

Emotion is reprogramming The Brain.

Good decision/
outcome/
State? release Happy
reward Flesh

bad
~~bad~~ decision/
outcome/
State? release Sad
~~teach/~~
~~teach/~~
warn "Flesh"

We've been "training" our Flesh on
lies that are inconsistent with
reality, no wonder Sad.

Skinner button but for
Suffering...

Only need ① Button
Happy Button