

The Jungle Times Podcast

SELF-MANAGEMENT IN NATURE

JUNE 22 2021



MUSICAL INTRO

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Welcome to The Jungle Times Podcast. I'm Lawrence Poole and this is Episode #11. It's called: *Self-Management in Nature*.

Last time I told you about 5 strategic roles we can master. We can be Stalkers of information, Dreamers of possibilities, Seers of opportunity, Leaders in action (to adjust) and persuasive Communicators. I said that by practicing certain skills related to playing these roles, we can live enchanted lives. We can live in a state of grace.

The problem is that most people find adopting a new habit or learning a new skill somewhat difficult, so in this presentation I'm going to explore the self-management required to succeed in whatever you set your mind to doing... so please stand by.

In Episode #3 of the podcast, I explained how Nature's 8th principle of self-management is *self-awareness*. That notion suggests that complex systems – like human beings - are conscious and can become aware of their own character, behaviour, and circumstances.

I use the Howler Monkey to drive home this idea, but it applies to every complex system. Howler Monkeys remind me that awareness is a quality that is shared by more than we humans. Self-awareness is an adjunct of complexity – and emerges in very complex systems... but I think you have to spend time with other species to appreciate their capacity to think intelligently and to feel a range of emotion.

Self-awareness is a key to self-correction. And, when you are aware of your strengths and weaknesses, you can plan strategically. You can capitalise on your strengths and shore up your weakness. So... this brings me to Nature's 9th management principle: *Aware, a complex system must self-empower*.

We can change our character, behaviour, or circumstances.

In her book - *The Art of Strategy* – author R.L. Wing says the resistance to take your place as a creative leader by empowering yourself means that you've succumbed to your **inner enemy**.

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She suggests that we defeat our inner demons by managing 5 stages in *a devoted strategy*. In the 1st stage she says we must *analyze our situation*. This most important first step will also determine if you are ready to take the challenge. If, for example, you believe that having more self-esteem can get help you reach your goals, then you must analyze what that means to you. You have to note what needs to be changed and how the change might impact you.

If you think working on your self-esteem is worth the effort, if that is something you feel that you should do, and if you are determined to succeed, then you are ready.

If you experience even the slightest hesitation, start somewhere else, with an undertaking that is less threatening. What matters is wanting personal power and not quitting until you are satisfied with your progress. Whatever the first step, it will lead to another and another and another... if you live long and prosper.

In the 2nd stage, we must *learn as much as possible about our inner opponent*. What is limiting your progress exactly? How does it interfere with attaining a joyful life?

Familiarize yourself with your habits, your reactions, and the effect that your inner demons have on aspects of your life, on your family and friends and on your evolutionary direction?

In the example I mentioned - where, when and how do you suffer from low self-esteem? Be a stalker of information and question your demons. Take notes. Soon you'll have the enemy surrounded. Give it no room to escape.

The 3rd stage is to *develop a winning strategy*. Be precise and detailed when you prepare your action plan. Avoid half-measures by using rewards that encourage progress. Set goals and imagine a treat for when you reach them. Work your strategy as if you are ridding yourself of a pesky insect or unclogging a nasty drain.

Defeating an enemy might require special preparation and tools. If you need help, get a coach or a trainer who understands strategy, or

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read up on the subject. Vanquish all your excuses and crutches - like self-pity, anger, and fear. Stop praying to God and start listening to wisdom.

The 4th stage in a devoted strategy is to review your plans and their chances for success. Before you act, it is important to re-examine your plan to make sure that - once in place - everything progresses as you want it to.

If you anticipate that a decision might affect others in your environment for example, determine how and what the effects on them will be. Allow for them but adjust your strategy so you can avoid having to modify your plan once it's in motion.

A well thought out strategy can save you time, energy, and resources. Remember that there are 2-ways you can fight a 1,000 headed dragon: You can either battle each one of those snarling, biting heads one after another, or you can cut the dragon's neck so that all its heads fall at once.

Try to change. Choose the most disruptive element in your life – your greatest enemy - and invest your energy to change that one thing. Then, when the road is clear, you will see what was behind the barrier, what was holding you back. Until then, just recognize that you have an enemy to vanquish.

The 5th stage in the Art of Strategy is to actualize your plan. Understanding and adjustment can only follow your actions, they cannot precede them. You must become a warrior of spirit. I'll put a link to a FREE copy of Ms Wing's book with a description to this podcast.

The war is between your old reactive mind and its limits and a new empowered leader's mind. Be proactive. Habits can be difficult to overcome so the wise person will tackle the most unpleasant tasks first - get them out of the way. After that it'll be blue skies and sunshine the rest of the day, the rest of the way.

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The magic is that if you change neural paradigms *in here...* you change your relationship with the world *out there*.

If you add self-esteem to your character for example, then you will naturally assemble a better world for yourself. Making up your mind is in large measure, a reaction to your energy-in-motion (or emotion) and to your momentum. If you remain reactive to the limits of your own character, behaviour, and circumstances, you are poorly prepared for a world in constant change.

Science has found that - aware of it or not – you are reacting to emotions that determine how your neural patterns are assembled. How your mind CAN BE made up. Your mood releases hormones that preselect the neurotransmitters that open and close your brain's synapses as you assemble neurons into thought.

To use a modern analogy, your emotions are the software in your brain's hardwired perceptions. From a wide inventory of possible reactions to any given situation or response to an event, your mood predetermines what patterns of neurons you will engage and assemble into your reality.

You can perceive - or make up your mind - in many ways. You can be increasingly more creative and intelligent by realizing that you *assemble* your mind by exercising CHOICE.

We are reactive to a GI/GO -vs- GSI/GSO program. GI/GO means Garbage in/Garbage out while GSI/GSO means Great Stuff In/Great Stuff out. The bottom line is “*What hormones are you releasing? Do you resonate fear or anger, love or joy?*”

We are born with a hundred billion neurons and science says that we create brand new ones. Any of them can be linked to others in many ways, so in fact, with trillions of possible connections, we really can assemble a genius potential. We grin at the prospect of being better humans and then we go back to business as usual – forgetting this amazing potential in favour of habits. We take the path of least resistance. We live within our usual, habitual, and reactive neural paradigms. We may know that we have an incredible potential... but we often “*...forget about it!*”

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For the sake of analogy, imagine that each of the neurons in your brain is like a single snapshot in a 100 billion picture roll of film. You move through life *snapping pictures* of your experiences one at a time and you store them into your short term, and then into your long-term memory as (+/-) values.

Depending how you feel, you'll assemble your mind with a positive or a negative emotional charge. You can experience the rest of your life in many ways, but as you will think your way forward depending on how you feel, your mind will emerge from your emotional charge and momentum. Your options will be limited to your mood, your emotion.

Mind is assembled from mood.

A mind can only draw awareness from its limited sphere of awareness. The brain – however - contains units of memory that go all the way back to the primordial soup. Most of us will just look at select images from a small and recent memory from our giant role of film. We act in the same show over and over again. Our minds are locked into very limited patterns of brain-use.

Our conscious and subconscious memories are templates that channel our behavior and animate it. Repeating an action causes the same reaction - or as the wise man say: "*Same shit, different day!*"

Soon our brain will entertain no alternatives. Our neural paradigms are set assemble *in-here's* limited perception of *out there*. We are limiting our own creative potential and wellbeing. Our neurological habits keep us anchored in mediocrity while, at any moment, an incredible potential surrounds us.

The memory that's telling us how things are is interfering with our ability to see *how things **could be***.

Mind is an instrument of discernment. It'll evaluate good, bad, good/bad, bad/good, bad/bad, and very, very good. It can process every shade. Our neural programs are set to regurgitate our memory– what we were told and what we experienced subjectively – and this in continuum... so our mind is almost *all made up*.

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Try to imagine what your mind could be missing.

Creative self-empowerment requires that we *re-pattern* our existing memories into whole new perceptions of the word and how we see ourselves in it.

A higher intelligence is available as a conscious choice. You can invest in your creative capital. Dozens of tools and syntheses will allow you to empower yourself.

I write about the empowered M.I.N.D.* by use the acronym M.I.N.D. – *Move in new dimensions – to distinguish it from the normal reactive mind.

The prophets, mystics, saints, and sorcerers remembered in history explained a higher order and how to access Heaven's intelligence here on Earth.

Here are a couple of interesting things you should know about the creative process: 1. We've been directed by significant others - our immediate family, tribe, and society - to encode and decode our perceptions of the world in their selected fashion. 2. Once we encode our mind's perceptions and conclusions, they are very difficult to change.

SELF-empowerment training means that we must think and behave in a way that is *outside of our limiting boxes*. I mean this as more than a buzzword. It is only when you are detached from your limited way of seeing can you access new ideas or assemble information in new ways.

Dare to think differently. To learn the required skills, you must etch new neuropathways. The limits to subjective creativity are natural but when a brain experiences something for the first time, it opens to a new potential - and that potential can be etched in a great many ways, with dozens of variations.

As soon as an experience becomes defined though, any similar later experiences will be anticipated and tainted by the expectation supplied by that first memory. Of all the options and potentials, brain/mind will now offer very few variations.

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Defining an event means giving it a past. Research shows that we can overpower a new experience and cause it to be repeated in an old way, relatively speaking. If our brain experiences an event in a similar way for a 3rd time, it sets the definition in stone, and brain/mind will no longer offer variations. From then on, it will be difficult to get that brain/mind to alter its perception. We will then say she has mommy issues, or he has a problem with authority figures to explain those reactive patterns and biases.

Practiced insistence makes it so. That means that you can move forward as a prisoner of your past. *So... what about you? What habits limit you? What kind of behaviour are you dragging from your past, so it sabotages joy in your present?*

We project our past into the present, and thus co-create the constant now.

We practice our fear, anger, apathy, or other reactions to life, we'll adjust and our practiced insistence becomes "*... that's just the way I am*".

Regardless of our insistence, Nature 9th principle of self-organization says that we must change to empower. We must graduate from being reactive "to the idea of good" to adopt a proactive motivation so we manage our lives. By proactive, I mean to act consciously. In her book *The Art of Strategy*, Ms. Win suggested that self-management lets us change our character, our behaviour, and our circumstances.

In the months that followed my car accident – which caused the loss of use of my physical body, my capacity to earn a living, my sexual identity and much more - I had to learn self-management.

As you can imagine, having survived death, I no longer sweated the small stuff. When I left the rehab hospital, I had to examine my past to reset my priorities. I was totally unprepared for life as a disabled man – except for what I knew about Abraham Maslow's theories of self-motivation.

I decided to start there. I would use his hierarchy of need to rebuild my life on a more creative basis. I would consciously make my way to where I could enjoy my life as I had before.

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I focused all my energy on my quest to understand the big questions... about my out-of-body and pure Light experiences, and this while I struggled to meet the needs of a handicapped person.

I divided my activities into an external participation and an inner journey. I wanted answers to the hundreds of questions being out of my body had provoked. My religious and philosophical roots had been shaken by a reality that was much larger than anything I'd imagined.

I saw the dream world as it overlaps the physical world. I saw the creating *Intelligence* emerging from a pinpoint in nothingness and manifest itself as *everything*.

I saw Infinity but emotionally thought of *God* as an extension of this world, not apart from it. God is the Ocean, and I am a drop in that Ocean... but I had to redefine myself according to this new reality.

When a teenager, I entered monastery to see if I had the calling for the cloistered life. I found that I did not - but I did make my peace with the philosophical values that endure. Now I had to question many of my beliefs.

I had to find real answers to practical things like why, for example, when I was thought dead by people and machinery, why did I continue to exist? I concluded that I am not my physical body when I saw it from being outside of it when I flatlined. On day-3 of the ordeal, I saw the divine Light become everything. I experienced God's love and felt myself explode into a billion discarnate pieces of Light. For an instant, I was everywhere and everything.

After I was back in my body, I made an appointment with destiny. I also prayed to never forget the awe and joy I felt when out of body.

My mind raced on for hours. My joyful reverie was interrupted by the pain from the various medical procedures. Then, from within, I felt a command to try and understand why I wasn't dead. My mind suddenly stopped racing and instead, I focused m on my healing.

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I had a lot of work to do, and I was motivated to learn about my potential - in spite of the limits I now had. More than 40 years followed those first days and I've spent most all that time contemplating Nature's rules.

My Holy Guardian Angel guided me to explore the *Theophysics view* of universe and I've arranged my conclusions in a mathematical synthesis called the *Unified Field Formula*. A mathematical absolute, it describes the God-consciousness that permeates the physical world... and how we can benefit from it.

Back then, in that instant when I first saw beyond the feedback loop of my own mind, I understood human motivation as a reaction to 6 principles that govern a hierarchy of need.

My needs became apparent to me as I expanded my perception from having a reactive paradigm to becoming proactive and then creative. I understood and climbed the hierarchy. I filled my needs at every level.

As a result, my mind expanded. I thus discovered 4 basic levels of desire that we all react to – physiological, security, social and ego - and 4 levels of need where we explore our perception of our *quality-of-life needs – that include subjective growth, self-actualization and connectivity*.

I saw that I could only reach higher states of consciousness by filling my mundane desires. I focused on filling my psychic, spiritual, and creative needs. Then I found that actualizing my higher-level needs let me more easily fill my lower-level desires. The idea is not to ignore the desires of the flesh... but to fill them so you have a healthy mind and spirit too. Creative order includes *equilibrium* so filling all your needs is required to live in a state of grace.

A lot of people think that their behaviour is justified by the circumstances of their lives, and that they have good reasons for being the way they are. If asked, many would probably argue they have free will and, by and large, they choose to live life as they want.

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In fact, the philosophers suggest most people live quiet lives of desperation. It is a fact that the average person's *will* isn't free at all. Research agrees. If you were free to act as you truly want to, would you so readily self-sabotage? Would you work so hard at resisting the marvel of your potential?

Where I live, in a free and democratic country, many people treat glitz and glamour as if they had value, or wishing for fame, or some other silliness. Others mask their delusions by acquiring goods, learning psychobabble, adopting sad religiosity, or living with anxiety, or guilt.

People ignore their own best interest in exchange for immediately gratification. We have a need to feel good that is limited by our habits.

Consider how today, all over this planet, billions of people suffer miserably because we, the leaders of the free and democratic world, are able to tune out their lament and satiate our own needs. Almost 2 billion people live in extreme poverty; and more than 800 million people had no fresh water this morning.

So... there is a correlation *between human need and human will*, so the ultimate question might be *what is the nature of human motivation?*

Think about it... I'll be right back!

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INTERLUDE

I'll explain motivation from both *the Nature* and *nurture* perspectives.

First, motivation is hardwired into our human DNA, and it is manifest as *instinct*. DNA is imprinted so we obey the Survive & Prosper law - just like other self-organizing biological systems. *That's the Nature part.*

Survive means to fill physiological needs – Air, Water, Food, Clothing and Shelter – and *Prosperity* requires that we feel secure about meeting those basic needs in the long term. How we do it was learned. *That's the nurture part.*

The word motivation shares its origin with words like motor, motion and motive. So... you'll understand the great secret of self-motivation by realizing it to be the basis for your behavior. It is the motor that puts into motion your reason for being. It is the motive that stimulates, drives, and restricts you.

As such, the rules of motivation tell us who we are. They also determine all that we are, and all that we can be. Motivation influences our capacity to perceive, to learn and to grow, and it shapes our mind with its expectations and desires.

Motivation directs what we do. It relegates our opinions, options, and choices to our moods. Psychologist Clark Hull defines our reactive movement through life as trying to fill a void, a biological lack, a deficiency that is crucial to our survival. Psychology is based on the premise that anything a human being of any age can be observed doing persistently, consistently, and repeatedly is motivated.

The level of need we are pursuing tells how we are experiencing life. For example, if you explore and assert your physiological needs, you might withdraw from situations and individuals that limit you, and even be antagonistic to them. You'll embrace self-fulfillment and start giving your health some serious attention. Looking good and keeping fit will be important to you.

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The primary motivating in human behavior is hardwired as the desire to satisfy physical needs as they emerge in time. Because filling needs that are constantly changing compels us with different reactions and different emotions, at different times, we are condemned to live in a relatively reactive state of mind.

No matter how we behave, we are motivated to fill needs. If we stop feeding our body, it will feed on itself until we die. One example of how needs compel action is called dehydration. The body needs water, and that generates a desire (*Nature*) to drink. Thirst is a natural reaction. Our movement is then influenced by a biological thirst and subjective knowledge (water, beer or juice) that suggest choice is largely *nurture*.

Our needs are translated into emotion (or energy-in-motion) and we are motivated to move and seek water, beer or juice. Our mind will direct our body to liquid fulfillment... or we die.

Abraham Maslow built on Clark Hull's theory, adding that human reaction is not only motivated by physiological need, but that we have a need to enhance our psychological worth and to esteem it.

He explained that we are motivated to satisfy a hierarchy of need that appears during our lifetime. We must fill every level in that hierarchy to be fully aware of our potential. Joy, passion, and personal power are rewards for those persons who invest in their creative capital. This because filling our needs engages us in the creative process, and acquiring power is a result of that process.

Those who remain oblivious to their potential will suffer from lack, dissatisfaction, and the resulting stress. Motivation has little to do with the enthusiastic rah-rah pumped-up by an excited conference speaker.

Enthusiasm is contagious, and because enthusiastic people certainly seem motivated, it's easy to confuse the two.

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In fact, the word enthusiasm comes from Greek « *en theos* » which means *with God*. Being enthusiastic is to be filled with the creative fire and comes from being a vehicle for an impassioned life.

To be enthusiastic, you must freely and good-naturedly give your creative energy to the world. The more you creatively spend your energy, the more Infinity replaces what you spend. The exchange is experienced as passion.

Enthusiasm is not a condition to being motivated. I'm sure you know some people who are motivated to be bad, or stupid.

I discovered that everyone is motivated all the time.

I know that's a controversial statement - but unless you realize being motivated doesn't necessarily mean being creative, enthusiastic, or even positive, you might want to argue with me.

A person can be motivated to stay in bed all day, to negatively disrupt the neighborhood, or go on a shooting spree. We can be motivated, or moved, to learn, to share, or to creatively transform something ordinary into something wondrous.

People are motivated by different ideas and for different reasons ...but always in answer to a need.

Even if our reactions seem determined by circumstances, we are always constantly answering the hierarchy of need. If a suicidal person chooses to end his or her life, if an alcoholic forces down bad booze and if a battered woman chooses to remain with her abuser, it is because they are motivated to do so.

Before my accident and hospitalization, I knew Maslow's guiding principles for ascending the motivational hierarchy: 1) A need satisfied is no longer a motivator; and 2) A need unsatisfied is a negative motivator.

The months in hospital gave me a second chance, and I immediately put my knowledge into practice. I expanded on Maslow's perspective

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and added 4 additional principles to those he defined. I experienced their importance during my ordeal: Instant to instant, I had no idea what was happening to me. There were more forces at play greater than my personal view allowed for. As Hamlet tells Horatio: *“There are more things in Heaven and Earth, than are dreamt of in your philosophy.”*

As an example, at one point I was so hurting so bad that I wanted to die. And I couldn't. And then I was given morphine as was free from pain and I was hoping to be fine - but I found myself in deadly crisis. When I didn't want to die, I was dead.

Strangely, the experience comforted me. I recognized that my perception was very limited. When the doctors thought me dead, I was not.

The 4 principles I added to Maslow's work served me well as I experienced them. I never suffered from a negative psychological reaction that is often part and parcel of a trauma like mine. I was never depressed, nor did I go into denial over my disability.

I didn't suffer anxiety - all because I understood how the 4 principles link me to a larger creative force. Before a negative mindset could get a hold of me, I acted on those principles.

As I understood it, the 1st principle of self-motivation states: *The sphere of awareness is a self-organized and closed loop system.*

I recognized this 1st principle early on. It helped me to avoid being discouraged or depressed. I remember the exact sequence of events.

When I had enough strength to sit up in bed, my physical therapist wheeled an enormous chair – sort like a giant Lazy-boy - into my room and told me that I was to learn how to sit vertically that day.

Two orderlies picked up my lifeless body and placed it into the Lazy-boy-on-wheels. For the first time in months, I was sitting vertically. I then experienced such a flood of sensations that I didn't realize I was losing consciousness. I woke up back in my bed and quite

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confused. The staff explained that my blood had lost its habit of circulating, that my feet had become beet red and my face as ghostly white as milk - that I'd passed out.

I divided the rest of my life into 2 categories: What I Know and What I Don't Know! The known and the unknown. I explained that they both have a quality. The quality of the known is that it can be shared. The quality of the unknown is that it will reveal itself... if challenged.

"We'll try again tomorrow!" the physiotherapist promised hopefully. I kept an open mind. I'll show up and do my best.

It took me more than a week to reach the point where I could sit comfortably for a short while without being physically distressed. As I didn't know what to expect, I treated each day as a complete blank. Try again? Sure. What do I have to lose? It's do... or die!

I did everything I could and let Infinity take care of the details.

I truly believed this played in my favor because if - at any point I'd decided that I couldn't endure the simple task of sitting up - I'd be in an institution today. I had first-hand experience that my mind is indeed a closed-loop system as I really didn't know what each day would bring. I didn't ignore the obvious, I just didn't want to organize my thinking around ignorant speculations so, every day, I tried...

Every day I organized myself to face the unknown by opening myself to it. Brain/mind is a close-loop system BUT we can open the loop.

Most people like to believe that they have an open mind. We tend to forget, if we ever realized it, that brain/mind is a closed-loop and self-organizing system.

If we walked about with an open mind, we'd be bombarded by so much information coming at us from every direction that we'd literally overload and lose our marbles.

Dr. Edward de Bono did a lot of research on the brain as a self-organizing system, and he wrote more than 80 books that explain

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strategies like his Lateral Thinking Technique that is designed to disarm our tendency to self-sabotage. I described the technique in Episode # 6 – In My ToolBox.

He found that - aware of it or not - each of us preselects what can enter our sphere of awareness and we disregard the rest of the world. Because we can't bear to be without answers, people will easily ingest ignorance and fake news rather than open their own minds to facts that might require change. *To integrate the 1st principle of self-motivation into your daily life, you must learn to open your mind.*

The 2nd principle of self-motivation states - *The solution to a problem cannot be found at the same level of realization as the problem.*

This principle suggests that we must be flexible with our thinking if we want to find solutions to problems. Answers that stem from reliable logic in one paradigm, can seem irrational in another. Without denying the existence of situations that must be managed or challenges that must be met, problems only exist in the eye of the beholders. Since the solution and its problem coexist in space-time, we must change our way of perceiving if we want to solve anything.

In Episode #3 of the podcast – How Nature manages complex situations – I used mountains as analogies for problems. I said that reaching the apex gives us a view of any position on the base line.

This realization suggests that we must somehow detach ourselves from our problems and see them more objectively. That's why it's easier to give advice to other people. If you are not personally involved in a situation, you can more clearly find solutions to problems. People affected by a problem are rather oblivious to their solution because they are emotionally attached to the problem.

No problem is objective, or neutral, or common to all without exception. But if let (+1) represent the problem, then (-1) will be the answer. In an example, war and violence may well be disastrous to public welfare, but they are without doubt opportunities for the arms merchants to sell off their inventory and realize huge profits.

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When you see a situation as problematic, the mathematical equation $[(+1) + (-1) = 0]$ helps you find the solution. For example, if you want to eliminate war, (+1), you must add its opposite value “peace” as (-1).

This may seem simple but consider how the actions needed to end a war are not the same actions as those required to start a peace. A solution has to be more intelligent than its problem. For example, if we try to end war by sending troops to defend our interests, they – whoever they are – may not see it that way. They will defend themselves against the invaders and then we’ll shoot back. Two sides shooting at each other is called war. If we want peace, we should promote good governance and tourism.

A flexible paradigm invites the unknown to become known. Open yourself to the multitude of solutions that might be totally invisible to the rigid paradigm.

A brilliant tool to help us solve any problem is the Dictionary of Antonyms. By reducing the problem to a word or an expression, its antonyms will give lead you to solutions. *To integrate the 2nd principle of self-motivation, we must develop a flexible way of thinking.*

The 3rd principle of motivation states that we have an evolutionary need to solve all our problems. Most people's lives are filled with a variety of problems that are most often a result of how they live. Some of these problems are simple and even trivial, while others are more complex and can have major importance for the persons who experience them.

Many people believe they put their negative experiences behind them because they've forgotten them or choose to ignore them. We like to believe that we can be freed from the effects of negative bad conditions in our upbringing, but nothing can be further from the truth. Even our genetic baggage can come back to haunt us.

Everything that isn't confronted will continue to haunt us. And because we may never have learned the proper responses to a healthy

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life, we may not know how to react. So, we get caught up in a cycle wherein ignorance is not bliss. For example, if a child is raised without being nurtured and praised, it will not develop a very positive self-image, and will not have experience nurturing others.

This person will become an adult whose own kids will have their self-image sabotaged. As the wisdom books say, the sins of the father are passed on to the sons (and moms and daughters, too). These continued cycles of negativity demand that each of us take our personal limits very seriously and address them, so we no longer pass them on.

We each have a personal mix of problems that require our attention. Even the most basic definitions of what constitutes a problem will find argument, but I'll suggest that problems can be found wherever we notice differences between a situation we find ourselves in and our perceived ideal of that situation, or when the path to our objectives gets difficult or confusing.

We have the need, the potential, and the capacity for a more creative way of perceiving. This need is not always apparent, as more basic needs tend to overpower us.

According to psychological studies, finding a solution to a problem requires us to look at 3 vital aspects of it: 1) the problem causing situation as you perceive it, 2) your intended objective or desired better situation and, 3) a strategy that allows you to move from 1 to 2.

Those studies also stress the importance of defining the problem in detail and being very accurate with your intended objectives to determine a correct *and do_able* plan of action.

You should recognize how problems that remain unsolved consume an extraordinary amount of energy. Focusing on the problem tends to lock us in a left-brain mode, while creative solutions emerge on the right side of awareness. The brain's hemispheres are constantly communicating inside of their closed-loop circuits, but problematic situations need a breakout action plan. Sometimes, a problem holds our inner dialogue engaged in a way that is so powerful we'll hardly

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remember the road we took to drive home, or where we left our car keys when we got there.

Nature's way is to have us manage our problems. We can start the day with a resolve to do it, but habits and new challenges take over and then control our mind until late into the night at which time we've added more problems to those we had already stored up. Stress is the result of those thoughts going round and round in our mind in the futile hope that solutions might just happen on their own, and our problems will solve themselves.

We shouldn't forget that creativity is 2% inspiration and 98% perspiration! Creativity means work.

Creative leaders are they who have no resistance to doing all the work, all the time. They take care of all the details and settle any situation that needs it as it is manifest. Winners get to be that way by doing things that losers won't do.

People who are overpowered by their inner dialogue will greatly benefit from using a notebook, as I explained in Episode 6, to record their thoughts. Take 10 minutes when you wake up in the morning to write down what's on your mind. This will create a void, a space that will allow you to free your spirit from those looped thoughts that would imprison you. Try it. As your inner world is being taken seriously, your outer view will expand, magically.

To integrate the 3rd principle, take responsibility for your life by committing to actions that can make it better.

Then the 4th principle of creative motivation is simply Nature's push so we satisfy all our needs. Motivation does not come from forces out there, in the environment or elsewhere. Enthusiasm and a high energy persona are not necessarily a part of it. The process of being motivated is rather simple: We are in motion to fill needs.

Nature has dictated that with each need comes a desire to satisfy it. Motivation is movement with a motive; it is behavior with creating intent if we decide to see it that way,

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The motivational drive is first a survival instinct, then our genetic and tribal conditioning kick in, and lastly our conscious decision born of high self-esteem. Our innards are pushing us to be joyful, to *satisfy* innate needs.

Integrating the 4th principle means *we must fill all our needs*.

Abraham Maslow identified the two other principles in his theories. As he stated, the 5th principle of motivation states - *A need satisfied is no longer a motivator*.

As each level of need is filled, our attention is drawn to another level which, if satisfied, gives way to yet another. The idea of ascending a hierarchy makes sense when you realize that it's only on a full stomach that you'll have the energy needed to protect yourself from danger. It's only when your physical needs are filled will the metaphysical needs emerge. We'll concern ourselves with tomorrow only after our immediate needs are met.

I can vouch for that. When I was lying flat on my back in hospital unable to move and relying on machines to breathe, on orderlies to turn me every two hours, on nurses' aides to feed me and clean and on doctors for just about everything else, I wasn't concerned by anything emotional, intellectual or spiritual. I was just holding on to physical life.

If a need is satisfied, it ceases to compel. If it's ignored, however, it will return time and again, and become more and more demanding, and may seriously disrupt your life. For example, if not satisfied, the need to feel secure in a relationship will projected outward as jealousy. When jealousy and its need to control another or conditions *out there* replaces self-esteem and feeling secure *in here*, well then obsessive-compulsive disorders will often follow. A fetish is an example of a need that is not satisfied at some level. Compelled by an unknown neurosis but not satiated, that fetish will strangely alter our normal behavior as we seek fulfillment.

TRANSCRIPT

You are not likely to obsess on what to have for lunch if you've had a good breakfast but if you skip a meal or two, tell me what you're thinking about.

We integrate the 5th principle of motivation by shifting our focus to higher level concerns as we satisfy our more basic needs.

Then the 6th principle states that - *A need unsatisfied is a negative motivator.* Needs that are not satisfied can dominate a person's behavior and halt any further progress.

This 6th principle suggests that if our basic needs are not met, it's probable that we will not fill higher needs like friendship, joy, creative self-actualization and more. When a need is ignored due to situations beyond your control, it can cause you such a state of dissatisfaction that it risks diminishing your life.

Think of self-esteem issues and how they can ruin relationships, or other sabotaging habits that affect our overall sense of well-being. I had a friend who died from a cocaine overdose at 37 years of age. He had consumption problems since a young age. His mother was a terrible cook who apparently boiled the flavour out of everything she made. He was 12 years old when he earned enough money to pay for lunch at a restaurant and – Hallelujah! Flavour! Deliciousness! Magic.

He became a superb athlete to be sure he always had enough money to eat well. His constant search for the huge “AHA” rush he got with his first taste of deliciousness fueled him... and then food and drink ruled him - as he ingested in search of *the rush*. Consuming to find that rush of his first taste of flavour then led to coke and that triggered a heart attack.

Successful human beings have a need to feel they are in control of their life, and if that control is put at risk, then they will do battle. If you put at risk a nation's livelihood, people will go to war. The war is waged *out there* against others even if it risks destroying us, the *in here*.

TRANSCRIPT

If truth be told in a single sentence, repression is the only sin. A need unfulfilled is a negative motivator. Not filling a need makes us negative and miserable, and because misery loves company, we'll want to control others.

I explained 6 principles of creative self-motivation:

To manage the 1st principle in your daily life, you must learn to open your mind.

To manage the 2nd principle of self-motivation, you must solve all your problems by developing a flexible way of thinking.

To manage the 3rd principle, take responsibility for our life and commit to actions that can make it better.

Managing the 4th principle of self-motivation means you'll fill all your needs – Physical, Emotional, Intellectual, Spiritual and Creative. To be joyful, you must thrive.

You'll manage the 5th principle of self-motivation by shifting your focus to higher level needs as you satisfy your more basic desires.

To manage the 6th principle of self-motivation, you must recognize that your negative perceptions are a result of a failure to satisfy your higher needs. You must invest in your creative capital

Think about that... I'll be right back

TRANSCRIPT

INTERLUDE

My shift from a reactive paradigm to an expansive and magical mindset required that I better understand my inner dialogue, or the kinds of thoughts that tended to empower or sabotage me.

I identified my hierarchy of need and determined how to satisfy it. I mapped out the ideals that I aspired to. I basically wanted to be healthy, wealthy, and wise.

I worked at it... I consciously filled all my needs. For example, I kept fit, faced my limiting emotional pitfalls and made a list of the good, the bad and the stupid people in my life, and how to best manage my time. I even invented a self-styled *disability yoga*.

The hierarchy is transpersonal. We'll choose to answer a need with either a strong or a weak interaction, and that defines differences between us. Some people prize fitness and health, others not so much; some believe sex is important, others no. How we actualize our needs distinguishes us from one another. It also determines our degree of attainment of what we consider *a quality of life*.

While we all have the same needs, what importance we give them and how we actualize them, or not, is what individualizes us. Nature doesn't care about *the content* of our choices – whether you're a vegan or you enjoy raw whale blubber or you feed on goat milk cheese. However Nature does care about *the context* of our choices – *Do you fill your physical needs with a strong or a weak interaction?*

In physics, the strong interaction is described as a binding force that causes form and structures to emerge. It is responsible for individuation. Weak interaction is called the radioactive force and it is linked to entropy, and death. How do you satisfy your needs?

Answering a level of need with a strong interaction gives us power. Not doing that weakens us, and the weakness contributes to death.

I'll take look at our needs before I tell how we can fill them.

TRANSCRIPT

WE HAVE PHYSIOLOGICAL NEEDS.

WE ARE FIRST AND FOREMOST PHYSICAL ORGANISMS, SO WE ARE IN CONSTANT NEED OF THE PHYSICAL ESSENTIALS REQUIRED TO SURVIVE. WE NEED AIR, WATER, FOOD, CLOTHING, AND SHELTER. WE WON'T LAST 5 MINUTES WITHOUT AIR, MAYBE 3 DAYS WITHOUT WATER AND NOT MUCH LONGER THAN THAT WITHOUT FOOD. PEOPLE LOST IN THE WILDERNESS WILL DIE OF EXPOSURE – OR FROM A LACK OF ADEQUATE CLOTHES AND SHELTER – IN A VERY SHORT TIME, DEPENDING ON THE CLIMATE AND ECOLOGY.

DEPENDING ON HOW WELL WE ACTUALIZE OUR BASICS, WE CAN EVEN THRIVE.

We practice some sort of physical culture to describe how we meet our basic requirements for life. To fill our physiological needs, we learn to breathe clean air, to drink and to eat in a healthy way. We must dress comfortably and appropriately to our time and place, and we'll seek a safe haven where our body and spirit can rejuvenate and find a peace of mind.

How we fill our needs affects our vitality, strength, endurance, and general well-being of our physical organism, and it influences our emotional, intellectual, and spiritual well-being too. If you ever stuffed food down at Thanksgiving, you'll remember flaking out on the couch too.

Are you healthy? Do you feed your body well or to satisfy basic need, or do you nourish yourself for optimum performance? Do you have the energy to exist or to successfully navigate your way? Do you dress for comfort or for style? Is your environment conducive to peace of mind or is it chaotic?

NEXT, WE HAVE SECURITY NEEDS.

We have the physiological needs for our whole life. Our security needs refer to the long-term fulfillment of our physical needs. Our need to feel secure can dominate our mind and become a controlling force in our behavior to the same degree as filling physiological needs.

TRANSCRIPT

I particularly noticed how fragile our continuity is in times of threat, when I witnessed the days and months following the Covid19 global pandemic.

People focused a good portion of their energy on the pursuit of security needs – paper towels, clean wipes, alcohol swabs, masks, gloves – these suddenly became concerns and sold out everywhere. Even people who appear to have everything fretted about changes that would affect their sense of continuity and well-being.

The security needs also represent an indivisible link between who we are and who we would like to be. People who feel insecure in the company of luminaries are comparing themselves in ways that they will feel inadequate. The social pecking order preys on this so the slaves will serve as I explained in Episodes 7 & 8 - Climbing the Leader Ladder (Parts 1 & 2).

The search for security, for continuity and well-being, is part of our need to ensure the survival of the species. We are commanded to procreate. The sexual instinct wants us to attract others, and this need coexists with the need to protect ourselves against danger or what we suppose can jeopardize our quality of life. The need to attract someone from *out there* and to protect *in here* is the arena of a subconscious emotional conflict.

Most of us are insecure about coming out of the locker-room.

Far from being limited to a paycheck or having a secure job, money or property, the concept of security is about a state of mind that has to do with feeling confident when considering our future. Security needs are about developing the attitude that gives value to your structural capital, your client capital, and your creative capital as I explained in Episode #2.

Feeling secure has to do with whether you are assembling your reality from a fear or from a love-based worldview. Assembling a love-based worldview is subject to the expansion factor – from magnitude#1 selfish love, and then symbiotic love at mag2, and self-esteem at mag3, unconditional love at mag 4, and l.o.v.e.* as magnitude 5's

TRANSCRIPT

magic I mean love as the acronym *l.o.v.e. -limitless oscillating vibrational energy, or the love of God).

People who feel secure give off an aura of assurance that suggests they'll have no problem satisfying their needs. Feeling secure is like being in a state of grace. It is put to the test whenever we are forced to face the unknown or to deal with sudden change, so it had better be real.

Without learning to manage change, we don't develop coping mechanisms that build confidence and contribute to genuine feelings of self-love. These mechanisms are what give us a sense of security. The rapidly changing world with all its problems - from a fragile ecology to its unstable economy to a foolish media - are undermining our sense of security.

To compensate, we should invest in developing our emotional strength and thus add capital value to our creativity. Rather than be a victim of how we feel, we can understand emotion as an empowering process.

Researchers have determined that emotion has its origins in a 5-step process in which *energy is put in motion* to reach a goal. Human emotional response stems from:

1. *An event* - Something happens that triggers a reaction that moves us to identify a potential threat or a personal enhancement.
2. *The perception of the event* - We become aware of the event in a largely biased sense. That is - we physically sense the event via seeing, hearing or reading about it, but we add stored input from our neural patterns and so a new whole perception is created.
3. *The appraisal of the new whole perception* - We refer to our memory to assess a new event and to determine whether it will satisfy a goal or move us away from it - and then we give it a value. That value given will directly affect the strength of our emotional response, or whether we use a strong or weak interaction.

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4. *The filter on the appraisal* - We choose an appropriate response from *a personal inventory* that we believe is appropriate to reach our goal.
5. *The reaction to a filtered appraisal* - We transform our emotional response into a coping mechanism.

How we put our energy-into-motion dictates how secure we are likely to feel. If we get trapped in emotional reactions that weaken us, we tire, stress out and then get sick or otherwise distressed in some sense; our energy level is lessened, and so is our ability to respond positively to everyday situations.

The lowered emotional output considerably affects us and that sends a signal *out there* that attracts bad karma. In the same action/reaction way, by maintaining a positive emotional output in resonance with l.o.v.e.* - the *limitless oscillating vibration energy of God, you get magic. You can live in a state of grace.

Feeling secure requires you to adopt a lifestyle that increases your vital energy. Good nutritional habits, being in physical shape and having a well-rested body and mind, all of these contribute to having high levels of energy, as does maintaining a trusting, worry-free, attitude.

Are you able to generate positive enthusiasm when you think about your prospects? If you do not feel secure, then overcompensation, exhaustion, depression, and burnout will follow. Do your prospects worry you or do they give you comfort? Are you investing your energy effectively? Do you find it hard to relax? Are you aware of the link between your mood and the quality of your energy? Do you have the vitality energy needed to enjoy your life?

If you increase your vital energy – that is the energy devoted to enjoying your life - we can more easily and more effectively handle daily challenges and obstacles. To feel secure, you must practice an energy culture in which you learn how to manage your e-motion, your energy-in-motion.

TRANSCRIPT

WE HAVE SOCIAL NEEDS.

We interact with others based on how we feel. Therefore, our negative energy limits us when feeling positive energy-in-motion opens the way for empowerment from belonging, affection and love.

Our social needs reflect the human desire to live in communities. The social fabric is a complex phenomenon, encompassing all the interactions that connect individuals, from language to customs, from family structure to tribal tradition. Our limbic brain system is hardwired, and its subconscious message is quite clear: there can be no greater threat to personal survival than to be rejected by the tribe.

Our social links - who's who in your pecking order - are often invisible but are still quite powerful. They contribute to our sense of continuity, and they influence on how we pursue our goals or how we participate in the development of community.

Social needs are manifest in our intellectual and creative pursuits. We'll enhance our social position as we develop our leadership, management, and empowerment skills. To live successfully, we must understand the people who surround us and learn how they affect our lives.

"*No man is an island onto himself,*" wrote the poet John Donne. I hope you never find yourself in an ICU, totally dependent on a medical team to keep you alive, to figure out just how true that idea is. Healthy and secure, we become social creatures and can profit from a wide variety of relationships.

We also profit from expressing our ideas and thoughts openly and honestly, and from accepting the honest and valid opinions of others. With our social exchanges, we grow to then capitalize on our knowledge and experience, on our creative capital.

In a global village, concepts like ethics or a just social codes of conduct shape and shade the rapport that will be developed between us. Our personal values must reflect creative law; the golden rule is a code that applies to everyone. Man's laws are subservient to Nature's laws, which are subservient to the law of *One* – as I explain in Podcast Episode #5.

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In fact, you'll be a creative leader when you develop an intuitive sense of what's true and loving, and when you project those values in self-interest. Consequently, you can easily recognize the ethics or lack of ethics employed by the people who surround you over time. That makes it easier for you to make strategic choices in terms of long-term relationships and how you develop with them.

There is wisdom in the ancient adage that says “...*birds of a feather flock together*”. It says that ethics determine the role we play in the game of life, and the people who will play with us.

A person with a strong sense of ethics and morality is free from social convention and he or she can answer the highest levels of integrity. The opposite is also true. People who look to others to know what's right and wrong weaken their integrity and their sense of ethics. Removed from developing deeper values, they lose the ability to acquire inner strength.

I recently saw a reality show that demonstrated this. A contestant earnestly avowed her relationship with the Lord Jesus Christ, but she experienced that relationship in a rather sad way. She schemed and plotted negatively with the worst of the other contestants. But she boastfully asserted that her Lord forgives her cheating and lying ways.

Carl Jung suggested one way of discerning between individuals is how we value ethics and integrity. A lack of ethics generally means a lack of respect and consideration for yourself, for others, and for your place in the overall creative plan.

Did you learn lessons from the negative things that occur in your life? Are you involved in community projects or a charity? Are you able to seek out any help you might need? Are you a loving person? Are you lov_able? Do you have ethics?

WE HAVE EGO NEEDS

First explained by Sigmund Freud, then by Carl Jung, and then the army of psychologists and therapists who followed, the term *ego* is commonly used to describe the basic image we have of our self.

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I define my own ego as my integral beingness - my physical body with my brain/mind and memory. Ego includes all my knowledge, my experience and desire in one package I perceive as the integral me.

How ego is perceived is very important to our development. Consider how we have the capacity to form an image of ourselves ...and then decide if we like that image or not. Once you establish a sense of self, you should give that self your esteem, you should fill your ego needs.

Confused? You also have a higher “self”. The self is a quality we give to our ego. A healthy ego is essential to one's development. Without it, other fundamental needs will be seriously jeopardized, even sabotaged. Consider that every human breakdown or suicide begins with an ego that no longer invests in his or her self-esteem.

If ego identified as who we are, we can then decide to esteem that identity, or not. Choosing to esteem our self gives us real power. The wise ego practices a *will culture*; with discipline, we can assure that our ego carries out the actions that will allow us to feel good about our *self*.

We have a need to feel good about ourselves, to stand apart from the tribe as esteemed individuals, and to claim a separate and unique identity. Our ego should feel that we contribute positively to life, and therefore merit success and happiness. People who esteem themselves will work to actualize the idea of good and thus feel good about their acts.

Ego determines our personality, our place in society, our relationships with others, and our ability to express ourselves in spite of our fears of criticism and rejection. It dictates our belief about our right to a satisfying and meaningful life. Genuine self-esteem will be felt in direct proportion to the quality of our deeds and acts.

This is not a moral judgment. Rather, it's a self-evident truth that can only be resolved with personal experience. I am reminded that when I changed from being an up-and-coming executive in a fast-moving company to being an unemployed disabled man in the flick of

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an eyelash, I felt my status change. Since then, I've seen how my own self-esteem directly influences how others respond to me.

A strategic *will culture* suggests that any action that brings me closer to creativity, personal power and feelings of well-being and joy, is good. Easy enough to see how anything that distances me from that state of health is bad.

Short of that, I can add that just *wanting to be better* is not in our best interest. Anthropologist Carlos Castaneda's wise sorcerer *Don Juan Matus* said that self-empowerment is the true path, and he reminds us that, "*What makes us unhappy is to want. If we cut our wants to nothing, even the smallest thing we get becomes a true gift. To be poor or to be wanting are only thoughts, as are hate, or to be hungry, or to be in pain. A spiritual warrior can survive want. A spiritual warrior knows that he is waiting, and he knows what he is waiting for. While he waits, he wants for nothing and expects nothing. Then whatever little he does get is much more than he needs.*"

WE NEED A QUALITY OF LIFE

So - Are you creative a creative leader? Are you managing your life in the way that Nature prescribes? Are you using your will to enhance your physical wellbeing, your energy level, and your ethics?

Increasing our subjective will, we can actualize our higher needs - like those linked to quality to life. It is in your self-interest to discover what exactly quality of life really means to you so that you can reach it. How can you give *quality* to your life?

If you are managing your life Nature's way, you will practice a physical culture, an energy culture, an ethical culture, a will culture, and a tithing culture.

Do you think you've evolved over the last five years? Have you taken responsibility for your happiness? Are you giving joy to your life?

TRANSCRIPT

Just remember – Nature wants us to thrive. But the only way to have a quality of life **is to give quality** to life.

Thanks for listening.

I'll talk to you next time, in Episode #12. It's titled: *Your Soul and the Nature of Universal Politics*. From self-motivation to increasing our creative capital to reaching for passion and joy, I'll explore how to manage the *self* with power. Don't miss that exposé.

Folks – a listener told me that she gets a lot from my podcasts when she reads the Transcript while I'm explaining things. She said my ideas are easier to follow that way. If you want to try the technique, download a FREE copy of all the Episode Transcripts from my website at www.TheJungleTimes.com.

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Thanks again... see you next time. Adios amigos.