



Personal and Professional Development
To meet the complex needs of people supported
such as:

- **S**ocial Reform
- **S**ubstances Recovery
- **S**icknesses Prevention
- **S**afety
- **S**ecurity
- **S**kills (Life)
- **S**mart
- **S**elf Development
- **S**atisfactory Life

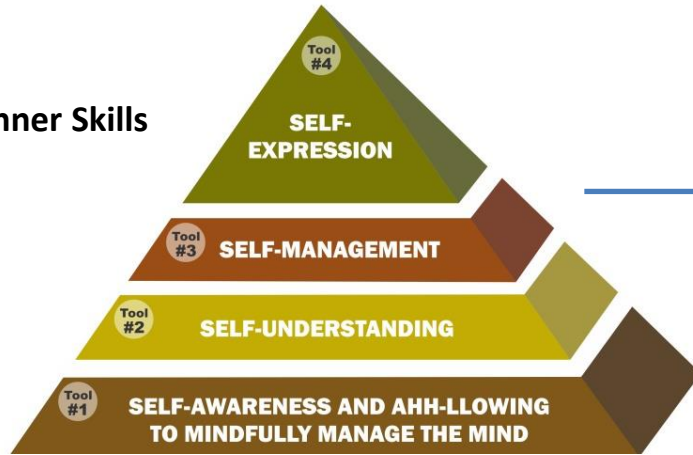
A Centre for Conscious Care

Part 4D

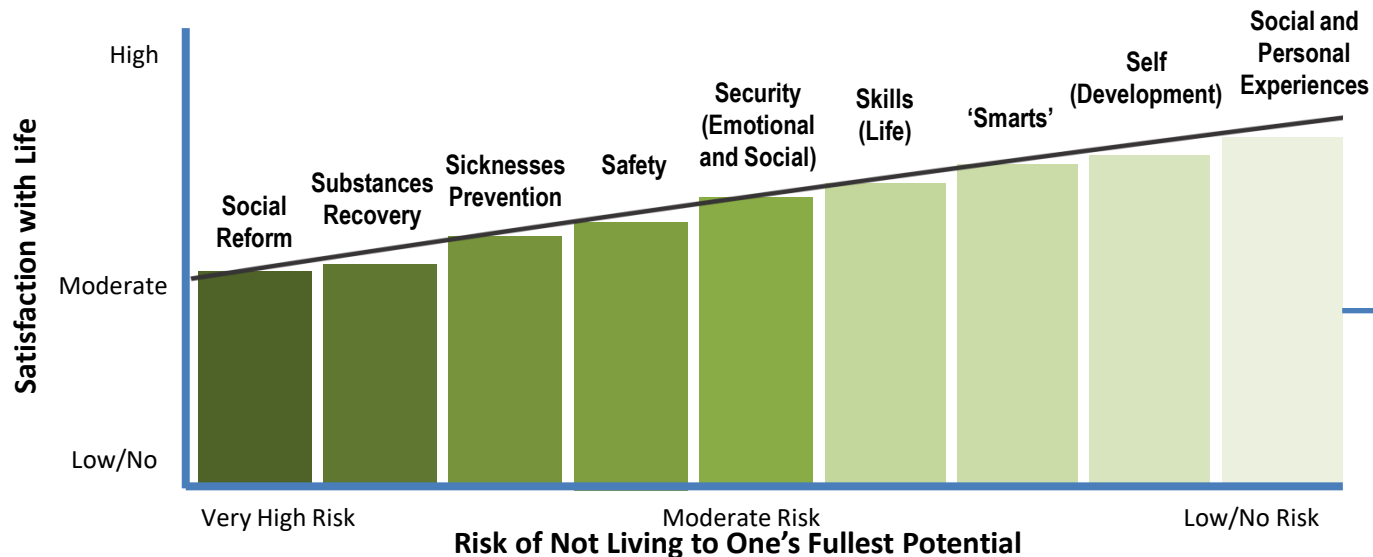


CNSS Inner and Outer Skills Development to Successfully Support and Supervise People with Complex Needs to Live to Their Fullest Potential

CNSS Inner Skills



CNSS Outer Skills



Effective implementation of PCP of support resulting in:

- People supported living life to their fullest potential
- Team members fulfillment, motivation, safety and a self sense of purpose
- Human and financial resources deployed effectively



The Two Main Blockages to Professional Competence and Commitment are:

- Lack of Professional Know How – approximately ____%
- Lack of Personal Development – approximately ____%

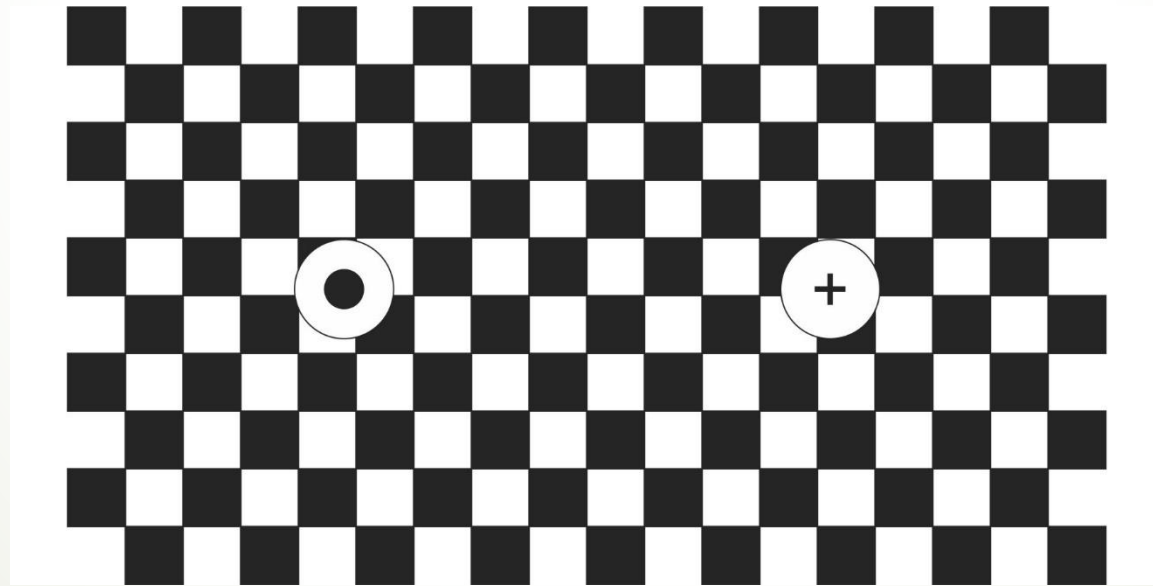


The Main Blockages to Personal Development are:

1. **Cognitive Bias – I am already developed based on...**
 - Memory gives meaning to everything but memory is very poor.
 - The brain is addicted to speed dialing (existing in-house data) because it is always conserving energy so it has enough to assess the environment for a threat.
 - The brain needs to keep information simple to also conserve energy.

Process – Checker Board

2. **Inattentional Blindness – we miss buildings, pain and cars.**
3. **The mind decides quickly on in-groups and out-groups and we can become readily unforgiving and resentful of out-groups.**
4. **We are generally only semi-conscious.**
5. **The problem with Brain Architecture**
 - Nature has programmed us to not be satisfied with what we have.
 - Nurture has programmed us with illogical filters that also keep us dissatisfied.
 - The 'Dopamine Dash' problem.



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The 4 Essential Inner and Outer Life Tools of Personal Development and Renewal



Optimal Self-Expression

is however not possible without

Self-Management

which is not possible without

Self-Understanding

which is not possible without

Self-Awareness and Managing the Mind

Why Personal Development Requires Inside as well as Outside Skills



(Page 24)



If This Autopilot Effect Turns Out To Be True, It Could Account For Why...

- You get into harmful power struggles but can't stop them from escalating.
- You want to stop worrying about a concern that you have done all you can to correct, but something won't let you.
- You want to forgive someone, but something won't let you.
- You don't want to be angry or fearful, but something seems to make you.



If This Autopilot Effect Turns Out To Be True, It Could Account For Why...continued

- **You don't want to lose your temper, but it seems to just happen.**
- **You don't want to be moody, but something makes you.**
- **You don't want to feel excessive guilt, but something makes you.**
- **You too often do not play your A-game, especially when your autopilot (not you) is following directives of which you are unaware.**



Could it be that most or all of these unwanted thoughts, feelings and behaviours are happening to you (and similarly to all other “difficult” people in your life) just as unknowingly as our Crown Vic shifted gears?



Algorithms

- **Aerospace**
 - metallurgical
 - manufacturing
 - testing



- **Mr. and Mrs. Robin**



- **Emergence and Human Nature**



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Understanding the Setup – Our Human Predicament – “I can’t get no satisfaction”

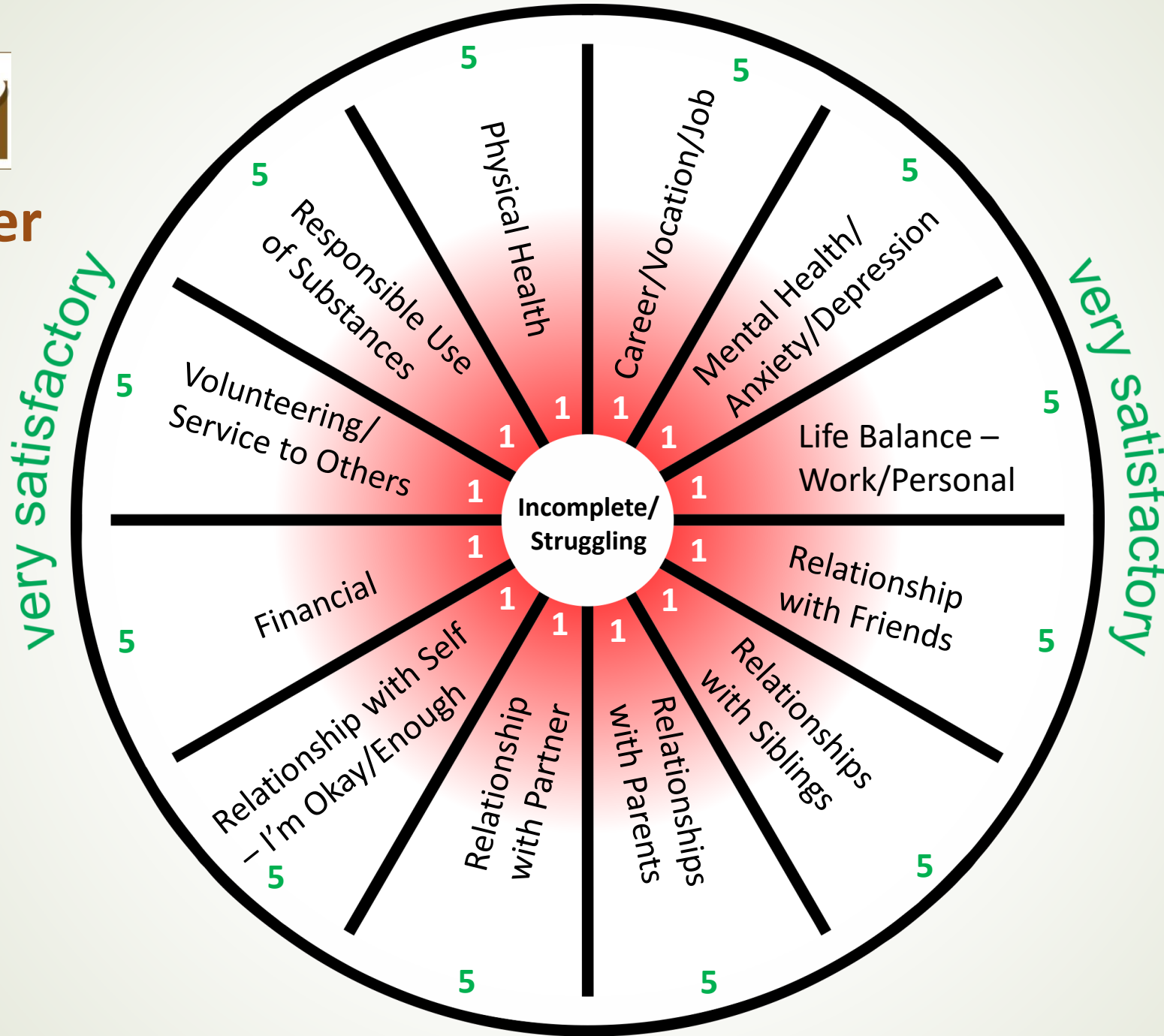
- Our *nature* decided tens of thousands of years ago that to be successful we humans needed to evolve as a species with the prime design feature only being to survive and pass on millions of copies of itself.
- To live and survive then, nature has specifically designed us to still be motivated to mainly always just be scanning our environment for food, sex and shelter to stay safe, reproduce and stay physically comfortable.



Understanding the Setup – Our Human Predicament *continued*

- An important design feature/flaw to guarantee this motivation that every normal person has inherited (not developed) is **automatic neurotransmitter rewards** that are activated much more **when we anticipate and pursue** for example eating, having sex, impressing others, competing for control and/or excluding others who appear different (our hard wiring today still insists that “different is dangerous”).
- This inheritance **keeps us basically dissatisfied** with our life because hav’n is given significantly fewer neurotransmitter rewards than do’n and get’n. Satisfaction is therefore fleeting.
- This is one of the main reasons why we can be living in the top 5% of social and environmental conditions on the planet and still be craving more because of hard wired discontentment.

Why Bother *continued*





The Great Depression

- Learning these tools is not about bullet proofing one's self against all of life's problems.
- It is more so to survive and grow and develop as a result of life's classrooms.
- Our guarantee is...



Personal Development Managing the Mind – Part 4

**Tool
#1**

**SELF-AWARENESS AND AHH-LLOWING
TO MINDFULLY MANAGE THE MIND**



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Mindfully Managing The Mind

Do I Have A Thinking Problem?

Do you know what your next thought is going to be before you have it?

☐ Yes

☐ No

Can you stop yourself from thinking when you want?

☐ Yes

☐ No

You talk to yourself all day long, but there is nobody listening inside you. If you did this audibly in front of people, they would call 911 or avoid you. As ridiculous as talking to yourself about thoughts all day long is, can you stop doing it?

☐ Yes

☐ No

When you become emotionally hijacked and you say or do things that you'll later regret, do you know that you are thinking, saying and doing these things at the time?

☐ Yes

☐ No

Yesterday you had 50,000 thoughts. If I could download these thoughts onto a computer and protect this file with a password, would you give your password to anyone?

☐ Yes

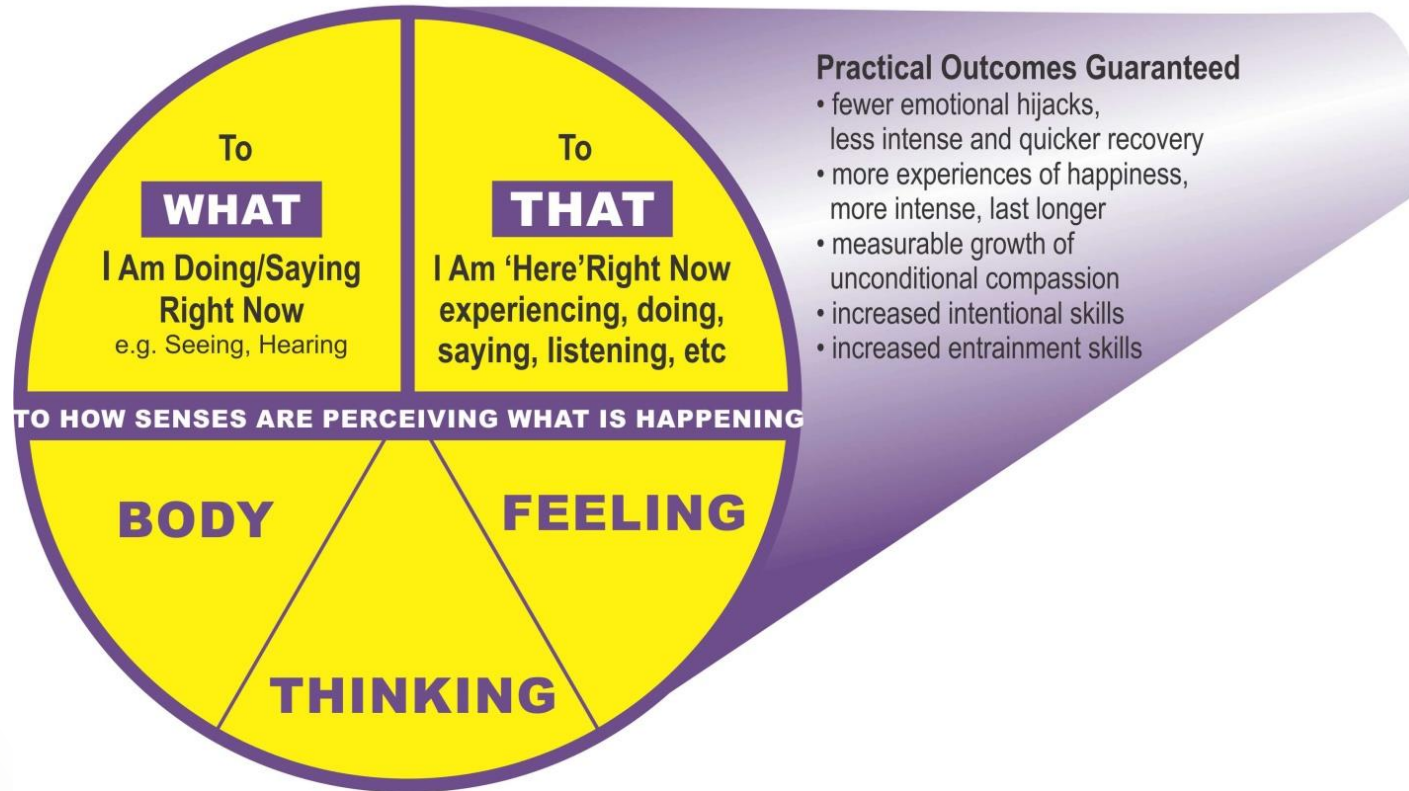
☐ No



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U,B-FIT MINDFULNESS IS

Paying Attention and Being Ahh-llowing of:

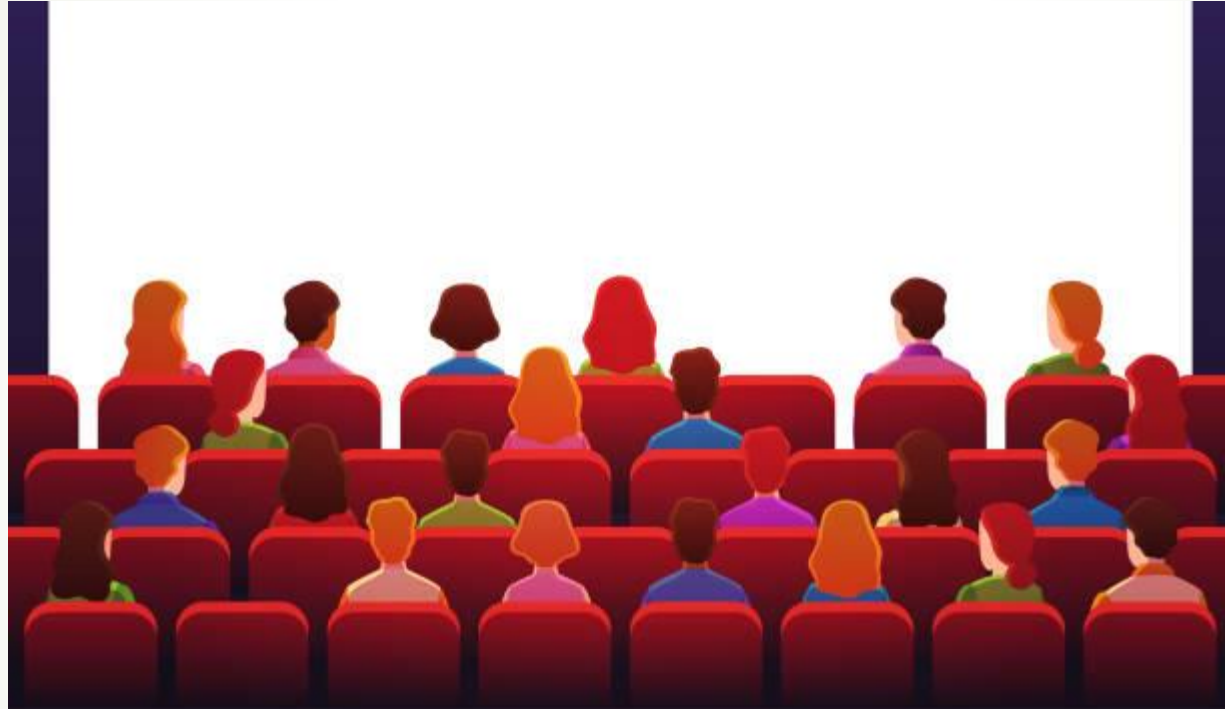


Free Will Ain't Free

*Inside my head a crazy drunken spree.
Thousands of thoughts that are just not me.
I continue to blame the people I see,
Forgetting they're asleep, as drunk as me.*

*Free will ain't free, but it is for sale.
Can't be purchased, checking email.
So what to do, to have true choices?
Catch and Calm to hear, wisdom's voices.*

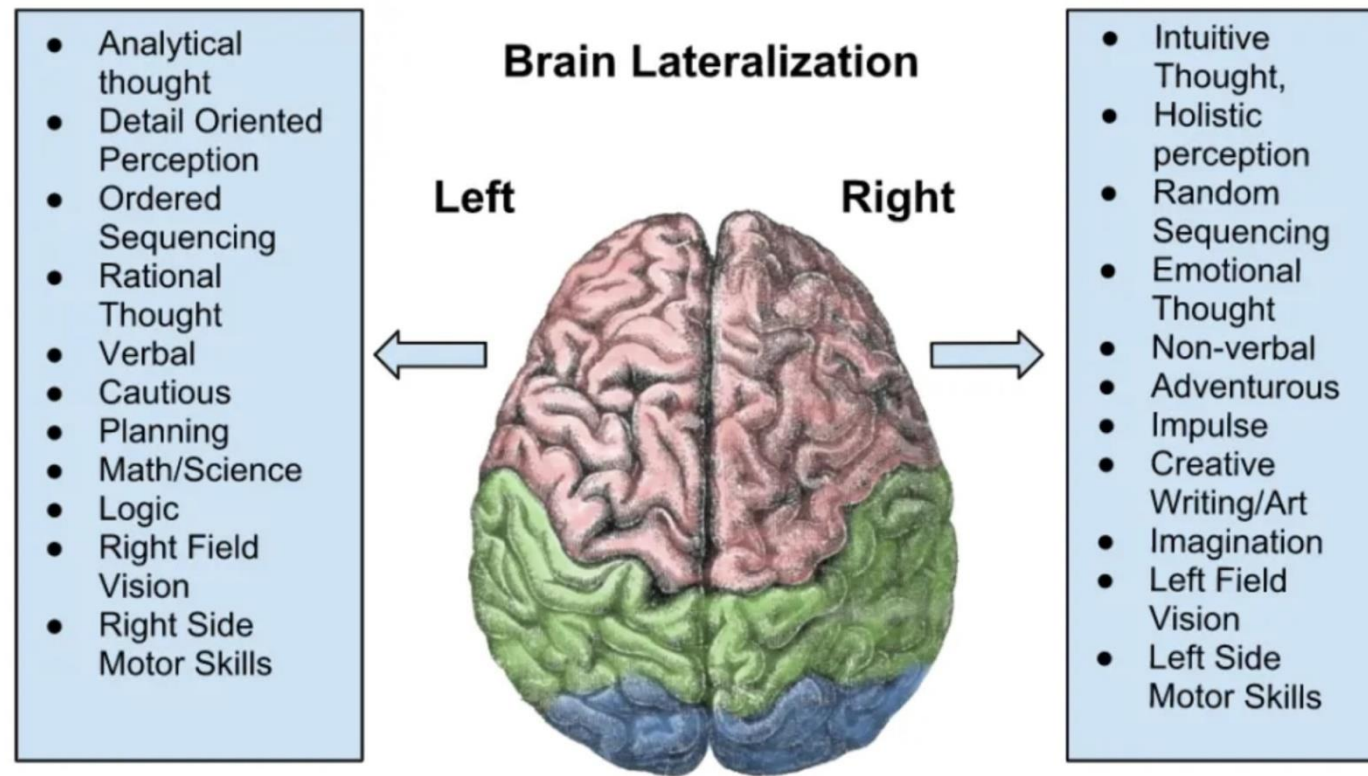
*What a joke to be said, that free will is free,
Unless of course I live - mindfully.*



*Using Mindfulness to create
distance from thoughts:*



Information that enters the **left hemisphere** travels across the corpus callosum going to the right side of the brain and vice versa. The two hemispheres of the brain (right and left hemisphere) function interdependently.



Each of them has a role to play in the processing of information although the other is more dominant in certain functions. The process is called brain lateralization. The degree of **brain lateralization** is not the same in everyone.



Self-Awareness

- ***Self-awareness*** is the ability, in the moment, to consciously experience those PFP (Primitive Predispositions, Filters, and Brain Priming - PFP) algorithm influences that are attempting to control our thoughts, feelings and behaviours.
- It is the ability to be mindfully aware of what we are experiencing as we are experiencing it.
- This awareness can activate sufficient free will to make better informed choices not dependent on our reactive PFP programmed wants and desires.
- This enhances fulfillment of positive experiences and reduces the suffering from negative conditions.

Physicians who were given a short mindfulness course improved in job satisfaction, quality of life and compassion for up to nine months after the course. The researchers found that at nine months, the physicians were significantly less burnt out and had lower levels of depression, anxiety and stress than doctors who didn't undergo the training course. They also scored higher on scales measuring compassion

(Krasner MS, Epstein RM, Beckham H, et al. 2009).

When we are more conscious, love and compassion appear as being selfless. In mindful relationships we do not relate only to the other; we relate to “us”. Compassion’s communion brings us together in a whole. It does not see the world’s pain and sorrow as other, it is shared, and it is ours. When we allow our shared vulnerability and humanness, love and compassion are as natural as our breath and without hesitation we act to help.

Thich Nhat Hanh



The 4 Skill Sets of B-FIT Mindfulness are

1. Calm and concentration
2. Sensory clarity
3. Ahh-llowingness
4. Be here now

B-FIT exercise – The Mindful Raisin



Tool
#2

SELF-UNDERSTANDING

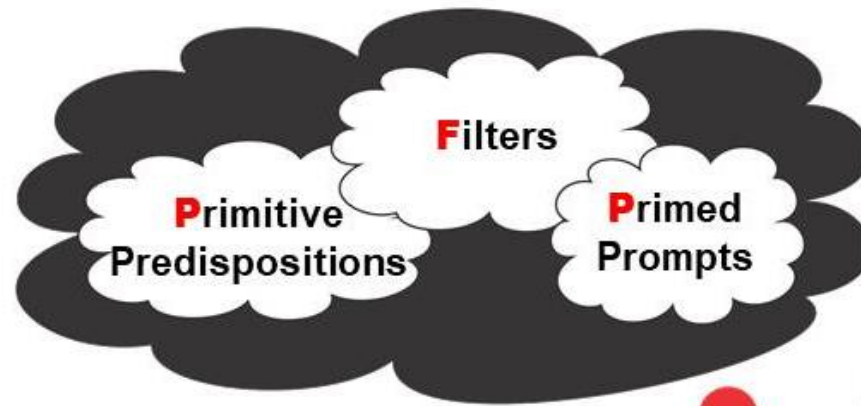
PFP Brain Insights and Reframing

Self-Understanding

Self-Understanding is the second tool. This critical tool is applied to enhance our understanding of how deeply controlled we are by our nature and nurture programming and society's conditioning that govern many of our beliefs and behaviours.



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Primitive Predispositions

- Our inherited survival and sex driven 'Nature' brain.

Filters

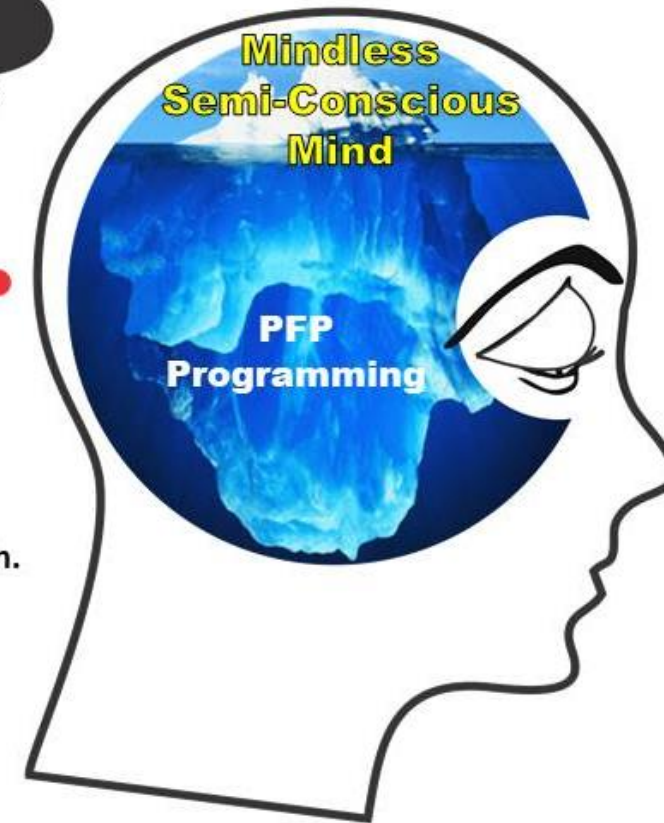
- Our childhood learned , "I need", "I am", "others are" 'Nurtured' brain.

Primed Prompts

- Our culturally conditioned, Normalized brain.

Mindless Mind

- Our semi-conscious 'Not Here' brain.





Some of the ways described throughout this resource to Grow Beyond the PFP Human Predicament to Upgrade your 1.0 Algorithm to a 2.0 Version

How to grow far beyond your high-risk algorithm of being only semi-conscious (a.k.a. lost in thoughts):

Over each 24-hour period, you can be experiencing consciousness on a 1-10 continuum.

Unconscious: (1)

- like when you are asleep in your bed.

Semiconscious: (autopilot) (5)

- like how you typically drive your car, relate to people and do most doings, i.e. you are there but your mind is someplace else and you are unaware of what is happening in the present moment.



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Fully Conscious: (self-aware) (10) 'mindful'

- like when you are paying attention – noticing what you are doing
e.g. how you drive when a police car is following you;
- knowing that you are doing it when you are doing it and
- knowing how your body's sensations, feelings and thoughts are reacting to what is happening.

Subconscious:

- your data bank of files that you inherit and develop (a.k.a. your algorithm).

The 4 Life Tools will help you to live more fully conscious by helping you to better understand and to manage the human predicament's set-up.

A human being experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The striving for such achievement is, in itself, a part of the liberation and a foundation for inner security.

(Albert Einstein)



**Tool
#3**

SELF-MANAGEMENT

The 4 Step Catch, Calm, Clarify
and Choose Process

Self-Management

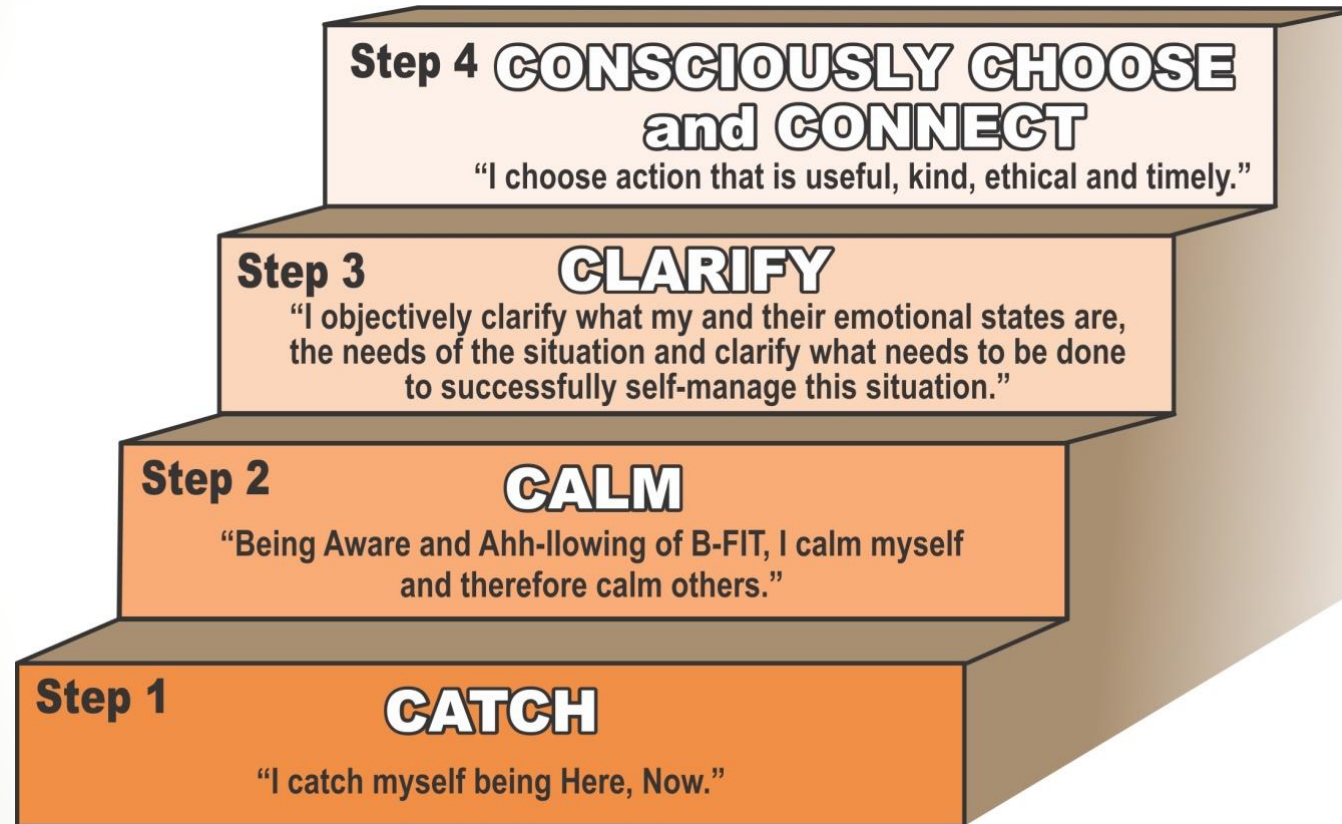
The third tool is self management to more optimally manage ourselves.

We learn to approach each situation with a simple four-step process.



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The 4 Steps of Self-Management





Self-Expression

The fourth and last tool on the pyramid is *Self-Expression*.

- Simply put, this is bringing our best self, our A-Game, to whatever we do and say.
- Not driven by the 4 outs of burn-out, tune-out, freak-out and space-out.
- All speech and actions spontaneously become useful, ethical, kind, and timely.

Throughout the applications of the tools, personal development achieves the following:

- **Fulfillment**
- **Joy**
- **Meaning**
- **Peace**
- **Presence**
- **Compassionate Action**

In summary then, successful personal development results in growing or regaining good mental health and emotional and physical well-being for self and others.

4 tools unlock most doors.

I know of no more encouraging fact than the unquestionable ability of men and women to elevate their life (and the lives of others) by conscious endeavours.

Henry David Thoreau

“Not all (of us) who wander are lost.” J. R. Tolkien

The 4 Essential Inner and Outer Life Tools of Personal Development and Renewal





The Time Is Now – Do You Know Where Your Mind Is?



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My most significant learnings from this CNSS Part 4 are:

1.

2.

3.