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A PSYCHOLOGICAL METAMORPHOSIS

The following introduction and three chapters are from my book that are to be expanded upon.

Hi reader,

Please allow me to introduce my "sense of self", they call me Shane. Interestingly, of all the billions of magazines, blogs, articles, and books that could have shown up in your awareness, this one single solitary collection of symbols, in the form of words, has presented itself as your choice of focus. I say choice because that is exactly what you must do in this very moment, you must choose. Choose to take me home or leave me behind, to continue to read or divert your attention, to consider a possible shift in perspective or to remain steadfast in your certainties.

Of course, as with everything in this life experience, it is entirely up to you. It is not by coincidence that this ink stained reconstitution of lumber has found itself before your eyes. It would be more poignant to imply an apparent synchronicity. There is nothing forceful in this book, no absolutes of any kind. This book is merely suggestive, a nudge in the direction of unexplored considerations.

As with all journeys, this psychological safari begins with a single step...

[[put me down](#)] or [[turn the page](#)]

The choice is always yours, or is it?

Barrier of Belief

Synaptic Certainty

“Most people don’t see their beliefs, their beliefs tell them what to see.”

~ Matt Kahn

It was a bit challenging to determine which topic would be most beneficial to begin this book. I concluded that it was most important to discuss the concept of conception itself – **belief**.

Our beliefs mold the experience of our reality. For whatever we believe becomes what is true for us. Henry Ford said it best, “Whether you think you can or think you can’t, you’re right.” The same can be said for everything you consider. Whether you believe it is or it isn’t, you’re right. Whether you believe it is right or wrong, you’re right. Whether you believe it is good or bad, you’re right. **No one can dispute what is real for you, only you can choose that... but did you?** There remains one critical problem in this equation; are your beliefs your own? Did you actually choose what you believe, or have your beliefs been embedded in you against your will? Has our birthright to discern for ourselves been so cleverly disguised by our own desire for the comfort of certainty that we have accepted the many falsehoods of our forefathers?

Well, yes, that would be a wise observation. Let’s explore.

Our beliefs work one of two ways, they either allow for expansion or more commonly, limit us.

So, what is a belief?

Most of us have never taken the time to consider what a belief actually is, biologically speaking. To get a grip on our belief structures, a biological safari is required.

Picture the brain, the squiggly, odd-shaped organ in your skull. What is it? What is it made of? How does it work? For me, when I chose to study the brain and truly understand how it functions, everything became very clear for me. I came to understand *exactly* what was going on in my life experience due to my beliefs. I began to see the world through the eyes of neurology. I could now look **at** the filters of my understanding, rather than looking **through** them. What a difference that slight shift in perspective made.

The brain is a conglomeration of biological wonders. Let's start with the neurons. Fifteen percent of the brain's volume is composed of about 100 billion neurons, each capable of about 5,000 synapses. That makes for about 500,000,000,000 (five hundred trillion) possibilities of consideration. About 1,250 times as many stars as there are in our own Milky Way galaxy. The sky is not the limit, however, what you believe about the sky *is*.

What is a neuron?

Noun 1. Cell Biology. a specialized, impulse-conducting cell that is the functional unit of the nervous system, consisting of the cell body and its processes. A neuron is a tiny nerve capable of communication through an electrochemical transmission. At one end we have an axon, at the other, a dendrite, and between them, the synapse.

What is a synapse?

The word "synapse" – from the Greek *synapsis*, meaning "conjunction" or "to fasten". A synapse is basically the meeting place for the process of transmitting information from one neuron to the next by means of electrical conduction at a speed of about 300 miles per hour. There is a tiny pocket of sodium and potassium suspended between the axon and the dendrite. And when I say small, I mean 5,000ths that of a human hair small. So within that tiny little pocket of nature's Gatorade, we find a tiny little lightning bolt – the biological equivalent of a belief. That tiny little spark of electricity we so eagerly attach ourselves to, define ourselves by, and defend to the death. It is this microscopic modality that you take so very, very seriously.

Silly, isn't it?

Considering this understanding, here are some excellent questions. Do you consciously pump your blood? *No*. Do you consciously breathe? *Not usually*. Do you consciously build your bones? *Umm, no*. When it comes to thinking, a less effective question would be, "Do I think?" A more effective question would be, "Do I consciously think my thoughts?" The answer may surprise you.

The myth that we only use 10% of our brain is only 10% true. The fact of the matter is, more than 90% of your brain uses you. You are limited by the paradigm of social conditioning, by what you have agreed to consciously, more importantly, and tragically, unconsciously.

Who is in control, you or your thoughts? Are you your thoughts, *or* are you the observer of what is being thought? Considering the momentum of a train, are you the engine or the caboose of your ceaseless cognition?

Enter the reinforcements – glial cells – the straitjackets of certainty, the concrete criminals of conclusion, the preface of pride. Glial cells make up the remaining 85 percent of the brain. They are the insulators of our beliefs. Under a dark field microscope, they are the biological equivalent and ***actually look like*** electrical tape wrapped neatly around our neurons. But they don't stop at one layer of insulation; they wrap themselves around our mental constructs to the tune of 150 layers, confining us to a lifetime of limitation, but only if we let them.

One day it occurred to me that a child's birthday grab bag toy called a Chinese Finger Trap was the perfect tangible representation of our belief structures. A finger trap is a toy made of woven grass about the size of a human finger. When you insert a finger from each of your hands into either end of the trap you find it difficult to remove your fingers due to how the grass is woven. The harder you try to pull your fingers out, the more intense the grip of the trap becomes. So, imagine the index finger of your left hand is an axon and the index finger of your right hand is a dendrite. Insert each finger into either end of the trap; now try to pull them

apart, you will find it nearly impossible. Now, imagine the strength of 150 of these traps binding your two fingers together and multiply your fingers and traps by a couple hundred, a few million, or even hundreds of millions. This is what we call a “neuro-net”, the neural network of belief. Depending on how long this belief has been in agreement in your brain along with how focused you have been on that belief, determines how big the neuro-net becomes and how intricately it weaves itself into your other belief structures.

Glial cells are the biological equivalent of certainty. Our need for certainty is two-fold. One, it found its origins in the primal process of our ancestors. Consider predator versus prey. The surer we are about where something is, how long it will be there, how far away it is, and where it may go next, all attributed to our survival. Therefore, we are hardwired for being certainty-driven. That, coupled with our innate fear of death, of non-existence, of insignificance, are the reasons we hold our beliefs so dear to us. To allow ourselves to un-believe something is to experience death. A belief is an agreement. Whether you are saying yes or no, you are always saying yes to the agreement.

The entire biological process of perceiving our reality happens at a speed so alarmingly fast, we don't ever see it as a construction. We have no idea that we are actually creating it. It's one thing to know that you have a virtual reality headset on, it's another for that headset to simultaneously be, itself, a part of **and** the creator of that very virtual reality. It can be difficult to get a grip on this. Just chew on that for a minute, then proceed.

As if that weren't sticky enough, we have an additional challenge in the freeing of the mind... defense. We humans relish the opportunity to defend anything, our family, our country, our favorite sports team. The primal mechanism of defense obviously started out as a means of survival. However, we have managed to incorporate that process into our modern-day cultural cognition. There is no necessary reason to defend a football player, a politician, or a state. The only reason we do is due to a contradiction of belief. In terms of actual survival, it is invalid. As soon as we make an agreement in our minds and create a belief about something, we immediately begin to rationalize, protect, justify, and defend it. Biologically, when we encounter an opposing belief, the brain begins to release hormones such as norepinephrine, a

chemical that puts the body into a primal state of fight or flight. Blood begins to leave the viscera and brain and travel to the arms and legs, lowering the immune system and dulling the thought process. We literally dumb ourselves down, become narrow-minded, and want to fight. We do this blindly and immaturely, all in the defense of an illusion, a belief.

Diluted Linguistics

A Double-Edged Sword

“Way back in our development when we first began to use symbols to represent the events of the physical world, we found this such an ingenious device, that we became completely fascinated with it. And in ever so many different facets of life, we are living in a state of total confusion between symbol and reality.”

~ Alan Watts

In conversation, we should find ourselves choosing words as carefully and meticulously as the neurosurgeon wields the scalpel through a forest of glial cells and dendritic branches. Language is very powerful - and currently, the ignorant state of the human condition has all but butchered and pulverized the revered spoken word into a syllabic blur, a slurry of words, and a mere pile of limp lipped consonants longing for the sacred union in the form of a well-enunciated vowel.

It is critical and of the utmost importance to discuss the process of language. Whether spoken, written, sung, or signed, it is the way we communicate and we literally paint the landscape of our experience with every articulated emanation.

Since the advent of language, man has blossomed in intellect, yet simultaneously wilted in wisdom. There is no truth in a word. In a word, there is only an indication of potential. It's like the finger pointing to the moon. If you're looking at the finger, you can't see the moon. When we eliminate words, we can see the moon.

EVERYTHING is a metaphor, E.V.E.R.Y.T.H.I.N.G.

The paradox is, there are absolutely no absolutes. No matter how many millions of people may agree with us, or how many times we say it, or how many times we read it, or see it, or think it - we can't truly be certain of ANYTHING. We can sheepishly reside in the comfort of our groups and cozy up to the comfort of the collective agreement. However, the day will come when our dogmatic ideals crumble under the weight of their own pretenses. There is no white or black, only our conceptual interpretations make them so. We need to stop conceptualizing ourselves and one another and begin to see through unconditioned eyes. If we can globally resolve to do this, we won't need police, or elections, or institutions, or authorities of any kind. It is our conceptualized egoic sense of selves that have gotten us into this mess with our nations, borders, governments, classes, races, preferences, and apparent disabilities. The solution is a radical recalibration of our perspectives relative to what we perceive as reality.

As Einstein once said, "We cannot solve our problems with the same thinking we used when we created them."

Language has allowed us to express our thoughts with precision and efficiency. It has also misled us into believing that we know what we are talking about. We think that because we slap a label onto something, a word, a verbal expression slathered in definition, that we know what it is. We don't. We can't possibly. Words and language are tools of limitation and reduction. Every word we utter is a symbol, a metaphor, an attempt to define the undefinable. We must look deeply into the words that have been chosen, study their definitions, and their origins. We must break them apart into syllables and understand the association of the synonyms within those syllables. Only then, through diligent etymological dissection, can we truly comprehend the expression that is attempting to be conveyed. Language is beautiful when you study it. We like to use metaphors and metaphorical phrases when communicating.

However, the efficacy of our transmission and reception tends to blur through the muddled filters of our conditioned predispositions. I suggest, as I do when I read, to have a dictionary nearby, whether digital or analog, as to do your own homework while reading along.

If we look at the English language as it is today, we can see that, once again, there is nothing new, only representations in the form of new compositions. The English language, for the most part, is a reconstruction of syllables from variations of Greek and Latin dialects. Quite often, words get misconstrued, abused, and what I refer to as, diluted. We like to think that once we designate a word, a name, a label, a definition, or a diagnosis to something, we know what it is.

Just because we can see an enormous ball of gas, with its core burning at 26 million degrees Fahrenheit, 93 million miles away from earth, with a radius of 432 thousand miles, and we label it with the word “sun”, does not mean we know what or why it is.

In the same sense, love can never be understood or effectively expressed no matter how articulate the use of language. Language and words have led us to believe we understand love. We’ve even gone so far as to say there are different kinds of love, depths of love, variations of love, forms of love, and expressions of love. This is not the case. We think there is a difference in things we say, such as, “I love you” or “I’m in love with you.” At the level of the brain, or thought, we create different concepts of love, but ultimately love has no conceptual difference. We, with our human brains, cannot help but attempt to compartmentalize everything, including love, which is indivisible. It does not know of layers, levels, variance, or types. If it did, it wouldn’t be love.

Now that we’ve loosened the reins on our limitations we can allow our imaginations to graze the pastures of an alternate harvest.

Words, some time ago, were respected for their power. People spoke with great care and caution, knowing their latent ability to cause a great effect. Today, as with most everything, respect has been replaced by utter laziness. Our regional accents, cultural butchering, and lack of understanding have left our use of language limp and lifeless. What we don’t realize, is that every word thought or spoken aloud, regardless of accent or enunciation, carries with it the

ability to affect matter. Specifically, our own bodies, collectively our communities, and on a planetary scale, our words affect the weather.

On February 14th of 2012, I opened my eyes, as if for the first time. I was overcome with an insatiable sense of curiosity and I quickly found myself, not drowning, but eagerly swimming in a sea of questions. With each stroke I found myself riding the crest of another wave of insightful information. As my consciousness opened up and my understandings deepened, I became acutely aware of the meaningful use of language and the importance of attention to detail with enunciation. I began to study words in-depth, all of their many meanings, enunciation, prefixes, suffixes, synonyms, antonyms, slang variations, relativity, and most importantly, their origins. (ORIGIN— n 1. a primary source; derivation)

Let's investigate a couple of words, as we did back in the prelude to acquire a thorough understanding. Maybe you'll discover some things you never even knew you wanted to consider.

The word: PASSION

1.any powerful or compelling emotion or feeling, as love or hate.

2.strong amorous feeling or desire; love; ardor.

3.strong sexual desire; lust.

Origin: 1125–75; special use of Late Latin *passiō* suffering, submission, past participle of *pati* to suffer, submit; see -ion

Key point: past participle of *pati* – meaning **TO SUFFER!**

An optimal alternative word would be **enthusiastic**. Look it up. Ultimately, with the word passion, what we attribute as something with a positive quality is actually the source of suffering. When we truly accept the responsibility of words having an undeniable effect on matter, we can appreciate being quite selective about the words we use.

Listen intently to the choice of words spoken in any given conversation. People use metaphors that affect themselves on a regular basis. Metaphors, in the form of these types of phrases, have a biological equivalent. For example:

Metaphor: I'm beat. = Low levels of dopamine

Metaphor: I've got butterflies in my stomach. = High levels of adrenaline are being released into the system.

Metaphor: I'm in love. = The ventral tegmental region of the brain is highly stimulated, and so on.

And then you must consider what the body and subconscious hears when metaphorical phrases are spoken both aloud and even silently to oneself. For example:

"I'm dying to have a piece of chocolate cake." What your body and subconscious heard was, **I'm dying.**

"My job is **killing me.**" What your body and subconscious heard was, **I'm going to die.**

"He makes **me sick.**" What your body and subconscious heard was, **I'm sick.**

"I'm **sick and tired** of my boss not appreciating me." What your body and subconscious heard was, **I'm sick and tired.**

I'm dying, I'm tired, I can't, I'm fat, I'm ugly, I'm not worthy, etc. etc. etc.

This is what many of you are telling yourselves all day, every day. You can listen closely to someone speak then cut their sentences in half to hear the truth their bodies hear within them.

Metaphors, metaphors, metaphors. If you dig deep enough, you can feel the truth within. It is to our advantage to see through all metaphors and intellectually cut through the fog of fluff and facade. To interpret, on a deeper level, what people are meaning to convey when they speak inaccurately or cryptically. The words they are using are often misleading and cloudy, causing us to passively giggle or sheepishly agree with mild confusion. We must cultivate and hone the

discipline of our listening and observational skills to develop unwavering attention, respecting, and honoring the gift of true communication.

The next time you speak, watch every word you say. Because whether you agree with it or not, words are energy, and every syllable that passes through your vocal cords vibrating an expression of thought off the tip of your lips quite literally shapes your reality.

Cognitive Origins

The Unobserved Agenda

“You’re not living, you’re just not dying.”

~ Eep

Let's devolve a few hundred thousand years before the first sounds ever uttered by humans were given meaning to form language. The chronological theory of language has been a thorn in the larynx of such unobtainable conclusions. Linguistic origin is such a blurry field of study, a hypothesis is all we can deduce. What we can say is that language evolved a long time ago, maybe 100-200 thousand years ago, and has mutated into the complex forms of communication we utilize today. The evolution of the human species itself, however, happened much further back in linear time. Mammals mutated into primates, which genetically paved the way for the Homo habilis, and consecutively into the contemporary human. This is certainly an amazing feat of nature, but there is one flaw in the biological evolutionary process that we must acknowledge if we want to understand who we are and what we have become. This flaw is in the cognitive organ in our skulls, we call it the brain.

What's the problem you ask? The problem is simple to explain, it is that our brains have never been rebuilt or redesigned, only modified.

Today, digital technology is evolving so quickly that human societies can hardly keep a sustainable cadence with the binary barrage of information overload. Think back just 40 some years ago, to 1976, the year of the introduction of the floppy disc. If you're as old as I, you remember these things. A thin magnetic storage medium encased in a hard-plastic shell. It wasn't until 1986, with the second generation of these relics, that IBM pushed the envelope

and managed to make room for a whopping 1.2 megabytes of data storage. The third generation measured in at 3.5 inches square, a revolution in digital technology that disappeared about as fast as you can say CD-ROM.

Compact Disc Read-Only Memory mediums were laser-etched media capturing devices that ranked supreme throughout the 1990s until the advent of the USB Flash Drive in early 2000, which are capable of holding a staggering 2 terabytes of digital data! They are tiny, weighing less than one ounce, very inexpensive, and hold thousands of times more information than their predecessors. You can literally carry around 4,000 copies of the entire Encyclopedia Britannica on your key ring. They are extremely durable with no moving parts and can be rewritten up to 100,000 times. This is it, the holy grail of data storage! Let's not get ahead of ourselves. I hate to rain on your tangible parade, but here comes the cumulonimbus.

The clouds are here, there, and everywhere. Now, with Wi-Fi, Bluetooth, and cellular data towers, we don't even need an object to store our data, at least not on our immediate person. All our devices communicate with one another simultaneously, backing up everything along the way. Heck, one pioneering individual had the foresight to create computing devices with not one single data port. All communication is done wirelessly and even semi-autonomously. No doubt, Mr. Jobs had vision light years ahead of his peers.

Now that we've strolled down memory lane relative to, umm, memory. Let's consider the computer itself. The device is responsible for utilizing the memory storage devices, reading the data, decoding it, and presenting it to us in a comprehensible way. This data decoding is presented to us in the form of static and dynamic images, and graphemes or text.

Think back to early desktop computers, before the luxury of laptops and iPads. They were big clunky towers comprised of hard drives, CD-ROMs, floppy disc drives, giant graphic processors, and bulky fans. Now imagine that we were never able to replace data drives and hardware upgrades, rather, we could only add-on these new and improved processors.

Imagine today, having to carry around your super-intelligent, extremely fast iPad, but it comes as a backpack full of drives, fans, and big old clunky processors with only a tethered screen on a

flexible arm for your convenience. It weighs 10 pounds, is subject to limited processing power, and has short battery life. This iPad doesn't care about facts, to minimize energy consumption, its priorities are predictability and efficiency. Therefore it primarily runs in "assumption" mode, aka "power saving" mode. Energy is expensive, so to conserve and maximize its resources, this iPad is primarily programmed to categorically think (remember, when you categorize, you inevitably polarize, footnote this correlation). Wouldn't that be a cumbersome and archaic computing system? Well, guess what, this is a legitimate metaphor illustrating the biological development of your brain.

The cerebral neocortex is the most recent addition to human cognition. This is the largest portion of the brain responsible for the executive functions of memory, attention, perception, awareness, thought, language, and consciousness. It is what gives us the unique ability to be aware that we are aware. To be able to perceive our hands and understand our sense of agency. It has the power to empathize and feel what other humans may be feeling. It potentiates the means to think in 3rd, 4th, and 5th person perspectives. It has the audacity to realize our mortality, ponder the possibility of death, and experience the fragility of existence. And it is the provider of reason when we allow it. Here's the problem, this beautiful cognizant work of biological brilliance is carrying around that backpack of clunky and outdated parts that I mentioned earlier. We have been blessed with a proverbial iPad at the forefront of our skulls while simultaneously cursed with the ancient circuitry of a relentlessly negative bias.

See, we may now be semi-conscious sentient beings with telepathic transceivers in our cranial cavities making it possible, with the help of our opposable thumbs, to explore the heavens and submerge the seas. However, the brilliance of our current mental powers did not evolve congruently with our primal minds. Meaning, humanity as a collective, is still unconsciously operating from the perspective of their primal agendas. What are these agendas, you ask? The presently tumultuous condition of the human organisms has found itself in a state of dismal disarray due to these two primal and primarily subconscious motives; procreation and survival.

Just look around, what was, is, and continues to be the number one tool of sales? Images, implications, phrases, connotations, and insinuations, all geared toward releasing the

neurotransmitters, testosterone and estrogen, activating your most primal and predominant desire... sex. Why is sex so predominant? Its' result of course... offspring. The incessant and seemingly unsatisfied need for sex brings us to our second most commonly unobserved motive. When you have more of anything, the odds increase that there will be some that remain. It's also called the law of averages, or power in numbers. If we consider that train of thought, at a time when there were only a few thousand humans roaming the globe, it would make sense on a gigantic, unpredictable, and volatile planet to populate it with as many humans as we could to increase the odds and ensure the survival of our species.

Yes, that did make logical sense, then. Today, we don't have the problem of a lack of population to worry about, but we do have the problem of a primitive mindset to contend with. We are still, as a global community, mostly unconscious in our doings. We haven't been made aware of our primal processing because most of those that are doing the teaching are also unaware of their primitive cognition. Are you beginning to see? This does not mean they are stupid or wrong, they simply do not realize that there is anything to reveal to themselves.

Because the threats that molded our primitive minds don't really apply all that much in today's civilized world, what we have done is taken the effective and timely necessary survival processes of our brains and applied their mechanisms to modern-day cultural applications. Back in the day, we needed more. More of everything to ensure our survival. More wood, more food, more water, more shelter, and more humans. Today, we have applied our "need for more" to social status and to feed our ego (more on that in the next chapter).

If you have ever heard the phrase, "The man with the most toys wins.", that is redirecting survival cognition to cultural norms. The woman needs the latest model Benz, the man needs the bigger house, the neighbors need more Christmas lights. It's all the same insane game of status, recognition, significance, and superiority. None of which matters when you die.

Why does the man need a trophy wife? In the displaying of her youthfulness and good looks, it shows to the other males his superior prowess and to the females that he is still quite virile and able to assist in the production of offspring. For men, it's mostly status and dominance, for women, it's the acquisition and protection of resources.

Why do a vast majority of women gravitate to a man that is tall, dark, and handsome? Primally speaking, a tall man can run faster and see farther, enabling him to either avoid being preyed upon or to capture the evening meal. A dark and handsome man has the appearance of a healthy and fit body. Even a deep tone of voice, a heavy brow line, and a chiseled jaw bone, all indicate increased levels of testosterone. Which, again, means what? He's capable and ready to populate the planet with his automatic, reactionary, and unconscious erections.

Why is the typical male attracted to large breasts, a thick mane, and wide hips? It's obvious that they have an abundance of estrogen, are very physically healthy, and are apparently capable of birthing and feeding all the little humans they are going to procreate.

Why do women paint their faces? It used to be decorative for celebration or informative in times of war, but why do they wear it today and why do they wear it the way they do? I'll give you one guess. You guessed it, the primary reason for makeup in today's western world is sexual attractiveness.

Consider what happens to a face with no makeup when that human is sexually aroused. Blood rushes to the face causing flushing and inducing swelling which reduces epidemic lines reducing indications of age. The lips plump up, increase in sensitivity, and they redden along with the blushing of their cheeks. Their pupils dilate and their eyes widen. Their chin drops a bit and their gaze now appears upwards indicating submission and acceptance. The mouth parts a bit to allow for deeper breaths to oxygenate the blood for heightened awareness and overall sensational acuity. The face moistens with slight perspiration to counter the body heat that is developing. Body language shifts indicating a physical invitation as pheromones make their way across the room to elicit a similar reaction in the potential mate.

In terms of makeup, this is achieved with eyeliner, eyeshadow, blush, lipstick, foundation, sheen, glitter, and perfume. It's all designed to do one thing, present a state of heightened sexual arousal to a sea of potential mates, to make more babies, to better ensure the survival of the human species. It is also an attention acquisition tool of the ego, which will be explored in the next chapter.

Let us now consider our innocent little daughters and nieces skipping off to a cheer competition at the ripe old age of 9, drenched in thick and obnoxious face paint, made to look much older and mature than they are or ought to be. We say, "Yeah, but it's cute." How about, no it's not. It unconsciously elicits sexual arousal in grown men whether they consciously acknowledge it or not. This is what it is designed to do and that is what it does. There are many studies showing the unconscious sexual arousal in male brains even when they find the female unattractive or morally unacceptable to their conscious minds. Don't take my word for it, research it yourself.

Why are we so negative and self-loathing? Again, we can sum this one up to survival. Imagine what it was like to be a roaming human scavenger. Constantly seeking a meal or trying to avoid becoming one. If existence was that scary, unpredictable, and frightening, isn't it easy to imagine that to allow oneself to relax quite possibly equated death? To come to a place of contentment and peace meant you were letting your guard down. When your guard is down, you become vulnerable. When you become vulnerable, you die.

So, we literally have millions of years of basil programming that says, remain in a state of unease. To be in a constant state of negativity bias equals survival. "This situation isn't looking so good, I must be prepared for imminent death. I must not relax. I must not be at peace. I must be prepared to run or defend myself and my tribe." With today's culture and no need to prepare for imminent death, we turn this process inward and feel a persistent state of unease we call negativity. Unfortunate, isn't it? Unfortunate, but real for each one of us.

Our brains are energy hogs, it utilizes much of the body's total energy reserves. If our brains had to process all the information coming in from all the stimuli, our brains would literally explode with incomprehension. So, what do we do to offset the tsunamis of data processing? Our brains categorize, compartmentalize, and capitalize on the shortcut of assumption and predictability. Without assumption and our brains "fill in the blank" processing, our energy stores would deplete with a few thoughts.

Our brains take pre-programmed DNA information along with life experience and "predict" most of what our senses tell us to efficiently utilize energy. The problem here is that we take the ancient process of judgment (that we used for climbing, running, and building) and make a

social accusation through our hair-trigger assumptive processing. And due to the mechanics of our ego, which we will investigate shortly, we assume, accuse, and amplify the otherness of others, coupled with our negativity bias and the polarizing effects of categorical thinking and you've now truly reached the core of one of the most misaddressed topics the world struggles with every single day - racism.

However, racism is a scapegoat for a much, much bigger problem of the human condition, the elusive and ever so clever - ego...