

# Chapter One

## Happiness – Why an Inside Job?

*It is slow, painful, and difficult for an adult to reconstruct a radically different way of seeing life, however needlessly miserable his present preconceptions make him.*

Peter Marris

Our first car was a 15-year-old 1953 Ford. It had a manual transmission. For those readers too young to know, this meant that if you skillfully did three things correctly with the gear shift, clutch and gas, the car performed well. To do this you really had to pay attention to what you were doing—especially if you stopped on a hill.

Our second car was a deluxe 10-year-old 1956 Crown Vic hardtop with a new technology called automatic transmission. With automatic, shifting just happened for you. It was so fast, so quiet (no gear grinding) and efficient. In fact, it was so smooth that you hardly noticed the shifting of the gears.

But, of course, with most new and better ways of doing things, there is usually a cost. Manual transmissions gave better gas mileage and more options, such as gearing down to brake. In spite of this, the benefits to the driver of not needing to think about it and the faster and quieter shifting seemed to be well worth the costs. So today, very few cars have manual transmissions.

After studying much of the best current internationally published research from neuroscience and evolutionary psychology, combined with our own many thousands of hours of mindfully observing our mind being driven and our fifty-year journey to find happiness, Joanne and I now know that at some time in our human history nature started changing everyone's thinking and feeling from manual model mammals into automatics. It seems that the slower, manual model of thinking and feeling—shifting—got too many of us hurt or even eaten in dangerous jungles, so more and more automatic model humans started coming off the assembly line with faster, no-need-to- think-and-feel-about-it autopilot.

This means today that, just like with our “new” Crown Vic, thinking, feeling, and gear shifting happen for you and at speeds so fast and so quiet that you don't even notice it. This autopilot thinking and feeling happening for you, of course, also has its costs. One of the most serious costs is that if something is thinking and feeling for you and without you realizing it moment by moment, you have no/low free will to think and feel for yourself (*reference details below*).

Consider also that it is highly probable that you, the person who is reading this, is mostly operating like an automatic transmission, with thoughts and feelings that are auto-piloting most of your interactions with others and many important parts of your life. We know this is a radical claim with many very serious implications. These include the possibility that you might not be in charge of your life choices nearly as much as you think you are.

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.
- 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 (nerd/geek caution alert!)**

A really exquisite techy word is starting to be used in non-techy ways. The word is *algorithm*. It basically means a formula that when followed will yield the same predictable results every time.

We have a great family recipe for cabbage rolls. It says to get the following ingredients, bring to a boil, etc. Follow this recipe and you will create a delightful dinner every time. This recipe is an algorithm. Change the recipe and you change the algorithm: that will always result in a different taste.

My first career was in the aerospace industry where I helped design jumbo jets and investigate mechanical failures. A typical investigation would be for me to fly to Baltimore, Maryland and visit a parts supplier of the wings for the DC9 and DC10 jumbo jet airplanes. These parts were the framing structure for the wings that are also the gas tanks, so it was critical that they meet the highest quality specifications. The parts that I inspected had been smelted, extruded, heat treated, machined and then assembled to make the wings' super structure. Again, this process is called an algorithm.

One test to determine how strong the parts were was a tensile test. I would follow the internationally accepted seven-step procedure whereby a machine pulled apart a sample of aluminum to see how much force it took to break it. I then calculated the data using a specific formula to determine how strong it was. Engineers and technicians like me using the identical algorithm did the same test all around the world. The data we received told us all exactly how much of this metal and in what condition it must be so that it would perform perfectly in predictable ways (not break or fatigue under certain loads). When failures in parts occurred, engineers changed the algorithm and the parts performance was then enhanced.

I once asked one of my training groups what had to happen for us to see young robins bobbing for worms in the garden this spring. They came up with forty-two for-sure events. For example, we all collectively agreed that when Mama and Papa robin fly north to join us in the spring they seldom use a GPS purchased off Amazon. When they build their structurally sound and strategically placed nests, they are not being directed by a YouTube app. Also when Miss Robin decides that it is time to find a Mr. Right to fly off to the forest to live the story about the birds and the bees, she does not generally consult with eHarmony and does not end up sharing her bed with a crow. Note, these and the other thirty-nine events that happen to every robin every spring are the result of their inherited and learned algorithm that has evolved over tens of thousands of years.

**You and every person you know are driven and operated by an algorithm.** When we know what conditions you inherited and learned, we can predict with relative accuracy how you will perform in various situations and relationships. Because testing with humans is not an exact science yet, compared to jet planes, our probability of predicting performance is only as good as the test data collected. Although not all variables can be tested to determine your exact algorithm, many variables are known - but mostly not by you!

As a result of neuroscience, social neurobiology, evolutionary and humanistic psychology and the other human sciences, many variables have been discovered that predict with increasing accuracy how you will feel and behave during certain situations. These discoveries have given insights into human behaviour far beyond the out-dated predictions of the original social behavioural scientists of the early part of the 20<sup>th</sup> century.

Our human algorithm is for sure many times more complicated than that of a robin or other animal. It is also many times more potentially malleable due to our fuller brain bandwidth that can grow with consciousness or even through some “sticks and carrots” cognitive behavioural learning processes. Sadly, however, many of our human brothers and sisters have not modified their algorithm much since their late teens.

Our work in discovering and testing has enabled us to offer you highly reliable tools to determine your algorithm and further to show you how you can grow and develop to have relatively sustainable happiness, much less driven by your current outdated algorithm of dependence on external conditions. The importance of knowing how to change and also not to be driven by your unique algorithm cannot be over stated.

This part of the resource will enable you to learn essential elements of your algorithm and how to radically influence improving it. We start with the illustration below that describes your human predicament to start to give you the tools to hack your own *PFP hardware/algorithm*.

## The PFP Algorithm (see illustration below)

1. You have four brain centres—all require understanding and management:
  - your inherited, programmed *nature* and numbed animal brain
  - your *nurture* brain that has the potential to be developed beyond your current childhood directives. (We call your combined nature, numbed and nurture brain *PFP* because it is controlled by predispositions, filters and primed prompts).
  - your mindless semi-conscious brain that has the potential to be trained to be aware far beyond your typical normal semi-conscious state (i.e. the brain that drives your car while your mind is someplace else)

Many neuroscientists are making a radical claim that you, an average human, are driven over ninety percent of the time by your subconscious, PFP programming and that your free will to make optimal decisions based on facts is almost an illusion when you are mindless. We know that this same programming and lack of free will are major contributors to your inability to be happy.

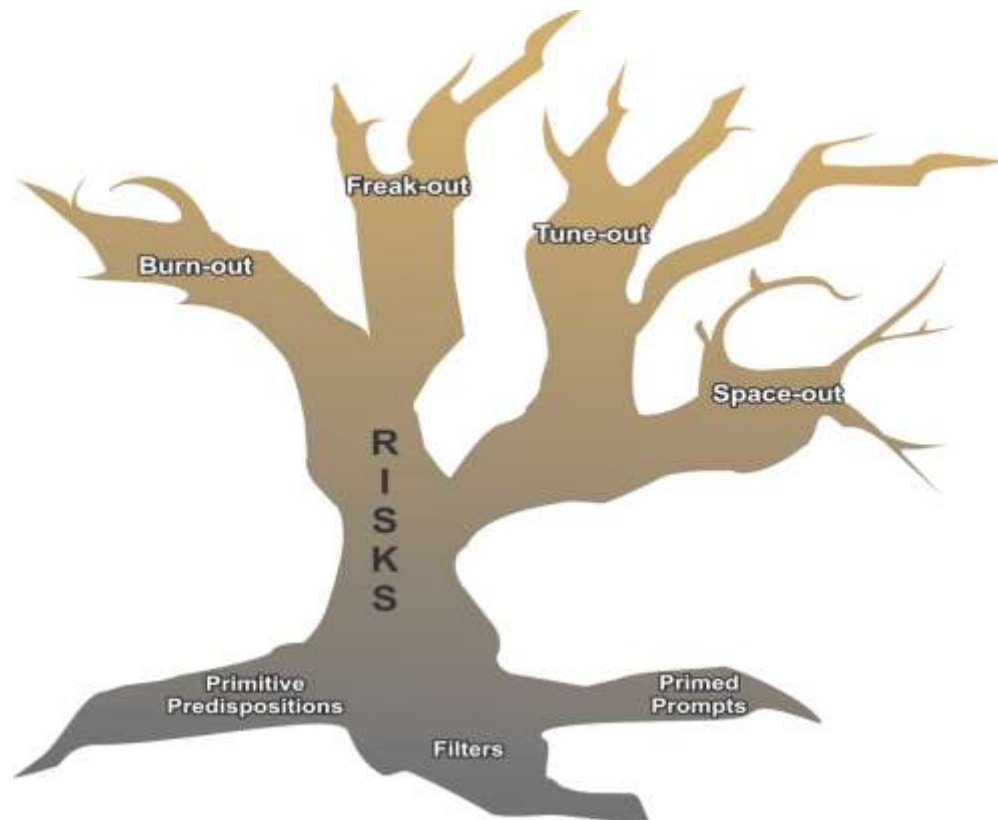
### Hacking Your Own Hardware



**Without growing beyond PFP prison you will live your entire life being only semi-conscious.**

Often as a result of your mindless PFP brain/body driving your life without you knowing it, your inability to be happy for no particular reason could manifest in the *Four Outs* illustrated in the following graphic.

## How PFP Roots of Risk Cause The Four Outs



**Note:** some form of consciousness development will absolutely be necessary to avoid becoming a victim of the four outs and to experience anywhere near your fullest relationship and life potentials. Below we ask you to explore five highly effective, awareness-based tools to achieve your fuller potential for fulfillment and happiness. But first, a little more on understanding the setup – our human predicament.

## **Diane and Me and My Four Outs**

Early in my career, I lived, volunteered and worked off and on for twenty years in about twenty-five First Nations communities in Northern Ontario and the Yukon. This life-changing experience gave me my first opportunity to support people with Autism and other Developmental Disabilities.

One day I was working in my office in one of these communities and had just started to write a 300-page tribal council long-term care plan. After spending several hours reviewing my notes and organizing my thoughts, I started to write. This tribal council employed Diane, a band member with Autism and fetal alcohol syndrome. Soon I heard someone coming down the hall to my office. I looked up to see Diane, who frequently came by to chat with me.

“What are you doing?” she asked. Even before her question was finished, I noticed frustration building in me as I anticipated having to leave my train of thought to socialize with her. In spite of this, I looked up and gave a brief, “Oh I’m just writing a report”. “About what?” she asked.

My mindless mind doubled down on my conflicted feelings. Without my noticing it, my self-preservation instincts had already started to impersonalize my responses. At one level I wanted to listen to Diane, but I knew that I would forget some important thoughts needed for my report. My “tuning-out” prevailed!

Diane tried to turn the conversation to what she wanted to discuss: “I feel like.... You remember yesterday when ...?” Her struggles to share her feelings made my dilemma all the more tangible. I should have been listening better. I glanced over at her and noticed that her facial expression had changed. I said, “Oh yeah,” unconsciously trying to keep the conversation brief and not too heavy. My inner voice was saying, “Why today? Why now? I should have closed the office door”. But I asked, reluctantly, “Are you okay?”

As she started to pour out her feelings, I said to myself, “This is going to take a while, time that I don’t have”. I smiled, and she continued. I marked my place in my report and set it aside. Acting concerned (what I call “cognitive caring”), I probed deeper into the drama, but my mindless mind said, “Oh not that again, we discussed that one last week”. When she finished, I gave her a brief version of my suggestions from the previous week.

She continued, but my mind was drifting back to the report. “Should I push for the Executive Director to ... ?” I don’t know how long I was “absent” or what I missed. I rejoined the conversation and renewed my efforts to concentrate and “care”.

Diane finally finished and said, “Thank you, I feel better”. I said, “You’re welcome”. It wasn’t until I was driving home that I stumbled onto the question—how welcome was she?

In these early days, my mind clearly had a mind of its own and it owned me. It would be some time before I learned it didn’t have to be this way. This insight came during and after my clinical depression, over thirty years ago, when my twin sister was diagnosed with terminal brain cancer. My deep depression started my deeper journey inward to discover how I was frequently, in many of my personal and professional relationships, spaced-out, tuned-out and freaked-out to armour my heart against burn-out.

As my career in human services progressed, I was blessed to meet several highly evolved teachers who showed me the meaning of authentic conscious connecting. These skills started to keep me better focused and authentically caring regardless of my little boy’s demands and tantrums to distract. My mind slowly had less and less need to armour my heart with make-believe deadlines concerning the urgency of work priorities over people’s needs. I learned how to identify and skillfully process many painful moments of witnessing the injustice and unfairness in the lives of many Dianas. These same sad moments if not processed skillfully, without resistance, cause burn-out.

What a gift to discover that the way to escape suffering is to mindfully and equanimously turn 180 degrees back into the pain. This is the true path to calm within the chaos and the only real place where resistance and the illusion of separateness can be transcended

## Understanding the Setup – Our Human Predicament

Discovering and disengaging from parts of your algorithm will help you not to continue to be driven by the outdated predispositions, filters and primed prompts (PFP) that result in your emotional hijacks. We call this PFP a prison from which you have to break free to steal happiness from your life. Without our five essential tools, it is fair to say that you may be able to continue to better decorate your prison and even paint over messages on the walls, but you won’t free yourself from the prison and its chains of human suffering.

*This is the true joy in life, the being used for a purpose recognized by yourself (and aware other people) as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.*

George Bernard Shaw

The quotation in this text box is in great part what led Joanne and I to write this book—as a guide to help you meet the life ideal that Shaw calls the “true joy in life”.

For most people to live a personally satisfying and socially useful, good and happy life in any role, we must overcome several serious conditions of which you may be very much unaware. We refer to these conditions as the *human predicament*.

The first step to solving any problem is to gain as much understanding of the root causes and consequences of the situation or condition as is possible. Today there has never been more information, resources or opportunities for people to get and remain happy. Yet for most this happiness only lasts until the next bigger-better-more fix comes along. For the vast majority of folks who cannot even be happy with bigger-better-more (let alone be happy for no particular reason), the most fundamental of all challenges is that you do not know how the human predicament’s set-up (that you and everyone else inherited) has been designed by nature to actively work against your satisfaction and happiness with just mindless hav’n.

**Understanding Our Human Predicament** is vital to breaking out of this prison. A brief summary of what we have concluded from our own inner journey:

- Our *nature* decided tens of thousands of years ago that to be successful us 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 and physically comfortable.
- To repeat a most important design feature, to guarantee this motivation, every normal person has inherited (not developed) automatic neurotransmitter rewards that are activated much more when we anticipate (versus doing and having) 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”). Note the word – anticipate! We are actually designed to crave these things by being given significantly greater dopamine and other neuro rewards when we anticipate and are in the process of having our needs met vs. actually having them met. This is so we will continue to do it again to ensure a daily diet (a.k.a. what’s next?).
- This inheritance keeps us basically unsatisfied with our life because hav’n is given significantly fewer neurotransmitter rewards than do’n and get’n and satisfaction is therefore very fleeting. This is the main reason we can be living in the top 5% of social and environmental conditions on the planet and still be craving more because of discontentment.



These factors then keep all folks in need of growth to be more conscious and emotionally skillful so as to have a consistently effective response to override the self-centred set-up of nurture, nature's and numbing PFP.

We offer you this resource of the most fundamental insights and tools to neutralize the set-up that may well be stopping you from realizing your greatest potential to be happy and to want to help others be the same.

## **Ignorance Ain't Bliss – what you do not know can and does harm you and others**

Most good and caring people (which you probably are) are stuck in a good place—a semiconscious, half-awake trance. Discovery for most seems to start with discontentment, discouragement and distress. Often this seems to result from crash and burn situations, many of which are unnecessary.

This first part of this resource will help you learn more about the good place you are stuck in, the cost for being stuck, what causes “stuckness” and what to do about it. It seems we just don't work to break free from prison unless we really know that we are locked in one.

The main focus of this part of the resource is to prove to you beyond any doubt that you have numerous personal qualities, of which you are probably unaware, that significantly limit your potential to live a personally fulfilling, happy and socially useful life (unless you have been adequately trained). Examples of the human predicaments (PFP) set-up to be explored are:

1. Being only semi-conscious (a.k.a. lost in thoughts)
2. PFP survival feelings drive most of your important decisions
3. Understanding 'in' and 'out' groups
4. Free will ain't free
5. Thinking or being thought?
6. Who remembers?
7. Stop thinking
8. Share your thoughts, why not?
9. Your memory is seriously corrupted
10. In-attentional blindness
11. You fabricate much of your reality based on PFP
12. Your mind has a mind of its own
13. Mental Health e.g. brain wiring 'underload' of ADHD
14. Removing the anger mask covering the more painful 'faces' to become emotionally self-regulated
15. Our nervous system cannot tell the difference between trauma that is imagined versus the real thing.

Humour us for a moment by considering that we and hundreds of world-renowned researchers may be right. Consider what it would mean to your life if we were right. The following are the main conditions that we strongly suggest keep you locked in prison – without you knowing it.

*(Reference recommended reading Appendix VI below)*

*(Also reference [www.centreforconsciouscare.ca](http://www.centreforconsciouscare.ca) audio resources for details)*

## **Some of The Human Predicament that will Upgrade your 1.0 Algorithm to a 2.0 Version**

### **1. 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.

#### **Fully Conscious: (self-aware) (10)**

- 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).

*All five of the Life Tools will help you to awake, e.g. better understand the human predicament's set-up and what to do about it.*

### **Unified B-FIT Mindfulness (U, B-FIT)**

The skill of knowing and noticing at the time:

- What you are doing
- That you are doing it

How your body sensations B, feelings F, image I and talk T thoughts are reacting to what is happening is called Unified B-FIT Mindfulness (U, B-FIT)

## The following is an Example of Experiencing Being More Fully Conscious



### 2. PFP survival feelings drive most of your important decisions:

The brain inherited and develops feeling Files—a data bank from which you semiconsciously speed-dial reactions to over-manage your world and keep you (mainly your ego) safe. This is called *cognitive bias*. You will learn numerous qualities of your own cognitive bias and learn how to change what keeps you at risk if you complete the exercises offered below.

### 3. Understanding *in* and *out* groups:

- In the old days, in the jungle, **what was different was dangerous** so the brain evolved to reward taking care of your in- group and not others whom it perceives are your out-group.

While your behaviour may be impeccable, your PFP animal brain is wired to devalue and exclude others whom it perceives to be different, e.g. homelessness, disability, ethnicity, values, criminal behaviour, sexual orientation, appearance, immigration status (*See our “bear” research below*). You will learn how to catch yourself having these thoughts so as to not to be driven by them.

### 4. Free will ain’t free:

Not one person disagrees with us when we suggest that having free will to make informed choices is near the top of importance of our human life skills to be successful,

happy and fulfilled. Most people also immediately agree that we would be in serious trouble if we didn't have this free will. Loss of free will would mean that we are extremely vulnerable to not being able to do what we feel we must do to manage life's events and relationships so we can be happy and to help others be happy.

We strongly suggest that if you are only semi-conscious, your in-the-moment reactions and responses to most of your life situations are virtually on survival only programmed auto-pilot without your knowing. You have no/low free will to make positive choices.

Do this simple **free will** experiment:

- Using your free will, think of someone who you know.
- Using your free will again, think of someone else you know.
- Now attempt to explain how *you*, the person who is reading this actually applied your free will to complete this simple task by answering these questions.

Why and how did you think of Uncle Fred first and Aunt Martha second (or whomever)?

Now consider, did you consciously, with free will, choose those two people or did they just pop into your mind. You may be saying well, four people popped into my mind, but I chose which ones to remember so I did exercise free will to make a choice. This could still hardly be called free will because you made your choice from a very incomplete list that randomly popped up to offer you an incomplete menu.

In the absence of self-awareness you have low/no free will to make essential conscious choices. You will be delighted to learn in Tool #1 (self-awareness) that the more self-aware we are, the less we are driven by outdated qualities of our PFP brain.

## 5. **Thinking? Or being thought?**

If you have free will, most agree that it will always be initiated, experienced and expressed in thoughts and feelings.

Do this next little experiment. Can you tell me what your next thought or feeling is going to be before you have it? If you answered no (which every person does), you must then agree that free will is on shaky ground because those thoughts and feelings come from somewhere that *you* who is reading this cannot control without proper training, as in the five essential life tools below.

Will power and thinking are created by your mind and body mostly beyond the awareness of the untrained only semi-conscious person. We call this PFP prison.

## 6. **Who remembers?**

To build an even more complete picture to describe your lack of free will to make choices, when you spontaneously remember something, how does it happen? Do *you* consciously go to your data bank and select the name of the file you have forgotten or does it just pop up like those online pop up commercials? Further, if you are in charge of

your data bank and can access it at *will* (free), why do you forget anything in the first place? Tools #2 and #3 will help reduce this problem with your PFP algorithm.

**7. Stop thinking:**

Close your eyes and just focus on your breathing for a moment. Don't think of anything. If you have free will to think or not this should be a simple assignment. Close your eyes now and use your free will to stop thinking.

How did you do? Right, you were thinking about not thinking weren't you? This is more proof that "you are being thought" and need some skills to not be driven/owned by these thoughts.

**8. Share your thoughts? Why not?**

Let's take any day that you have been alive. If we could retrieve all of your thoughts from that day, how would you feel about making them public? No one we meet readily agrees to this proposition. Why? Is it not because you would be too embarrassed or disgusted with many of those thoughts to share? They would not be your A-Game and where they come from you haven't a clue.

These functions are so critical to our survival that they have not been given to *you* who is reading this to manage. They are instead assigned to your autopilot (the mindless you) that requires a unique password to override. Lack of awareness is one of the main contributors to unhappiness – not the living conditions that we normally blame.

**9. Your memory is seriously corrupted:**

In great part because of the first eight points we've made, your memory is as solid as Swiss cheese. Also each time you re-remember something, your memory retains this newer, less complete recall as the truth of how it is.

**10. Inattentional blindness:**

*We don't see things as they are; we see them as we are.*

Anais Nin

Your brain right now is subconsciously processing approximately 11 million bits of data per second. But the conscious you (the you who can become aware that you are doing this) can only consciously process about 50 bits of data per second.

- Because of only 50 bits per second of conscious data processing capacity, our brain filters out most information that comes our way. This is why you fail to see a three-storey building that you have looked at for years while driving to work and then one day you see it.

This filtering process results in responding and reacting to parts of each life event that activates what you have been preprogrammed to believe is important and

meaningful to it (PFP) at the time, what it believes and wants to hear. We therefore miss buildings, pain and other truths.

### The Brain's Conscious Processing Capacity

*The body's sensors, as a minimum sends the brain 11 million bits of data per second for processing.*

Human Brain Neuroscience, cognitive science – basic knowledge 101, Dr. Joseph Dispenza

*The conscious mind processes data at approximately 50 bits per second.*

MIT Technology Review

You are about to take off your blinders!

#### 11. You fabricate much of your reality based on PFP:

Consider the following practical example of how your PFP already thinks it knows everything and will work to convince you of its wisdom. The images below also demonstrate how PFPs fill in the blind spots (both sensory and cognitively). We actually only see the incomplete image on the right-hand side of the page (due to what is called our optical blind spot), but our brain fills in the gaps to send us the full image as captured by the camera. (*look at the left photo*).

**How the brain creates its world – AKA, what we see isn't really all that there is.**



*Original image, made by a camera. The same image seen by a retina (right eye, fixation at the X.)*

*Courtesy of Laurent Itti.*

This knowledge will be used to help you to integrate the fourth Life Tool: self-management.

#### 12. Your mind has a mind of its own:

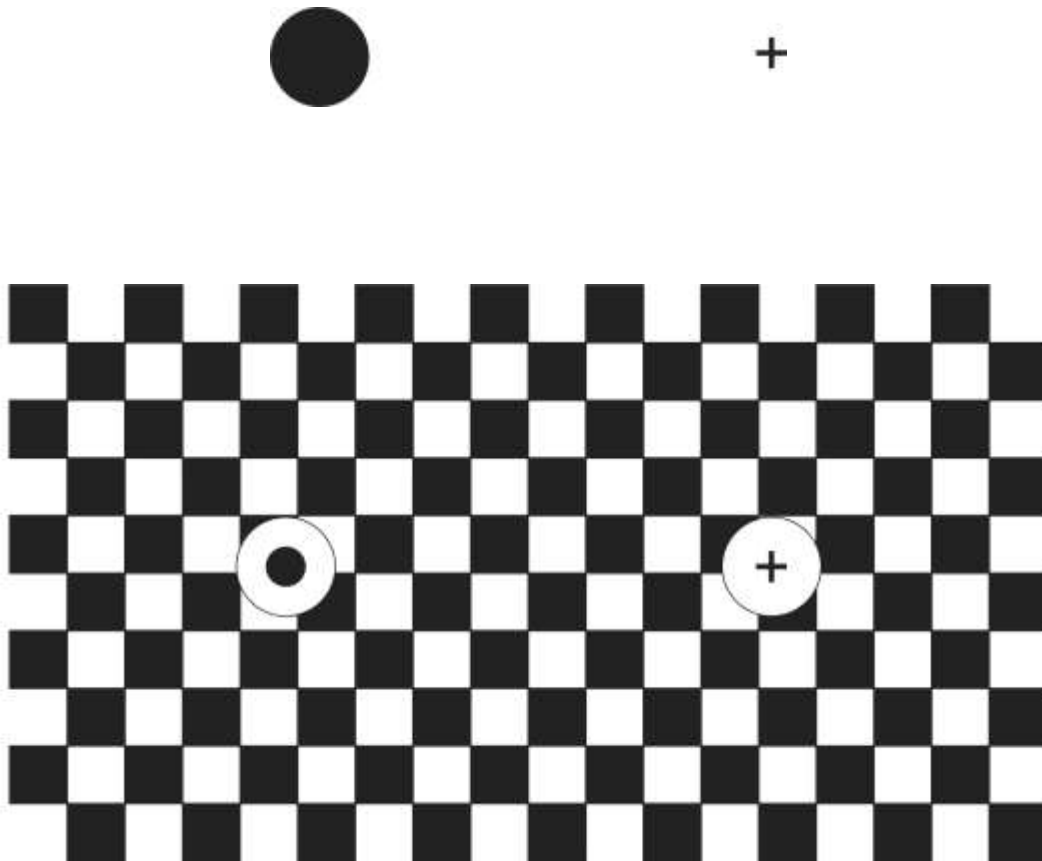
To get another brief taste of an experience of how your mind has a mind of its own, do the following little exercise.

**Instruction:**

Hold the following page with your left hand, and put your right hand over your right eye. Then using the dot and + at the top of the page while focusing with your left eye on the cross (+) on the right side of the page, slowly move the page toward you until the black dot disappears from your peripheral vision. (This place may be six to eight inches from your eye.)

Now do the same with the cross (+) located on the checkerboard pattern until the black dot disappears in the checkerboard. Do the exercise now, then read the next step.

Now **repeat** the checkerboard exercise. Notice how the black dot disappeared, but the checkerboard pattern has filled in the space where the dot was. Your PFP Programming is primed to think that the checkerboard should be complete, so it (not you) replaces the blank space with the pattern—and it does this without your knowledge or consent! The same happens with other senses such as hearing.



All five Life Tools are more effectively implemented as you learn to be aware of this serious design flaw.

**13. Mental health considerations:**

- Mental emotional health is on a very broad continuum from mild OCD, ADHD, anxiety, depression symptoms to deep disorders of psychosis, suicidal ideations, etc. While this

resource is not specifically about mental and emotional dysregulation, the destruction caused by unidentified PFP ADHD is just too prevalent to not be addressed here.

Readers who are feeling less than they remember what happiness was like, or even who feel they have never really been happy, will find some very useful advice and suggestions below.

- Many people who have lost that happy, loving feeling in their relationship or who are feeling generally unhappy may be considering an affair, separation, move to another place to live, job change, new car, cruise or whatever, even though their situation is by reasonable standards pretty good. These people may well be experiencing what Dr. John Ratey from Harvard calls a *shadow symptom* of ADHD, OCD, anxiety, depression.

Many shadow symptoms can be significantly improved and even eliminated with nutritional, naturopathic treatments for things like GI infections, vitamin and mineral balancing, elimination of intolerable foods, exercise, counselling or maybe even a medical medication treatment.

People self-medicate the sluggish ADHD brain (yes sluggish!) in many of the ways we list below. These are examples of how kids and adults whose brains do not naturally have enough electrical stimulation to perform adequately bring their brains into normal electrical range to support strong cognition and to stay out of depression and anxiety.

- anger, rage, temper tantrums
- extramarital affair
- binge drinking
- excessive caffeine consumption
- spurts of incredible genius, such as artistic expression that seldom gets completed
- risk-taking relationships
- walking away from Miss or Mister solid, dependable, thoughtful, faithful, loving, *too* nice because he or she is cast by sluggish brain as too boring.

Although many of these often impulsive actions could have other causes, if you want the first place to look, in many cases untreated or under-treated ADHD would save you a lot of time and suffering. (*Reference Recommended Reading "Taking Charge of Adult ADHD" by Dr. Barkley in Appendix VI*).

This impediment to well-being is an even worse tragedy when relief from organizational strategies and relatively side-effect-free medications is only days away.

#### **14. Removing the mask of anger covering other more painful faces to become emotionally self-regulated:**

Because anger is such a highly prevalent, effective but disastrous, alternative to things like ADHD, anxiety and depression we decided to explore it as one of the primitive predispositions that could be keeping your PFP prison doors locked.



**15. Our nervous system cannot tell the difference between trauma that is imagined versus the real thing:**

This fact is readily proven by doing pre- and post- muscle tests (*reference Appendix V*) while giving yourself a positive affirmation compared to imaging or recalling a threatening person or situation. Therefore the following tools will be helpful for you to stand guard at the doorway of your mind to catch negative/traumatizing image and talk thoughts as they arrive and as soon as possible have them processed.

## **PFP/Algorithm Conclusions**

Much of how you see and interpret the world is made up for you by PFP programming that prevents you from seeing this objectively. We hope that we have made you feel sufficiently vulnerable to motivate you to read on to learn how to correct this MESS! (Mindless Emotional Stress and Suffering).

**When the fact that you and most everyone else you meet are imprisoned by these fifteen algorithm errors really, really sinks into your awareness, four-life changing experiences will start to happen to you.**

- You will be moved to tears of gratitude for your **good luck** in being programmed with mostly positive PFP that guides your feelings, thoughts and behaviours.
- You will slowly, very slowly start to have a deep and authentic compassion for those whose PFP words, thoughts and deeds cause their own and others suffering.
- As you do what you must to prevent others from harming you and others, your heart will remain open and compassionate.
- You will become highly motivated to develop your more complete consciousness (i.e. PFP version 2.0) so as to be able to more effectively and efficiently access and control your PFP data bank. This also develops new files and apps like U, B-FIT mindfulness that will improve your free will to make better thinking, feeling and doing choices.