Ending your thought addiction before it kills you!

THERE IS A GENIE IN EACH OF US WANTING TO BE FREED TO GRANT OUR WISHES!

The Educational Community, Inc.
A 501(c)(3) Nonprofit Corporation
Donald Pet, MD, Director

Endorsements of Donald Pet, M.D.

You have helped me realize it doesn't matter how much money we make if we don't have a world to live in. We are not going to be in a very good state. I teasingly called you *the Al Gore of the peace world*; the uncomfortable truth about the fact that we are at a precipice at our time in history. You've created the Educational Community to address this issue. I love what you are doing. It's really important that we wake up out of our doldrums. We're asleep not just about war, it's about everything. We can wake up to being human. … I strongly encourage you to go to the Educational Community. You've got the solutions. We are at a critical time in our history and I think of this man and his work and the community you are developing. We don't have to live in fear; we can live in peace.

Jack Canfield: most non-fiction books ever sold; 500 million

Don Pet is an amazing man who has developed an organization, a newer way of thinking, to help people think better and more constructively about the importance of world peace and what each person including yourself can do to bring about a more peaceful and happy world.

Brian Tracy: world renowned motivational speaker

In 1967 I was in a lot of trouble. I was facing 90 years in prison. I got involved in Dr. Pet's program in Lexington. My life is definitely a lot better. He has helped many people. The last year I worked in the State I made 78,000 dollars. I wouldn't be in this position. I probably wouldn't be alive. I can't believe this happened to me. I became successful through Dr. Pet's program. I highly recommend you read his book. You'll become your own best friend, you'll be less depressed, be healthier, and guess what; you'll live longer. If you read his book it will be the best money you've ever spent. If you don't like it, I'll give you your money back.

Peter: a recovered addict

Go to **www.lovingmenow.org**; Click "Press" link to view the video sources of the above excerpts

Preface: Why you are wise to want to read this book

We are the first species intentionally preparing to cause our own extinction. The practice of creating temporary peace by "wars and cures" has suddenly become obsolete. The recent discovery and rapid proliferation of weapons with ultimate destructive power (**WUD**) eliminate the opportunity to recover. Credible futurists tell us the tick, tick, ticking of the Doomsday Clock will soon strike midnight. The wonderful news is that Einstein told us the most effective way to stop and reverse the hands of the Clock: *We shall require* **A *N****ewer *W****ay *O****f *T****hinking* (**ANWOT**).[1] Working together, our combined energy to solve the BIGGEST puzzle will be unstoppable:

Why do we fill our world with fear, hate, scarcity, and war when we want (and need) happiness, love, abundance, and peace?

The Educational Community, Inc. offers the first and sadly the only current comprehensive pieces of the puzzle that create Einstein's solution to world peace and preserve our world for our loved ones. Please inform us if you are aware of any other initiative that meets these requirements to proceed to succeed. The content is … evergreen; able to provide quick results; easy to teach and learn by all people; verified by universal common sense; made rapidly viral through the internet; enjoyable; and available forever FREE to anyone, anywhere, anytime.

Here are the original concepts and knowledge, i.e. pieces of the puzzle we believe are not yet available to you elsewhere:

1. The proliferation of weapons with ultimate destructive power **(WUD)** has suddenly transformed our healthy innate addiction to "*either/or*" thinking into a fatal disease more deadly than cancer, AIDs, and the Black Plague. WUD strike with little warning and kill so instantly that there is no cure … only prevention. *Either/or* thinking perceives the world in two opposing categories: us or them; my tribe or their tribe. Tribal allegiance to attain physical might was historically required by our ancestors to survive. Then and now, two-category thinking is the root cause of bigotry, harmful confrontation, and war. War has been the cause of temporary peace. The sudden proliferation of WUD has made war obsolete. Awakening to this ubiquitous yet unrecognized addiction of our thinking is essential to inspire collective action to solve the BIGGEST puzzle. The critical revelation in chapter 2 is that we must recognize that we have made the once healthy addiction to *either/or* thinking suddenly fatal, before it slays humanity. Recognizing a disease, especially addictions, will inspire collective action to prevent its undesirable outcome.
2. Seven (7) easy to learn word-switches rapidly create *a newer way of thinking* **(ANWOT)**, Einstein's solution to sustained peace. ANWOT elevates the capital of our intentions

[1]The New York Times; May 25, 1946

from our animal brain that focuses on instinctive material-physical goals to our puzzle-solving human brain where higher level moral mental-spiritual needs are being discovered and recognized as essential for our survival.

3. The two (2) most powerful yet still relatively secret love-creation skills rapidly teach The Golden Rule, the universal standard to guide our thinking, feelings, and actions.
4. **The *7plus2 formul*a combines ANWOT and The Golden Rule. It is the easiest, quickest, most enjoyable and effective way to create happiness, love, and sustainable world peace. This essay is the key that unlocks all possibilities.**
5. The updated New Story of Us is verified by scientific evidence above great leaps of faith. Repeatable knowledge accurately answers the common questions: *Who are we?* and *What is our purpose?* We are *humane becomings* required to assume personal responsibility to teach ourselves *Reciprocity* if we are to survive in our new era of WUD. The universal moral-spiritual principle of *Reciprocity* we learn from the New Story is expressed in human language as versions of The Golden Rule.
6. Two modern versions of The Golden Rule are introduced, better suited to effectively teach instead of preach:
   a. Love our *self* with the abundance that overflows to enrich the world.
   b. What best works for me and you (my tribe and your tribe) for now and the future?
7. The Genie Seminar is a newer means of lifetime interactive education that is capable of rapidly popularizing ANWOT and making our world the happy, loving, safe home we want and need.
8. The eight action choices available to our will are identified: learn the two that consistently work and six that commonly get us into trouble.
9. The asymptote, by its assigned meaning, is a universal icon that accurately tells our 3½ billion year story from the first life with sufficient emotion to trump the patriotic, religious, and political tribal symbols that divide our world into opposing sides.
10. A glossary of newer word-switches redirects the energy of our machine-like animal brain to the intelligent puzzle-solving intentions of our human brain. Cooperation for mutual benefit using mental-spiritual might, i.e. The Golden Rule, replaces the need to dominate by physical might.
11. A collection of 100^{+} strens, proven wisdoms that make us mental-spiritual wealth millionaires and lead to cooperation for mutual benefit instead of harmful competition to establish dominance are provided.
12. The 20 question educational quiz awakens us to our mission and need to assume responsibility for the well-being of our loved ones and humanity.
13. The cause of war, the cause of peace, and the means of prevention are provided, each in one sentence.
14. The Supreme Law of Orderliness and Predictability (also known as The Law of Cause-and-Effect and the Law of the First Cause) is recognized as the source of universal Truth, common sense, and the scientific method. All animate life and inanimate things have obeyed The Supreme Law from day one to the present, and we can predict with a high degree of certainty they will do so in the future.

15. **Become part of the solution to the BIGGEST puzzle instead of remaining a cause of the problem. The 7plus2 formula is a practical solution to proceed to succeed in preventing human catastrophe and sustaining blissful peace.**

Once you learn the 7 easy word-switches that create ANWOT and the 2 powerful yet still secret skills that teach The Golden Rule, you will experience these important benefits of the power of knowledge and wisdom. You will:

1. Love yourself with the abundance that overflows to enrich your loved ones and humanity (a modern version of The Golden Rule)
2. Assume responsibility for your own happiness and love needs so that you will welcome love from others rather than remain dependent on it.
3. Own the most powerful anti-depressant. People who assume responsibility to love themselves sustain a high level of well-being.
4. Become your lifelong friend and traveling companion 24/7.
5. Attain mental freedom. You will become your own person, no longer a slave to instinct and tradition, fate and circumstance, nature and your nurturers, and human dictators.
6. Know how to bully proof your kids. When they learn to like themselves, they are no longer overly sensitive to others unkindness… and they won't become "shooters."
7. Prevent problems instead of causing them. Free your energy from blaming others or yourself (guilt) to use your best to do your best. Blaming is the most common way we create our own problems.
8. Make your life REALLY significant as an important force for world peace by becoming an *each one, reach many* teacher of love-creation. Three simple steps require little time and energy, and cost nothing. Spreading love and kindness is among the most satisfying things you will ever do.
9. Answer the universal questions: *Who am I?* and *What is my purpose?* Live with chronic enthusiasm as you fulfill your mission as a "*humane becoming*" instead of a "human being," i.e. a high level animal.
10. Add the moral *mental*-spiritual intentions of your human brain that make your life meaningful to the mechanical material-physical intentions of your animal brain.
11. Become a mental-spiritual wealth millionaire as you collect the wisdom that adds to true wealth. Mental-spiritual wealth millionaires consistently create a joyous meaningful fulfilled life experience even when the world doesn't cooperate; material-physical wealth millionaires are often depressed and even commit suicide.
12. **Let's make our world the home we wish and pray for. United, we will start an unstoppable movement to popularize Einstein's solution to prevent the predicted human catastrophe!**

Enjoy these special features:

1. Complimentary web sites enrich the learning process. Comprehensive script, audio, and video educational content are provided FREE on the EC web sites to bring additional life to the wisdom available here.
2. The interactive format of our websites encourages active participation to inspire the collective creativity now required fulfill our wishes and prayers for a safe home.
3. Unlike the abundant rhetoric that preaches what we should do, you will learn the practical, enjoyable action steps that rapidly bring effective results.
4. The 7 simple word-switches that teach ANWOT plus the 2 secret skills that teach The Golden Rule are perfect for the majority of our world citizens who expect quick results with little effort. 30 days practice of the 7 plus 2 formula makes the skills automatic and effortless for most. If little else is done, this easy process will create a huge leap in making a better world.
5. Additional common sense essays will please the dedicated and creative learner who wants to understand *why and how* things work and go beyond.
6. Each piece-of-the-puzzle essay is written so that it may be read independently or continuous.
7. The three easy steps that create what everyone wants … happiness, love, and peace … take little time and energy and are fun to pass forward as one's own gift to loved ones.
8. The availability of EC content now and forever FREE insures that no one will be excluded because of a lack of financial resources and it can be paid forward with a click on the computer.

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead quote courtesy of The Institute for Intercultural Studies, Inc., New York

It worked for AA, Amway, Mary K, and now we must make it work for world peace.

The 7plus2 Formula ➔ Happiness, Love, and Peace

CONTENTS

Title	i
Endorsements	ii
Preface: Why you are wise to want to read this book	iii-vi
Content: *The 7plus2 Formula*	vii
Dedication	viii
Introduction: *The Power of Love*	ix-x
Chapter 1: Mission Statement	1
Chapter 2: The Silent Disease About to Slay Us	16
Chapter 3: The 7plus2 Formula ➔ Happiness, Love, and Peace	28
Chapter 4: The New Story of Us	37
Chapter 5: The Peace Quiz	48
Chapter 6: The Animal Brain and the Human Brain Compared	62
Chapter 7: Discovering the Supreme Law: Truth	91
Chapter 8: The Genie Seminar	115
Chapter 9: The Oneness Symbol: Connecting to the First Cause	129
Chapter 10: From War to Peace – Why, What, and How	141
Chapter 11: Call to Action	165
Chapter 12: ANWOT Concepts and Word-Switches	173
About the Educational Community/Donald Pet, M.D.	198

THIS **DRAFT** VERSION OF "*The 7 plus 2 Formula*" IS OFFERED FREE WITH THE INTENT IT WILL BE WIDELY CIRCULATED AS A DEFINING FORCE TO INSPIRE A MOVEMENT FOR SUSTAINABLE WORLD PEACE. WE ESTIMATE ONE MILLION *EACH ONE, REACH MANY* TEACHERS OF THE 7plus2 Formula ARE SUFFICIENT TO INFLUENCE OUR 7 BILLION CITIZENS TO POPULARIZE EINSTEIN'S SOLUTION: "*WE REQUIRE A NEW WAY OF THINKING*." ONCE YOU EXPERIENCE THE BENEFITS, YOU WILL LOVE PASSING The 7plus2 Formula FORWARD TO BECOME ONE OF THE TEACHERS. YOUR COMMENTS AND EDITORIAL CORRECTIONS ARE WELCOME AT:

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All EC educational content is guaranteed forever free on our web sites:
www.7plus2formula; www.einsteinssolution.org; www.lovingmenow.org; www.anwot.org; www.worldpeace.academy; www.peace.academy

Free books: Seven Word Switches to Happiness, Love and Peace; World Peace in Three Years of Less…or Else; The 7plus2 Formula; The Stren Book

Dedication

This book is the product of teachers of wisdom. Foremost is Einstein who told us we shall require a new way of thinking (ANWOT) if we choose to prevent human catastrophe and create sustainable world peace. He recognized:

> "*Our world faces a crisis as yet unperceived by those possessing power to make great decisions for good or evil. The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe… **a new type of thinking is essential if mankind is to survive and move toward higher levels***."[2]

Jerome Frank M.D., Ph.D., my most influential mentor, understood the cause of war and the cause of peace. Many teachers, here unnamed, enthusiastically offered their knowledge during my near 80 years. Thousands of individuals allowed me the privilege of sharing their most intimate life experiences and the wisdom they discovered that proved important in their journey to well-being. My role has been to collect their insights and badly piece them together in our human language.

I am fortunate that Shanti Fader has cut through the fog and made my enthusiasm to gather wisdom comprehensible. Rashaine Johnson and Sharat Tatapudy have been supportive throughout in making available the technology of computers. Sougata Basu (Drishtant technologies) has provided the Internet web media that makes possible the dissemination of this content. Patty Aubery inspired the *7plus2formula* when she recognized the need for a concise yet effective hook to catch an audience. Steve Harrison's coaching produced ideas and contacts with gurus that connected pieces of the BIGGEST puzzle here provided.

I acknowledge my wife, Marilyn, and family who have been supportive in spite of my negligent attention to personal affairs. I thank fate and circumstance that have offered me opportunities that few are so fortunate to receive. My seven grandchildren have been the source of my passion and inspiration to create a sane world that will allow them and others to enjoy the benefits I have experienced.

And please accept my appreciation to you for honoring the Educational Community content by your willingness to listen, criticize, improve, take away, and pay forward whatever pieces of this endeavor you deem to be useful.

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[2]The New York Times; May 25, 1946

Introduction: The Power of Love

The following letter represented as written by the hand of Einstein has been reported to be a fake. However, these words so accurately express
The Power of Love that they are here provided.

A letter from Albert Einstein to his daughter: about The Universal Force which is LOVE

□April 15, 2015 □Ines Radman □Uncategorized□Albert Einstein, love

Reposted from: https://suedreamwalker.wordpress.com/2015/04/15/a-letter-from-albert-einstein-to-his-daughter-about-the-universal-force-which-is-love/

In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein. More can be found about Lieserl here

"…When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us.

This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force.

Love is Light, that enlightens those who give and receive it.

Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals.

For love we live and die.

Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation.

If instead of E = mc2, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy…

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer." !

Your father Albert Einstein

Chapter 1: MISSION: Einstein's solution to the BIGGEST puzzle

A Mind Map to Proceed to Succeed

Welcome to the Educational Community nonprofit noncommercial forever free[3] collection of wisdom that is required to solve the BIGGEST puzzle that takes precedent over all others:

Why do we fill our world with fear, hate, scarcity, and war when we want happiness, unconditional love, abundance, and peace?

You and I (we, us; my tribe and your tribe) working together can solve this puzzle and make our world the safe blissful home we wish and pray for. Informed citizens tell us that continuing to neglect solving this puzzle will lead to self-annihilation or worse. What could be worse than death? – living in a savage world filled with hate, disease, pollution, starvation, and related aftereffects from the use of our new weapons with ultimate destructive power (**WUD**).

Einstein's greatest insight was the solution to what we must do to prevent human catastrophe and create sustainable world peace. He told us:

> "*Our world faces a crisis as yet unperceived by those possessing power to make great decisions for good or evil. The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe… **a new type of thinking is essential if mankind is to survive and move toward higher levels***."[4]

If you are concerned about the well-being of your loved ones and the state of the world you will welcome Einstein's solution to the BIGGEST puzzle. There is more wonderful news. Einstein's solution is also the cause of happiness and unconditional love.

Among the unlimited benefits of ANWOT, you will:

- ☺ love yourself with the abundance that overflows to enrich your loved ones and humanity (a modern version of The Golden Rule).
- ☺ assume responsibility for your own happiness and love needs so that you will welcome love from others rather than remain dependent on it.
- ☺ become your lifelong friend and traveling companion 24/7.
- ☺ own the most powerful anti-depressant.
- ☺ free your energy from blaming to use your best to do your best.
- ☺ know how to bully proof your kids.
- ☺ prevent problems instead of causing them.
- ☺ become an *each one, reach many* teacher of love-creation.
- ☺ answer the universal questions: *Who am I?* and *What is my purpose?*

[3]This and all other EC content always available free on our web sites anytime and every time. **www.7plus2formula.org**; **www.lovingmenow.org**

[4]The New York Times; May 25, 1946

The Problem: Multiple tribes around the globe continue to educate its citizens with myriads of patriotic, religious, and political symbols and indoctrinate their members to pledge allegiance to their sovereign beliefs. We will continue to build more powerful weapons until we unleash them to make ourselves history. We have yet to realize that prevention is the only defense against WUD. "War and cure" is no longer an option.

The simplest summary of the cause of war, the cause of peace and the solution is contained in three sentences. The problem-causing sentence is "*My way is the only right way.*" The puzzle-solving sentence is best stated as a modern version of The Golden Rule: "*What will make things better for me and you (us and them, my tribe and your tribe) for now and the future*? Einstein told us the solution: *We shall require a new mode of thinking* (**ANWOT**).

The Solution: Our future requires that we add newer universal symbols that direct the capital of our intentions from our mechanical instinct driven animal brain to the higher moral-spiritual intentions of our newer puzzle-solving human brain. We must add a more sophisticated ***both…and*** way of thinking that focuses on similarities to the animal brain's *either/or* way of processing data that emphasizes our differences. Until we do so, we remain on course to rapidly become the first species to intentionally self-annihilate. Our mission is to elevate ourselves from static *human beings* to dynamic *humane becomings*.

The 7plus2 formula essay provides the fastest, easiest, most effective and enjoyable means to popularize ANWOT. Seven (7) simple word changes and two (2) powerful, yet still secret self-taught love-creation skills lead to the safe, happy, home we want for our loved ones. We now have the knowledge and the technology to make the solution to the BIGGEST puzzle a reality.

Einstein's ANWOT solution is provided in a series of essays. The 7plus2 formula is likened to the key that opens the door to an automobile, puts us in the cockpit, and turns the engine on. Most people will quickly learn to drive the car to take us where we want to go. The 7plus2 formula will satisfy some individual's wants. However, to maintain and sustain the life of the vehicle, more is required. Each additional essay creates a section of the puzzle. When we put the sections together; Eureka, we see the whole picture!

We require a movement of one million *each one, reach many* love-creation teachers, the estimated number needed to virally educate our seven billion citizens. We can rapidly popularize ***a newer way of thinking*** (**ANWOT**) by the domino effect. The Golden Rule is the one universal guide to our thinking arrived at by religions, secular tribes, mystics, and spiritual gurus through intuition. It is now verified by the scientific method, the application of universal common sense above personal "tribal sense." Versions include *Reciprocity; Love our neighbor as our self;* and *Treat others as we would be treated.* Modern versions of The Golden Rule include, *Love our self in the*

abundance that overflows to enrich the world; and, *What works best for me and you (my tribe and your tribe) for now and the future?*

The Golden Rule embraces the sophisticated spiritual qualities that distinguish us as *humane becomings* rather than *human beings*. The "Rule" includes unconditional global love, forgiveness, kindness, justice, empathy, humility, altruism, civility, and cooperation and collaboration for our mutual benefit. These conceptual qualities bring about the safe, happy, loving, abundant, peaceful home we want for our loved ones and humanity. They are required for our survival! The Golden Rule provides the moral conclusion that directing our energy to benefit our loved ones and to better the whole system of which we are a part is the highest expression of our creative energy. Our leaders preach The Golden Rule but they have yet to effectively teach it!

The ANWOT curriculum is the first comprehensive and effective expression of Einstein's solution; it includes original concepts which linked together enable us to make our world the joyous, loving, safe home we want and need. Unfortunately it is currently the only educational program that exceeds the requirements to rapidly proceed to succeed: it is evergreen; understandable by ordinary citizens; provides quick benefits; can be made viral by the domino effect through the Internet and social media; is enjoyable to learn and fulfilling to teach; and is affordable, guaranteed forever free to everyone, everywhere, any time.

Original content includes:

- *The 7plus2 Formula* is sufficient to inspire a peace movement because it is easily mastered by ordinary people and provides measurable quick results.
- The silent disease of our thinking that is about to slay us is identified; awareness inspires us to take the necessary preventive action
- Our newly updated story answers who we are and what is our purpose; it provides scientific verification of The Golden Rule as our highest moral-spiritual value
- New symbols, *word-switches,* with assigned meaning elevate the intentions of our mechanical animal brain to add the "high test" moral-spiritual intentions of our puzzle-solving human brain
- Two modern versions of The Golden Rule are introduced: "*Love our self with the abundance that overflows to enrich the world."* and *"What works for me and you (us and them; my tribe and your tribe) for now and the future?"*
- Essays explain the cause of war, the cause of peace; how to survive and thrive
- The asymptote provides the first symbol of universal oneness; it tells our story from the first cell to our present state of crisis with sufficient emotional power to trump the patriotic, religious, and political symbols that create opposing sides
- The Genie Seminar is a newer means of education that promotes the skills that make us mental-spiritual wealth millionaires and provides emotional support throughout our lifetime
- The mental freedom control panel identifies the eight choices available to our will: two that consistently work and the six that usually don't
- Each of the 100^{+} "strens" or bits of wisdom strengthens our newer way of thinking

- The 20 question educational peace quiz awakens us to our current crisis
- A plan to proceed to succeed as humane becomings instead of human beings, i.e. high level animals; to elevate our intentions from fear, hate, scarcity, and harmful confrontation (including war) to happiness, unconditional love, abundance, and peace.

Call to Action. Here's the plan: Once we recognize the cause of the problem, we position ourselves to teach Einstein's solution to make our world the home we want and need. Here are the three simple urgently needed steps for immediate action:

1. Learn the 7plus2 Formula: *seven* word-switches that rapidly create ANWOT and the *two* secret love-creation skills that teach The Golden Rule. Experience their benefits. Within 30 days, more or less, regular practice makes these skills habit, automatic and effortless.
2. Pay the 7plus2 Formula forward to those that are within your reach. Help make these skills no longer secret.
3. When they respond to "Thank you", urge them to do what you just did.

These three enjoyable actions take very little time and energy and cost nothing. They require no unusual skills. Becoming a love-creation teacher is among the most fulfilling of any of our life's endeavors. Each teacher of the 7plus2formula can start a domino effect that can circle the world.

A special feature of this book is that the EC has arranged for you to supplement the ANWOT skills by going to our forever free Internet sites where video, audio, and script versions are available; core strens are narrated by a professional speaker/actor. **www.7plus2formula.org** provides the most rapid, enjoyable, effective self-taught skills to acquire ANWOT and the two most powerful yet still secret love-creation skills; AND the contents of this book free. Click **www.einsteinssoluton.org** to make the two most powerful yet secret love-creation skills alive and indelible. **www.lovingmenow.org** and **www.einsteinssolution.org** offer a deeper understanding of who we are and our mission.

The Educational Content consists of multiple mental strength building skills that fortify a higher level of thinking. Specific knowledge and wisdom is required to elevate our way of thinking. Appropriate education transforms competition to preserve one's personal tribe to the *newer way of thinking* that emphasizes cooperation for the benefit of humanity. Each skill is designated a "*stren*." The word "stren" was invented by a group of mental health workers after hearing Anthropologist Margaret Mead explain how we ourselves create most of our problems due to the abundance of negative symbols in our language and the lack of positive ones. Thereupon, the mental health workers invented the new symbol "*stren"* to designate any word, concept, wisdom, or experience that directed energy to positive outcomes. Strens are provided as the wisdom topic for a newer powerful learning process we call the *Genie Seminar*. Bit by bit, unit by unit,

this collection of core strens creates the newer way of thinking that frees our intelligent puzzle-solving genie to grant our wishes.

While the strens can be individually *self*-taught, the addition of the Genie Seminar supercharges each individual's learning process and the viral spread of ANWOT. We each have an intelligent genie within us who is capable and eager to grant us what we want and need. However, we have a challenge we each must face that requires courage and action. Our genie is imprisoned by powerful forces who command the genie to do its own bidding. These forces go by various names including *instinct and tradition*, *fate and circumstance*, and *nature and nurture*. During our formative years when we lack the power to resist, our way of thinking is subject to the whims of these directors that initially dictate who and what we are to become. Hopefully, you are among the minority who has experienced wonderful benign dictators. People among the majority who were less fortunate have a harder task to free their intelligent genie to become their own person.

Dictators are reluctant to give up their power. We begin by learning to like our self unconditionally. We now recognize that just as crawling is the skill that leads to walking and then running, liking our self unconditionally is the mental skill that leads to loving our self and then unconditionally loving others. Loving our self is the equivalent of rubbing Aladdin's lamp to free the imprisoned genie. Keep in mind the modern versions of The Golden Rule identified above. Why continue to create hate when we want and need our world to be filled with happiness, love, abundance, and peace?

Stren Essays: Once we acquire the skills provided in the 7plus2 Formula, those committed to create a better world can proceed to the stren essays that introduce higher levels of knowledge and wisdom needed to maintain the happiness, love, and peace we create. The wonderful news is that because we are the primary cause of the problems we face, we are in an excellent position to combine our energy to wisely control them. Begin with the 7plus2 Formula to acquire Einstein's solution: a new way of thinking (ANWOT). Think of the core strens as letters of the alphabet or pieces of a jigsaw puzzle that convey increasing clarity as they are connected. Eloquent sophisticated wisdom often begins with "snapshots" that we can assemble to create a motion picture. Consider a stren essay a motion picture that adds the dimensions of time and change.

The solution to the BIGGEST puzzle is made clearer as we connect individual units to form a section and then put the sections together to create an accurate mental map. Each stren essay adds luminance to the map so that we may make our journey to the solution quick, easy, affordable, and highly effective. Here is what you will learn in the EC original essays:

☺ The **7plus2 Formula** is the quickest, easiest, most effective and enjoyable means to learn the seven (7) simple word changes that create ANWOT and the two (2) most powerful yet still secret love-creation skills that teach The Golden Rule. If we do no more than popularize these simple skills, we will create a quantum leap to solving the

BIGGEST puzzle. Regular practice for 30 days will make the benefits of these skills automatic and effortless. You will be amazed by the benefits you will experience.

☺ ***The Silent "either/or" addiction that is About to Slay Us*** identifies the new disease that is more dangerous than cancer, AIDs, or the Black Plague! Accurately labeling this new disease is critical because it inspires action. The recognition that "*cholera"* and "*infectious disease"* instead of "*miasma"* and "*God's will"* was the cause of a deadly epidemic in Soho, England 1854 by removing the Broad Street pump[5] led to the discoveries that most expanded our life span – sanitation and epidemiology. The identification of diabetes led to the search for life-saving insulin. Until we recognize that "*either/or* thinking" is the deadly addictive disease that is the root cause of bigotry, prejudice, and hatred, we will continue our inevitable course to war and self-annihilation. *War and cure* is no longer an option when all sides possess weapons with ultimate destructive power (**WUD**) that offer no second chance. Weapons for which there is no defense can only be managed by prevention.

The dichotomous processing of data by our animal brain that divides the world into two opposing categories was *normal* and *sane* in our ancestor's savage environment. In today's world where multiple tribes, big and small, proliferate WUD, "*either/or*" thinking remains *normal* but is suddenly *insane*. We are the first species predicted to deliberately make ourselves extinct. Teaching ourselves a newer way of "*both…and*" thinking will transcend our tribal allegiances to call forth the universal global intentions of our human brain. B*oth … and* thinking that focuses on our similarities is a simple antidote for this fatal disease. By inspiring sufficient people to apply the 7plus2 Formula, our collective efforts will be unstoppable!

☺ ***The Golden Rule*** is identified as the universal moral-spiritual Truth to guide our thinking, feelings, and actions. You will learn the scientific explanation why religions, secular tribes, mystics, and spiritual gurus intuitively offer this as our highest intention. A modern version of this Truth is "*Love our self with the abundance that overflows to enrich the world*!"

All life is distinguished from non-life by the ability to generate energy. Humane becomings are distinguished from all other species by the degree we may join fate and circumstance as directors of our life's experience. We have been provided an advanced brain identified as the cerebral cortex but better labeled our genie "*self*-organ." Properly educated, we empower our *self* to direct our energy to outcomes of our choosing. By adding *self*-consciousness to consciousness we acquire *self*-mastery, *self*-governance, *self*-programming, and the opportunity to free the intelligent genie within each of us that can grant our wishes. Only we may acquire the mental freedom that allows us to become our own person. You will learn how "*The Golden Rule"* replaces "*He who has the gold, rules!*"…the established but outmoded rule of instinct that currently dominates our way of thinking.

[5] http://www.ph.ucla.edu/epi/snow/broadstreetpump.html; description of the **Broad Street Pump** Outbreak written by Judith Summers

☺ ***Discovering the Supreme Law* of Cause-and-Effect** (also called the *Law of Orderliness, Predictability, Truth, Common Sense, Connectivity, Emergence*, and *The Law of the First Cause*) initiated the widespread application of the scientific method, our means to add the power of conceptual moral-spiritual knowledge to the animal brain's excellence in managing material-physical needs. The progressive enlargement of our human brain 350% in the last two million years distinguishes us as the most intelligent earth creature. The combination of our emerging puzzle-solving organ and perfection of imagination by creating new symbols has awakened us to the power of the Supreme Law. From the first "day," every animate and inanimate thing obeys The Law; it is the one principle that without exception governs the expansion of energy and matter. The sudden spread of the scientific method circa 300 years ago is accelerating our power of knowledge beyond our ability to direct it wisely.

Increasing awareness of The Law of Cause-and-Effect provides the scientifically verifiable explanation that reciprocity is the driving force that has empowered life to evolve from a single cell through increasing stages of complexity to our advanced stage of sophistication. Contributing to the well-being of the whole, reciprocity, is the highest intention of each unit within a larger system. Reciprocity is the direction of energy to express what is required to survive, thrive, and elevate ourselves to higher levels of civilization. Lack of reciprocity is as a cancer that leads to extinction.

Circa 2500 years ago, visionaries including Jesus preached and modeled the principle of reciprocity as the highest standard to guide our thinking, feelings, and actions. We call our various expressions of the principle of reciprocity "*The Golden Rule."* The Rule to treat our neighbor and even our enemy kindly has been blasphemous to the long established tribal rule, "*He who has the gold rules*." Pioneers who challenge tribal law are commonly punished until common sense can replace personal sense (tradition).

The discovery of evolution was verified by the scientific method just 150 years ago. It revealed a more accurate Story of Us. We are *humane becomings*, the growing edge of a creative work-in-progress that has evolved in stages over billions of years from a single cell to 50 trillion cells; we have a mission to transcend to higher levels of moral-spiritual sophistication, i.e. civilization. **The Supreme Law reveals that if we choose to survive and thrive as tribes become interconnected, single units and tribal values must add allegiance to the larger system. Tribal symbols must submit to a higher order of universal symbols to sustain a higher level of civilization.** The Law assumes the continuation of tribal allegiance but addition of reciprocity to the larger system. "New Yorkers are citizens of the city of New York and the state of New York, and the United States of America but they are also citizens of the world." The need to recognize and submit to The Law was endorsed by Einstein and leading luminaries as the cause of peace.[6] The Supreme Law that

[6]*The Anatomy of Peace,* Emery Reves, Harper & Brothers, seventh edition, ©1945, 1946.

everyone and everything must obey is explained and a glossary of newer symbols is introduced.

☺ ***The Story of Us*** accurately updates the history of us that dominates our thinking from *"his" story* to "*our" story*. The discovery of evolution just 150 years ago is the most important event since the creation of life 3½ billion years ago; it reveals who we are and our purpose. We are humane becomings with a mission to elevate ourselves to higher levels of moral-spiritual sophistication. It upgrades the dominant stories of tribal deities that periodically magically intervene to favor one's own tribe. Unlike our dominant way of thinking that is primarily supported by great leaps of faith and masculine muscle, the new story can be scientifically verified by anyone, anywhere, every time using common sense. The updated story focuses on our similarities above our differences, reveals that our highest intention is reciprocity expressed as The Golden Rule, and explains that cooperation for mutual gain is more important than competition to assert dominance.

You will learn how science is awakening us to the importance of spirituality and religion; why women and minorities are now being recognized as the equal of males; why supra-sex, i.e. "above the waist" social intercourse is now as important for our survival as genital intercourse; why social justice emphasizing education and limit setting is replacing punishment as our means to deal with harmful behavior; and so much more. We are challenged to elevate ourselves to a higher level of civilization or make ourselves history.

☺ **The Animal Brain and the Human Brain Compared** explains how we are unique from all other life; why our history is "his" story; the cause of bigotry, prejudice, harmful aggression and war; and our means to restore equality among our world citizens. Our older "animal" brain functions with unsurpassed precision to maintain reciprocity within the 50 trillion cells that comprise our material-physical self. Its intention is to sustain the life cycle through sexual intercourse and protection of progeny. Lacking imagination, its sensory inputs are limited to detect superficial differences of what is near in space and now in time. The animal brain deals with the external world as a sorting machine, separating data into *either/or* categories – *good*, us, our tribe, safe, compete to dominate vs. *bad* (evil), them, their tribe, dangerous, and suitable to serve *us* if tamed.

Our newer cerebral cortex "*self*-organ" introduces mental-spiritual conceptual awareness to add social intercourse to sexual intercourse as a newer means to sustain the life cycle. Our intelligent *self*-organ provides us our purpose as humane becomings. It values unconditional global love, common sense wisdom, and cooperation for mutual benefit above destructive competition to assert dominance.

You will learn why our animal brain's intentions are to serve its personal self, family, and tribe, often to the peril of all else. Properly educated with universal "word-switch" symbols, our unique *self*-organ applies imagination to "see" deep and wide; near and

far; past, present, and future. ANWOT provides us a magical wand, what we also call "*the scientific method*," to transcend our differences and solve the puzzles that make us wise ruler of our vast kingdom. Sustained peace requires that we elevate the capital of our intentions from the animal brain, *My way is the only way*, to the puzzle-solving portion of our humanmind, *What will make things better for me and you (us and them) for now and the future?*

☺ ***The New Symbol Critical to Our Survival*** introduces the asymptote as the first universal oneness icon that tells our story with the emotion that trumps the patriotic, religious, and political symbols that divide our world into opposing tribes. It illustrates our 3½ billion year path from a single source to the present state of world crisis. An accurate understanding of our trajectory empowers us to forecast the future, motivates action to prevent the predicted human catastrophe, and thereby experience our greatest passion: creating the safe, blissful home we want for our loved ones. The asymptote symbol, with the meaning assigned, conveys the need to add *unconditional* global cooperation to the tribal allegiance we are first taught.

"*My (Our tribe's) way is the only way*" was adaptive and sane in a savage environment where survival required competition for scarce resources. Such tribal symbols are the root cause of fear, prejudice, hate, and war. War is no longer tolerable with the current proliferation of weapons with ultimate destructive power to multiple tribes; some already claim it is their moral and religious right to use them. We have yet to create a universal symbol that calls forth the new story of who we are and what is our true purpose. The asymptote symbol with its assigned meaning tells the new story that elevates our intentions from personal, family, and tribal allegiance to our highest moral-spiritual value, The Golden Rule. We must popularize a new oneness symbol with the power of emotion equal or greater than that of our tribal symbols to prevent the predicted self-extinction.

☺ **The Genie Seminar** is a newer practical method of interactive learning to sustain education and emotional support throughout our lifetime. Akin to Alcoholics Anonymous, it offers the promise of becoming available throughout the world to ordinary citizens at no cost. For most persons, education stops at the beginning of our mature adult life when we are most capable of creative thinking.

Within each seminar, one or more of the required mental strength building skills, *strens*, are introduced via media (script, audio, video, or live) to set the topic; members of the genie group share their perspective. A group facilitator who is provided simple pointers in conducting a safe productive seminar will lead the participants in interactive discussion. Once the essential content is covered, the Genie Seminars serve to introduce original strens of the members own creativity or those proven by others to be effective.

The genie seminar: (1) is more effective, faster, easier, emotionally satisfying, and conducive to sustained adult education than traditional methods, (2) promotes personal creativity, (3) can be made available free or at little cost to anyone, anywhere, anytime, and (4) may be made rapidly viral to circle the world by the domino effect. The Genie Seminar together with the essential ANWOT curriculum is our means to release the magical genie within each of us who will grant our wishes. It offers our best hope to meet the urgent need to popularize Einstein's solution to make our world the home we want and prevent the predicted immanent human catastrophe.

☺ ***From War to Peace – Why, What, and How*** explains the cause of war, the cause of peace and Einstein's ANWOT solution. It envisions the process of change from what is about to make us history to enable our loved ones and humanity to survive and thrive. A glossary of easy to learn symbols is provided to update our thinking from greed and speed to wise creeds and good deeds. They redirect the meaning we assign to data from maximizing our differences to focusing on our similarities.

☺ ***Einstein's Solution*** addresses the startling new fact of our existence: We are the first earth creature empowered with godlike will power to dramatically change ourselves AND the world, a world that until this instant in time has been dominated by nature. Humanmind has joined natural selection in directing our destiny!

Einstein is commonly identified as our brightest citizen. Thus far, we pursue his $E=mc^2$ inspiration to create our most potent weapon of destruction and ignore his most important insight. He told us the nuclear age has changed everything except our way of thinking and we are drifting toward unparalleled human catastrophe unless we do one thing; "... a new type of thinking is essential if mankind is to survive and move toward higher levels." We will remain on a course to self-destruction until we master our will power by educating our creative freedom organ (cerebral cortex) to popularize our weapons for mass construction: *common sense* and *unconditional global love*. To proceed to succeed, we need only create the spark that frees our will from instinct and tradition!

☺ ***The Peace Quiz*** is a 20 question educational tool to awaken us the imminent crisis. The knowledge provided can inspire us to direct our energy to make the predicted human catastrophe a non-event.

☺ ***You Can Break the War Habit*** an invitation to come to the Educational Community advanced websites for in-depth discussion of the cause of war, the cause of peace, and the solution attainable by the collaborative efforts of concerned citizens. It may be used as a flyer to bring people to special events.

☺ **Trigger Words and Word-switches**[7]: 50,000 years ago our ancestors introduced sophisticated symbols, i.e. words and icons. Symbols provide us a mental "second signaling system" to turn-on our primary physical final common pathways to action. Symbols, once assigned meaning, enlighten us to abstract conceptual thinking, what we also call "*imagination*." Imagination is the unique quality of the human brain to connect ideas and concepts to solve puzzles. Imagination is also our mental tool to add moral-spiritual reality to material-physical reality. Imaginative power is the source of the scientific method, i.e. connecting what is common to our senses to continuously expand the power of cause-and-effect knowledge. As we grow knowledge, we require new symbols to wisely direct our human brain's creative power.

Trigger words and *word-switches* are important new symbols. A *trigger word* is any word(s) or icon that calls forth an established way of thinking. A *word-switch* is a newer created symbol that trumps a trigger word to redirect the path and destination of established mental energy to a preferred path and outcome. Word-switches are our tools to assume responsibility for our life's experience. We become our own person as we free our *self* from our first masters … instinct and tradition. The seven word-switches provided in the 7plus2 Formula are sufficient to create the newer way of thinking that elevates our intentions from our hard-wired animal brain to our puzzle-solving human brain.

The discovery of conceptual reality by our intelligent human brain allows us to perfect imagination. Imagination is our tool to the power of knowledge. The concept of evolution explains who we are and what our purpose is. Our creative nonphysical mental-spiritual *self* is our means of *self*-programing, *self*-mastery, and *self*-governance to co-exist with our physical self. We acquire the concept of prevention above "war and cure" by imagining our future. The concept of finite and infinite enables us to ponder our beginning and an afterlife; and we add the concept of philanthropy and greed. Conceptual thinking adds unconditional universal love to conditional tribal love innate to our animal brain.

☺ **The Mental Freedom Control Panel (MFCP)** identifies the eight action choices available to our freed will. The MFCP will enable you to recognize the two choices that consistently work and the six that commonly are a source of trouble.

☺ **100⁺ Strens** are the EC collection of strength building mental skills proven to work and gladly shared by mental giants. They are available at **www.anwot.org.** *Stren* is a new word-switch to identify any symbol, concept, idea, and wisdom that strengthens ANWOT. Whereas material-physical wealth millionaires acquire money, we make ourselves mental-spiritual wealth millionaires by collecting strens. Mental-spiritual wealth millionaires consistently enjoy a meaningful life whereas material-physical wealth millionaires often do not. The EC collection of 100+ strens created

[7]Essays that don't appear in this book may be found in the EC web sites: **www.lovingmenow.org** and **www.anwot.org**

and willingly shared by mental giants enable anyone to become a mental-spiritual wealth millionaire.

☺ **Mission Statement** (this essay) provides a mental map of the path to proceed to succeed. Effective directions to our preferred destination make our journey easier, faster.

☺ **The Signature essay** is a comprehensive overview of the Educational Community initiative to popularize Einstein's most important insight: *We shall require a newer way of thinking*. It is especially recommended for those who want to be teachers of ANWOT. Although it is not included in this book, it is available as an EC gift by going to www.7plus2formula.org.

☺ **The 30 day love-creation challenge** explains the three simple steps that enable us to become an *each one, reach many* love-creation teacher capable of initiating an ANWOT domino effect that can circle the world.

☺ **Benefits of Love Creation**: You will be pleased to learn that the love-creation skills required to prevent human catastrophe and establish sustainable peace are the same powerful skills that create happiness, unconditional love, and the wonderful life we seek.

☺ **The evolution of unconditional love** recognizes different expressions of our energy to do "good." Although "love" is the most universally expressed intention to guide our actions, you will learn that misdirected understanding of this powerful energy is often the source of great harm.

☺ **The verification of evolution** updates who we are and what is our purpose. We are born high level animals, educated with symbols as human beings, and transitioning as humane becomings. Our work in progress is elevating ourselves to higher levels of moral-spiritual civilization.

☺ **Preventing mass murder:** a "Sandy Hook" curriculum: proposes how ANWOT can be introduced in primary schools to effectively bully-proof kids and prevent the "shooters" increasingly seen in education and work settings.

As we enlighten ourselves to strens, let's continue to remain humble. Keep in mind that 3 ½ billion years have passed before the light bulb was discovered. Although we continue to improve their brightness, our vision is still quite limited relative to the infinite mysteries we have yet to comprehend. The mission at hand is quite clear and doable. We are forewarned that we are on a collision course toward *self*-annihilation. We are equipped to change direction toward our preferred destination. Let's proceed to succeed by gathering our collective love energy; at least enough to prevent human catastrophe and redirect our course towards a preferred destination. Thereafter we can move onward and upward to splendors limited only by our imagination.

The following EC web sites are available forever free to everyone, every time, everywhere. The Internet presents content in ways that are sometimes more effective than a book. They may be read as script on the screen, downloaded to create a tangible reference, and viewed as video when available. You become an *each one reach many* love-creation teacher when you pay the strens forward by a click on the computer.

www.7plus2formul.org: read and/or down load the script. In process, the EC will make this the portal to a video presentation of the formula and all of the contents contained in this book.
www.einsteinsolution.org: Two love-creation skills; a good introduction to ANWOT
www.lovingmenow.org: The skills to become a Love-creation teacher
www.anwot.org: A comprehensive curriculum to Einstein's solution = *A Newer Way of Thinking*. This is easily the equivalent of a three credit college course.

Here are some suggestions for navigating the100^{+} strens collection and additional strens on the EC web sites.

100^{+} Strens (each stren has a number)

Einstein's Solution: A Newer Way of Thinking: The Seven Mind-freeing, Life-changing, And World-saving word-switches

1) 8. The "I think I can" turn-on energy word-switch
2) 9.The "I could" for "I should" word-switch
3) 10. The "I allow" for "They make me" word-switch
4) 11. The "both…and" for "either/or" word-switch
5) 12. The "magical" problem-solving sentence for the problem-causing sentence
6) 13. The "energy" for "anger" or "anxiety" word-switch
7) 14. The "urgency" for "emergency" word-switch

The Golden Rule: Love-creation skills

1) 2. The most powerful self-endorsement wisdom
2) 20. Secondary endorsement
3) 29. You need emotional MDR's
4) 23. The reasonable best test of self-worth, part 1
5) 24. The reasonable best test of self-worth, part 2
6) 26. An attitude of gratitude
7) 17. The tape recording

8) 18. Act as if
9) 19. The bookshelf
10) 1. The strength stren
11) 16. The importance of self-endorsement – benefits
12) 21. The importance of patience
13) 22. The secret of acquiring patience
14) 25. Challenging automatic thinking
15) 27. Why we are pessimistic

The Mental Freedom Control Panel: the eight (8) action choices available to our will power

1) 36. The blaming-out response
2) 37. The blaming-in response
3) 38. The avoidance response
4) 39. The problem-solving action
5) 40. The self-endorsement action
6) 41. The helpless/hopeless response
7) 42. The worry response
8) 43. The mind/body response

Module 4: "Good to Know" Strens

1) 3. Our three masters
2) 4. The power of interpretation
3) 5. Word-switches: Trigger words and word-switches
4) 28. Becoming a mental-spiritual wealth millionaire
5) 66. The triple A stren
6) 62. Preventing suicide
7) 73. What is normal? What is sane?
8) 77. Reflective thinking, cognitive rehearsal, and prevention
9) 79. The use and abuse of fantasy
10) 69. Ontogeny recapitulates phylogeny
11) 63. The puzzle of the seven continents
12) 65. A movie fantasy – what next?
13) 74. Becoming one's own person – undoing self-deception

Universal Values

1) 59. Love and forgiveness
2) 81. The serenity stren
3) 88-89. Know your values; know your religion, part A & B

4) 61. Punishment and limit setting: Justice
5) 98. Corporate survival and the brain
6) 96. On creativity
7) 97.Habits of daily living
8) 76.History lesson

Stren Essays *(as found in this book)* ***www.7plus2formula.org*** *[in process]*

1) *The 7plus2 Formula*
2) *The Silent Disease that is about to slay us: "either/or" Addiction*
3) *The Newer Story of Us*
4) *The Story of Us: the Animal Brain and the Human Brain Compared*
5) *Einstein's Solution: Become a Mental-Spiritual Wealth Millionaire*
6) *The Golden Rule: Scientific Verification*
7) *Discovering the Supreme Law: Truth*
8) *The Asymptote, a New Symbol Critical to Our Survival*
9) *From War to Peace – Why, What, and How*
   The Genie Seminar: A Newer Method of Education
10) *Glossary of Terms and Word-switches*
11) *The Peace Quiz*
12) *You Can Break The War Habit: An Invitational Flyer*

Call to Action: World Peace through ANWOT

1) The 7plus2 formula
2) Call to Action
3) The EC Flyer
4) Einstein's 1 page poster

Chapter 2: The Silent Disease About to Slay Us
Either/Or Addiction: The Cause and the Cure

Normal is determined by the authorities who make us what we are according to their teaching and role models. A dictionary definition of *normal* is *conforming, adhering to, or constituting a typical pattern; the expected state; adherence to those qualities considered collectively and impersonally that identify a group*.[8] Some of the ways of nature that worked for our ancestors and have been passed on to our nurturers through tradition are still normal but they are no longer sane.

Sane is acting with common sense to whatever degree our knowledge permits. A dictionary definition of *sane* is *showing sound judgment; reasonable; rational; mentally healthy*.[9] Latin, sanitas = *sane, whole.* Most of our world's population is long on *normality* but short on *sanity*. Common sense is not common.

Insanity is foolish thinking; affliction with a persistent mental disorder of thinking; *civil law* means sufficient unsoundness of mind to warrant confinement; *criminal law* means sufficient mental malfunctioning to prevent the accused from knowing right from wrong and being aware of the foolishness of their actions.

Addict, Addiction: to devote or give oneself habitually or compulsively; Latin *addictus*, "given over," one awarded to another as a slave; being enslaved to a habit to an extent that its cessation causes severe trauma.

The purpose of this essay is to awaken you, us, and humanity to a new silent disease more deadly than cancer, AIDs, and the Black Plague. Knowledge enables us to initiate the urgent collective action required to prevent our self-annihilation. The chapter following explains the 7plus2 formula that is the quickest, easiest, most effective and enjoyable way to prevent the human catastrophe predicted by our most knowledgeable citizens. The mission of the additional essays in this book, *The Story of Us,* is to inspire the estimated one million *each one, reach many* teachers of love-creation that are required to make our world the happy, loving, safe home we want and need.

Our collective energy can solve the BIGGEST puzzle we face:

> Why do we fill our world with fear, hate, scarcity, and war when we want and need happiness, unconditional love, abundance, and peace?

Each essay provides a part of the solution. When we have sufficient parts we will solve the puzzle. Einstein was intuitive. He told us his most important insight; the answer to

[8]The American Heritage Dictionary of the English Language; Houghton Mifflin Company; William Morris, editor
[9]Ibid.

the puzzle is that we shall require *a newer way of thinking* (**ANWOT**). However, he didn't name the problem and he failed to provide the means to get there.

> ***Our world faces a crisis as yet unperceived by those possessing power to make great decisions for good or evil. The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe. .... a new type of thinking is essential if mankind is to survive and move toward higher levels.[10] ... Einstein***

This essay provides a name for the problem and the obstacle we must overcome to continue to make history instead of making ourselves history. The next essay offers the surprisingly simple common sense 7plus2 Formula to solve the puzzle. The subsequent essays offer sections of the puzzle which linked together reveal scientific verification that we are high level animals, i.e. human beings, with a mission to elevate ourselves to moral-spiritual *humane becomings*.

We give this new disease of our thinking the name "*either/or addiction*" because it distorts the way we perceive the world by creating opposing categories. "Either/or" has a division sign in-between to effectively represent the way the animal portion of our brain processes data into two opposing categories. *Either/or* thinking perceives one side as *me, my family*, and *my tribe* and "not our side" as *you, your family*, and *your tribe*. Two category thinking was adaptive for our ancestors! Tribes lived on separate hills and had to compete for scarce resources to survive. When common sense is lacking, dominance for scarce resources leads to the conclusions "*Might is right*," "*Survival of the fittest*" and "*My way is the only right way*." Competition and confrontation with modest weapons usually resulted in a winner and loser.

Thus, historians tell our story by its series of wars. For billions of years damage was inflicted on each side but the loser survived and rebuilt strength over time. Wars with fists and teeth, stick and stones, arrows, bullets, and bombs caused progressively greater damage, but the killing power was limited to maiming and killing a few at a time. Both sides lived, repaired the damages, and regained the strength to fight the next war.

Wars have been the means to attain peace. Conflicts were resolved through superior physical might. Peace reined until the established *either/or* way people think built up to the level of a new confrontation, pitting *the haves* vs. *the have nots*, or the collective beliefs of one tribe vs. those of "the wrong" tribe.

Through the application of our emerging intelligent human brain and discovery of the scientific method, today's weapons are so powerful that they offer no second chance. Weapons with ultimate destructive power (**WUD**) transform win/lose outcomes to lose/lose. Learning by trial-and-error is "*normal*" and was "*sane"* but with the proliferation of WUD, "normal" behavior is no longer sane. Where there is no margin for error, we need to make action right the first time. The "normal" *either/or* way of thinking

[10]The New York Times, May 25, 1946

that worked for our ancestors has become a silent addictive disease that is more of an immediate threat than any other danger. There is no defense and no cure for an affliction with killing power so instant and complete that it provides no second chance.

WUD can only be managed by prevention! The animal brain is not equipped for prevention. Its sense organs detect what is superficial and local in space and time. Survival required acuity to here and now; events far away and distant in time were unrelated to day-to-day protection of progeny and killing to eat. Prevention cannot be expected from old ways of thinking to challenges that have never been encountered.

Our intelligent human brain creates symbols to "see" deep and wide; near and far; past, present, and future; it enlightens us to the power of conceptual knowledge. The current discovery and proliferation of WUD has suddenly made the "normal" and "sane" way of surviving through muscular might obsolete. "*My way is the only right way*" is still "normal" but no longer "sane." Once unleashed, WUD strike within minutes and without warning. Whole cities and our loved ones will be erased within seconds of impact. As witnessed in Hiroshima: "People were going about their business without concern. There was a flash of light. Then they were gone."[11] If one Hiroshima-sized bomb of the 5,000 megaton arsenal accumulated by 2007 were released every second, the onslaught would last 4½ days; and if Russia or the U.S. trigger a launch order, thousands of nuclear weapons – the equivalent of 70,000 Hiroshima bombs – could be unleashed automatically by both sides in minutes.[12] The reality is that enough WUD are on hair trigger alert 24/7 to end civilization. The human catastrophe will begin and end within minutes by either the word of a single person, a human misjudgment, or a mechanical error. The highest alert has been in effect multiple times, minutes from *bingo*, and we didn't even know it.[13] Common sense and informed citizens tell us our children will not have a chance to experience the benefits we have enjoyed and forget about enjoying your retirement plans.

Our most knowledgeable futurists warn us that we are about to make ourselves history instead continuing to make history. They additionally predict the sands of the hourglass are rapidly running out. Optimists predict we have at most 10 years while pessimists tell us we are helpless and hopeless; that we have already passed our opportunity to stop the predicted Armageddon.

Either/or addition has suddenly become our most deadly disease. The instinctive force to hate that hurts, maims, and kills strikes out without warning. It shows no physical symptom that foretells our common diseases until unleashed with little or no warning. When the addict's distorted view of reality is pointed out, it is usually denied and even arouses ire directed at the messenger. A common characteristic of insanity is that the afflicted is convinced he is "normal" and the messenger is insane. Become aware; this is the major obstacle to prevention. The afflicted are bound by instinct, tradition, and

[11]Internet: On the Brink Doomsday (1997) YouTube.
[12]Bulletin of the Atomic Scientists; January/February, 2007, p. 34.
[13]Internet: On the Brink Doomsday (1997) YouTube

emotion to resist letting go of the two-category thinking that has protected them through their formative years. Habits hardwired by repetition and faith in authority become tradition and resist yielding to common sense.

The most important characteristic of *either/or* addiction is that it hides under the cloak of normalcy and sanity. It lulls the afflicted into a stupor while being always ready to leash out with its most powerful blow when an unsuspected trigger is pushed. When the blow is WUD, this once adaptive addiction to *either/or* thinking suddenly becomes fatal to the whole system. Managing our new destructive powers (WUD) is the BIGGEST puzzle we must solve with our highest urgency.

Here are characteristics of *either/or* addiction that make this our most deadly disease.

1. 100% of us are born with the "*either/or*" way of processing data to direct energy to action. This first way of "thinking" is prewired at birth and becomes a habit, tradition, and addiction with repetition; it is a given, not a choice!
2. *Either/or* addiction perceives the world in opposing sides causing tribal allegiance, and prejudice, bigotry, blaming, destructive aggression, and the intention to dominate non-tribe members.
3. *Either/or* addiction was adaptive for the survival of our ancestors in a hostile environment where scarce resources required confrontation and winning through the use of physical might. When WUD that allow no margin for error are its means of expression, the addiction that was traditionally adaptive has suddenly become insane. Win/lose harmful confrontation to settle disputes has become lose/lose within our lifetime, fatal to all sides.
4. *Either/or* addiction has been *normal* and *sane*, genetically hardwired and refined for billions of years through trial-and-error "education," and supported by emotion. Tradition resists changing what has previously created temporary peace, avoided pain and death or brings pleasure and survival.
5. As with all addictions (viz. alcohol/drugs, food, greed, violent video games, and *either/or* thinking) the afflicted are prone to deny the danger. One's personal reality is that the addiction is *normal* and *sane.* It provides immediate pleasure and survival and/or provides immediate protection from pain that is perceived emotionally to be intolerable, even worse than death.
6. The Samaritan who challenges what is "normal" to the afflicted is not only unwelcome but ire is often directed to the well-meaning messenger.
7. *Either/or* addiction is characteristic of the animal brain. "Vision" is nearsighted. Thinking is limited to superficial characteristics, the immediate area and present time. Local acuity was all that our ancestors required when both danger and needs were within one's near environment. Animal brain intentions favor self, family, and tribe.
8. The animal brain is highly functional at birth whereas the cerebral cortex is not fully physically mature until about 18 years after birth. Our animal brain is limited in common sense thinking until supported by our late maturing cerebral cortex equipped with language.

9. Our cortex is servant to our animal brain's intentions for most of our first decades. It provides common sense creative intelligence to devise better solutions to express the perspectives of the animal brain: desire for dominance; willingness to engage in win/lose competition; "egotism" – self-service often at the expense of others; need for immediate avoidance of life-threatening danger, pain, and seeking immediate pleasure; amorality, etc.
10. "*Might is right; Survival of the fittest*; and, *My way is the only right way* are normal and sane intentions when intelligent puzzle-solving is lacking. The "red alert" emergency fight or flight reaction is innate, poised to instantly and automatically strike out with little or no forethought when danger is perceived. Frustration that triggers rage is to be expected until we educate our cerebral cortex with word-switches that turn on common sense.
11. Prevention is limited or lacking due to the short sightedness of the animal brain. *Short term gain at the cost of long term pain* and *Play now, pay later* is common, "normal," and to be expected in addictions.
12. *Either/or* addiction leads to tribal allegiance usually at the peril of non-tribe members. The patriotic, religious, and political symbols – words, flags, and icons – that express the intentions of *either/or* thinking favor one's own tribe and negativity to "foreigners." Universal symbols that express unity and allegiance to the larger system are currently absent or lack the emotion linked to tribal symbols.
13. Hopeless/helpless words that shut down creative energy such as "*I can't; It's too hard"* exceed energy inspiring words like "*I think I can*." Blaming words such as "*They make me*" exceed responsibility words like "*I allow*." Trigger words that express dependency on authority like "*should, have to, must*" exceed creative puzzle solving imagination words like "I *could, choose, am wise when….*"
14. Reciprocity, when present, is expressed as The Golden Rule. However, priorities are local and personal. Love energy is directed to self, family, and tribe irrespective of the peril to others and the larger system.
15. Highest intentions, i.e. goals, are primarily expressed through physical means: money, power, titles, attractiveness, "right" religion, etc. The animal brain has limited ability to deal with conceptual reality. Wisdom and moral-spiritual values may be preached but are poorly taught. Actions favor tribal love above universal unconditional love. The animal brain's processing of data from input to output (action) tends to be amoral. The first symbols capable of managing non-physical conceptual reality serve the intentions of the animal brain.
16. The afflicted' s worldview is one's "personal" reality supported by emotion and leaps of faith in authority above universal common sense that is verifiable by the scientific method.
17. The necessary childhood dependency on other "masters" (nature and nurturers; fate and circumstance; instinct and tradition; human dictators) persists. *Self*-mastery, imagination, free will, originality, *self*-programming, *self*-worth, *self*-initiation, and qualities of the emerging cerebral cortex remain servant to the intentions of the animal brain as prescribed by our first masters.

18. The focus of *either/or* addition is on differences no matter how slight. There is ignorance towards similarities, no matter how prevalent. Win-lose competition to dominate exceeds win-win cooperation for mutual benefits.
19. Deviation from "normal" is viewed as "bad" and commonly managed by punishment and incarceration; this tends to increase virulence. Education in problem-solving to rehabilitate ("re" + "habit") and limit setting to protect society, what is called "social justice," is limited.
20. The establishment tends to avoid *self*-examination because it commonly reveals its own actions (viz. way of thinking, means of education; distribution of wealth) are the cause of deviancy.

Facing such terrible prospects could certainly be disdainful leading to a "give-up" response except for the wonderful accompanying news! Awareness of our plight empowers us to activate our combined creativity and redirect the present momentum to make our world the happy, safe home we want and need. You will learn that the 7plus2 formula is a quick, easy, effective, enjoyable "cure" for *either/or* addiction.

The discovery of The Law of Cause and Effect revealed the secret of power. The more the scientific method increases our knowledge of cause and effect, the greater we grow our power. The greater our knowledge, the more we accelerate the speed we expand our power. Each generation since the widespread application of the Law of Cause and Effect has grown their power. Witness the continued acceleration of human-made products that benefit humanity are too numerous to list. We have created the means to live better than kings of recent times. Like exploding fireworks, light burst out in all directions. Nature has not moved anywhere near the production and continued acceleration of products our human-mind creates.

Knowledge also expands the destructive power that was necessary for our ancestors to survive. We have harnessed the power of the sun for personal use. Nature's way of pruning leads to a regeneration of more vigorous life. Humanmind's new "overkill" power offers no regeneration. Yet, using our power to harm is as *normal* as directing our energy to do good. Addiction to *either/or* thinking stubbornly persists as the adaptive tool that allowed our ancestors to survive. "Normal" in today's world has become insanity with respect to our power to destroy. Surviving and thriving in a new era where most tribes will soon possess WUD requires that we make common sense common. We require Einstein's solution, ANWOT, to awaken us that we have made ourselves our own worst enemy. The traditional *either/or* way we process information into opposing categories is creating fear, hate, scarcity, and war when we want and need happiness, unconditional love, abundance, and peace.

We are applying our creative intelligence to the power of knowledge to rapidly make us the first species to intentionally create *self*-annihilation. The "normal" trial-and-error way of learning nature and nurturers have taught us to act through billions of years has in an instant of historical time transformed adaptive behavior into insanity. Common sense

tells us *self*-annihilation is not adaptive. All sides lose when we follow the standard rule of survival, "*My way is the only right way*." Yet, we remain in a stupor.

The scientific method that led to the discovery of evolution has revealed that the driving force to higher levels of function is the direction of energy by each unit for the benefit of the larger system of which it is a part. This is called Reciprocity. It is not physical might, money, titles, "toys," or material goods. Reciprocity is expressed in human language as The Golden Rule. This moral-spiritual Rule identifies the actions, feelings, and thinking required to survive and thrive. The Golden Rule is discovered and preached by religions, secular groups, and spiritual gurus but we have yet to effectively teach the skills that put it into practice.

The ways of nature that worked for our ancestors and have been passed on to our nurturers through instinct and tradition are still normal but they are no longer sane. If we allow the power of imagination to be servant to the trial-and-error solutions that worked in a primitive environment, we can accurately predict it is a matter of time before we unleash our WUD. We have the capability of updating out thinking to adapt to our new power of knowledge to consistently do good; there is no longer a margin of error when the single mistake of unleashing WUD represents the end of our line.

Our intelligent human brain creates symbols that empower it to acquire excellence in the use of imagination. Imagination adds the dimension of time to the three dimensions of length, width, and depth. The use of symbols equips our human brain to create mental motion pictures that extend our short sightedness. Imagination may create a movie that connects what has been to the present. Thereby, the trajectory over past time allows us to predict where we are going. When the symbols we use accurately represent the cause of effects, the phenomena can be repeated by anyone and everyone, anywhere and everywhere; anytime and every time. We call this "*the scientific method*." The scientific method is establishing what can be reproduced with the highest degree of consistency. For example, we can predict with a high degree of agreement 1widget+1 widget=2 widgets. It is somewhat more difficult to get universal agreement on conceptual reality but sane individuals will consistently prefer receiving and creating love above hate, joy to misery, and peace to war. Religions, secular tribes, and spiritual gurus intuitively arrive at The Golden Rule as the standard of our thinking, feeling, and actions.

When a symbol distorts what is universally common, the mental image results in personal private realities that are not universally shared. Thus we have two realities: one that is personal and one that is universal. If person A convinces person B of the veracity of the cause of the effect, the truth becomes tribal. If tribes convince other tribes, the veracity of the cause of the effect becomes universal. **Events judged to lack sanity, i.e. be "insane" become normal when we recognize a common sense cause. Consider these real life examples of mistaken identity:**

What society, i.e. “the establishment,” holds to be *normal* is often not *sane*. And sane people are often judged by society to be abnormal. Many exceptional individuals who discovered the knowledge and wisdom that have dramatically impacted the way we think were first labeled *abnormal*: rejected, punished, shunned, even murdered by punishers who believed themselves to be *normal* and *sane*: – Moses, Christ, Copernicus, Galileo, Darwin, de Chardin, Einstein, Freud, Lincoln, Gandhi, King, and the suffragettes to name a few. Learn from these examples of the power of faith in authority to mesmerize common sense.

You are asked to judge to what extent you, we, and humanity are *normal* but not *sane*! What is it about the following people’s behavior that most of us will consider abnormal, but is actually just as would be expected?

1. Jenny, ten years old, was quite happy and singing when dad’s timely action prevented her attempts to hang herself. She was taught that when she died she could once again be with her favorite person, her deceased grandmother. Children are especially gullible.
2. Mike was a bully. He hated blacks and Jews and threatened to blow up his high school. Mike’s mom was abandoned by the man who impregnated her. Unable to cope, she drifted lower and lower on the economic scale, was raped twice, and vented her bitterness and prejudiced opinions on her son.
3. Susan could not sleep comfortably unless she had cotton in her mouth. She was taught by her superstitious mom that something terrible would happen to mom if she didn’t regularly chew cotton at night. Her peers laughed at her when she revealed her secret at a pajama party by asking why others didn’t have cotton. It took some time and many restless nights to sleep comfortably without her cotton.
4. Joe was regularly put in the prison “hole” (isolation) for sexual attack on other young inmates. Joe “knew” he had to ejaculate to get rid of a “tight collar” but he was taught it was a sin to spill his seed outside of flesh. Once his opinion was exposed in a group therapy session, his peers persuaded him that it was O.K. to “beat the meat,” I no longer had to see him in the prison’s seclusion room.
5. Grace was suicidal, hearing unladylike voices. It was explained to her that she was possessed by Lucifer, the devil. She was brought up where speaking in tongues and hearing voices were expected occurrences during prayer rituals. She was admitted to my care for *schizophrenia* when I was a resident in psychiatry at Johns Hopkins because she was suicidal and convinced she was evil. Her religious leader confirmed that she was indeed possessed.
6. Jacob threw up upon the thought of eating certain food. He discovered a roast beef sandwich he had eaten was actually ham; he realized he violated his religion’s dietary code and immediately vomited. As a college student, I

witnessed a similar situation when Mohammed, having been assured there was no meat in a vegetable stew, found on his spoon what was unmistakably a piece of bacon.

7. By the age of three, a group of children already hated all Catholics while a comparison group already hated all Protestants. This was observed in a study of children growing up in Ireland [*The Hartford Courant*, 7/25/02]. What might we expect of a child growing up in Palestine? In Israel? Wherever unresolved conflict between tribes is common?

8. Kamikaze pilots during WWII and suicide bombers in the mid-East conflict disregard one of our most powerful instincts – survival. Through years of immaturity, Kamikaze pilots and suicide bombers' way of thinking are indoctrinated by leaders who chose to teach "*do as I say, not as I do*."

On November 18, 1978, under the direction of Reverend Jim Jones, 918 people committed mass "revolutionary suicide" at their Guyana community. Jones persuaded members of The People's Temple cult that the present world was evil and they would be better off dead than face life on earth.

In 1933, with a unique blend of nationalism, militarism, and racial theory, Adolf Hitler persuaded millions that they were a unique people – a master race with a special destiny. State-produced films and radio drove the message home of the superiority of the German people. People felt happiness and the seduction to Nazism was swift. "Young people were the most excited by the propaganda; over ninety percent of us were behind everything that went on." Perhaps no statesman had ever been as loved. An entire generation was taught to live the ideal German life the Nazi's prescribed. To be a Jew, homosexual, mentally or physically challenged, a Gypsy, or any minority was judged to be subhuman.

Now let's consider our own collective insanity. Currently most of us know the danger of WUD but we act as though they don't exist. We wish or pray for world peace but few do something to bring it about. Most falsely believe individuals cannot do anything that would count and express their faith that God or our leaders will deal with the issue.[14] "Normal" behavior is teaching the pursuit of material-physical wealth to become an elite member of the *got-rocks* class, commonly at the expense of the have-nots. We live for today on credit assuming it will not need to be paid back at a future time. We pursue

[14]See samples of random interviews with of over 200 individuals are available at **www.anwot.org**, Interviews. All wished or prayed for peace; most expressed a helpless/hopeless attitude but also said they would like to do something if someone told them what they could do that made common sense.

greed and speed above wise creeds and good deeds. We preach unconditional love but inadequately teach it. We allow tribal leaders to teach bigotry and hate and then direct our energy to punish the leader's victims who were helpless to resist the leader. When people fail to abide by our elite's rules we punish them by putting them in prisons where their deviance from "normal" becomes more virulent. The louder the warning sirens and the tick tick ticking of the Doomsday clock, the more we cover our ears and justify doing more of what is *normal* even though normal has suddenly become insane.

Are the above behaviors *normal*? Are they *sane*? Their feelings, thinking, and actions were quite normal responses to the way nature and their early nurturers had programmed them. They were behaving as they were taught. Would you agree that what we practice as *normal* is sometimes insane and what we call *insane* is sometime normal? Their ways of thinking would not pass the test of universal common sense; but why would it if they had been "schooled" through instinct and their formative decades of maturing to mindlessly accept as normal what is prescribed through great leaps of faith in tribal authority and limits rational thinking to serve tribal intentions?

Can you think of situations where groups of persons surrender their common sense to authority? What unexamined assumptions do you maintain, acquired on the basis of authority that would have difficulty passing a test of common sense? Do you believe citizens of other countries or religions are inferior? Are people who insatiably pursue money, power, or fame at the cost of happiness, unconditional love, and peace *normal*? Are they *sane*? Are they victims of *self*-deception?

The crazy state of our world is explained by recognizing that we are long on normality and short on sanity. We have the knowledge to make common sense common but we cling to the hardwired *either/or* way of thinking that was designed through billions of years of trial-and-error learning to resist change.[15] Our animal brain is like a thermostat that has been designed to mindlessly keep a steady state. It faithfully obeys its master's intent to keep things "normal" until some powerful force changes the program.

Get the message of this essay. We believe, think, and act like we are *normal* and *sane*. The proliferation of WUD makes acting *normal* suddenly *insane*! Wake up! Wake up! Wake up from our stupor now before it is too late!

Along with this terrible news there is also wonderful news! Einstein told us the solution to the BIGGEST puzzle we face: *How can we prevent the predicted Armageddon?* Answer: *We shall require a newer way of thinking*[16] (**ANWOT**). We must educate our intelligent cerebral cortex to transform "*either/or*" addiction to a more sophisticated "*both…and"* processing of data! ANWOT education empowers us to reroute the direction of mental-spiritual energy from tribal problem-causing goals to puzzle-solving global pathways. This task can be accomplished in years instead of generations if

[15]Our species, *homo sapiens sapiens*, appears about 150,000 years ago; *either/or* processing of data became hardwired at birth in earlier species and passed forward as seen in flocks, herds, and other groupings.
[16]The New York Times, May 25, 1946

sufficient committed citizens of the world will learn the 7plus2 formula. 7 "word-switches" that create ANWOT position us to acquire the 2 still secret love-creation skills that express The Golden Rule. Thirty days, more or less, of regular practice will make these skills automatic and effortless.

The 7plus2 Formula is provided in the next essay. It is all that is required to popularize Einstein's solution to the BIGGEST puzzle! ANWOT is easily understood by ordinary people and it is the quickest, most effective and enjoyable way to proceed to succeed. The formula is free to anyone, anywhere, anytime through the Internet. Money, degrees, good looks, unusual intelligence, even good health are not required.

The seven "word switches," word substitutions that create ANWOT re-locate the capital of our intentions from our animal brain to our puzzle-solving cerebral cortex. ANWOT adds wisdom and mental freedom to intelligence. It positions us to learn the two still secret love-creation skills we require to put The Golden Rule into practice. Here are two modern versions:

1. Love myself with the abundance that overflows to enrich the world.
2. What will make things better for me and you (my tribe and your tribe) for now and the future?

The Golden Rule recognizes our similarities instead of focusing on our minor differences. It inspires cooperation for mutual gain instead of destructive confrontation to assert dominance. If we were to teach ourselves one sentence to guide our thinking, feelings, and actions, any of the versions of The Golden Rule will carry us a long way. Religions and secular tribes preach The Golden Rule but have yet to effectively teach it. However simple the solution, our knowledge will be valueless until we inspire sufficient love-creation teachers to transform rhetoric into action; until we add a newer way of *both...and* thinking to *either/or* processing of data; and until we assume personal responsibility for our destiny through common sense wisdom instead of mindlessly depending on instinct, tradition, and great leaps of faith in the dictators that first govern us.

CALL TO ACTION: **What hardwiring controls <u>your</u> thinking? Free your intelligent wish-granting genie to become your own person.** The EC estimates we require a faculty of one million *each one reach many* teachers of unconditional love to educate our 7 billion earth citizens and thereby reverse the Doomsday clock. You (and we) have a choice to remain "normal" or become an important force for sanity. Let's initiate the domino effect that will circle the world to make our home the joyous, loving, safe home we want and need. Remember, no decision is a choice. Take the 30 day challenge that makes love-creation automatic and effortless. Make your life REALLY significant.

Upon experiencing the benefits of the 7plus2 Formula, most individuals will want a deeper awareness of the power of ANWOT. The EC offers the first and currently the only comprehensive curriculum that provides the effective "*how to*" action steps that

rapidly create ANWOT and the Golden Rule. The essential skills for sustainable happiness, unconditional love, abundance, and world peace include: the *7plus2 Formula*; the *Genie Seminar*, a newer method of education; the first *Oneness symbol* that tells our story verifiable by the scientific method; a common sense explanation of how evolution enlightens us to *the newer story* of who we are and our mission to elevate ourselves from static human beings to dynamic humane becomings; a *glossary* for common sense thinking; an educational *peace quiz*; and a curriculum that is made available *free* to everyone, everywhere, anytime.

Chapter 3: The 7plus2 Formula

The solution to Happiness, Love, and Peace

In today's nuclear world where multiple tribes possess weapons with ultimate destructive power, we have created a race between nirvana and Armageddon. The puzzle of achieving personal happiness is the same as the answer to the BIGGEST puzzle facing us today:

> ***Why is it that we fill our world with fear, hate, scarcity, and war when we want (and need) happiness, unconditional love, abundance, and peace?***

If you are concerned about the state of the world, popularizing just seven Mind-freeing, Life-changing, World-saving word-switches and the two still secret essential love-creation skills is the easiest, quickest, most effective and enjoyable solution to both puzzles. The 7plus2 Formula will popularize Einstein's solution to prevent human catastrophe and create sustainable world peace: "*We shall require* ***a newer way of thinking*****."** (**ANWOT**)

There are many additional benefits. You will:

- assume responsibility for your own happiness and love needs so that you will welcome love from others rather than depending on it.
- become your own lifelong friend and traveling companion 24/7.
- own the most powerful anti-depressant.
- free your energy from blaming to use your best to do your best.
- become an *each one, reach many* teacher of love-creation.
- answer the universal questions: *Who am I?* and *What is my purpose?*

Here's the deal. Learn the seven critical word-switches that free the wish-granting genie within each of us, and teach the two powerful, secret happiness and love creation skills. When you experience the power of *a newer way of thinking* (ANWOT) you will want to pay the 7plus2 Formula forward to your loved ones and contacts ... as *your* gift!

You will become one of the one million *each one, reach many* love-creation teachers needed to create the domino effect that will circle the world. Together, we will make our world the safe, happy, sustainable home we all want.

What is a word-switch? Word-switches replace common problem-causing words and symbols that dominate our established tribal way of thinking with puzzle-solving symbols.

> **Word-switch 1**: Substitute *I can* for *I can't, Why bother, What's the use, To hell with it, F**k it*, and other "give up" words that shut down our energy factory.
>
> **Word-switch 2**: Substitute *I allow* for *they (he, she, it, God) make me* …
>
> **Word-switch 3**: Substitute *I could* for *I should, have to, must*.

Word-switch 4: Substitute *both … and* for *either/or* that divides the world into two categories

Word-switch 5: Substitute the universal puzzle-solving sentence: *What will make things better for me and you (us and them) for now and the future* for the problem-causing sentence: *My way is the only right way.*

Word-switch 6: Substitute *energy* for *anger, fear*, and *anxiety.*

Word-switch 7: Substitute *urgent* for *emergency* and classify each issue as *high, medium*, or *low*.

In sequence, here's what word-switches do:

1 Turns on energy that has been shut down

2 Redirects blaming energy to assume personal responsibility

3 Stimulates problem-solving imagination using common sense instead of mindless obedience

4 Redirects the focus of thinking to our similarities and shared benefits instead of our differences

5 Calls forth our highest intentions, *reciprocity* and *The Golden Rule*

6-7 Prevent the mindless unleashing of the innate *fight or flight, survival of the fittest* instinct that has suddenly become dangerous

These seven word-switches awaken us to the universal Truth of Reciprocity, which is commonly expressed as The Golden Rule. They inspire us to educate ourselves in the mental skills that transcend tribal love to create unconditional global love. Word-switches add our discoveries of conceptual moral-spiritual Truth to our growing knowledge of material-physical Truth. They elevate the intentions of our machine-like animal brain to the intelligent puzzle-solving portion of our human brain. They selectively upgrade the hardwired habitual thinking of instinct and tradition that has become ineffective or dangerous. Word-switches free the wish-granting genie within each of us to create the newer, wiser solutions required for today's issues.

Our animal brain focuses on superficial differences and what is near and now (physically and in time) to protect local systems. It functions like sorting machines that divide things into separate categories: big from small, safe from dangerous, and our tribe from their tribe. Our human brain creates symbols that imagine what is deep and wide; near and far; past, present and future. Imagination is our tool to add conceptual

nonphysical mental-spiritual reality, viz. The Golden Rule, to our animal brain's excellence in managing physical reciprocity among organs. Imagination provides our human brain *a newer way of thinking* (ANWOT) that emphasizes similarities above differences, and pieces knowledge together to solve puzzles.

The application of the scientific method offers a new solution to two sought after puzzles: *Who are we?* and *What is our purpose?* It updates beliefs that are supported primarily by great leaps of faith and physical might. The new story is verifiable by everyone, everywhere, every time using common sense. It tells us we are the growing edge of the creative impulse that introduced a single cell 3 ½ billion years ago and has increased through multiple levels of complexity and function to 50 trillion cells. We are changing from high-level animals to dynamic *humane becomings*. We are more than static human beings magically created with all life on earth in one day 6000 years ago by a masculine "either/or" God who favors one tribe over others, periodically intervenes to protect *His* favored tribe, punishes *His* children when they disobey with eternal hell and rewards those obedient to *His* commandments with eternal afterlife in a wonderful place.

ANWOT reveals that the essential principal that elevates life to higher levels of sophistication is *reciprocity*. When single units cooperate, evolution progresses; extinction is the outcome when units take but give nothing to the system. Reciprocity is expressed through various iterations of The Golden Rule. A modern version is "*Love our self unconditionally with the abundance that overflows to enrich the world*."

Which brings us to the 2 in the 7plus2 Formula – the two secret universal love-creation skills:

1. Emotional self-endorsement
2. The Reasonable Best Measure of *Self*-worth

Love is the direction of energy for the benefit of someone (including our *self*) or something. Every life form contains an energy-producing factory. For us to survive and elevate ourselves to higher spiritual levels we must teach ourselves to love unconditionally with the abundance that overflows to enrich the world.

Until we learn to provide our own minimum daily requirement (**MDR**) of happiness and love, we remain addicted to someone or something, viz. instinct and tradition, to sustain our well-being. The *self*-affirmation skills we require to assume personal responsibility for happiness and unconditional love are discouraged by contemporary society. Let's make the secret love-creation skills common knowledge!

Secret Love-Creation Skill #1: Emotional Self-endorsement

Few people know how to emotionally endorse themselves. Can you imagine being able to create good feelings with the same ease that you "naturally" feel angry, guilty, ashamed or depressed? You can! ... If you learn how to endorse yourself emotionally and practice doing so. *Self*-endorsement is the secret of love-creation.

During our tender, malleable years, we lack the equipment to emotionally endorse ourselves. Survival requires "others" to provide the nurturance and love we need. Our educational system not only fails to teach us to direct love energy to ourselves, it tells us we are self-centered, egotistical, and wrong to do so. Approval, recognition, love, and support from others are worth working for. But when we learn to take responsibility for our own emotional MDRs, what we get from others becomes a bonus, rather than a necessity. When you're less needy, it is easier to be a lover than a love "junkie."

Good feelings stir us to continued action. Immediate satisfaction is critical to sustain the work, patience, and practice required to attain the rewards of virtually every important skill. Knowing we are doing something worthwhile is intellectual endorsement; its satisfaction is weaker than emotional joy. Emotional endorsement is the immediate satisfaction that allows us to enjoy the work we do now in order to sustain greater satisfaction later.

Here's wonderful news. We are already well practiced in emotionally directing love energy. We stomp our feet and yell with abandon at sports events, applaud and cheer a musical performance, know how to get that baby to smile and the dog to shake its behind and wag its tail. We even express our enthusiastic approval to food: "Wow!" to that chocolate ice cream sundae. The skill is there! We simply need to direct emotional endorsement to our *self*.

Caroline's story shows us how this can work. Caroline is an intelligent attractive young woman well informed about physical fitness and nutrition. She obtained at least the minimum daily requirement (**MDR**) of her physical needs, such as vitamins and exercise, but was starving from lack of *emotional* MDRs. When she experienced a putdown, she would dwell on her shortcomings, beat on hers*elf* and get depressed – in short, she would trap herself in a cycle of misery.

When people praised her or otherwise showed their approval, she felt good about herself and remained in a cheerful frame of mind. She seemed unable to cope with critical comments, however, whether or not the criticisms were valid. She reacted to criticism by blaming others and herself, leading to a depression that was often incapacitating, causing her to stay in bed with a headache, queasiness, insomnia, lack of energy, on and on.

Caroline sought help to break this cycle. She learned that our mind has a minimal daily requirement (MDR) for emotional needs just as our body requires physical nutrition.

She was skeptical at first when told it was her responsibility to provide her own MDR of emotional well-being, that she could stop her depressions and feel good every day. However, she made a list of her positive qualities and all that she could be grateful for. As she was advised, she began substituting positive statements for the negative ones … **what she had attained, had now, and might yet attain** instead of what she had lost, didn't have now, or might never attain. When she looked in the mirror, she told herself "I'm lovable. I'm a hot sketch" and laughed, instead of the putdowns you can imagine she had been telling herself.

One day she counted the approvals she got from others: "Two. If I depended on others for my self-worth, I'd be depressed most of the time!" Caroline mentally added up the pullups she gave herself each day and just ignored the putdowns. She began with10 that soon grew with practice to 20-30. Within a month the endorsements became automatic and effortless. She consistently had good day after good day. She began to sing in the shower, walk proud, and remind herself she was somebody. She let go of the blaming, *self*-pity, and "what if" worrying. She used the energy from her newer way of thinking to develop an attitude of gratitude.

This is Caroline's favorite pick-me-up fantasy: "I picture myself marching down Main Street, the VIP in a parade. A brass band playing *The Most Beautiful Girl in the World* marches behind me. Two young women dressed in colorful costumes walk in front carrying a banner that stretches across the street. The banner reads, 'Hurrah for Caroline!' and I wave to say, 'Yep, that's me.'" With this visualization, Caroline quickly returns to reality with her energy restored, ready to take on the world.

Just as we don't know the exact number of vitamins, minerals, exercise, and other requirements we need to enjoy optimum physical health, we don't know the exact number of MDRs we need to satisfy our emotional well-being. As we increasingly create our emotional MDRs, however, we'll sustain our well-being more confidently. You'll discover the number of MDRs you need to give you "fuel" to carry you through the day. Start with ten pullups and increase the amount up to twenty, thirty, or more. You'll know that you have created sufficient MDRs when you're able to maintain your well-being on a consistent basis, and face life's challenges both energetically and enthusiastically.

Take time each day to provide for both your physical and your emotional well-being. After you exercise, or while you're eating breakfast, take a few moments to consider your emotional MDRs. You can give yourself MDRs anytime and anyplace, but if you become accustomed to doing so at certain times, you will form the habit quickly. Make a short, positive statement to yourself; "Atta girl! /Atta boy!" Or use detailed imagery to create a self-endorsement fantasy, like Caroline's brass band.

Would you like to turbo-charge learning emotional *self*-endorsement skills? It's simple. Apply "***secondary endorsement***." Secondary endorsement is endorsing yourself each time you engage in the very worthy act of emotionally endorsing yourself!

Like forging through a jungle, unless it's regularly maintained, the path will soon be overgrown until not even a trace remains. Neglecting your emotional needs causes *self*-putdowns to re-appear and soon overpower the new habits. Secondary endorsement is the maintenance that keeps the path of *self*-endorsement clear.

Behavior that is rewarded is repeated! With practice, secondary endorsement will become automatic and effortless. Give yourself credit each time you endorse yourself. You will be pleasantly surprised to discover that secondary endorsement will rapidly build mental muscles that you will be proud to own.

> ***"Hurrah! Congratulations to me for endorsing myself. That's worthy of a special bonus. I deserve to endorse myself for endorsing myself."***

"Pull-ups," i.e. *self*-endorsements, serve you better than putdowns. When you endorse yourself for endorsing yourself, you pull yourself up and keep yourself up. As you recognize that you're endorsing yourself, enthusiastically call forth images such as blinking lights, musical accolades, and cheers as your signal to automatically trigger the secondary endorsement you deserve for endorsing yourself.

As you begin to feel consistently good about yourself, you'll notice that people will enjoy being with you and seek out your company. The friends and popularity everyone desires are far more likely to develop when you no longer need others to reassure you. *And* you can add your new, upbeat attitude to your list of emotional MDRs.

Here is a special bonus. As you create the MDR of *loving-my-self* pullups, you will attain the highest expression of unconditional love: forgiveness. Forgiveness = for + giving. The hardest form of love is forgiving one who has or is perceived to have done harm to us. Remember the most powerful words ever spoken: "Forgive them; they know not what they do." Begin with *self*-forgiveness.

Secret Love-Creation Skill #2: The "Reasonable Best (RB) Test" of Self-worth

Most people evaluate their self-worth by the "outcome" of what they do. *The RB test* is an "input" measure. It emphasizes your efforts, not the results of your efforts.

This skill would be simple if we were not so strongly indoctrinated to not practice it. In any situation, simply recognize when you're doing your reasonable best and apply skill #1 for doing so. You will create and maintain positive feelings about yourself no matter what you are trying to achieve. Realize you only control your input into a situation. The outcome is usually influenced by many factors that you can do little or nothing about, so

it's unrealistic to expect that you can control it. Yet most people have been taught since childhood to regulate their feelings about themselves by focusing on the outcome.

Do you still depend on the outcome of your efforts as the primary measure of your *self*-worth? Consider these outcome measures that sustain our dependency.

I'm OK if:

He/she loves me
I won
My efforts worked out
They accept me
I got an "A"
My salary is increased
The audience applauds
You understand
They think I'm attractive
I own a _____
The kids do well
I didn't make a mistake

You're utilizing healthy, realistic criteria to create positive feelings about yourself whenever you answer, "*Yes*," to the question, "*Am I doing my reasonable best?*" even if you don't attain the outcome you desire!

<u>But isn't it natural to feel bad when things don't work out?</u>

Of course! It's normal to experience hurt when things don't work out the way you would have liked, or when you've been treated unfairly. But applying *the RB test* balances your pain or disappointment. By creating a sustained level of positive feelings about your *self*, you can manage your discomfort while working to resolve it.

<u>How do I know what my reasonable best is?</u>

Your reasonable best is the best you can do in a situation considering your resources. Your intelligence is less than perfect. You have time restrictions and commitments to many obligations. If you're in doubt about what your reasonable best is, work with someone else to help set realistic goals.

<u>Suppose I'm not doing my reasonable best? Don't I deserve to feel bad?</u>

Certainly not! Improvement requires practice and patience; setbacks are to be expected along the way. Each time you recognize you aren't doing your reasonable best, you create an opportunity to improve until you reach the level of your reasonable best. Your appropriate response is to say:

> "I didn't do my reasonable best, but I'm recognizing the fact that I could be doing better. Only by recognizing an imperfection can I take the positive step of calling forth more effort and teaching mys*elf* to do better. I deserve to feel good for facing this shortcoming."

Most people beat on themselves when they discover they aren't the way they "should" be. Such "shoulding" on our *self* leads to avoiding facing faults. Becoming aware of shortcomings, imperfections, or mistakes *is* your reasonable best! *The RB test* prepares you to apply puzzle-solving and learn from your mistakes.

Putting our *self* down because we are less than perfect, less than we want to be, is a negative response that wastes our valuable energy without correcting the situation. The mistakes we make or our occasional poor judgment will probably lead to unpleasant consequences. Why pay twice by attacking our *self*-worth? Would you pay for your groceries and then get back in line to pay again?

Make the RB test a habit by asking frequently throughout the day, "Am I doing what I reasonably can?" If the answer is "yes," immediate, enthusiastic self-endorsement is in order. If the answer is "no," congratulate yourself for finding an opportunity to improve your efforts. Whether the answer is "yes" or "no," you will have created a win-win situation for growth and *self*-worth.

Putting it together: We are a work-in-progress!

We are more than static human beings. We are dynamic humane becomings on a mission to fill our world with happiness, unconditional global love, abundance, and peace. The root cause of war is the way we think. It can be stated in one sentence: "*My way is the only right way*." The cause of peace can be summarized in one word: "*Reciprocity*," more familiarly stated as The Golden Rule.

ANWOT transforms us from dependent, self-centered "*takers*" into creators of our own destiny. We increasingly make ourselves such powerful creators and destroyers that we have assumed responsibility for the future of our loved ones and mother earth. Language provides us the creativity of imagination to reach our highest intention, making our world the home our loved ones want and need. ANWOT recognizes that we all come from a single source, our connection to one another, and the benefits of cooperation for mutual gain above confrontation to assert dominance.

Our work-in-progress is acquiring sufficient wisdom to consistently direct our new godlike power to constructive outcomes. Our survival requires ANWOT that combines our collective energy to elevate the way we think, feel, and act through successive generations.

You are needed. Please join the "7plus2" movement to educate our population in ANWOT.

Bio:
Donald Pet, M.D., is director and founder of The Educational Community (EC), a privately funded nonprofit corporation whose mission is to popularize Einstein's solution to prevent human catastrophe and create sustainable peace. The EC offers the first and most comprehensive, scientifically verified, *self*-taught curriculum that explains ANWOT. Our services are forever FREE to everyone, everywhere, every time. Dr. Pet acknowledges the influence of Jerome Frank, M.D., Ph.D. (deceased), world authority on the causes of war and peace, his favorite mentor while training in psychiatry at Johns Hopkins and thereafter. "My passion is to inspire an ANWOT movement that will allow my seven grandchildren and other loved ones to enjoy the opportunities I have experienced; surely I am not alone."

The EC web sites are forever FREE:
www.7plus2formula.org: The easy changes that teach ANWOT and The Golden Rule; and the link to two FREE books … *7 plus 2 ➔ Happiness, Love, and Peace* and *The Stren Book*
www.einsteinssolution.org: Two love-creation skills; a good introduction to ANWOT
www.lovingmenow.org: The skills to become a Love-creation teacher
www.anwot.org: A comprehensive curriculum to Einstein's solution = *A Newer Way of Thinking*.

Chapter 4: The Newer Story of Us

The most significant event in our history since the creation of life was the discovery of evolution. Darwin and his colleagues provided scientific verification that we are high level animals, i.e. human beings with a mission to elevate ourselves to humane becomings. Until this knowledge, the stories of us have been dependent on great leaps of faith in the authority of instinct, tradition, and male dictators. They feature superstition, magic, and assumptions unsupported by common sense.

There are many marker events that led to the discovery of evolution including the ability to walk upright, introduction of the oppositional thumb, and the discovery of fire and the wheel. Our human brain began its continuous enlargement 350% over the last 2 million years to provide us an intelligent genie-like freedom organ, the cerebral cortex. Our ancestors created symbols 50,000 years ago as our means to engage in imagination and conceptual problem solving, and add *self*-consciousness to consciousness. We have continued to refine the first tribal symbols to the highest level of mental-spiritual reality: The Golden Rule was introduced circa 2000 years ago by several male visionaries in different parts of the world.

However, it was not until about 300 years past that we widely spread the application of the Supreme Law of Cause and Effect (**The Law**), the basis of what we call "science." The Law reveals that every effect has a cause and every cause is the effect of a prior cause until we reach the first or uncaused cause. All matter, animate and inanimate, is bound to obey this Law. It is the basis of the scientific method, our most accurate means to discover, record, share, grow, and pass forward the power of knowledge. Data available everywhere can be repeated by anyone, anywhere, every time to arrive at like conclusions.

It then took 150 years for Darwin and colleagues to apply The Supreme Law to update the multiple hi*stories of us* to create one story that unifies them all. Evolution verifies that humankind is the growing edge of a 3 ½ billion year path to elevate ourselves to increasing levels of complexity and moral sophistication. "Humane" includes the spiritual qualities of unconditional love, forgiveness, justice, compassion, kindness, cooperation for mutual benefits, and all those moral-spiritual qualities embraced by The Golden Rule.

Although the new story is universal and widely scientifically supported, it is unknown to the majority of our world population. The dominant *stories of us* are tribal, expressing patriotic, religious, and political perspectives that sustain bigotry, confrontation, and war. Through the application of intelligence, the use of symbols, and imagination we may acquire a newer way of thinking that adds The Golden Rule, i.e. mental-spiritual reality to material-physical reality.

The appearance of the first life was characterized by two important phenomena:

1. Beginning with the first cell, all life creates energy to reproduce itself and pass its life force forward in perpetuity, and

2. The life force is characterized by the impulse to increase in complexity and sophistication of function. A single cell has evolved through multiple levels to today's species having as many as 50 trillion cells.

The newer story reveals the driving force that facilitates the growth of simple life forms to increasing levels of complexity and sophistication is "Reciprocity." When the simpler units of the composite system contribute the product of their energy to the good of the whole, the system survives and thrives. To the degree the simpler unit "takes" to the detriment of the whole system, extinction occurs. This knowledge is critical because it provides scientific verification that cooperation for the benefit of the larger system is the required ingredient to survive and thrive. The concept of reciprocity is expressed in today's human language by various iterations of The Golden Rule. Evolution enlightens us to the unifying principal that takes us to higher levels of civilization.

We are distinguished from all other life forms by the degree we teach ourselves to become aware that we are aware; i.e., create *self*-consciousness. We think about our thoughts. We imagine concepts and then manipulate them to create possibilities not present in nature. We then apply the power of free will to transform our personal reality into the commonly shared reality. Labels for this creative process include *self*-programming, *self*-mastery, *self*-governance, mental freedom, super-maturity, and thought control. We differ from all energy producing creatures by the degree we teach ourselves to direct energy to the path and destination of our choosing. With maturity and proper education in the use of symbols we make ourselves powerful creators and destroyers.

The scientific discovery of evolution reveals to us that reciprocity, the direction of energy to civilization, is the unifying force of progress to surviving and thriving. The human symbol that expresses reciprocity is "*love*." "*Love*" is the intentional direction of energy for the benefit of someone (including our self) or something that contributes to the benefit of the total system. "Intention" in any direction simultaneously creates its opposite. To conceive *up*, we simultaneously create *down*; *far* begets *near*; *happy* includes *sad*; *us* creates *them*. Etc. Thus, the intention of "love" creates "*hate,*" the intentional direction of energy to the detriment of the larger system. The new story enlightens us that love and hate are linked within us like the two sides of the same coin. When we love altruism, we hate greed and vice versa. When we show allegiance to our tribe, non-tribe members are infidels.

The essential takeaway of our new story is that our present way of *either/or* thinking, originating from our animal brain, divides the world into two categories; it is the reason we have become our own worst enemy. Einstein's most brilliant, yet ignored insight, is that we require *a newer way of thinking* (**ANWOT**) that perceives reality as *both…and* above *either/or* if we are to survive and thrive. This insight will become clear as we understand the updated *Story of U*s in relation to the now popular misguided story. When we have an accurate map of where we have come and where we need to go, our journey is easier, faster, happier, and yes … safer. The new story explains why we must elevate the capital of our intentions from our animal brain to our puzzle-solving human brain. You will learn the simple steps to proceed to succeed.

What is our current misguided story?

The earliest assumptions of what we are about included magic and superstition, multiple idols, tribal Gods, and mythological stories of how these Deities interacted. Over the thousands of years our ancestors acquired consciousness, *self*-consciousness, language, and writing, the mystery of nature continued to narrow. We no longer burn witches to "save" them, understand earth not flat and most now agree our world is a drop in a big ocean instead of the center of everything.

The most recent popular stories are that "mankind" was created 6000 years ago by a magical act in one day along with every other living creature. There is one supreme being who occasionally speaks to specific males, viz. Buddha, Krishna, Christ, Moses, Mohammad, and the Pope. "His" commands are to be followed according to the authority of his chosen leaders. Failure to obey will result in everlasting punishment in a nasty place and obedience will be rewarded benefits so wonderful that they are difficult to imagine. God favors certain tribes and occasionally intervenes to see that good conquers evil.

Prayer, begging, sacrificing, and killing non-tribe members may get special favors not otherwise available. Some powerful leaders, viz. Hitler, Mao, and Stalin, have arrived at ultimate Truth by their own intuition without reference to a Deity. Women, for the most part are held inferior to men. In one popular version of "his" story, Eve was created from Adam's rib to provide him a companion. Women are to serve males, bear children, and attend progeny to maturity. A widespread assumption is that the world is divided into two categories: good or bad (evil); right or wrong; us or them; friend or foe; my tribe or the "bad" tribe; etc. Further, there are scarce resources causing us to belong to a tribe that can compete to survive and thrive: "Survival of the fittest"; "Might is right"; and "My (my tribe's) way is the only right way." Our dominant way of *either/or* thinking that divides everything into two categories is the root cause of bigotry, prejudice, hatred, harmful confrontation, and war.

We note that those tribes that embrace the scientific method, i.e. common sense, have taken steps toward elevating the status of women and freeing the muscles of slaves. Lacking education, physical freedom still leaves the mind servant to the animal brain and a slave to fate and circumstance. To the degree tribes sustain unsupported leaps of faith in authority, instinct, and tradition, male dominance and survival by harmful confrontation persists. Tribes still cling to the *either/or* way of thinking that makes survival incompatible with the sudden proliferation of weapons with ultimate destructive power (**WUD**). My training in psychiatry helped me to realize that when an individual thinks and acts in a manner that lacks common sense, he is considered "insane." *Either/or* thinking was once necessary for our ancestors who lived in separate hills and had to compete for scarce resource. Competing was the sane way available to survive. The availability of WUD has changed harmful confrontation as the sane way to create survival and peace to suddenly be insane. Together, we can awaken sufficient world citizens to prevent the catastrophe we don't want. Our combined efforts will be unstoppable.

This essay, The *New Story,* provides a newer accurate way to understand who we are and our mission to continue the process of elevating ourselves to higher levels of moral-spiritual function. The role of mental-spiritual Truth, i.e. The Golden Rule, is supported by the scientific method above great leaps of faith in authority. The upgraded story explains in common sense that the way our animal brain "thinks" in two "either/or" categories is the root cause of our collective insanity. It offers a practical curriculum that teaches ANWOT we now require to prevent *self*-annihilation and sustain world peace by solving the BIGGEST puzzle: *Why do we fill our world with fear, hate, scarcity, and war when we want and need happiness, unconditional love, abundance, and peace?* Ignoring the BIGGEST puzzle is sentencing our children and other loved ones to everything we don't want for them.

The essay, The Silent Disease that is About to Slay Us, explains why our *either/or* way of thinking has become more dangerous than cancer, AIDs, and the Black Plague. The *7plus2 Formula* consists of 7 easy word changes that create Einstein's solution, *a newer way of thinking* (**ANWOT**), and the 2 love-creation skills that teach The Golden Rule. The 7plus2 simple actions steps paid forward by the domino effect are sufficient to prevent the predicted *self*-annihilation due to our recent discovery and proliferation of WUD that offer no second chance. Our collective efforts can prevent the predictable human catastrophe by educating our global population to proliferate our new weapons with ultimate constructive power (**WUC**): **common *sense*** and ***unconditional global love***. You will learn how to make your already significant life REALLY significant.

Herewith *The New Story of Us* is provided in a non-traditional way featuring non-traditional use of symbols. An arrow (➔) is provided to indicate the gradual upgrading of the established animal brain's *either/or* thinking to the *both…and* newer way of thinking. The arrow replaces a vertical line or division sign that falsely conveys a sharp distinction instead of creating a motion picture of gradual metamorphosis. **A plus sign (+)** tells us new features usually "add to" and gradually modify rather than replace what has been. Thus, the process of emergence is more "*both…and*" than "*either/or*." Each gender retains both masculine and feminine hormones but in different proportion. We commonly experience both love *and* hate towards the same person's behavior and within our self. New knowledge to more accurate ways of thinking progressively evolves. Established ways resist modification. "*Either/or*" thinking is the "normal" animal brain way of thinking that provides a biased interpretation of actual reality. "His" story will slowly yield to new knowledge only if common sense is persistent and ANWOT education is paid forward.

The essential content of ANWOT education

The emerging updating of assumptions created by our newer story when supported by the scientific method fall into three categories: 1. the anatomy of change; 2. the elevation of function; and 3. the practical application of the power of knowledge to education.

1. **"His" story ➔ *"our" emerging new story*:** Knowledge upgrades the accuracy of our established "his" story and assumptive worldview. The new "our" story reveals we are born from one source and connected to one another. It inspires action to elevate our intentions to cooperate for mutual benefit instead of harmful confrontation to dominate others; to favor the power of love above the love of power.

2. **Animal brain data processing ➔ *human brain thinking*:** Our upgraded story recognizes we are high level animals, i.e. static "*human beings*" in the process of evolving to dynamic "*humane becomings.*" Conceptual might is added to physical power.

3. **Current didactic education ➔ *ANWOT puzzle-solving education*:** We are called to act. Education in *a newer way of thinking* is the means to free our wish-granting genie from earlier masters to become our own person. ANWOT teaches reciprocity, i.e. The Golden Rule, to embrace mental-conceptual skills such as unconditional love, forgiveness, kindness, justice, tolerance, compassion, and cooperation for mutual gain. ANWOT upgrades the animal way of thinking that demands allegiance to self, family, and tribe to attain global citizenship in the magnificent system of which we are a part.

1. "His" story ➔ *"Our" emerging story*

Survival and the well-being of our loved ones require that we update "his" story to "our" story. The way we think, feel, and act is guided by the assumptions we make about our *self* and the world. New knowledge is awakening us to who we are and what we must do to survive and thrive. We are distinct from all other species by the gift of a new common sense puzzle-solving *self*-organ. Intelligence, imagination and the ability to *self*-program our intentions bring with it responsibility, burden, and opportunity. We may use our new power of knowledge wisely to transcend ourselves to *humane becomings*, stupidly to make ourselves the first species to intentionally *self*-annihilate, and anything in between. Our wisest citizens warn us that we have little time to prevent the worst expressions of our new weapons. *Self*-change begins with *self*-awareness! "Know thyself." Our resistance to modify "his" story to "our" story has delayed our emergence from static human beings to dynamic humane becomings.

1. Life began 6,000 years ago when God magically created everything in 6 days → *Life on earth began 3 ½ billion years ago as a single cell and is progressing to greater complexity and sophistication in an orderly cause-and-effect way.*
2. God favors my tribe above others. "He" periodically selectively magically intervenes to express his authority and have "his" way → *the creative force(s) applies the Law of Cause-and-Effect, i.e. Law of Orderliness and Predictability,* to all things living and inanimate. Humanmind has been uniquely equipped with free will (self-programming) to assume responsibility for our destiny
3. God favors males above females. Eve was created to serve Adam → *The creative force provided both genders equal intelligence but different roles in sustaining the life cycle. Males have used muscle power to dominate females.*
4. God expresses his will by messages to specific males who are to enforce the law → *humankind is distinguished from other life by the gift of imagination, creativity, and free will to become a partner in determining the destiny of our world.*
5. History is "his" story according to the masculine perspective of domination by harmful confrontation, "might makes right" → *the awakening to evolution creates a new "our" story that humankind must add mental-spiritual might to cooperate for mutual benefit. Reciprocity and The Golden Rule trump "He who has the gold rules."*
6. Disobedience to God's (or human dictators') rule brings severe punishment, even damnation for eternity; obedience brings heavenly rewards → *the Supreme Law for everything in the universe is orderliness: every effect has a cause, every cause is the outcome of a prior effect. Humankind has a mission to live in harmony by making common sense education common to prevent harmful behavior and self-annihilation.*
7. Prayer: begging, bargaining, sacrificing, even killing get special favors including granting our wishes → *gratitude acknowledges humankind has been given common sense, inspiration and perspiration as powerful tools to grant our wishes.*
8. Love is conditional for benefit of self, family, or tribe; give to get → *love is unconditional; loving our self with the abundance that overflows to enrich the world is a complete self-fulfilling act.*
9. Master race (us)/subservient race (them) → *Creativity and power is shared for the good of the total community; there is no longer "them."*
10. Competing for scarce resources using physical might is "normal" when conceptual problem-solving is lacking → *cooperation to grow, breed, and create new resources for mutual benefit is the preferred means to survive and thrive.*
11. Goal setting: "Personal and tribal sense" is supported by the authority of instinct and tradition, viz. "My way is the only way" → *"Universal common sense" is verified by the scientific method, i.e. cause-and-effect supports reciprocity as our highest intention.*
12. Hero: Rambo type brave fighter who brings glory to his tribe or has exceptional wealth and "toys." → *Ordinary person, often unglorified, who contributes what he/she can offer to sustain happiness, unconditional love, and blissful peace.*

The discovery of symbols circa 50,000 years ago was a marker event in history because it enabled us to solve puzzles through the power of imagination. The use of imagination was more important than the ability to stand erect or the discovery of fire or the wheel. The addition of conceptual power to physical power enabled us to construct and destroy, to love and hate, to transform ourselves from human beings to humane becomings.

Another marker event was the discovery and popularization of the Supreme Law of orderliness, what we may also call the Supreme Law of Cause-and-Effect. Every effect has a cause and every cause is the effect of a prior cause. Knowledge could be shared, recorded, passed forward, and applied to increase creativity. The exponential growth of the power of knowledge through imagination has made us rulers on earth with the free will to establish a blissful peaceful home at one extreme, *self*-destruct at the other extreme, and anything in between.

2. Animal Brain thinking ➔ Human Brain ("*self*" organ) thinking

The newer "our" story awakens us to our hardly perceptible evolution over 3 ½ billion years from a single cell to multicellular organs, systems of specialized organs to create individuals with trillions of mutually supportive cells, families of individuals, and tribes of families. Sovereign tribes are now becoming interrelated to form a system of tribes. The new story reveals there is a creative impulse passed forward from the first cell motivating us to higher levels of sophistication. Elevation to the next level succeeds when the component units reciprocate to support one another, each contributing its specialized function within the tribe for the benefit of the whole. Lack of harmony leads to extinction. The highest intention of the animal brain's operating system, i.e. its way of "thinking," is to sustain the life cycle by sexual intercourse and to protect progeny to reproductive maturity. The new "our" story explains why we must update our way of thinking if we choose to continue to make history instead of make ourselves history. The new story makes apparent the need for education in the skills of social intercourse. We must transfer the capital of our intentions from our animal brain to our human *self*-organ.

1. Anatomy: Medulla, pons, pituitary, pineal body, cerebellum, thalamus; collectively the pre-human "animal" brain → + *cerebral cortex, our puzzle solving "self" organ.*
2. Prewired with the best of the best action pathways determined to solve past challenges to survival → *Born as a "blank slate" ready to be inscribed by various programmers; capable of education in self-programming, self-mastery, self-governance, becoming one's own person and join early programmers of the way we think, feel, and act.*
3. Sensory operating system (**O.S.**): Seeing, tasting, touching, hearing, smelling (senses) focus on differences → *Imagination; focuses on similarities; puzzle-solving*
4. Motor O.S.: primary signaling system – nerves, muscles, chemical and electrical mediators are the final pathway to action → + *non-physical second signaling system consisting of symbols linked to energy; trigger words and word-switches capable of influencing the primary physical sensory-motor system*
5. Expert in automatic mindless regulation of the machinery of the body and sustaining the status quo, resists change → *genie-like ability to create non-physical concepts that can turn on the* primary signaling system to initiate a *physical action*
6. Absent or limited conceptual ability; sorts data according to superficial differences as a sorting machine separates big oranges from small ones → *applies conceptual skill (imagination) to recognize similarities; "sees" deep and wide, near and far, past and future.*

7. *Either/or* thinking, "my way is the right way" for individual, family, or tribe → + *both…and thinking to promote the well-being of interrelated community, i.e. humanity*; *Reciprocity!*
8. Win/lose competition to dominate; lose/lose with WUD → *win/win by cooperative problem-solving for shared benefits*
9. Favors physical power; competes for scarce resources → *Applies genie creative puzzle-solving power to make the wanted/needed scarce resources abundant*
10. Primary means to sustain the life-cycle: sexual intercourse → + *social intercourse; collective puzzle-solving*
11. Learning by trial-and-error and tradition → + *common sense verified by the scientific method*
12. Truth is one's personal sense based on authority → *Truth is common sense verifiable by anyone and everyone, anytime and every time, anywhere and everywhere, i.e. the scientific method.*
13. Private sense becomes personal truth → + *common sense to reveal universal Truth*
14. What can I take for me, my family, and my tribe? → + *what can I give to benefit the system of which I am a part for the good of all?*
15. When the world no longer cooperates to satisfy our needs, frustration leads to blaming (the fight instinct) or avoidance (the flight instinct) → *blaming and avoidance in response to perceived unfairness is understood as "normal" animal behavior to be managed through education and limit setting.*
16. Escalation to attain dominance; "an eye for an eye, tooth for a tooth" → *de-escalation to attain civilization, blissful peace; barter for truce*
17. CEO of action: Instinct and tradition → *Imagination applies common sense problem-solving*
18. Attaining goals: conditional tribal "love"; indoctrination during formative years to support instinct and tribal traditions; domination by intimidation, fear, punishment, withholding physical or mental satisfaction; teaching guilt → *liberating education; unconditional global love embraces humane qualities of forgiveness, kindness, justice, compassion, cooperation, gratitude; encouraging creativity, reinforcement of positive behavior*
19. Sustaining the life cycle: emphasis on physical means of tribal survival by competition to win scarce resources – food/water, sex, money, titles, "toys," owning, etc. → *emphasis on mental-wealth for universal survival by cooperation and common sense to create abundant resources for all – unconditional universal love, forgiveness, kindness, justice, compassion, cooperation, sharing, etc.*
20. Conflict resolution and problem solving: Physical might is right; "survival of the physically fittest"; harmful confrontation, war, love of power → *Mental-spiritual might is right; superior to physical might; blissful peace; the power of love*
21. Dealing with arousal energy (i.e. strain – the response to stress)
    a. interpreted as "anger" → energy is directed to confrontation ("fight" part of fight/flight instinct); harmful action
    b. interpreted as "fear/anxiety**"** → energy is directed to withdrawal, avoidance ("flight" part of fight/flight instinct)
    c. *interpreted as "energy," a "signal to take common sense action"* → energy is directed to cooperative puzzle-solving action to restore blissful peace; enlightenment to prevent harmful reaction

22. Managing deviance: Demand compliance by punishment of individual → *Self-examination to find weakness in establishment education to re-educate deviant; limit setting as needed to protect society if deviance is dangerous*

23. Dealing with diversity: Support the master race; dominate non-tribe members to serve the master tribe → *tolerance; encourage, support, and welcome whatever contribution each tribe can contribute to the well-being of the global community*

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3. Dominant didactic education ➔ *Emergent ANWOT education*

Education in a newer way of thinking (ANWOT) is the payoff action step! Enlightenment without action provides a brief personal "Aha!" but no benefit to the well-being of our loved ones. ANWOT elevates the capital of our intentions from our animal brain to our human brain to recognize the superior benefits of mental-spiritual might. Education in the power of unconditional love adds eloquence to material-physical strength. We already have the knowledge and technology to proceed to succeed. The EC offers a comprehensive common sense ANWOT curriculum, perhaps the first. The challenge we face can be simply stated: *Do we have the courage to question tradition and the will to implement the common sense answers*? The collective energy of ordinary individuals will initiate a movement that will be unstoppable.

1. Didactic education includes indoctrination, "brain washing," during our formative years to have allegiance to tribal values → + *education in global allegiance to bring harmony and civilization to the total system*

2. Didactic process of education → + *genie seminar as newer favored process of education*

3. Teaches what to think and what is local "truth" (tribal law) → *teaches how to think and how to discover universal Truth*

4. Teaches animal brain language and values → *teaches practical puzzle-solving skills*

5. Emphasizes dependence and obedience to authority → *emphasizes mental freedom and self-governance through self-programming*

6. Bias is to use "trigger words" that convey preprogrammed responses and tradition → *favors "word-switches" that invite creative thinking to address practical puzzles whose solutions provide benefits*

7. We require nurturance during our formative years; we are "entitled" to continued nurturance → *our prolonged formative years provides opportunity to teach self-programming, self-governance, self-mastery and personal responsibility*

8. Behavior is determined by trial-and-error learning (instinct) and tradition → + *common sense creative puzzle-solving, i.e. the scientific method*

9. Teach conditional tribal love; emphasize patriotic, religious, and political symbols → + *teach unconditional self-love in the abundance that overflows to enrich the world (the modern versions of The Golden Rule); + teach and emphasize global symbols.*

10. Education for tribal intentions → *education for the benefit of humanity, "the good of the whole", civilization of the interrelated system*

11. Teach dependence on authority, especially during formative years → *education to become one's own person, mental freedom*

12. Education: goal is to become a material-physical wealth millionaire → + *higher priority to become a mental-spiritual wealth millionaire*

13. Tolerance for creativity: Ignore or punish creativity not supportive of tribal law → *encourage creativity in the arts and sciences and verify its merits by the scientific method (common sense)*

14. Power: Direct energy to grow physical might for individual, family, and tribe to dominate non-tribe members; → *direct collective energy to expand mental-spiritual might for the benefit of humanity; win/win*

15. Process: tribal information is absolute to be accepted and respected → *the Genie Seminar elicits collective creativity in group discussion; all teaching is transparent subject to question and verification by common sense*

16. ***Didactic:*** the teacher is the authority; the student is to rote learn and repeat content → teacher is facilitator and motivator to introduce content and elicit group creativity; discussion is focused on the practical application of content

17. Tribal values trump universal values → *Universal values trump tribal values*

18. Content is biased to the traditional "his" story → *emphasize the new "our" story of our connectedness to a single source and one another; transformation to humane becomings; ANWOT; Teach the progress from dependency to personal responsibility*

19. Either/or thinking emphasizing right/wrong differences; superiority of my tribe's way; us vs. them → + *both…and thinking emphasizing similarities, tolerance for diversity; all tribes are "us" – "them" disappears*

20. Reinforcement, approval: based on performance on academic tests; "pass/fail competition" → endorsement based on doing one's reasonable best according to the individuals level of skills; *cooperation for mutual benefit, civility; emphasis on anti-bullying, detection and early intervention that prevents harmful aggression; "failure" to thrive is first viewed as the inadequacy of the system rather than that of the student*

21. Symbols are primarily "trigger words" to convey tradition → *"word-switches" are substituted when reasonable to apply ANWOT to creative problem-solving*

22. **Emphasis:** reading, writing, arithmetic, making a living → + *generic spiritual values; social intercourse, how to live in harmony; unconditional universal love, forgiveness, kindness, justice, cooperation, and values that transform us from high level animals to "humane becomings"*

23. Fulfillment of the intentions of our animal brain (instinct) and tradition → *education in the ANWOT humane creative problem-solving skills that frees our genie from dictators and empowers us to acquire self-mastery, to become our own person*

24. Content features Tribal values, personal truth supported by authority and tradition → *universal values, Truth is verified by common sense, the scientific method*

25. Emphasis: status quo re tribal values and traditions → creativity is encouraged, all content is subject to question and verification

26. Anger management, stress management, relaxation skills: they ignored or avoided → *standard within the curriculum*

27. Content: features tribal interests, patriotism → + *global well-being; doing universal good*

28. Focus on age 0-18 when the brain is most malleable and receptive to brainwashing, teach patriotism, tribal superiority → + *importance of continuing adult education when*

brain attains the maturity and mental strength to become one's own person; introduce the Genie Seminar as a newer method of education throughout lifetime

29. Teaches cooperation for mutual gain of tribe → *cooperation for mutual benefit of humanity, civilization, humane skills*

30. Traditional content emphasizes our differences and competition as the way to resolve conflict → *emphasis on tolerance for diversity, cooperation, skills of conflict resolution and peace making.*

The Educational Community *A Newer Way of Thinking* (ANWOT) curriculum is designed to solve the most important puzzle:

> **Why do we fill our world with fear, hate, scarcity, and war when we want (and need) happiness, unconditional universal love, abundance, and peace?**

The EC offers The 7 plus 2 Formula that creates ANWOT and The Golden Rule in its forever FREE websites:

www.7plus2formula.org:	**The easy changes that teach ANWOT and The Golden Rule; and the link to two FREE books … The 7 plus 2 Formula ➔ Happiness, Love, and Peace; and The Stren Book**
www.einsteinssolution.org:	**The two most powerful love-creation skills**
www.lovingmenow.org:	**The skills to become a love-creation teacher**
www.anwot.org:	**Einstein's solution; A Newer Way of Thinking** [equivalent to a 3 credit college course]

Chapter 5: THE PEACE QUIZ

Become a Mental Wealth Millionaire and Powerful Force for World Peace

Become your own genie!

Dear Peace Advocate,

The Educational Community (**EC**) offers the wisdom that enables anyone to make their life more wonderful (a "Mental-Spiritual Wealth millionaire") and become a world peace leader. The purpose of this wake-up call is to unleash your passion for world peace. You are one of a select minority of powerful individuals who can make a major contribution to world peace. This is not a request for money; it is an invitation to become part a force for the solution instead of remaining part of the problem.

The Problem: After interviews with over 250 world experts on the proliferation of weapons of mass destruction, a high level Commission of the U.S. Congress reported to President Obama. The Executive Summary said it is more likely than not that weapons of mass destruction will be used in a terrorist attack in the near future and our margin of safety is shrinking, not growing.[17] If one Hiroshima-sized bomb of the 5,000 mega tonnage of global nuclear arsenals were dropped every second, the onslaught would last 4½ days.[18] Within 30 minutes that our nukes are unleashed by the word or a single person or a mechanical error, our cities and civilization as we know it will be erased. We will have minutes of warning and we and our loved ones will disappear in seconds. Knowledgeable citizens warn us we have no more than 10 years to prevent the predicted holocaust. We have been within minutes of nuclear warfare on multiple occasions. Suddenly, we have created a new era: human selection now rivals natural selection.

If your physician indicated a loved one had a terminal illness, what level of priority would you direct your energy to make a difference? Would you ignore expert opinion? I am passionate to create world peace because I want my 7 grandchildren to have the opportunities that I have enjoyed. I am confident you have similar passion for your loved ones.

Call to Action: Become informed. Check your knowledge through this Peace Quiz. Find out why we do nothing. Learn why you are needed and how you can become a powerful cause of the solution. If you agree with Einstein's insight to prevent the predicted imminent catastrophe, make the EC gift to you your gift to your loved ones and contacts. That's all we ask. A small amount of your energy will help unite the one million peace enthusiasts who will become the "*each one, reach many*" teachers required to virally spread *a newer way of thinking* (**ANWOT**) that will be unstoppable.

[17] ***The World at Risk***, Vintage Books, 10/08. U.S. Congress mandated Commission report to President Obama
[18] ***Bulletin of the Atomic Scientists***; January/February, 2007, p. 34.

The EC wisdom collection is guaranteed forever free to anyone, anywhere, anytime at its web sites.

Want to do more? Help start the required movement needed to influence our global population. Participate with us at [Internet site to be determined]

"***Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.*"....** **Margaret Mead.** It worked for AA, Amway, Mary K, and every great religion. Now we must make it work for ***THE BIG IDEA*** – **World Peace**.

<u>Make your life more wonderful. Take this quiz!</u>
Become a Mental Wealth Millionaire and Powerful Force for World Peace

1. **Q: Why is <u>our</u> generation suddenly responsible for the fate of the world?**
   A: Because for the first time in human history, we have created weapons with the power to wipe out civilization; there is no defense. Prevention is our only way to avoid catastrophe.

As we increase our knowledge of cause-and-effect relationships, we make ourselves more powerful creators and destroyers. Our generation is the first life on earth to make and proliferate weapons of ultimate destruction (**WUD**). If unleashed, they can immediately end civilization as we know it. This fact makes us responsible for our own destiny and the destiny of all that is about us. Some tribes have already declared it is their moral and religious intent to use them.

Every weapon that has ever been created has been used. We have progressed *from* fighting with fists, teeth, sticks and stones, arrows, bullets, and bombs that kill one or a few at a time *to* biological, chemical, and nuclear WUDs that offer no second chance. Furthermore, WUDs may be unleashed by the simple act of one person or a mechanical error without looking into the "enemy's" eyes or even knowing who they are.

We need to recognize that we are dynamic "*humane becomings*," not static "human beings." Our scientists have enlightened us that we are the growing edge of a work-in-progress that began with simple life on earth three and a half billion years past and continues to grow increasingly complex and intelligent. *Naming* has provided us *the power of interpretation.* Our ancestors' creation of sophisticated language 50,000 years ago empowered us to collect, store, share, increasingly grow and pass forward our knowledge. Knowledge is power. Humankind now rules all about us and we must learn to wisely rule ourselves. This is our mission! Our survival requires that we succeed.

2. **Q: As we become increasingly powerful creators, what is our mission and purpose?**
   A: To free ourselves from our original "either/or" way of thinking, which we all learn, and to develop a new, "both...and" common-sense way of thinking and acting.

The recent explosive growth of knowledge that is making WUDs widely available need not be the end of our story. Nature has provided us the intelligence to create and use symbols, to think, to think about our thoughts, and to imagine new alternatives and expand the repertoire of action pathways available to our will. Only our species may free our thinking from what nature and nurture initially dictate. As we mature we have the opportunity to become our own person, what we call "*self-mastery*." We discover knowledge of the Creative Force's universal Law of Cause and Effect. We introduce phenomena into the world that are of our own creation. Intelligent use of knowledge creates *common sense* thinking, wisdom, personal responsibility, and morality. *Mental freedom* from *instinct* and *tradition* provides us a mission and a purpose.

OUR MISSION is to selectively replace *trial-and-error* solutions with *common-sense* wisdom. Nature has provided all life with a means to survive through trial-and-error. When an action that doesn't work is not fatal, damage can be repaired and new actions can be tried until something works. "Failed" efforts lead to learning. Intelligent creatures also learn by role-modeling. They are spared from learning by mistakes when they imitate the successful behaviors role-modeled by nurturers. Nature has gifted humankind with its newest model brain. Our sophisticated cerebral cortex has the intelligence to create and use symbols. We create alternative action pathways in our imagination and choose from among them using *common sense*. *Common sense* knowledge of cause-and-effect relationships that is based on wise judgment replaces pre-established trial-and-error action pathways. Our ability to anticipate the future consequences of today's events (what is called "no-trial learning" or "cognitive rehearsal") empowers us to add *prevention* to *trial-and-error* learning and elevate our humanity to higher levels.

OUR PURPOSE is to become civilized creators by teaching ourselves the newer action pathways that enable us to survive and thrive. We do so by teaching ourselves the humane qualities to which we aspire – *love, forgiveness, compassion, kindness, mercy, collaboration to further our shared interests,* and whatever universal *common sense* skills "*work*." We can learn from the model provided by the diverse organs within our body. Survival requires that each organ contributes to the well-being of the whole. When we act like cancer cells that take and give nothing in return, the greater system dies and then the cancer cell, lacking its means of nurturance, also dies. *Self*-extinction is predictable if we don't succeed in upgrading the "*either/or*" way of thinking, taught to us by instinct and current tradition, that divides the world into two opposing categories. We can teach ourselves the newer "*both...and*" *common sense* thinking that recognizes similarities and the need to collaborate for our shared benefit. Surviving and thriving requires success in both our mission and our purpose.

3. Q: Why is our history defined by a series of wars?
A: Historically, aggression has been an effective survival technique.

Our way of thinking is still dominated by the ***trial-and-error*** survival methods our ancestors required to survive in a primitive, savage environment. *Fight or flight* and

survival of the physically fittest action pathways are demanded by *instinct*; they are hardwired by genes in the oldest and first to develop part of our brain. The simple *either/or* two category thinking, acquired when our cortical brain is immature, is designed to serve our *instinctive* bias towards harmful aggression. Humankind survived and now thrives because of our superior prowess as killing machines. We, like the hawk and any predator found in nature, are innately amoral. We are brilliantly designed by nature to survive at "*others*" expense. **We are born to become terrorists.** With the growing size and sophistication of our intelligent cerebral cortex we increase our cunning to dominate others, and to make and use increasingly powerful weapons.

Intelligence also enables us to recognize morality, but until we popularize the *common sense* wisdom required to elevate us to a more humane civilized state, *instinct* will have its way. Each of us needs to recognize and tame the terrorist who lives within.

4. **Q: Why is this call for urgent action different than so many previous predictions of Doomsday that have not materialized?**
   A: Unlike previous Doomsday warnings, this call to action is based on credible research and common sense.

The many false Doomsday dates were supported only by the faith-based assumptions of isolated religious groups. The current warnings that weapons with ultimate destructive power (**WUD**) will be unleashed are the *common sense* conclusions of our most knowledgeable scientists and informed citizens. A recent report of a high level Commission mandated by the U.S. Congress to evaluate the status of weapons of mass destruction interviewed over 250 world experts (*World at Risk*, December, 2008, Vintage Books; see pages 13-14). They concluded it is more likely than not that these weapons will be unleashed before the end of 2013 unless we take urgent action. Chemical weapons were used in Syria.

Einstein, regarded by many as the world's brightest mind, upon recognizing the power of $E=mc^2$, told us catastrophe is imminent. Major peace advocacy organizations such as *the Union of Concerned Scientists, Physicians for Social Responsibility, the Bulletin of Atomic Scientists, Ploughshares*, along with many informed citizens, concur regarding the urgent need to resolve the threat of self-annihilation. We would be foolish to ignore a consensus of such knowledgeable individuals and organizations.

5. **Q: What would be the consequences of unleashing WUDs with regard to the following?**
   a. To your children and other loved ones?
   b. To the quality of life for the survivors after the release of nuclear or biologic WUDs?
   c. To the value of your retirement program?
   d. To the outcome of the war if Hitler had the bomb first?
   e. To the cost of repair? Have you considered the value of *prevention*?

A: The results would be devastating – even for those who survived the initial attack.

Although we each have individual opinions, *common sense* will reveal we share quite similar conclusions. If a nuclear or biological WUD were unleashed, a huge number of people would die in the initial attack. The aftermath would make living conditions intolerable for those who were not killed or maimed immediately. Food, water, and medical resources would be unavailable or limited while disease and contamination would be rampant. WUDs are already available to many tribes and will be owned by most tribes within our lifetime or certainly within our children's lifetime.

6. **Q: What is Einstein's insight regarding our best chance to avoid catastrophe?**
   A: We need to change our way of thinking.

   Einstein, upon realizing the power of $E=mc^2$, declared it is only a matter of time before we create our own catastrophe. He told us the one most certain way to prevent catastrophe and promote peace:

The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe. ***.... a new type of thinking is essential if mankind is to survive and move toward higher levels.***

7. **Q: Why are a small numbers of terrorists succeeding, while the peace advocates who constitute an overwhelming majority of the world's population remain ineffective?**

A: Terrorists organize their followers to take unified action while the majority of peace advocates wish or pray for world peace but fail to unite to take effective action.

8. **Q: Can you name three common reasons why most persons take no meaningful action?**

A: Based on hundreds of interviews, here are the most common "reasons"*:

1. *Nothing I can do would be helpful*.
2. *I want to do my part but no one ever told me what I could do that makes sense*.
3. *I've got too many local priorities to be bothered by global issues*. *Our leaders or God will have to take care of the big issues.*
4. *You're talking to the wrong person. I'm not the problem. Talk to Bin Laden, Ahmadinejad and those "bad" guys.*

*See video interviews at www.anwot.org; click "*interviews*"

We will be unstoppable by correcting the *self*-deceptions that creates apathy. We need to free the imprisoned passion for peace in a sufficient number of individuals to popularize *the newer way of common sense thinking* that Einstein told us is the one most certain way to prevent catastrophe.

9. **Q: What simple explanation did Margaret Mead offer of how we can reverse the major source of problems in the world? Bonus question – why is our thinking**

biased to interpret the world negatively?
A: See the quote below:

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. ...M. Mead

This is how AA (Alcoholics Anonymous), Amway, Mary Kay, and every great religion began; this is the way to World Peace. Our genes bias us to interpret data negatively because being on "red alert" was essential for our ancestors to survive in their savage environment.[19] In our new era of WUDs, remaining stuck in *fight or flight* behavior is no longer adaptive. There is no defense against WMD and no place to hide. Prevention through collective action is our best hope to prevent the predicted human catastrophe and create sustainable world peace.

10. Q: Can you name the three masters who direct our life's experience?
***A: Instinct, Tradition*, and *Self-mastery*.**

Our biology is innately programmed with instinct during the nine months prior to our birth. Thereafter, our nurturers add their traditions to gradually dominate who we are and what we become. With maturity, we may acquire sufficient *common sense* thinking to assert *self*-mastery to become our own person and wise director of our destiny. We may interchange the labels *nature and nurture* or *fate and circumstance* with *instinct and tradition*. Other names for *self-mastery* include *self-governance, self-programing, mental freedom, becoming one's own person, thought control*, and *super-maturity*.

11. Q: What important skill do we require to free ourselves from our initial "either/or" way of thinking?
A: Patience.

Patience is delaying instant gratification for greater benefits in the future. *Patience* is required for virtually every desired skill. It is required to prevent a future undesirable event. We are all demanding *crybabies* at birth with the motto, "*I want what I want when I want it.*" We are inclined to present gain at the cost of future pain. *Self-mastery* requires interpreting data, creating *common sense* alternative action pathways, choosing from among them, devising effective action, and thereafter experiencing the rewards of desired future results. Until we acquire sufficient patience, we remain servant to fate and circumstance.

Patience allows us to free our will from instinct, tradition, and human dictators; creates the newer way of thinking that leads to *self*-mastery; is essential for common sense problem-solving; is required to create love and forgiveness; is needed to anticipate and

[19]Dr. Mead's explanation of why our negative thinking is a major reason we have become our own worst enemy is provided at **www.anwot.org**, stren #6, "*A new word-switch: stren*".

prevent future harmful events; empowers us to make life more wonderful; and insures the future of humanity and our civilization.

12. Q: What is the secret of creating patience?
A: *Self-endorsement* is our means to acquire and sustain patience.

Self-endorsement is the process of valuing, supporting, and rewarding our self through affirmation. *Instinct* demands that our action pathways provide immediate rewards. *Behavior that is rewarded is repeated! Instinct* is hardwired to demand satisfaction now with little consideration for the future consequences of today's actions. *Instinct* and current *tradition* favor "*m*e" (or *us*) without regard to "*not me*." ***Self-endorsement*** empowers us to create the immediate emotional rewards that placate instinct's demands for immediate satisfaction. By acquiring skill in *self-endorsement* we empower ourselves with the readily available means to sustain patience, engage in short and long term problem-solving, and prevent reactive behavior that often includes harmful aggression.

Skill in *self-endorsement* is essential if we choose to continue to survive and thrive. *Self-endorsement* links intelligent problem-solving to the immediate emotional reward required to switch from *instinct* and *tradition*, i.e. yesterday's solutions to yesterday's problems, to *common sense* solutions to current issues. We require today's knowledge and *common sense* wisdom to create original "out of the box" solutions to new problems. How many means of *self*-endorsement do you regularly use? I hope you have many and exercise them regularly.

There are multiple *self-endorsement* skills that sustain the patience we require to engage in effective *common sense* problem-solving. The most powerful yet hardly used secret means to sustain patience is "***emotional self endorsement***" followed by "***secondary endorsement***." These and other *self*-endorsement skills such as "*Acting as if*," "*The bookshelf*," "*Positive affirmation*," "*An attitude of gratitude*," and "*The reasonable best test of self-worth*" are available at **www.lovingmenow.org**. Many additional sources are readily available in books, films, and roles models. Try our collection of powerful, easy-to–learn techniques to enrich your self-endorsement skills, always free on our web sites.

13. **Q: What are the five ingredients that are needed to make life's experience joyous and purposeful?**
A: "*Yes I can*" (sufficient faith to turn on a spark of energy), *work, patience, direction*, and *risk-taking* to let go of established ways that may have worked before but have now become ineffective or dangerous.

Anyone can become a Mental Wealth millionaire using these easy to obtain ingredients. You don't need money, unusual intelligence, good looks, or connections; certainly no magic. Many individuals have shown us we don't even require good physical health.

14. Q: Which of the three basic assets to survive and thrive in today's world is <u>most</u> important: *Physical Wealth*, *Physical Health*, or *Mental-Spiritual Wealth (MW)*?

A: Mental-Spiritual Wealth. [*Mental Wealth = Spiritual Wealth*]

Individuals with ***material wealth*** and good ***physical health*** are well represented among those who are depressed and even commit suicide; not so for individuals who acquire ***mental-spiritual wealth***. Here are 10 powerful reasons why the wisdoms that create ***Mental-Spiritual Wealth millionaires*** are our greatest treasure:

☺ 1) ***Mental-Spiritual Wealth (MSW)* is the true source of happiness!** Every *MSW* millionaire creates a meaningful life experience, even in the absence of physical health. Two recent bestselling books, *Tuesday with Morrie* and *The Last Lecture* document how individuals with the worst illnesses were able to enthusiastically enjoy their life's experience. Materially wealthy millionaires are highly represented among those who commit suicide. The most "got rocks" person I have ever met was in my opinion (and his) among the most miserable.

☺ 2) We will own the wisdom we acquire (and create) for the rest of our life; the cleverest schemer will not take it away.

☺ 3) Owners of material wealth commonly spend considerable energy protecting it. They worry how to keep it and fret when they lose it. Most persons who lose physical wealth allow their spirits to be diminished in addition to their pocketbooks. People <u>love</u> giving away *MSW*!

☺ 4) When government creates more money, inflation devalues what others have earned; not so with *MSW.* Everyone willing to study and practice can become a *MSW* millionaire. There is no limit to the amount of *MSW* one can accumulate and each new *MSW* millionaire enriches the world.

☺ 5) The ingredients to acquire *MSW* are available in abundance to everyone! The traditional "silver spoons" such a money, status, titles, connections, good looks, unusual intelligence, the "right" religion, skin color, gender, geographic location, and so on are <u>not</u> required. A substantial collection of important *MSW* wisdoms are readily available. The Educational Community pledges to make its *MSW* curriculum via electronic media forever FREE to anyone, anywhere, anytime! The mass media makes it possible to rapidly educate our population when and where its subscribers prefer at little or no cost.

☺ 6) The more *MSW* we give away, the more our own *MSW* grows! The transfer of wisdom is a win-win-win event. The giver experiences one of life's greatest satisfactions. The receiver(s) increases his/her *MSW* and the global community is enriched. The transfer of *physical* wealth is commonly a win-lose event: the receiver is enriched and the giver's wealth is diminished. Too frequently, the rich

are the takers and the poor are the givers!

☺ 7) Correcting a small amount of a physical deficiency, such as B vitamins or thyroid hormone, creates a dramatic benefit to our health. Since our formal education stresses how to make a living and has yet to emphasize how to live, we can predict that providing even a small amount of *MSW* will dramatically uplift our spirits.

☺ 8) Wisdoms that make us *MSW* millionaires, proven by successful individuals to work, are plentiful and readily *self*-taught. They have already been created by wise persons. They are attainable from mentors, books, and other media, but are inadequately applied! They are free for our taking *if* and *when* we choose to embed *MSW* wisdoms into our basic education.

☺ **9) The same *MSW* wisdoms that are most certain to help us succeed in any endeavor are the very same skills that create *the newer way of thinking* we require to make our world a safer gentler place.**

☺ 10) What better feeling can we experience than when we are helping our loved ones become a *MSW* millionaire and promoting for everyone the most certain way to create a wonderful life including permanent world peace?

How do you allocate your energy?
Physical Wealth? Health? Mental-Spiritual Wealth?

15. Q: What is the ONE most dangerous and toxic idea threatening our survival?
A: "*My way* or *my tribe's way* is right and good while ***not* *my way* or ***not*** *my tribe's way* is evil, bad and is O.K. to punish, even murder."**

This perspective is an expression of *either/or* addiction, the way of thinking we all first learn. The *survival of the fittest instinct,* yet prominent in current *tradition,* favors dominance more than cooperation for shared interests. Working together, we can change our world from one of *greed and speed* to emphasize *wise creeds and good deeds*.

16. Q: What is the universal "magical" *Problem-solving sentence* that consistently creates preferred outcomes, that is the antidote for toxic thinking?
A: Given any situation: *What is most likely to work best for me ***and* you, for now ***and*** the future?***

This sentence calls forth *common sense* wisdom to create a win/win outcome for all parties and addresses the future as well as the present outcome of action. It is a modern expression of The Golden Rule. Of course it's not actually magic, but it works so well that you'll think it is.

17. Q: What critical changes are required to free our early *either/or* way of thinking that serves *instinct, tradition,* and *human* dictators, and to create a mature

both...and common sense **newer way of thinking (ANWOT) that empowers us to become our own person?**

A: We upgrade our thinking by creating symbols with the power to signal new *common sense* action pathways.

A new mental action pathway switches off the previously established action pathway. I name the symbols we create (usually words) "***word-switches***." We can understand a mental *word-switch* as we understand the action of a physical train track switch: we redirect the train to a new path and outcome by a *single* alteration at *one* point; this action simultaneously prevents the previously established path and outcome. *Word-switches* act with the same specificity as the physical train track switch.

Here is what I call "*The seven Mind-freeing, Life-changing, and World-saving word-switches."* Each is critical to initiate the process of creating *a newer way of* ***common sense*** *thinking* (**ANWOT**). Simply substitute the *word-switch* that "turns on" the new path and "turns off" the established trigger word(s) of the predetermined action path:

1) "***Yes, I think I can***" for "*I can't*," "*It's too hard*," "*Why bother*." "*I give up*," "*To hell with it*." "*Ferk it*" and other helpless/hopeless *give up* words that shut down our energy factory.
2) The responsibility phrase "***I allow***" for the dependency phrases "*He, she, I, they, it, God makes me ...*" that redirects blaming to assume personal responsibility for change.
3) The descriptive "***could***" words that incite creative thinking for the prescriptive "*should*" words that dictate one predetermined "correct" action pathway.
4) "***Both...and***" that supports cooperation instead of the "*either/or*" two-category thinking that biases our interpretations towards bigotry and prejudice.
5) The *Problem-solving sentence, "**What is best for me and you, for now and the future?**"* for the dictator's sentence, *"My way, the right way*."
6) "***Energy***" to signal our instinctive emergency arousal response to engage in *mental problem-solving* action, rather than the word "*anger*" that leads to "*fight*" and "*anxiety*" that is biased to "*flight*".
7) "***Urgency***" for "*emergency*"; then assign ***high, medium*****,** or ***low priority*** to ***urgency***. This word-switch diminishes our exaggerated response triggered by "*emergency*." In today's relatively civilized world, most stress has *medium* or *low urgency*.

Further explanations of these seven critical *word-switches* may be found in this book and the EC web sites. *Common sense* thinking is uncommon and will remain so until leaders teach our population *a newer way of thinking* (**ANWOT**).

18. Q: What action pathways are available to our will to manage life's events? (Accurate *naming* is the basis of wise self-management.)
A: See list below:

1) *Blaming-out* and related *secondary blaming* (the primitive "fight" response")
2) *Blaming-in* leading to "guilt," self-putdowns, and depression

3) *Avoidance* such as physical or mental flight, procrastination, changing jobs and spouse, substance abuse, telling lies, and so on (the primitive "flight" response)
4) *Problem-solving* expressed as various iterations of The Golden Rule, viz. "*What works for me (my tribe) and you (your tribe) for now and the future?*"
5) *Self-endorsement* and related *secondary endorsement* to create the abundance of unconditional *self*-love that overflows to enrich others.
6) *The Worry* response that sustains anxiety and phobic behavior
7) The *Helplessness/Hopelessness* devastating "*give up*" response that shuts down energy
8) The *Mind/Body* response leading to sustained stress and physical symptoms.

These eight choices are explained in depth on the EC web sites in what is called "*The Mental Freedom Control Panel.*" These eight action pathways encompass the choices available to our will. Most are easy to identify and thereby wisely manage. Choices #4 and 5 are consistently effective in getting what we want and avoiding what we don't want. The other six choices are the source of most of our problems.

Each alternative action pathway influences the well-being of our *self*, our loved ones, and humanity. To what degree do you rely on each?

19. Q: How will changing ourselves by practicing *ANWOT* make a difference?
A: Our dominant "either/or" way of thinking the divides the world into two categories is the root cause of our most pressing problems. ANWOT is the first step to changing ourselves to become the solution instead of the problem.

We first need to be the change we want. *Leadership by example* is far more effective and lasting than *leadership by edict*. "*A mind changed against its will is of the same opinion still*." Dictators who rule by authority are usually replaced by *would be* dictators of like thinking. We will not become effective peace leaders as long as we ourselves engage in material greed; remain stuck in *either/or* two category thinking that leads to conflict instead of the *both...and* thinking that recognizes our similarities; teach competition more than cooperation that promotes our shared interests; and pursue local priorities to the neglect of global needs.

Our most effective, perhaps only opportunity to change the world is by ***the domino effect***! We begin by changing ourselves, influencing our nearest receptive neighbors, and spreading ANWOT virally. Contact by contact we can reach those otherwise inaccessible.

20. Q: Why direct our efforts to Einstein's solution, popularizing *a newer way of thinking*?
A: *A newer way of thinking* leads to collaboration for lasting win/win outcomes.

I know of no better suggestion to create a lasting solution to the new dangers we create with our newest knowledge. Alternative methods such as threats of devastating retaliation, extreme "*star wars*" defense measures, blocking ports and related sanctions,

and negotiation between individuals whose way of thinking favors dominating more than *common sense* problem-solving are necessary temporary measures to postpone use of our new weapons. None of the alternatives offer sustained peace. The marvelous acts of some individuals who reach out with humanitarian aid are effective but too few and too late to prevent the imminent catastrophe. Our current government, peace groups, and concerned citizens have yet to propose *common sense* solutions more effective than a grass roots movement to popularize Einstein's solution, ANWOT.

The 20 question quiz has prepared you for the important bonus question.
BONUS QUESTION: What single word identifies the concept that is the driving force to successful evolution from a single cell to complex species with 50 trillion cells?
A: Reciprocity

The most important discovery since the creation of life 3½ billion years ago is evolution. It reveals we are humane becomings with a mission to elevate our intentions to include moral-spiritual excellence. Application of the scientific method by Darwin and others verify that units that direct energy for the benefit of the larger system of which they are a part survive; those who do not eventually become extinct. Our language expresses Reciprocity through various iterations of The Golden Rule. Two contemporary expressions are:

a. Love ourselves with the abundance that overflows to enrich the world.
b. What most benefits me and you (my tribe and your tribe) for now and the future?

Einstein's most brilliant insight enlightens us that we must teach ourselves *a newer way of thinking* (ANWOT) if we choose to prevent human catastrophe and sustain world peace. **The 7plus2 formula** is the quickest, easiest, most effective and enjoyable way to popularize The Golden Rule. Seven word substitutions, "*word-switches*," that create ANWOT position us to learn the two most powerful yet still secret skills that create the four possession we value and need. When we create happiness, unconditional love, and peace, we experience abundance.

If you could teach yourself the skills that make your life more wonderful and simultaneously make the world a safer, gentler place, would you take action? Where could you go for this education or recommend such a course to loved ones? Our society is deficient in such educational resources. Try ours. Go now to **www.the7plus2formula.org**. The EC collection of proven *Mental-Spiritual Wealth* skills are forever free on our web sites. You will immediately receive access to our 100+ wisdom tips, e-books, seminars, and much more. We guarantee you will never be asked for a cent for any of our electronic services. Once you try it, you will love making it your gift to significant others who will love receiving your valuable gift.

What are the important items on your life's road map? Have you included doing your part for world peace? Why not now? We ALL remain at risk until sufficient leaders take

meaningful action. Our newest WUDs offer no second chance. What would you need to convince yourself to take action before the first strike?

Giving something of value to loved ones is among life's greatest satisfactions. We all start life as "takers." The *self*-endorsement skills that create an abundance of love for our self inspire us to become "givers." Mature people find that the satisfaction of giving exceeds that of receiving. The rewards of giving, once experienced, become habitual. Becoming a giver also inspires us to become a peace leader.

What are the greatest gifts you can give to your children and other loved ones? Do you include love and forgiveness? How about freedom from dictators? A safe world conducive to healthy living? Citizenship in the global community?

Consider this advice by former President Clinton addressing the Yale 2010 graduating class:
"...*relentlessly, relentlessly every single day check yourself and say: 'Am I building up the positive and reducing the negative forces? Am I helping create a world in which we all win?' ... you have lots of choices going forward. Some of those choices should be to do public good as private citizens*."

Concerned people working together for a shared cause are a far more powerful force than individuals working alone. World peace deserves a global pep rally! Would you help make world peace real? The EC goal is to inspire 1,000,000 each one, reach many teachers of love-creation as soon as possible. We don't charge for our services but we can use all the passion we can unleash. Change begins from within.

O.K. What's the catch? Your help is needed to benefit our loved ones and humanity. That's it! You will make a huge contribution by simply paying forward the EC web sites: **www.the7plus2formula.org**; **www.einsteinssolutin.org**; **www.lovingmenow.org**; and **www.anwot.org**. You can become an important force in the grass roots peace movement. The Educational Community, Inc. 501(c)(3) nonprofit corporation welcomes your passion to become one of the *each one, teach many* agents-of-peace who will make our home wonderful.

NOTE: The U.S. Congress mandated report to President Obama has been published: *The World at Risk, Report of the Commission on the Prevention of Weapons of Mass Destruction Proliferation and Terrorism*, Vintage Books, December, 2008; Bob Graham, Chairman; Jim Talent, Vice Chairman. Important conclusions after interviewing over 250 experts on our security are quoted here:

From the Executive Summary

First sentence of summary, p. xv
The Commission believes that unless the world community acts decisively and

with great urgency, it is more likely than not that a weapon of mass destruction will be used in a terrorist's attack somewhere in the world by the end of 2013.
[Chemical weapons were used in Syria; mustard gas in WWI; and remember who used nukes in WWII?]

The Commission further believes that terrorists are more likely to be able to obtain and use a biological weapon than a nuclear weapon.

p. xvii
[Our government's] ***focus has been mainly limited to defense, intelligence, and homeland security programs and operations. The next administration needs to go much further, using the tools of "soft power" to communicate effectively about American intentions and to build grassroots social and economic institutions that will discourage radicalism and undercut the terrorists in danger spots around the world.***

Preface, p. xiii
We know that our margin of safety is shrinking, not growing.... There is still time to defend ourselves, if we act with the urgency called for by the nature of the threat that confronts us. Sounding that call for urgent action is the purpose of this report.

Preface, p. xii
Terrorists are determined to attack us again – with weapons of mass destruction if they can. Obama bin Laden has said that obtaining these weapons is a "religious duty" and is reported to have sought to perpetrate another "Hiroshima."

Mental Freedom is everyone's right.
Mental-Spiritual Wealth is everyone's right.

The Educational Community is committed to never soliciting money; we are privately funded. Our web sites, recordings, telephone seminars, 100+ wisdom tips, and educational content are guaranteed free to anyone, anywhere, anytime at **www.einsteinsolution.org; www.lovingmenow.org; and www.anwot.org**.

Chapter 6: The Animal Brain and the Human Brain Compared

Understanding Einstein's solution: A Newer Way of Thinking

Summary: ***Knowledge of the relationship of our animal brain to our developing human brain explains why we must shift the focus of our thought process, where decisions are made and priority is assigned, from our animal brain to the portion of our brain that makes us humane.***

This essay explains in common sense terms the cause of war and the cause of peace; why we have conflict and what we must do to create sustainable peace. Together, we will solve the most important puzzle:

Why do we fill our world with fear, hate, scarcity, and war when we wish and pray for happiness, unconditional love, abundance, and peace?

Intelligence, knowledge, and imagination make us powerful creators and destroyers. Our new powers grow increasingly dangerous when controlled by our animal brain. Growth of the science of science makes us aware that we are "*humane becomings*," emerging from a common source and connected to one another. We are awakening to universal moral-spiritual Truth, specifically The Golden Rule as we recognize that unconditional love-creation may be added to the hardwired "survival of the fittest" demands of our animal brain.

Acquiring the simple skill to love our *self* with the abundance that overflows to enrich others creates endless benefits. Creating love allows us to welcome rather than remain dependent on others for it. We become our own best friend and lifelong traveling companion. People who love themselves thrive even when the world is unfair. Loving our self is the antidote for depression and suicide. Kids who love themselves are bully-proofed, no longer over-reactive to life's unfairness … and they don't become shooters! **Education in love-creation is our best hope to reverse the hands of the Doomsday Clock![20]**

You (we) can become part of the solution. Love-creation skill frees the imprisoned genie within each of us to fulfill our wishes. Experience the joy of becoming a love-creation teacher and mental-spiritual wealth millionaire. Mental-spiritual wealth millionaires count their wealth in wisdom; unlike many material wealth millionaires, they love giving away their wealth. You (we) are needed to create a movement of the estimated one million "*each one, reach many*" teachers of unconditional love that will elevate the thinking of our seven billion neighbors. Working together, we will be unstoppable!

[20] *The Bulletin of the Atomic Scientists*, founded 1945 by members of the Manhattan Project, through its advisory board including 19 Nobel Laureates, maintains a Doomsday Clock to symbolize our precarious situation. It is presently set at 3 minutes to midnight.

Our history is a series of wars. Tribes compete to dominate instead of cooperating to support one another. How can we create world peace? Concerned people everywhere agree we must solve this puzzle. Understanding the relationship of the animal brain to the human brain provides us the critical information we require to change the way we think and thereby direct our new powers to do good. We can prevent the human catastrophe predicted by Einstein and our most informed citizens.

Accurate knowledge of our trajectory enables us to envision our future and discover the wisdom we now require to continue to make history instead of become it. Through the power of knowledge, we are proliferating new weapons with ultimate destructive power (**WUD**) that offer no second chance. Some tribes claim it is their religious and moral right to use them. We have created a race between nirvana and Armageddon and the finish line is within sight. The weapons with ultimate constructive power (**WUC**) hidden within our brain, ***common sense*** and ***unconditional love***, are ours to discover IF we work together to elevate our way of thinking.

Let's consider the special features of our animal brain, and the new features added by the emerging portion of our human brain.

A = animal brain; H = human brain

IDENTIFICATION: The brain consists of a series of specialized cells that expanded in number and complexity as life evolved from a single cell to the specialized multi-celled organisms of today's species.

A: The animal brain has emerged as a series of interconnected masses of cells that have been labeled the *medulla, pons, pituitary, pineal body, cerebellum,* and *thalamus*. This labeling of the animal brain will vary depending on how anatomists classify its progressive emergence.

H: The human brain consists of the animal brain plus the cerebral cortex, A plus H.

HISTORY

A: The animal brain is the outcome of 3 ½ billion of years of trial-and-error learning. It required several billion years for a central nervous system to develop, then hundreds of million years for the emergence of the animal brain. The complexification of species from a single cell to trillions of cells produced great diversity. The emergence of new features allowed adaptation to challenging environments; failure to adapt meant extinction. The amazing machinery of the body provides myriad adaptations that have been fine-tuned over time to help us survive and thrive. Features that repeatedly work become hardwired and passed forward through genes. They coordinate our organ systems to automatically sustain the life cycle.

H: The human brain has enlarged by 350% in the last two to four million years, while other organs in the human body have remained relatively the same. Scientists estimate

our species, *Homo sapiens sapiens* (the human who knows it knows), emerged from less intelligent humans circa 150,000 years ago**.**

Takeaway: We need to ask, "What is the significance of the disproportional growth of our brain over the last four million years when our other organs remain relatively unchanged?"

FUNCTION

A: Our animal brain is designed to regulate our survival by automatically providing solutions that worked in the past. Its operating system has been fine-tuned over billions of years of trial-and-error learning to insure procreation, survival, and adaptation. It commands that we repeat the life cycle by connecting egg and sperm, nurturing progeny to reproductive maturity, and by having allegiance to a tribe where strength in numbers protects us from danger and helps us compete for scarce resources. Our animal brain coordinates the harmonious function of trillions of cells and multiple organs. It regulates our heartbeat, repairs torn skin, stops bleeding, and automatically sustains every physical function – all without conscious direction. It interprets our senses to recognize danger, and provides an emergency fight-or-flight response to respond to it. As we learn more of the function of our physiology, we appreciate the magnificence of our animal brain to direct our physical self.

The animal brain is prewired by two powerful forces whose intentions we are directed to serve. These masters of our energy have been given various names:

- *Nature* and *nurture*
- *Instinct* and *tradition*
- *Fate* and *circumstance*

Successful actions become hardwired – automatic, effortless, and mindless – through repetition. Spontaneous innovations are less likely to be adaptive than ones that have repeatedly proven effective through billions of years of trial-and-error refinement. Therefore, new ways are usually maladaptive and are rejected. The life cycle and behavior patterns are highly predictable within each species. Our animal brain resists originality!

Animals experience consciousness of physical reality, which increases adaptability. However, originality and self-governance are limited by the inability to engage in abstract thinking. **The animal brain functions as a sophisticated sorting machine.** In addition to separating big apples from little apples, it distinguishes *us from them, safe from dangerous, good from bad (evil), black from white, male from female, O.K. from not O.K.* Its perception is "skin-deep" superficial as we judge a book by its cover; it is focused on local changes. Like a thermostat, once programmed, it resists change.

The animal brain is the home of passion and emotion (emotion = energy for motion). Five senses detect and make us consciously aware of subtle changes to alert us of danger. Relying on muscle, nerves, and chemicals, an emergency alert system

instantly and automatically activates a fight or flight reflex. Our ancestors lived in a circumscribed location where there was no need to be aware of distant events such as those that are relevant in today's connected world.

H. I prefer to label the human cerebral cortex by its functions rather than its anatomy because it is more useful – "***self***" organ because it is the source of our personal identity, i.e. ***self***-consciousness. Our cortical brain functions as a "**genie** organ" because it is capable of granting our wishes; a "**freedom** organ" because it is our source of self-governance and originality; and a "**humanmind**" to recognize its emphasis on mental-spiritual conceptual phenomena above physical phenomena. "*Self*-organ" will refer to all of these functions. Our *self*-organ is the home of intellect and mental conceptual wisdom, as distinguished from the mechanical function of the animal brain.

- 50,000 years ago, our ancestors created symbols and linked them to meaning to create language. Meaning is the interpretation assigned to data by the humanmind or *self*-organ. Meaning is a conceptual (non-physical) mental phenomenon.
- Symbols provide our *self*-organ a new mental second operating system with the power to influence our animal brain's physical primary physical operating system, which consists of muscles, nerves, and chemicals.
- The gift of our sophisticated *self*-organ adds "self" awareness to conscious awareness. We are conscious of our consciousness, aware that we are aware! Like a mirror, symbols provide images to "see" our self. We think about our thoughts. This is why we are named *Homo sapiens sapiens*: the species that knows that it knows.
- Imagination provides our emerging *self*-organ new functions that include *self*-consciousness, *self*-mastery, *self*-governance, *self*-programming, and freedom from control by our early masters – fate and circumstance, nature and nurturers, instinct and tradition. ***Self*-programming our intentions is the critical skill that allows us to free our imprisoned genie and become our own person.**
- Symbols are our tool to perfect imagination. Imagination awakens us to conceptual mental-spiritual reality – morality, religion, and philosophy. Mental-spiritual reality encompasses unconditional love, forgiveness, justice, kindness, compassion, cooperation, civility, and the skills that distinguish us from all other life. Neither the development of the opposing thumb nor the ability to stand upright is as significant as our invention of symbols.

  > *Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand*. … Einstein

- Imagination is our intelligent *self*-organ's tool to privately conceive non-material mental-spiritual concepts. It then transforms the non-physical concept, such as universal love or cooperation, into a physical reality that becomes part of the common domain shared by everyone. Imagination adds a sensory-motor operation system (**O.S.**) that magically transforms mental-spiritual energy into a physical-material product; the reverse also occurs – physical phenomena

influence our thoughts, and what we think and imagine. Our *self*-organ functions as a second mental O.S. based on abstract concepts that influence the primary machine-like physical O.S. of the animal brain. Even though we all routinely perform this magical trick of transforming "no-thing" into "some-thing", scientists don't yet understand how this transformation occurs.

Intelligence + symbols assigned meaning ⇨ Imagination ⇨ Conceptual reality
Conceptual reality (our new "*self*"-organ)⇦⇨Physical reality (our animal brain)
Self-consciousness + the Power of Knowledge ⇨
the Discovery of Conceptual Reality

- Imagination is also humanmind's tool to discover, store, share, grow, and pass forward knowledge of conceptual (non-physical) reality. *Self*-awareness of conceptual reality is added to the animal brain's focus on physical reality.
- Now, compare the animal brain's O.S. to the creative O.S. of our *self*-organ. The animal brain's O.S. consists of the five senses to detect physical reality; muscles, nerves, and chemicals to initiate action; and a machine-like sorting system that perceives what is local and divides what it senses into "either/or" categories based on superficial differences. **Our *self*-organ's O.S. relies on imagination to emphasize similarities above differences, cooperation above confrontation.** It creates alternative possibilities, assigns value to each, and then directs energy to transform conceptual reality into the preferred physical reality. This is called "cognitive rehearsal" or "no-trial learning."
- Imagination provides humanmind the vision to "see" deep and wide; near and far; past, present, and future. We document our past, create a trajectory, and thereby forecast the future. We not only anticipate what is ahead in our lifetime; we also imagine a life after death. As our intelligent *self*-organ acquires knowledge we are wise to update the mental motion picture of "our story" from a single cell to the present.
- Imagination allows us to claim our will power and influence our hardwired physical action pathways. Our *self*-organ may apply common sense wisdom to intervene and modify what others have made of us.
- **Imagination enlightens us that we are more than static human beings. We are dynamic "humane becomings."** Imagination is our *self*-organ's source of creativity. We have the opportunity to assume responsibility for who we are and what we make of ourselves.
- Imagination introduces the following:
  1. **physical-material products original to nature**: cars, computers, and bombs
  2. **mental-conceptual products that identify our species as "humane becomings"** – morality, spirituality, and unconditional universal love which includes forgiveness, kindness, justice, compassion, humor (animals don't laugh; neither did our early human ancestors), and cooperation for mutual benefits.
  3. **culture** – literature (story telling), art, music, dance, and more.

4. **mental-spiritual intentions, viz. unconditional love-creation energy, that differs from the hardwired physical-material intentions of our animal brain**

- **Imagination creates out-of-the-box solutions** applying current knowledge to solve new challenges. It forecasts the outcome of established actions, and has the potential to redirect the hardwired intentions of the animal brain to preferred conceptual outcomes!
- **Imagination adds conceptual mental intercourse to physical genital intercourse** as the newest means to insure survival. Given the current proliferation of weapons with ultimate destructive power to tribes who already declare it is their moral right to use them, we can predict that our survival requires that we educate our *self*-organ with conceptual skills such as unconditional love, forgiveness, and cooperation.
- **We discover knowledge, and record, collect, share, grow, and pass it forward from generation to generation.** Throughout history we have expanded our destructive power from fists and teeth, to sticks and stones, slingshots, bows and arrows, bullets, dynamite, and bombs. Today we build weapons with the unprecedented power to destroy civilization by a signal from a single person or a mechanical error.
- **Imagination has led to the recent discovery of the scientific method, which marks the sudden current growth of the power of knowledge to create and destroy.** The scientific method is the documentation of universal cause-and-effect relationships through common sense. Common sense is the collection of data that is "common to" and repeatable by anyone and everyone, anywhere and everywhere, anytime and every time. The scientific method is the application of common sense to awaken us to the Supreme Law of Cause and Effect – "Supreme" because all life and every object is subject to its force. Acceptance is mandatory; there are no exceptions!
- **Here is the most important takeaway of this essay! The scientific method is our means to discover conceptual mental-spiritual reality and connect it to physical reality; it is our means to connect science to religion!** The recent global expansion of the scientific method to discover physical Truth is now being applied to enlighten us to conceptual Truth. Our religions, secular tribes, and spiritual gurus all arrive through intuition and common sense at one universal conceptual Truth: The Golden Rule.
- As our *self*-organ awakens us to universal Truth, we need to selectively update the personal and tribal "truths" our ancestors popularized through huge leaps of faith in authority. Our intelligent *self*-organ applies intuition and common sense, i.e. the scientific method, to awaken us to the universal Law of Cause-and-Effect. We are recognizing our connectivity to a common first cause and to one another, to our similarities above our differences. Common sense wisdom directs us to add The Golden Rule to the hardwired "survival of the (physically) fittest" demands of our animal brain. We can educate our *self* to consistently apply The Golden Rule. Our survival depends on it.

- **Initially our *self*-organ is not free!** During the emergence of our *self*-organ through our infant and adolescent years, the intelligent genie within each of us is a slave. First, it must serve the prewired intentions of our animal brain. Following birth, the demands of external controllers are added through habit and tradition. The physical sensory-motor system of the animal brain emphasizes our material differences, warns us of danger, and prepares us for flight or fight.
- Our ancestors created patriotic, religious, and tribal symbols and assigned them meanings that command us to faithfully serve the intentions of the animal brain. Tribal symbols cause us to divide the world into two opposing categories. Win/lose competition using physical might to assert dominance worked in their savage environment. The "my way, the only way," "might makes right," "survival of the fittest," and "eat or be eaten" *either/or* solutions made sense.
- Intelligence in the service of the animal brain will sustain allegiance to tribal interests, material greed, and the creation of increasingly powerful weapons. The common sense direction of energy towards cooperation with non-tribe members for the universal needs that will benefit all tribes requires that we free our genie organ from domination by the intentions of animal brain to acquire the higher intentions of emerging human brain.
- The intentions of the animal brain are becoming increasingly maladaptive as (1) we proliferate WUDs and (2) technology dissolves the boundaries between tribes. The long-established intentions of our animal brain will persist until we introduce universal symbols that awaken us to our connectedness to a common source and one another, and the need to cooperate for mutual gain.
- A third director of our intentions is emerging – what we call "*self*-mastery," "*self*-governance," "*self*-control," "mental freedom," etc. The genie within our *self*-organ, once freed from the intentions of its first masters, may devise newer actions directed by common sense.
- **As humanmind attains adult maturity, we can recognize the need to elevate the capital of our intentions from our hard-wired animal brain to our puzzle-solving *self*-organ.** We are gradually upgrading our thinking to determine action based on common sense above blind acceptance of authority. This is a slow process because our animal brain has been designed to resist change. Dictators are addicted to stockpiling power and rarely consent to relinquishing any of it.
- **Symbols supported by common sense wisdom reflect universal Truth**. The conceptual sensory-motor system of humanmind can be educated with universal symbols linked to meanings that emphasize our similarities, discovering the value of unconditional love and the need to cooperate for mutual benefits.
- Within the last 2500 years, intuition and common sense have awakened us to the universal Truths of conceptual reality: unconditional universal love, The Golden Rule, and its many attributes, which include forgiveness, kindness, justice, compassion, and cooperation for mutual gain. Religions, secular tribes, and spiritual leaders preach the importance of unconditional love but society has yet to effectively teach it. Once we recognize this, the puzzle of how to teach the essential mental skills is quite easy to solve.

Important takeaway: Our *self*-organ is our means to free our genie from what nature and our nurturers first make of us. We are unique among other species because we have the potential to become our own person and the wise master of our destiny. This phenomenon is called by such names as "*self*-mastery", "*self*-governance," "*self*-programming", "mental freedom," "thought control", and "super-maturity." Everyone, including you and me, has the means to elevate us beyond high level animals; we evolve to humane becomings through education in a newer way of thinking!

THE CAPITAL OF OUR INTENTIONS: You have come to the heart of this essay. All life can be characterized as an energy factory! While the products of other species' energy factories are largely predetermined, our intelligent *self*-organ distinguishes us by the way our imagination originates **material**-**physical** products such as computers and bombs, and **mental-spiritual** (non-physical) products such as religion, philosophy, and morality. The intentions of the animal brain are determined by the authority of fate, circumstance, and human dictators; they become hardwired and inflexible. Until freed from domination by our animal brain, the creative genie residing in our *self*-organ focuses on tribal products – love, greed, power to dominate, and fear and disrespect towards outsiders. The intentions of our *self*-organ, when physically mature and educated in common sense wisdom, include mental-spiritual products – unconditional universal love, cooperation for mutual benefit, and the related moral qualities the make us humane becomings.

The CEO of our energy factory directs the type and quantity of each product it creates, including *hate* and *unconditional love*. For example, a mother with seven children may produce more love for each of her children than that produced by the mother of one child. Conceptual products can be added by re-tooling the material products factory area; also, by expanding the factory capacity. **If we make humanmind, our *self*-organ, the CEO of our energy factory, it can provide us the common sense wisdom to selectively upgrade or replace the material-physical intentions of our animal brain by adding the mental-spiritual qualities embraced by the Golden Rule.** Our intelligent genie, once freed from control by its first masters, may discover the conceptual qualities that make us humane.

A: **The animal brain** directs our energy according to the intentions programmed by powerful **endogenous** and **exogenous** forces. We recognize these controllers by various names, such as *nature and nurture*, *instinct and tradition*, and *fate and circumstance*. **Endogenous** products are innate, genetically determined at birth. They consist of the mindless intentions determined by trial-and-error that helped our ancestors to survive in a savage environment. Endogenous programs determine our physiology and their function; they have been called "the machinery of the body." **Exogenous** forces are external forces that add new intentions to nature's prewired patterns. Exogenous forces mold us according to their whims when we are "selfless" and helpless to resist.

While the intentions created by these two forces are usually mutually supportive, conflict is common. For example, instinct tends to encourage immediate physical pleasure, "*It if*

pleases our senses; yes, do it." Tradition is prone to be wary of instant gratification and command, "*No, don't*." The operating system we inherit and acquire early in life is a magnificent collection of the "best of the best" action patterns that have worked from the beginning of our creation to manage all sorts of challenges. The behavior of species whose life cycle is controlled by endogenous and exogenous forces is highly predictable. Designed to protect us from danger, the animal brain is primarily attuned to physical-material reality, and focuses on immediate and local survival issues. For example, anticipation of imagined danger, or "worry," has more survival value in a savage environment than humor. The unknown "empty part of the glass" commands attention while the full portion is overlooked.

H: Our intelligent *self*-organ elevates us above all other life by the degree to which it discovers, records, shares, grows, and passes forward knowledge to create newer products. Through our recent rapid growth of knowledge, we are proliferating products with ultimate constructive and destructive energy. We have created a race between nirvana and self-annihilation and the finish line is within sight. As we amp up the power of destructive weapons, we increase the urgency to assume responsibility for our personal and collective well-being.

The gift of a *self*-organ to humankind marks the birth of a third director of our intention energy. The phenomenon that empowers us, our "*self*," to join the endogenous and exogenous dictators of our life's experience is so new that our language lacks a word to describe it. I have introduced the word "**mentogenous"** to describe this new creative "*self*" director of our intentions. "Mentogenous" encompasses our highest wants and needs, such as "*self*-mastery," "*self*-governance," "*self*-programming," "mental freedom," "becoming our own person," "super-maturity," and "thought control." Mentogenous symbols serve as signals that switch on the conceptual products that distinguish us as humane becomings, such as unconditional global love and morality.

The early endogenous and exogenous directors of our intentions reside hardwired in our animal brain. They provide the operating system we've passively acquired over billions of years of trial-and-error learning and throughout our formative years. Assuming personal responsibility for our well-being through mentogenous *self*-control is dependent on physical maturity and educating our *self*-organ in the use of specialized universal symbols. We update the established patriotic, religious, and political tribal symbols, labeled "*trigger words*," created to serve the intentions of the animal brain, through education in the use of what I call "*word-switches*." Word-switches are mentogenous symbols that update hard-wired trigger words loyal to the intentions of our animal brain**.** For example, switching "*I could*" for "*I should*" invites us to imagine alternatives and choose among them, instead of being limited to the authority of "*should*." Changing "*They make me …*" to "*I allow*" replaces blaming with accepting personal responsibility to create problem-solving action. Switching one simple problem-causing sentence, "*My way is the only right way*," a source of prejudice, bigotry, and win/lose harmful confrontation, to the problem-solving sentence, "*What will make things better for me and you (us and them) for now and the future?*" redirects our energy to

cooperative problem-solving for mutual benefits. Upgrading trigger words to word-switches is easy once we see the problem.

The patriotic, religious, and political tribal symbols created by our ancestors to direct our thinking were necessary in a savage environment where resources were scarce and survival depended on win/lose competition. Until the last several thousand years, there was little need for universal symbols because populations were unconnected and our weapons had limited destructive power. The animal brain is poorly prepared to manage challenges never before experienced by instinct or tradition.

Our genie *self*-organ is the special gift that lets us assume personal responsibility for our life's experience. The degree to which our *self*-organ creates and uses mentogenous symbols enables us to become *self*-programmers. No other species has the capacity for creativity and mental freedom from endogenous and exogenous controllers which our freed genie affords us. The use of symbols strengthens imagination and cognitive rehearsal to discover mental-spiritual conceptual reality; it frees our will power to choose from newly imagined alternatives before initiating action. Symbols introduce a mental second operating system that can redirect our physical primary signaling system to create spiritual products. Imagination empowers us to discover conceptual Truth, viz. unconditional love, and add conceptual moral reality to material-physical reality.

Our mentogenous *self*-control consists of the mental concepts that are supported by common sense above authority. The discovery of conceptual Truths through the scientific method leads us to modify our beliefs and thereby our thoughts, feelings, and actions. For example, we no longer act as though the world is flat or legally burn "witches." As we replace physical muscle power with common sense mental wisdom, women are attaining equal status and we are recognizing the injustice of slavery.

The intelligent genie within every *self*-organ, freed from slavery to early masters, is capable of programming intentions supported by common sense. Thus, we update the trial-and-error and the role-modelled behaviors we acquire from our endogenous and exogenous controllers by creating the out-of-the-box solutions necessary for survival when weapons are introduced that cause harm beyond "cure." Properly educated with mentogenous symbols, our *self*-organ attains mental freedom from intentions prescribed by dictators. Imagination allows us to "see" into the future and replace harmful confrontation with prevention. Prevention is attainable by promoting the skills that make us humane becomings.

Critical takeaway: Our survival requires that we relocate the capital of our intentions to our mature *self*-organ where the common sense wisdom of our intelligent genie can selectively update established trial-and-error action paths that have become dangerous.

THE PROCESSING OF DATA: Thoughts and Thinking

A: "**Either/or" thinking;** "**OR" is emphasized:** The animal brain has limited capacity for abstract thinking. It divides the world into two categories – *us **or** them; right **or***

*wrong; good **or** bad (evil); safe **or** dangerous*; etc. Rapid identification of danger triggers the fight-or-flight emergency alert necessary for individual, family, and tribal survival. The animal brain is designed to respond to slight changes that warn of danger and compel immediate action. Competition for limited resources in a savage environment leads to win/lose confrontation – *might makes right*; *eat or be eaten; survival of the fittest,* and *"my way, the only way"* are adaptive. Two-category thinking supports prejudice, bigotry, harmful confrontation, and war, but this way of thinking is useful and even necessary in a savage world.

H: "**Both … and" thinking;** "**AND" is emphasized:** Our *self*-organ is equipped to think using common sense. Common sense recognizes there are far more similarities between people and their religions than the slight differences focused on by the animal brain. The positives **and** negatives, benefits **and** detriments of each alternative are recognized. *Both … and* thinking makes us aware that problem-solving cooperation for mutual gain is more productive than win/lose confrontation to assert dominance. Directing our energy to unconditional love has superior benefits over unconditional hate. As we make our world increasingly interconnected and proliferate weapons with ultimate destructive power, global citizenship is required for our survival. Wars can no longer be tolerated. Unfortunately, common sense is not common. Teaching love, forgiveness, and kindness must supersede sustaining fear, hate, and resentment. As we recognize our oneness, the concept of "them" will shrink into non-existence.

Takeaway: The hardwired *either/or* operating systems of the animal brain and the emerging *both…and* thinking of our intelligent *self*-organ co-exist. Our *self*-organ's effort to relocate the capital of our intentions to a higher level, i.e. its *self*, will be met with resistance. Tradition linked to emotion is not easily swayed by common sense.

TRIGGER WORDS AND WORD-SWITCHES: The gateways to our animal brain and our human brain.

A: Symbols linked to meaning contain energy to "trigger" our primary physical action pathways. We identify these symbols by labeling them "**trigger-words**." Our language abounds with trigger words linked with meaning that serves the intentions of our animal brain. It emphasizes patriotic, religious, and political symbols that create allegiance to "our tribe," and fear and animosity for "not our tribe." Tribal symbols "trigger" the behaviors hardwired in the animal portion of our brain that have been proven to work in a primitive, savage world. They are loyal to the endogenous and exogenous dictators that originally created them. Our five senses focus on the here and now to recognize slight changes that trigger an instant automatic response to real or perceived danger.

H: Our human brain is described as a "tabula rasa," an unwritten on tablet. It is soft-wired, malleable at birth and easily molded like putty by the intentions of our animal brain and our nurturers. Language empowered our *self*-organ to develop imagination and apply our genie-like intelligence to become "king of the beasts." Our humanmind will remain subservient until it awakens to its potential for *self*-programming. Mental freedom from the demands of endogenous and exogenous authority requires the creation and updating of our language with newer "**word-switch**" symbols that switch

the action pathways of the animal brain to serve the intentions supported by common sense wisdom.

"**Word-switches**" are trigger-words. However, they are distinguished from trigger-words by their power to redirect energy to the newer problem-solving action pathways supported by common sense. The task of our freed genie is to design new word-switches, symbols that update our language to adapt us to modernity. Surviving and thriving require us to add the universal mental-spiritual Truths to the hard-wired personal and tribal truths that were once necessary.

Takeaway: Here is the most important takeaway of this essay! Our dominant language contains myriads of trigger-words that call forth the tribal intentions of our animal brain. We are just beginning the process of creating and popularizing word-switches that turn on the pent up energy of mental-spiritual Truths. A mere seven (7) easy to learn word-switches are capable of relocating the capital of our intentions from our animal brain to our human *self*-organ. These word-switches are provided in appendix B of this essay and more comprehensively at **www.7plus2.org**; **www.einsteinssolution.org** ; **www.lovingme.now;** and **www.anwot.org**.

THE SENSORY-MOTOR SYSTEMS

A: The five dominant senses of the animal brain (smell, vision, hearing, taste, touch) are innate, automatic, effortless, and "mindless." They focus on differences and identifying changes in our immediate environment, things that are happening here and now. The animal brain is prewired with an emergency response to perceived danger. Although sophisticated, it mindlessly repeats what worked in the past; it remains stupid (from the word "stupor") due to its limited capacity to use new information to create better solutions.

H: The sensory-motor system of our freed *self*-organ, equipped with imagination, creates a motion picture of our history. Knowledge of our trajectory from the beginning of life on earth to the present enables us to predict our future and re-program our course to reach our preferred destination.

Intelligence can be applied to imagination and no-trial learning (mental rehearsal) to create alternative common sense solutions, and wisely choose from them. Our *self*-organ anticipates positive consequences through its higher level of thinking, and adds wisdom to intelligence. We attain enlightenment, expand insight, and awaken ourselves to common sense universal Truth through the scientific method. Our emerging *self*-organ adds imagination, creativity, *self*-initiation, *self*-programming, *self*-governance, *self*-mastery, mental freedom, becoming our own person, and related labels that identify us as "humane becomings."

Takeaway: Our *self*-organ is sensitive to similarities, and adds common sense problem-solving using new knowledge to the established solutions that determine the intentions of our animal brain.

DOMINANT ASSUMPTIVE WORLDVIEWS

A: Our ancestors were intelligent but they had limited knowledge. The dominant faith-based assumptive view of the world they created is that we are "human beings," a static species created with other life on the sixth day of creation six thousand years ago by a supreme authority, "God." This view is established by faith in authority and supported by tradition. God is judgmental. "He" rewards or punishes humankind based on obedience to His rules as revealed by direct communication to a few select male individuals. Eternal life in Heaven or damnation in Hell is a formidable reward or punishment. Our animal brain is prewired to interpret the world in dichotomous categories: *good or bad (evil), right or wrong, safe or dangerous, friend or foe, us or them,* etc. The prevailing assumptive worldview is summed up in one problem-causing sentence: "**My (our) way is the right way**." This way of thinking is and has historically been a major source of conflict …individually and globally.

H: The recent science-based assumptive view of the world is that we are "humane becomings," a dynamic species evolving to higher levels of function. Data collection and repeatable experiences enlighten us to the Supreme Law of Cause-and-Effect that applies to everyone and every thing. Great leaps of faith such as "the world is flat," and "witches must be euthanized," are revised when disproven by the scientific discovery of universal common sense knowledge. The recent discovery of our origins from a single cell billions of years ago to the present complexification of species is justification to update "our story." As we recognize our connectivity, wisdom would have us value the "both…and" thinking that focuses on our connectivity above the "either/or" thinking that emphasizes our differences. This process is occurring, but very slowly; our animal brain is hardwired to resist change. The preferred assumptive common sense worldview can be simply summarized in the problem-solving sentence: "**What works best for you <u>and</u> me (us <u>and</u> them) for now <u>and</u> the future?**"

Important takeaway: Abstract thinking introduced the scientific method, our means to awaken to universal conceptual Truth. As we discover that we are the growing edge of one connected, contiguous, dynamic world, we recognize the need to assume responsibility for our future. Common sense wisdom must update the worldview of our ancestors, which was based on huge leaps of faith and obedience to authority.

PRIME MISSION

A: The animal brain's mission is survival through procreation and protection of progeny. It manages our physical body to repeat the life cycle:

Birth → maturity → procreate → nurse offspring to reproductive maturity → die

The amazing "machinery of the body" has been refined over billions of years of trial-and-error learning to automatically coordinate our vital functions. Like a thermostat, the animal brain uses homeostasis to maintain the innate action pathways and traditions established during our formative years. Hardwired operating systems supported by emotion are usually successful in resisting common sense wisdom. We all have

experience in doing what brings immediate pleasure rather than taking a course suggested by wisdom – for example, re food, sex, and money.

H: Our *self*-organ awakens us to our mental-spiritual "*self*." *Self*-consciousness empowers us to add common sense knowledge to the hardwired wisdom of the body. Our *self*-organ, educated to think using common sense wisdom, will free the genie within from internal, external, and human dictators to make us our own person. The application of imagination, common sense, and the scientific method awakens us to the Supreme Law of Cause and Effect, a conceptual Truth that all life and matter must obey! Recent knowledge of our story reveals that the Supreme Law has been an omnipresent reality since before the first life appeared on earth 3 ½ billion years ago, and will continue to do so. Religions, secular tribes, and spiritual gurus arrive by intuition and common sense at one same universal mental-spiritual moral Truth to guide our intentions – The Golden Rule.

Unconditional universal love includes more than directing energy for the benefit of everyone and everything, i.e. *the whole*. It embraces multiple conceptual realties such as forgiveness, kindness, justice, compassion, cooperation, and the related moral Truths that make us humane becomings. Common sense wisdom leads us to the conclusion that mental freedom and becoming a mental-spiritual wealth millionaire are everyone's right.

Takeaway: The discovery and application of the scientific method awakens us to our special role as humane becomings: to enlighten ourselves to mental-spiritual Truth. Surviving and thriving require that we educate ourselves in the universal wisdom of The Golden Rule: Love our *self* with the abundance that overflows to enrich the world.

GOVERNANCE: THE PROGRAMMER AND THE PROGRAMED

A: Instinct is such a powerful force because it is directly connected to emotion, i.e. our primary signaling system. Prescribed behavioral patterns have been programmed over billions of years of trial-and-error adaptation. Behaviors role-modeled by nurturers become habit through repetition and are passed forward for generations to become tradition. The wiring of our animal brain represents the best of the best programs that have worked in the past to enable a species to survive and thrive. Tradition is honored through respect for authority, often without question, even when a tradition that worked in the past no longer meets the test of common sense when applied to contemporary challenges.

Although instinct is a wondrous collaboration of problem-solving behaviors, its operating system has limited flexibility to adapt to new challenges where there has been no prior experience such as the proliferation of weapons with ultimate destructive power. Behaviors refined and hardwired through repeated success resist change because new spontaneous mutations or trial-and-error behaviors are more likely to be erroneous than effective.

H: Our *self*-organ, slow to function independently, gradually strengthens with physical, mental, and emotional maturity AND appropriate education. It starts out as a *tabula rasa*, but rapidly absorbs information through the formative years of infancy to puberty. Our clever *self*-organ is a servant to instinct and tradition until equipped with the skills of self-governance. Imagination is our tool to reflect on our *self* and apply common sense to free our genie from the rule of our innate and acquired authorities that would continue to control us. Becoming our own person allows us to assume responsibility for our own destiny and effectively govern all that is about us.

Takeaway: Working together, we can use appropriate education to free our individual and collective genies so they can create the new solutions now required for us to survive and thrive.

MANAGING DEVIENT BEHAVIOR:
A: The two-category "either/or" thinking of the animal brain punishes what is seen as deviant from establishment culture. It penalizes not only criminal behavior but also creativity, as was experienced by Jesus, Copernicus, Darwin, Freud, Picasso, Gandhi, King, the Suffragettes, and anyone who risks challenging what is declared by the authority of instinct, tradition, and human dictators to be "good," right, or Godly. The penalty for "wrong" thinking is sometimes greater than that for physical crimes or law-breaking. The rule of *Might makes right; An eye for and eye* and *A tooth for a tooth* prevails.

Masculine energy is innately programmed to assume a dominant position and make one's own tribe the "master race." Instinct's prescribed intention is to attain our needs by domination through win/lose confrontation. The animal brain's need to be "right" through domination supports prejudice, bigotry, jealousy, punishment, and war.

H: In contrast to authority, common sense is tolerant of novel behavior. **Actions that appear harmful to one's tribe may be best understood as society's failure to provide effective nurturing and education. Restorative justice, including (re)habilitation, education, and treatment, is valued above punishment.** Common sense favors cooperation and collaboration for mutual benefit.

Love, forgiveness ("Forgive them; they know not what they do" are among the most powerful words ever spoken), kindness, compassion, civility, etc. are conceptual values that become apparent when we recognize our oneness, connectedness, obligation and responsibility to elevate instead of putting down others. Limit setting, which may include restrictions during education and rehabilitation, is viewed as a tool to protect others' rights and secure society from harm instead of inflicting pain as a form of justice.

Important takeaway: If we continue on our present course, society will continue to blame and punish others and our *self*, overcrowd our prisons, and wage wars. We will self-destruct if we continue to allow our intentions to be directed by our animal brain. Punishment escalates animosity; education promotes mutual problem-solving. The

Doomsday Clock will continue tick, tick, ticking to midnight unless we teach our citizens the skills that create unconditional universal love and forgiveness.

MEANS OF SURVIVAL

A: The animal brain emphasizes physical might to regulate behavior. When our intelligent humanmind remains a servant to instinct, knowledge is directed to increase the killing power of weapons: teeth, fists, sticks and stones, bows and arrows, guns that kill a few at a time, and bombs that kill many. "Winner" and "loser" alike suffer considerable harm, but both usually manage to recover over time. The animal brain, like nature, employs "pruning," destruction of the weak so the genes and characteristics of the strongest prevail.

Our animal brain's control over our genie-like *self*-organ has initiated an unprecedented era. Multiple tribes, weak and strong, are made equal as we proliferate nuclear, biologic, and chemical weapons with ultimate destructive power. Win/lose outcomes are possible but lose/lose outcomes are far more frequent and predictable. War as a means of settling disputes has brought us to the brink of self-annihilation. Futurists warn us the Doomsday Clock is ticking close to midnight, but our response is anemic, as most people express a hopeless/helpless attitude that there is nothing they can do that would make a difference.

H: The genie within our intelligent *self*-organ, once freed, is capable of proliferating our two weapons with ultimate constructive power: **common sense wisdom** and **unconditional love**. Einstein's most brilliant insight, though one that is ignored, is that we require a new way of thinking to prevent human catastrophe. The universal standard to guide our thinking, independently arrived at by religious and secular leaders alike, is The Golden Rule. Modern versions are "*Love our self with the abundance that overflows to enrich the world.*" and "*What works best for me and you (my tribe and your tribe) for now and the future.*" Our survival requires that we elevate the capital of our intentions from our animal brain to our intelligent *self*-organ where mental-spiritual power will direct our energy with great wisdom – where cooperation and collaboration for mutual win/win gain can be emphasized.

Takeaway: The discovery and proliferation of weapons with ultimate destructive power has created an unprecedented era where a species must accept responsibility for its own destiny. We must become aware of the widespread hopeless/helpless attitude that shuts down our energy factory when new threats are falsely perceived as unsolvable.

MASCULINE AND FEMININE ENERGY: Reproductive specialization based on gender. Reproduction is nature's basic tool for survival of a species. Billions of years passed before the gradual emergence of two sexes, each with specialized functions, from unisex procreation.

A: The animal brain determines the characteristics of masculine and feminine. Nurture may reinforce and/or modify what we inherit from nature's gift.

1. Masculine instinct

a) 20 million sperm are produced in a day. Elephant ejaculate contains 7 billion sperm!
b) Orgasmic pleasure and instinct motivate erotic love and intercourse.
c) The power to dominate through physical strength is emphasized. Masculine intentions feature being combat ready to assert dominance, compete with males to control a harem, sow seed, and procreate. "Might makes right."
d) Tribal love is emphasized to obtain food and protect one's own tribe.

2. Feminine instinct
a) One egg/month is released from a lifetime reserve for 30-40 years; none for 9 months after conception
b) Filial love is emphasized: the female is anatomically and biologically innately programmed to nurture and protect progeny to maturity. Love-creation is enhanced by hormones and role-modeling.
c) The feminine body and energy emphasize attracting males with superior genes.

NOTE: Remember that we all have masculine and feminine hormones so the above is not absolute (either/or); they are expressed by degree and modified by nurture.

H. Our *self*-organ, educated with symbols that promote common sense above tribal allegiance, recognizes equivalent intelligence in both sexes. Mental-spiritual strength has been overtaking material-physical strength as the measure of dominance. Women and minority groups are gradually gaining parity with macho males. Conceptual awareness such as civility, justice, and kindness awaken us to morality.

Conflict resolution using mental strength rather than physical might is becoming the preferred means to create happiness, love, abundance, and peace. Common sense wisdom and unconditional love put into perspective the few differences between tribes and embrace our extensive similarities. Our freed *self*-organ is capable of applying common sense to add social intercourse to genital intercourse as a means to preserve our species.

Important takeaway: Women have been dominated through history because of the superiority of masculine physical might. As we relocate the capital of our intentions from our animal brain to our intelligent *self*-organ, common sense will prevail above the masculine instinct to dominate through superior muscle power. Women will continue attaining equality to men as mental power becomes more important than brawn. This is most apparent where democracy and education replace dictatorship and indoctrination. We can predict women will be leaders in creating peace because although each gender is equally educable to a newer way of thinking, women are naturally hormonally equipped to provide unconditional love.

LOVE ENERGY: THE ESSENTIAL INGREDIENT FOR PRESERVATION OF ALL SPECIES: "Love" is energy directed for the benefit of someone (*self* included) or some thing. As species evolve from single cells to increasingly complex organisms, more sophisticated means of expressing love energy are added to the earlier ones. We have

identified *fission, erotic love, filial love, tribal love*, and most recently universal *unconditional love*. Barbara Marx Hubbard, a pioneer in applying evolution to spirituality, has introduced the label “supra sex” to identify the *above-the-waist* **social** intercourse that is now emerging to be as essential as **genital** intercourse to preserve our species.

A: **Fission**: The simplest and perhaps most primitive means of expression of love energy to benefit others is automatic division of a cell, such as amoeba. The central mission of plankton, a unicellular organism, appears to be rapid reproduction for the benefit of more complex species. Plankton is a unicellular organism that rapidly propagates itself to the millions to serve as a prime source of nutrition for aquatic life including whales. Some algae produce 500 generations in a year, while we may produce 2-3 generations in a lifetime. Fission is also present in multi-celled organisms: once human ova and sperm coalesce, cell divisions turn one cell into trillions. Propagation by fission began long before the development of a central nervous system and brain.

Erotic love: The emergence of two sexes adds new survival advantages. Each gender has specialized biological features that play a unique role in the propagation of the species, and each have male and female hormones but in different proportion. Male bodies emphasize physical might to dominate, provide protection, and compete for scarce resources. Human males produce millions of sperm/day while the female releases one egg/month from her lifetime allotment, none while pregnant. She is biologically directed to nurture and protect her progeny unconditionally until they reach reproductive age. She is prone to pamper and adorn her body to attract the sperm and protection of the most powerful male. Division of tasks is accompanied by a powerful urge for physical connection.

The centers for pleasure and aggression are linked together in the animal brain. This makes sense because aggression is required to find, compete for, and protect a mate. The animal brain emphasizes the continuation of species through sexual intercourse. Orgasm is our most intense “natural” physical satisfaction exceeded only by “unnatural” direct stimulation of the pleasure centers, and chemical stimulation such as heroin and cocaine.

Filial (parental) love: The survival of complex species requires prolonged nurturing to insure progeny will reach reproductive maturity. Instinctual, anatomical, and biological (hormonal) features evolve as complexity increases. Filial love is most prominent in females, who are known to make heroic sacrifices for their progeny. The female salmon fatally exhausts herself swimming upstream to lay her eggs and provide her carcass to nourish her newborn. Wow! Who can top that level of sacrifice?

Tribal love: The animal brain demands loyalty to one’s self, family, and tribe. Survival requires allegiance to larger groups that provide protection and overpower non-tribe members to secure scarce resources. Killing a whale or wild animal usually requires a group effort, as does the effort to compete with other tribes. Instinct and tradition

introduce patriotic, religious, and political symbols energized with meanings that command love for our tribe … and suspicion and fear towards non-members. Tribal symbols highlight the importance of power that is associated with selfishness, egotism, and greed. They predispose us to prejudice, bigotry, harmful confrontation, and war. Tribal allegiance is most prominent in males, who are innately equipped for competitive win/lose confrontation.

H: Unconditional (universal, global, agape) love, emerging within recent millennia, is the newest expression of love-energy. The Golden Rule is a universal conceptual Truth, the standard of moral behavior discovered by intuition and/or common sense by religions and secular tribes independently. Versions of the Golden Rule include: *Reciprocity*; *Treat others as we want to be treated*; and *Love our neighbor as our self*. My favorite contemporary versions are: "*Love our self in the abundance that overflows to enrich the world,"* and *"What best works for me and you (my tribe and your tribe) for now and the future?"* The Golden Rule emphasizes survival by cooperation and collaboration for mutual gain.

Unlike fission, erotic, filial, and tribal love, which are innate, unconditional love needs to be learned. This can be done by three means: (**1**) **Role-modeling**; Learning from an example, such as the teachings of Jesus, or the actions of loving parents. Unfortunately, too many of our role models demonstrate unconditional hate rather than unconditional love. (**2**) **Self-discovery**: Learning the skills spontaneously. This is as unlikely as independently developing a new, sophisticated language. (**3**) **Education** in unconditional love-creation: Teaching love-creation skills is the most effective and efficient means to insure The Golden Rule will be added to earlier means of expressing love-energy.

When multiple tribes possess weapons with ultimate destructive power that offer no chance for survival, we must add social intercourse to sexual intercourse, co-creation to procreation, and supra-sex to genital sex. Supra-sex is above-the-waist social intercourse.

> We are faced with the pre-eminent fact that if civilization is to survive, we must cultivate the science of human relationship – the ability of peoples of all kinds to live together and work together in the same world, at peace. .... Franklin D. Roosevelt

As orgasmic pleasure is a reward for genital stimulation, the "aha!" moment is the reward of mental stimulation, creativity, puzzle solving, and enlightenment. Most would agree that the pleasure of both genital and supra-sex is enhanced by co-creation. Music, dance, art, humor (laughter), love, forgiveness, justice, compassion, tolerance, cooperation, and collaboration for mutual gain are the progeny of supra sex. Civility for mutual personal and global benefit elevates the animal instinct that is focused on personal and tribal survival through aggressive confrontation.

Unconditional love is the basis of altruism. It emphasizes the protection of all that is related to humanity, not just what benefits our self, our family, or our tribe. As we recognize our connectivity to a common source, to one another, and our oneness, survival demands social entrepreneurs more than capitalist entrepreneurs.

Takeaway: The earliest means of species survival – fission; erotic, filial, and tribal love – are innate and automatic and become established within the animal brain through trial-and-error and role modeling. Males tend to emphasize tribal affiliation, while females tend to focus on unconditional filial love. Our intelligent *self*-organ may acquire the mental-spiritual skill of unconditional love-creation, independent of our biology, most reliably through education. **Supra-sex has become as important as genital sex for humankind's continuing survival.**

SOURCE OF SELF-ENDORSEMENT: LOVING OUR SELF

A: Self-worth is a mental conceptual value. Lacking sophisticated language, it is questionable whether the animal brain attributes any importance to how they or others view their character. Animals do not appear very concerned about self-worth. Their motives and needs are hardwired to automatically seek pleasure, avoid pain, and obey the rules necessary to complete their prescribed life cycle. They are inclined to welcome kindness and respond in kind to affection. When faced with danger or treated unkindly, they instinctively engage in "fight or flight."

H: Self-worth depends on the way we think. Our *self*-organ "sees" itself and maintains a constant dialogue. This is why self-worth assumes such importance. "Know thy *self*" is a common wisdom taught by sages through the ages.

During our immature formative years, we learn that love, along with our physical needs, must come from others. The way we relate to our self is initially acquired by influences we have little or no power to resist. "Others" by their authority, declare we are loveable, deserving, and O.K. … or not.

Once we've learned this dependency on others for love and acceptance, most individuals remain dependent through adulthood. Most of us are taught to provide for all of our basic needs EXCEPT loving our *self*. If we are not taught to provide our own basic love needs, we grow up with a continuing sense of entitlement: "The world has provided for me for many years; it should continue to do so when I'm an adult." When the world doesn't comply, our frustration leads to aggression towards others or self-deprecation.

Pleasing others remains the preferred way to get what we want and avoid what we don't want. We learn to measure our *self*-worth by the OUTCOME of our efforts, a measure over which we have no or limited control: "They like me." "They think I'm attractive." "I got an 'A.'" "I got a raise." "My kid is doing well." "I won." "I own a …." "The stock market went up." "The weather is good." "God blesses me when I am worthy and punishes me when I'm unworthy." Women tend to remain dependent on male approval; men must be

strong and win in competition. Another's love and acceptance becomes the standard measure of worth.

With maturity and proper education, we acquire *self*-mastery and *self*-governance. As we increase our creative power, we also increase our ability to assume responsibility for our self-worth. Doing our "reasonable best" is an INPUT measure of our self-worth which we can control 100% of the time! Providing our own daily requirement of approval enables us to welcome love and approval from others instead of remaining dependent on it.

Like the skills for unconditional love, the skills leading to self-worth have three sources: loving role models, self-discovery, and education. (**1**) Few individuals have Christ-like role models of unconditional love. Unconditional hate and fear are far more commonly role modeled and even actively taught. (**2**) Independently discovering and sustaining the skills of unconditional love are as unlikely as independently creating a new language. 3 ½ billion years passed before unconditional love was introduced just 2500 years ago. "Might makes right" is still the dominant way of living. (**3**) **Education is the most practical and reliable means to attain and sustain self-worth. The skills leading to self-worth are easy to teach and learn.** Just as crawling precedes walking and running, "liking" our self is the first step that leads to loving our self in the abundance that overflows to unconditionally love others.

"Liking our *self*" skills can be self-taught, but learning with group support is more effective for most. The Educational Community curriculum, which includes the two most powerful secret love-creation skills, is available forever free at **www.lovingmenow.org**.

Important takeaway: Liking our *self* is a universal generic skill that leads to self-endorsement, loving our self, and loving others. Society has not only neglected education in self-endorsement, it even labels it egotistical and selfish. This is why even a small dose of self-endorsement, like a small dose of a missing vitamin or hormone, will make a huge impact.

THE MODEL "HERO"

A: Historically and currently, a "hero" is a physically powerful individual, often a Rambo type male, who harms or kills others for the benefit of his tribe.

H: The new "hero" is a mentally-spiritually powerful individual, often a female Mother Teresa type, who helps, nourishes, educates, and loves others unconditionally. The newer way of thinking values culture, creativity, self-enlightenment, civility, and our conceptual humane mental-spiritual qualities above confrontation to assert dominance. Ordinary people working with others for a common cause to benefit humanity, such as love-creation teachers, will become respected as every person's hero.

Takeaway: Working together, we can popularize a new hero model that will inspire our world citizens to create the safe, happy, loving home we all desire.

CALL TO ACTION: A common sense action plan to create happiness, unconditional love, abundance, and peace

The discovery and proliferation of weapons with ultimate destructive power has made war obsolete as a means of resolving conflict. Our animal brain is rapidly leading us on a path to self-annihilation. We can no longer rely on the hardwired trial-and-error perspective of the animal brain to sustain our life cycle. The awesome destructive power of knowledge thrusts the responsibility for our destiny onto us. Prevention must prevail when damage is beyond cure. Cooperation for mutual gain must replace confrontation to assert dominance. Maturity and education in mentogenous symbols empowers our freedom organ to add common sense wisdom to create out-of-the-box solutions to new challenges. We must urgently relocate the source of our intentions from our animal brain to our common sense puzzle-solving *self*-organ by selectively replacing, or "switching" mentogenous symbols for those "trigger word" tribal symbols that have become dangerous.

Our animal brain's mission is protection and survival. Hardwired operating systems supported by emotion usually stubbornly resist common sense wisdom. Doing what we've always done, through instinct and tradition, feels safe and comfortable, even as it leads to our destruction. Like the crustacean, we must leave the comfort and safety of the shell that no longer protects us if we want to grow and survive. And, like bread in a toaster, we can enjoy the warmth that makes us toast, but if we don't know the appropriate time to pop out, we are burnt beyond usefulness. We have all that we need to elevate ourselves to our highest level of function.

Relocating the capital of our intentions from our animal brain to the common sense puzzle-solving *self* portion of our human brain can be rapidly initiated. Our unique *self*-organ has the capacity to elevate us above the habitual thinking of the animal brain, using the scientific method. Substituting just seven critical word-switches turns on common sense thinking and selectively turns off the hardwired action pathways that have become dangerous. Sustaining the intentions that characterize our species as "humane becomings" will then require additional word-switches, updating *his* story to *our* story as scientifically verified, popularizing a newer method of education … the Genie Seminar (chapter 8), and strens[21]. The nonprofit noncommercial Educational Community (EC) curriculum provides the mental skills that elevate our thinking. They are available at the EC web sites guaranteed forever FREE. We require enough teachers of teachers who will initiate a movement of the one million *each one, reach many* new heroes required to elevate the thinking of our seven billion world citizens. Begin with the 7plus2 formula. Become inspired through a newer way of thinking that makes The Golden Rule and common sense common.

[21]A *stren* is any wisdom, concept, idea, or knowledge that increases mental strength. 100^{+} strens will soon be made available on the EC web site at **www.7plus2formula.org**.

"Never doubt that a small group of thoughtful, committed citizens can change the world... Indeed, it is the only thing that ever has." … Margaret Mead

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Appendix A:
Marker Events in the Evolution of Humanmind:

- 3 ½ billion years: Beginning of complexification from a single cell to 50 trillion cells – emergence of the animal brain, hardwired by trial-and-error to adapt to a primitive savage environment. Refinement of the machinery of the body
- 600 million years ago: dinosaurs have huge bodies, small brains, become extinct
- 2-4 million years ago to present: The hominid brain expands 350% (from 400 →1400 grams; 1→ 3 ½ lbs.) while other organs remain relatively the same.
- 150,000 years ago to present: *Homo sapiens sapiens,* the human that knows it knows, that is conscious of its consciousness, becomes *self*-conscious.
- 50,000 years forward: Introduction of symbols → imagination
  a. Symbols are tribal – patriotic, religious, political – and serve the win/lose hardwired intentions of the animal brain; *survival of the fittest, might is right*, etc.
  b. Symbols help divide the world into *either/or* categories: us *or* them, safe *or* dangerous, good *or* bad (evil), friend *or* foe, right *or* wrong, etc. Allegiance is to one's own tribe as it is required to survive in a savage environment.
  c. Imagination awakens us to conceptual reality: Instinct introduces erotic love, filial love, and tribal love. Allegiance to one's tribe includes civility, conditional love, "justice," cooperation, etc., and fear and animosity toward non-tribe members.
  d. Imagination accelerates the creative process: culture, literature, art, music, dance, material goods, etc.
  e. Humanmind discovers, records, shares, grows, and passes forward knowledge: Personal and tribal power increases; we become "king of the beasts."
  f. Our animal brains focus on differences, the empty part of the glass. Five senses excel in recognizing danger by alerting us to slight changes in the here-and-now; we remain on red alert via an ever ready automatic fight-or-flight instinct.
- 2,500 years ago to present: Introduction of The Golden Rule and conceptual Truth: universal unconditional love, forgiveness, justice, compassion, morality, modern religion. **Preaching** these values is popular but society is remiss in effectively **teaching** them.
- 300 years ago to present: Spread of the scientific method by sharing knowledge of what is "common to" and discoverable through our senses by everyone, everywhere, any time, i.e. "common sense."
  a. Introduction of rapid travel and instant communication
  b. Common sense increasingly challenges the mindless authority of the animal brain

- 150 years ago: Darwin and others apply the scientific method to introduce a revolutionary new version of "our story" to upgrade "his story."
- 100 years ago: A Jesuit priest, Teilhard de Chardin, among others, adds a spiritual interpretation to the scientific explanation of our creation – we are *humane becomings* rather than *human beings.* Humanmind is in the process of elevating us toward the image of a single creative force.
- **Present choice point**: Rapid acceleration of the power of knowledge. The discovery and proliferation of weapons of mass destruction has initiated a race between nirvana and Armageddon and the finish line is within sight. Working together, we can elevate the capital of our intentions from our hardwired animal brain to our humanmind where common sense puzzle-solving and unconditional love prevail. Humanmind is the genie within each of us that, once freed from instinct, tradition, and human dictators, can grant us happiness, unconditional love, abundance, and peace.
- Future: Survival, annihilation, or some mixture of the two? Will we popularize *a newer way of thinking* by introducing symbols that elevate the source of our intentions from our animal brain to our freedom organ? Will we educate ourselves in *both…and* oneness thinking that will supersede *either/or* two-category thinking?

Appendix B: Seven Mind-freeing, Life-changing, World-saving word-switches

We create a quantum leap to adapt our thinking for modernity by substituting seven word-switches for seven established trigger words. Detailed explanations are provided at **www.7plus2formula.org** and **www.lovingmenow.org .**

1. ***I think I can*** for *I can't, why bother, what's the use, etc*. This word-switch turns on our energy when it is shut off by a helpless/hopeless attitude.
2. ***I allow …*** for *They make me …* This word-switch accepts responsibility and turns off our innate blaming response.
3. ***I could*** for *I should* This word-switch invites creation of new solutions instead of blind obedience to others prescriptions.
4. ***Both … and*** for *either/or* This word-switch emphasizes similarities instead of differences.
5. ***What will make things better for me and you (us and them) for now and the future*** for *My way is the only way*. This problem-solving word-switch sentence inspires puzzle-solving instead of the problem-causing trigger sentence.
6. ***Energy*** for *anger* or *anxiety* This word-switch interprets our instinctive emergency response as energy for problem solving instead of the trigger words that call forth the primitive fight or flight instinct.
7. ***Urgency*** for *emergency* and **then assign *high, medium, or low priority***. This word-switch brings awareness that few challenges are an emergency in our relatively civilized society. Most require low or medium priority.

The meanderings that follow may stimulate ideas for those wanting to more deeply explore the similarities and differences between the animal brain and our emerging *self*-organ.

ADDITIONAL COMPARISONS: Animal [old] brain → Animal brain + Human [new] brain

- Animal brain = instinct + tradition [habit passed on to generations] = personal and tribal truth
- Human brain = animal brain + universal common sense [science] = universal Truth
- "truth" = personal "enlightenment" arrived at by faith based assumptions
- "Truth" = universal enlightenment arrived at by discovery of what is common to anyone and everyone who has a sophisticated *self*-organ (mature cerebral cortex) educated with word-switches to recognize conceptual reality, apply wisdom, and direct energy to transform (incarnate) conceptual reality into physical reality, and vice versa:

  physical reality ←→ conceptual reality

1. "The TRUTH shall make us free" … use of human brain
2. Religion is the faith based assumptions we make to guide our intentions (actions) when our "vision" of Truth is limited. Science is what we know by discovering Truth.
3. Science slowly replaces faith based religious assumptions as we expand the knowledge of Truth. The recent explosion of the scientific method in all directions has dramatically extended our vision; there remans a vast area beyond our range of sight where mystery excites our imagination.
4. The animal brain, like a thermostat, is equipped with powerful emotion to preserve what has proved effective through billions of years of trial-and-error adaptations.
5. The human brain is designed to discover Truth and find better ways, new behaviors that are more adaptive to changing stresses. The animal brain resists change until it is emotionally satisfied the new knowledge is True.
6. Enlightenment is the birth of an insight; it leads to a mental "aha" orgasm at the moment of awareness. Convincing the establishment of the merit of the insight is the difficult, often dangerous stage of creativity.
7. Physical Truth usually precedes mental-spiritual Truth
8. Stupidity (stupor) precedes Wisdom
9. Stupidity + knowledge → greater creative and destructive power
10. Animal brain + the power of knowledge + imagination = constructive and destructive power; love and hate; altruism and greed
11. Human brain = Animal brain + Genie self-organ + Common sense wisdom
12. Intelligence + Symbols assigned meaning → Imagination
13. Imagination → Conceptual reality + The scientific method (universally verified common sense) → Awakening to the Supreme Law of Cause-and- Effect, Predictability, and Orderliness
14. The scientific method + common sense → The Supreme Law + Universal Truth
15. Universal Truth = our connection to the First Cause, to one another, and the need for cooperation for mutual benefits including survival

16. Knowledge + wisdom → the scientifically discovered driving force to transcend to higher levels of evolution: *Reciprocity*. The Golden Rule, our highest moral-spiritual intention, has various expressions of reciprocity:
    a) *Do to others as I would have them treat me.*
    b) *Love my neighbor as myself.*

    Contemporary versions:
    c) *Love myself with the abundance that overflows to enrich the world*
    d) *What works for me and you (my tribe and your tribe) for now and the future?*
17. The most powerful words to express unconditional love:
    "*Forgive them; they know not what they do*."

Putting the puzzle pieces together to enlighten ourselves to the whole picture

Characteristics of the progression of sophistication in the evolution of the brain:

1. Wisdom of the body plus wisdom of the mind; physical reality + mental-spiritual "conceptual" reality; animal brain regulates physical function … human brain is our tool to enlighten us to mental-spiritual conceptual reality: The Golden Rule (unconditional love) includes forgiveness, justice, compassion, kindness, cooperation/collaboration for mutual gain, common sense + those skills that promote reciprocity.
2. The animal brain, like a thermostat, is inflexible; it resists change based on billions of years of prior trial and error programming. The *self*-organ adds wisdom to see over the fence, predict the future, and intervene to become *self*-governing, free of instinct and tradition, nature and nurture, fate and circumstance. *Self*-mastery is added to a long history of automatic control [stupor → conceptual wisdom]
3. The animal brain is controlled by authority; our human brain is now adding common sense to discover Truth through the Supreme Law of Cause and Effect
4. *My way is the only way* is the historical and current dominant force. We are adding the Golden Rule using the magical sentence to promote cooperation and collaboration for mutual gain: *What will make things better for me and you, for now and the future?*
5. Our *self*-organ, freed from instinct and tradition, may discover common sense, Truth, The Supreme Law, and "science' (that which is discoverable by anyone, anywhere, anytime with a properly trained freedom organ)
6. Versions of the Golden Rule, the universal standard to guide our thinking, feelings, and actions replace "He who as the gold rules." See 16 a-d above.
7. Common sense (discovery of the Supreme Law) is available to everyone who develops their freedom organ to assume responsibility through wisdom and self-governance. Transition, transformation, transcending from human beings (animal brain) to humane becomings (freedom organ); we are the missing link between animals and humane becomings. Examples of creativity: development of the automobile, the light bulb (Edison*), and WUD.

8. Like other specialized organs, the cortex has a special purpose – to discover Truth; we can't expect the liver, spleen, heart, animal brain(s) etc. to do what the other organs are designed to do and vice versa. Our *self*-organ is our unique special gift from source to attain higher levels of civility.
9. Current task: the animal brain is master of our genie *self*-organ from birth. Until physical and mental-spiritual maturity we have limited power to intervene, assume responsibility, and educate our freedom organ so it can properly function at its highest level.
10. Shift the capital of intentions from older animal brain to our emerging puzzle-solving human brain. Educate its second signaling system to elicit emotions for the good … for wisdom above stupor.
11. Our freedom organ is the resource for ANWOT. We acquire conceptual reality through the discovery of universal common sense, the Truth, the Supreme Law, and the Golden Rule.
12. Source has provided us many pieces of the BIGGEST puzzle including the freedom to choose wisely (happiness, unconditional love, abundance, peace) or stay with what we have (fear, unconditional hate, scarcity, and war leading to *self*-annihilation.) Source has given us opportunity, privilege, responsibility, freedom to choose, challenge, danger,
13. Together we can join forces to put the pieces together and take charge of our destiny.

*He tested the carbonized filaments of every plant imaginable, including bay wood, boxwood, hickory, cedar, flax, and bamboo. He even contacted biologists who sent him plant fibers from places in the tropics. Edison acknowledged that the work was tedious and very demanding, especially on his workers helping with the experiments. He always recognized the importance of hard work and determination. "Before I got through," he recalled, "I tested no fewer than 6,000 vegetable growths, and ransacked the world for the most suitable filament material."
http://www.ideafinder.com/history/inventions/lightbulb.htm#WORDS%20OF%20WISDOM

PUTTING IT TOGETHER

A brief overview to introduce our Freedom Organ

The dominant assumptive view of history based on authority and leaps of faith:

Our long established assumptive view of world history is that a supreme force, God, magically created our world in six days circa 6000 years ago. Human beings were introduced on the six day. The Creator in my culture is often depicted as a Caucasian male who occasionally intervenes with supernatural power to favor one tribe over another. Rewards (viz. heaven) and punishment (viz. hell) is determined by *good* or *bad* behavior as defined by God's rules. Prayer and sacrifice may win God's favor to get special needs met. The biblical version of history is supported by authority and leaps of faith beyond what is supported by common sense. Popular past and present assumptions include the superiority of males over females, the burning of witches, the world is flat, and we are the center of the universe. Religions past and present justify it is appropriate to kill members of tribes whose beliefs contradict those of their own because it pleases God.

Language has been designed to reflect the assumption that our world is divided into two categories, us or them, right or wrong, good or evil, safe or dangerous, and so on. The guiding pattern of featured behaviors include "survival of the fittest," "eat or be eaten," "might is right," and "my way is the only right way."

After the creation of Adam and Eve, our species populated the earth and formed tribes. Our ancestors created multiple gods and idols and engaged in varied rituals to please them. Over 5000 years ago, Abraham, although not the first, popularized the concept of one God. Circa 2500 years ago Confucius, Buddha, and others introduced the concept of the Golden Rule to replace "My way, the only way." Christ popularized the Golden Rule in the Western world emphasizing unconditional love and forgiveness. Religious and secular tribes preach the Golden Rule as the universal guide to behavior (thinking, feeling, acting) but we have yet to teach the specific skills that elevate conceptual mental-spiritual values above physical-material values. The recent proliferation of weapons with ultimate destructive power that offer no second chance has birthed a new era. The addictive *either/or* way of thinking that was required to survive in a savage environment has suddenly become more dangerous than cancer, AIDs, or the Black Plague. Our survival demands that we rapidly teach ourselves to cooperate for mutual benefit instead of confronting one another to attain superiority.

The contemporary assumptive view of history based on scientific discovery

In the mid 1800's, Darwin and others collected widespread evidence that all life has a common source beginning 3 1/2 billion years ago. The occurrence of a single life form that could reproduce itself has evolved to current species with 50 trillion cells. All species of life are characterized by their ability to produce energy. Single cells may be guided by simple receptors sensitive to heat or light. With increasing cells, more specialized controllers are observed including electrical, chemical, nerves, muscles, specialized related cells we call organs, a nerve net, clumps of cells to form a central nervous system or "brain" and outcroppings of additional specialized clumps of cells to create a series of brains,[22] each specialized in function.

Pierre Teilhard de Chardin, a paleontologist and Jesuit priest, added a spiritual component to the science based assumptive view of creation, declaring we are in the process of elevating our species in the image of our creator, becoming ourselves powerful creators and partners with nature and nurture in assuming responsibility for our destiny. We are more than "human beings"; we are "humane becomings" with a purpose to elevate ourselves by adding mental-spiritual meaning to our quest for material-physical needs: unconditional love, forgiveness, justice, compassion, kindness, helping one another, and those skills that make us humane. The rapid development and spread of the scientific method intensified circa 300 years ago. New knowledge of the Supreme Law of Cause and Effect suddenly accelerated the growth of our constructive and destructive power. We

[22]One classification is the medulla, pons, pineal body, pituitary, cerebellum, thalamus, and cerebral cortex.

have created a race between Armageddon and nirvana, and the finish line is within sight unless we update our way of thinking to prevent the unleashing of WUD.

As a realist and optimist, I accept Einstein's most important discovery, "We shall require a new mode of thinking" if we choose to prevent human catastrophe and make our world a better place to live. We understand the skills we need to teach and we can offer them to our population via the Internet and other mass media to everyone, everywhere, any and every time free or with insignificant cost. This task may be accomplished by transferring the capital of our intentions from our older established animal brain to our newer puzzle-solving *self*-organ, popularly known as our "cerebral cortex." The ingredient we presently lack is the will to proceed to succeed.

The faith based and science based view of our world are compatible if we allow that a "day" in human time may be a billion years in historic time and we add ""both…and thinking" to the "either/or" way of thinking that prevails when the capital of our intentions resides in the animal brain.

Chapter 7: Discovering The Supreme Law: Truth

Discovering The Supreme Law provides the new universal symbols we require to awaken us to our connectivity, oneness, and humanity. The patriotic, religious, and political symbols that dominate our immature language will continue to create allegiance to one's own tribe at the peril of anyone outside it until we recognize our higher mission. Historians frame our story as a succession of wars, while futurists warn us we will soon become history unless we take urgent action. We must collectively awaken to the challenges of modernity and update our thinking to take meaningful action. You will learn a practical, eloquent, common sense plan of action that we can rapidly make viral at minimal cost through the domino effect.

Discovering the Supreme Law: Truth
Are you practicing the one wisdom that will save humanity?
The Supreme Law that everyone, everything must obey!
Why unconditional love is the answer.

As in a dream, but being fully awake, my imagination pictures my family, children, grandchildren, and other loved ones stuck on a train track. The sound of the approaching train is audible and it is getting louder. What could be more important to capture my attention? Our most informed citizens have told us it is more likely than not that a weapon of mass destruction will be used before the end of 2013.[23] I also feel compelled to listen when the person most often named as the world's brightest mind, and identified as the father of our first weapon of mass destruction, tells us to expect human catastrophe unless we do one thing … *a new type of thinking is essential if mankind is to survive and move toward higher levels*.[24] Einstein has also told us: *We cannot solve our problems with the same thinking we used when we created them;* and *Insanity is doing the same thing over and over again and expecting different results*.

Senator William Fulbright said:

> "*SO FREQUENTLY it is pointed out that the human race has acquired the means of its own destruction that the shocking fact no longer shocks us. Everyone has heard it but no one takes it seriously; statesmen readily acknowledge the ability of the human race to destroy itself and then proceed to act as though it were not a fact at all*."[25]

Over 200 people I have interviewed reveal they wish or pray for peace but do little or nothing about it.[26] Yet I remain optimistic because they also say they would take action

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[23]*The World at Risk*, report to President Obama of a mandated Commission of the U.S. Congress following interviews with over 250 world experts on weapons of mass destruction, proliferation, and terrorism; Vintage books; December, 2008. A chemical weapon of mass destruction was unleashed 2013 in Syria.
[24]*The New York Times*; May 25, 1946.
[25]Preface to *Sanity and Survival* by Jerome Frank M.D., Ph.D., Random House, 1967, 1982.
[26]See sample video interviews: www.anwot.org →*Wake-Up Call* → *Why I Do Nothing: Our Imprisoned Passion for World Peace can be Unleashed*

if they only knew what could make a difference. Their pent up energy will be unstoppable when we find the key to unleash it.

This essay will awaken you to the one Truth that will prevent human catastrophe and create sustainable world peace. You will especially love the first step which is learning to like yourself with such abundance that it overflows to enrich your loved ones and the world. Assuming responsibility to unconditionally like yourself frees you to become your own person, and to welcome outside love as a bonus rather than remain dependent on others for it. Liking yourself is the first step to super-maturity; create joy, love and forgiveness, and a blissful peace of mind. The Truth here provided will inspire you to become a teacher of love-creation.

This essay will change your way of thinking. One crucial step in doing this is to assign the meanings here identified to the language that relates our story. The meanings assigned to our language in common usage were designed by our ancestors to be adaptive when each tribe lived on its own hill and had to compete for limited resources to survive. The symbols of nations, religions, and political affiliation emphasize our divisiveness. The need for win/lose competition that once worked has become dangerous as we emerge into one connected civilization. The new weapons of mass **de**struction (**WMD**) that we are now rapidly proliferating have suddenly created a race between *self*-annihilation and nirvana, and the finish line is within sight. We require ***a newer way of thinking*** with new or modified word meanings if we choose to make dominant our weapons of mass **con**struction (**WMC**) – ***common sense*** and ***love-creation***. Merely familiarizing yourself with the abbreviated glossary of terms will enlighten you to a newer way of thinking. Thereafter, the essay explains how we can proceed to succeed:

Glossary required to create *a newer way of thinking* (ANWOT):

1. ***First Cause*** is an alternative to the many names humankind has created to refer to the supreme creative force; others include *God, Allah, Yahweh, Vishnu, Krishna, Source, the Almighty, Jesus Christ, the Divine, "something than which nothing greater can be imagined"* (St. Anselm), *Spirit, the Force, the Field, zero point, uncaused cause, prime mover, nature, vital force, Soul, Love*, and *Truth*. The most popular is *God*, preferred by the religious based on faith. I prefer *First Cause* because common sense suggests that every effect has a cause and every cause is the effect of a prior cause until we reach the very first cause. It is more descriptive and hopefully avoids the polarity created by the meaning assigned to the more traditional labels. For most people, *God* is a tribal symbol, a universal force that occasionally intervenes to advantage one's own tribe and must be idolized in specific ways to gain benefits and avoid punishment. Within my tribe *God* is commonly identified as a Caucasian male; other tribes have very different ways of picturing the *First Cause*.

2. ***Supreme Law*** identifies the orderly relationship of everything in the universe. The Law was created by or co-existent with the First Cause to govern the expansion of energy and matter. This universal Law has subjected everything to

its power from day one to the present and is expected to do so forward. No one, no thing is beyond the Law; all have submitted from the first day forward. Through our shared history, the Law connects every living and inanimate thing. The Law is our most direct connection to the First Cause. Some individuals propose that the First Cause and the Law are one, i.e. the Law is a manifestation of the First Cause.

As we have multiple names for the First Cause, we can assign many names to identify this one Supreme Law: the *Law of predictability, the Law of orderliness, the Law of cause-and-effect, the Law of the First Cause, the Law of common sense, the Law of Truth, the Law of conformity, the Law of connectivity, the Law of emergence*, and so on. Like the story of the elephant seen from different sides, each viewer has a different impression based on their limited view, and no one person has a total perspective. They argue over differences rather than compare their knowledge to gain a shared enlightenment.

Our growing enlightenment to the Law leads us to conclude that every effect has a cause. Each cause is the effect of a prior cause until we reach the first or uncaused cause. The Law is the basis of what we call *science*. The discovery of the scientific method within the last 300 years empowers humanmind to grow our conscious awareness of the orderliness and connectivity within our universe. We are replacing stupidity with knowledge, and misguided assumptions and superstition with Truth. Science provides us the power of knowledge to create and destroy. Increasingly we make ourselves partners with fate and circumstance to assume responsibility for our own destiny and that of the world.

Although the Law establishes Truth and order in the universe, it is invisible to our senses; it does not have a physical presence. It "exists" as non-physical conceptual reality. It is recognized in mind and as spirit. Conceptual reality may be imagined by intelligent minds possessing sufficient conscious awareness and equipped with symbols that accurately reflect the Law. The Law is universal. Only humanmind has created a sufficiently sophisticated imagination through language to discover, record, share, and pass forward conscious awareness of the Law. Humanmind is a sense organ which when educated with proper symbols excels in consciously imagining what is common, i.e. acquiring "common sense."

"Tough minded" individuals, such as scientists, are more comfortable calling conceptual Truth *mental*; "tender minded" faith oriented religious people are prone to call non-physical Truth "spiritual". *Mental* and *spiritual* are equivalent. Science and religion are compatible when supported with common sense while a belief in truth that lacks common sense support is known as "dogma." Dogma is commonly used by tribes to declare their assumptions are superior to others.

3. ***Humane becomings*** conveys that we are more than static human beings, but rather a dynamic work in progress aspiring to acquire the spiritual values we call

humane: for example, love, forgiveness, kindness, compassion, and cooperation for mutual benefit.

4. ***Conceptual reality*** is what is True but invisible to our ordinary senses. Humanmind creates imagination using symbols to enlighten ourselves to non-physical mental-spiritual reality. The humane qualities to which we aspire are within the realm of conceptual reality.

5. ***Love*** is the creation and direction of energy for the benefit of someone or something. All life forms are energy producing factories. Humanmind is capable of directing what our "factory" produces. ***Hate*** is the creation and direction of energy to the detriment of someone or something. The expression of love has emerged over time to become increasingly sophisticated. We require specific labels to create a more accurate awareness of the emergence of higher levels of "love."
   a. ***Erotic love*** is emphasized by nature; survival depends on procreation.
   b. ***Filial love*** is required in complex species to nurture progeny to sexual maturity or the species could not survive. Hormones program us to love our progeny unconditionally. The female has a preponderance of estrogen and additional nurturing features.
   c. ***Tribal love*** is required in a savage environment where the strength of numbers favors protection from enemies and procurement of food.
   d. ***Unconditional love*** is the process of creating love for our *self* with such abundance that it overflows to enrich others and the world. Other names for unconditional love are *global, universal,* and *agape* love. It begins with the easier skill of liking our self. Unconditional love is *liking our self, grown up*. It is a completely rewarding act in itself; it is not "giving to get." *Forgiveness* (*for* + *giving*) is a higher level of unconditional love.

Currently, our society emphasizes the early to emerge expressions of love that are innate in our operating system: (1) *erotic* love, (2) *filial* love, and (3) *tribal* love. These expressions of love provide the survival skills required in the uncivilized environment of our ancestors, and are necessary to reach our present level of emergence. They become hard-wired as they are passively acquired through instinct and culture.

Unconditional love creation is acquired through appropriate role models (for example, Jesus), *self*-discovery, and education. There are presently a limited number of unconditional love-creation role models, and *self*-discovery is as difficult as creating a new language. Education during our formative years is the most reliable means to prioritize unconditional love-creation above erotic, filial, and tribal love. We have the responsibility to popularize *universal unconditional* love if we are to prevent the use of our new weapons of mass destruction as advocated by the dominant presence of *tribal* love.

6. ***Consciousness*** means "with + knowledge," "with science." Mental awareness enables us to see deep, wide, past and future. Consciousness is a recent development in the 3 ½ billion years since life first appeared on earth. It is a significant advance in our survival ability.

7. ***The scientific method*** is the process of humanmind enlightening ourselves to the Supreme Law of Cause-and-Effect, Orderliness, and Predictability that everything must obey. As we discover, record, share, and pass knowledge forward, we make ourselves increasingly powerful creators and destroyers. Science is bringing to our conscious awareness "Truth," the highest level of certainty that can be discovered by everyone, everywhere, every time by what is universally common to our senses. Recently, Darwin and others applied the scientific method to reveal all life is connected to a common source that connects life as one extended family that began 3½ billion years ago. As we enlighten ourselves to the chain of predictability within our universe, we increase our power to partner with fate and circumstance as directors of our life experience. The scientific method advanced a quantum leap circa 300 years ago and has been accelerating dramatically within recent generations. Our power to create and destroy is growing out of control.

8. ***"Self"*** *in* ***italics*** designates our mental-spiritual concept of "I" as interpreted by our humanmind. **"self"** in plain text refers to our physical body.

9. ***Self*-consciousness** is *awareness that we are aware*, the ability *to think about our thoughts and what we think*. Although the Law has been present time immemorial our conscious awareness of it is a recent development through our use of language and imagination to provide *self*-consciousness. *Self*-consciousness is our powerful tool to modify what we think and thereby modify the actions we take. Humanmind is equipped for "thought control," the power to modify what nature and our nurturers have made of us. This is called by such labels as *self-mastery, self-governance, self-programing, becoming our own person, mental freedom, super-maturity* and *thought control*. Accurate interpretation of data is the basis of making common sense common and predictability. Inaccurate interpretation of data is the basis of personal truth and misguided action.

10. ***Self*-mastery** is the power of a freed will to join "other" forces, what we call *fate and circumstance*, *instinct and tradition* (habit), and *nature and our nurturers* as partners in the creative process. No other species approaches the potential of humanmind to free our will from "other" forces that would dictate who we are and how we should act. *Self*-consciousness is the source of our power to create and to destroy. It is also the means by which we can free our will from mental slavery to become our own person. *Self*-mastery empowers us to transcend stupor, i.e. dependence on authority, to discover and put into practice the wisdom of the Law … to make common sense common. *Self*-mastery is our tool to enlighten

ourselves about the humane skills we preach but have yet to teach and consistently put into practice.

11. ***Self*-enlightenment** is the emergence of conscious awareness of the universal Law beginning with physical material Truth and adding mental-spiritual conceptual Truth.

12. ***Freeing our will*** is the process of attaining mental freedom from what nature and our nurturers make of us. Nature directs our energy both constructively and destructively, stupidly and wisely. We must attain *self*-mastery if we want any control over the degree to which humankind transcends our destructive nature and achieves the humane qualities to which we aspire. Given our new weapons with ultimate destructive power (WUD) that provide no second chance, we are rapidly making ourselves the first species to orchestrate its own annihilation. Our freed will has the power to use our growing knowledge of the Law to proliferate our weapons with ultimate constructive power (WUC) – ***common sense*** and ***unconditional love***.

13. ***Mental motion pictures*** use the power of imagination to enlighten us to the Law. It is said a picture is worth a thousand words. A mental motion picture is worth many thousands of words. Motion pictures allow us to relate past, present, and future to engage in prevention. A few mental motion pictures (see below) go a long way to enlighten us to the one supreme Law.

14. ***Symbols*** in the form of words (language) and icons (viz. flags, religious symbols) serve as signals to turn on energy. Once meaning is assigned to a symbol, it will serve as a signal to turn on the mental motion picture and the compressed emotional energy that has been linked to that symbol. The direction and outcome of the energy is influenced by the meaning we assign to our symbols. Humanmind's creation of symbols is the basis of imagination, cognitive rehearsal, prevention, creativity and *self*-mastery. WOW! It is essential for our species' survival that we recognize that our language is dominated by symbols that express tribal love, divisiveness, and the instinct to dominate.
    a. ***Tribal*** symbols were necessary for survival in the savage environment of our ancestors. Patriotic, religious, and political symbols convey divisiveness; they support harmful confrontation between tribes to demonstrate superiority. The Christian cross, Muslim crescent, Jewish star, and Nazi swastika are examples of tribal symbols that arouse emotion and action that depends on prior experience. Tribal symbols serve a useful function, but in a world where most tribes possess weapons with ultimate destructive power, they will predictably lead to human catastrophe unless made subservient to a higher power.
    b. ***Universal*** symbols convey connectivity, oneness, and toleration for diversity. We have yet to create a single *universal* symbol of oneness that conveys the emotional power of the many *tribal* symbols that dominate our language in

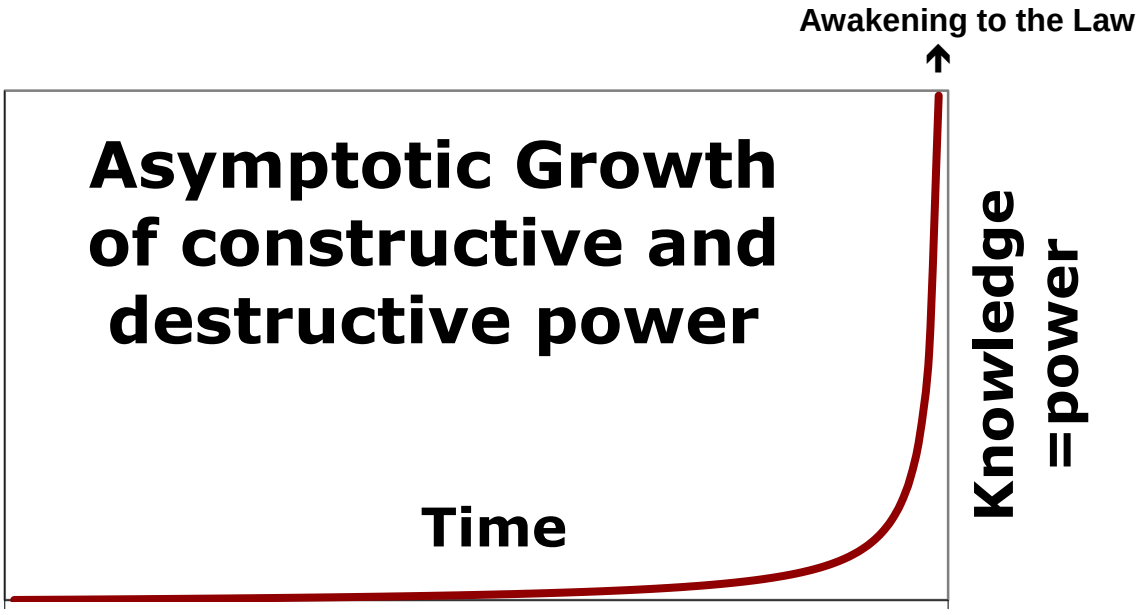
common usage. A universal symbol that turns on conscious awareness of our connectivity and oneness will be introduced below.

c. ***Sound bites*** are symbols designed to attract attention and turn on a mental motion picture that leads to a prescribed action. Sound bites are commonly used in advertisements to stimulate action based on hardwired beliefs. According to scientist K. Eric Drexler, infotainment that uses sound bites is the greatest danger to society: "… complex topics are simplified, mystified, or ignored; and any serious topic that bobs to the surface is washed away …." [Sound bites] compound every problem that could be lessened by a better informed public."[27] Our everyday language is dominated by sound bites that activate tribal allegiance and disrespect for outsiders. The purpose of this glossary is to introduce new universal sound bites that emphasize our connectivity and oneness – that enrich our humanity rather than obstruct it. The critical takeaway of this essay is that the recent proliferation of weapons with ultimate destructive power has created an urgent need for universal sound bite symbols that transcend the tribal language that divides our world into opposing sides.

15. ***Asymptote*** is a curve that approaches an endpoint without ever touching it. Once assigned appropriate meaning, the asymptotic curve will serve as a universal symbol of emergence, connectivity, global oneness and more. It will turn on the mental motion pictures that direct our thinking, feelings, and actions to the *newer way of thinking* we require to survive and thrive. We cannot expect to create peace and unconditional love in the world when each tribe hardwires its members during their formative decades with patriotic, religious, and political symbols that direct energy for the benefit of its own tribe without regard for the well-being of non-tribe members. We know the false but popular statement "If you're not with us, you must be against us." Currently, our language has no symbol that stirs our emotion for world citizenship; we have a myriad of tribal symbols that direct our energy to win/lose confrontation.

We require a symbol that turns on conscious awareness of our emergence from ignorance to our growing conscious awareness of the supreme Law. The asymptotic curve here illustrated is such a symbol.

[27] *Bulletin of the Atomic Scientists*; January/February, 2007; p.58.



We simply label the horizontal line *Time* and the vertical line *conscious awakening to the supreme Law*. The "time line" enables us to recognize change from the past to the present. The curve is flat for a long time before it begins an almost imperceptible ascent and then slowly rises to a critical turning point upon which it bends skyward accelerating in shorter and shorter periods of time. The asymptotic curve makes us aware that scientific knowledge was virtually non-existent and grew slowly until the introduction of the scientific method. Our knowledge of the Law of cause and effect is recent, rapid, and most pronounced in our current time.

The asymptote shows that everyone and everything originates from a common source and is connected. It reveals all life's lack of power and dependence on fate and circumstance until the recent emergence of our *freedom organ*, the cortical portion of our brain that provides the opportunity to assume *self*-mastery. The curve brings to conscious awareness that we are a work in progress, that we are all related, that we must now work together to survive and thrive. It expresses our unity and oneness above our differences. As we enlighten ourselves to the Law, we are making common sense more common. Wisdom that inspires cooperation for mutual benefit is critical to our survival.

The asymptote enlightens us that we have only recently discovered conceptual reality, the moral and spiritual qualities that make us humane: unconditional love, forgiveness, justice, civility, cooperation and related qualities to which we aspire. This awakening empowers us to educate our populace. Of additional practical importance, the asymptote symbol empowers us to become future forecasters. Awareness of our trajectory offers us the chance to intervene to alter the direction of our energy. The power of knowledge makes us an active participant in the creation of our destiny and all that is about us. The curve reveals we are

transcending our prolonged stupor to become powerful creators and destroyers. As ship's captain, our safety demands wise action.

The asymptote accurately reflects the process of emergence. It will serve as a powerful universal symbol to proliferate our weapons of mass construction:

Common sense and ***unconditional love***. By simply changing the label on the vertical axis, we may astound ourselves with multiple insights of practical significance of the asymptote symbol. Consider the following examples:
Consciousness of the supreme Law that supports orderliness, predictability, common sense, cause and effect, science, morality, and spirituality;
The power of knowledge to create and destroy through recent introduction of the scientific method; the emergence from stupidity to wisdom, sleep to awareness;
Love – emergence from erotic → filial → tribal → unconditional love;
Self-consciousness – identity of one's self as a *self*-governing individual;
***Self*-mastery** – mental freedom from fate and circumstance and other dictators who would direct our life's experience; from dependence on authority to becoming our own person; increase in responsibility, opportunity and danger;
Self-enlightenment – emergence from stupidity to recognize wisdom and Truth;
Values – from *amoral* expression of energy to humanmind's discovery of *morality* and *immorality*;
Conceptual non-physical reality: humanmind adds awareness of *mental-spiritual* reality to *material physical* reality;
Civility/civilization – awareness of the benefit of cooperation for mutual gain above competition to assert dominance;
Creators/creativity: joining nature and our nurturers, fate and circumstance, instinct and habit to influence our destiny and that of all about us;
Humanity – we are a work-in-progress from simple life to humane becomings
"Vision emergence" signifies our progression of species from absence of vision →senses that monitor our local environment focusing on our differences →an advanced "freedom organ" (cerebral cortex) that "sees" deep, wide, past, future and focuses on our similarities above our differences. *Vision* through knowledge of common sense enhances our ability to accurately anticipate the future and add *cognitive rehearsal* to learning by *trial-and-error* and *role modeling* (imitation). Mental rehearsal is the basis of *prevention*.

We can continue to add examples to the enlightenment the asymptotic curve provides; that justifies its use as a universal symbol of our emergence:
the killing power of weapons
the healing power of unconditional love and common sense
pollution, global warming, depletion of the seas and starvation
population growth
science and technology
speed of communication and travel, viz. the Internet
Each one lends itself to a mental motion picture worth creating.

The asymptote can serve as an easy-to-teach symbol to turn on awareness of who we are, from where we have come, where we are headed, and what we must do to assume control of our future. This symbol illustrates that all life comes from one source; we are all connected over time to the First Cause; that growing scientific knowledge of cause-and-effect reveals we are emerging from ignorance to conscious awareness, from dependence to *self*-governance; awakens us to our shared path above our differences and separation; shows us the power of knowledge is accelerating to an unprecedented and dangerous speed and we must cooperate to prevent confrontation using WUD; that we have the creativity to transform our expression of energy from destructive to constructive outcomes; and we are futurists capable of managing our own destiny. Each of these insights is worth a WOW!

16. ***Animal brain*** refers to our early-to-emerge central nervous system. The animal brain is the home of prewired survival skills proved over billions of years of trial-and-error experience to be adaptive. It is attuned to instinctively respond to perceived danger with a survival of the fittest emergency *fight or flight* response. Highest priority is given to local issues, present time, differences, immediate gratification, and avoidance of pain.

17. ***Human brain/ "freedom organ"*** is the animal brain **+** the evolving cerebral cortex. It enables us to use symbols, have consciousness and *self*-consciousness. The hominid brain has enlarged in size from 400 grams to 1400 grams in a mere 4 million years while other organs have remained relatively the same. While our animal brain is largely prewired to provide immediate service, our freedom organ is a *tabula rasa,* an unwritten-on tablet. Added to hardwired instinct, nurturers and circumstance inscribe their programs during our formative years when we are relatively helpless to resist. However, with maturity and appropriate symbols, we may free our *self* from instinct and tradition through imagination to add *self*-programming. Humanmind has the ability to create alternative pathways that redirect our thinking, feelings, and actions to newer outcomes.

18. ***Common sense*** is non-physical conceptual Truth established by the Law of Orderliness that is available to any sentient individual capable of imagination. It is the path to wisdom. Common sense is not yet common because humanmind is still dominated by immature language and icons that express our animal brain's prewired demand for tribal allegiance.

19. ***Stupidity*** (from the Latin word for "stupor," reduced sensibility) is mindlessly accepting habitual behaviors that worked in the past when newer knowledge is available to lead to preferable outcomes.

20. ***Wisdom*** is the addition of current knowledge to address current challenges with newer action pathways. Common sense usually leads to wise action.

21. ***Mysticism*** is a spiritual discipline defined as aspiring for union with the divine through deep meditation or contemplation. Mystics are individuals who believe they can discover Truth through direct communion with the divine by intuition, beyond perceptual or intellectual apprehension. Many of the "Truths" claimed by mystics on the basis of intuition, lacking common sense support, are proven to be false assumptions. However, the importance of unconditional love is a consistent "awareness" claimed by mystics over the centuries – virtually every tribe reaches the same conclusion independently through common sense. Conscious awareness of the universal Law provides an important verification of the Golden Rule: *Treat others as I would be treated.* This enlightenment supports the essential need for education in unconditional love-creation.

As we expand our scientific knowledge of the Law to discover universal common sense, we can validate the intuition of mystics who profess enlightenment to conceptual (mental-spiritual) reality. Foremost are the common sense moral values we must adhere to if we choose to preserve our world for our children and other loved ones.

22. ***Energy factory*** is a term that makes us aware that all life creates energy that is transformed into products. We think of a factory as a creator of material products. The humanmind produces non-material conceptual products that include love and hate. Only humanmind is sufficiently endowed to invent symbols and imagination to recognize different spiritual products and wisely choose from among them. Common sense wisdom advocates the creation of unconditional love and choosing to elevate ourselves with the qualities that make us humane becomings.

23. ***First signaling system*** identifies the physical pathway that leads to action. This signaling system consists of nerves, hormones, muscles, and the like.

24. ***Second signaling system*** identifies the non-physical conceptual mental-spiritual energy that may influence our primary signaling system (and vice versa). Humanmind's capacity for imagination distinguishes us from all other life by the degree to which we can develop our second signaling system to free our will from domination by our animal brain and early acquired traditions.

25. ***Enlightenment*** is the process of knowing who we are and what we stand for within the larger system. Through the scientific method, we are rapidly expanding our conscious awareness of the Law: the source of wisdom, common sense, Truth, power, prevention, civility, morality, our humaneness, and on and on. In short, *self*-enlightenment to the Supreme Law is our individual and collective work in progress.

26. ***Emergence*** refers to the evolution of simple organisms through multiple stages of increasing complexity. From total dependence on fate and circumstance,

humanmind is establishing *self*-governance; mental freedom from mindless authority; awareness of morality, spirituality, our connectivity and oneness; and our explosive power to join nature and our nurturers as directors of our destiny, as well as the future of our loved ones, and all that is about us.

27. ***Learning*** is the process of programming the expression of our energy by establishing a repertoire of action pathways. In the course of time, three modes of learning have emerged. Appropriate labels increase our *self*-enlightenment.
    a. ***Trial-and-error learning*** has been the primary means of establishing action pathways for billions of years. Behaviors that work, those adaptive to current demands, are sustained and hardwired. Scientists tell us most emerging species (circa 98%) have become extinct. The pre-wired instinctual patterns we inherit are the best of the best adaptive skills we can be proud to own because they succeeded through 3 ½ billion years of trial and error learning.
    b. ***Modeling*** is a no-trial form of learning that identifies the thinking, feeling, and action patterns we acquire based on authority. During our formative years, our nervous system has a heightened capacity to mimic our nurturers and established culture. Such acquired action pathways become habitual, then tradition when repeated over generations. The thoughts, feelings, and actions role-modeled are added to the prewired pathways established by trial-and-error learning.
    c. ***Cognitive (mental) rehearsal*** learning is humanmind's specialized skill to experience alternative possibilities through the power of imagination. We have the ability to choose from imagined alternatives before committing to physical action. Cognitive rehearsal learning, applying the Law of common sense and predictability, adds prevention and wisdom to our repertoire of behaviors. Common sense is uncommon but emerges with scientific discovery. It is replacing dogma and redirecting the established action pathways of instinct and tradition using current knowledge.

28. ***The scientific method*** has enabled us to discover the Law. As we increase our conscious knowledge of cause and effect, we expand our creative and destructive power. Humanmind is increasingly partnering with natural selection to determine our destiny. With more scientists alive today than throughout all of history, we are challenged by the explosive expansion of our creative and destructive power.

29. ***Operating Systems*** is a term that informs us that we have multiple pathways to the creative process. The directions coded in each operating system are determined by the source of the programming. We can clearly identify three operating systems by referring to their source or *programmer*.
    a. ***Nature*** creates the trial-and-error prewired action pathways that we inherit upon our birth. Being prewired, instinct is ready to support us at birth but has limited flexibility.

b. ***Nurture*** consists of the programming we acquire from our culture, circumstance, and nurturers; especially during our formative years when we have little resistance to fate and circumstance.

c. ***Self*-mastery** recognizes the marvelous opportunity offered by a mature well equipped humanmind to become powerful directors of our own destiny. With appropriate education we have the capability to *self*-program our intentions and assume the directorship position that governs our freed will. Individuals who develop little *self*-governance commonly go through life blaming others, their self, or both.

These three operating systems emerge in sequence within each individual, and collectively within species beginning with nature, progressing to add nurture, and then adding the *self*-mastery operating system that is exclusive to humankind. Each operating system remains active as new ones are added, often competing, sometimes cooperating. The wisdom of enlightened humanmind advocates that they cooperate to become mutually supportive rather than competing to establish dominance.

People markers important to our enlightenment of the Law:

- ***Abraham*** contradicted established thinking circa 4000 years ago when he declared there is one supreme creator of everything. This was quite offensive to the popular notion of multiple tribal Gods and idols that protected their group in return for various forms of sacrifice and worship.

- ***Jesus*** was a *radical* who taught a universal standard of justice, the moral value we call the *Golden Rule*: *Treat others as I would be treated*. Loving our neighbor and enemy was a ridiculous notion. It contradicted the tradition of *An eye for an eye, tooth for a tooth …. Radicals*, individuals whose views differ from establishment assumptions, are commonly punished and even assassinated long before their common sense insight becomes common. To name just a few: Abraham Lincoln, Mahatma Gandhi, Nelson Mandela, Martin Luther King Jr., Susan B. Anthony, Freud, Darwin, Teilhard de Chardin, and Einstein.

- ***Darwin*** applied the scientific method to discover that humankind is the growing edge of a process that has been emerging from a single source over billions of years. Darwin's insight is supported by greater common sense than the prevalent worldview that an almighty force magically created everything in six days and rested on the seventh. The dominant worldview would indicate we are static human beings. The Darwinian worldview conveys that we are a work in progress, *humane becomings* that began as simple life forms and are progressing to some newer ever more sophisticated species.

- ***Pierre Teilhard de Chardin***, a Jesuit priest and paleontologist added a mental-spiritual moral dimension to Darwin's scientific data. De Chardin declared that we are a work in progress, humane becomings with a shared purpose. Evolution is the means the prime creative force is transcending matter to emerge in his/her/its own

image to embrace spirituality, morality, and unconditional love. For his radical views he was put in house arrest and forbidden to publish his views.

- ***Barbara Marx Hubbard*** is a leading futurist who champions conscious awareness of the emergence process. She advocates *"evolution by choice, not by chance"* and asks *"How can we use our new power to do good?"*

- ***Einstein,*** recognized by many as the world's brightest mind, discovered the $E=mc^2$ formula that led to the first weapon of mass destruction. His most important insight is the solution that can prevent human catastrophe and create sustainable world peace: We must teach ourselves ***a new way of thinking***.

- ***You and me = us = humane becomings; my tribe + your tribe + other tribes = humanity***: We are emergent creators and destroyers who are empowered to elevate our species above the animals through *self*-governance; remain servant to nature, nurture, and human dictators; and any degree in between. We can choose to take action that frees the imprisoned genie within to make our wishes a reality; we may passively accept what fate and circumstance make of us.

Our Story

Once upon a time, 1945 to be exact, a scholar named Emory Reeves wrote *The Anatomy of Peace*. Now almost forgotten, this book proposed the one answer to create permanent world peace. It was endorsed by Einstein, Senator William Fulbright, Claude Pepper, Mortimer Adler, Thomas Mann and many other luminaries as the cause of peace. Their open letter to the public was published in the New York Times and fifty other leading newspapers. The Associated Press also heralded the importance of *The Anatomy of Peace*'s[28] explanation of the cause of world peace through 1600 newspapers. The book became a runaway best seller and was adopted as a textbook by Harvard, Yale, and Columbia Universities.

Emory Reves' proposal was quite simple. After debunking multiple alternative solutions for a sustainable world, he concluded that World law was the only way to prevent war. Sovereign nations would need to create a world court of universal law with the power to enforce compliance. Allegiance to the symbols of individual nations, religions, and political entities that separate us must submit to a higher law of orderliness. Global law must rise above tribal law. World law assumes the continuation of local allegiances. "New Yorkers are citizens of the city of New York and the state of New York and the United States of America. But they are also citizens of the world."

Reves became frustrated when he realized that nation-states were not about to give up their power to a global court of law. He became a devoted art collector and pursued other interests. Tragically, Reves, along with most of the world population, overlooked

[28]Harper & Brothers publishers, 1945.

the fact that we already have a universal supreme Law that all life and inanimate matter, without exception, must obey. I am referring to ***the law of predictability*** **(the Law).** Other names designate attributes of the Supreme Law: *The Law of orderliness, The Law of the First Cause, the Law of cause-and-effect, The Law of common sense,* and *the Law of Truth.* **The Supreme Law defines the orderly relationship of everything in the universe.** The Law has done so since being set in motion by what some call *nature*, others call *God*, *the First Cause*, the divine, *the uncaused cause*, *source*, *the prime mover*, *that than which no greater than can be* (St. Anselm), and so on. Even the *Ten Commandments*, popularly accepted as the word of God, are consistently disobeyed through the gift of free will, but no one and no thing escapes the universal Supreme Law of predictability; **all** have submitted from the first day forward.

Our young, emerging language is built upon symbols that express ***tribal*** law – the prewired perspectives of our animal brain that advocate two-category *either/or* thinking, separateness, egotism, fight or flight, *survival of the fittest*, and win/lose competition to attain supremacy. We have just begun to recognize we are a work in progress, *humane becomings,* consciously awakening to the **universal** Supreme Law that establishes predictability, orderliness, Truth, common sense, cause-and-effect, connectivity, and *oneness*. Our survival requires that we popularize the humane qualities revealed through our awakening to the Law: *unconditional love, forgiveness, altruism, happiness, peace, gratitude, cooperation, abundance* and additional spiritual moral values we now envision but have yet to adequately teach.

Although the Law establishes Truth[29] and order in the universe, it does not have a physical presence. It "exists" as non-physical conceptual reality, in mind and as spirit. Conceptual reality may be imagined by intelligent minds equipped with sophisticated symbols. Until the emergence of humanmind no creature has had sufficient conscious awareness through use of symbols to discover the Law. We are *humane becomings* in the early process of discovering the Law. As we create language that awakens us to the Law, we acquire the wisdom to transform the energy of our animal brain to embrace morality and spirituality. Mental-spiritual Truth, as embodied in the Law, is the source of universal common sense. It applies to everyone and everything equally. Wisdom is the application of intelligence to become aware of universal common sense.

The Law has been present since time immemorial, but conscious awareness of the Law is emerging only recently through *self*-consciousness. **Consciousness (*with* + *science)* means "with knowledge."** Science is enlightening humanmind to the universal orderliness established by the Law. We grow our creative and destructive power as we apply the scientific method to discover, record, share, and pass knowledge forward. Human selection is increasingly partnering with natural selection to determine our destiny, the fate our loved ones and all that is about us. The recent advance in technology and mass communication is creating an explosive expansion of knowledge that exceeds our attainment of wisdom. *Self*-enlightenment is the process of upgrading our symbols by adding meaning that accurately reflect the Law (wisdom). The

[29]Truth: conformity to fact, knowledge, actuality, reality, fidelity to an original standard.

meanings our ancestors assigned to symbols express what was "true" based on faith and limited knowledge. *Self*-consciousness is our means to awaken ourselves from our stupor and resonate with the one Supreme Law that connects us to the First Cause.

For billions of years, life lacked consciousness. As increasingly complex species evolved we can observe the progressive development of a nerve network, then a central mass of cells to form what we call *the brain*. With growing complexity, new outcroppings emerged to provide multiple specialized functions.[30] Imagine the introduction and gradual emergence of conscious awareness along the continuum of more complex species. *Self*-consciousness, knowing that we know, is an even more recent phenomenon with the emergence of humanmind 150,000 years ago. Humanmind provides us the means to elevate ourselves to higher and higher levels. Humankind is the only living creature with sufficient mental capacity to create symbols and sophisticated language to discover universal conceptual Truth. The more we enlarge *self*-consciousness of the Law, the more we join nature and nurture to assume responsibility for our destiny. The scientific method, introduced less than 300 years ago, has brought us more enlightenment to the Law than we gained in the prior 3½ billion years.

Science is the study of the Law of Predictability that applies to everyone and everything. With more scientists alive today than all of history and the new technology for rapid communication, our awareness of the Law is spiraling out of our control. We have assumed, like it or not, the burden, responsibility, and opportunity to join nature and our nurturers in determining our destiny. The scientific method increasingly empowers us to be creators and destroyers. We are free to use our new power of knowledge to create nirvana, *self*-annihilation, and anything in between. Many of our most informed citizens are recognizing and telling us that we have been in a stupor, blindly following the directions of instinct and our nurturers. *Stupidity* (from the word *stupor*) is habitually doing what worked in the past when current knowledge is available to initiate better methods to deal with new challenges. **Our long history of misguided actions can justifiably be forgiven because of our ignorance to the Law; we didn't know better.** We are in the process of awakening from our stupor. *Self*-consciousness of the Law is our source of *self*-mastery. It enables us to replace stupidity with wisdom. Wisdom is applying commons sense through conscious awareness of the Law.

Enlightenment is the process of freeing our mind from the dictatorship of our pre-wired animal brain and the mindless grip of tradition. We are becoming increasingly *self*-governing as we educate our cerebral cortex with symbols and imagination to expand our conscious awareness of the Law. Transcendence is the process of emergence from mental slavery to our animal brain and our institutionalized culture to attain the

[30]The outcroppings, continuous but distinct have been variously identified as the medulla, pons, pituitary, pineal body, cerebellum, thalamus, and cerebral cortex, each with specialized functions. Over the last 4 million years, a mere blip in historic time, the hominoid brain has enlarged from 350 grams to 1400 grams while other organs have remained relatively unchanged.

mental freedom to apply universal common sense to our thinking. We are a work in progress relocating the Capital of our intentions from our animal brain to the cerebral cortex that supports humanmind. We are elevating our intentions with the qualities we call *humane* as we transcend the limits imposed on intelligence by our pre-wired animal brain and culture's hardwired way of doing things. Our culture is largely the product of our prewired animal brain until our humanmind is sufficiently mature to *self*-program and free our will power to assume mastery of our intentions.

The creation of language and symbols that accurately reflect the Law is our means to perfect our imagination; the more we awaken ourselves this way, the more we discover universal moral Truth. The discovery of conceptual reality including sophisticated *mental-spiritual* consciousness is directly linked to humanmind's growing awareness of the Law through the scientific method. This process has enabled religious and secular tribes to independently add conceptual Truth to material Truth. We now recognize that unconditional love and happiness are as essential as physical sustenance. We must learn to unconditionally love our self in such abundance that it overflows to enrich others.

Mysticism is spiritual discipline aiming at direct union with the divine through deep meditation or contemplation, often in advance of verification by common sense. Mystics claim that their discovery of moral Truth through intuition is independent of perceptual or intellectual apprehension. A moral is a concisely expressed concept of what is accepted as *true, just, right and universal*. Many of the "Truths" claimed by mystics that lack common sense support are proven to be false assumptions; for example, isolated predictions the world would end on a certain date. In 1978, Jim Jones, leader of the Peoples Temple persuaded 907 followers to commit "revolutionary suicide." Claims supported only by the authority of "inspired revelation" that becoming a suicide bomber or kamikaze pilot will bring great rewards in a hereafter are "true" for a circumscribed minority but unsupported by common sense.

However, for centuries mystics have consistently claimed the importance of unconditional love through revelation. As science increases our conscious awareness of the universal Supreme Law of Cause and Effect, we are enlightening ourselves individually and collectively; we verify the mystic's discovery of the Truth of the Golden Rule. The one universal wisdom independently discovered and preached by both mystics, religious and secular tribes can be summed up in a single sentence. Various expressions of The Golden Rule convey the same moral-spiritual value:

1. **Treat others as I (we) want to be treated**.
2. **Love my*self* with the abundance that overflows to enrich the world.**
3. **What will make things better for both our tribe and your tribe, for now and for the future**

We must adhere to this universal conceptual Truth if we choose to preserve our world for our loved ones.

Loving our *self* is the love-creation skill that is necessary to practice the Golden Rule. We can't give away to others what we don't own! Recognize the importance of liking our self. Liking our self is the first "baby" step to taking responsibility to create sufficient love that overflows to enrich the world. A dictionary definition of love includes "liking intensely." *Unconditional love* is "*liking our self, grown up*!"

As humanmind becomes a wiser *self*-programmer of symbols through awareness of the Law, we acquire the power of conceptual reality. Just as intervening to change a single physical train-track switch can reroute the direction and destination of a train, the power of a symbol, a single *word-switch,* empowers humanmind to modify thinking, feelings, and action. We alter the course of fate and circumstance. By altering the direction of our momentum, we not only create the outcome we prefer, we prevent the pre-determined path and destination that leads to what we don't want.

Mental Motion Picture #1: Awakening to the Law

> ***Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.*** **… Einstein**

It is said that a picture is worth a thousand words. A motion picture may be the equivalent of many thousands of words. Let's apply our imagination to create an abbreviated mental motion picture of the emergence of conscious awareness as it manifests in humanmind. We'll begin from our distant evolutionary past to the present and use this "enlightenment" movie to predict the future.

Picture that the Supreme Law is omnipresent. It occupies infinite space. Wherever there is space, the Law is present. Now we place a circular fence in the space. Let the area within the fence represent the total sum of the universal supreme Law that is within the conscious awareness of life on earth. What is the area of conscious awareness within the fence of our earliest simple forms of life? It is zero. It remains so for billions of years because no species has developed sufficient specialized brain cells to consciously "see" within the fence – and certainly not the infinite area outside the fence. The emergence of mental awareness of the Law is late and hardly perceptible until its recent acceleration attributed to our use of imagination.

At the point where species become sufficiently complex, the new phenomenon of conscious awareness is introduced. As more complex species emerge with increasingly complex central nervous systems, the fence perimeter expands as does the area within representing humanmind awakening to the Law. A remarkable event occurred about 50,000 years ago when our highly intelligent ancestors created sophisticated language. Language expands imagination and *self*-consciousness. Imagination awakens us to conceptual reality: morality, mental-spiritual values, unconditional love, forgiveness, justice, and additional non-physical moral concepts that influence behavior. Our growth as *humane becomings* rises to a new plateau with the

expansion of *self*: personal identity, self-governance, mental freedom from fate and circumstance, creativity in culture, art, music, humor, and other characteristics of humanity.

Circa 300 years ago, humanmind introduced the scientific method. In tandem with growing conscious awareness of the Law, the expansion of knowledge of cause and effect within the fence made a quantum leap; it now accelerates in shorter and shorter periods to the current explosion of the constructive and destructive power of knowledge.

More scientists are alive now than in all history. Technology is growing exponentially as is the expansion of the fence. Knowledge of the Law is making us increasingly powerful partners with fate and circumstance as creators of our own destiny. Informed citizens are now warning us that, like fireworks spreading light in all directions, we grow in power beyond our control. The animal brain is yet to be tamed by humanmind.

We are rapidly proliferating weapons with such destructive power that they offer no second chance. We have created a race between nirvana and Armageddon. Though we have superior intelligence and the freedom of will to direct our own destiny, we currently neglect proliferating our newest mental-spiritual weapons that offer ultimate constructive power (**WUC**): ***common sense*** and ***unconditional love***. We are slow to recognize that we are no longer static human beings; we are *humane becomings*. *Self*-enlightenment empowers us to create the preferred future that will become our history. We have the intelligence to add wisdom to the expression of our new powers IF we direct our will to resonate with the highest moral and spiritual Truths. We now stand sufficiently tall that mystics and futurists can look over the fence and apply our imagination to design the future of our own creation. Our enlightened forecasters tell us that unless we act with urgency we will soon make ourselves history. If we collectively apply our intelligence to proliferate *unconditional love* and *common sense*, the realization of our preferred outcome will be unstoppable.

To increase our understanding of the emergence of consciousness, let us add to our movie a segment on sensory emergence. Each of our five traditional senses[31] provides information that is local and current; they help us deal with essential survival needs, such as avoiding predators and obtaining food. They are attuned to change and differences. These senses are exquisitely developed in animals. Humanmind is our most recent organ to evolve. It is both a sensory and motor organ. When mature and equipped with symbols it adds understanding of non-physical conceptual reality to material reality: morality, spirituality, and the human qualities that distinguish us from other species. Humanmind empowers us to "see" deep, wide, past, and future. We employ *cognitive rehearsal* to imagine alternative action paths and then choose from among them **before** initiating action. We intentionally intervene as creators of our future and simultaneously halt the predetermined course of events whose destination may not be to our liking. Conscious *self*-enlightenment is our special tool to discover the Law

[31]Hearing, smelling, tasting, seeing, feeling

that reveals common sense, spirituality, morality, Truth, virtue[32], and the connectivity within our universe we call "oneness."

Truth is defined by the universal Law of cause and effect. One plus one is two throughout the universe because it has been established as the Law for everyone, everything, and everywhere. Moral Truth is not something we create; it is the discovery through conscious awareness of the Law that has been created by the First Cause and has been present through time immemorial. "***truth***" (with a small "t") is the tribal and personal reality created to serve *local* needs and wants. Our history of conflict and war between tribes will continue until we upgrade our dominant tribal word meanings with symbols that reflect our growing awareness of universal mental-spiritual Truth.

The emergence of *self*-consciousness is a process of humanmind's growing *self*-enlightenment. Through the scientific method and the power of imagination, we have discovered that we are the growing edge of a work in process that was initiated billions of years past.

The *pay-off* enlightenment: All life-forms are energy factories.

Every living creature produces energy from birth to death. Like the well-known factories that direct energy to create the material products of their boss's choosing, humanmind may direct our energy to create mental-spiritual products that have positive and negative, creative and destructive outcomes. What more sought-after necessary product can you imagine that exceeds humankind's demand for unconditional love?

Love is the direction of energy for the benefit of someone, something, or some assumptive view. *Unconditional* love is the energy we offer as a complete satisfying act in itself; not "giving to get." *Like* is the prerequisite of love, less intense and easier to teach. The direction of energy for the detriment of someone, something, or some assumptive view is often called *hate*. Love and hate are both required to effectively assume *self*-mastery of our fate. As a coin must have two sides, love and hate are linked together to serve a similar purpose. For example, unconditional love energy supports the humane moral qualities to which we aspire. Hate energy is our weapon to resist the forces that can destroy us, such as disease, greed, and stupidity. Hate is most effective when directed towards "stinking thinking," not against people.

The energy of simpler life forms is directed by innate and external forces, what has variously been named *fate and circumstance, instinct and tradition, nature and nurture.* Humankind is distinguished from other life on earth by the degree to which we may create a third master, what we call by such names as *self-mastery, mental freedom, becoming our own person, thought control, super maturity* and *humanmind*. Our language has no complimentary word to *endogenous* and *exogenous,* labels for the first programmers of how we think, feel, and act. Let's invent the word *mentogenous* to

[32]Virtue: the quality of moral excellence, righteousness, and responsibility, goodness

identify the third programmer we may create – our *self*. We are governed by a Board of Directors consisting of endogenous, exogenous, and mentogenous representatives, primarily nature, nurture, and our *self* … to whatever degree each of us frees our will from earlier controllers to attain *self*-mastery. The composition and the power of each Board member progressively changes – from birth, through maturity, and until death.

Our young language has yet to popularize in common usage meaningful labels that distinguish the *unconditional* love that is within the realm of humanmind from that of earlier established expressions of *tribal* love. Our understanding of the Golden Rule is not complete. Creating a mental motion picture of the emergence of *erotic, filial, tribal,* and *unconditional* global love will provide humanmind a giant step towards *self*-mastery. We require a motion picture and a symbol to turn-on our awareness of the emergence of the highest form of love – what we call *unconditional universal, global*, or *agape* love-creation. I believe enlightenment to the creation of unconditional love is required for happiness and even the survival of our species! So let's create a motion picture that depicts the emergence of love from its simplest form through critical stages of transcendence to the present. As our imagination "sees" the path of love emergence over billions of years we can forecast the future and apply our freed will power to more wisely direct our energy.

Keep in mind the meaning we assign to this symbol: ***Love*** *is the direction of energy for the benefit of someone or something*.

Mental motion picture #2: The Emergence of Unconditional Love

Begin this movie with the first one-celled organism that is innately directed to multiply by splitting off part of itself to duplicate the original. Procreation must be efficient and effective if a species is to survive. Little is required for single celled organisms to rapidly expand their kind as each clone is soon ready to reproduce and does so. In time, an irregularity appears; the fission is incomplete and results in a two celled organism. Over time, this phenomenon persists as two cells progress to 4, 8, 16 and onward for billions of years to our current species with trillions of cells. As complexification progresses some cells develop modifications that are able to perform a specialized function. Several billion years are required just to reach the stage of sophisticated bacteria. The pace picks up to reach the emergence of two sexes. Each is fitted for specialized functions, including a compelling need for connection to multiply the species. ***Erotic love*** makes its appearance in our film. As complexity and specialization of cells and organs proceed, newer species require time and nurturing to attain survival skills and reach reproductive maturity. ***Filial love*** is a new expression of energy we introduce in this segment of the film. One sex excels in features to nourish offspring to maturity while the other is better designed to protect the family and sow seed.[33]

[33]Women produce one egg/month and are infertile at least nine months following conception. The male produces 20 million sperm every day.

Tribal love, allegiance to one's group to attain supremacy above others, is next to be highlighted in our movie. Survival was difficult in the hostile uncivilized world of our ancestors. Maintaining affiliation within a tribe became essential, as the tribe's combined energy is more effective in obtaining food and warding off competitors. Species affiliate in herds, tribes and "flock" together. As we enter into the contemporary segment of our mental motion picture we recognize unique characteristics of **erotic, filial,** and **tribal** love. Within the last several thousand years, a blip in historic time, a new type of love has been introduced. ***Unconditional love*** is also called *global, universal,* and *agape* love. This new form of love-creation is in its early phase of emergence. Clearly the hardwired expressions of erotic, filial, and tribal love are the dominant products of our love-creation factory. Loving one's enemy as we love our *self* represents a startling departure from the "eye for an eye, a tooth or a tooth" tradition and the established tribal allegiance that demands we subdue who or what is not on our side.

Alongside the emergence of *unconditional* love, humanmind has acquired heightened awareness of the scientific method. As we make ourselves consciously aware of the Law of cause and effect we have become the first species possessing the creative and destructive power to partner with fate and circumstance as directors of our future. The introduction and proliferation of weapons with ultimate constructive and destructive power to most tribes has suddenly confronted us with a crisis...and a choice. Humanity must now decide if we will break down through the unleashing of our destructive power leading to human catastrophe and possibly *self*-annihilation, or create a breakthrough to a higher level of civilization by educating our populace with the skills of mass construction – ***common sense*** and ***unconditional love-creation***. Our short-sighted animal brain and hardwired tradition would have us sustain the tribal love that has worked so well for our ancestors. *Self*-enlightenment would awaken us from our stupor. Wisdom would have us take urgent action to redirect our present course towards the nirvana we can now imagine but have yet to create with our energy factory.

Unless we mobilize sufficient teachers of The 7 plus 2 Formula, instead of continuing to make history we will make ourselves history. Our movie will have an abrupt ending. The symbols of *tribal* love that dominate our thinking, feelings, and actions emphasize our separateness. Our ancestors' need to compete for dominance is no longer adaptive in a world we have connected through new technology. The Doomsday clock is ticking louder as we approach midnight. The path from which we have come leads to a most undesirable destination. Working together, we can awaken our populace from its stupor. We can use our growing power to transcend tradition by proliferating ***common sense*** and ***unconditional love-creation***. We can make this transcendence attainable by applying our growing knowledge of the Law; by introducing new universal symbols supported by common sense that signal our interrelatedness and oneness; and by honoring them above the local authority of the myriad of flags, and other religious and political tribal symbols that divide us against one another. Our fate can be summarized in two simple sentences: "*My way, the only way*" is dominant in *tribal love.* "*What makes life better for me AND you, for now AND the future?*" is the dominant theme of *unconditional love*.

Each individual's choice counts. What is your choice? Continue to enjoy your stupor and its short term benefits; or awaken to your highest creative potential to become a teacher of love-creation? Remember, no decision is a choice.

Action Step to Proceed to Succeed

Given the urgency of our current challenge, we can see that a million individuals focusing their energy on what rapidly works is more likely to create the desired results than one million individuals directing their energy to one million different actions. Once we agree on the one or several most likely solutions, we can proceed to succeed. We require a plan that is practical, eloquent, is supported by universal common sense, provides immediate benefits that are universally welcomed, and can be made rapidly viral at little cost. The 1-2-3 action steps here described exceed these criteria:

1. ***Teach yourself the skills that generate unconditional love.*** We already have a good start.[34] Go to **www.lovingmenow** and take *The 30 day Love-creation Challenge*. Use your creativity to add to them. The Internet is our resource to make these skills available FREE to everyone at the place and time of their choosing.

2. ***Pass the unconditional love creation skills forward to family and other loved ones.*** This requires little time and energy and costs nothing. Your gift to loved ones of what they need and want will create more self-satisfaction than anything you have done.

3. ***When family and other loved ones call to offer thanks, advise them to do the same*** – pass the skills forward to their family and additional loved ones. Each individual becomes an each one, reach many Love-Creation teacher reaching many. Your gift of love-creation skills keeps on giving; money and material gifts are consumable.

These 1-2-3 steps are easy to understand and pass forward. One person can rapidly create an army of unconditional love teachers that will circle the globe through the domino effect. Love-creation is an evergreen skill discovered using common sense and universally endorsed by every religious and secular tribe. There are few actions more satisfying than creating unconditional love for our *self* in such abundance that it overflows to enrich loved ones and the world. I estimate we require one million love-creation teachers to transcend the tribal language dominant in our seven billion

[34]We have many resources that teach the self-affirmation skills that create unconditional love. **www.lovemenow.org** offers 15 powerful skills recorded by a radio celebrity for easy listening. It includes the 30-day challenge that inspires one to become a love creation teacher. The most purchased nonfiction books by a male and female author, Jack Canfield and Marci Shimoff, teach self-worth. Enlisting the world thought leaders to create a more effective universal teaching program is an immediate option.

populace. Once individuals experience the benefits of unconditional love creation, their pent-up energy to make the world a better place will be unstoppable.

Chapter 8: The Genie Seminar

The Genie Seminar is a newer interactional method of education to teach and learn the mental skills, i.e. "strens"[35] we require to survive and thrive. During each seminar, small doses of the required strens that elevate our thinking are presented via a script, audio, video, or short live presentation. A group facilitator is prepared through simple pointers to lead the participants in a safe productive discussion. Members may volunteer to facilitate the seminar. Each meeting will address one or more of the critical basic strens required to establish a newer way of thinking (**ANWOT**) Einstein told us we require to create sustained world peace. Once the essential core content is covered, the genie seminars serve to introduce original strens of the members own creativity, those proven by others to be effective, or the repeat of core curriculum strens. Members bond, provide mutual support, trust, and friendship in the course of meetings. These important secondary benefits sustain continued participation. The genie seminar is intended for lifelong participation as a means to fulfill universal wants and needs: acquiring practical skills, social engagement, mental stimulation, emotion and moral-spiritual support, comradery, belonging, security and fun.

As has been effectively demonstrated in Alcoholics Anonymous (**AA**), more experienced members assume responsibility for planning and sustaining meetings. Individuals familiar with the core strens serve as mentors to newer members. Behavior is learned in conversations, especially intimate groups.[36] When a person teaches, the teacher often solidifies an understanding of what is being taught more than the person being taught. While AA and its Twelve Step program are honored, the essential Genie curriculum is the 7plus2 formula that accentuates ANWOT and The Golden Rule. Strens that further support happiness, unconditional love, and peace are unlimited. The EC continues to identify those strens proven effective and offers its extensive collection as content suitable for Genie seminars.

The core EC curriculum is designed to teach the skills that sustain four universal wants and needs: happiness, unconditional love, peace, and abundance when we create the first three. The essential skills provided via "*the 7plus2 formula*" consist of the seven simple word changes, "*word-switches*," that create a newer way of thinking and two love-creation skills that teach The Golden Rule. A single physical train track switch has the power to change the path and destination of an approaching train from its predetermined path to the direction and outcome preferred by the engineer. Similarly, a mental word-switch provides us the power to redirect the energy of the predetermined way we think to a preferred path and outcome. The seven word-switches that constitute the "7" of the 7plus2 Formula are sufficient to elevate the predetermined problem-causing instinctive and traditional way we think to the puzzle-solving common sense portion of our human brain.

[35]stren = any concept, idea, knowledge, wisdom, or experience that builds mental strength

[36]See articles on Differential Association by sociologists Edwin H. Sutherland and Donald R. Cressey

The seven word-switches that create ANWOT position us to learn the "2" part of the 7plus2 Formula: the two most powerful, yet still secret love-creation skills that teach The Golden Rule.[37] The recent application of the scientific method enlightens us to evolution, the updated story of who we are and what is our mission. Evolution reveals the secret of survival to higher levels of sophistication; it is *Reciprocity*. Each unit must direct energy for the benefit of the larger system of which it is a part; failure to do so results in extinction. The principle of reciprocity is expressed in human language through various iterations of *The Golden Rule*. This "Rule" embraces our highest moral-spiritual intentions: unconditional love, forgiveness, justice, empathy, compassion, and all those conceptual values that make us humane.

The 7plus2 formula is easy to teach and learn. Most individuals can make these core skills automatic and effortless through consistent practice in 30 days, more or less. The rapidly experienced benefits of ANWOT and The Golden Rule are sufficient to create the wonderful life we want and need. However, most individuals will be inspired to deepen and sustain their skills by lifelong participation in the Genie seminar.

Traditional education emphasizes the skills to make a living. The Educational Community (**EC**) curriculum focuses on the strens that create a meaningful life: happiness, unconditional love, "enough" physical sustenance, and peace. We make ourselves mental-spiritual wealth (**MSW**) millionaires by collecting enough strens. MSW millionaires consistently experience a meaningful joyous life even when the world does not cooperate. Material-physical wealth millionaires accumulate money, titles, and power but they often lack the sustained joy and love attained through spiritual wealth. Material wealth can be one means to better education but is not reliable of its self to create the qualities needed for a wonderful life experience. Happiness, unconditional love, and peace that are the true source of abundance are uncommonly taught during the standard 12 years of schooling and it difficult to find courses that effectively teach the 7plus2 skills.

The Inspiration for the Genie Seminar:

I awakened to the power of the Genie seminar from a number of sources, the most recent of which came from a friend. He told me his son was required to repeat the history course he solidly flunked. Upon doing so, he received an A+. Puzzled by such a complete turnaround, dad asked his son for an explanation; it was easily provided. The first teacher lectured on the facts that had to be memorized and correctly reproduced on the exam. The teacher in the make-up course introduced the history and invited a discussion on the practical applications to today's challenges. The change went from boring to "skin in the game."

That story solidified other sources of inspiration. On a number of visits to self-help residential drug treatment programs, Synanon and Daytop, members regularly

[37]The love-creation skills, *Emotional self-endorsement* and *The reasonable best test of self-worth,* are explained in the essay *7plus2=happiness, unconditional love, and peace*.

assembled for “The Seminar.” A resident introduced a topic such as “love,” “common sense,” “happiness,” “values,” etc., often with a story or some illustrative quotation written on a chalk board. Residents alternatively expressed how the topic related to their personal life. Among the greatly diversified residents, two types of individuals stood out. The “A” group came from deprived, abusive homes where survival meant adapting to hardships unimaginable to the “B” group. These kids would perform poorly on any standard I.Q. test but they had street smarts to survive in an environment where the “B” group would be cannibalized. The “B” group from privileged homes were better educated, verbal and would score high on standard I.Q. and academic tests. Bored with traditional education, they discovered the drug scene as a more satisfying endeavor. What was of interest is how each member enthusiastically engaged in the seminar and with one another.

I credit a third confirmation of the effectiveness of the genie process of education through my career in psychiatry. Jerome Frank, M.D., Ph.D. was my most important mentor during my three years residency training and thereafter. In addition to seminal books on the causes of healing and the causes of peace, he wrote the first text on group therapy,[38] so I was introduced to the effectiveness of group process. During my two^{+} years military assignment at the Federal Narcotics prison and “hospital” in Lexington, Kentucky, I conducted several group sessions daily with inmates, primarily young adults. I continued conducting groups in later years providing me experience with thousands of individuals to recognize the power of what I now label a “Genie Seminar.” Participants share their most intimate thoughts and compare wits to find creative practical solutions to real here-and-now challenges.

Through the opportunity to learn what worked on their journey to well-being, I recognized similar themes. Essential ways of thinking brought desired results. The thinking that kept individuals consistently stuck in negative outcomes was also identified and noted. I have organized this collection of positive and negative skills into an easy to follow system contained in the proven skills comprise the “*Genie curriculum*.” The combination of the Genie process and the stren content provide a newer effective learning process. The mental skills that empower us to attain our highest level of expression are learned easier, faster, more effective, sustainable, and with greater personal satisfaction through Genie Seminars than the traditional lecture process or just self-study.

During my two years of military assignment at the Federal narcotics prison/hospital I was granted the opportunity to oversee a residence housing 30 inmates with diverse backgrounds. The program featured Genie Seminars. The “behavioral studies” focused on understanding what we are, why we become who we are, and how we can assume responsibility to change what doesn’t work to get what we want. Residents named this building “The Educational Community.” One of my jobs was to visit “the hole” each morning and make a disposition for any inmate who had been put in solitary

[38]*Persuasion and Healing, 1973*; *Sanity and Survival,* 1967 and 1982; and *Group Psychotherapy* with Florence B. Powdermaker, 1973

confinement. Common offenses included fighting, having a weapon, abusing a staff member, homosexual attack, etc. Not a single disciplinary incident occurred with the residents of our building.

Upon completing my military service, I was recruited to develop a substance abuse treatment program in Hartford, Connecticut. With the support of the Commissioner of Mental Health, the legislature passed a statute that allowed substance abuse counselors to become State employees based on life experience instead of academic credentials. Many of the inmates from the Lexington program attained successful careers which may be attributed to the effectiveness of the Genie seminar.[39] DARTEC (*Drug Addicts Rehabilitated Through the Educational Community*) was created in the State treatment program. It combined professional staff and street experienced counselors including "graduates" of the Lexington program. A third Educational Community program in a private practice setting that offered regular Genie seminars also demonstrated multiple benefits.

The Educational Community recommends the Vistar method of group interaction. The simple directions quickly prepare the facilitator to conduct a safe productive Genie seminar. The Vistar method was developed over 30 years by Ron and Victoria Friedman to help individuals elevate their conscious awareness. Additional guidance is available through their website, www.vistarfoundation.org. Here are the basic instructions to facilitate a genie group:

1. A facilitator presents the topic; an assistant facilitator may be designated.
2. Individuals raise their hand to be called upon.
3. Speak on the topic; express what is meaningful.
4. Cross talk and questions are not permitted during the seminar.
5. Contributions are informally limited to 2 minutes but individuals may speaks multiple times during the seminar.
6. Meetings are designated 1 to 1 ½ hours but may be whatever the group agrees upon.

The Genie Seminar, like the Vistar group, focuses on member's creativity. It differs in that a stren is provided at the beginning of each seminar in the form of a script, audio, video recording, or story until the essential units of the curriculum that teach ANWOT and The Golden Rule are completed. Thereafter, the designated facilitator may choose a stren from the curriculum, another source, or one of their origination.

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Consider these advantages. The genie seminar …

- has been effective within multiple venues: prison, hospital, private practice.

[39]See Peter's testimonial at **www.lovingmenow.org,** "Press" link. A senior counselor in the DARTEC program subsequently linked up with a Boston psychiatrist to develop what I believe became the world's largest treatment program for delinquent youth, Elan. He ran for Governor of Maine twice, became a millionaire, and received commendations from the Maine legislature related to Elan. Such stories give credence to the effectiveness of the newer educational method.

- content offers the universal evergreen skills that people want and need
- inspires creativity through the power of group problem-solving
- content can be upgraded and modified to suit any audience
- promotes continued participation by creating immediate benefits in a comfortable enjoyable setting
- provides the lifelong education and support required to sustain new habit patterns which become automatic and effortless while negative ones atrophy from disuse.
- can be made available anywhere, anytime, to anyone at little or no cost. The high fees of experienced educators and motivational gurus exclude most people from adult continuing education.
- can be conducted in multiple existing locations: a home, library, hospital, religious building business/corporate office meeting room, and even by conference calls which are now available free[40]
- offers ordinary people the experience and benefits of becoming a Genie group facilitator; expert knowledge in the subject is not required.
- inspires the creativity made possible when multiple persons apply their problem-solving energy to any issue.
- over time builds trust, friendship, companionship, belonging, and mutual support; benefits which may be equal to or greater than the educational content.
- has been effective with in prison populations and as a means of restorative justice. Education and limit setting is replacing prison and other forms of punishment as a preferred means to manage behavior offensive to society.
- CAN BE MADE RAPIDLY VIRAL TO CIRCLE THE WORLD BY THE DOMINO EFFECT TO BECOME WORLDWIDE. Genie groups fulfill Einstein's solution to make our world a happy loving home and prevent the imminent catastrophe predicted by our most knowledgeable citizens.

Why is ANWOT and The Golden Rule the focus of the Genie seminars?

The answer is important because knowledge strengthens our resolve to proceed to succeed. The discovery of evolution just 150 years ago by Darwin and others through the scientific method verifies these two skills are necessary for humankind to survive and thrive. The new "our" story reveals we are more than static human beings. We are a work-in-progress with a mission to transform ourselves from high level animals, i.e. static human beings, to dynamic humane becomings. The driving force in the evolution of species to higher levels of function is the need for component units to direct the products of their energy for the benefit of the whole. When units take and fail to contribute to the system of which they are a part, extinction is the outcome. A cancer cell or single failed organ deals a fatal blow even when all other units or organs cooperate.

[40]The State of Connecticut recently authorized 50 million dollars to build a new school at the site of the Sandy Hook massacre.

Reciprocity is expressed in current human language as various expressions of The Golden Rule. The animal brain's way of "thinking" is not equipped to recognize the humane unconditional spiritual values embraced and practiced as *The Golden Rule*. Practicing The Golden Rule is within the capability of our emerging genie *self*-organ but only with physical maturity and education in ANWOT. Updating "his" story (history) to the newer "our" story provides the scientific verification of who we are and our collective mission to elevate the way we think to higher levels of mental-spiritual function. The new story of evolution provides knowledge that is verifiable anywhere and everywhere, anytime and every time to anyone and everyone who is educated to apply the scientific method, i.e. common sense. Our advancing level of evolution that is connecting individual tribes into a single interconnected system requires that we put The Golden Rule into universal practice.

The "*his" story* (history)[41] that currently dominates our thinking is supported by faith in the authority of instinct and tradition. The current dominant version of us tells us a masculine force, *God*, magically created everything 6000 years ago in six days; all living creatures on the sixth day. "He" selected several males at various times and places to communicate His will and back it up with muscle power and a warning that disobedience would lead to eternal damnation in a very unpleasant place while obedience would lead to everlasting bliss. Over time, various rituals have been devised to please God, receive favors and avoid punishment, such as prayer, bargaining, sacrificing, killing, guilt, showing allegiance to His preferred tribe, etc. His story tells us we are in a struggle between good and evil and the mission of the "good" side (our tribe) is to dominate at the peril of all other tribes. Historically and currently, earth houses multiple tribes, each with ideologies asserting the right to reign supreme. Many proliferate weapons with unprecedented destructive energy and some claim that it is their moral right to use them to attain their tribal goals. Future forecasters and the updated "our" story warn us that our current way of thinking is leading us to unprecedented human catastrophe.

The recent discovery of "*our" story* verified by the scientific method; it is the most important event in our history since the creation of life on earth. It documents that we have evolved from a single cell capable of duplicating itself and progressing through multiple levels of sophistication to life with 50 trillion cells and multiple inter-related specialized organs. Over 3 ½ billion years, most new life failed to adapt and became extinct. Scientists observe that the driving force to sustain each emerging level of life is reciprocity, the ability of individual units to direct the product of its energy for the benefit of the larger system to which it is a part. The symbol we commonly use to label the direction of energy to benefit our *self* and others is "*love*." "*Hate*" is the symbol that identifies the direction of energy to the detriment of one's self or another. Reciprocity is expressed in today's common language through various iterations of "*The Golden Rule*." Modern version s include "*Love our self with the abundance that overflows to enrich the world*." and "*What best works for me and you (us and them; my tribe and your tribe) for now and the future?*"

[41]The essay *The Story of Us* is a fuller account of who we are and what is our mission.

Through billions of years the increase of complexity, sophistication of species was accomplished by adaptation through trial-and-error. The animal brain has evolved in our most complex species within the last billion years. It is prewired at birth to mindlessly manage the internal machinery of trillions of cells and complex organs with phenomenal precision. However, this older portion of our human brain has limited capacity for abstract reasoning. Its senses, consisting primarily of eyes, ears, nose, tongue, and skin detect what is superficial, local, and current. "Local" means our self, family, and tribe. The animal brain processes external data into two categories based on superficial characteristics, "*either/or" – us* (*our tribe*) or *them (not our tribe)*, *safe* or *dangerous*, *good* or *bad* ("*evil*") and so on in the way a sorting machine will mechanically separate large apples from smaller ones. Two-category thinking leads the animal brain to the intention, "My way is the only right way." This explains why our ancestors filled our language with patriotic, religious, and political tribal symbols that focus on our differences. Tribal symbols direct love energy to one's own group but prejudice, bigotry, and harmful confrontation to non-tribe members.

Either/or thinking was adaptive for our ancestors who lived in a savage environment where each tribe had to compete for scarce resources. They were not equipped to create better alternatives. The whale, the lion, and the hawk kill to survive and protect their kind at the peril of non-tribe members not because they are evil, but because they lack our puzzle-solving *self*-organ. Competing to dominate is their only means to survive. The tribal symbols of our ancestors enabled them to survive as their ancestors did. The power of emotion that has guided behavior over a billion years is located in the hardwired intentions and traditions of the animal portion of our brain.

Let's nickname our cerebral cortex, the latest to evolve specialized organ, our "genie *self*-organ" and "freedom organ" to emphasize its function above its anatomy. Properly educated with word-switches, the *self*-organ becomes our magic wand to grant what we need to survive and thrive. Now consider the common sense explanation.

We are distinct among all life because our humanmind combines intelligence, imagination, and wisdom to apply the scientific method, i.e. universal common sense. Our newer brain is equipped to sense near and far; deep and wide; and past, present and future. It recognizes similarities to solve-puzzles. By adding universal symbols, i.e. "word-switches," to tribal symbols, the power of imagination discovers and applies conceptual knowledge to create the short and long term sustainable outcomes we want and need. The 7plus2 Formula redirects energy from the animal *either/or* brain to elicit our evolving *self*-organ's higher level ***both…and*** way of thinking. Universal unconditional love is added to tribal conditional love. The problem-causing sentence, "*My way is the only way*" is transformed to the universal problem-solving question, "*What works best for me and you, for now and the future?* Domination through "*Survival of the fittest*" and "*Might is right*" is transformed to "*Cooperation and collaboration for mutual gain*." The prevalent absolute goal to attain *material-physical* wealth is transformed to the higher intention of attaining *mental-spiritual* wealth. *He who has the gold rules* is transformed to *The Golden Rule* to express our highest

universal spiritual Truth – *Love our self with the abundance that overflows to enrich the world.* The Golden Rule embraces unconditional global love, forgiveness, kindness, justice, compassion, humility, empathy, cooperation and collaboration for mutual gain, and all those non-material conceptual Truths that provide us purpose and meaning, that identify us as *humane becomings*. ANWOT elevates the animal brain's *love of power* supported by instinct, tradition and great leaps of faith to the *power of love* supported by the scientific method.

Symbols empower us with the sophisticated use of imagination. Imagination expands our ability to conceive of nonphysical conceptual reality lacking in animals: viz., universal love and hate, altruism and greed, worry and optimism, resentment and guilt, laughter and tears, heaven and hell. Our animal brain has attained the magnificence of coordinating 50 trillion cells and multiple organs to work together for the benefit of the whole system. However its external sensors and limited capacity to engage in imagination cause it to crudely sort information into two "either/or" categories. Like our sorting machines that separate big apples from small ones based on superficial qualities, our animal brain divides data into separate categories: us (our tribe) or them (their tribe), safe or dangerous, good or bad (evil), right or wrong, war or peace, on and on.

Whereas our older animal brain is equipped with sensors to detect what is superficial, near, and now, our emerging *self*-organ can be educated with symbols to imagine every dimension and create mental motion pictures. Our human brain adds excellence in conceiving and managing nonphysical conceptual reality (spirituality) to our animal brain's excellence in perceiving and managing physical reality. Our newer brain, educated with appropriate symbols, allows us to recognize similarities above differences. It pieces data together based on likeness to solve puzzles. Symbols provide us a new mental second signaling system to switch on our primary physical action system. Our new puzzle-solving organ enables us to join fate and circumstance, nature and our nurturers, instinct and tradition in determining our destiny. WOW! We have the opportunity, responsibility, and burden to assume responsibility for who we are and what we are to become.

The scientific method is our *self*-organ's tool to continuously expand our knowledge of reality, both physical and conceptual. Conceptual reality Imagination allows genie *self*-organ to add *both…and* conceptual thinking that connects data to the animal brain's *either/or* way of processing of data that divides data: incudes good and bad, love and hate, altruism and greed, worry and optimism, resentment and guilt. The power of knowledge enables us to join nature and our nurturers to assume responsibility for our destiny, the destiny of our loved ones and all that is about us. The greater our scientific knowledge of cause and effect, the more power we yield. The greater the power we exert, the more we accelerate the speed of change. Our new powers can be used constructively and destructively, with wisdom to bring about what we want and need, and with stupidly to bring about what we don't want including in the extreme, our extinction. The speed we are growing our power is at levels beyond our wisdom to control it.

The scientific method is the ability to use imagination to perceive what is common to anyone and everyone, anytime and every time, anywhere and everywhere and link (process) the data together to discover reality (Truth). Usually the pieces of a puzzle have one solution that is attained as we correctly fit the pieces together. The new story of evolution was discovered by putting pieces of knowledge together to reveal we are humane becomings on the growing edge of evolution with a mission to elevate ourselves to higher levels of function. We require a newer way of thinking that enables us to expand our perception of conceptual reality to the level of the animal brain's excellence in managing physical reality. ANWOT positions us to conceive ("*see*") non-physical reality. Thereupon we attain the freedom to apply our new power wisely, stupidly, or any degree in between.

The newer Story of Us has been met with extreme resistance and is still unknown through most of the world. Einstein's discovery of $E=mc^2$ that predicted nuclear weapons capable of ultimate destruction has received wide interest whereas his most important insight to attain sustained peace has been ignored: … *a new type of thinking is essential if mankind is to survive and move toward higher levels.*[42] However, a small number of thought leaders echo Einstein's insight: Ervin Laszlo, Margaret Mead, Teilhard de Chardin, Barbara Marx Hubbard, Jack Canfield, Marci Shimoff, Marshall Rosenberg and Neale Donald Walsch stand out among others who tell us we cause our problems because of the way we think. "Stinking thinking" is commonly heard in Alcoholics Anonymous meetings as a root cause of problems. Knowledge that the way we think is the precise means we cause our major problems is wonderful news because it positions us to determine what we must do to solve them.

The 7plus2 Formula is the easiest, fastest, most effective and enjoyable way to elevate the capital of our intentions from our animal brain to our newer puzzle-solving "genie" organ. Acquiring the skills of ANWOT and The Golden Rule is the solution to our BIGGEST puzzle:

Why do we fill our world with fear, hate, scarcity, and war when we want happiness, unconditional love, abundance, and peace?

What does evolution tell us about education? The undisclosed cause of the puzzle revealed by the discovery of evolution is shocking: **The approved established way we educate our citizens worldwide is the root cause our biggest problems!** Every person is taught a patriotic, religious, and political symbol that divides the world into two categories. The problem and the common sense solution can each be identified and summarized in one sentence. "*My way is the only right way*." dominates our way of thinking. The puzzle-solving sentence expresses The Golden Rule, "*What will make things better for me and you (us and them), for now and the futures*." Our collective

[42]The New York Times; May 25, 1946

mission is to elevate the capital of our intentions from the older “animal” brain to our newer conceptual puzzle-solving human brain.

“Our” story tells us we require a newer way of learning to learn. The traditional educational format of lecture or rote learning followed by examination to test the student’s retention may be effective to educate the undeveloped humanmind, especially for the three r’s: *reading writing, arithmetic*. During our formative years, our new brain rapidly adds to the animal brain we inherit by mimicking what our nurturers and culture expose to us. This is why it is easy to master our native language but difficult to master a new language once our genie *self*-organ attains physical maturity.

The newer *Story of Us* provides the scientific verification that the survival of humankind requires that we modify our means of education by adding the Genie type seminar to the pedantic method that dominates our method of teaching. Our task is to elevate the capital of our intentions from the older “animal” brain to the newer “genie *self*-organ.” Once we free our evolving brain from domination by our animal brain and equip it with symbols to add conceptual *self*-consciousness to consciousness we may become our own person. Imagination is our magic wand to provide *self*-programming, *self*-mastery, mental freedom, thought control, and make us powerful directors of constructive and destructive energy. ANWOT is our means to join fate and circumstance as a partner to assume control of who we are and what we choose to make of ourselves.

Tribal symbols will remain loyal to animal brain mentality until we popularize newer symbols that awaken us to the power of universal moral-spiritual Truth. Emotion will continue to trump the common sense solutions of our emerging puzzle-solving human brain until we add universal symbols that create a ANWOT. Our emotional dependence on the authority of instinct and tradition block us from a startling common sense revelation: Our dominant education is rooted in the animal brains dichotomous way of managing data. The animal brain is hardwired to resist change. Patterns successfully repeated over long periods become habitual. Letting go of tribal prejudices that have proved over time to sustain life and have been reinforced with emotion can be expected to be suspicious of mere common sense. Traditional methods of education effectively express the perspective of “his” story. Tribal symbols sort meaning into two categories. Newer symbols that expand “his” story to “our” story accurately reflect our connectedness to one source and to one another, and the need for cooperation for mutual gain above harmful confrontation to assert dominance. The secret of solving the BIGGEST puzzle – filling our world with happiness, unconditional love, abundance, and peace – is revealed when we compare the intentions of our hardwired animal brain with our emerging *self*-organ.

Call to Action: Humanmind requires education with ANWOT symbols to attain *self*-mastery, *self*-programing, *self*-responsibility, mental freedom from dictators, thought control, and make common sense common among our repertoire of behaviors. Symbols provide us the power of imagination to employ what we call “*cognitive rehearsal*” or “*no-trial learning*.” We imagine alternative solutions and apply common

sense to forecast their outcomes before acting. This is the basis of prevention – making a predictable harmful future event a non-event by redirecting mental energy to a preferred course of action.

Our ancestors' creation of sophisticated patriotic, religious, and political symbols 50,000 years ago was a marker event for the growth of imagination, morality, and spirituality that favored **tribal** allegiance, and fear and suspicion to "not our tribe." When unconditional universal love, The Golden Rule, was introduced a mere 2500 years ago, it was initially mocked and punished according to the prevailing intentions of our "animal" brain to sustain the life cycle – *survival of the fittest* and *physical might is right* . The scientific method, i.e. the growing application of common sense, has made us so powerful that we increasingly partner with fate and circumstance as directors of our destiny. Our *self*-organ's intelligence and creativity, still dominated by our dictatorial animal brain, has brought us to a crisis point due to our discovery and proliferation of weapons with ultimate destructive power. Unlike conflicts in the past where defeated tribes recover, experts tell us unleashing our new weapons offers little chance for recovery. Presently there are sufficient nuclear weapons on immediate release status to erase civilization within 30 minutes. They can be unleashed by the act of a single person or a mechanical error.[43] We are on a rapid course to make our species the first to deliberately make ourselves extinct. Let's awaken ourselves to the practical preventive solution that is rapidly slipping by us.

Our genie *self*-organ is capable of conceptual abstract reasoning. It can apply the scientific method to verify the validity of mental-spiritual Truth, i.e. The Golden Rule. However, our higher brain is born a tabula rasa, an unwritten on tablet, requiring several decades to be educated or programmed. The content we are provided is crucial in determining the humane qualities that define who we are and what we stand for, i.e. our intentions. Our older animal brain is prewired, ready to function as CEO from birth. It will continue to demand allegiance to its tribal intentions until we educate our creative *self*-organ to assume responsibility for our destiny. We each begin life with the prewired intentions of our animal brain to repeat the life cycle of our tribe. We have been provided the challenge, opportunity, and the burden to evolve to higher levels than species that precede us. The current task is: Can we learn to learn the higher level conceptual Truths that are supported by common sense and discovered through the scientific method?

What skills are we to teach ourselves? Beyond the essential 7plus2 Formula to rapidly learn ANWOT and The Golden Rule, The EC recommends the Genie Seminar as the preferred way to teach our citizens the essential knowledge required to maintain and elevate the well-being of our diverse humanity: (1) The seven mind-freeing, life-changing, world-saving vocabulary of word-switches that create ANWOT; (2) The Golden Rule, the two secret *self*-endorsement and other skills that create an abundance of unconditional love; (3) The Mental Freedom Control Panel: the two consistently

[43]The documentary, *On the Brink Doomsday (1997) – You Tube*, 50:32 documents a number of times we have been within seconds of nuclear holocaust. It is highly recommended.

productive choices among the eight available to our freed will; (4) Strens – the collection of knowledge, concepts, wisdom, and experiences that build mental-spiritual strength; and (5) Essays convey universal knowledge and values supported by common sense (the scientific method). Stren essays pieced together, like letters of the alphabet, elevate us to a higher level of conscious awakening. The asymptote introduces a new universal symbol that accurately mirrors our newer story. The Genie seminar is the most effective method to teach mental-spiritual wealth.

The Genie seminar is the teaching process best suited to transfer the capital of our intentions from our animal brain to our genie *self*-organ. We have the opportunity to choose our future and that of our loved ones. Shall we continue to act as greedy fools? Do we awaken to the "once in a lifetime" choice to make our world the home we want and need? What is your decision? Remember, no decision is a decision!

The Genie Seminar offers multiple benefits not provided in our dominant means of education.

1. Cost of education by thought leaders
    a. Professional teachers, dedicated facilities, printed materials, etc. are expensive. Most of our world citizens are excluded.
    b. The Genie Seminar is available at little or no cost. It can be provided in homes, libraries, business and religious facility meeting rooms, etc. at little or no cost. Facilitators are unpaid committed individuals who require no expertise in the content and can easily follow the directions to conduct a safe productive meeting. Content is available free on the Internet at the EC and other websites.
2. Focus of adult education content
    a. Making a living; become a material-physical wealth millionaire; marketing a product for material gain.
    b. Making a happy meaningful life; become a mental-spiritual wealth millionaire; marketing mental-spiritual skills that create ANWOT (a newer way of thinking)
3. Sustainability
    a. Primary education is traditionally 12 years stressing the 3 "r"s during our formative years when creative thinking is limited; for most individuals continuing education ceases or is focused on skill training related to a commercial product; formal education in happiness and love creation is neglected
    b. Ongoing adult education instantly provides what people want and need to sustain Genie group(s) participation – conceptual spiritual values are emphasized that create happiness and love-creation; co-creation of problem-solving adaptive skills; mutual support, fellowship and companionship; sharing a common purpose of making our world a better home for all. The genie seminar is easily adapted to primary education.
4. Content
    a. Usually job related to maintain or increase material-physical wealth and status; emphasis on traditional assumptions and tribal mores re meaning and purpose
    b. Focus is on understanding and problem-solving current issues; values and mental-spiritual wealth emphasized; meaning, purpose, and life's mysteries are continually explored

5. Content
    a. Traditional education teaches allegiance to patriotic (viz. flags), religious, and political symbols that divide our world into us and them; tribal symbols are supported by authority to establish the intention “My way is the only right way.”
    b. The Genie seminar content introduces a new universal symbol and multiple newer global symbols that elevate our thinking to convey our connectedness and need for cooperation for mutual gain
6. Universal intention
    a. The “older” animal brain: ***He who has the gold rules***; *my way is the only right way; might is right; survival of the fittest; eat or be eaten*, etc.; competition, *speed and greed* are supported.
    b. The “newer” humanmind: ***The Golden Rule*** *– Love our self with the abundance that overflows to enrich the world (modern version); Reciprocity; Love my neighbor as myself; Treat others as I want to be treated, etc.;* cooperation*, wise creeds and good deeds* are supported*.*
7. Universal intention
    a. “Older” animal brain: blaming others and our self (guilt); “*There is one right way, my (our) way.*” Based on “either/or’ thinking, our side is consistently right (“good, Godly) and the other side is consistently wrong (bad, “evil”)
    b. “Newer” humanmind: problem-solving; “*What will make things better for me and you (us and them) for now and the future*.” Reciprocity, unconditional love, and The Golden Rule.
8. Support for Truth of content
    a. Authority: Parents, teachers, tradition, prophets, dictators, God provide content that is to be mindlessly accepted and ruled correct by their assumed authority, great leaps of faith, and/or “personal” sense.
    b. Common sense: There is a facilitator who introduces the topic and each participant is a co-creator in the education and problem-solving process to expand knowledge and wisdom. The scientific method considers data that is commonly available to everyone, everywhere, every time, by “common” sense to arrive at like conclusions.
9. Historical Perspective
    a. Our dominant history is based on “His- story”: promotes masculine energy; win-lose often harmful competition to assert male dominance; my way, the right way; might is right; eat or be eaten; muscle power controls mental power
    b. History is based on “Our story”: feminine energy and perspective is balanced with masculine energy and perspective; unconditional tribal love; nurturance of progeny to reproductive maturity; “our story” replaces “his story” to guide our present and future intentions; mental-spiritual power trumps material-physical power
10. Intention/Goals
    a. Self-preservation; competition for scarce material resource; domination via win-lose mentality
    b. Global-preservation; cooperation and collaboration for mutual gain; creative problem-solving to make scarce resources available; establish win-win mentality
11. Mission

a. Emphasizes the benefits of allegiance to one's national, religious, and political tribe; allegiance to us vs. them; increasing escalation of imbalance and proliferation of weapons with ultimate destructive power that offer no second chance
b. Emphasizes the benefits of allegiance to our global tribe; we are all "us", "them" is gradually made non-existent; universal symbols are added to tribal symbols to benefit all tribes and solve the BIG puzzle. As we recognize we are now an interdependent world, we become all "us" and "them" gradually is non-existent.

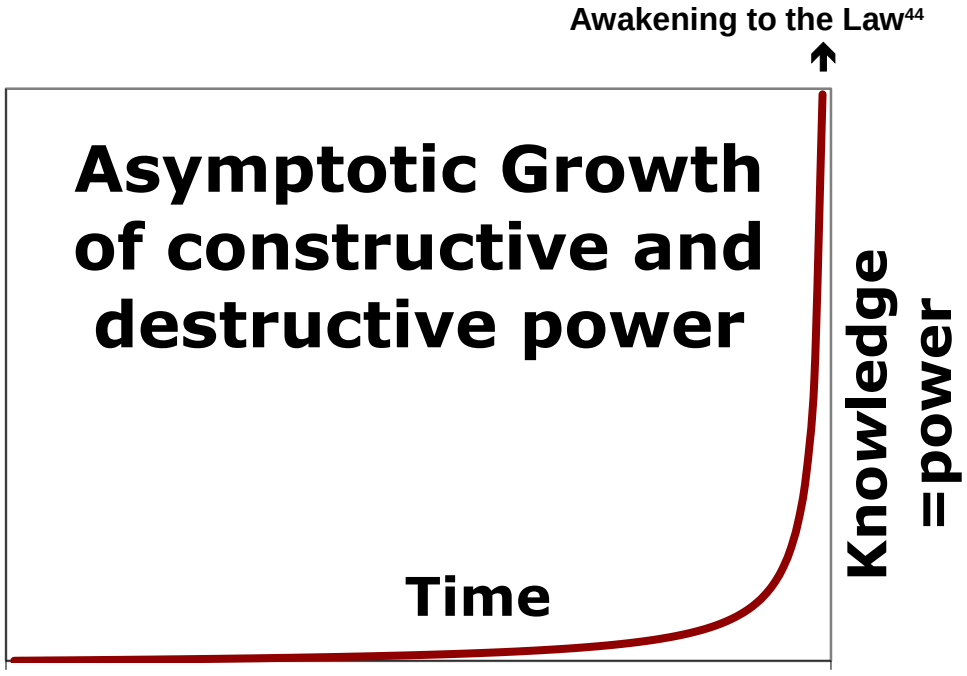
12. Special benefits during adult and especially senior years
    a. Limited educational opportunities are provided in our traditional education system
    b. Genie seminars, once established, become a sustaining tool for life-long mental stimulation. In addition to educational content, they provide emotional support, fellowship, and companionship. Because they are self-conducted, they are available at no cost and therefore inclusive of individuals who could not afford fee-based education. The viral spread of genie groups by the domino effect as modeled by AA is easy to envision.

SUMMARY: Much of our dominant education originates from our animal brain mentality where data is processed into two categories: either us (my tribe) or them (their tribe), safe or dangerous, good or bad (evil), innocent or guilty, etc. Education relies heavily on authority. As we shift the capital of our intentions to our newer creative problem-solving cortical brain, we support solutions to new challenges through the scientific method, i.e. common sense. We expand our awareness of higher conceptual mental-spiritual values, our connectedness, need for cooperation and ANWOT education. Mental-spiritual wealth exceeds the value of material-physical wealth. Social intercourse to sustain reciprocity is recognized to be as important for survival of humankind as reproduction through sexual intercourse. The popularization of the Genie seminar is practical, evergreen, affordable, effective, fun, and can be rapidly spread by the domino effect. It is our best hope to change the problem-causing way of thinking "My way is the only way" to the puzzle-solving newer way of thinking, "What will work for me and you, for now and the future."

Chapter 9: The Oneness Symbol; Connecting to the First Cause

A newer way of thinking critical for our survival

Summary: Our everyday language contains a myriad of *tribal* symbols that emphasize our differences and foster confrontation. This essay proposes the ideal *universal* symbol to illustrate our path from a single source to the present state of world crisis. An accurate vision of our trajectory empowers us to forecast the future, intervene to prevent the predicted human catastrophe, and preserve our world for our loved ones.



An asymptote is a line that draws increasingly nearer to a line without ever touching it.

The Problem:

You, I, and people everywhere start out life inscribed with the tribal symbols of instinct and the traditions of our nurturers that demand allegiance. Our young language is dominated by patriotic, religious, and political icons that foster divisiveness and harmful confrontation to assert dominance. Tribal symbols tell our story with the passion that focuses our thinking, feelings, and actions on our differences. Examples of powerful tribal symbols include the Christian cross, Muslim crescent, Jewish star, Nazi swastika, and the flag of every nation. Informed citizens predict that the rapid

[44]The Law refers to the universal orderliness, predictability, cause-and-effect, and connectivity that has subjected everything to its power from the first day of creation to the present, and is expected to continue into the future. The Law was created by or co-existent with the First Cause to govern the expansion of energy and matter. We are in the process of discovering the Law through the scientific method. See *Discovering the Law: Truth* at **www.anwot.org**.

proliferation of new weapons with ultimate destructive power will be unleashed within our lifetime or that of our children unless we take urgent collective problem-solving action to change our way of thinking. We have yet to create a single universal symbol that awakens us to our need to collaborate for our mutual benefit and also exceeds the passion aroused by the tribal symbols created by our ancestors.

We can no longer ignore the rapid proliferation of nuclear, biological, and chemical weapons to tribes who claim it is their religious and moral right to use them. Lurking directly behind them are the growing threats from pollution, global warming, depletion of the seas, and the other new dangers that humankind introduces with our new creative and destructive powers.

> *SO FREQUENTLY it is pointed out that the human race has acquired the means of its own destruction that the shocking fact no longer shocks us. Everyone has heard it but no one takes it seriously; statesmen readily acknowledge the ability of the human race to destroy itself and then proceed to act as though it were not a fact at all.* … Senator J. William Fulbright[45]

In over 200 random interviews, people acknowledged they wish or pray for peace but do nothing to bring it about.[46] Most express a helpless/hopeless attitude from the false belief that one person's action would not make a difference. Yet they also say they want to do something if only someone would tell them what to do that made common sense. If we can free this pent up energy to create a happy, loving, peaceful world we will be unstoppable.

Through our recent growth of knowledge we have discovered the link between apes and humans: it is us! To be *humane* includes the qualities of unconditional global love and forgiveness, kindness, mercy, compassion, and concern for the welfare of humankind. We aren't there yet. We're still part animal, part human. The crucial question is how much of each? We'd like to believe we're a step beneath the angels, but even if angels do exist, we have considerable scientific evidence to assume we are much closer to apes.

The recent widespread application of the scientific method has put ourselves in a race between sustained peace and *self*-annihilation and the finish line is within sight. We lack a single universal symbol with the emotional power to awaken us to our urgent need for collective problem-solving action, which will keep the race from ending in disaster.

The Solution: Einstein shared his most significant discovery, the requirement for survival:

[45]Preface to *Sanity and Survival*; Jerome Frank M.D., Ph.D.; Random House, 1967, 1982.
[46]Sample video interviews are available at **www.anwot.org**.

The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe.… A new type of thinking is essential if mankind is to survive and move toward higher levels.[47]

Einstein's *a newer way of thinking* solution (**ANWOT**) is verified by the scientific method, i.e. common sense. The recent updating of our history by Darwin and others through the discovery of evolution recognizes that we have become our own worst enemy because we cling to the tribal symbols that were essential for our ancestor's survival. ANWOT inspires us to introduce global symbols that call forth our humanity. Adding global love, The Golden Rule, to tribal love is our means to prevent human catastrophe and create sustainable happiness, abundance, and peace. What hope is there for our children and other loved ones if those of us lucky enough to have been exposed to the light of knowledge and the wisdom of unconditional love do not reach out to the majority raised in the shadow and indoctrinated with hate?

There is wonderful news! We now have the knowledge and the technology to rapidly elevate our way of thinking, feeling, and acting. Our task is to proliferate our two most powerful universal weapons of ultimate construction (**WUC**) – ***common sense*** and ***unconditional love***. Every human brain contains the hard-wired animal brain that responds to perceived danger with an automatic red alert *fight or flight, survival of the fittest* response. Until we update our thinking, we can predict that our new weapons with ultimate destructive power (**WUD**) will be sought after and used.[48] In short, we must educate ourselves in ANWOT to consistently redirect the product of our energy from WUD to WUC.

The choice to make ourselves more humane requires that we educate ourselves in the humane skills that transcend the perspective of our animal brain. We must relocate the capital of our intentions from the pre-wired operating system of the animal brain ("*My way the only way*") to the common sense operating system of our mature, educated humanmind ("*What works for you and me – or us and them – for now and the future?*"). Our task is achievable IF you and "we" unite to start a movement to popularize our WUC. A small number of social entrepreneurs are all that is needed to initiate the domino effect that will rapidly circle the world. The asymptote can serve as a universal symbol to awaken us to the urgent need for collective action.

Scientific discovery of the universal Law of Cause-and-Effect makes us increasingly powerful creators and destroyers. The introduction and proliferation of weapons with ultimate destructive power (**WUD**) is occurring NOW during our very lifetime, a micro-instant in historical time! Our mission as "humane becomings" is clear. Our survival requires that we proliferate our WUCs. The meaning we will assign to the

[47]The New York Times; May 25, 1946.

[48]A report to President Obama mandated by the joint U.S. Congress stated after interviews with over 250 world experts that the likelihood of unleashing WMD within the next decade is more likely than not. *The World at Risk*, Vintage Books, December, 2008. Einstein and others warn we are on the brink of unprecedented catastrophe.

asymptote curve creates a symbol that awakens us to the need to use our best to do our best and stop being our own worst enemy. Modernity produces new problems to be solved; however, none pose such an imminent threat to our loved ones as the current proliferation of WUD that offer no second chance! Recognizing that our world has suddenly changed is the first step to motivating our will to take effective urgent action. We must impress upon ourselves the speed at which we now increase our power, and the fragility of our existence. The act of a single person or a mechanical error can initiate a global holocaust that can erase civilization as we know it with less than 30 minutes warning.

The special role of symbols for humanmind:

> *Imagination is more important than knowledge. For knowledge is limited to all we know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.* …
> Einstein

Allegiance to a tribe enabled our ancestors to survive in a primitive, savage world. However, the patriotic, religious, and political symbols that inspire tribal love are also a source of bigotry, prejudice, violence, and war. Given the proliferation of our new weapons with ultimate destructive power and our growing interdependence, many of the symbols that worked for our ancestors have now become dangerous. Survival requires that we free ourselves from established behaviors that no longer work. We must override our innate and acquired disposition, instinct and tradition, that seeks dominance through win/lose confrontation. "A house divided against itself cannot stand." Our survival requires that we add global citizenship to our local priorities[49] by educating ourselves to emphasize win/win cooperation for mutual benefit, and focus on our vast similarities above slight differences. Modernity has made problem-solving by confrontation obsolete. We need new symbols that make common sense common, that inspire allegiance to our emerging global oneness above tribal allegiance.

The First Cause[50] has gifted us alone with its latest model brain containing an advanced cerebral cortex, what would be better called our "genie self-organ" or "freedom organ" to emphasize its function instead of its anatomy. Our intelligent freedom organ empowers us to create symbols, i.e. words and icons that expand the power of imagination. **Imagination empowers humanmind to discover non-physical *conceptual reality,* including morality, spirituality, and the *humane* qualities embraced by The Golden Rule that distinguish us from all other species** – unconditional love, forgiveness, compassion, justice, kindness, and more. Imagination is humanmind's tool to name, store, grow, and pass forward knowledge of the Supreme Law of the First Cause that established Truth, orderliness, predictability, cause-and-effect, common sense, and what we call "science." Symbols give us the vision to see

[49]This view was expressed by Emery Reves in *The Anatomy of Peace*, Harper & Brothers, 1945, and endorsed in an open letter to the public by Einstein and numerous luminaries.

[50]Many names serve as symbols to identify the creative force, *God* and *nature* being the most common. I prefer *First Cause* because most tribes make *God* a tribal symbol of an almighty force who favors one's own tribe.

deep and wide; near and far; past, present, and future. Imagination enables humanmind to discover our connectivity to the First Cause.

Fifty thousand years ago, our ancestors created symbols that birthed sophisticated language. Language added personal identity and ***self***-consciousness to conscious awareness. We think about our thoughts; we are conscious of our consciousness. Thus, language provides humanmind a new mental operating system that marks the introduction of *self*-programing and *self*-governance. Humanmind begins as a slave to instinct and tradition. However, when mature and equipped with appropriate symbols, humanmind's personal operating system can redirect the hard-wired commands of instinct and the acquired intentions of tradition. By linking meaning to a symbol, humanmind may call forth that "energized" symbol to turn on a mental motion picture that influences the way we think, feel, and act. Thereby, humanmind may free our will power from instinct and tradition, fate and circumstance, and human dictators to attain ***self*-programming, *self*-governance, *self*-initiation, *self*-mastery, mental freedom, thought control, and personal responsibility for our creativity.**

Intelligence and the creation of tribal symbols has made us "king of the beasts," ruler of all life on earth. The greater our knowledge of the Law of Cause-and-Effect of the First Cause, the more powerful godlike creators and destroyers we make ourselves. We face a choice: we can continue to rule with stupidity, mindlessly applying yesterday's **tribal** symbols that solved yesterday's problems. Or we can rule with wisdom, using current knowledge to create newer outside-the-box **global** symbols that recognize our connectivity, oneness, and the need for collaboration to solve today's challenges. Humanmind can either continue to obey the authority of the animal brain and tradition or apply newer scientific knowledge to its power of *self*-programming to add wisdom to *self*-governance. We presently do both. Given that our new, powerful weapons offer no second chance, we must awaken ourselves from our stupor and initiate collective action. Wars are no longer tolerable since the introduction of WUD.

The need for a universal symbol:

> *Insanity is doing the same thing over and over again and expecting different results. …. We cannot solve our problems with the same thinking we used when we created them.* … Attributed to Einstein

Tribal symbols tell our story from each tribe's own circumscribed perspective; limited vision biases one's story. Tribal symbols that emphasize love for family and tribe foster our differences, prejudice, and harmful confrontation to non-tribe members. Recent discoveries through the scientific method enlighten us to our nearsightedness. For example, universally verifiable evidence confirms that we are *humane becomings* who have been evolving over billions of years from a single source. Knowledge enables us to replace superstition and false assumptions based on huge leaps of faith and the authority of tradition. We require new symbols that broaden our perspective to more accurately see where we have come from, where we are heading, and what we must do to sustain our future. The well-known peace sign and the recent hand signal introduced

by Peter Melton[51] call forth awareness of our connectedness, oneness, and need for collaboration. However, they do not express our story that we are humane becomings with intensity of meaning required to transcend the emotion linked to our established patriotic, religious, and political symbols. **Our high priority challenge is to create and popularize a universal symbol that adds the dimensions of time and depth, calls forth our story with accuracy, and awakens our emotions to attend to the crisis that threatens our survival**.

Humanmind is capable of modifying our thinking, and thereby our feelings and actions by the meaning we assign to our symbols. We create new alternatives within our imagination and choose from among them to initiate action. Unlike physical and mental slavery to authority, which is the default operating system of all life, maturity and proper education of humanmind empower us to grow by choice above chance. Humanmind guided by common sense and wisdom is our means to use our new powers to do *good*.[52]

The asymptote as an ideal universal symbol of our oneness and need for collaboration:

We have good reason to make the asymptote our first *universal* symbol "energized" with sufficient emotion and common sense wit to transcend the *tribal* symbols that dominate our way of thinking. When we assign meaning to the asymptote symbol, we can turn on a mental motion picture that awakens us to our origin from a single source, our oneness, connectedness, and the need to collaborate for our shared benefit.

The asymptote is a line whose beginning illustrates that everything started from a common source and progresses to approach an end point without ever touching it. We permanently label the horizontal axis "time," and the vertical axis "the power of knowledge." The closer the asymptote comes to the vertical axis, the more it curves upward to avoid contact with the vertical axis. Touching the vertical axis marks the end of the line, which for humankind means *self*-annihilation. The asymptote accurately illustrates the collective emergence of everyone and everything from the same First Cause; the billions of years of slow, very slow, hardly perceptible progress from simplicity to our present state of complexity; and the recent sudden meteoric ascent of knowledge as we discover and proliferate the scientific method. The "vision" of imperceptible change over billions of years contrasted with the volcanic eruption of destructive power in micro-time cannot help but awaken us to the emergency sirens demanding urgent collective attention to our crisis.

[51]Video demonstration at **www.TheOnenessSign.com**

[52] These intentions are heralded by evolutionary thought leader Barbara Marx Hubbard

The asymptote defines our trajectory. It enlightens us about how we have come to the present in-our-face crisis. By creating a symbol that illustrates our path, we recognize our trajectory. We empower ourselves to forecast our future, and we can intervene to prevent what we don't want and create what is wise. Our most informed citizens predict imminent human catastrophe. The asymptote symbol creates awareness that we are about to make ourselves history instead of continuing to make history. This symbol will serve as a signal to divert our energy from the tribal goals of instinct and current tradition to the common sense moral and spiritual values necessary to sustain ourselves. The asymptote also inspires us to create the additional language and icons we require to update our thinking for modernity. Popularizing this symbol of our oneness through global education will be a powerful tool to inspire ANWOT. With it, we can unleash our imprisoned passion to create what everyone wants: happiness, unconditional love, and collaboration to create abundance and sustainable peace.

The asymptote awakens us to our sudden, explosive growth of the power of knowledge for both constructive and destructive actions. We have the choice of using our new knowledge to do *good* and/or *bad*. Like it or not, we have assumed the burden, responsibility, and opportunity to influence our destiny. Informed citizens tell us *self*-annihilation is imminent unless we awaken ourselves to the *self*-annihilation in-our-face. We can no longer act as though the imminent threat is a dream we can afford to ignore.

The asymptote illuminates the emergence of consciousness and knowledge through 3 ½ billion years until, within a blip of evolutionary time, four marker events changed the trajectory of the asymptote from hardly perceptible horizontal progress to precipitous vertical ascendance in abruptly diminishing periods of time.

1. **Beginning just four million years ago to the present**, a mere blink in historic time, the hominid brain has grown 350%[53] while other organs have remained relatively constant. The newer human brain adds intelligence and personal identity to the animal brain.[54] The gift of a sophisticated cerebral cortex, what is better labeled our "genie *self*-organ" and "freedom organ" to emphasize function instead of anatomy, allows us to transcend the trial-and-error, *survival of the fittest*, *fight or flight* operating system of the animal brain.

2. **50,000 years ago** our ancestors introduced sophisticated language using symbols. Language is our tool for imagination, interpretation, intention, introspection, inspiration, independence, and intuition. Language enabled us to interpret data, and to share, record, and pass knowledge forward to future generations. Symbols add *self*-consciousness to consciousness. They create a mental second signaling system directly linked to our primary physical signaling system. Symbols make us aware that we are aware; we think about our thinking. As we acquire *self*-governance, we may challenge the authority of dictators – nature and nurture, fate and circumstance, instinct and tradition to assume

[53]400 to 1400 grams; 1 pound to 3 ½ pounds

[54]One classification of the animal brain: the medulla, pons, pituitary, pineal body, cerebellum, and thalamus.

personal responsibility for our destiny. We no longer need to remain servant to the hard-wired operating systems we inherit and those taught us during our years of dependency.

3. **2000 years ago** Jesus made the Golden Rule known to the Western world. Buddha, Confucius and others had previously discovered the Golden Rule for their cultures. Today, all religious and secular tribes arrive through intuition and common sense at the same moral-spiritual standard to guide our thinking, feelings, and actions, The Golden Rule: *Treat others as I would be treated.* A modern version is *Love myself with the abundance that overflows to enrich the world.*

4. **Circa 300 years** marks the continuous acceleration of knowledge, in diminishing periods of time, the knowledge to create weapons with ultimate constructive power (**WUC**) – *common sense* and *unconditional love*; and *nuclear, biological, and chemical* weapons with ultimate destructive power (**WUD**). The global spread of the scientific method has created a race between nirvana and self-annihilation and the finish line is within sight. With more scientists alive today than all of history, we are accelerating our WUD faster than our wisdom to harness WUC for our benefit. We are on the brink of making ourselves history instead of continuing to make history. The scientific method also updates our history to discover we are more than high level animals, i.e. human beings; we are "humane becomings" with a mission to transform ourselves to higher levels of moral-spiritual sophistication. Our collective work-in-progress is to teach ourselves a newer way of thinking that will popularize The Golden Rule before we unleash our WUD.

We could begin the horizontal time line of the asymptote with the First Cause, whose time of origin is uncertain and might even be infinity. We could also begin with the first life on earth. Or we could mark the timeline's starting point with the development of the hominid brain, beginning four million years ago; the appearance of intelligent humans, *homo sapiens sapiens* (the species that knows it knows) circa 150,000 years past; our ancestor's invention 50,000 years ago of sophisticated language and icons responsible for the emergence of imagination and the ability to recognize conceptual reality, including morality and spirituality; or the appearance of the Golden Rule in the Western world circa 2500 years past, which introduced universal unconditional love and forgiveness – concepts fully contrary to the prevailing tribal "*survival of the fittest, eye for an eye* …" morality.

Wherever we begin the timeline, the observation remains the same: the line representing knowledge was almost flat until the discovery and rapid application of the scientific method circa 300 years ago. The further back we go, the flatter the line, indicating the growth of knowledge was virtually imperceptible. Our ancestors were intelligent but they had limited knowledge. Their interpretation of reality required great leaps of faith supported by authority that frequently led to superstition and false assumptions. Common sense was not common, and it is still limited by our reliance on

authority and incomplete awareness of the Supreme Law of Cause and Effect. We cannot help but notice that the dramatic upturn of the curve representing the rapid acceleration of the power of knowledge began very close to the end of the chart. The proliferation of WUC and WUD is occurring in our current generation! Informed citizens have initiated a global awakening to the race to survive and thrive. Thus far, their warning has been ignored.

As the horizontal line of the asymptote representing time approaches closer and closer to the vertical axis, we become increasingly aware of the fragility of life and the need to prevent catastrophe. Popularizing the humane qualities of *common sense* and *unconditional love* is our best hope to prevent the devastation that confronts us, and to create sustainable peace.

Verification the asymptote is a universal symbol of our story

Once we establish the asymptote as a universal symbol to call forth our story we can proceed to verify the parallel emergence of multiple important phenomena by simply changing the label on the vertical axis. For each phenomenon, the asymptote symbol reveals its slow gradual emergence, the introduction of a critical turning point, and the sudden rapid transcendence to a higher level of presence.

Let's astound ourselves with some of the important insights the asymptote brings to our awareness as determined by the label we put on the vertical axis:

1. The **growth of knowledge of constructive physical and spiritual power** to create happiness, unconditional love, abundance, and peace; to create the home we need and want.

2. **The growth of knowledge of destructive power** to become the first species with the weapons to deliberately create its own extinction; to create pollution, global warming, starvation, depletion of seas and other natural resources; to cause the extinction of other species by *self*-serving wants; etc. We progressively increase the power of weapons to harm, kill, and *self*-annihilate.

3. **Enlightenment to conceptual reality**: discovering the moral and spiritual qualities that make us humane becomings and distinguish us from all other species – the Golden Rule, unconditional love, forgiveness, justice, kindness, compassion, and altruism, on and on. We are becoming aware that we are humane becomings, a work-in-progress with a mission to reach higher levels.

4. **Progression of love-expression:** Erotic, filial, and tribal love have long been the energy for the way we think, feel, and act. They have been the default hard-wired expressions of love. The Golden Rule, unconditional universal love, has been introduced within the last several thousand years. The Golden Rule is adding a newer way of thinking, feeling, acting, and becoming to earlier essential means of love expression.

Rapidly educating our population to love ourselves with the abundance that overflows to enrich the world is our best hope to prevent catastrophe and create sustainable peace.

5. ***Self*-governance/*self*-programming**: freeing our self from dependency on nature and nurture, fate and circumstance, instinct and tradition; assuming personal responsibility for our destiny, that of our loved ones, and all that is about us. Related terms for *self*-governance that can be put on the vertical axis are *self-mastery, self-consciousness, mental freedom, super-maturity, freed will,* and *thought control*.

6. **Future forecasting**; "Vision emergence": the illumination of our personal and collective trajectory empowers humanmind to predict the future, plan an alternative path, and intervene to prevent what we don't want. Awareness of our increasing fragility inspires us to combine our energies for the greater good. Future forecasting is the basis of prevention!

7. **Transcendence from stupor to wisdom**: making our freedom organ the capital of our intentions above our animal brain. We replace blind obedience to authority (stupor) with *common sense* and *unconditional love-creation*.

8. **Revelation of our common origination and trajectory from a First Cause and universal Truth**; from the simplicity of a single cell to the complexity of fifty trillion cells. The asymptote shows that everything began from a single source, our connectedness, oneness, and the need to cooperate for mutual gain.

9. **Acceleration of the power of knowledge through science**: growing discovery of the universal Law of Cause-and-Effect; increased lifespan through improved sanitation, life style, and medicine; ability to travel faster, longer, and farther; proliferation of weapons with increasing killing power; on and on.

10. **Adding spiritual needs to material needs**: Awareness of the need for wise creeds and good deeds above speed and greed; recognizing the importance of happiness and unconditional love.

11. **Creativity** in science, art, literature, music, humor, and more.

12. **Startling population growth** and its problems as well as its benefits; growth of our prison population.

Call to action: We fill our world with iconic symbols. They each call forth a manmade story, commonly expressing allegiance to a tribal perspective. The most powerful symbols are patriotic and religious. They are linked to story by early education and repetitious indoctrination. Without prior linkage of the symbol to meaning and emotion, the symbol is meaningless. With the recent discovery and proliferation of the scientific method, i.e. the Supreme Law of cause and effect, we are updating "his" story with

newer more accurate knowledge to create “our” story. We have yet to create a symbol that calls forth this newer story with the emotion linked to our dominant tribal stories.

When we attempt to create a universal symbol, we astound our self. The scientific method reveals there already exists a natural symbol that accurately expresses our story. We don’t create the universal symbol; like gold hidden in the ground, we discover it! The asymptote consistently appears when we plot the significant events of our emerging story with time.

While most manmade symbols are tribal and supported by authority and great leaps of faith, the asymptote is a natural symbol supported by the Supreme Law of Cause and Effect. It appears if common sense is applied to phenomena by anyone, anywhere, anytime. Linked to meaning, the asymptote awakens us to universal Truth above local truth. It emphasizes our origin from a common source, elevation to higher levels of sophistication, and recent rapid ascent to the current critical crisis in our evolution, predictable *self*-extinction.

Like all iconic symbols, the asymptote is meaningless until we link it to meaning. Unlike manmade symbols, the asymptote is supported by the Supreme Law of cause and effect, orderliness, and predictability that applies to all phenomena. The asymptote calls forth universal Truth above tribal truth.

Iconic symbols are a powerful force for thought, feeling, and action. Unlike our dominant tribal icons, the thinking, feelings, and actions inspired by the asymptote stress our similarity above our differences, and the need for cooperation, unconditional love, and reciprocity above competition, greed, and dominance.

If you understand and accept this common sense essay on the need for a universal symbol, the passion you experience will inspire you to take the needful action. Educate yourself in the new story that recognizes we are humane becomings with a mission to fill our home with happiness, unconditional global love, abundance, and peace. Let your enlightenment from the asymptote symbol create the energy to join other peace leaders in collective action. Begin by teaching yourself the 7plus2 formula: the seven Mind-freeing, Life-changing, World-saving word switches and the two most powerful yet secret Love-Creation skills. Acquire additional empowering ANWOT common sense *self*-affirmation skills that create happiness and unconditional love forever FREE at **www.einsteinssolution.org** and **www.lovingmenow.org**. Begin with the short recordings of Brad Shepard that strengthen *self*-love in the abundance that overflows to enrich the world. Take *The Thirty Day Love Creation Challenge* that will make becoming your own lifelong best friend automatic and effortless. Amaze yourself with how quick and easily you will experience the joy of becoming an each one, reach many teacher paying forward Love-Creation and becoming part of the solution instead of remaining part of the problem.

If you want to go deeper, visit the EC comprehensive site, **www.anwot.org.** Become a mental-spiritual wealth millionaire and an agent of world peace. A small

amount of your energy will REALLY make a big difference! The *Oneness Symbol* turns on a mental motion picture that awakens us to our connectedness, oneness, and urgent need for collaboration. Try the 20-question *Peace Quiz* and see how much you know about the crisis we face. Essays *Discovering the Supreme Law: Truth* and *From War to Peace* will upgrade your thinking for modernity with new or modified symbols. Watch video interviews that demonstrate why we wish or pray for peace but fail to take meaningful action. Browse the *100 Strens* and experience how easily these thought control skills work. You will love passing all of this and more forward as a teacher of love-creation and world peace.

I am an optimist and a realist. I believe Margaret Mead's wisdom: "*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has*." It worked for AA, Amway, Mary K, and every great religion. Now we must make it work for world peace. Working together, a small group of social entrepreneurs will start the domino effect that will be unstoppable. The clock is ticking so let's have a pep rally and proceed to succeed. A small amount of your energy will REALLY make a big difference!

NOTE: Einstein's ANWOT solution to prevent human catastrophe and attain sustained peace can be adapted to multiple applications with a minute bit of creative energy: primary and college education, corporate staff development, prisoner rehabilitation, parent and teacher education, support groups – especially individuals with chronic and terminal illnesses, supplementing treatment and self-help, and many more.

Chapter 10: From War to Peace –Why, What, and How

Why we have war,
What we must do to prevent our *self*-annihilation, and
How we can proceed to succeed.

Finally, we have the practical means to prevent human catastrophe and we can accomplish the task within years rather than generations at little or no cost. This essay identifies and explains the silent disease of our thinking that is about to slay us. We can design and spread the effective antidote that will prevent the immanent Armageddon predicted by our most informed citizens. Common sense will indicate this hypothesis is correct.

Albert Einstein is the name most mentioned when referencing the world's brightest mind. His insights are widely quoted. In my opinion, his two greatest insights were (1) the formula $E=mc^2$ that inspired our first and most visible weapon with ultimate destructive power and (2) his warning that we are about to *self*-destruct unless we do one thing – teach ourselves ***a newer way of thinking*** **(ANWOT)**. Nature's "survival of the fittest" rule explains why we invest so much of our collective energy and resources on weapons of destruction; instinct demands that we preserve our tribe without regard to others. Meanwhile we neglect Einstein's more important discovery – what we must do to preserve humanity for our loved ones. Although Einstein spent the last ten years of his life petitioning peace initiatives throughout the world, he did not elaborate on the specific means to popularize common sense thinking. This essay explains in simple language the self-taught ***newer way of thinking*** that anyone can acquire to make their life joyous and fulfilled. The ultimate goals are peace of mind and world peace. We only require the collaboration of a limited number of social entrepreneurs who will first teach themselves ANWOT and then recruit the one million peace teachers needed to popularize the solution to earth's seven billion inhabitants through the domino effect.

I claim ANWOT expertise not because I have exceptional intelligence but because I have been privileged to learn from outstanding teachers, including my favorite mentor while training in psychiatry at Johns Hopkins. Professor Jerome Frank, M.D., Ph.D. (deceased) was the world's thought leader on the psychological issues of war and peace. I also credit the thousands of individuals who allowed me to share their insights in their struggle to attain well-being. Now 79, I have had more years than most to collect the proven wisdoms that work.

Even though I am somewhat familiar with peace literature, I have not uncovered any program that teaches *a newer way of thinking*. The accompanying glossary of *word-switches* that create ANWOT is original. I welcome knowledge of related ideas to help this initiative improve and grow.

The contagious disease of our thinking is hereby named "***either/or*** *addiction*." The native language each of us first acquires divides the world into two opposing categories: good *or* bad ("evil"), safe *or* dangerous, us *or* them, right *or* wrong, etc.

Either/or thinking creates allegiance to our family, tribe, flag, religion, and worldview; and disrespect for anything and anyone not of "our side." This first way of thinking distorts our perception of reality by focusing on the smallest, often superficial, differences while ignoring huge similarities. *Either/or* addiction is the reason we have bigotry, prejudice, jealousy, and destructive win/lose aggression. It is why our history is defined by its series of wars. *Either/or addiction* explains why our Democratic and Republican parties will not cooperate, why there has been and will continue to be destructive aggression between Muslims and Christians, Arabs and Jews, Sunnis and Shiites, Irish Catholics and Protestants, Hutus and Tutsis, and those with ethnic, gender, and geographic differences. Conflict will persist until we teach ourselves ANWOT. *Either/or addiction* explains why greed and speed are inherent in instinct and tradition while wise creeds and good deeds must be learned; why our institutions teach us to repeat what worked in the past rather than prepare us to wisely create the new solutions that manage rapid change.

ANWOT requires that we (1) add <u>new words</u> to our language and (2) selectively substitute <u>existing but neglected words</u> that emphasize common sense thinking for the dominant words that serve instinct, tradition, and human dictators. Since impatience is a common trait, I will start with a **synopsis** and follow with a more definitive explanation. Learn and apply the **Glossary** of word-switches and terms and you will transform your way of thinking from *confrontation to dominate* to *collaboration for mutual benefit*. Make your life remarkable! Become a force for the solution instead of remaining part of the problem.

Synopsis:
Einstein's solution – ***a newer way of thinking*** (**ANWOT**) – is the antidote to the silent disease that is about to slay us, <u>and</u> is our best tool to create peace of mind and world peace.

- The eternal force (what some call "nature," others "God") created the Law of Cause and Effect, the basis of an orderly, predictable universe.
- 3 ½ billion years ago, simple single-cell life appeared. Life has slowly evolved to add more complex species. The most complex have conscious awareness.
- Nature's "survival of the fittest" strategy to adapt through trial and error enables us to inherit a set of tried and proven effective behaviors prewired at birth we call "instinct."
- Instinct, the best-of-the-best solutions to sustain the life cycle, has been evolving over billions of years. In our species, instinct's prewired solutions are replicated in 9 months of pregnancy.
- Our large-brained ancestors were intelligent but they had limited knowledge. They, like animals, remained primarily servant to instinct, fate, and circumstance.
- 50,000 years ago our ancestors invented sophisticated language by applying meaning to symbols. Language empowers us to problem solve by adding imagination, a powerful "mental-spiritual" tool to better discover the laws of cause and effect – what we call "knowledge."

- Through our use of symbols, primarily language, we grow knowledge of cause and effect by storing, sharing, and passing symbols forward. Knowledge of cause and effect has enabled humankind to become rulers on earth.
- The recent discovery of the scientific method has created a giant leap in our power. We now join nature in determining our own destiny and the fate of everything around us.
- Knowledge serves instinct first. Instinct commands all species to repeat the life cycle by showing allegiance to its own tribe, too often without consideration to the peril of other tribes. Instinct favors local priorities without reference to global priorities.
- **The combination of intelligence and knowledge that makes us powerful creators and destroyers does not make us wise rulers.**
- We remain a servant of instinct's survival of the fittest rule, i.e. repeating what has worked in the past, until we acquire wisdom, the ability to apply knowledge using common sense.
- Our young language is biased toward symbols, mostly words and combinations of words, which are designed to serve instinct's survival of the fittest perspective. Repeating what worked in a savage environment for billions of years to preserve our tribe is the "normal" and expected perspective of our dominant way of thinking. Common sense is not common.
- As multiple tribes acquire weapons that offer no second chance, we require ***a newer way of thinking*** that favors common sense more than obedience to instinct; that favors cooperation for mutual gain more than harmful confrontation to assert dominance; that applies wisdom using current knowledge more than repeating actions based on yesterday's knowledge.
- *Either/or* two-category thinking, historically adaptive, has suddenly become *either/or addiction*, a disease of our thinking more dangerous than cancer, AIDS, or the plague that is about to slay us.
- The wonderful news is that we have the antidote to *either/or addiction*: ***a newer way of thinking*** that is easy to teach and can be rapidly spread at little or no cost!
- It takes less than 100 *word-switches*, here provided, to upgrade our dominant two-category way of thinking to Einstein's *newer way of thinking* that makes common sense common; that applies wisdom to add global priorities to self-serving priorities.

Why, What, and ***How***: Our young language is a work-in-progress designed by nature and our nurturers to reproduce the action patterns that were successful in a primitive, savage environment. The discovery of the universal law of cause and effect empowers us to apply common sense using current knowledge to selectively replace those established "hardwired" action patterns that have lost their effectiveness or have become dangerous. Our language lacks a symbol that distinguishes the *either/or* way we first learn from the newer way of common sense thinking that we are capable of acquiring. Thus, two new word symbols, by the meanings hereby assigned, call forth to our conscious awareness the fundamental concept of ANWOT. They empower us to distinguish the dominant two-category way of thinking we all first learn from the newer, preferred way of thinking. During our developmental years, thinking is based on authority; ANWOT replaces authority with common sense. Two important symbols,

"**trigger word**" and "**word-switch,**" are sufficient to enlighten us on how to proceed to Einstein's solution – ***a newer way of thinking***.

A **trigger word** is a symbol that signals a predetermined physical or mental action pathway to turn on or turn off. Trigger words characteristically turn on physical or mental actions that have been adaptive to yesterday's challenges based on yesterday's knowledge or its lack. The symbol is usually a word or combination of words such as "I can't," or "My way, the right way." It may also be an image such as a Christian cross, Muslim crescent, Jewish star, Nazi swastika, or peace sign.

A **word-switch** is a trigger word with the special quality that it replaces a predetermined action pathway with a newer action pathway. Word-switches update yesterday's symbols with meanings that are more adaptive to today's challenges using current knowledge. "*They make me* mad" leads to blaming others, whereas "*I allow myself* to become mad" accepts personal responsibility. "Should" is a *trigger word* that demands a predetermined path, usually of some other's making; "could" is a *word-switch* that invites us to consider alternatives.

Two examples of imagery convey an indelible understanding of the power of *word-switches* and what makes them distinct from *trigger words*:

Example 1: By changing a single *physical* train track switch at one point, the controller may redirect the train to a preferred destination while simultaneously preventing the predetermined destination. A *mental* word-switch has the equivalent power to redirect energy to a new action.

Example 2: Picture a light control containing three switches, as is found in most homes. Each switch may look alike but differ in function due to the wiring hidden behind the wall. Imagine the first switch was wired by *nature* (instinct, fate), the second by our *nurturers* (tradition, circumstance) and the third switch as being a modern variable "slide" switch created by *self-mastery* (our freed will power). Each switch is loyal to its creator, performing whatever task it has been designed to do. We start with only instinct's switch. Upon birth, nurturers add the wiring that suites their perspective. *Self-*mastery, through our slowly maturing cerebral cortex, may wire the third switch. All three controllers – *nature, nurture*, and our mature *self* – remain active; the interplay of these three master programmers as they compete and cooperate, determines the actions we take, and their destination and outcome.

Nature is our first programmer. Our biology and the instinct provided at birth are the outcome of billions of years of the adaptive patterns that have worked in a savage environment. The common rules included *survival of the fittest*; *eat or be eaten*; align yourself, trust, and cooperate with your immediate family and tribe. Instinct prepares us to fear, compete, and regard non-tribe members as subservient and suitable to use for one's own means. Although nature makes us superficially different, the function of everyone's internal organs and parts is highly predictable and virtually identical; most are even interchangeable. However, nature has designed our sense organs to perceive

and respond to superficial characteristics, and recognize only those within our immediate locality. Unlike other life, nature has provided humankind its latest model brain which, when mature and properly educated to think using common sense, is capable of learning to see deep, wide, and far in the future. We may assume responsibility as creators of our destiny.

Nurture is our second master programmer. The perspective of our role models and teachers is dictated to us during our years of immaturity when we lack resistance to their traditions. We are like putty molded by whatever fate and circumstance choose to make of us. We acquire a language, flag, religion, and assumptive worldview; they are based on authority. Common sense is a product of our cerebral cortex, which is not fully physically mature until about the age of 18 and not emotionally mature for most people until in their late 20's or early 30's. Some remain immature throughout their lifetime, repeating only what nature and nurture have made of them.

***Self*-mastery** is the process of making our *self* a master controller to program our life's experience. Becoming our own person is our opportunity to assume personal responsibility for our destiny. Humankind is distinguished from all other life because we have a specialized freedom organ, our cerebral cortex, so sophisticated that it can create language and assign meaning to symbols. Only we discover, store, and share knowledge of cause and effect, and pass knowledge continuously forward. Knowledge is the source of power that makes us rulers on earth. The rapid acceleration of knowledge has created a new era where we determine who shall survive and who shall become extinct. Human selection is a growing partner with natural selection as we acquire the power of knowledge in quantum leaps. *Self*-mastery is the process of gradually freeing our will power from domination by nature and our nurturers to become our own person. We create mental freedom by selectively substituting *word-switches* for *trigger words*, by the use of symbols whose meaning turns on common sense thinking (ANWOT) and simultaneously turns off blind obedience to two-category thinking.

Once you understand this, you are ready for the "payoff" insight: *Trigger words* are hard- wired by the two master controllers who program our mental action pathways – ***instinct*** and ***tradition***. They are the best of the best solutions that have survived through history; they automatically and effortlessly turn on the physical and mental actions that worked for yesterday's challenges using yesterday's knowledge. The fatal flaw of *trigger words* is that hardwired action patterns are inflexible. The solutions that worked yesterday become institutionalized through repetition. Confronted with issues unsolved by past experience, instinct and tradition's solutions may become ineffective and/or dangerous. With the creation and proliferation of biological, chemical, and nuclear weapons that offer no second chance, the tried and true *either/or, either* win or lose confrontation that has been the means to resolve differences has suddenly become our greatest danger. *Either/or thinking*, adaptive throughout history and during our developmental years when we lack the ability to think using common sense, has suddenly become ***either/or addiction*** – more dangerous than the Black Plague, AIDS, or any other disease we have encountered. What was adaptive in a local environment

with limited destructive power is maladaptive in a global environment where multiple tribes each possess weapons with ultimate destructive power (**WUD**). We have become our own worst enemy because of the dominant way we think.

Either/or thinking: We all initially learn to think by dividing the world in two *either/or* categories – good or evil, safe or dangerous, our side or their side, right or wrong, etc. Helpless, dependent for many years, and lacking common sense, our survival depends on conforming to the prescriptive demands of instinct and the action paths of our nurturers. The "should," "have to," "must" commands become habit through repetition. Habit passed forward from generation to generation becomes tradition. Two-category thinking has worked throughout history and is adaptive during our immature years. Competition, win/lose confrontation, and survival of the fittest has been our creator's brilliant plan to sustain the life cycle in a savage environment. *Either/or thinking* is the necessary and efficient means by which we survive immaturity and gradually attain physical maturity. Humankind has been favored by the gift from the Creative Force[55] of its latest model brain. Our *cerebral cortex* empowers us to use our intelligence to create symbols, acquire knowledge of cause and effect, imagine new possibilities, and introduce into the common world possibilities original in nature. The more knowledge we acquire, the greater our power to create and destroy. Imagination using symbols has enabled us to become powerful terrorists and "king of the beasts"; we rule all other species and dominate everything about us.

Both...and thinking: *A newer way of thinking* (**ANWOT**) applies word-switches to redirect thinking pathways to apply common sense solutions that replace or upgrade the prewired pathways of instinct and tradition. Unlike the *either/or* thinking we first learn, *both...and* thinking perceives commonalities above differences. It favors cooperation and collaboration for mutual benefit to create win/win outcomes.

Either/or addiction: Behavior that is rewarded is repeated! Behavior that is repeated becomes habit – the action pathway that is automatically selected, often requiring little or no conscious effort. Long established habits become tradition. Disobedience to tradition brings emotional discomfort. We commonly follow the demands of emotion even when common sense tells us our choice is not wise. Habit that is supported by emotion becomes an addiction. We become a slave to *either/or* thinking; it controls us rather than the reverse. How many times do you engage in behavior that you know is not in your best interests – for example regarding food, alcohol, cigarettes or other substances, gambling, and especially in love and sexual relationships?

Either/or thinking served our ancestors well. It was necessary for survival in a primitive environment where survival required domination and "eat or be eaten" tactics through win/lose competition. *Either/or* thinking is also necessary during our developmental years when we could not survive without easily understood directions that keep us safe.

[55]Some call the force that has allowed us to progress from simple to complex life "nature" whereas others prefer "God." I choose to use "creative force" in the hope that our mission not be sidetracked by the harmful confrontations so common when individuals demand that others accept their understanding of "the first cause."

Now, however, this automatic *either/or* thinking has become our greatest threat to survival. Our explosive growth of knowledge has suddenly created a new era where multiple tribes will soon possess WUD that offer no second chance. Confrontation when each party is armed with such WUD will predictably result in a lose/lose outcome. Common sense thinking makes us aware that we can no longer tolerate traditional ways to settle differences. *Either/or* thinking, historically adaptive, has suddenly become the silent, addictive disease that is about to slay us.

The wonderful news is that the same knowledge of cause and effect that empowers us to create weapons with ultimate destructive power (WUD) can be applied to create weapons with ultimate constructive power (WUC). Einstein's solution is correct! The symbols we create and the meanings we assign them make us powerful creators and destroyers. Our use of symbols distinguishes us from all other life because only we have been gifted with a sophisticated freedom organ that allows us to determine our own destiny and that of all about us. We have a choice to act wisely or stupidly. Stupidity is using our intelligence to repeat the same solutions that worked in the past when we have the knowledge to create better "out of the box" solutions using today's knowledge. **We acquire wisdom by the use of word-switches that selectively upgrade our thinking to create new solutions, applying new knowledge supported by common sense.** We continuously add new symbols to manage new knowledge of physical phenomena - for example, *x-ray, DNA*, *internet, weapon of mass destruction*, *nanoscience*. As we expand our power to create and destroy, we require new terms such as *word-switch, social entrepreneur, ANWOT* (*a newer way of thinking*) to call forth awareness to our growing understanding of non-physical mental-spiritual phenomena. **Mental-spiritual power is our resource to create personal and global peace.** Our young language is heavily biased with symbols whose meanings were dictated by instinct and tradition. Common sense is not common!

Knowledge has enabled us to discover that we are more than human *beings*; we are human *becomings*, the growing edge of a creative work in progress. We have discovered the missing link between animals and civil humans – it is us! We can teach ourselves *a newer way of thinking* that directs our energy to cooperate with others for mutual benefit, instead of compete through harmful confrontation to assert dominance. ANWOT is our means to teach ourselves such humane qualities as love, forgiveness, compassion, kindness, and mercy. We have the opportunity to become civilized rulers, and the freedom to choose between wisdom and stupidity.

The wisdom of our physical body is a role model that enlightens us that well-being requires the cooperation of many different organs. One malfunctioning organ can lead to death of the whole; the cancer that takes and gives nothing in return kills its host and then it must also die. If we choose to survive and thrive, we must rule wisely. Dare to imagine what we can make of our world if we unite our imaginative energy for mutual gain instead of using our best to do our worst?

The recent introduction of weapons that offer no second chance requires that we rapidly educate ourselves to cooperate for mutual benefit, to rise above the *either/or* way of

thinking we all first learn. We develop ANWOT by the selective substitution of just 7 *word-switches* for *trigger words*.[56] Each is intended to replace stupidity with wisdom, which transforms imagination from a weapon for mass destruction into our weapon for mass construction. They are sufficient to reach the tipping point where the *either/or* thinking that dominates our individual and cultural behavior can be redirected to favor *both...and* common sense problem solving. Each word-switch strengthens a physical and/or mental action pathway with the support of common sense to see beyond the *either/or* thinking that divides our world into two opposing sides. If you consider that the Second Edition of the 20-volume *Oxford English Dictionary* contains 171,476 words in current use and over a quarter of a million distinct English words when derivatives are included, you will realize ANWOT is easily mastered by anyone with modest intelligence and a willingness to try. Additional word-switches designated in the EC curriculum make common sense problem-solving automatic and effortless.

I hope this sound bite introduction inspires you to go deeper and pursue the *self*-taught skills that create *a newer way of thinking* that applies common sense to problem solving; that replaces blind obedience to instinct and tradition. The well-being and survival of our loved ones require it. Give the *Glossary of Word-switches* a try. You'll love the results.

Important: Can you remember how you learned your native language? Have you taught language to a child? We learn over time with repetition, patience, and application in a social setting. Reading the Glossary of 100 newer word meanings, like reading the dictionary will not transform ***either/or*** to ***both...and*** common sense thinking. You will most rapidly progress to becoming your own person and freeing your will from instinct and tradition through practice with others over time. Creating a discussion group makes a quantum leap to ANWOT. The Genie group is a newer method of education described in this collection of essay and the EC web sites.

Glossary of Word-switches

Terms that support *a newer way of thinking*

Introduction: **Word-switches are the tools we create to add mental-spiritual wisdom to the raw power of knowledge.** I limit this glossary to 100 word-switches for two reasons. First, I believe this number is sufficient to accomplish our mission. Second, the urgent need to prevent the use of weapons with ultimate destructive power requires a practical *self*-taught program readily mastered by our population. A limit of 100 key word-switches retains the Glossary's learn-ability. The Glossary is not static but subject to upgrading as new knowledge and wisdom increases our common sense problem solving skills. We can predict that a critical number of thought leaders, applying the glossary of word-switches and united in effort, will rapidly popularize

[56]The *7plus2 formula* provided in this book and the EC web sites is the fastest, easiest, most effective and fun way to acquire ANWOT.

Einstein's solution to peace of mind and world peace. Our common-usage language will shift to favor word-switches more than trigger words.

Additional educational content is available to anyone, anywhere, anytime, forever FREE at **www.anwot.org** [Specific "stren" references are to the web site file "100+ strens."]

1. **ANWOT**: ***A newer way of thinking*** that adds common sense problem solving supported by current knowledge to the preprogrammed hard-wired trial-and-error solutions that were effective for yesterday's stresses based on yesterday's knowledge. We continuously upgrade our native first way of "either/or" thinking to ANWOT "both...and" common sense thinking by substituting ***word-switches*** for ***trigger words***. [strens 5, 34]
2. ***Trigger word*** and ***word-switch***: An invented word, combination of words, or symbol we add to our language when existing words and symbols are inadequate to turn on conscious awareness of important phenomena and knowledge. [stren 5]
   a. trigger word: A symbol, usually a word or combination of words, with assigned meaning that turns on a preprogrammed "hard-wired" action pathway that was effective for yesterday's problems applying yesterday's knowledge. While most trigger words are still effective because the stresses we face remain unchanged, some have become useless or even dangerous. Because trigger words are preprogrammed and hardwired, they lack flexibility to create newer solutions when we are faced with new problems such as weapons that offer no second chance.
   b. word-switch: A trigger word with the special ability to redirect the preprogrammed action pathway to a different preferred action pathway intended to more effectively solve today's problems applying current knowledge, similarly to the function of a mechanical switch. Word-switches are critical to changing the action pathways of trigger words that have become ineffective or dangerous when applied to unfamiliar stresses. Example: *My way, the only way* commands the perspective of instinct and tradition. *What's best for me and you, for now and the future* redirects mindless obedience to common sense problem solving. A word-switch may also be an established word(s) that can substitute for a trigger word that has become habitual. Example: ***should*** implies the "right" and "only" way. Substituting ***could*** invites mental consideration of alternative actions. [other examples to follow]
3. ***Either/or thinking***: The processing of information into two confrontational categories. We all begin thinking with word symbols that bias us to divide the world into good or evil, right or wrong, us or them, win or lose, etc. *Either/or* thinking is the source of bigotry, prejudice, jealousy, and harmful confrontation. It is the reason our history is defined by its series of wars. *Either/or* thinking is necessary in our early decades because it takes so long for our cerebral cortex to mature and acquire the skills of common sense thinking, wisdom, and self-mastery. It sustains us when we are unable to apply common sense and need to be guided by the wisdom of others. *Either/or* thinking commands us to act in accord with what authority dictates. [stren 11]
4. ***Either/or addiction***: *Either/or thinking* becomes habitual, **a mental addiction**, through repetition. Maturation makes it appropriate to apply *a newer way of common sense thinking* (ANWOT) that advocates cooperation for mutual gain instead of competition to

have “our side” dominate “the other side.” Most people remain stuck in *either/or* addictive thinking until educated in ANWOT. Herein is the root source of the imminent threat to civilization.

5. ***Common sense*** is the acquired and applied knowledge of the creative force’s universal laws of cause and effect. It empowers us to free our will from the authority of instinct, tradition, and human dictators to become our own person. Common sense is the source of wisdom – cooperation and collaboration for mutual gain instead of win/lose competition to assert dominance, wise action to attain preferred outcomes instead of stupidity – mindless repetition of what worked for yesterday’s problems using yesterday’s knowledge. Presently, common sense is not common, but we must popularize *a newer way thinking* based on common sense if we choose to survive.
6. ***Dogma*****:** A principle, belief, or statement of an idea or opinion, formally or authoritatively considered to be absolute truth; dictatorial assertion of unproved or unprovable principles.
7. ***Both...and*** thinking is the application of common sense to promote cooperation and collaboration among people for mutual benefit. *Both...and* thinking is easy to teach and learn but most people remain predominantly *either/or* thinkers because of its addictive quality. Our traditional education has yet to include the word-switches that teach *both...and* thinking. Surviving and thriving require that we assign high priority to educating our global community in *both...and* common sense thinking. [stren 11]
8. ***First (native) language***: Symbols (primarily words) that explain the world in two opposing sides and direct us to favor one side and reject the other; for example “our tribe,” “the right way,” etc. Our first language supports prejudice (*pre-judgments*) and suspicion as defined by authority.
9. ***Second language***: Symbols that employ our mature cerebral cortex to interpret the world with common sense; for example “the global community,” “a reasonable way,” etc.
10. ***Ingredients to create ANWOT***:
    a. faith in oneself – “Yes, I can” – to initiate the spark of energy to try
    b. work – energy directed to solve a problem
    c. patience – delaying gratification for a greater longer term benefit
    d. direction – guidance to achieve one’s goals easier, faster, and with less error
    e. risk-taking – willingness to let go of established action paths

    Note: money, unusual intelligence, good looks, connections, etc. are not needed.
11. ***ANWOT essential tools***:
    a. ***The ANWOT glossary***: The collection of 100 word-switches and terms that empower us to create newer common sense solutions using current knowledge to replace established action pathways that have become ineffective and/or dangerous. The glossary is limited to the 100 most essential word-switches and terms so that it may be practically taught to our greater population. Its composition will be ever changing as common sense is applied to new knowledge to create more effective word-switches.
    b. ***The ANWOT stren collection***: The insights that enlighten us to knowledge of cause and effect and thereby are the foundation for ANWOT common sense action pathways.

c. ***The ANWOT curriculum***: The teaching modules that create the humane skills of which we are capable, especially recognizing our similarities more than our superficial differences, leading to cooperation and trust for mutual gain. There are many paths to reach the top of a mountain. This curriculum currently consists of the following modules: (1) **Self-endorsement strens**, (2) **The seven Mind-freeing, Life-changing, World-saving word-switches**, (3) **The Mental Freedom Control Panel** – the eight action choices available to our freed will, (4) S**trens -** discovered, proven effective, and shared by creative pioneers, past and present, and (5) **The Universal Values** each tribe arrives at by common sense. They are blended into a cohesive product by applying **the five ingredients** of *faith (Yes, I think I can), work, patience, direction*, and *willingness to risk* – letting go of established patterns that are no longer effective and/or dangerous to try newer solutions based on common sense.

12. ***Local allegiance and citizenship***: Bias to favor one's self/family/tribe as dictated by instinct and tradition.
13. ***Global allegiance and citizenship***: Recognizing we are all part of a global community and must include the well-being of all parties if we are to thrive and survive. Cooperation for mutual gain replaces competition to assert dominance.
14. ***Stren***: Any idea, knowledge of cause and effect, wisdom, or experience that adds mental strength to our well-being. [stren 6]
15. ***Mental Wealth***: The strens that enable us to create a joyous, meaningful life experience.
16. ***Mental Wealth millionaire***: A collector of sufficient mental wealth to consistently manage life's stresses. Mental Wealth millionaires, unlike most material millionaires, love giving as much of their mental wealth to others as they can. [stren 28]
17. ***Three masters that control our thinking, feelings, and actions*****:** [strens 3, 84-5]
    a. ***Nature*** (related terms: *fate, instinct and biology, God*[57]) – The action programs prewired during the nine months of our gestation that have survived and been refined over the billions of years that preceded our species. Established action pathways are the outcome of effective trial and error learning, survival of the fittest, over our long history.
    b. ***Nurture*** (related terms: *nurturers, tradition, our culture, circumstance*) – The master programmers that influence and would direct our life experience after birth.
    c. ***Self*****-mastery** – The process of asserting independence from instinct, tradition, and human dictators and assuming the responsibility to direct our life's experience; related terms are *mental freedom, becoming our own person, thought control, super-maturity.*
18. **Self and *Self***: Without italics – Our total physical identity; with *italics* – A specific reference to our non-physical mental-spiritual identity.
19. ***Freedom organ***: Our cerebral cortex, which when mature and properly educated with word-switches (ANWOT) can wisely direct our life's experience.
20. ***Mental freedom***: The process of freeing our mental-spiritual *self* from domination by instinct, tradition, and human dictators. Becoming one's own person is everyone's right. [stren 86]

[57] See footnote 1.

21. ***Seven Mind-freeing, Life-changing, World-saving word-switches***: Signals, usually words, which powerfully upgrade our thinking to solve problems using common sense. [strens 7-14]
    - **a.** *Yes, I think I can* instead of give-up words (*I can't, it's too hard, why bother*, etc.).
    - **b.** *I could* for the dictator word *I should*: consider alternative pathways instead of "the only way."
    - **c.** *I allow* to assume responsibility instead of the common trigger words that express dependency and blaming: ***he (she, they, it, the world) makes me ….***
    - **d.** *Both...and* for *either/or*: Emphasize similarities more than differences; cooperation for win/win outcomes instead of competition leading to win/lose outcomes. [In my opinion, this and the next are the most important word-switches.]
    - **e.** *Given this situation, what is most likely to make things better for me AND you (*or *us AND them), for now AND the future?* instead of, *My way, the only right way!*
    - **f.** *Energy* for *anger* or *anxiety*: When reasonable, direct our arousal state to positive outcomes. Rage and fear are instinctive reactions that are common sources of regretted behavior.
    - **g.** *Urgent* for *emergency*: After this, immediately assign *high, medium,* or *low* priority to *urgent*. In our relatively civilized world, immediate life-threatening situations are rare. Most stresses are of low or medium urgency best solved through reflection over time.
22. ***The Mental Freedom Control Panel***: Eight alternative choices available to our freed *will power* to transform energy into action. Two action pathways consistently bring us positive outcomes; six usually have negative outcomes [strens 35-44, 90].
    - **a.** *Blaming others*: The common mental expression of our instinctual *fight* response.
    - **b.** *Blaming ourselves* – guilt, blame directed inward: A human characteristic mainly taught by nurturers and tradition to control behavior and aggression.
    - **c.** *Avoidance*: The mental expression of our instinctual *flight* response; includes procrastination, telling lies, withdrawal, etc.; physically expressed in behavior such as substance abuse.
    - **d.** *Common sense problem solving*: "What is going to make things better for me and you, for now and the future?" A "magical" sentence because it is so consistently effective.
    - **e.** *Self-endorsement* skills: The basis of independence, patience, resilience, attaining long-term goals, and creating an abundance of unconditional love for one's *self* and others.
    - **f.** *Worry*: Anticipating the worst outcomes (focusing on the small hole rather than the large donut); the basis of excess anxiety and phobias.
    - **g.** *The helpless/hopeless response*: The "give-up" attitude of our will which is usually learned during our years of immaturity and weakens our natural resilience; perhaps the most devastating choice of our will because it shuts down our energy factory and we fail to take adaptive action; a major source of depression and apathy.
    - **h.** *The mind/body* response: The psychosomatic influence of the mind on our body and its reverse. Sustained irregularity is the basis of muscle contraction pain (headaches, neck, back, jaw, etc.), imbalance in the function of our organ systems, and most of our common diseases.

23. ***Animal brain***: The early-to-evolve and mature segments of our brain that automatically regulate action, especially to preserve the life cycle: birth ⇨ mature ⇨ reproduce ⇨ protect young to maturity ⇨ die. Identified in one classification system as the medulla, pituitary, pons, pineal body, cerebellum, and thalamus.
24. ***Human brain***: Cerebral cortex (*freedom organ*); the most recent portion of the brain to evolve and slowest to physically mature after birth; the center for consciousness, *self*-consciousness, abstract thinking, common sense, morality, and spirituality.
25. ***Super-maturity***: An advanced state of mental and spiritual enlightenment. [stren 33]
26. ***Becoming our own person***: The process of freeing our will from domination by instinct, tradition, and human dictators; acquiring sufficient *self*-endorsement skills to assume responsibility for our own well-being; other's approval is welcomed rather than needed.
27. ***Human becomings***: Instead of seeing ourselves as a static *human being*, we are the leading edge of a dynamic creative process that is progressing from simple to complex life; we increasingly are acquiring the power to be creators in our own right. The word-switch "becomings" for "beings" switches on the mental awareness that we are active participants in what we are and what we become.
28. ***Work-in-progress*** (WIP): Recognizing we are the growing edge of an evolutionary creative process; making mistakes through trial-and-error is a basic learning method.
29. ***Emotional self-endorsement***: The most powerful means to learn to love ourselves and generate love for others. Loving ourselves enables us to love our neighbor – it's hard to give away what we don't have. Emotional *self*-endorsement is widely neglected and shamefully kept secret. [stren 2 or letter 7 of *Mini-course*]
30. ***Secondary endorsement***: Endorsing our *self* for endorsing our *self*; the second most powerful form of endorsement, yet hardly used. This powerfully reinforces *self*-endorsement. [stren 20]
31. ***Primary signaling system***: The physiologic electrical and chemical final common pathway required for physical action to take place.
32. ***Secondary signaling system***: The use of non-physical means, i.e. mental-spiritual energy to initiate physical action; usually symbols to signal specific biological activity. [stren 20]
33. ***Self-mastery signaling system***: The common sense programming of newer action pathways by our freedom organ; usually to replace older patterns supported by mindless authority.
34. ***Reflective thinking***: *Self*-consciousness, the special ability of the human brain to think about and apply common sense to thoughts and thinking; being conscious of being conscious; knowing that we know ("homo sapiens sapiens"); our means to elevate ourselves above the animals. [stren 77]
35. ***Our mental-spiritual self***: Consciousness and *self*-consciousness enable our species to establish a spiritual and moral identity and become powerful creators and destroyers. Mind-spirit/body interactions between our physical self and conceptual *self* each influence the other. We attain *self*-mastery through our sophisticated non-physical *conceptual* second signaling system. Our scientists have yet to solve the mystery of how our mental-spiritual *self* transforms concepts into physical reality and vice versa.
36. ***Meaning*****:** The interpretation assigned to an event, often a symbol, which links knowledge to emotion. We are interpretive creatures; interpretation leads to intention

and creative action. The meaning assigned to an event can be more important than the event. Meaning is assigned according to the perspective of instinct, tradition, and common sense. Example: The arousal state when our boundary is crossed may be interpreted as *anger* leading to fight, *anxiety* leading to flight, or *energy* leading to common sense problem solving.

37. ***Reasonable best***: Reasonable best is 100% within our control and a reliable source of consistent self-worth whereas *absolute best* is a major source of frustration and depression. "Our reach far exceeds our grasp."
38. ***Reasonable best measure of self-worth***: An appropriate standard of *self*-evaluation that considers the limited control we have over others or circumstance. [strens 23-4]
39. ***Word-switch samples***: Newly created or existing but neglected ANWOT symbols supported by common sense transform the negative expression of energy by instinct and tradition into positive expression. Use these examples to update other trigger words that sustain *either/or* addiction:
    a. ***Setforward***: A jolt that moves us toward our goal; the antidote for ***setback***.
    b. ***Pull-up***: An act to improve *self*-esteem and help people reach their goals; the antidote for ***putdown***.
    c. ***Optimize***: **–** Anticipating the most positive outcomes: the antidote for ***worry*** – the innate tendency to anticipate the worst possible outcomes. Substitute "Most likely" for "What if...."
    d. ***Resentment***: "Re" + "sentiment" would seem to be a neutral word, meaning re-experiencing any feeling. It has come to mean only negative emotion - anticipating a real or imagined injustice. ***Goodwill*** somewhat conveys a positive sympathetic relationship.
    e. ***Mentogenous***: Our language lacks a complimentary word to ***exogenous*** and ***endogenous***, the external and internal programmers of our physiology and biology, i.e. fate and circumstance. Mentogenous, a newly invented word-switch, recognizes the mental-spiritual *self*-mastery we initiate by applying the mature properly educated freedom organ that characterizes our species. We grow and use knowledge of the universal laws of cause and effect, i.e. common sense, to join nature as powerful creators and destroyers not only of our own destiny but all that is about us. *Mentogenous* identifies the source of *self*-mastery. [stren 31]
40. ***Asymptote***: A line that curves as it approaches an end point without ever reaching it. Applying meaning to this symbol conveys awareness that the recent explosive growth of knowledge of cause-and-effect makes our generation more powerful creators and destroyers than all history combined. [stren 50]

41. ***Emotional MDRs***: Like the "minimum daily requirement" label we often see on vitamins and minerals, we have an "MDR" of approval and love needed to sustain our mental-spiritual well-being. During our immaturity we are dependent on others for our MDR's of approval. *Self*-endorsement is a major source of emotional MDRs. [stren 29]
42. ***The Common Sense Test of common sense***: A simple measure to reasonably and objectively evaluate the degree to which we are being logical as opposed to blindly responding to authority. [stren #91]
43. ***Self-deception***: The common belief that we are acting with common sense wisdom when in fact we remain servant to the perspectives of instinct, tradition, and human dictators. *Self*-deception is the major reason why we sustain *either/or* addiction to focus on our superficial differences rather than educate ourselves in *both...and* thinking that recognizes our similarities and the need to cooperate for mutual gain. The antidote for *self*-deception is *self*-enlightenment.
44. ***Resilience***: The ability to learn from trial and error, to pick ourselves up and keep ourselves up when the world is unkind or unfair; determination to not "give up." Persistence is a critical quality for being successful in achieving long term goals. The methods of our upbringing commonly sabotage our innate resilience. [stren 53; contrast with stren *22 g.*]
45. ***Psychological numbing***: The tendency to ignore critical information when we perceive there is no solution to the problem; the widespread reason we fail to take meaningful action to prevent imminent human catastrophe even though we realize there is great danger. [*Mini-course*, letter 1]
46. ***Sane*** and ***Normal***: *Sanity* is thinking and problem solving that applies common sense; *normal* is doing what we have been taught is appropriate by authority even when it lacks good judgment. [stren 73]
47. ***The power of imagination and interpretation***: The unique ability of humans to apply our advanced freedom organ to become rulers on earth and powerful creators and destroyers. [stren 4]
48. ***Board of Directors***: The master programmers who determine our thinking, feelings, and actions; usually a combination of nature, nurturers, and our *self*. The members of the Board and their voting rights change over the course of our lifetime. [stren 85]
49. ***Chief Executive Officer* (CEO)**: The Board member who wields the greatest influence to determine the final directions issued by the Board. Initially nature is CEO, then nurturers, and with maturity, *self*-mastery may become chairperson.
50. ***Self-enlightenment***: The process of attaining peace of mind and world peace by discovering "common sense" knowledge of cause and effect – the universal orderly rules that govern creativity. Sages through the ages tell us *self*-enlightenment is the way to joy and peace. [stren 99]
51. ***Intelligence***: The power to consciously create original action pathways to solve problems.
52. ***Knowledge***: The awareness of universal cause-and-effect that adds power and accuracy in creating new phenomena.
53. ***Wisdom***: The intelligent use of knowledge and common sense to create outcomes that benefit all parties in both the short term and long term. [see stren #12]
54. ***Stupidity***: The use of knowledge that applies intelligent but outdated solutions to solve new problems when we have newer knowledge that offers more effective solutions;

using methods that may have worked in the past but have become ineffective and/or dangerous; failing to apply new knowledge to adapt to change. Example: using today's weapons capable of ultimate destruction to attain superiority through destructive confrontation.

Note: Our ancestors were intelligent but had limited knowledge; we grow knowledge (power) at accelerating speeds but frequently apply knowledge stupidly. Our pressing task is to popularize wisdom by teaching *a newer way thinking* supported by common sense (ANWOT).

55. ***WMD*** and ***WUD***: Weapon(s) of Mass Destruction, Weapon(s) of Ultimate Destruction. Any weapon capable of mass or ultimate destruction; currently biological, chemical, or nuclear.
56. ***WMC*** and ***WUC***: Weapon(s) of Mass Construction, Weapon(s) of Ultimate Construction. Any weapon capable of mass or ultimate constructive and beneficial outcomes; primarily *a newer way of thinking* Einstein envisioned (ANWOT) using common sense.
57. ***First*** or ***uncaused cause (that which no greater than can be...St. Anselm)***: A more neutral and universal symbol to call forth awareness of the creative force that has enabled us to become the leading edge of the evolutionary creative process. Our commonly used symbols for the creative force have been assigned biased meanings that assume one tribe has superior knowledge and thereby the moral rights to demand that all others comply, usually through destructive confrontation. [strens 88-9]
58. ***Instinct and tradition; nature and nurture; fate and circumstance***: Related terms for the master programmers that hardwire us to think, feel, and act according to their perspective. Their perspective is usually dictatorial, "the right and only way." An action pathway as adapted to prior challenges by applying yesterday's knowledge; usually improved by common sense.
59. ***Self-mastery, self-programming, self-governance, super-maturity, mental freedom, thought control, becoming one's own person***: These are related labels for the *self*-programming we initiate. As we acquire physical and mental maturity we may develop such human skills as common sense, reflective thinking, intentionality, morality, etc.
60. ***Consciousness***: Representing the common physical reality in our private non-physical mental-spiritual reality; mental awareness evolved as a sophisticated servant of instinct and habit to immensely increase adaptability to fate and circumstance. Consciousness is a tool for survival.
61. ***Self-consciousness***: "Knowing we know," the basis of *self*-mastery; see *Reflective thinking.*
62. ***Slavery***: Physical and/or mental control by a force other than our own. *Mental* slavery is of equal or greater immorality than *physical* slavery. America and most of the world recognized that physical slavery was immoral about the time of the Emancipation Proclamation, 1863, but we have given inadequate attention to *mental freedom* and *mental slavery*.
63. ***Freedom***: Physical and/or mental power to take responsibility for our own actions; independence from instinct, tradition, and human dictators. [stren 86]
64. ***Will power***: The mental-spiritual power to initiate physical action pathways. Multiple sources vie to control our will, i.e. instinct, tradition, human dictators, and our *self*. The

exact means by which our non-physical mental-spiritual energy connects will power to our physical primary signaling system is among our scientist's unsolved mysteries. [stren 87]

65. ***Education***: The process of imparting the skills that create the mental freedom to assume responsibility for one's own well-being and liberate our thinking from control of instinct, tradition, and human dictators. The process involves substituting word-switches that convey common sense wisdom for trigger words based on the authority of past experience. Education is best initiated during our formative years but can be effective at any stage of life.
66. ***Assumptive worldview***: The belief systems we acquire from the three master programmers of our thinking – first from instinct, second upon birth from the traditions of our nurturers and culture, and then *self*-mastery as we acquire effective education in common sense thinking. Instinct and tradition consist of the hard-wired assumptions that were effective solving problems in the past and those present issues that don't reflect change. An assumptive worldview that is inflexible, based on these hard-wired assumptions, can be dangerous when applied to newer problems.
67. ***Religion***: The collection of faith based beliefs and assumptions that influence our actions. In this sense, every individual is a practitioner of his/her unique religion.
68. ***Brainwashing/mind control***: The process of imposing mental slavery on an individual or group, usually when they are immature, lacking in common sense thinking, and most susceptible to authority. Futurists predict that our newer methods of mind control may become the greatest danger to individual and group freedom.
69. ***Research (*re + search*) and search***: *Research* is the science of demonstrating the effectiveness of what has worked in the past. *Search* is the art of finding unproven or untested solutions using current knowledge and common sense. Prevention, which is measured by what doesn't happen, requires more search than research.
70. ***Conscience/Automatic thinking***: The thoughts or mental images that pop into our awareness over which we have little control; often a prescriptive "should" or "shouldn't" traceable to nature, nurturers, or culture. [stren 25]
71. ***Wiring patterns***: The physical and mental action pathways that determine and direct the expression of our energy; behaviors initiated by instinct and habit are usually hardwired and inflexible, whereas those initiated by *self*-mastery are usually flexible and vary according to the degree to which we apply common sense.
72. ***Operating system***: The means by which data is processed to an action pathway. The *either/or* processing of data we all first learn is biased to find differences; the *both...and* operating system recognizes similarities and provides us a far more accurate representation of the common reality we share.
73. ***Hardware***: The biological structures, anatomy and physiology, provided by nature to process symbols, i.e. ideas and concepts.
74. ***Software***: The ideas and concepts programmed into our operating system by assigning meaning to symbols. Master programmers include fate, circumstance, and our freed will.
75. ***Trial-and-error learning***: A basic learning process; finding better ways through discovering what doesn't work and persisting in alternatives to find solutions.

76. ***Role modeling, empathic learning***: Rapid learning by imitating or mimicking what others do. This method of learning is especially prominent during our developmental years and diminishes in effectiveness after puberty; for example, learning a language.
77. ***No-trial learning/cognitive rehearsal***: Mentally applying trial-and-error and common sense solutions within our imagination to determine preferred action pathways before we initiate physical action. We are the powerful rulers on earth because of intelligence, knowledge, and cognitive rehearsal, but we are heading to *self*-extinction if we don't add wisdom to problem-solving. The proliferation of WUD no longer permits solving disputes by war. Prevention through cognitive rehearsal (no-trial learning) is required to preserve civilization and its benefits for our children and loved ones. "*An ounce of prevention is worth a pound of cure.*"
78. ***Prevention***: Avoiding a negative outcome by anticipating the likely consequences of specific actions and intervening to redirect energy to a preferred outcome. Effective prevention is measured by what ***doesn't*** happen. Word-switches are our chief means of prevention.
79. ***Win...win, win/lose, lose/lose***: Instinct and tradition favor harmful confrontation to assert dominance; the outcome is usually a winner and a loser, or all losers. Common sense thinking (ANWOT) applies wisdom to create mutual gain and reach a *win...win* outcome for all parties.
80. ***Tribe****:* The local family or related group, country, religion, etc. to which we assume allegiance, often at the expense of other tribes and their members.
81. ***Mental cancer***: A way of thinking that takes from the larger system and gives little or nothing in return. Akin to physical cancer, which causes death to the whole, thereby ending its own source of sustenance. Given today's WUD, *either/or thinking* is a mental cancer that is about to slay us.
82. ***Mental cancer antidote***: The *both...and* way of thinking that emphasizes global unity, cooperation, and collaboration to attain mutual benefits, such as we observe when our physical organs work in unison.
83. ***Doomsday Clock***: A symbol created by The Bulletin of Atomic Scientists, a nonprofit corporation initiated in 1945 consisting largely of developers of the atomic bomb, and whose current advisory Board consists of 19 Nobel laureates. Their mission is to make us aware of the imminent catastrophe we face. Recently the Board moved the hands of the clock forward to three minutes to midnight to reflect the threat of current events. Lawrence Krauss, co-chair of the Board of Sponsors said: "Unfortunately, Einstein's statement in 1946 that 'everything has changed, save the way we think,' remains true."
84. ***Greed and speed***: The common expression of instinct and tradition to emphasize rapid acquisition of material wealth, physical attractiveness, survival in the hereafter, and other symbols of power.
85. ***Wise creeds and good deeds***: The preferred action pathways of common sense thinking characteristic of humankind's mature cerebral cortex.
86. ***Intercourse***: [a]Coitus; [b]Interchange between people or groups, communication.
    a. *Sexual intercourse*: Nature's means to insure continuation of the life cycle by programming our biology to experience pleasure through coitus. Sex is coming together genitally.
    b. *Social intercourse*: Humankind's means to insure continuation of the life cycle by programming our mental-spiritual *self* to experience satisfaction through the

symbols we create. "Supra-sex" is coming together mentally, above genital sex, to sustain our species.

87. ***Sound bite***: Today's favorite way of communication, and according to scientist K. Eric Drexler the greatest threat to humanity because "complex topics are simplified, mystified, or ignored" (Bulletin of the Atomic Scientists, Jan/Feb, 2007). Sound bite addiction is common, viz. TV.
88. ***Ontogeny recapitulates phylogeny***: A fancy term that means complex organisms pass through simpler stages in the course of reaching their highest state of maturation. For example, we each will be initially influenced by our genetic inheritance, and then become subject to the whims of our nurturers before we can attain mental freedom from domination by our first master programmers. This *word-switch* teaches us to expect primitive behavior in the natural course of attaining sophisticated civil behavior. We are subject to the animal (amoral or "evil") portion of our brain before we can educate our *self* in the humane characteristics within our capability.
89. ***Entrepreneur***: A person who organizes, operates, and assumes the risk for business ventures, usually for personal financial gain.
90. ***Social entrepreneur***: A person who recognizes the needs of the greater system of which we are all a part and invests their creative energy to identify and solve its problems; dedication to serve the well-being of the global community by considering established action patterns and applying new knowledge to find better solutions.
91. ***Center for social entrepreneurship***: A teaching environment that fosters social entrepreneurs; many of our higher learning institutions have and are now establishing such centers to bring together the collective energy and skills of their faculty and students to *do good*.
92. ***Designer word-switch***: Customize and add your own word-switches to improve this glossary; continually elevate our thinking by applying our accelerating growth of knowledge to create better solutions to the changing issues we face.
93. ***Intentionality***: Logical *self*-guided action to stretch beyond what exists; designing long range goal attainment of what we hope to achieve. Unlike other life, which is amoral, we are spiritual becomings who create morality.
94. ***Our mission***: Our freedom organ inspires us to become the best we can be; to end the harmful conflict between Democrats and Republicans, Christians and Muslims, Jews and Arabs, Catholics and Protestants, Tutsis and Hutus, and everywhere that *either/or* addiction dominates the way people think. Our best means to succeed is by developing and popularizing the newer way of common sense thinking (ANWOT) attributed to Einstein.
95. ***Collaboration***: Partnering with others to create a pep rally that will be unstoppable.
96. ***The domino effect***: The means to virally popularize knowledge; circling the world with *a newer way of thinking* by first educating those most receptive to common sense and passing forward ANWOT individual-by- individual to the next closest in thinking and geography until even the most distant are reached.
97. ***Call to action***: Teaching our *self a newer way of thinking* and then leading by example and deed to initiate the domino effect that will change the world. [stren 72]
98. ***Love* and *forgiveness***: Transformation of our raw energy to benefit someone, some ideal, and/or the well-being of the greater community. ***Love your neighbor as yourself*** and ***Treat others as you would have them treat you*** are universal common

sense moral values discovered independently by virtually all tribes. Acquiring skills in *self*-endorsement is a fundamental source of generating love – it is difficult to give away what we don't own. Forgiveness is the most demanding form of love; it is a harder task to embrace one whose behavior is offensive. [strens 54-58]

99. ***Peace***: *The process of applying skill to restore and sustain blissful calm where there is tension.* An appropriate definition and understanding of peace is critical if we are to create and teach the alternative mental-spiritual action paths that will replace harmful confrontation including war. Peace is not simply "the absence of war!" Harmful confrontation, killing, and war (***fight*** *or flight*) are among instinct's favorite ways to attain peace. Our physical needs are cyclic. Expanding physical might has been the preferred means of individuals and tribes to feel secure. For example, relieving the tension of hunger traditionally requires obtaining food through killing which offers a temporary calm until hunger returns. Thus, we are not capable of sustaining physical calm. However, we <u>are</u> capable of sustaining mental-spiritual calm. There are multiple skills, innate and acquired, that enable peace of mind. Love, forgiveness, and cooperation for mutual gain are among the most powerful alternatives to instinct's means to restore calm through harmful confrontation and war. We create these humane alternatives by mental-spiritual *self*-mastery, by applying common sense to knowledge. [See *Mini-course*; **www.anwot.org**]

100. ***Essential history***: A synopsis of our history provides perspective from where we have come and to where we must now head. As the growing edge of progress from simplicity to complex species, we are increasingly assuming responsibility for the fate of ourselves and the world. [stren 76]

Postscript:

This essay proposes that we can save ourselves from our most dangerous enemy, our *self*, by adding symbols that change the way we think, and that we can accomplish this task within a few years at little or no cost. Language is our tool for thought and problem solving. By assigning meaning to symbols, we acquire and pass forward the power of knowledge to make our kind godlike creators and rulers on earth. We've made it to "now" because our ancestors survived in a savage environment, without agriculture and homes, when men possessed only their family and weapons, and eating depended mainly on what they could kill. Imagine what thoughts preoccupied their mind and what words comprised their common use language? Were they focused towards local or global issues? Short or long-term goals? How much energy was dedicated to safety and survival, allegiance to family and tribe ... how much to altruism and humanity? Absent schools, what was included in their "home tutoring" curriculum?

What would our current society be like if we remained limited to the glossary of our ancestors? How similar and different is our glossary of common usage language and in what way does it influence our problem solving behavior? It emphasizes greed and speed, material wealth and physical might; it focuses on our differences, and supports harmful confrontation so that our side, our flag and religion, and our assumptive worldview will dominate others. What are the consequences of our prevalent *either/or* way of thinking? Simply read your newspaper.

We must create newer symbols that emphasize wise creeds and good deeds, mental-spiritual wealth, our similarities, and cooperation for mutual gain. ***A newer way of thinking*** adds the common sense skills that create a joyous meaningful life, prevents the predicted imminent human catastrophe, and frees us from fate and circumstance to direct our life experience. Can you think of a better alternative? If not, please respond to this call to action. Learn the *self*-taught ANWOT glossary, improve it, and let's adapt this "adult" version to include in our primary education. Working together, we can educate our children to know the value of mental freedom and mental-spiritual wealth, and make our world a safer marvelous home.

Go to the Educational Community's ***forever free*** websites to obtain fuller explanations of ANWOT.

CALL TO ACTION

GOAL: To create, improve, and popularize Einstein's solution to what people want and need. ***A newer way of thinking*** (**ANWOT**) is a mental-spiritual "operating system" that directs our creative energy to *happiness, unconditional love, abundance, and peace. The 7plus2 formula* is the fastest, easiest, most effective and enjoyable way to teach ANWOT. Seven simple word-switches rapidly create ANWOT. ANWOT positions us to practice the two most powerful yet still secret Love-creation skills that express our highest intention, The Golden Rule. We thereby transform our species from human beings, i.e. high level animals, to humane becomings. The Golden Rule:

- Empowers us to prevent human catastrophe, create peace of mind and world peace
- Perceives deep, wide, and far to see similarities more than superficial differences
- Adds global citizenship to local priorities
- Emphasizes wise creeds and good deeds above material greed and more speed
- Substitutes *survival of the wisest* for *survival of the physically fittest*; prizes common sense wisdom above "muscle" strength
- Promotes *win/win* cooperation for shared benefits above *win/lose* competition to dominate
- Asks, *What works for you and me, for now and the future?* instead of demanding, *My way is the only right way!*
- Encourages *mental freedom* above slavery to instinct, tradition, and human dictators. Related terms are *self-mastery, self-governance, self-programming, becoming our own person, super-maturity*, and *thought control*.
- Educates our global citizens in the mental-spiritual skills ("soul") to become the humane species that is within our capability – love, forgiveness, wisdom, compassion, kindness, tolerance, cooperation, and the additional skills embraced by The Golden Rule.

- Values mental wealth above physical wealth and inspires striving to become a ***mental wealth*** millionaire – a collector of sufficient wisdom to consistently direct one's energy to do good
- Inspires us, as increasingly powerful creators, to assume moral responsibility for our destiny – "conscious evolution" by choice instead of by chance.

PROCEEDING TO SUCCEED: Popularizing ***a newer way of thinking*** (**ANWOT**)

- Inspire a finite number of social entrepreneurs to become enlightened in ANWOT "*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has*." ... Margaret Mead.

- The allied force of social entrepreneurs will recruit and educate the one million ANWOT "each one, reach many" teachers required to circle the world through the domino effect.
- Offer FREE the *self*-taught love-creation skills that teach the Golden Rule at multiple venues such as the EC web sites; ask recipients to pay them forward to sustain a domino movement.
- Teach the Genie seminar as a newer effective means of learning to learn and sustain education as a lifetime endeavor. The 100+ strens offer suitable topics for discussion.
- Popularize the asymptote as a universal symbol to make us aware of the new Story of Us; we are humane becomings with a mission to create a loving, happy, safe home for our loved ones.
- Continuously create and improve the ANWOT educational curriculum (such as the model here provided) that is practical, easy to teach and learn, and that transforms the prevalent self-serving tribal way we think to the ***newer way of thinking.***
- Major target groups for ANWOT education: Schools, businesses and corporations; political and religious leaders; educators; counselors and coaches; people of influence in entertainment, movies, sports, and other "heroes" – and those within their domain.
- Make courses easily available to multiple age levels and diverse groups: education, schools, prisons, mental health centers, etc.).
- Going viral through the Internet and growing social media are low cost resources that empower thought leaders to offer ANWOT education to anyone, anytime, anywhere FREE.

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STRENS: TABLE OF CONTENTS

[*Stren* = mental strength, wisdom, insight]

Go to **www.anwot.org**, click on 100+ strens, and select any topic; or other resources.

1. **The "Strength Stren"**
2. **The Most Powerful Self-Endorsement Wisdom**
3. **Our Three Masters**
4. **The Power of Interpretation: The Process of Becoming a Powerful Creator with a Purpose**
5. **Word-switches: The Means To Mental Freedom and *A Newer Way of Thinking* (ANWOT)**
6. **A New Vocabulary Trigger Word – *Stren***
7. **The Seven Mind-freeing, Life-changing, World-saving Word-switches**
8. **The "I think I can" Turn-on Energy Word-switch**
9. **The "I could" for "I should" Word-switch**
10. **The "I allow" for "They make me" Word-switch**
11. **The *both...and* for *either/or* Word-switch**
12. **The "Magical" Problem-solving Sentence Word-switch**
13. **The "*Energy*" for "*Anger*" or "*Anxiety*" Word-switch**
14. **The "Urgency" for "Emergency" Word-switch**
15. **Putting it together – We are a work-in-progress!**
16. **The Importance of Self-endorsement**
17. **The Tape Recording**
18. **Act As If**
19. **The Bookshelf**
20. **Secondary Endorsement**
21. **The Importance of Patience**
22. **The Secret of Acquiring Patience**
23. **The "Reasonable Best Test" of Self-worth – Part 1**
24. **The "Reasonable Best Test" of Self-worth – Part 2**
25. **Challenging Automatic Thinking**
26. **An Attitude of Gratitude**
27. **Why We Are Pessimistic**
28. **Becoming a Mental Wealth Millionaire**
29. **You Need Emotional MDRs**
30. **We are Human Becomings**
31. **A New Word-switch: *Mentogenous***
32. **From Victim to Wise Creator + A Bonus Summary of *A Newer Way of Thinking***
33. **A New Word-switch: *Super-maturity***
34. **A Newer Way of Thinking (ANWOT)**
35. **The Mental Freedom Control Panel**
36. **The Blaming-out Response**
37. **The Blaming-in Response**
38. **The Avoidance Response**
39. **The Problem-solving Sentence**
40. **The Self-endorsement Response**
41. **The Helpless/Hopeless (H/H) Response**
42. **The Worry Response**
43. **The Mind/Body Response**
44. **Measuring Mental Wealth**
45. **Transforming Snapshots into a Motion Picture**
46. **The Greatest Danger to Civilization**
47. **Good Judgment**
48. **Chronic Enthusiasm: A New Word-switch**

49. **Life's Enthusiasms**
50. **Asymptote – A New Word-switch**
51. **Life's Wisdoms**
52. **The Three "Success" Qualities**
53. **Resilience**
54. **Why Love?**
55. **What is Love?**
56. **Love and Sex**
57. **Love Creation**
58. **The Skills of Mature Lovers**
59. **Forgiveness**
60. **The Biggest Payoff**
61. **Punishment and Limit Setting**
62. **Preventing Suicide**
63. **The Puzzle of the Seven Continents**
64. **What Makes Us Human?**
65. **A Movie Fantasy – What Next?**
66. **The Triple A Stren**
67. **Proceeding to Succeed**
68. **Super-Maturity revisited**
69. **Ontogeny Recapitulates Phylogeny**
70. **Why Do We Have Destructive Aggression and War?**
71. **Einstein's Solution – A Newer Way of Thinking (ANWOT)**
72. **World Peace – Call to Action**
73. **What is Normal? What is Sane?**
74. **Becoming One's Own Person: Undoing Self-deception**
75. **Preparing for Loss**
76. **History Lesson**
77. **Reflective Thinking, Cognitive Rehearsal, and Prevention**
78. **Second Signaling System: A New Word-switch**
79. **The Use and Abuse of Fantasy**
80. **Understanding Sexual Pleasure and its Link to World Peace – Part A & B**
81. **The Serenity Stren**
82. **Thoughts and Thinking – Recognizing the Players**
83. **Know Your Self**
84. **Know Your Masters**
85. **Know Your Board of Directors**
86. **Mental Freedom**
87. **Understanding Will Power**
88. **Know Your Values: Know Your Religion (Part A)**
89. **Know Your Values: Know Your Religion (Part B)**
90. **Modern Flight Patterns: Mental Self-deception**
91. **The Common Sense Test of Common Sense**
92. **Creating World Peace – Who and How**
93. **Making Decisions Right and Dealing with Uncertainty**
94. **Learning Starts with Labeling**
95. **Behavior That is Rewarded is Repeated**
96. **On Creativity**
97. **Habits of Daily Living**
98. **Corporate Survival and the Brain**
99. **Know Your *Self* – Essential Knowledge**
100. **Glossary of Terms**
101. **ANWOT CONCEPTS**

Chapter 11: Call to Action

This chapter provides the crucial *pay-off* steps required to make ourselves Mental-Spiritual Wealth millionaires and our world the safer, gentler home we want and need.

Prior chapters provided knowledge of the facts and an accurate understanding of our selves. They lead to the *common sense* conclusion: **Weapons with ultimate destructive power (WUD) will be unleashed in our lifetime or that of our children's unless a sufficient number of informed individuals work together to make *common sense* common.** The Educational Community's (**EC**) goal is to popularize Einstein's solution to prevent catastrophe and create world peace: *We require **a newer way of thinking*** (***ANWOT***). Our task is to popularize our weapons of ultimate construction (**WUC**), *common sense* and *The Golden Rule*.

There is valid reason to conclude that the divisions between peoples of the world are too advanced and cemented to prevent the catastrophe predicted by our wisest scientists and informed citizens. The *hopelessness/helplessness* widely expressed by those who wish or pray for peace bodes poorly. However, those who are realists and optimists like me recognize that giving in to apathy creates the *self*-fulfilling prophecy that we can only stand and wait until we succumb to catastrophe. If we ignore the problem, we will surely experience the predictions of our wisest citizens. The optimist maintains faith that everything is possible and accepts that we must proceed to succeed. Each of us remains part of the problem until we make ourselves part of the solution.

The Problem: As a work-in-progress that began billions of years ago, humankind has made itself powerful creators of ultimate constructive and destructive force. We have assumed responsibility for the destiny of ourselves, our loved ones, and all that is around us. The current explosive speed with which we accelerate knowledge and the power that goes with it cannot be sustained without wise direction. Our rapid growth of technology has so shrunk the world that virtually everyone is our neighbor, and we have suddenly become members of the global community. We can no longer rely on the *trial-and-error* wisdom that has sustained us up to the present – making mistakes, fixing the damage, and passing forward the wisdom learned from these experiences. Multiple tribes have or will soon have weapons with ultimate destructive power (**WUD**). Our newest WUDs are so powerful that they may offer no second chance, no opportunity to repair the damage of destructive aggression. The tick...tick...ticking of the Doomsday Clock grows in speed and volume as more tribes acquire WUD, and warns us of the need for urgent action. *Common sense* wisdom and The Golden Rule are now our WUC. As Einstein has pointed out, our growing knowledge of the universal laws of cause-and-effect has inspired us to change everything EXCEPT our way of thinking. We can benefit from his insight, or continue to ignore it at our peril.

The Solution: Einstein's ANWOT solution is the most certain among the alternatives to succeed in making our world a safe, wonderful place. No other solutions offer the same

opportunity for success as popularizing *common sense* thinking. Surviving and thriving in our era of WUD requires a unified effort; thus, a grass roots movement that is appealing to the global community.

We have the knowledge and the technology to rapidly popularize *a newer way of* ***common sense*** *thinking*, ANWOT. There are already many peace advocates and peace organizations that, once united in action, can unleash an avalanche peace force. The imprisoned passion for peace is so evident that effective, well placed education will inspire action.

Here is what we can do. We inspire others by example! We can educate ourselves to become *Mental Wealth Millionaires* (**MWM**). A MWM is any individual who has acquired sufficient *common sense* wisdom to make their life wonderful. We start by acquiring the strens that make us a MWM. Then we can effectively influence those closest to us who are receptive to ANWOT *common sense* thinking. **We can gradually expand our leadership circle by creating a domino effect.** The domino effect periphery will, link by link, extend to reach those individuals who share the passion for peace and safety for their loved ones. While dictators are rarely receptive to *common sense*, the followers that provide them power are! Although we ourselves are too separated from those who are distant in space and creed, they can be enlightened to universal *common sense* by those who are closest to them at the periphery of the domino chain we create. Our local efforts will gradually extend the unifying power of *common sense* and The Golden Rule to our most distant neighbors who, like all humankind, innately welcome self-enlightenment, freedom, and *self-mastery*. We will eventually reach those who are limited in *common sense* education. Our global population shares a common interest in the well-being of loved ones and a desire for a better, more peaceful world.

Common sense does not favor any one individual or group. ***Common sense*** wisdom is universal for every individual within our diverse population and applies even to groups with the most extreme ideologies. ***Common sense*** is the force of logic that brings our great religions and our wisest philosophers to the same moral conclusions: "*Love my neighbor as myself*." "*Treat others as I want others to treat me*." ***Common sense*** is the force that inspires the Universal Problem-solving Sentence: *Given any situation, what is most likely to make things better for me and you (us and them, my tribe and your tribe), for now and the future?* ***Common sense*** is the source of the values by which we elevate our self from being amoral and immoral to establish our shared morality. ***Common sense*** is the basis of the values we want. Consider this list of common values and add what you find is missing -- love, forgiveness, kindness, compassion, mercy, belonging, cooperation and collaboration, sharing, freedom from physical and mental slavery, creativity, opportunity to be educated and to educate ourselves in the skills that make life wonderful, happiness, the joy of giving, chronic enthusiasm, "*enough*" physical health and material wealth. What would you add? **Our work-in-progress is to make *common sense* common!**

Common sense wisdom is our means to selectively replace the problem-solving solutions of *instinct* and *tradition* that are dangerous when applied to the power of new knowledge. We need to "hurry up" and grow the patience we require to make ourselves MWMs, and then become the leaders who will popularize ANWOT. We have no viable alternative. So let's not waste time. Become one of the *each one, reach many* leaders to spread ANWOT. Help create as many Mental-Spiritual Wealth Millionaires as we can. MWMs love giving away their mental wealth! The more MWMs we create, the greater the odds that we will make the world a safer, gentler place and the less likely we will bring about our own self-annihilation.

I personally believe our peace leaders have not proposed sufficiently convincing actions to counteract the hopelessness that creates apathy. Einstein's idea, a *newer way of thinking,* provides the mental skill building that delivers what individuals crave – a wonderful life experience and world peace. These two goals are linked. Once an individual becomes a MWM, they will naturally become an avid force for world peace. Our current Internet and mass media are positioned to rapidly establish ANWOT with the same speed at which our sciences have made us powerful creators of WUD. Elevating humanity to the level we require for survival requires the collaboration of a limited number of talented individuals who will lead the grass roots movement to create Mental Wealth Millionaires and World Peace.

Now that we recognize the problem and its most certain solution, can we create the will to take action? What can passionate individuals working together accomplish? What ideas do you have that can make a difference? Can we work together? Here is the EC Blueprint:

- We first need to recognize the problem. We are part of the problem until we make ourselves part of the solution by taking appropriate action. If you need more convincing, take ***The Peace Quiz: Make Your Life More Wonderful***. Inform yourself of the facts.

- An energetic grass roots peace movement can unite informed people with sufficient force to popularize ***a newer way of thinking*** that makes *common sense* common.

- We need to change the balance of individuals who maintain a strict allegiance to local issues, who remain dominated by "*either/or*" two category thinking. We do so by teaching the "*both...and*" *newer way of thinking* that recognizes we are suddenly an interrelated global community. Everyone is our new neighbor. We want to be a friend to our neighbors and we want our neighbors to become friends with us. We have the knowledge and the educational resources to make this *common sense* solution common.

- Our brightest minds include those who have been successful in attaining wealth, power, and recognition. These "gatekeepers" are well positioned to influence our masses. We need only enlighten a sufficient number to direct a finite amount of their

energy to add Mental Wealth to their pursuit of material wealth.

- There is no limit to creating Mental Wealth millionaires. Our mission is to educate as many people as possible on how to make their lives joyous and meaningful. Such enlightened individuals are the force we require to make our world a better place. Surviving and thriving depends on fulfilling our task.

- We can encourage individuals to educate themselves. Examples include The 7plus2 formula; The *Make Your Life More Wonderful Peace Quiz*; the use of Internet resources; creating Genie discussion groups; and introducing ANWOT education into our workplaces as part of the regular in-service and staff development training program. We can encourage teachers to include ANWOT in their educational programs. So much is possible through so many avenues. However, change begins with a few individuals who lead the way.

- Are you already a Mental Wealth Millionaire or willing to become one?

- Success requires *each one, reach many* love-creation teachers in the grass roots peace movement that will make a difference. You <u>are</u> needed. Will you help lead the way?

- What ideas do you have that can make a difference?

- How are you willing to help? For the benefit of your loved ones, humanity, Mother Earth ... <u>and</u> your retirement plans?

- **Here are actions that can rapidly popularize ANWOT**:
  - ✓ Encourage as many people as you can to subscribe to the Educational Community's free web sites: **www.7plus2formula.org; www.einsteinssolution.org; www.lovingmenow.org;** and **www.anwot.org.**

  - ✓ Make ANWOT viral through email, Facebook, twitter, YouTube, and your media contacts. Encourage them to become an *each one, reach many* love-creation teacher and pass the word forward. The cost is zero. You have much to gain, nothing to lose. That's a good deal!

  - ✓ **Start or participate in an ANWOT discussion group!** Genie Seminars are powerful and rewarding. For direction on starting a group: **info@vistarfoundation.org** and/or The Genie Seminar chapter.

  - ✓ Do you have contacts or have friends with contacts that can help?
    - Friends with email lists: Friends have friends. Your support can go a long way to make ANWOT viral.
    - Bloggers with email lists: Are you looking for great content material your followers will love? Become a leader in our grass roots movement to create world peace by getting your list involved.

- Contacts with education sources, esp. colleges that offer courses in peace education, conflict resolution, communication skills, etc.
- Contacts with the media: radio, TV, newspaper
- Contacts with entertainment or sports personalities
- Contacts with a nonprofit organization. Nonprofit organizations share the common cause of making our world a better place to live.
- Contacts with for-profit corporations/businesses. Profit organizations are seeking ways to improve their public image as well as offer education that improves the moral and well-being of their employees.
- Contacts with clergy and religious organizations.
- Contacts with therapy and self-help groups. These individuals are already seeking enlightenment.
- Contacts with prisons. My experience in prisons indicates this huge "captive" audience can be readily motivated to acquire the skills that will improve their life's experience.
- Book clubs
- Posting links to ANWOT on local bulletin boards
- Press releases

✓ What special skills do you have that will support world peace and bring you satisfaction?

✓ **Are you one of the following individuals who want peace** (in random order):
- **An educator**? Educators create the minds that influence the world. You are a powerful force to become the leaders of the ANWOT movement and create Mental Wealth Millionaires.
- **A prison director**? My experience in the prison system showed me this huge population can be strongly motivated to acquire skills never provided in their formative years. The life skills ANWOT offers also reduce disciplinary problems.
- **A prison educator**? You are charged to rehabilitate one of our largest populations. Our ANWOT resources are readily available to you. They have been especially successful in prisons.
- **A prisoner**? Why not do "good" time? You are my favorite group with the opportunity to make up for what you missed.
- **A member of the clergy**? You are among the foremost leaders with the power to create a civilized society. You have established your credentials as peacekeepers. Please add ANWOT to your skills. You can make a huge difference!
- **A cartoonist**? You have the skill to make difficult ideas palatable. In a world addicted to sound bites, you are needed to help the peace project. The Educational Community would love to benefit greatly from your creativity to make ANWOT a reality.
- **A writer**? There is great need to express the skills offered by ANWOT in simple ways that will appeal to different audiences. We hope our *ANWOT* wisdoms will inspire writers to create more effective educational content.

- **A corporate leader**? You are a mega-gatekeeper of peace energy. Your creative skills and resources can promote Einstein's solution. The EC's free educational services will be welcomed by your staff.
- **A for-profit corporation**? What better way to enhance your image than becoming recognized as an advocate of peace? Encouraging employees to acquire the proven skills of well-being promotes the cooperation and dedication every company desires in its employees.
- **A human resources director**? You are a gatekeeper to bring the education and training that makes your company successful. Please consider the many ways *ANWOT* can enhance your success in growing your company.
- **A nonprofit corporation**? You have already proven your dedication as a world citizen supporting a worthy cause. Promoting *ANWOT* to your supporters can only add to your specific mission. It requires little effort and no money.
- **A marketer/promoter/guru**? You've got "juice"! Will you let your client list know about *ANWOT*?
- **A blogger**? Check out *ANWOT*; you want to offer your readers valuable content, and they will love receiving the collected wisdoms that make life more wonderful.
- **A parent**? You have the responsibility to mold an intelligent mind that cannot resist your influence. Please check out *ANWOT* and become the role model that gives the best you have to offer to your loved ones.
- **A soldier**? Popularizing the mature thinking that creates peace takes time. Your bravery makes you a true hero because it allows peace leaders the necessary protection to find a better way than destructive aggression. Study *ANWOT* to acquire the *common sense* wisdom to know your efforts are directed to constructive outcomes.
- **A politician/statesman**? Apart from the skills you possess as a marketer to recruit support, you have the opportunity to make rules that make the world a safer, better place.
- **A sports or entertainment dignitary**? As a role model for many, your endorsement of ANWOT is a marvelous deed that will make you proud and enhance your image.
- **A therapist or help-giver**? ANWOT offers the collected wisdoms others have proven to be effective. They are a marvelous free resource to bolster your success as a help-giver. Make ANWOT an extra gift of your service.
- **Depressed or neurotic**? Most help is *self-help* with and through others. ANWOT is free to you anytime at your convenient location. It will supplement whatever assistance you receive from others.
- **Physically ill**? Two recent bestselling books, *Tuesdays with Morrie* (Mitch Albom, Broadway Books 2002), and *The Last Lecture* (Randy Pausch and Jeffrey Zaslow, Hyperion, 2008) show how individuals with the most difficult diseases sustained their enthusiasm and made their life meaningful. You can benefit from their examples and many others whose wisdoms can be attained through *ANWOT*.

- **A computer or information technology specialist**? Modern technology is our best hope to make Einstein's solution viral. You could use your skills to popularize the Educational Community website.
- **A victim of fate and circumstance**? Being a victim may not have been preventable but remaining so is one's choice. *ANWOT* skills teach *self-mastery* to make individuals the Chief Executive Officer of their life's experience.
- **A woman**? Your nurturing disposition makes you the most prepared to save our world. I have faith that you will "come through" as leaders of the grass roots movement.
- **A man**? Your strong inheritance of "fight or flight" genes and innate urge to compete more than collaborate is a common source of difficulty in a relatively civilized society. *ANWOT* can provide wisdom to complement your power; become a *MWM* and a force for peace.
- **A media person**? You are a key to popularizing *ANWOT*; a plug for our web site or an interview would be a great contribution towards world peace.
- **A terrorist**? Please dare to check out our free web site. You will learn there is far more to life than destructive aggression. You will love becoming your own person.
- **Greedy**? The compulsive pursuit of material wealth is admired in today's culture but usually guarantees no more fulfillment than "enough." In your zeal for material gain, do you neglect the mental skills of *ANWOT* that are more likely to sustain your well-being?
- **A volunteer**? What better use of your energy than to promote world peace and mental wealth?
- **A do-good person**? Few skills are as satisfying as offering something of value to others. *ANWOT* provides the proven mental wisdoms that give meaning to volunteer activities.
- **A Mental Wealth Millionaire**? If you have already acquired sufficient wisdoms to create a wonderful life, you need no persuasion to become a leader in the ANWOT movement.
- **A human "becoming"**? Once you recognize you are a work-in-progress with a mission and a purpose, you will take a more active role in making the world a safer better place.
- **A realist**? Now that you recognize the threat is real and imminent, will you take action to promote the cause of world peace?
- **An optimist**? Optimists usually generate extra energy that improves their odds of success. It is far better to err on the positive side of reality than the negative side.
- **A pessimist**? Expect the worst and it is more likely to happen. Let the ANWOT study program show you skills that will serve you far better than the innate negative thinking first hardwired by *instinct*.
- **A perfectionist**? Although you achieve much and are a welcome leader of ANWOT, no matter how successful you are by others standards, you sentence yourself to a lot of inappropriate misery. ANWOT's common sense wisdoms will show you better ways to make your life meaningful.

- **A human "cancer cell"**? Taking from the larger system without giving in return, like a malignant tumor, kills its host and then, lacking the nourishment it received, also dies.
- **Did I leave you out**? Sorry. You can certainly help and we do need you!

We will create a safer, gentler world when sufficient individuals combine their special talents. Become a regular participant and supporter of the Educational Community web site and together let's popularize Einstein's most significant insight: *We shall require a new mode of thinking*.

If you do nothing else, please pay forward our forever free web sites and this *Newer Story of Us* book, free on the Internet at www.7plus2.org, to as many people as you can. Your small effort will produce huge results. And ... Have tons of Mental Wealth.

Mental Freedom is everyone's right. Mental-Spiritual Wealth is everyone's right.

Chapter 12: ANWOT Concepts And Word-Switches

[Note: always subject to updating]

This OVERVIEW consists of concepts used throughout the Educational Community content – including the 100^{+} collection of strens, two books, the Mini-course, the Peace Quiz, and everything available on our forever free web site. Labels linked to meaning will provide a unified theory of the power of ANWOT. Familiarity with the concepts and newer trigger-words will make your learning easier, faster, and more satisfying. Some of the terms will be new to you; others are familiar words used in new and unexpected ways.

A checklist will follow these explanations to determine if you have gained familiarity with the terms.

ANWOT – a newer way of thinking: Einstein's proposed solution to prevent human catastrophe and promote world peace – the process of learning to apply common sense wisdom to solve today's problems using current knowledge. ANWOT frees our thinking from dominance by our genes and nurturers, and provides originality, initiation, and *self*-mastery.

Stren: any word, concept, idea, wisdom, and experience that strengthens our well-being. "Stren" is a word invented by a group of mental health professionals after hearing anthropologist Margaret Mead state that our language is constructed to foster negative thinking and action. We increase our well-being as we expand our collection of strens (see wisdom tip #5).

Mental Wealth millionaire: a super-mature individual who has acquired sufficient strens to consistently make their life joyous and meaningful. Mental wealth millionaires, unlike material millionaires, love giving away their mental wealth. The same mental skills that make us mental wealth millionaires are those that create *the newer way of thinking* Einstein told us we require to survive and thrive

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Trigger words and word-switches: a word, phrase, symbol, or gesture that is programmed with meaning to trigger energy to a specific response in the same manner a light switch is wired to turn on a specific light or set of lights. The response may influence our chemistry, thinking, emotions, and actions. Consider how the same symbol – a cross, a crescent, a six-pointed star, or a swastika – may elicit different responses depending on one's upbringing.

Trigger word: a signal that turns on a specific pre-determined action pathway
word-switch: a signal sufficiently powerful to redirect the pre-determined pathway linked to a trigger word to a newer action pathway under our own control

An understanding of the concept of *trigger word* and *word switch* is important. Our means to promote *a newer way of thinking* and *mental freedom* is adding new word-switches to our existing language as we acquire more wisdom. Imagine that you are

the controller of railroad track switches. An oncoming train will follow its current course to the predetermined destination. However, by making one simple change at a single point, you not only bring about your preferred path and outcome, you also prevent the unwanted, pre-determined outcome. Use this analogy to recognize the power of word-switches to give you control of your own destiny.

Meaning energizes the thinking, feeling, and action pathways established by its creator, be it *instinct*, *tradition*, our *self*, or some combination. Our first set of trigger words expresses *nature's* perspective, primarily *instinct*. After birth, our *nurturers* provide us a second set of trigger words wired to turn on their perspective, primarily *tradition*. With the maturity of our freedom organ, i.e. our intelligent cerebral cortex, we become ***self***-programmers. We ourselves can create a third set of signals that turn on the newer interpretations and meanings we assign to data by applying current wisdom. ***Word-switches*** are distinguished from other *trigger words* only by the three characteristics we here assign to them:

Word-switches

1. **have the power to substitute an alternative meaning and *a newer way of thinking*, feeling, and acting for a *trigger wo*rd that is presently dominant.**
2. **are usually the products of a mature freedom organ.**
3. **are supported by the most current universal *common sense* wisdoms.**

You know the power of these common *trigger words* to turn off or turn on energy: *"I can't; I won't*." "*I think I can. I'll try. I will."* Can you think of newer words that are the result of new knowledge that influence the way we think and act? Here are a few to get you started – *world citizen, Internet, Mental Wealth, weapons with ultimate destructive power, cholesterol, evolution, word-switches.* Do you see how *trigger words* turn on ideas? Have you assigned meaning to any of these newer *trigger words* that turn on sufficient energy for you to initiate a change in your thinking, feelings, and actions?

As we acquire more knowledge of universal cause-and-effect relationships, what we call "science," we increase our power to initiate both constructive and destructive outcomes. The current discovery and proliferation of weapons with ultimate destructive power require that we create newer, more appropriate *word-switches* that consistently direct our power to constructive outcomes. Let's recognize that our native language is heavily biased toward *trigger words* that turn on the animal brain instinct that favors bigotry, prejudice, and destructive confrontation. As our freedom organ attains *physical* maturity and we teach ourselves the wisdoms that create *spiritual* maturity, we can design new word-switches that apply current knowledge to current issues to create original solutions. *Word-switches* are our means to elevate ourselves to the higher levels of civilization to which we aspire. **Our newest weapon of mass construction is creating and using effective *word-switches.***

The five ANWOT building blocks to attain *self*-mastery (explanations of each to follow)**:**

1. **The ingredients:** the raw material to build new skills (see above and later)
2. **The language of ANWOT:** the seven mind-freeing, life-changing, world-saving

word-switches
3. **The mental freedom control panel (MFCP):** the eight choices available to our will to take or modify our actions
4. **Strens:** the collection of wisdoms that adds strength to manage life's challenges
5. **Our value system:** the assumptions and beliefs that influence our thinking, feelings, and actions

Building block #1: Like the flour, water, yeast, and salt needed to make bread, there are **five ingredients required to develop *self*-mastery.** What you don't possess is readily available to you**.**

1. **Faith:** belief that "I can" make a difference. Without some faith, we won't try. We generate energy for our first steps when we say, "Yes, I think I can. I will!"
2. **Work:** the practice required can be very satisfying.
3. **Patience:** the benefits of most worthwhile skills are not realized immediately.
4. **Direction:** we have the advantage of "standing on the shoulders of those giants who have preceded us."
5. **Risk-taking:** acquiring a new beneficial manner of thinking usually means letting go, even "murder," of established ways of thinking that once protected us.

Money, unusual intelligence, "connections," good health, and magic are <u>not</u> needed.

Building block #2: The seven mind-freeing, life-changing, world-saving word-switches.

1. Substitute "I think I can," the spark of energy that inspires action, for the helpless/hopeless trigger words such as "why bother," "what's the use," "it's too hard," "I can't," "to Hell with it.
2. Substitute "I could" for the dictator phrase "You should."
3. Substitute the personal responsibility word-switch "I allow" for the blaming words that express dependency: "he (she, they, it, the world) makes me …."
4. Most important, substitute "both … and" that focuses on similarities for the "either/or" trigger word programmed into every native language that divides the world into opposing categories and promotes bigotry, prejudice, and intolerance.
5. Regularly substitute the problem-solving sentence: "What is most likely to make things better for me AND you (or us and them), for now AND the future?*"* for "My way, the only way."
6. Substitute when possible "energy" for "anger" and "anxiety."
7. Substitute "urgent" for "emergency" and immediately assign "high," "medium," or "low" priority to the "urgent" situation. *Instinct* biases us to mislabel low and medium priority issues as "emergency."

Keep in mind how you will benefit from each of these word-switches: 1. *Yes, I think I can* turns on the energy we require to get results. Word-switches 2, 3, and 4 free our thinking from mental slavery to the *instinct* and *traditions* that nature and our nurturers program into us through the years we are helpless, immature, and it is appropriate for us to blindly obey the authority of dictators. 5. The universal problem-solving sentence is the "magical" tool that, regularly used, creates *common sense* solutions that work

while harmful alternative actions wither away from disuse. Word-switches 6 and 7 diminish the instinctive anger and the emergency *fight or flight* impulsive responses that are least likely to work in our relatively civilized world and that often get us into trouble.

Building block #3: The mental response freedom panel (MRFP) identifying the eight (8) choices available to our will to take action. Most of these mental action patterns are nonproductive or harmful. It is easy to learn to wisely manage them, and immensely improves our skill at *self*-mastery. They work with uncanny effectiveness. If all you develop is skill in managing *blaming-out* and *blaming-in*, you will derive great benefit from ANWOT.

1. **Blaming-out:** mentally attacking an "other"
2. **Blaming-in** and **secondary blaming:** mentally attacking our self (guilt, putdowns)
3. **Avoidance:** mentally "running" from a stressful situation. This includes procrastination, substance abuse, excuses, dropping out, etc.
4. **Problem-solving:** the "magical" sentence – *What is most likely to benefit me and you for now and in the future?*
5. ***Self*-endorsement** and **secondary endorsement:** *"Atta boy! (Atta girl!)" I deserve to be proud."*
6. **Helplessness/hopelessness, the H/H response:** the devastating "why bother" response that shuts down our energy factory
7. **The "what if" worry response:** wasting energy by exaggerating negative alternatives while neglecting the positive and most likely outcomes. Anticipating the worst leads to inappropriate anxiety and phobias.
8. **The mind/body response:** *mind over matter* reactions, such as tension leading to headache or back pain

Actions 1-3 are primitive symbolic expressions of our physical *fight or flight* instinct. 4. Problem-solving that seeks win/win outcomes for all parties present and future is a worthy universal direction. There is no emphasis on blaming and finding a scapegoat. Energy is not wasted on resentment, avoidance, and other non-productive actions. While not magic, the results will often seem "magical." 5. Self-endorsement creates the independence to love our self and others. 6. The H/H response is the most devastating because it turns off problem-solving action. 7. "'What if'-ing" *the worst* rather than *the best* or *most likely* outcomes is carried over from our ancestors' need for constant vigilance when in a life-threatening environment. 8. The influence of mental stress on our physical state is becoming increasingly apparent.

"Secondary blaming-in" (action 2) is *blaming our self for blaming our self*. "Secondary endorsement" (action 5) is *endorsing our self for endorsing our self*. They are powerful variations of *blaming-in* and *self-endorsement*. Even after people learn that self-blame for mistakes is not productive, they commonly find they continue to do so and then make things worse by attacking themselves: "*I'm such a jerk, I should have learned by now*." On the other hand, few individuals recognize that if self-endorsement is one of our most positive actions, it is desirable to endorse our self when we endorse our self, thereby strengthening our positive action.

Note: These eight mental response patterns are rarely "either…or." They are intertwined, one often leading to another. These combinations result in an infinite variety of patterns forming a characteristic *personality print,* akin to a fingerprint. **We do well to emphasize problem-solving and *self*-endorsement (actions 4 & 5) while we attack our negative mental responses, <u>not</u> ourselves!**

Building block #4: The collection of strens that consistently lead to wise judgment. We are all born ignorant. By becoming collectors of wisdoms and personally discovering new insights, we make ourselves Mental Wealth millionaires, "wealthy" enough to make life joyous and fulfilling even if *fate* and *circumstance* are unkind. Sharing our wisdom is among life's most satisfying endeavors.

Building block #5: A value system supported by common sense interpretation of universal knowledge.
We differ from animals because we use symbols to interpret data; we make assumptions that create morality. By the political and religious ideologies we create, we may sufficiently influence our thinking, feelings, and actions to override what *fate* and *circumstance* make of us. Our ancestor's values required gigantic leaps of faith because they lacked knowledge of cause-and-effect to support their wild beliefs. We continuously modify our unreasonable assumptions and rituals as we discover universal knowledge and wisdom. We elevate our values from savagery to civility by substituting the common sense wisdom of our cerebral cortex for the instinctive trial-and-error solutions pre-wired in our animal brain. We recognize that our new destructive power requires that we upgrade our self-serving values, "My way, the only way," with global values all tribes can support, such as "Love our neighbor as our self." And "Treat others as we would have others treat us." An "eye for an eye" escalation and domination by "war and cure" no longer work; cooperation and collaboration for mutual benefit, forgiveness, love, and other humane values are now required if we are to survive.

Animal brain: the six segments of the brain that automatically regulate our behavior, i.e. our thinking, feelings, and actions. These segments include what we call the *medulla, pituitary, pons, pineal body, cerebellum*, and *thalamus*. Because the segments are so interconnected in form and function, these segments have alternative classifications. Maturing very early, it advocates *survival of the fittest* and self-preservation.
Human brain: the seventh to evolve and the last to mature segment of the human brain is the one commonly called "*the cerebral cortex,*" or what I prefer to call our "*freedom organ*". Unlike the animal brain, it requires decades to reach full physical and emotional maturity. It is our source of common sense wisdom, civility, and self-mastery.

Human being(s): the prevalent misleading trigger word that leads to the interpretation that we are static individuals dependent on *fate* and *circumstance* like other species.
Humane becoming(s): an invented word-switch that enlightens us that we are gifted with the opportunity to become increasingly powerful creators. Humankind is a dynamic work-in-progress. We have a purpose and mission to elevate ourselves to become the civilized, humane species we can now envision.

Either/or *dichotomous* thinking: our established animal brain and tradition favor processing information into two opposing categories: right/wrong, good/bad or evil, we /they, safe/dangerous, win/lose, etc. Focusing on differences, dichotomous thinking is a major cause of bigotry, prejudice, intolerance, destructive aggression, and win/lose confrontation.
Both ... and *logical* thinking: the intelligent cerebral cortex's mode of processing information that considers the positives and negatives of multiple alternatives. Focusing on similarities, logical thinking promotes tolerance, cooperation, constructive problem-solving, and win/win cooperation. "Both...and" is the *newer way of thinking* (ANWOT) that enlightens us to add *global* priorities to self-serving *local* priorities.

MDR: the minimum daily requirement of endorsements to thrive: You are already familiar with this term as applied to our physical needs. "We believe the *minimum daily requirement* of vitamin x is 4 milligrams." The exact amount may be unknown. Similarly, we can apply this term to the daily emotional endorsements we need to maintain our self-worth. ANWOT explains how to insure that we receive our MDR.

Love: the creation of energy using our highest mental function (our "freedom organ",) directed to the well-being of some other and/or one's self. The generation of love powerfully influences our physical well-being.
Sex: the natural urge for procreation and physical gratification by stimulation of receptor cells in the genitals and elsewhere. Sex is strongly influenced by our genetic inheritance and the older animal portion of our brain. Note that the major sexual organs, the penis and clitoris, are in-born "receiving stations," while love is a creation of our choosing we send from our highest mental function. Sex and love are quite distinct but are most satisfying when combined.
Infatuation: the illusion of love generated largely by powerful biological urges**.**

Religion: the assumptions about the world, based largely on faith, that influence our thinking, feelings, and actions. The limitations of our knowledge of cause-and-effect require that we "leap" to assumptions based on faith with respect to values, aesthetics, justice, and most of our daily choices. I consider every person to be religious in that we each primarily act on our unique set of faith-based beliefs. Although formal religions agree more than disagree on fundamental values, most people seem to follow their personal religion rather than adhering to the universal values of the formal religion they profess - values that would promote unity more than the intolerance we more commonly observe.

Knowledge: the enlightenment of an intelligent mind to the universal orderly rules of cause-and-effect; understanding gained through experience or study. Knowledge is the basis of science and philosophy. We become increasingly powerful creators as we expand our knowledge and apply it to muscle. There are more scientists and philosophers alive today than all of history, and the growth of knowledge is accelerating in every direction like the spreading light we create when we explode fireworks.
Power: a force to initiate change, the energy source to create and destroy.

Intelligence: the ability to acquire and apply logic to knowledge to become a powerful creator. Humankind is distinguished from other life on earth by our sophisticated cerebral cortex. Only we have sufficient ability to use words, make interpretations, and pass them forward to continuously expand the power of knowledge.
Wisdom: understanding what is true, right, or lasting; **the direction of knowledge to constructive outcomes, good judgment;** common sense judgment applied to current knowledge to adapt, survive, and thrive when faced with new challenges to our well-being. Our intelligent, mature freedom organ creates new solutions to current and anticipated challenges. None of us are born with wisdom; our work-in-progress is to collect the necessary self-enlightenment skills. We preserve and enrich our well-being as we increase our wisdoms to make ourselves Mental Wealth millionaires.
Foolishness/poor judgment: We act foolishly when we try to solve today's problems using yesterday's solutions. Trial-and-error wisdom that is deficient in common sense wisdom often leads to harmful outcomes.

Common sense wisdom: our freedom organ's process of applying universal common sense logic to current knowledge to solve today's problems**.** As we increase our power as creators, we can express our originality both wisely and foolishly. *Common sense* wisdom is our means to consistently direct our power to constructive outcomes and prevent the expression of those *trial-and-error* wisdoms that have lost their effectiveness or have become dangerous. For example, when all tribes possess weapons of ultimate destruction, the rules of survival suddenly change. *Survival of the fittest* becomes *destruction of the fittest*! Common sense recognizes that win/win cooperation is preferred to win/lose competition. We must rapidly popularize *a newer way of thinking* skilled in common sense wisdom to survive and thrive in the age of weapons with ultimate destructive power.
The *common sense test* of universal wisdom: Tribes with different geographic, religious, ethnic, and political backgrounds will come to similar insights based on logical thinking**;** common sense is by definition "common." Universal wisdoms appear spontaneously and have widespread acceptance. Assertions by one tribe that *our way is the right or only way* clearly fail the *common sense test*, the consensus of divergent groups. We can usually recognize the self-serving purpose of assertions that lack consensual acknowledgement.

Examples of **universal wisdom/values for a satisfying life experience include:**
Treat others as I would have others treat me.

Love myself so that I may more ably love others.

To make yourself happy, direct your attention to what you have accomplished, what you have now, and what you might attain in the future.
To make yourself miserable, dwell on what you have lost, what you don't have now, or what you may never have in the future.

I will acquire the courage to change what I can, the serenity to accept what I can't change, and the wisdom to know the difference.

... the serenity prayer advocated by Alcoholics Anonymous, slightly modified

What universal wisdom(s) would you add?

Creation: the orderly process of change from one state to another, usually more sophisticated state. Every effect has a cause. Logic suggests there was a first cause or "uncaused cause" that set creation in motion, whose mystery is beyond our present intelligence to understand.

Our Creator [also referred to by trigger words such as "God," "nature," "the 'first' or 'uncaused' cause"]: one who causes something to exist (dictionary definition); the yet unknowable force that has set creation in motion. Throughout history we have modified our view of our creator, progressing from superstition, worship of multiple idols, and bizarre rituals, to the current common belief that our creator is a force that deals with all equally and is itself a work-in-progress. My personal belief is that our creator has provided humankind with a freedom organ that provides us the opportunity and responsibility to become a part of the creative process. We can elevate ourselves; we can cause our extinction; we can bring about anything in between. Whether you share my belief or maintain a different one, I urge each person to focus on our shared interests so that all humanity will benefit.
God: a being conceived as the perfect, omnipotent, omniscient originator and ruler of the universe (dictionary definition); the first or uncaused cause of all that exists. I refrain from using "God" because through tradition it has become a powerful trigger word with such diverse meanings that it is often a source of conflict. Throughout history, "God" has become a trigger word that inspires self-serving biased interpretations, leading to foolish, destructive aggression. Conflict is not only prevalent between creationists and naturalists but between people of related religious faiths, even within the same faith. I personally believe those contradictions are mostly of our own doing, often inspired by our animal brain's instinctive "*either/or*" thinking. The less biased word-switch, ***our creator***, turns on our shared commonalities and limits the non-productive conflict. World peace requires tolerance for differences, that we accept that no tribe is superior; that each deserves equal respect. **Our most urgent need is to unite our problem-solving energy to discredit one dangerous belief: "Our side is superior, and punishment, even murder, is justified for non-members."**

Dictator: any source of prescribed demands based on authority rather than consensual agreement. Many years pass before we are equipped to evaluate the prescriptions of *instinct* and our *nurturers*. We, like animals, remain servant to *fate* and *circumstance* and *human* dictators until we are able to initiate *self*-mastery. Our work-in-progress is to free our self from dictators to acquire the humane qualities we preach and the utopia we can now envision. Acquiring knowledge and wisdom is our means to free our self from fate, circumstance and human dictators so that we may become our own person.

Fate and circumstance, instinct and habit (tradition), nature and our nurturers: the first dictators who direct our life experience. The dictators who we first serve may be

marvelous role models, self-serving parasites, or most likely some combination of the extremes. How would you rate your early dictators?

Work-in-progress (WIP): A progressive change from simple and primitive to complex and sophisticated is characteristic of all creation. WIP is the intentional action by a creator to modify the present level of complexity and sophistication. Our *human WIP* appears to include freeing ourselves from dictators to acquire *self*–mastery, to join *fate* and *circumstance* in determining who we are and what we are as we strive to reach our highest level of function.

- Our *individual* work-in-progress is to teach our self the wisdom that creates mental freedom.
- Our *collective* work-in-progress is to acquire and pass forward the humane civilized skills we preach, such as forgiveness, love, kindness, mercy, and compassion. Our freedom organ, properly educated, empowers humankind to change the savage, mindlessly governed world into a civilized Utopia.

Becoming one's own person (BOOP): Studies on adult development suggest that our thinking, feelings, and actions are dominated by the perspectives of our early masters, i.e. our genes and nurturers. Just our bodies require many years to reach physical maturity, so do our brains. The unique degree to which we are capable of *reflective thinking*, i.e., being aware of our consciousness and directing it, requires the maturation of the brain. Studies of this process suggest that the acquisition of a "*self*" that surpasses our early teachings, that can wisely challenge them and attain freedom to make independent choices, does not occur until our late 20's or early 30's. Indeed, in many, it never occurs at all to any substantial degree. One goal of ANWOT is that you *become your own person*.

Consciousness: the private mental "virtual" reality created within our freedom organ.
Reflective self: that portion of our sophisticated mental activity that is conscious of our conscious awareness, which examines our thoughts and thinking. The reflective *self* is the "me" that provides us identity and frees us to become an autonomous individual. It may develop the power to manipulate, modify, and innovate our activity. The reflective *self* is "born" many years after our physical birth, once the brain is sufficiently mature to lay down the wiring for *a newer way of thinking* and is equipped with language and knowledge.
Self *(*shorthand for "reflective self"): the trigger word that identifies us as unique in the world; it is often used in combination with another word to recognize our special powers such as *self-mastery*, *self-consciousness*. This is the "me" part of our higher mental activity that is able to reflect on itself, is relatively free of the demands of the first controllers of our life, and has acquired the skill to wisely manage our thoughts and initiate problem-solving action. ***Self*** in italics is not to be confused with "our self," which should be understood in the more traditional manner to represent all that we are physically and mentally.
Reflective thinking: the skill to think about our thoughts; the source of what we call "free will." Just as it is much more efficient to shave or put on makeup with a mirror, the

power to observe ourselves enables us to make a quantum leap in our creative power. Reflective thinking = self-consciousness + imagination.

Self-consciousness: becoming conscious of our consciousness; the ability to engage in reflective thinking to interpret our thoughts and what we think; thinking about what we think – a human quality.

***Self*-mastery**: the work-in-progress to elevate us to the humane individuals within our capability. Most individuals attain significant self-mastery in their late twenties or early thirties. Some require longer while others remain dependent throughout their lifetime.

Board of Directors: the "Capitol" where ideas are accepted or rejected by its members. Representatives of our *nature*, *nurturers*, and our *self,* through various agents*,* debate issues and vote on actions to be taken. The Board changes over time; for example, there are significant membership changes at puberty. With maturity, we may modify our Board's composition and/or the authority of its members. The power of *fate*, *circumstance*, our parents, and other authorities diminish as we add agents representing our *self*.

Chief Executive Officer (C.E.O.): the "director" or "boss" overseeing our thinking, feelings, and actions. As we attain maturity, we may engage in the process of becoming C.E.O. of our life to oversee the conflicting interests and demands of the members of our Board. We may have a number of executive directors but the "chief" is the senior officer.

As in any complex organization, there is too much going on for the C.E.O. to be directly involved in each activity; much needs to be delegated. Think of the "section chief" members of our mental Board of Directors as representatives of nature, nurture, and our *self*. The C.E.O. and members of our Board may change according to our age and the stage of our development. Each would-be-director can be expected to govern according to their unique perspective. Can you identify any of the *specific* "sub-boss" agents that sit at your Board of Directors?

Master (also "director", "controller" or "boss"): a major energy source that directs our thoughts, feelings and actions. We are wise to recognize the three masters that co-exist within us: our *nature*, our *nurture* and our *self*.

Our three controllers and examples of their influence:

1. **Master nature - what we inherit, including *instinct*:** the wisdom of millions of years of genetic development encoded in our animal brain, a chief advocate of *self*-preservation, *fight or flight* behavior, and *self*-gratification. A basic principle is "If it brings pleasure and/or avoids pain, do it." The favorite word of your nature is, "Yes!" Genes and DNA are the primary means through which we inherit our nature.
   ☞ Body size, appearance, color, and function; sexual gender, intelligence, dependence. What else would you add?

2. **Master nurture** - **what we are taught:** the standards you have acquired from

your parents, culture, and environment. Of necessity, much of your nurture takes the form of prescriptions, what "you should do" or "shouldn't do." The favorite word of your nurture, so common in your early years, is, "No!" The directions of your nurturers are frequently in opposition to the directions of nature.
☞ Language and symbols[58], religion, assumptions about how the world operates, habits, guilt, resentment, how to think, good/bad, right/wrong, me/not me, us/them, win/lose, trust (faith, belief, and dependence), suspicion, identity (labels that describe and convey meaning and emotion to our *self*). What else would you add?

3. ***Self*-mastery** - **what is ours to acquire and/or create**: mental freedom, thought control, wisdom, becoming director and producer of our life's experience, originality, creativity, *self*-initiation; the degree we own our *self*, love and the qualities we consider humane.
   ☞ What you make of yourself.

Nature is often characterized as "instinct." *Nurture*, the second master, may be referred to as "habit," and when passed forward to future generations, "tradition." *Self*-mastery may be referred to as *mental freedom, thought control, becoming our own person*, and *super-maturity. Self*-mastery requires that we equip our cerebral cortex with sophisticated language, skill in interpretation, and a *newer way of thinking* to free our will from dictators and assume responsibility for our life's experience.

Each of these three masters rules its own domain, has a specific agenda, and advocates its own interests. They are sometimes competitive, sometimes cooperative. They express themselves in multiple areas or "departments" of our life. They each are represented on your Board of Directors and have voting shares that may change ownership in relation to your age and level of development. Expect heated discussion with respect to your values, diet, appearance, sexual gratification, and so on.

NOTE: *Instinct* and *tradition* are usually automatic, effective, and relatively effortless as most life challenges remain constant. They are poorly equipped to manage new challenges created by new knowledge, such as weapons with ultimate destructive power. New knowledge is best managed by applying *common sense* wisdom to current knowledge.

Director/"boss": an order-giver, a would-be controller of your thinking, feeling, and/or actions. We have many would-be bosses: our biology, parents, community, and on and on.
Controller: another term for someone/something that acts to direct or "boss" your thoughts, feelings, and actions.

***Endogenous "boss"*:** the activation or alteration of an event where direction is most characteristic of our inherited instinctive tendencies and biological needs, our nature;

[58] Consider the variety of responses that may be aroused by a cross, a crescent, six pointed star, or swastika depending on one's upbringing.

the innate automatic regulation of our thinking, feelings, and actions.
***Exogenous "boss"*:** the activation or alteration of an event where the source of direction is most characteristic of our acquired tendencies, such as our nurturers, culture, tradition, fate, and circumstance. Exogenous "wiring" turns on action based on tradition, i.e. what our ancestors believed according to their state of knowledge.
***Mentogenous "boss"*:** (an invented word because our language lacks a trigger word complimentary to *endogenous* and *exogenous*!): the activation or alteration of an event whose direction originates from the mature problem-solving thinking portion of our mind, i.e. *self*-mastery; the "wiring" is designed by the self-conscious portion of our mind; the creativity originates in our freedom organ and is initiated by our freed will power.

Stages of Development: *Immature ➔Mature ➔ Super-mature*

Stage one - immaturity: the period of incomplete development when resistance to dictators is low; we serve the urgings inherited through our genes and those enforced by our nurturers and environment.
Stage two –maturity: the process of increasing self-awareness and self-consciousness to become a powerful creator with the capacity for constructive and destructive action. Rebellion, doing the opposite of what is prescribed, marks the transition from dependence to *self*-mastery.
Stage three - super-maturity: the process of adding *common sense* wisdom to consistently direct the power of knowledge to constructive outcomes. We our *self* initiate directions taking into consideration the urgings of the stage one and two dictators who constantly push to reign as C.E.O. of your Board of Directors.

Freedom: without restraint; liberty from slavery, oppression, incarceration; choice; free will; immunity from the arbitrary exercise of authority. Becoming a powerful creator does not of itself provide freedom; our creative power may remain under the direction of *instinct* and *tradition* until we teach ourselves *a newer way of thinking*. Physical freedom is self-direction of one's muscles; non-physical (**mental** or **spiritual**) freedom is becoming master of our *self*. "Slavery" is far more than the subjugation of one's muscles to another's will; it includes the surrender of our opportunity to become what we are capable of becoming. Mental freedom is the goal of ANWOT; "pursuing our own good in our own way" J.S. Mill.

Slavery: bondage to a master; being subject or addicted to a specific influence.

- **Dependence**: the state of being determined, influenced, or controlled by something else.
- **Independence**: *self*-support, competence; self-governing.
- **Physical freedom** (opposite: physical slavery): self direction of one's muscles.
- **Mental freedom** (opposite: mental slavery): the process of becoming master of our self, to become independent creators. The work of our mature cerebral cortex, is to free our will power from the control of dictators. We strengthen our freedom organ through skill in reflective thinking, acquiring knowledge, and the intelligent use of imagination to increase our originality and creativity.

Will power: the mental energy we create to turn on action. Three masters compete to control our will – *nature* (*instinct*), *nurture* (*tradition*), and our *self*.
Freed will: the mysterious power we acquire through our mature freedom organ to assume responsibility for our own thinking, feelings, and actions. The process of becoming self-programmers of the way we think.

Conscience: a name commonly given to the mental "voice" urging us to "do the right thing." It is usually a "prescription" of our phase two *nurturers*. Rather than blindly conform to our conscience, we act more wisely when we reflect on its message to ask if it presently represents an appropriate directive. We sometimes are taught to "hear" a voice on one shoulder telling us what we "should" do - i.e. our conscience, an angel, a "Jiminy Cricket" - and a voice on the other shoulder - i.e. a devil-like figure, urging us to do the "selfish" thing. "Conscience" is not to be confused with "conscious awareness" or "consciousness," and is <u>not</u> related to "science."

Freedom organ - our cerebral cortex. The cortical area of the human brain is the latest-developing segment of our seven-segment brain and the most rapidly evolving organ of *homo sapiens*. Specific organs, such as the kidneys and liver, develop to perform specialized tasks. This newer brain area develops to become our "*self*-organ" or "freedom organ". It is our resource for mental freedom and *self*-mastery. It is the source of our intelligence to discover knowledge and apply imagination and will power to originate new alternatives. We engage in advanced abstract reflective thinking. Our freedom organ provides us the opportunity to change ourselves and the world, making us unique among life on earth. We join *fate* and *circumstance* to determine who we are and what we will become.

The languages of our thought processes: Language is a collection of words and symbols by which we think. Can you imagine what your consciousness would be like if you were never exposed to a language? Commonly we identify languages that are related to specific geography like English, French, and German. If you were born in China, Chinese would likely be your "native" tongue. The symbols and notations of music are more of a universal language designed for a specific function.

In the course of our development, we acquire at least three languages. Each language is designed to serve a different master or "controller" of your life's activity, and "speaks" in the native tongue of its own master: *nature*, *nurture*, or *self-mastery*.

The first language – the language of *nature*, our innate or *endogenous* controllers: Your *endogenous* controller is determined by genes. Its interest is *self*-preservation and its behavior has been described as "fight or flight". It is a self-centered boss, oriented to the present, and can usually be identified because of its "I want what I want when I want it" motto. The words of this early language are usually in the family of "yes", "do it" words. I call this the ***endogenous*** language because it is "wired" to serve your inborn needs.

The second language – the language of *nurture*, our external or *exogenous*

controllers: The second would-be boss is our outside demands, coming from our parents, teachers, authority figures, the law, the religion, and cultural dictates of our specific environment. The language designed to serve this second master is wired to stimulate responses which are usually in direct conflict with the wiring of the first language. It emphasizes a family of "no" words that prescribe what you should not do and/or must do. I call this second language the ***exogenous*** language because it is designed to serve the outside or environmental forces that make demands upon us. Parents' most common expression of this language is "NO!" Variations such as "you can't," "don't," and "you must" are easily identified. These words characteristically are wired to some form of reward or punishment. Physical and/or verbal "putdowns," withholding of love, approval, privileges, promotions, and restriction of freedom are usually favored over "rewards."

The third language – the language of your reflective *self*, the "freedom" or *mentogenous* language of self-mastery: This language permits mature thinking and fosters problem-solving over punishment. Its family of words is primarily "descriptive," such as "I prefer", "I am wise when", "I like", "I value," and so on. Descriptive words are wired to seek both short and long-term positive outcomes to our actions. Such words stimulate reflective-thinking and encourage loving actions that promote our own well-being in cooperation with the well-being of others. I call this the ***mentogenous*** language because we mentally initiate the word-switches that update the endogenous and exogenous trigger words of the would-be bosses that will be with us the duration of our life. The mentogenous language is our means to become our own person, to create and choose "feeling good" and "doing good". It is quite revealing that the English language has the trigger words *endogenous* and *exogenous* that identify our first two "bosses," *nature* and *nurture*, but I have had to invent the word *mentogenous* because there is no complimentary word to represent the language of self-mastery. ANWOT advocates the study and application of the mentogenous language of *self*-mastery.

Mental variations of processing information (see also explanations re "Mind"):
Thoughts: the mental impressions our senses bring to our freedom organ: They "*magically*" pop into our mind.
Thinking - the use of imagination to rearrange thoughts into original combinations: *consciousness* + *imagination*.
Reflective thinking - the skill to think about our thoughts and what we think: The source of what we call "free will." The power to see ourselves in a mirror enables us to "see our self" and make a quantum leap in our creative power. Reflective thinking = self-consciousness + imagination

Mind – the home of our conscious awareness and our reflective or higher self: Mental activity has thus far defied description of its material attributes. The relationship of our mental and spiritual activity to the brain is an ongoing area of interest to both science and religion.
Thoughts: the "motion picture" stream of words, symbols, pictures, and experience that fill our conscious awareness, messages that originate from our *nature* and *nurture*. Thoughts passively, automatically "pop" into our mind as though received from the

outside, usually through our five senses, and are passively received from within, from our body state. Examples: “hot,” “tastes good,” “danger,” “hungry,” “bladder full – pee.”
Thinking: the action portion of our mental activity that represents our higher self. It is capable of manipulating thoughts, creating new solutions, and providing direction to our *self*. Thinking serves three masters, initially the commands we inherit through our genes; later, the commands we acquire from our nurturers; and eventually the modifications we initiate as we acquire *self*-mastery.
Reflective-thinking: the special mental processing through which we reflect on our thoughts and thinking, and become conscious of our consciousness (*self*-consciousness). Reflective-thinking empowers what I have described as *self*. It conveys independence through abstract reason. Our complex brain and use of symbols are our sources of mental freedom, originality, and *self*-mastery.

Wiring patterns: the pre-programmed pathways to action**.** Words and symbols foster thinking because they call forth specific images; they are “handles” or “switches” that result in specific activity in our brain. I call the connections that lead from a word or symbol to the activation of a pattern in the brain our “wiring.” The wiring for physical action is electrical and chemical, such as nerve impulses. The wiring for mental or spiritual action is still a mystery we call “will power.”

Different words stimulate different wiring patterns or images. This is because there is a specific “wiring” pattern which the word “triggers.” For example, what response do the following words call forth: *fire*! *Mother*, *cancer*, *money*, *Attention! You can’t! free*, *fefm, satz*. Can you identify specific words, symbols, or ideas that stir in you specific emotional responses? Enthusiasm? Tears? Words trigger specific electrical and chemical responses that are characteristic to each person, depending on their innate and acquired “wiring.” Imagine a light controller in the entranceway of your house that has three switches that look and in fact are identical. One switch turns the outside light on. The second activates one or more lights in the living room. The third controls the lights in the hall. Even though you don’t see the wiring behind the wall and may not understand how or why it does what it does, you know that the simple act of flipping the right switch brings about your preferred outcome. The switch that activates multiple lights and appliances in the hall has no effect on the outside or living room lights. Likewise, the family of words that is associated with the demands of each of your controllers, your *genes* and *nurturers*, is wired to process “word” switches differently than the family of words dedicated to *self*-mastery. ANWOT identifies the two early controllers of your actions, your *genes* and *nurturers*, and describes the *endogenous* and *exogenous* language by which each expresses itself. Further, ANWOT promotes the development of the third *mentogenous* controller of your thinking, feelings, and behavior, i.e., *self*-mastery. Some modification of existing words and introduction of new words are required to grow your skills of *self*-mastery.

The family of word-switches that comprise the *mentogenous* language of *self*-mastery is essential to attain our highest level of function, super-maturity. Whether or not you understand and/or agree with the explanations here offered about “wiring,” your use of the “freedom language” will work. I believe an understanding of this “wiring” concept

will enrich your progress and stimulate new exciting insights.

Here is one further thought about the "wiring" of our language. Our tendency is to identify "language" as distinct because of its geography, as was mentioned above in the original entry on "Language of our thought processes." A word or symbol that is different in more than one language may express a corresponding meaning that will lead to an identical response. The symbol differs but the meaning follows a "final common pathway." For example, the symbol for *fire* in the native tongue of the English, German, French, and Chinese person may follow similar wiring pathways even though the actual spelling and sound of the "trigger" words are different for each individual. On the other hand, I have described how the wiring and therefore the processing and outcome of words we take as similar may indeed serve different masters and lead to different outcomes. For example, depending on one's religious wiring, the thought of eating *cow* or *pig* may elicit very different responses. Can you imagine color coding words as an electrician uses color wiring to distinguish the action of one wire from another?

Operating system(s): the means our mind uses to process information to an action outcome**.**
Strens are primarily designed to provide "practical" direction to *feeling good* and *doing good*.
You will benefit whether or not you recognize how and why the wisdom described works. However, the "picture" of *how* and *why* our *self* works through its own operating system may stimulate creative thinking. To the degree the "theory" strens are accurate and you understand them, you will strengthen your capacity to open new doors to get where you'd like to go.

- **Hardware – the physical equipment used to get things done:** A computer and our brain are examples of hardware.
- **Software – the program(s) designed by their creator to process data:** Our computer may have various software programs focusing on different tasks: word processing, number crunching, photo management, musical notation, and so on. Our brain contains multiple programs provided by *nature*, our *nurturers*, and our *self,* each emphasizing its own perspective.

Trial-and-error wisdom: Our creator produces infinite variations of life. Those adaptive to *fate* and circumstance survive while the others become extinct. Over 95% of the species ever to have lived have become extinct. Those trial-and-error methods of adaptation that have survived 3 ½ billion years of life on earth are passed on to future generations through genetic inheritance and tradition. They provide automatic regulation of our thinking, feelings, and actions. Trial-and-error wisdom is the preferred problem-solving method of our animal brain. These mindless wisdoms provide reliable solutions to yesterday's issues and those that remain currently unchanged. However, trial-and-error wisdom is poorly equipped to problem-solve new issues, especially the recent creation and proliferation of weapons with ultimate destructive power.

Trial-and-error learning: One of the most common ways we acquire skills is by learning from our mistakes. Though mistakes may be costly, they are often necessary

to get the information needed to learn. Walking is an example where we learn from our falls. Recognizing and acknowledging our mistakes is worthy of *self*-endorsement more so than putdowns because it is one of our most productive means of improvement.

Imitation, mimicking, and role model learning: Much of what we learn while we are growing up - our mental wiring - is attained by blindly copying, mimicking, and practicing patterns others prescribe. Our brain has a super-ability to learn by mimicking until puberty, and we continue this method of learning into maturity. .

Cognitive rehearsal and "no-trial" learning: mentally working through alternatives to deal with an issue *before* taking action, considering short and long-term outcomes. This is the basis of *prevention* and therefore a critical skill when we are dealing with issues that may be beyond "cure," such as WUD. Skill in cognitive rehearsal may be acquired with maturity.
No-trial learning: this term is often the equivalent of cognitive rehearsal, but is more general in that we may learn by imitation and role-modeling that requires little or no reflective thinking.

Prevention: mental consideration of alternative solutions to an anticipated problem; use of no-trial learning.
Cure: dealing with a problem after its occurrence, as in "war and cure."

Instinct: the trial-and-error wisdoms that are preprogrammed into our biology to automatically direct our destiny.
Tradition: the predetermined patterns of behavior created by our ancestors from trial-and-error wisdom and the common sense use of then-current knowledge**.** Traditions are passed forward from generation to generation regardless of their appropriateness to current circumstance. *Tradition* becomes our dominant master until we acquire sufficient *common sense* wisdom to redirect what *instinct* and *tradition* make of us.

The power of interpretation: We make ourselves creators through our use of symbols. We create a private "virtual" mental reality in which we assign meaning to the data our senses provide, and imagine and manipulate ideas and concepts to create new phenomena. We then apply the mysterious power we call *will* to introduce our original conceptual reality into the physical reality we share in common. Our mental interpretations initiate actions that change ourselves and everything about us. We make ourselves increasingly powerful creators as our scientists discover the universal knowledge of cause-and-effect.

Our signaling systems – the means to action: The types of signaling systems are described below.

First signaling system - ***the final common pathway*** **to all physical action**: The mindless biological nerves and chemicals that directly turn on action as commanded by *nature*, *nurture*, or what we initiate through our freedom organ.

Second signaling system - the power of mental interpretation using symbols to modify our first signaling system: the mature use of imagination to become powerful creators. We recognize that physical stimulation activates pathways, such as eating calling forth digestive juices. The *thought* of a steak or fresh lemon juice on our tongue, i.e., a mental act, can also "signal" pathways that duplicate the effect of physical stimulation. This "second signaling system" concept helps us to understand the power of our mind to influence what we experience physically. Even though the means by which physical stimulation creates mental activity, and mental activity initiates physical activity, is yet an unsolved mystery of the mind/body connection, we can create the mentogenous language to educate our second signaling system in *self*-mastery and super-maturity.

The *Self*-mastery signaling system – the newer way of thinking that combines imagination and common sense knowledge of cause-and-effect (wisdom): The self-mastery signaling system is simply the consistent application of current *common sense* knowledge and wisdom to our secondary signaling system. Our newest weapon of ultimate construction **(WUC)** is educating our cerebral cortex to popularize the humane values we preach but have yet to teach. Our work-in-progress (WIP) is to elevate ourselves to our highest level of function. The *newer way of thinking* will grow our population of Mental Wealth millionaires and citizens of the global community.

Our biggest problem: Humankind's special power of interpretation using symbols enables us to initiate phenomena into the world that are unprecedented in nature. **Power without wisdom is not an asset. Wisdom and *self*-mastery do not automatically accompany the godlike power we now hold to change what nature provides! Wisdom and *self*-mastery are self-taught skills.** Our increasing power to create is subject to the direction of any of the controllers of our life experience who would have us serve their direction. Their will may be wise and constructive, self-serving and destructive, or any combination in-between. The power we wield through our second signaling system offers the opportunity to create the joyous, meaningful life experience we desire. It is critical to recognize that we are simultaneously creating the unprecedented dangers that threaten to make us the first species to initiate our own extinction. We can prevent the imminent catastrophe. The means to proceed to succeed begins with conscious awareness of the problem. If we can muster our will to surmount this first step, the rest is all downhill.

"Positive" words of the newer language: The words that comprise the native language we first acquire are biased to focus on the negative**.** Our thinking is imprisoned by words that permit only a negative direction. New words to unlock our thinking may initially seem strange; however, when we don't have simple words to identify important positive concepts, we would be wise to add these new words to our common usage. They serve a practical beneficial purpose. Here are some examples:

Pullup: We recognize a *putdown* as a derogatory statement about someone, or the common act of blaming ourselves. Enthusiastically endorsing someone, or oneself, would reasonably be called a *pullup*, the opposite of a putdown.

Setforward: The word *setback* is fairly common when we experience difficulty. How commonly do we use the word *setforward* when we experience the opposite? It's not in our dictionary – an example of the bias in our language to focus on the hole rather than the donut. Perhaps familiarity with the word would stimulate greater attention to the growth experiences we have enjoyed.
Optimizing: We all seem to know and use the word "worry," anticipating the worst and most unlikely outcomes of a situation. "When I fly, what if ...." Can you think of a single word in our language that calls to mind that anticipates the most positive outcomes of a situation? The word "hope" was suggested but to me this word doesn't express the comparable level of energy conveyed by "worry." The closest I've come is "optimizing." How often have you heard, "I spent the weekend optimizing"? "Most likely ..." is an appropriate substitute for the "'What if'-ing" that creates unproductive anxiety and phobias.
Resentment: One of this word's early definitions is literally re-experiencing sentiment or feelings. "Re-sentiment" is neutral in that it favors neither positive nor negative feelings. Yet, in modern usage it has come to exclusively mean re-experiencing and holding onto real or imagined injustices that sustain negative, usually angry, punishing emotions.

What other words in our commonly-used language direct our thinking in negative ways that bring us what we don't want?

conflict resolution: the attempt to restore peace and calm from a struggle
win-win outcome: each party to a conflict benefits from the action taken
win-lose outcome: the winner is benefited; the loser is hurting in some manner
lose-lose outcome: each participant experiences hurt

Aggression: the energy we require to attain our needs. Our language and our culture have come to associate "aggression" with destructive action. The *newer way of thinking* directs us to the positive aspects of aggression – directing our aggressive energy to "attack" disease, prejudice, terrorism, pollution, and the like. We can aggressively expand our ability to love, grow wisdom, share, cooperate, negotiate, and improve our well-being. It is interesting that the anatomical locations of sexual pleasure and aggression coincide in the animal portion of our brain. This makes sense, because if an organism was interested in procreation but lacked the aggressive energy to satisfy the interest, the species would not survive.

WMD: weapons of mass destruction
WUD: weapons of ultimate destruction – any weapon, including nuclear, chemical, and biological, capable of causing widespread devastation to human society with a single use.
WUC: weapons of ultimate construction – the application of *common sense* wisdom to current knowledge of cause-and-effect by our mature cerebral cortex to create out-of-the-box solutions to current problems.

Tribe: any collection of individuals focused around a common interest, goal, or way of thinking. A tribe can be a family, religious community, political party, or nation, to name

just a few examples. One common characteristic of tribes is an “us vs. them” way of thinking.

Local citizenship: loyalty to a circumscribed tribe such as a family, team, religion, country, ideology, etc. The innate need to identify with like-minded supporters.
Global citizenship: recognition of oneself as a member of an interrelated community of like mind; the commitment to contribute to the well-being of the community of humanity in addition to local loyalties. Tolerance for diversity is a learned skill that modifies our early need for local affiliation to a “superior” tribe.

Local loyalty to one’s tribe is inherited. Global citizenship must be acquired through education.

Mental Cancer: the self-serving belief that “I, us, our tribe’s way deserves superiority” AND what is “not I, not us, or not my tribe are deserving of punishment, even murder if they don’t conform.” *Our tribe deserves to rule the human race!* Its source is usually to be found in the *survival of the fittest* perspective of our older animal brain.
Mental Cancer antidote: The common sense belief that “I, we, our tribe is an important part of a larger system. We best serve ourselves by contributing to the well-being of our global community.” This *newer way of thinking* antidote is the creation of our mature freedom organ once we equip it with knowledge and wisdom.

Practical: what “works” to attain one’s goals most rapidly and with the minimum expenditure of energy; readily taught/learned by ordinary people.

Feeling good: a positive or pleasurable emotional state we enthusiastically seek and want to sustain. It is usually associated with an attitude of gratitude, and of awareness and appreciation for what we have. Feeling good is not the absence of feeling bad; it is the awareness of the presence of something positively experienced. Peace-of-mind is a positive experience.

Doing good: using creative energy and acting in the best interest of ourselves and the larger community of which we are a member. Doing good involves activity that contributes to what is desirable “without doing bad.” Each act of “good” adds to the total balance of “goodness” in the world, and can be known as a good deed, or a “mitzvah.”

The Doomsday Clock: Created in 1947 and monitored by the Bulletin of the Atomic Scientist’s Board in consultation with its Board of Sponsors, which includes 18 Nobel Laureates, the Clock has become a universally recognized indicator of the world's vulnerability to catastrophe from nuclear weapons, climate change, and emerging technologies. The Doomsday Clock conveys how close humanity is to catastrophic destruction—the figurative midnight—and monitors the means humankind could use to obliterate itself. It is presently set at 6 minutes to midnight, in the past as close to 2 minutes to midnight during a confrontation by major powers.

Ontogeny: the growth and development of an individual in form and function from a

single cell to its complex mature state.
Phylogeny: the creative process beginning with the evolutionary history of a species. The embryo of the most complex life begins as a single undifferentiated cell.
Ontogeny recapitulates phylogeny (ORP): An organism progresses to its highest level of function by entering and then graduating from each of the less sophisticated preceding levels of development. ORP provides us a valuable map of where we came from, the direction we are headed, and what paths we might choose to reach our preferred destination faster, easier, and with great accuracy. As organisms become more complex, trial-and-error learning, mimicking role models, and conscious problem-solving are added to instinct. ORP reveals what we must do to survive and thrive.

Here are a few examples of simple *word-switches* that redirect the long-established mental pathways created by *instinct* and *tradition* to the newer *self*-mastery way of thinking.

- Substitute *could* for *should*. *Could* inspires our mind to create alternative solutions. *Should* is a popular dictator's word that demands a predetermined course of action, and is a favorite trigger word of theirs. It implies there is one right path and all others are wrong. Too many individuals go through life creating animosity by "shoulding" on others and creating nonproductive guilt by "shoulding" on their self.

- Substitute *I allow* for *he/she/it/they make me*. *I allow* triggers our need to take responsible creative action. *They make me* triggers blame and excuses. Since we must be taken care of for many years, people come to expect the world will continue to do so. When this doesn't happen, frustration leads to blame. Maturity is the process of teaching ourselves to assume personal responsibility.

- Substitute *both...and* for *either/or*. E*ither/or* thinking, which we all learn when we are immature and dependent, divides the world into two opposing categories. It promotes bigotry, prejudice, and harmful confrontation. *Either/or* thinking is the preferred language of *instinct*, *tradition*, and *human* dictators. *Both...and* recognizes similarities, the positives and negatives of each alternative, and supports win/win rather than win/lose relationships. *Both...and* is a critical word-switch because our survival requires cooperation instead of confrontation.

- Substitute *win/win* cooperation for *win/lose* confrontation. Instinct demands *survival of the fittest* and *fight or flight* as our means of survival, but as all tribes acquire weapons of ultimate destruction, *survival of the fittest* becomes *destruction of the fittest*. Our freedom organ, once enlightened with wisdom, applies logical problem-solving to create collaboration for the benefit of all parties.

- Substitute *humane becomings* for *human beings*. Tradition tells us God magically created everything in six days and the seventh was designated for rest. The trigger word *beings* conveys that we are a passive, static species. *Becomings* triggers the

understanding that humankind is a dynamic work-in-process with a mission and purpose to continue to elevate ourselves from generation to generation. Our creator has gifted us with a freedom organ that distinguishes us from every other creature, past and present, by the opportunity to influence our own destiny. The more knowledge we acquire, the more we understand that creation is a work-in-process and that we are an active part of the process. *Becomings* clarifies our need to add new *word-switches* to our language that turn on new ways of thinking that are adaptive to new challenges.

- Substitute *our creator* for the established trigger word *God*. Tradition has established self-serving meanings that promote the interests of dictators that are not supported by knowledge or logic, and that threaten to lead to our extinction. For example, too many of us understand *God* to be a personal advocate of our tribe's views, who labels "not our side" as *evil*, and who will magically punish those who disagree. **Our most urgent need is to unite our problem-solving energy to discredit one dangerous belief: "Our side is superior and punishment, even murder, is justified for non-members."** The word *creator* envisions a broader unbiased concept of the mysterious mostly unknown or unknowable source of all about us that we are striving to understand. The trigger word *creator* provides a common ground for diverse religions and naturalists to set aside their differences and collaborate in logical win/win problem-solving action to make our world a safer, gentler place. *A newer way of thinking* focuses on our commonalities and shared interests more than our differences.

Review the following list of words and concepts to assess your familiarity with their meanings:

ANWOT - a newer way of thinking
Stren
Mental Wealth millionaire
the ingredients to change: faith that "I can," work, patience, direction, risk-taking

trigger word
word-switch

components of the ANWOT curriculum for *self*-mastery

1. **the ingredients: faith in one's self, work, patience, direction, risk-taking**
2. **the language of *self*-mastery**
3. **the mental freedom control panel (MFCP)**
4. **strens (wisdom, mental strengths)**
5. **values**

basic language: *the seven mind-freeing, life-changing, world-saving word-switches*

1. **“Yes, I think I can. I will!” – the spark of energy to take action**
2. **“I allow ....” for “they (he, she, and it) make me ....”**
3. **“could” for “should”**
4. **“both...and” for “either...or”**
5. **“What will make things better for us and them, for now and the future.” for “My way, the only way.”**
6. **“energy” for “anger”**
7. **urgent for emergency + assign high, medium, or low priority**

the mental response control panel (MRCP), the mind’s eight (8) response pattern “choices”

1. **blaming-out**
2. **blaming-in and secondary blaming**
3. **avoidance**
4. **problem-solving: the “magical” sentence**
5. ***self*-endorsement and secondary endorsement**
6. **helplessness/hopelessness, the H/H response**
7. **the “what if” worry response**
8. **the mind/body response**

animal brain
human brain

human being
humane becomings

***either/or* thinking**
***both...and* thinking**

MDR: the minimum daily requirement of endorsements to thrive
love
sex
infatuation

religion
knowledge of cause-and-effect

wisdom
universal “common sense” wisdoms/values
the test of common sense
creation
our creator, first cause, uncaused cause, prime mover, etc.
God
Dictator

instinct and habit/fate and circumstance/nature and nurture

becoming one's own person (BOOP)
self

reflective *self, self-consciousness*
***self*-mastery**
Board of Directors
C.E.O.: Chief Executive Officer
master
three masters
director/"boss"
  exogenous boss
  endogenous boss
  mentogenous boss
controller
development
stage one: immaturity
stage two: maturity
stage three: super-maturity
freedom freed will
 slavery
 dependence
 independence
freedom organ

the languages of our thought processes
  The first language of our *nature,* the language of our innate controllers
  The second language of our *nurture*, the language of our external controllers
  The self-mastery language of our *reflective self*, the freedom language of *self*-mastery

Mind
consciousness
thoughts
thinking
reflective thinking
wiring pattern
operating system(s)
trigger word, word-switch

intelligence
instinct
tradition

first signaling system
second signaling system

third signaling system
the power of interpretation

“positive” words of the newer language
  optimizing
  pull-up
  setforward
  resentment
  [you may add to these sample words]
conflict resolution
win-win outcome
win-lose outcome
lose-lose outcome
aggression
WMD, WMC

trial-and-error learning

imitation, mimicking, and role modeling

cognitive rehearsal and “no-trial” learning
Prevention
cure

tribe
local citizenship
global citizenship

mental cancer
mental cancer antidote

practical
feeling good
doing good
***self (freedom)*-organ**

ontogeny
phylogeny
ontogeny recapitulates phylogeny (ORP)

About the Educational Community/Donald Pet, M.D.

The Educational Community (EC) is a 501(c)(3) privately funded nonprofit corporation whose mission is to popularize Einstein's solution to create sustainable world peace and prevent the predicted human catastrophe: "*We shall require A New Way Of Thinking*" (**ANWOT**). *The 7 plus 2 Formula* is the quickest, easiest, most enjoyable and effective way to teach happiness, love, and peace. The EC Curriculum, two books, and other services are available free through our web sites.[59]

The first EC was created 1966 at the Federal Narcotics Prison/Hospital in Lexington, Kentucky. I requested and was assigned a building housing 25 inmates to be run as a "therapeutic community." When asked to name the unit, one inmate said "Education", a second added "Community"; thus, the EC was initiated. Regular "Genie" seminars, "behavioral studies" and group interaction were features of the program. In spite of the diverse members, throughout the two year program, not a single disciplinary incident occurred. This was remarkable because fights, weapons, illegal substances, and homosexual attack commonly led to inmates being sent to "the hole", i.e. seclusion.

Upon completing my Federal service, I was recruited to become Director of Professional Services of the CT Substance Abuse program. I wrote and directed a 5 million dollar 7 year grant for a multimodality treatment program serving greater Hartford. With the help of Commissioner of Mental Health Ernest Shephard, the legislature passed a law making individuals eligible for a state job based on street experience instead of academic credentials. The success of the first EC was highlighted by members being hired to work as counselors in the Connecticut program where they demonstrated their effectiveness.

The second EC, DARTEC[60], was created when an overdose death of the son of a prominent family was followed within the week by a second overdose death of his friend who was a pallbearer at the funeral. Amidst much clamor, the State legislature passed an emergency appropriation to create a residential EC within Undercliff Hospital under my aegis. One of the DARTEC senior counselors, Joe Ricci, a recovered addict who came to us from Daytop (an all addict run residential program) linked up with a Boston psychiatrist to create a residential treatment program, Elan, in Maine. He combined the "tough love" discipline of Daytop with the EC formula to create one of the largest residential programs for substance abuse. Many states sent Elan their most difficult to manage addicts. Joe became a multimillionaire, ran for Governor of Maine, and was recognized by the Maine legislature for the Elan program. I developed a third EC in private practice consisting of a living room atmosphere, regular group meetings and Genie seminars, a take-home library, and the availability of individual therapy.

My training in psychiatry at Johns Hopkins was highlighted by then and thereafter my favorite mentor, Jerome Frank, M.D., Ph.D., and the introduction of a newer treatment

[59] **www.7plus2formula.org; www.lovingmenow.org; www.einsteinssolution.org; www.anwot.org**
[60] DARTEC = drug addicts rehabilitated through the Educational Community at Undercliff Hospital, Meriden.

approach called "*the Therapeutic Community*." Dr. Frank wrote the first book on group psychotherapy and two seminal books: Persuasion and Healing, the active ingredients in wellness, and Sanity and Survival, on the causes of war and peace. As a world expert, he was sought to testify before the U.S. Congress. The *Therapeutic Community* favored group interaction to promote helping others in an atmosphere of kindness. The goal is win…win outcomes for all instead of competing to attain dominance through win/lose competition.

My experience in the Federal program as director of the male addiction services provided me the opportunity to develop the *Therapeutic Community* with a small group. I conducted one or more group therapy sessions almost daily during my two years there, and regularly thereafter in the CT drug abuse program and in my private practice; this provided me experience I believe unequaled by other psychiatrists.

I have dared to become knowledgeable of expert's opinion on the new weapons with ultimate destructive power (WUD) that multiple tribes now proliferate. WUD have changed what we understand about behavior. Unless we take immediate effective action to change the way we think, we will soon experience human catastrophe. The Doomsday Clock is tick, tick, ticking increasingly louder warning us as we get closer to midnight. Optimists estimate we have less than 10 years to get our act together. Pessimists tell us it's already too late; enjoy what we can today and forget about tomorrow. Realists say as long as there is any possibility that we can prevent the predicted Armageddon, we'd best wake up and work together to make the change we urgently require. The challenge before us is solvable IF we apply the ingredients of the Therapeutic Community proven to work in small groups to our global community!

Observation and science show us that when actually confronted with a choice, we innately have greater concern for our loved ones than material things. My passion is to inspire one million teachers of Einstein's solution so my seven grandchildren and other loved ones can enjoy the benefits I have experienced. Based on over 200 brief interviews I conclude that most world citizens wish or pray for happiness, love, and peace but remain dependent on years of being dependent. This is called *the helpless/hopeless response*; it shuts down our energy when we falsely belief there is no solution. As an expert on addictive disease, I recognize change requires persistence, patience, and recruiting the energy of concerned "others" to succeed. I estimate we require one million teachers of *The 7 plus 2 Formula* to sufficiently free the majority of our seven billion world citizens who are addicted to the way of thinking that divides our world into two opposing categories.

My intention is that the EC will become a resource to popularize Einstein's solution. The Internet make it possible to inspire a movement that will circle the world through the domino effect. You are needed. The combined energy of a few people with influence can initiate a pep rally inspired by love for humanity and common sense. Success is as simple as changing "*either/or*" to "*both … and*" thinking and substituting the modern version of **The Golden Rule** for **He who has the Gold Rules** ("*What will work for my tribe and your tribe for now and the future*" is substituted for "*My way is the only way*").

Failure is inevitable unless we wake up to the silent addictive disease of our thinking that blinds us to our mission as *humane becomings* and keeps us dependent on the tribal allegiance that WUD has made our habitual *either/or* way of thinking suddenly fatal.

Will you become a part of the solution or continue to contribute to the problem? Remember, inaction is action.

For additional information on Donald Pet, M.D., go to www.7plus2formula.org and click "Press" link.

Educational Community Web sites:

www.7plus2formula.org

- **The 7 plus 2 Formula essay: script, audio, and video versions**
- **The 7 Plus 2 Formula book: Teach happiness, love, and world peace**
- **The Stren Book: The EC wisdom collection**

www.einsteinssolution.org

- **The two most powerful yet still secret Love-creation skills**

www.lovingmenow.org

- **Home page**
- **Basic course in ANWOT**
- **Press kit**

www.anwot.org

- **Equivalent of a three credit college course.**