the following book. Schedule time to challenge yourself and others to make your memory better. Make up games where helping each other is what you get points for. Online there is a free pdf. Google “super power memory pdf”, and you will find....

Harry Lorayne: How to Develop Your Super Power Memory

On the Kindle reader there is an option of having words flash in front of you at a certain rate. You will find that the faster that you learn how to read the faster you will be able to comprehend the idea.

If you are really serious about getting the most out of your life by achieving the highest stage of enlightenment and finding balance in The Human Condition you are more than welcome to join us at...

The Road to Kaivala. https://kaivala.com/

We are only looking for the best. You will probably be a good fit. We really appreciate assholes.

You are great and wonderful!

See Dad...I told you I was right.
...Lucifer Moringstar 7666 BCE

3000 years Later I see that things haven't changed much.
Men are still dominating men to their own ruin.
...Solomon 940 BCE

I told everyone that the only source of true happiness was
Community and Philosophising.with your friends.
...Epicurus 250 ,BCE

I gave everyone the solution to to end suffering and I see
that they are all still struggling with Shame and Blame.
...Buddha 470 BCE

Sorry to see that rulers are still trying to curtail free speech.
...Socrates 401 BCE

Did they not hear me THE FIRST TIME!!! FREE HEALTH CARE!!!
FREE FOOD!! and FREE SHELTER TO THE HOMELESS!!!
...God 33 AD

...Most Students Study my works in school and still do not
understand The Will to Power or Superman. Shit!
...Good job guys!
...Nietzshe 1898 AD

Finally someone who understands the Velocity of Money!
...Wall Street 2017 AD

Great Text Book to teach children the foolishness
of the ways of people not connected to AI!
...Galatic Consortimum 2520 AD