

**Helpfulness Above All™**

# Free Online Guide™

**To help you personally maximize your & everyone's peace and prosperity, overall, infinitely faster than can otherwise occur.**



**Especially by using**



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**This Guide is in Continual Development**



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# **Part 1**

## **The Basics**

I propose that The World's Most Comprehensive, Relevant, & thus Most Self-Helpful Context™ is comprised of these details, which I propose are The "First Principles" of Value Creation™ & Peace & Prosperity Maximization™<sup>E</sup> on which this guide is based:

- 1) Things only have meaning, and thus value to us humans to the extent we perceive they may potentially help us. Which means to the extent we perceive they may limit our **bother and suffering** and/or increase our enjoyment, overall. All the choices we all make appear to be based on that. And that is essentially the definition of help: The limiting of **bother and suffering**, overall. And vital to that, for us humans, is increasing our enjoyment overall, for **not** doing that tends to **bother** us very much.<sup>E</sup>
- 2) We humans value help so far above all else that we even translate and transform **our experiences of its opposites, bother and**

**hurt**, into help in two priceless, almost irreplaceable ways. We use **those experiences** to help us **A) FULLY appreciate the absence and decrease of bother and hurt**. For example, **hunger and illness** help us **INFINITELY APPRECIATE** food and health like nothing else can. And thus, by extension, to **infinitely APPRECIATE ALL OF LIFE and ITS INFINITE HELPFULNESS**. And **B)** we use **bother and hurt** to **MOTIVATE** and **TEACH US HOW** to **LIMIT bother and hurt as FULLY as possible**. E.g. we "**burn our hand** on the stove to learn it's **hot**," and thus build our muscle of figuring out how to help ourselves most, in the safest ways possible.<sup>E</sup>

This is where **RESEARCH, EDUCATION, and LEARNING** from **OTHERS' experience, mistakes, and successes** can make **ALL** the difference in **maximizing our PEACE of MIND & PROSPERITY**.<sup>E</sup>

**3)** So from that sometimes **painful** "**live and learn experience**", we discover and continually confirm that we humans intuitively **help ourselves** by far the most in life, overall, by simply **helping other**

**people the most we feel we can physically and emotionally afford to, in our work and personal lives, given our circumstances. And at the very least by **simply not bothering others, in order to limit our own bother.** And everyone does that nonstop, 24/7. So helping other people appears to be the source of ALL of our own greatest peace, prosperity, credibility, trust, and thus our most affordable and rewarding lives possible.<sup>E</sup>**

**And the extent to which we feel we can afford to help others generally depends on the extent to which we feel we have been helped by others.**<sup>E</sup>

If you feel verifiable evidence shows that any of this, above or below, isn't true, send that to me!<sup>E</sup>

**4) While most people agree on what is most helpful, that can be very subjective, based on their individual larger contexts, "where they're 'coming from,'" their life experiences, personality, what they're going through, etc. So what they find very helpful, others may find **very hurtful**, and **vice versa**.<sup>E</sup> And those differences can be **frustrating and****

**angering.** Especially when they involve personal issues or politics.<sup>E</sup>

5) The most mutually helpful way for people to limit **such frustration and anger** is through The Most Mutually Helpful Dialogs. For how to have those, see the next section in this guide.<sup>E</sup>

6) Selfishness is impatient self-help that **does NOT** genuinely care if it **bothers or hurts** others. Thus it is the opposite of helpfulness, so it mostly **destroys** mutual helpfulness **overall**. And **tiny selfishness can destroy** massive helpfulness. Like **just a drop of benzene can poison 2500** gallons of clean water. People **resort to selfishness** when they feel they cannot emotionally afford **to not be selfish, because no** more helpful way to proceed has yet been sufficiently modeled for them to copy, **nor** is that yet fully supported in the world. So they **try selfishness, for its quick, massive, but relatively temporary and hugely destructive power until** someone stops them. So someone

stops **them** as soon as they can, to limit **its damage**. And from those dialogs, referred to above, there always, emerges **ONE** or a **FEW BEST, MOST MUTUALLY HELPFUL / LEAST MUTUALLY HURTFUL WAY(S)** to proceed. And **AN INFINITE NUMBER of LESS MUTUALLY HELPFUL WAYS** that chronically selfish people ever more insidiously, endlessly, try until they are stopped.<sup>E</sup>

**7) Thus EVERYONE'S biggest OBSTACLE and CHALLENGE** in **LIFE** is to try to grow up, mature (increasingly help others, and thus oneself) and thrive in a world in which helpfulness **has NOT been** and **is NOT YET BEING** promoted everywhere above all else. **Thus many drops of selfishness, mostly in the form of political lies, greatly poison** the world, **crippling** trust, confidence, and thus peace of mind, prosperity, and the most rewarding, happiest life possible for EVERYONE. Hence this guide, and Helpfulness Above All™, to help everyone put that first in all they say and do, to have their happiest life possible.<sup>E</sup>

# **Part 2**

## **What all that means.<sup>E</sup>**

**Based on all the verifiable evidence of my life experience, diligent observations, and data-gathering for decades, I propose that all the foregoing comprises the most fundamental, foundational understandings of by far the most viable, sustainable, and rewarding relationships and interactions between people in all situations. - As both concisely and comprehensively as I can document.<sup>E</sup>**

**(And I hereby officially apologize for being so wordy sometimes. I just like to “cover my bases,” so to speak. I do edit and edit, yet nothing is so good that it cannot be improved on, I’ve found. So please, if you know a better way to say anything you discern I am trying to say, please, tell me what that is!<sup>E</sup>)**

**I also propose that to the extent people consciously employ those understandings that I documented there, and state them “out loud,” literally, at least once, and then documented in clear writing for easy reference, and they are vividly verifiably evidenced in those people’s behavior, all as best they can, the more rewarded**

they will feel individually, and to the extent people share them, mutually, as a group.<sup>E</sup>

So I propose that to the extent **organizations** and also **governments**, especially in their processes, express those understandings in those ways, the more rewarded everyone in them will feel.<sup>E</sup>

And this especially applies to **educational**, **research**, and **scientific** processes, as well as **business** processes, especially **media** processes.

## **The General Process of The Most Mutually Helpful Dialogs<sup>E</sup>**

To summarize, this is just a dialog in which you and another person takes turns talking, listening, understanding, reasoning, accepting, empathizing, and responding as constructively as possible with words and actions.

- 1) Request a MMH Dialog with someone.** And if they don't know what this is, give them the link or the QR Code to this guide. That means -
- 2) They will tell you asap when they can have that.** - Ideally no later than the next 24 hours. If they need longer, make clear this is for their ben-

efit as well as yours. Maybe more so.

**3) When you meet, confirm the above.**

**4) You will start as the “sender” and they will be the “receiver.”**

**5) State the beginning of your whole message as a short, easy-to-repeat-back “I” statements, which means you say how YOU perceive things, how and what YOU are feeling, and what YOU are thinking. – Taking full responsibility for all of that, because that happening inside your head and heart. DO NOT MAKE “YOU” STATEMENTS, e.g. don’t accuse, blame, project what you imagine onto the receiver.**

**6) They will repeat that back to you and you will confirm they got the wording right, and they will repeat as you correct them, word-for-word.**

**Hearing each other CORRECTLY is VITAL.**

**7) Add as many short, repeatable parts to your whole message as you need, but not too many for them to summarize. If that doesn’t cover what you want to. After they take their turn to be the “sender.”**

**In addition to describing that process, the rest of this Free Online Guide is mostly about applying foregoing points 4) and 5), with emphasis:**

**“While most people agree on what is most helpful, that can be very subjective, based on their**

**individual larger contexts,**

**“where they’re ‘coming from,’” their life experiences, personality, what they’re going through, etc. So what they find very helpful, others may find very hurtful, and vice versa. And those differences can be frustrating and angering. Especially when they involve personal issues or politics. The most mutually helpful way for people to limit such frustration and anger is through **The Most Mutually Helpful Dialogs**. For how to have those, see the next section in this guide.”**

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**That is all I have so far in this draft.**

**More to come.**