

THE JUNGLE TIMES TRANSCRIPT

CREATIVE SELF-EMPOWERMENT (PART 2)

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MUSIC INTRO

EPISODE #18 - OUR SPHERE OF AWARENESS

Hello - I'm Lawrence Poole. Welcome to the podcast. In Episode #17 of this multi-part series, I introduced you to the world of neurological paradigms. Called *The Prepared Mind*, it described how links between the neurons in our brain become a filter through which we see the world.

I explained how our worldview - our perceptions of the events and circumstances that are « *out there* » in the world outside of us - are in fact etched *in here*, in each subjective brain.

I also explained told you that the human worldview is undergoing its 3rd shift of paradigms in the last 300 years or so. From a slow-paced Agricultural Age, the mind accelerated to function in a newer Industrial Age with its mechanical views, to then enter the newest age of technology and the world of information.

Many people have already embraced the required changes, but others are resisting... Even so, time marches on.

In that Episode #17, I suggested we can manage the changes in our lives and become "lucky".

I call Episode #18, the second in the series – *Our Sphere of Awareness*. I've had the privilege of meeting a great variety of people over the last many years - literally thousands of them. My life-partner Suzy and I animate training programs for corporations, associations, and government ministries, so we've worked with people from across Canada, Central America, and a dozen European cities.

As we communicate in three languages - English, French and Spanish - we've had the pleasure of discussing the subjects related to human behaviour with folks from many circumstances and cultures. We teach management principles so we can relate how people have closed minds based on their beliefs. A lot of people tend to self-sabotage.

I say this to explain why I became interested in human behavior. After many years of research, I arrived at the conclusion that people are both very different and pretty much the same everywhere I go. The

one thing that differentiates us is our behaviour. Human Resource departments tell us that “*We hire based on a C.V., but fire based on behaviour.*”

Understanding human behaviour is easier than you think. You can either try to understand more than 8 billion citizens who make of life on Earth, or you can understand 4 basic kinds of human behaviour.

Studies by Professor Carlos M. Cipolla of UCLA Berkely, who’s a member of both the American Academy of Arts and Sciences, and the American Philosophical Society, explains human behaviour in terms 4 kinds of interaction: His study shows our planet is populated by - Good people, Bad people, Stupid people, and Powerless people.

In Episode #17, I explained how Cipolla defines Good people as they who generally act with altruistic intent (...my brother as myself). Bad people behave with selfish motives - even if it’s to the detriment of others (...me first). Stupid people behave to the detriment of others, even if it’s to their own detriment as well (...I don’t care). Powerless people are too weak, too sick, too old, or too something or other so they are in no way able to either benefit or harm others.

You’ll find examples of each these types of behaviour on YouTube. Bad people run rampant... so videos and dash cams everywhere are recording their crimes. Prisons are full. You also find a phenomenon called Kevins or Karens shown there. The names describe stupid men and women who feel entitled but are too stupid to recognize the folly.

Stupid people berate service providers or police officers for example, without realizing that’s not to their advantage. Their entitlement turns a simple traffic stop into a full-blown arrest or gets them barred from stores, clubs, or restaurants. They even try to dictate the terms of their arrest. Good and Powerless people are also easy to find - they’re either helping or being helped. Many become prey to the bad and stupid folks who surround them.

Dr Cipolla’s research forced me to become more observant as it explains 5 fundamental rules of human stupidity:

1. Good people inevitably underestimate the number of stupid individuals who are in circulation.

2. The probability that a person is stupid is independent from any other characteristic of that person.
3. A stupid person causes loss to others while deriving no gains, and even incurring loss to himself.
4. Non stupid people always underestimate the damaging power of stupid individuals. People who are not stupid tend to forget that - under every circumstance, and at every time and space - dealing with, and/or associating with, stupid people, always turns out to be a mistake.
5. A stupid person is the most dangerous type of person and proves to be very costly to society.

I'll add something else - *every person is always subject his or her paradigmatic behaviour*. We all react to our neurological paradigms - and we each traced links in our brain in our unique way. *How* we traced these links and what we do with the information we access from them is also unique, even if we can label it good, bad, stupid, or powerless.

Everyone reacts to neurons etched in their past... but people can change their behaviour. We can stop being criminals, or stupid. People can increase their personal power. One of my favourite experiences is seeing a group in one of our workshop settings - people from different backgrounds, with different agendas and different life experiences - reach a consensus or fashion a unifying decision.

The tools we teach them allow that kind of unity of spirit to be attained. The process may seem chaotic ...but it is always rewarding. We can form symbiotic alliances with others. We can negotiate and evolve.

I'm surprised how easily we do it. And we do it all the time don't we? We change our minds to agree. It must be so or else we would still in the stone ages. I saw a clear example of this the other day when I heard a Chinese pilot exchanging with a Chinese Air Traffic Controller in English, which is *International Aviation's* adopted language. In the newly agreed international paradigm, even a Chinese air crew communicates with a Chinese Airport in English.

Knowing the power of paradigms, parents should endeavour to tell their kids how they have all the ingredients needed to succeed in life. They must instill the idea that talents and abilities can be acquired and developed to our benefit throughout our lives.

If we don't constantly remind children of this, we are setting them up for failure. People generally move in the direction they are expected to. Changing direction when the course is set is not easy, *but it is do-able*.

Despite what you believe, even if you insist that you have free will, the evidence suggests that is not quite true. People react to their brain's neural paradigms in habitual ways and habits are hard to break.

I'll explain more about this as we go along, but for now consider this: *Do people smoke because they want to or are they addicted to the nicotine? If will was free, would we choose to react with fear, or anger? Do people freely choose to feel shame, despair, or failure? Are we a prisoner of our HABITS??*

Reactions depend on who is doing the reacting, but my point is that we react to past events so that *our will* is not free to choose a better future. It is engaged in maintaining the present, the status quo.

I discuss this with participants in my training when we have time to explore the idea more fully. In a multi-day training session, I give people homework. I tell them to dress differently the next morning by putting their pants using the other leg first, the one they don't usually.

The following day, I ask them if they completed the task. It won't surprise you to learn that many forgot, even if some do protest that they didn't know it was a real assignment. I then discuss change from the perspective of habits and memories - i.e. - our neural circuits.

I conclude by telling parents in the group to think about this idea the next time they scold a child and find themselves saying things like - "*I thought I told you...*" and yada, yada. Apparently just being told isn't enough.

We are creatures of habit and we do not have *free will* nor do we have *unlimited choices*. These are things we talk about, but we must work to acquire them.

Dr. Charles Tart, a professor of psychology at U.C.L.A. uses a simple exercise to demonstrate the degree to which human will is in fact very limited. To make his point, Professor Tart uses a clock with a sweep second-hand to show students how they lack personal power. They are told to watch time as moves past by staring at the second hand and breathing calmly for 5 minutes. Try it. Watch time tick past as you breathe quietly: *Do not think; focus on time as it slips away.*

How long did it take for thoughts to interrupt your task, and you forget to focus? Like those students, you'll probably find this simple task difficult. Most people will.

Our mind is bombarded by competing thoughts all the time. We have *an inner dialogue* that prevents us from exercising our will... *freely*.

We react to an inner dialogue. We have difficulty completing a simple task like sitting in quietude for 5 minutes. We are prisoners of an overactive mind. It is often overwhelmed by simple things.

Paradoxically, before exercising free will, we must free it. Professor Tart explores this idea in his book *Waking Up*. He says attaining 'free will' can only be the result of a transformation – a paradigm-shift in which we are liberated from our reactions.

If freed from its shackles, our *will* can be developed to become a valuable generator of creative capital.

Tart tells us that the mind itself, our metaphysical context, can be made to expand regardless of its personal content. The mind itself can be grown beyond its limits to then develop its potential in a deliberate and self-empowering way.

To understand the potential, imagine your mind as if an eight-ounce jar. It doesn't matter what's in your jar (its content), what matters is that your jar only holds 8 ounces (its context). If you try to add more of anything to it, your mind will either overflow, stress or even break.

We believe and then become attached to our beliefs. Wars start because minds can't agree on how to settle issues. Most people don't realize that the mind, as content, is less important than *how* that mind is thinking or *the context*. Mind has far greater value than merely regurgitating beliefs and opinions. An empowered mind will organize its information to makes the owner *lucky*.

How we think will define us. The story we tell others and ourself allows us to merit a wonderful life, including wealth and wisdom, while bad and stupid people will create live that lead to dismay and despair. How you think is who you become.

You can be victim to your mind's limits, or you can expand your sphere of awareness – and grow it. You can empower yourself to become more magical. Investing in the development of your creative capital has less to do with modifying your mind's content, what you know and believe, and everything to do with enhancing your potential, understanding how and why you believe.

Life is a creative process. You can add power and intelligence to your sphere of awareness. To become an empowered thinker, you need only shift your perspective - from being reactive to life's events and circumstances or becoming co-creative with them.

Easy enough to understand someone who practices sloppy work habits every day for 10 years becomes habitually sloppy, if not fired along the way. Similarly, if you develop your creative mind and thus empower yourself every day for a decade, you will see the pay-off.

You can notice an increase in your creative capital by reaping what you sow. You can plan on being lucky and inheriting good fortune later - like next week, next month and next year.

Developing your creative capital means increasing your self-knowledge and your social awareness, while embracing self-actualization. You learn the *can do* but you must freely supply the *want to*.

Invest in creative *doings* - be it via song, dance, painting, sculpture, acting, cooking, golf, gardening or whatever else - not for money nor

the fame but for pleasure and personal growth, to connect with your soul, to develop a creative INTENT!

When the *Harvard Business Review* published a *CEO Report Card*, it rated managers in 6 areas where they should be held accountable: CEOs are graded for having - Commitment, Vision, Leadership, Focus, Flexibility, and Judgment.

How many of these traits do you think benefit from a creative Intent? Let me suggest - *all of them!*

A quick look at the last twenty years tells us that, as the baby-boomers retired and the pandemic took hold of society, businesses had to face severe shortages of skilled *knowledge workers*. And as people got used to staying at home, they faced challenges like never before.

Merely reacting to information doesn't help. We must be proactive and embrace the processes the data obliges. We must learn to work smarter, not necessarily harder. We can profit from our creative capital.

Think about it. I'll be right back.

Intermission

Hello again. I said everything is changing. Facing the future, the bad, stupid, and powerless people who don't want to be, must also change.

A bad person must stop being selfish. Think of others as well as yourself. And a stupid person must stop feeling so entitled. Change might be more difficult for powerless people, depending on why they are. A young person will age but elderly people can't stop the clock, nor can sick people expect sudden miracles.

Nature's management rule is "altruistic self-interest". It is in everyone vested best interest to treat others with respect and kindness. There are no exceptions as we can't break to that rule... even if we can break ourselves against it.

However, all that said, I don't expect bad and stupid people to have sudden brain transplants where they're transformed miraculously. The twin conditions for a person to undertake any change are: *Can do* and *Want to*.

Rather than hoping for the crooks and stupid people to change, here's how to deal with them: I do a quick Google search or seek out a Yelp review to find out about a suspected bad person. If someone writes a negative review about a you or your business for example, I take it at face value, but do I question it.

I want facts because zero positive reviews or taking the time to write bad one about a person is an indicator. The established strategy for dealing with any business is *Caveat Emptor* which means "Buyer beware!"

Alternatively, don't hesitate to file a report to licensing boards if ever you get caught by a scammer. You can sue fraudsters in small claims court if it's worth the effort. Suzy and I have been fooled a few times by online suppliers but I'm happy to say we tenaciously fought every battle and won them all. Using PayPal or any other secure provider helps a lot.

Another way to protect yourself is by listening to people and believing what they say. If someone brags about successfully committing any kind of bad behavior, take note. If a guy boasts about ladies he's dallied with, drugs he's taken, or fights he's had, these indicate a lack of moral character. The boasts might sound cool in a bar setting, but will this person carry his behavior into a business dealing too?

Have you heard the expression “*Birds of a feather flock together?*”

It means we can tell who a person is by the company he keeps. Crooks aren't comfortable around good people. Also, do you really want shady characters around your family, your friends, or your business? Crooks work at being charmers. They'll pretend to care about you. They use words like *fantastic*, *amazing*, and *excellent* even if they are not appropriate. Donald Trump calls his incessant bragging *positive hyperbole*. I guess it sounds better than bare faced lying.

Bad people avoid dealing with issues and won't discuss or correct their behavior. This makes it easy for them to avoid the consequences of their actions. Bad people often appear to be confident and even super-sure. They act like they have a team to back them up.

Most are extroverts who know how to behave so they get what they want. They are not held back by scruples that tend to limit the honest Joe. If someone starts bending the rules to get things done, it's time to consider walking away. Crooks think they're above society's moral concerns. At this point, a good person should run because what happens as result of that lack morality is never pretty.

A crooked contractor, for example, will have you to believe that he'll do a great job, but wants cash in advance... and that is much too tempting. He starts the job, blows the advance, leaves the site a mess and then won't return calls.

We know most jobs can get complicated, or that unforeseen circumstances can arise. Still, the mark of a good person is that he or she keeps his word. They do what it takes as they know a reputation is worth gold. A crook, on the other hand, is only thinking about how much he can make, even as he's shaking hands on the deal.

It is up to you to establish a schedule, note the steps, time the dates, and make the payment plan. If a deadline is missed, money should stop. Your contractor's silence is his answer. If he's not answering your call, he is not interested in you anymore. Don't keep chasing when you have no leverage on him. Don't throw away your good money after bad. Save what you can and move on.

Most people have an instinct about danger. It kept our forefathers from becoming a meal for bears. When worries nag the back of your mind or you have a sour taste in your mouth, it is probably time to assess the damage from the *bad guys*. If you're in the early stages of a deal, you can just walk on by.

Dealing with stupid people is a little different. Try to recognize them BEFORE they act. You can download a free eBook called "Dealing with Difficult People" written by Roy C. Lilley. It's on my website => (<http://www.thejungletimes.com/page/downloads/files/Dealing%20with%20difficult%20people.pdf>) who proposes winning strategies for dealing with stupid people who are superior to you like bosses, equal to you like colleagues and inferior like employees.

He tells us that stupid people include egomaniacs, overly aggressive people, lazy people, bullies, moaners and groaners, pseudo-perfectionists, manipulators, and stubborn people. Once you've established that a person is stupid, try not to engage with him or her at all as this will almost always be disastrous. Just smile, breathe deeply, try to diffuse their stupidity, or just move away.

If you must deal a stupid person, use praise as a strategy. Punctuate it throughout the conversation. We're all a little narcissistic so using praise works. It disarms the stupid because they are not used to it.

Even if they try to mask their stupidity, most good people do notice it - if only at the intuitive level. So, if their cognitive processing speeds are sluggish, you should speak slowly and use fewer words. End your sentences with a summary statement. Don't invite follow-up questions.

Appear to be busy so you are not available to stupid people. Refer to the important papers you must deal with. Shrug your shoulders as a

non-response response. Be non-controversial, even boring, as that's like having a silicon coating. Oh - and don't gossip as that usually invites questions. Empathize with their cries of pain or their "*somebody done me wrong songs*" but quickly move away. You can save yourself a whole lot of bother by merely nodding and moving away. Try sighing deeply as you do. Those papers on your desk aren't going to sort themselves.

It never hurts to say - "*It is what you think?*" - as you walk away.

Be sympathetic to powerless people but don't get entangled by them. I've had more than one person tell me how they got caught in co-dependent relationship. Not everybody operates at 100%. A lady I know got caught up helping a disabled woman. She was manipulated into becoming a care provider, constantly running errands, and performing FREE services.

At a certain point she had to ask herself if she was a qualified therapist and admit that NO, she wasn't. A tactic often used by powerless people is called *gaslighting*. That's making someone feel unstable, irrational, or making them feel like what they're seeing or experiencing isn't real, that no one else will believe them. It involves creating an imbalance of power between the abuser and another.

Examples of gaslighting include questioning the other's memory of a mutually experienced event. Powerless people fake confusion about what your saying, or why you think the way that you do. They will belittle your feelings or blame shift by changing the focus of a conversation. They'll question your credibility or use negative stereotypes to describe you.

Sometimes seeming powerlessness is really a result of stress, exhaustion, depression, or lack of engagement. Remember, just because a person seems powerless doesn't mean he or she can't injure you in some way.

After leaving the hospital, I saw pure *Light* without dying. This forced me to change my story. From that moment I chose to live God's management rule - altruistic self-interest - out loud. I wanted to be a good person. At a first opportunity, I wrote: "*My mind is – all minds are – part of a larger Mastermind. My consciousness is a part of a*

Super-consciousness. This “whole mind” includes the creative process at work in Nature.”

Psychiatrist Charles M. Johnson agrees. In his book “*The Creative Imperative*”, he wrote: “*The very fact we are alive confirms that we are part of a larger process that fulfills all the criteria for being considered 'creative'.*”

He also writes that he arrived at his conclusion by answering basic questions on personal growth in human beings. His research shows that even if religion and science are the models used to describe the world, they are inadequate to explain it in any substantial way.

Dr. Johnson studied conclude that these models are reactive because they analyze living processes as if they are objects, as if life is a finite thing. That approach is materialistic as it looks at a *thing* created a long time ago. Neither religion nor science investigates life as a dynamic interactive process that is being created in a constant now continuum.

Johnson found that causality in living systems is neither mystical nor mechanical but, rather, it is natural. Life is part of a system that is ongoing and transformational. He suggests that the concept of life describes a series of relationships that have nothing to do with chance or random events.

To illustrate, Johnson describes how friendship develops. He says: “*We meet someone and if the meeting is convenient and timely, the momentum for a potential friendship is created. If we honor this potential, it develops and allows our uniqueness to emerge.*”

Dr. Johnson says the evolution of friendship is a creative process because changes in relationships are produced as each person participates in its development. The contribution of each participant is what allows the friendship to evolve, or not.

Noting the steps that characterize the development, Johnson’s shows us that creation is the result of *consciousness*. So, aware of it or not, everyone participates in the creation of the world by relating to their own awareness.

Also explaining that we are part of a larger creative system, Jesuit priest-paleontologist Pierre Teilhard de Chardin described us as if living inside of a bubble of information, a personal sphere of consciousness, what he called “*the noosphere.*”

The expression is from the Greek word *noos*, or mind. De Chardin suggested we have a personal “sphere of mind” that is formed and filled by our awareness of our passage through life. You’ll find a complete description of it in The Jungle Times Podcast Episode #5 - L.O.V.E.* Is Magic (and Nature’s law).

You might have seen a picture of Leonardo Da Vinci’s “Vitruvian Man” - his drawing of a man with 4 arms and 4 legs who relates the human body’s ideal proportions to the Great Pyramid at Cheops. Imagine that circle as a noosphere. If you’ve not seen, you find it see on Google Images.

An older person might have acquired and stored more awareness in his noosphere than a younger one.

I can assure you that our noosphere doesn't look like a perfect globe though. This because of the interplay. If we existed in the vacuum of space, we might be shaped like a perfect sphere, but our sphere of consciousness is more like a blob that’s denser close to the physical body and quickly fades as it radiates out.

Often called the *aura*, I remember when my partner Suzy tried to explain the idea to my grandson after he questioned her. She had him close his eyes and relax, then she rubbed her hands together and had him feel her aura as she placed her hands close to his neck. He felt her when she was about an inch away and was quite impressed.

Impressed that is, until his father remarked that he was feeling heat from her hand being rubbed together. Suzy admitted that this was probably true, but that heat is also part of the electromagnetic spectrum - as is most everything from radio waves to gamma radiation.

She said: “*The aura isn’t apart from Nature, it a part of Nature.*”

Different from how we usually think of ourselves, the concept of being *a luminous sphere* of consciousness suggests that our physical body is inside a metaphysical sphere. In other words, our physical body is a part of a metaphysical body.

In this view, your mind acts as a filter on the real world of energy.

Like every one of us, the reality you perceive is a world of your own creation, a reflection of how you perceive. You are a noosphere inside a biosphere, a sphere of mind inside of a highly intelligent super sphere of Master-m.i.n.d.* (*Move in new dimensions)

We don't have an aura. As a relative frequency in the electromagnetic spectrum, we *are* an aura. Our noosphere is an extension of our physical body. Our physical self is more properly a body/mind of energy, as expressed in Einstein's formula [$e = mc^2$]. Max Planck's constant [$e=hf$] tells us that this is always so.

The fact is, in these jungle times, modern science has confirmed that life is much greater than what our physical senses allowed us to believe. We are energy, Light, even if we don't see ourselves that way.

I'd rather let the physicists explain how our noosphere is fashioned from electromagnetic energy, but we need to change so we reflect the wisdom handed down long ago. We are mirrors of the Creator.

For now, suffice to realize that mathematicians have known how spheres are indeed part of the universal scheme of things since 1912.

In that year, Alexander McFarlane wrote rules of Trigonometry to explain *quaternion vectors* that prove how time and space contain energy as "spheres" of awareness.

The spheres radiate outward from every point - be they organized as electrons, molecules, humans, planets, stars, galaxies and super-clusters of galaxies - Nature favours the sphere shape.

The human *noosphere* contains all the awareness available to an individual. Your sphere of awareness is assembled from 4 kinds of

mind: A *conscious mind* is responsible for day-to-day perceptions, and a much larger *subconscious mind* that manages your hereditary memories, physical and emotional reflexes and unrealized or unused potential, among other things.

You can also access *an infinite unconscious mind* that contains every thought ever thought, here on Earth or anywhere else. It is called the dream state or realm of creative breakthrough. Beyond that, there's an ordered super conscious mind, a God-mind. I use the acronym m.i.n.d. (*move in new dimensions) to explain the realm of the Master-M.I.N.D.

To get a glimpse at the whole potential, try sailing the ocean on a cloudy night and testing your perception of size, scale, and scope. Once in the darkness, strike a match to note how your conscious mind perceives everything now illuminated by the flame.

Imagine the dark beyond that low light as your subconscious mind connected to the vaster realms of awareness. You can access more than what your personal conscious and subconscious realms of awareness can provide just by knowing that it is there. There is an infinite field of consciousness – a universal mind - that most people are unaware of but that you can draw from.

That collective, largely unconscious mind includes what is often called the *zeitgeist*, or the credence of the times. This reflects our society's intellectual, moral, and cultural beliefs. Montreal's *zeitgeist* is not the same as Rome's or Rio de Janeiro's. Nowadays, everywhere, the local *zeitgeists* are flagrantly fueling a media mind on the Internet.

I'm a lot more passionate about the similarities in people than the differences between us, but I know how an attachment to a place influences mind. As an example, I've been visiting Costa Rica for years and am no longer surprised to see how quickly my Spanish rushes back after a long absence.

Do you want to feel lucky? The *super intelligence* I describe is apparent when you reach a state of *Super-consciousness*, the realm of mystics and magi available as a personal power.

In *The Varieties Of Religious Experience*, William James said that the greatest Christian thinkers were tuned into this higher state of mind. *"I speak not merely of savage priests and prophets whose followers regard automatic utterances and actions by themselves tantamount to inspiration. I speak of leaders of thought ...the whole array of Christian saints and heresiarchs, including the greatest: the Bernards, the Loyolas, the Luthers, the Foxes, the Wesleys... each of them had their visions, voices, rapt conditions, guiding impressions and 'openings' to the Divine."*

Any mind can access Super-consciousness. Anyone can establish a link with the creative INTENT of universe. Every one of us can have a relationship with the God-power that exists beyond our limits. We can evolve a consciousness that is totally magical.

I explained in Episode #17 that you can be lucky. God will be your friend.

Think about it. I'll be right back.

Intermission 2

Welcome back. Your mind reflects what you know, your sphere of awareness. It dictates how you participate in life by containing all your knowledge, experience, and desires. Your sphere of awareness holds the inventory of your interests, ambitions, and possibilities.

We each see the world in personal and habitual ways. Sometimes we are jarred from a familiar mindset with mystic encounters where we'll see further. Then we can see how the habitual mind is a filter limiting a larger potential.

I'll get into the details as we go along but for now let me just say that a limited and reactive mind is no advantage in a competitive world. I can tell you that a reactive mind experiences life in a limited way more than it does a joyful life. It settles for the mundane easier than consider an empowering change.

Not surprisingly, recent findings confirm that consumerism doesn't make people happier nor are the very rich happier than ordinary folks. They also show us that Mr. and Ms. Average are not happy with their lifestyle.

A saving grace is that research also found our habitual ways of seeing do not represent all that we are. Our mind deals with 3 kinds of awareness: It entertains *Random Knowledge* which is the awareness we gather from others about the world *out there*. Random Knowledge links us to the world via a shared past.

Secondly, the mind entertains «*Experiential Knowledge*». This is described as the awareness perceived as life unfolds. It's what our cognitive processes tell us about the world. It's that part of awareness that relates to how we experience now.

And thirdly is *Intuitive Knowledge*. That's the awareness provided by our desires. It supplies that portion of the mind's which manages our movement to fill needs. It's the part of cognition triggered by our instinct to survive. Desire is concerned with our future. So then, our mind assembles awareness provided by our past, our present and our future.

The divisions relate to how our central nervous system manages our sphere of awareness, but I'll expand on those details a little later.

You might have met someone who acquired a lot of book knowledge but has limited life experiences, or someone who has few desires and fewer ambitions or, on the contrary, someone with big dreams and no actual doings. Maybe you know a few people who have little schoolish knowledge but a wealth of real experience. I know people who will fold under pressure and others who have the courage of lions when facing whatever obstacles.

Brain-mind is a self-organizing system that adjusts according to how awareness is *assembled*. Over the next few Episodes of this Podcast, I'll explain how to increase your mind's potential. I'll tell you what I learned about my own noosphere from my Holy Guardian Angel.

I don't mean about my personal content, or the knowledge and experience I collected in life. I mean what I was taught about the context of having a noosphere – how to increase my mind's creative capital, and *how to assemble a better future for myself*.

Your brain is closed loop system, but your mind experiences an infinite metaphysical potential in the constant *now*. It doesn't always profit from its experience though. Limited by your perception, you'll translate your experiences into knowledge. As soon as you experience an event though, its knowledge becomes part of your personal past.

Knowledge is assembled in a constant present, but that knowledge comes from a personal past to then shape how that mind should experience the event next time... or not.

Knowledge experienced in your past colours your present by suggesting how you should experience it. How you now feel influences decisions you make about your future. With mind as the mediator, past is constantly projecting itself onto the present where those memories influence the future. We then decide if that's a good or a bad thing

I saw many examples of this when I was in rehabilitation hospital. Because I had enjoyed my life before my accident, my expectation was that I would still enjoy the future despite the limits imposed by my paralysis. I met many newly disabled persons who could not imagine a happy future. And the reasons were apparent when I heard them speak about their past. Their memories suggest how they perceived the future.

Even if we like to believe our decisions are made with free will, our limited and closed loop cognitive system will blind us to more creative ways of thinking. It is difficult to consider the potential that exists outside of our own sphere.

Note how you react to situations and circumstances over the next few days. Try to get a handle on how your brain is a self-organized system inside of a limited sphere of awareness. If you're attentive, you'll see your mind mimic patterns you can recognize – inherited from your mom, or dad, or a significant other.

As such, the employee who usually says: “*Yes, sir!*” will react with that affirmation whenever he or she is asked to work a little later... without even checking to see if he or she is available. People-pleasers react by trying to win approval, angry people tend to react with anger or aggression. Scared people get defensive, and so on.

The reactive mind tends to prejudge and resist anything new or strange (that means things that are outside its sphere of memory). It will avoid people and situations that question its assumptions or demand a change in its inventory. We develop all kinds of strategies to stop information from intruding on our awareness. Ever hear people react with statements like - “We can’t do that!” or “It can’t be done that way!” or whatever else.

There's been a story circulating for years about how Henry Ford wanted a new die to be made and so he asked engineers to look at it. They studied all there was to know on the subject and then told Mr. Ford that it was impossible. Ford replied by increasing the budget and manpower and telling them to do it anyway. After considerable effort, they again told him – and this time without reservation – that it could not be done. He again replied that they were to do what he wanted.

After another long while, the engineers got a breakthrough in thinking, and Ford's was done.

We are limited by our habitual reactions. If people say, "*It can't be done!*" try to hear what they really mean. "*I don't know how to do it!*" (or that *Knowledge is not in my sphere of awareness!*), or "*I've never done it!*"

Unconsciously, the mind reacts predictably: "*If it doesn't exist in my paradigm, then it doesn't exist at all.*"

Futurologist Joel Barker, author of the book "Future Edge - Discovering the new paradigms of success" addresses that kind of attitude by suggesting that: "*Anyone who thinks something can't be done, should give way to those who are already doing it.*"

Confucius taught us that self-knowledge begins when we recognize what we don't know. We are limited, but we don't have to be. By recognizing how new information that can profit us might not yet be in our memory, we can plan what we'll add to our noosphere.

We don't have to remain limited. We can grow. Everything inside our sphere of awareness is only a miniscule part of what is found outside of it.

Are you the same person you were 5 years ago? Is your sphere of awareness the same size? Who will you be in five or ten years from now? As change is unavoidable, why not take responsibility for managing it? Add to your awareness to allow your creative self to emerge.

American psychologist Rollo May defines self-awareness as a distinct component of existence. In his book - *The Courage to Create* - he says that the restrictions we impose on our mind, prevent us from developing it. He compares our limits to a riverbed. Without that deep path in the ground, water would spill all over the land, not stay in a riverbed. In fact, a river only exists because of the interaction between the pathway etched in the Earth and the water flowing in that path.

Similarly, mind emerges into being as consciousness flows through a brain along neural pathways. The interesting thing is that mind does not exist *in the neurons*. Mind is created as energy - consciousness - moves between neurons to assemble perception. Most minds link in habitual ways. Conscious awareness, however, can be directed to assemble new neural pathways. These newer pathways can connect with older ones and form a greater, more creative whole.

Self-awareness comes from understanding why and how our mind reacts the way it does. Then we can learn to willfully direct and redirect the flow of our consciousness. Adding to our creative capital means we can use our mind to creatively change our thinking. We can grow our aura past its limits and occupy a more creative space.

Proactive thinking means that you consciously choose what and how to think as opposed to reacting with your habitual reflexes. You can acquire learning tools to strategically alter your perception, and thus expand your mind.

There are many motivations for doing it, but the basic idea is that “luck” is a result of creative thinking. I’ll explain how and why to expand your mind as we go along and how this benefits you in a general sense.

Consider the wisdom of adding to your noosphere. The paradigm-shift can be represented by a cartoon hanging on my office bulletin board. It’s been there for many years as it shows an ant in a hill who asks his father: “*Dad, what is the strongest force in the universe?*”

To which his father replies - “*The force of habit.*”

To be proactive, Dr May suggests 3 ways to break the force of habit:

1. Increase your awareness of the creative process. This will let you transform your mind’s content in countless ways. As such, limiting interpretations that you may have acquired can be reorganized.
2. *Learn all you can about self-motivation?* Why are people pumped up with positive energy one day and dragging

themselves the next? The mechanics of self-motivation will reveal all you need to know about causes and anticipated effects. Consider how creativity will let you shape the conditions that will most effectively allow you to fill your needs.

3. Open your noosphere to strategically align yourself with the awareness outside of it that will help you actualize yourself.

Do you have a plan that will increase your creative capital? Are personal development and self-improvement parts of your regular diet? Are you a self-motivated and creative leader?

Rollo May also told us how being creative requires an attitude shift to help become more self-aware. He said our creativity will result from an acute, paradigm-shift that free us from the duality that exists between our perception and the world we perceive. May believed that a more creative mind is available outside of “I-not-I” dualistic thinking, but we must commit to a strategy that gets us there.

Abraham Maslow agrees. He contributed enormously to our description of the actualized person. For him, self-actualized people have freed themselves from the limits that keep average folk anchored in mediocrity. Examining the driving force in life, he describes self-actualizing personalities as well-rounded individuals who are more tolerant, and more creative than the average person.

Maslow also said self-actualizers: “...*Have a superior perception of reality; an increased acceptance of themselves, of others, of nature’s grand design; they have increased spontaneity, increased detachment, and independence; they share a greater richness of emotional responses, improved relationships wherever they choose to invest themselves, and a more democratic character.*”

Your noosphere will expand as you become more self-aware. Then, consciously add to your perception of potential. The result is a more creative and passionate view of life. Enhancing your ability to perceive means adopting an empowering attitude: Knowledge + Creative process = Creative intelligence.

Attributed to the Roman writer Cicero, the concept of intelligence is understood with two Latin words: *inter* and *liga* - which mean *links between*.

Intelligence is the ability to link knowledge, experience, and desire into concepts. In this definition, everyone is intelligent but *how you link* your awareness will either make reactive or creative links.

Experience + strategy = wisdom. As you probably know, humans can be creative or destructive. A destructive person reacts to fear and that is not in anyone's best interest. If creative, we can make better choices.

Wisdom comes from choosing, among many options, the ones that can liberate us to best answer our needs: Desire + Motivation = A Freed Will.

Two-time Nobel Prize winner Dr. Linus Pauling used Nature's own technique to expand his mind. When asked what one must do to get a good idea, Pauling answered - "*Get a lot of ideas and throw out the bad ones.*"

He says that the more choices, options, and possibilities we have, the easier it is to make creative choices

According to author Joseph Campbell, all religions tell us that we are more than we believe. He says we can be much more profound, our acts can have more importance, and we can contribute more to life with greater power! He adds: "*There are dimensions of being and a potential for self-realization and self-consciousness that are not included in our concept of self.*"

Prophets and mystics only hinted at the potential. Myth, fable, and fiction reflect a tiny fraction of our true potential. Attaining ONE with Creator's INTENT is the result of a paradigm-shift into a creative use of our potential, we can manage our participation in life.

Imagine if all your intelligence was applied to doing whatever need for you to be happy. Then you would have the passion, preparation and persistence required to overcome life's obstacles.

Self-empowerment begins with the question "*Why not?*" so you can then investigate your potential.

What could you accomplish if you were free to do whatever you want? How would your life unfold if you chose to expand your awareness? What if you became more motivated, more intelligent, or even luckier?

Thanks for listening. I'll see you next time when I'll tell you about a power formula that explains human evolution. Episode #19 will be called "On Courage and Confidence".

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Adios amigos!