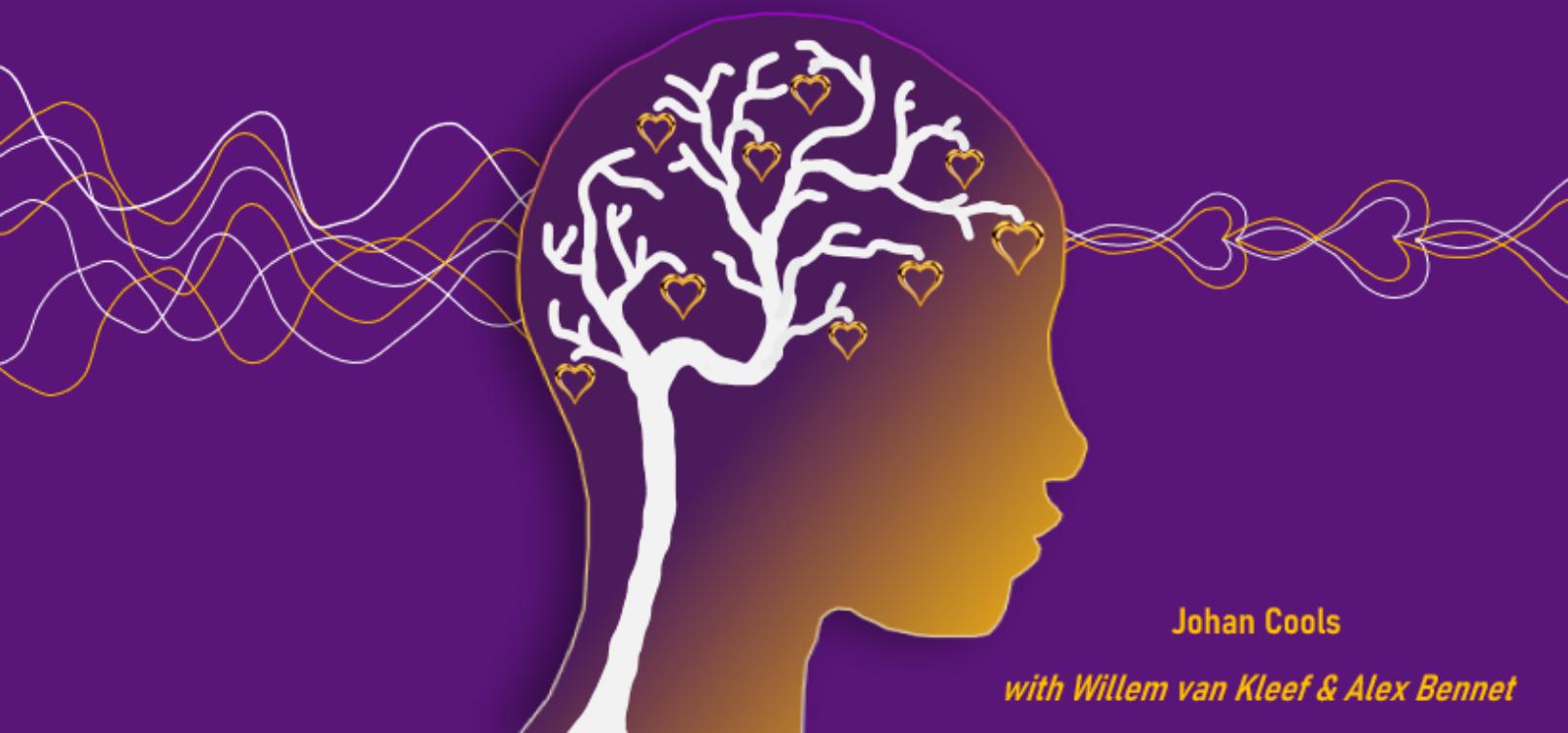


# BRAINUPGRADE

For The

# BRAINPANDEMIC

Grow UP with Enriched Thinking of Your HeartBrain



Johan Cools

*with Willem van Kleef & Alex Bennet*

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# BRAIN PANDEMIC

AHA! Moments and practical tips for personal transformation

**Grow Up with Enriched Thinking of the BrainHeart**

*Johan Cools*



*with Willem van Kleeff and Alex Bennet*



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## ***How to Optimize Reading this Book***

Beforehand, we would like to give a few practical tips on how to distil maximum value from this book. As a reader, you invest personal time and energy while reading, and we would like to optimise the return on your time investment! Therefore, we are suggesting a few practical reading tips. Because thinking is a central theme, we will also explain a few specific ways of thinking. These are the reading tips we suggest:

### ***1. Read to understand and not to judge***

Reading to understand without judging is our main advice. From the "old thinking", there is a tendency to interpret and judge everything you read from a personal frame of reference. This is recognisable as the commentary of your inner voice. When that inner voice permanently disturbs you during reading with your own opinions and views, it's impossible to read to understand the essence. ***So, if your inner voice comments on discovering a spelling or grammatical error, you don't grab the content of that passage because you're judging.*** Think of it as a practical exercise not to fall into that trap when detecting possible mistakes, and just continue reading to understand with a neutral open mind. This is very relevant.

### ***2. Find a relaxing environment***

This book contains several mental challenges and therefore it requires sufficient focus and concentration without external interference. A busy living space or your office are not suitable places because other activities you are engaged in will disrupt your focus and concentration. Therefore, we suggest a quiet reading space that feels pleasant or a reading nook in a park or in nature far away from your stress factors and daily worries.

### ***3. Highlight key words, phrases, or paragraphs***

The insights and knowledge from earlier chapters are needed to properly understand the rest of the content. While reading you may need to regularly flip back through previous chapters to refresh key insights and information in your memory. **Highlighting key words, phrases and**

essential paragraphs can save you valuable time during this process. We barely remember 25% of what we read and as you highlight key words, phrases, and paragraphs, you reread important content with increased focus and intensity. For example, this will prove very valuable as you read the story about our mascot FIFI the giraffe.

#### ***4. Preferably read chapters fully and chronologically.***

Each chapter deals with specific topics and if you stop reading halfway through a chapter, it can be difficult to pick up the thread later. We therefore advise, if possible, to always read a chapter in its entirety. The chapters are structured chronologically so that the insights of the previous chapter are necessary to understand the content of the next one. Therefore, we advise you not to skip chapters by randomly reading what you find interesting. You can, of course, do that the second time though.

#### ***5. Do your brain a favour and take a mental break after each chapter.***

We can all only maintain our mental focus and attention for a limited period of time. Therefore, it's best to take a moment after each chapter to recharge your mental batteries and stimulate your blood circulation with physical exercise. This supplies your brain with extra oxygen and prepares you optimally to continue reading with increased attention and focus.

#### ***6. Prevent procrastination and perform tasks and evaluations without delay.***

The tasks and chapter reviews are essential for exploring the practical value of the insights in your own life. We recommend not postponing those tasks which will become more difficult to do afterwards when the content of the chapter is no longer fresh in your mind. Chances are also high that you may not browse back through the book afterwards to tackle the unfinished tasks. Procrastination is a source of negative emotions what the approach forwarded in this book seeks to prevent. Therefore, completing your tasks in the here and now is of exceptional importance and, as you will discover further, this functional thinking is one of the main pillars of your brain upgrade.

## About the various ways of thinking

In all chapters we refer to various ways of thinking, so it is useful to list and briefly explain them here. As a result, you as a reader can better understand the content and insights while reading. We distinguish between functional thinking and story thinking.

### Functional Thinking

Functional thinking is the term we use for a conscious thought process in the here and now in contrast with the unconscious problem thinking where you end up in a story that takes place in the future or the past. Since functional thinking is one of the most important tools that we propose here, let's list and explain right up front the four important forms:

- **Process-thinking:** During this mental process you consciously think about how you can achieve a certain goal or result with a sequence of tasks in the here and now.
- **Investigative thinking:** You use this form of thinking to verify and evaluate certain information and it can also be used to uncover your reality illusions.
- **Independent thinking:** This can be described as a neutral and logical way of thinking which makes abstraction of your internal frame of reference and public opinion.
- **Meta-thinking:** This is a process where you reflect upon your own thoughts and evaluate them as an objective observer. In this external role you are detached from the disturbing habitual stories or your inner voice.

As you progress through the book, all these forms of functional thinking are used in various methods.

### Habitual Story Thinking

In contrast to functional thinking, you can easily relapse into story thinking that always takes place in the future or in the past. You recognize that passive mindset as the mental clutter

stories that unconsciously pop into your mind. It is characteristic that during story thinking you are permanently migrated in the future or in the past, and that this prevents you to take concrete action in the here and now. That's why this kind of story thinking is completely counterproductive. These are the different forms of story thinking:

- **Problem thinking:** During problem thinking, you worry about a situation based on your old frame of reference, which causes you to fall into habitual behaviour. As a result, there is no room to produce creative solutions in the here and now. Problem thinking is mostly based on reality illusions or on a negative interpretation of reality. These are important topics which will be discussed at length.
- **Panic thinking:** This is a more extreme form of problem thinking where you experience an event as very threatening. Panic thinking activates your primitive brain, causing you to fall into flight, fight or freeze behaviour.
- **Result thinking:** During result thinking you worry about the result, and a result is always situated in the future. It is therefore also a variant of problem thinking during which you lose focus on your tasks in the here and now.
- **Comfort thinking:** comfort thinking, as the word insinuates, is directed from the lazy seat of your mental comfort zone. In doing so, you accept all information that is specific to what we call public opinion. It only feels comfortable because it does not require any mental effort and results in compliant behaviour. As will become clear, in this context the word "comfort" has a paradoxical meaning.
- **Habitual thinking:** All above mentioned forms of thinking are habitual which is the reason we don't question all these inner thought processes. In general, habitual thinking can be described as thoughts that appear automatically in your brain as a result of

subconscious processes and interferences. Habitual thinking always results in habitual behaviour.

## Polar Thinking

Polar thinking is a form of story thinking during which you are judging and condemning in terms of negative and positive. Polar thinking stems from your belief systems, values and norms that are also polar in nature. The danger is that polar thinking prevents you to evaluate information with an open receptive mind. For example, you can read the first chapter of this book with polar thinking and reject the content because it conflicts with your own beliefs.

*The thinking addiction that we regularly refer to in this book, is characterized by polar thinking in which everything that "is not allowed to be", according to your norms and values, gets subconsciously magnified.* Because it mainly deals with negative aspects, this addiction to thinking creates stress and has other detrimental influences on your behaviour that are explained in this book. Stress activates your primitive brain, and this disturbs the logical and rational evaluation of information by your neo-cortex (your new "advanced" brain). First, realize that polar thinking occurs unconsciously as soon as you begin to give a one-sided tainted meaning and attach specific value to events with descriptive words. Polarities always have an opposite pole, and they cannot exist without each other. Yin-Yang, war-peace, dumb-smart, light-dark, male-female are therefore inseparably linked.

With some concrete examples you can understand that polar thinking occurs in all areas of your life. If you are a supporter of Barcelona, then Real Madrid should not win, and if you are convinced of the capitalist ideology, you see communism as a great danger. If you have strong religious beliefs, then all other believers are heretics, etcetera. Because of those polarities, you start to label everything you experience positively or negatively in your internal stories. In the context of reading this book, the danger exists that you will react judgmentally or condemningly to what you might consider as conflicting content while reading the first chapter. In this way, the value of all insights passes unnoticed, and you may even stop reading. ***That is***

***precisely why we emphasized the importance of investigative thinking and independent thinking, because it is precisely with this way of functional thinking that you can escape from the trap of polar thinking.*** With this transformative insight you experience ***your first AHA-Moment*** because you suddenly realize that your judgmental polar thinking of "what is not allowed to be", blinds you and prevents you from expanding your consciousness and fields of knowledge!

Polar thinking is a form of problem thinking because the internal images of its stories create conflicts that generate negative emotions. Everything that "is not allowed to be there", or that does not correspond to your inner belief systems, values and norms is then magnified. So be alert if you feel that inner resistance welling up while reading and realize that you are falling into the trap of polar thinking. This thinking is always very subjective and in the following chapters it is explained perfectly how all that subjective image formation is created by hackers of your subconscious mind. We are specifically addressing all those forms of problem thinking because they are one of the main symptoms of the brain pandemic. A man forewarned is worth two, and now you are well armed not to be caught by polar thinking!

## ***Willem and Johan are Thankful***

We are incredibly grateful as we reflect back to everyone who contributed to the realisation of this book. This is a large group since we mean everyone who has provided us with valuable insights and enriching knowledge, or who has contributed in an alternative way. Therefore, it is impossible to mention everyone individually here. Yet, certain persons deserve special attention because they had a greater influence on the process and outcome of this intense writing process. Johan and Willem thank Alex Bennet, who diligently offered her years of experience and extensive knowledge as co-author. Her tips, suggestions, additions, and motivational assistance proved invaluable.

Johan personally thanks Willem primarily for continuously selflessly sharing his unique know-how with him for four years. This was the important incubation period Johan needed to gain sufficient insights into his exceptional knowledge. Those years of exchanges, and the empathetic bond of trust, allowed Johan to rise to the challenge of synthesising their shared field of knowledge. This had a transformative effect on Johan that allowed this book to be written in the flow of one of the new paradigms that we hereby share with all of you.

Johan also reflects on the contribution of emeritus professor Stephen Schafer who, in 2021, invited him to write a chapter on the subconscious mind in an academic book on the media sphere. The necessary scientific research that preceded this had an enriching influence on the content of several chapters. The drawn-out video conferences with Steven and his altruistic disposition were always instructive, refreshing and motivating. Last but not least, Johan thanks his wife Ola, who always encouraged him to write this book. This was sometimes at the expense of Johan's time with her, and it was invaluable to Johan that she understood and accepted the importance and priority of this book. So, thank you Ola.

Willem would like to thank Johan for bundling his ideas in this book! This ended up being one of the biggest challenges of their lives. Years of their joint efforts passed by, and Johan continued to listen to Willem unbiasedly to make Willem's ideas his own. Eventually,

as a university-educated man, Johan was proud to be chosen to write this book by combining their specific knowledge and insights! Willem thanks Johan, once again, for his creativity and especially for the dedication with which he has designed and illustrated this book. It was a considerable intellectual challenge to bundle the dozens of loose fragments and texts of Willem's insights into a coherent whole by combining it with his personal field of knowledge about the workings of the subconscious and the media sphere.

Willem also thanks all the people who have given him the opportunity to carry out the emotional intelligence to create a beautiful more human-friendly world! He especially thanks his family Inge, Britt, Jill and his eldest daughter Linda who has stood behind him unconditionally to make the impossible possible. Finally, Willem especially thanks his wife Inge, who has been an added value in everything he has undertaken during most of his life! Thank you, Inge!

## **Prelude – The Potential of Humanity**

The last few centuries, we humans have evolved exceptionally fast when you consider the technological advances we have achieved, and the complex organisational structures that we have set in place. The entire global humanity, either directly or indirectly, has undergone a social transformation beyond comprehension, exceeding the transformation from the Industrial Economy to the Knowledge Economy. At exponentially accelerating rates we have become networked together through technologies that compound their inherent capabilities and new functionalities with each new iteration of innovation.

We have succeeded in dominating all other living creatures on our planet Earth through the supremacy of our brainpower, and with this highly sophisticated brain we have expanded the capacity to adapt to a fast-evolving society. With that superior brainpower we—as a species with reduced physical capacities compared with many animals — have been able to survive and thrive **up to now**.

The flexibility and plasticity of our brain, shaped by evolution to better adapt to the external environment, enables us to efficiently process feedback from experiences, learn complicated skills, and develop new habits. All of this to function better, live a better life, perform to our highest potential, and adapt to the continuously changing world around us. It is remarkable how inventive and creative we are in solving complicated problems, and how we can expand our knowledge outside the frame of reference of what we traditionally know or accept as true.

As has become very clear, brain plasticity provides us the remarkable capacity to continuously learn and better adapt to changing external conditions and internal needs. And amazingly, as we learn and expand, the structure of our brain is actually modified during these processes. ***This phenomenon, applying to all physiologically healthy individuals, means that everyone has the potential to improve themselves!*** The word potential means that learning is always a conscious personal choice.

Besides our brainpower, we are exceptionally gifted with our brainheart that adds the emotional sensitive dimension to our lives. We are in essence social creatures who thrive best when we are connected, seeking out an attuned other from whom to learn and feel good around. And while physical mechanisms have developed in our brain to enable us to learn through social interactions, it is the heart that affects mental clarity, emotional balance, creativity, intuition, and personal effectiveness. The brainheart, as our emotional centre, is the medium that enables this connection, communicating with both the brain and the body in four different ways. There is neurological communication through the nervous system, biochemical communication through hormones, and biophysical communication through pulse waves. However, it is the energetic communication through the electromagnetic field of the heart that is most important. This strongest magnetic field of the body radiates both inside and outside of our bodies, acting as a transceiver of information that affects both the environment and others in that environment. In this way, the heart is able to develop coherence that, together with our emotions and thoughts, renders a state of natural flow that ensures optimal functioning. This provides the foundation for the unique human ability to be compassionate, caring, and loving, and to contribute by using our talents in service of the larger community.

Emotions are the building blocks of consciousness, feeding the evaluation system that guides our survival through the pain and pleasure principle. Every form of verbal and non-verbal communication is characterized by an emotional charge. The strength of these emotions is determined by personal values, norms and preferences that reflect our inner frame of reference and the subjective image we form of the outside world. This image is constantly evolving and is adapted in function of the evaluation of our life experiences.

However, when you ask people what they're expecting in their life, you mostly hear the same desires. We all want to love and be loved, be happy and do something we are passionate about. Everybody wants to be happy and enjoy intimate moments with the people around them who hold an important place in their lives. In essence we all share the same basic desires and wishes.

From all this, we can conclude that humanity has the capacity and desire to create a heaven on earth, and that we have an unlimited potential to realize such a utopic vision. This is the good news we want to share with every single reader, because as we address the current state of the world it is essential to understand that ***we can face all adversities and challenges when we use the capacities of our brain and heartbrain the right way.*** The “right way” is a key concept in the context of this book, because your brain and heart can also be misled and abused, which is precisely the result of the brain pandemic. As you read, you will realize that these challenges and adversities are crucial, offering opportunities yet in many ways even threatening the survival of our species. They are caused by the brain pandemic, which, as will be expanded on in detail, is a result of the destructive paradigms of our civilization.

Yet, we must simultaneously recognize that, as pointed out in *Unleashing the Human Brain*, “Presiding over our human systems, our human brains are fully integrated, biological, and extraordinary organs that are preeminent in the known Universe.” We are infinitely complex beings with immense physical, mental, emotional, and spiritual capacities. We all have the capacity to — ***and YOU have the personal power and are capable of — becoming what we choose to become and to determine our own future.***

With these positive and promising thoughts in mind, we begin.

## Chapter 1

# Social and Personal Context



## ***Social and Personal Context***

In the summer of 2017, Willem and Johan met through their mutual passion for squash. From that summer Willem and Johan instantly mentally connected. The synergy splashed off their spontaneous exchanges and, in this way, they gradually shared their knowhow and insights with each other. Willem emphasised tasks in the here and now and increased awareness, while Johan emphasised the dominant influence and workings of the subconscious. Long before this book became exposed, they were both deeply committed to guiding and transforming performance-oriented professionals who eagerly and successfully applied their mutually innovative concepts. As the years passed, their synergetic bond strengthened and they realised that their shared field of knowledge was extremely important and enriching for a universal public. This book is therefore not only written for world-class professionals, but is also universally accessible to business leaders, managers, employees, couples and to young people who have yet to chart their own path in our society. In short, for anyone who will not settle for less, than who and what they can BE.

Everything gained momentum from the mass hypnosis that characterised the way all governments and a significant percentage of the world's population reacted to the covid story. William and Johan soon realised that the real crisis had little to do with physical health but was due to a global brain pandemic of distorted perception, learned helplessness and an unconscious lack of knowledge and understanding. We all witnessed how all mainstream media outlets, with their daily propaganda about victims and infections, triggered a veritable fear psychosis.

During this period, the symptoms of the brain pandemic became more pertinent. ***Chronic negative feelings of fear and uncertainty always result in problem and panic thinking where common sense gives way to the primitive fight, flight or freeze behaviour of our old primitive brain.*** Politicians and their governments were also victims of the brain pandemic, and the

catastrophic consequences of their exuberant measures on the global economy were already emerging by 2022. We seemed to have fallen into a gigantic recession and chaos where we are losing connection not only with reality and our fellow human beings, but also with ourselves. Growing social polarisation and feelings of insecurity and uncertainty are generating ever more interpersonal conflicts and pushing global coherence to an all-time low. This is more than worrying because ***only global coherence can help us collectively formulate solutions to our derailing society.***

We recognise how the same lack of connection with our ecosystem is reaching alarming levels. Conscious scientists have been expressing concern about the survival of our human race for years. This has nothing to do with the natural cyclical processes of climate change but rather with the lack of sustainable thinking. Our soils, water, air, food, and even our thoughts, are becoming increasingly toxic, and valuable natural sites are being destroyed through overexploitation of mines and forests. The increased application of modern technologies of weather manipulation are disturbing the natural climate and finally, there is an exponential increase in electromagnetic microwave pollution of which hundreds of scientific studies show the destructive impact on all living organisms. Slightly older readers may well remember how masses of insects "stuck" to the car after a summer 100-km drive on the motorway. Where are those insects now? The cartoon of The Knewits on the next page might soon become our reality, as new experiments with GMO mosquitos have already been launched in the US. It seems our environment and food gradually degenerates to synthetic and artificial substitutes, and this ongoing process of denaturalisation is extremely worrying. **Silent Hint ☺:** **To survive, we depend on insects, and we do NOT mean eating them as a substitute for meat!** Our digestive system, unlike birds, is not at all adapted for that!



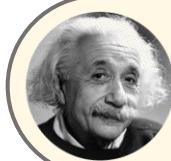
**"By threatening the biodiversity, humanity is threatening the conditions for their own survival..**

**Audrey Azoulay - Director General UNESCO**

# THE KNEWITS - WHERE ARE THE INSECTS ?



These are the real causes that are systematically destroying our ecosystem and that do not receive enough media attention. Experts note that between 200 and 2,000 species are going extinct every year and that this process is accelerating. Are they already guessing when our superior race will occur on this macabre list? Isn't it high time we realise that the current paradigm of our economic and financial structures is unsustainable, and that the unbridled pursuit of possessions, money, power, and control within these structures eventually evolves into total chaos, entropy, and self-destruction? These are rhetorical questions, because every time our society is at such a historically critical point, we see how great conflicts and revolutions arise that do not foster societal transformation at all. Einstein would be very unhappy to observe that humanity is still stuck in the old thinking! And that is precisely the root of the problem, and the reason why we urgently need new paradigms.



**" We cannot solve our problems with the same thinking that created them.**

*Albert Einstein*

It will never be possible to build a new sustainable and people-friendly society with the same thinking with which we built the old structures! This is the first indication that there is also an urgent need for societal transformation in which ***we need to collectively recognise and accept the real challenges with objective perception. Only then can we address those challenges efficiently based on new paradigms and a progressive way of thinking.*** This is the essence of the transformation we are talking about here, which needs to manifest itself urgently both personally and socially.

Finally, especially in recent decades, we observe the gradual degradation of our traditional norms and universal values and rights. There are alarming indications that our society is increasingly escalating towards immorality, dehumanisation and denaturalization. Certain dubious politicians now openly tolerate paedophile tendencies, progressive schools

are introducing masturbation classes for children under thirteen, and new ideologies of gender-neutral and transsexuality are being promoted and pushed to pre-teens as the new normal. To conclude this disturbing list, we also mention the new law proposals in Australia and Spain whereby sexual intercourse with animals would be legalized, provided that no suffering is inflicted on the animals... Do you consider all those trends normal? We surely don't!

This undeniably raises the following relevant question: Does the majority of the world population support current social trends, and how do you yourself experience and evaluate that evolution? Within the context of the brain pandemic, it is exceptionally important to discern those disruptive trends, and to place them in a broader geopolitical perspective. However, finding objective information about the geopolitical chess game is not obvious. We usually do not know the playing field and rules of this metaphorical chess game, nor the power structures that move the chess pieces back and forth as silent players behind the scenes. ***History does tell us that the proverbial grandmasters of this game have been vying for money, power and, above all, for their control over the world's population for centuries.*** The direction in which they move the pieces determines the direction in which our society is propelled economically, financially, politically, and educationally. Nothing happens by chance and all major world events are thus orchestrated behind this invisible geopolitical screen. Benjamin Disraeli, twice prime minister of the UK in the 19th century, knew exactly what was happening behind this screen and clearly points to the ignorance of the general public. ***And this unconscious ignorance is the biggest challenge we face as humanity.***



**"The world is governed by very different personages from what is imagined by those who cannot look behind the scenes.**

*Benjamin Disraeli - British politician and Author*

The point is that the collective unconscious ignorance about geopolitics combined with conformism, learned helplessness and a lack of global coherence prevent us from upgrading society to a more human-friendly version. This is the stalemate position in which humanity

has been stuck for eons, and as long as we think and act in the same way, structural change remains impossible.

These are the essential critical observations of Willem and Johan that were sufficiently motivating to join hands and put together an "out of the box" brain upgrade. This decision was made not only out of moral consideration but also out of the generous habit of altruistically sharing all their insights and knowledge with anyone in need of personal transformation.

## ***The Personal Context***

This brain upgrade can unfold for you as a gradual change process driven by the transformative mRNA (messenger ribonucleic acid) of heightened awareness and intense desire for change. That analogy is interesting because your mRNA queries the genetic information of your DNA (deoxyribonucleic acid, the human hereditary material) according to changing conditions, so that your body cells produce the necessary proteins! This is an adaptation process that can be compared with applying acquired knowledge in your brain to respond efficiently to an event or situation. We specifically strive towards this increased efficiency with the development of various mental skills such as functional thinking, honest introspection, and emotional self-regulation. Clearly written with transformational intent, this book offers a practical synthesis of more than 200 years of life experience and more than 50 years of combined coaching experience.

By enriching yourself with the hard-won knowledge of Willem, Johan and Alex, you can experience various **AHA! moments** without having to distil all that knowledge from your own experiences through trial and error. These enriching insights and **AHA! Moments** have a transforming effect and can significantly boost your results and your **potential** for self-realisation. This process is supported by functional thinking that promotes objective perception of reality allowing a more conscious evaluation of events and situations. Such optimisations give you an insight into hidden dimensions of reality and make it **possible** to better adapt your behaviour to an increasingly complex and fast-moving society. We

emphasize the word *possible* because the added value of everything we enthusiastically share here depends solely on the extent to which you apply this enriching knowledge in the practice of your daily life.

Transformation is always an individual, intensive, and challenging process, but the good news is that you already took the first step right now by reading this book. The first requirement is that you "actively read" the occasional challenging content. This means that you read with an open mind consciously and attentively to understand the essence. Only with such mindset are you ready explore the unknown dimensions of new knowledge and insights without bias. We will refer at lot to the rigid frame of reference that drives old thinking and shuts down your mind. Old thinking always prevents you from exploring conflicting fields of knowledge objectively.

***Active reading to increase understanding is part of functional thinking, as it is a conscious task in which you evaluate and approach new information with a neutral mindset.*** You may have to reread certain paragraphs regularly to grasp their essence and meaning. It is that little extra investment of time that is invaluable for learning a new field of knowledge and for upgrading your brain to a more efficient version. We learn through repetition, and you may start to notice that we regularly repeat certain ideas and concepts. This is intentional, because our brain only registers a limited percentage of the information it absorbs, and we learn by repetition.



#### *Knowledge Insight*

Active reading to understand is **a conscious task** where you approach information with a neutral mindset and evaluate it objectively.

### ***The Social Context***

On a broader societal level, we immediately encounter the same challenges that arise on a personal level. Collective learned helplessness, problem thinking, and lack of connection,

are the major problems that have a degenerating impact on the evolution of our society. Because of this collective learned helplessness, we no longer believe we can contribute to a more human-friendly society that focuses on the common good instead of on the interests of globalist organisations, technocratic multinationals, and the powerful financial elite.

There is a latent unspoken sense of powerlessness in the face of rapidly evolving trends supported by new technologies that do not bode well for our fundamental values. These include child upbringing and education, financial independence, freedom of speech, self-determination, privacy, and body integrity. Collective learned helplessness fosters slavish conformism where everyone shifts blame like a hot potato, hoping someone else will accept the responsibility to make the change. Do you really believe this will happen from within ruling governments and existing power structures? If you reread history on wars, occupations, dominations, exploitation of colonies, slavery, and revolutions, then this obviously seems a rhetorical question! Scientists have been warning us for years about the imminent danger of technological developments enabling transhumanism, as part of the fourth industrial revolution. With this dangerous ideology and the technologies developed for it, the very essence of the human being is now under threat as well as our last illusion of personal freedom. During the last century George Orwell already realised that the very essence of human existence is at stake!

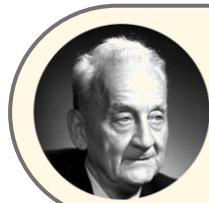


**"It's not so much about staying alive, it's staying human that's important. What matters is that we don't betray each other.**

*George Orwell : Author of the book 1984*

As the topic of technology comes up, it's a good opportunity to talk briefly about polarities. We have just considered new technologies as a danger to humanity. Here we catch ourselves thinking in polarities because technology is in principle neutral. There are always positive applications possible that can benefit the common good of humanity. Unfortunately,

various modern technologies are developed primarily for military purposes or for maintaining the ruling economic and financial power structures. This is true of lasers, microwaves, robotics, nuclear technology, missiles, satellites and recently also of nanotechnology, artificial intelligence and genetic engineering (GMO) as evidenced by a string of worrying patents and readily developed applications. As early as 1970, Nobel laureate Szent-Györgie confirmed the danger of technological developments from his book "The Crazy Ape" in the quote below.



**" The more technological progress man makes, the more he seems to deteriorate psychologically and socially. Most scientific research done to elevate human life ultimately serves to destroy it.**

*Szent-Györgie, Scientist & Nobel prize Winner for Medicine 1937*

### **Personal & Social Interdependence**

We live in an escalating society where the clock continues ticking mercilessly past five toward twelve. Unfortunately, a deep-rooted belief prevails that as an individual, you have no significant impact on society. There is a saying: change the changeable, accept the unchangeable, and be wise enough to make the distinction between these two categories! We are precisely lacking this wisdom because we habitually look up to the leaders of powerful organisations and the billionaires of technocratic elite companies in awe. By accepting the unapproachability of those elites, we make ourselves small, powerless, and helpless. **Yet as individuals, we have the personal power and right to reclaim our innate sovereignty, human rights, and fundamental freedoms.** Indeed, don't we all consider this our personal responsibility to new and future generations? For once we can exceptionally allow your inner voice to answer this question.

As human beings, we are all born equally from the primal feminine energy of Mother Earth and therefore it is our birth right to thrive freely and peacefully in harmony. Don't we all expect our children to enjoy freedom, peace, and prosperity? We and you, along with 99.999% of the world's population, answer that question with a resounding YES! So why does

our society not respond to the universal wishes and expectations of the vast majority of the world population, and why is our natural birth right not respected? It is good to reflect a few minutes on those relevant questions.

The explanation for our inability to create a heaven on Earth is twofold. First, the paradigm on which our social structures are founded is not human-friendly and sustainable. The second cause can be found in the prevailing archaic thinking of the ego-centred primitive brain in combination with the ever-increasing dominance of our left hemisphere. We will come back to these essential topics in more detail, because these are the root causes of almost all world conflicts and world crises in our known history. History confirms those fundamental causes when the evolution of our society shows that, despite all historical revolutions, we as a humanity have never yet managed to turn the tide of these social evolutionary processes in favour of the common good and prosperity of humankind. On the contrary! Over and over again, we see how the *old visible power structures* are destroyed only to be re-established in a different corrupted guise.

We repeat Einstein's quote as an important hint as to why we never managed to escape from that vicious circle of subconscious repression over the centuries: "You cannot solve a problem with the same thinking that was at the origin of the problem". Specifically, this means that our society is in urgent need of transformative paradigms. The ruling power structures are obviously not eager to allow such a radical process of change, which is why there is an urgent need for a broad base of individual consciousness expansion that can serve as a foundation for building a broader societal transformation. This is a movement from the lower echelons of society consisting of individuals, families, and small communities, upwards. Hence, our intention to create a massive individual consciousness wave based on coherence, co-operation and contribution. This way we can restore harmony and coherence in the various areas of society, and counter the disconnection of ego-centred materialism which, as Stephen Shafer explains in the quote below, is the cause of a lot of suffering. Materialism might bring instant gratification but at the same time has turned the world into a bloody fight for possession where survival of the fittest remains the main slogan. You can now become a part of that

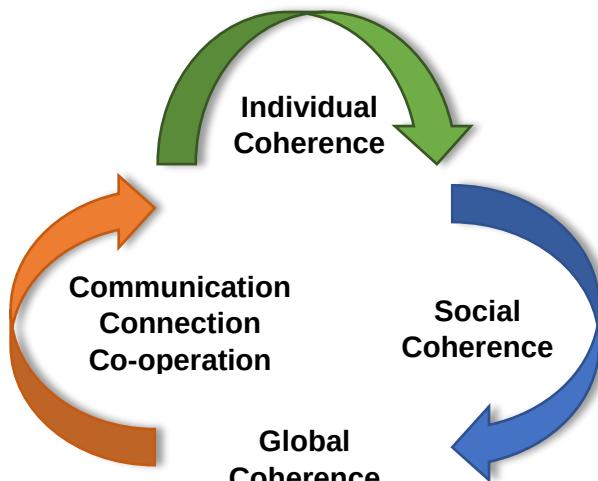
consciousness wave as you continue reading, reflecting, and choosing to become the director of your life experience with increased consciousness and personal power.



**"The answer relative to who is to blame for suffering—verified by ancient philosophical and theological precedents—is the “undisciplined humanity” in search of self-gratification.**

*Stephen B. Shafer - Emeritus professor Psychology*

In their paper "*Coherence: Bridging Personal, Social and Global Health*", Rollin McCraty, Director of the Heartmath Institute, and Doc Childre, elaborate on this upward movement as follows: "*Increasing individual coherence leads to increasing social coherence in an iterative process. As individual and social coherence increase, there are numerous personal benefits in terms of improved health, wellbeing, and a broadened field of perception and numerous other social benefits including improved communication and relationships. There are social coherence benefits in organizations hoping to improve actualization of their mission and impact.*" Fig. 1 from that same paper shows the evolution from individual coherence to global coherence with the added factors that initiate this first stage of coherence: **Communication, connection and co-operation**, which are the first three sequences of the transformative **CoCo-spiral** discussed later.



**Fig. 1:** Individual coherence, leads to social coherence and finally to global coherence

With tempered optimism, we see how various initiatives that share our noble vision and mission are arising worldwide. As a result, increasing numbers of people are awakening from the virtual reality of their old ways of thinking and becoming aware of the urgent need for

change. We see a positive trend of international coherence projects where large groups of people from all continents, cultures, and religions unite and connect through focused group meditations. These initiatives contribute to heightened collective consciousness, global coherence, and to motivation to contribute to that social transformation. Upon reaching critical mass, an upward thrust can emerge that inspires and motivates higher echelons to change as well. With an extract from one of his speeches, Osho confirms these views on the importance of consciousness with his own critical reflections about the ruling power structures.

The importance of knowledge, wisdom and of an objective image from reality cannot be overemphasised, and with this final statement we conclude this first chapter. During your first chapter review, you can take a moment to reflect back on the importance of this last statement to your personal life. Take your time for this, because the value of this book rests precisely in discovering the practical application of everything we share with you.



"

*No society wants you to be wise. It is against the investment of societies. If people are wise, they cannot be exploited and they cannot be subjugated. They cannot be forced into a mechanical life as a robot.*

*They will assert their individuality and spread the scent of rebellion around them. They want to live in freedom and freedom comes with wisdom, and no society wants people to be free. Neither the communist, fascist or capitalist society, nor the religions. No society wants people to use their own intelligence because that's when they become dangerous. Dangerous for the establishment, those in power, the herd spirit and dangerous for oppression and exploitation. Dangerous for the churches and states. In fact, a wise man is a living fire, a flame. He would rather die than be a slave.*

**Osho – Philosopher and Author**

## Evaluation Chapter 1 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

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**Aha! Moments and reflections you want to remember**

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Chapter 2

# Join The Waves



## Join the Waves

### ***The Unstoppable Power of a Wave***

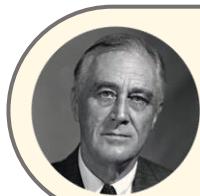
We enthusiastically join various other initiatives to contribute to one of the many waves of consciousness that rise up in our society. However, we will first need to identify and clear some historic and more recent obstacles. One of those main obstacles is the collective feeling of powerlessness fuelled by a lack of connection and confidence. As always, becoming aware of the nature and cause of a problem is the first step that leads us to formulating a solution.

A partial solution consists of turning the limiting feelings of fear and helplessness into strengthening positive emotions. Because of that helplessness, we identify too much with a suffering object and expect sympathy and attention from playing the victim role. That is the psychological gain we seek when we unconsciously lapse into the victim role. In contrast, we can consciously choose to identify more with a subject that is taking charge by pursuing a positive and initiative-taking mindset. With such a constructive mindset, we can say goodbye to that victim role, and lay the mental, physical, emotional and spiritual foundation for inner power characterised by self-regulation, decisiveness, self-confidence, and self-reliance.

The negative emotions that limit us from tackling challenges are mostly resulting from our habitual thinking. In those uninspiring stories, we unfairly compare our powerlessness to the effect of a drop in the ocean. ***However, we can consciously choose to make this comparison look and feel different to us by imagining how individual drops combine to form a small wave.*** This brings the transformative insight that together with all the other waves, we ourselves are part of the mighty ocean. Hence our slogan '**Join the Waves**' which emphasizes that there are many other alternatives that envision the same leap of consciousness. The opening visual of this chapter reveals the **AHA! Moment** of Al Knewit: I am the wave! By giving a different meaning to our limiting self-image as powerless drops, we are consciously rewriting our habitual story to an empowering version! We now feel connected to and more fully part of the ocean. This is the way we can rediscover the true potential of our inner power! Nature always

offers an inexhaustible source of inspiration and scientific experiments with water showing that one drop of structured water can change the structure of an entire barrel of bulk water! So, there is more than a spark of hope for our mental drops of consciousness if we have the intention to transform societal structures!

Nature further teaches us that the **coherence and synchronized coordination** of all those tiny drops gives waves their direction as the major source of their irresistible driving force. Then you can witness how the strongest dykes succumb to their persistent and unstoppable pounding. This analogy highlights the importance of coherence for humanity, and it is this coherence that has been disrupted for centuries by a plethora of polarities socially entangled in political ideologies, cultural norms and values, and religious dogmas. There is also no support for coherence in a world that is dominated by the unbridled male ego-driven materialism that must manifest itself at the expense of everything and everyone. We also recognise in this the manifestation of the dubious interpretation of the Darwin theory where only the strongest survive the bloody battle of mutual competition, which is increasingly at the expense of the other party or our biotope. Franklin Roosevelt had already realised that by referring to the importance of cooperation.



**"Competition has proved beneficial to some extent and no further, but cooperation, which we must strive for today, begins where competition ends.**

**Franklin Roosevelt - 32nd President United States**

The imbalance between our brain hemispheres is one of the causes of such destructive behaviour because it encourages a self-centred attitude. Our society is characterised by an increasingly dominant left-brain hemisphere that uses logical and reductionist thinking to view the planet as an endless source of over-exploitation. The left brain serves for logical thinking, language, for complex cognitive tasks, technological developments and for devising and setting up logical economic and financial structures. The right hemisphere is the feeling side

of our brain, and under the influence of the heartbrain it's mainly responsible for our empathic empathy, intuition, creativity, nurturing, and artistic expressions.

Each of those brain hemispheres has different values and priorities, and through its domination, the left side has a profound influence on our perception, our habitual thinking and how we deal with events and situations. That logical side, for lack of creative empathy, has no understanding of interpersonal relationships, nor does it understand how we fit into an uncertain, complex, and rapidly evolving world. It's precisely this empathy and emotional intelligence that are necessary to restore lost coherence. In his intriguing book "The Divided Brain", neuroscientist Lain McGilchrist argues that most of the critical world problems we face today are specifically attributable to this imbalance of our brain hemispheres.



**"Einstein claimed that the rational mind is a reliable servant, and the intuitive a valuable gift. We live in a world where we value the servant but have forgotten the precious gift..."**

*Lain McGilchrist, Neuroscientist*

These are the fundamental causes of the brain pandemic that unconsciously influence our individual and collective behaviour and make our society increasingly human unfriendly. Therefore, a global tsunami of consciousness waves is urgently needed NOW as a foundation for a global societal transformation. ***The realisation that you can personally contribute to this as a conscious drop immediately adds significant value to your personal transformation.*** Willem and Johan hope you share that vision with us and keep it close to your heart.

## **NOW You Need It**

The slogan *Now you need it* indicates that it's long passed five moving toward twelve and that the critical challenges mentioned are very urgent and extremely important. Unfortunately, the collective awareness about the existence and nature of these challenges is virtually non-existent among the public. This is mainly because little or no attention is paid to them during

the various stages of our personal education and training(s), which is why you may not realise that you know little or nothing about them.

Not realising that you don't know something is what we call unconscious ignorance or unconscious incompetence, and this is one of the main symptoms of the brain pandemic we are going tackle. The genius physicist Stephen Hawking shared this insight and described it as follows: ***The greatest enemy of knowledge is not ignorance; It's the illusion of knowledge.*** That illusion of knowledge causes distorted perception that results in what we call reality illusions. The exceptional philosopher Carl Jung even called this unconscious lack of awareness and knowledge the main source of evil in the world. Therefore, recognising, accepting, and transforming unconscious ignorance, in the specific mental domains covered here, is your first and most important priority and personal challenge.



***"Most of the evil in the world happens because humanity is generally hopelessly unconscious.***

*Carl Jung - Philosopher*

Indeed, the viruses of the brain pandemic are causing the gradual degradation of our objective perception and independent thinking skills, due to a multitude of both conscious and subconscious negative influences. On a personal level, we mainly recognise learned helplessness, false belief systems and slavish conformist behaviour within a tightly defined comfort zone as the main symptoms of this viral brain infection.

At the societal level, we observe the evolution towards what Alex Bennet describes as the CUPCA world in her book "Unleashing the Human Mind". In doing so she explains CUPCA as the acronym for "***accelerating Change, rising Uncertainty, increasing Complexity and chronic Anxiety***". We added a letter P to change this acronym to CUPCA, as we witness how increased polarities are creating more disconnection and conflicts in our world. The chronic feelings of anxiety are exacerbated by the permanent indoctrination of mainstream media that

overload the unsuspecting public with fear-inducing news about wars, pandemics, terrorism, exceptional drought and heat, and other topics, **credible or not**, such as the impact of human-produced CO<sub>2</sub> and/or human produced nitrogen on our climate. **Silent hint 😊: Credible or not depends on the censored or uncensored scientific bells you hear ringing.**

Besides the lack of relevant and objective news coverage, there is an increasing lack of quality education and expert upbringing. Far too little attention is paid to developing independent thinking skills of children, and too much emphasis is placed on the stereotypical accumulation of pre-chewed basic knowledge. Distorted and incomplete representation of history, outdated theories and unproven dogmas are the traditional Trojan horses that unwittingly infect our subconscious brain with false or outdated belief systems during our childhood. During this conservative and archaic indoctrination process, there is little room for independent thinking or raising other opinions as usually nothing is allowed to be questioned. Yet it's precisely this independent thinking ability that we desperately need to adapt to the hectic CUPCA world. This learned conformism, in which we slavishly develop the habit of agreeing to everything and believing all prefabricated stories without question, is one of the major symptoms of the brain pandemic.

We live in an information age where knowledge is evolving faster than ever before. What is today self-confidently, and even arrogantly, preached by experts under the slogan "follow the science" may already be irrelevant, incomplete, and outdated by new scientific insights. Therefore, it is exceptionally important to shed the ballast of rigid frames of reference and conduct independent research with common sense. During the chapter evaluations you will have regular opportunities to do so.

Perhaps this all sounds vague, and you might not yet be sufficiently aware of how those negative subconscious influences result in reality-illusions. Therefore, we are going to explain the nature and workings of those reality hackers and demonstrate how they degrade your sensory experience into a subjective decoction of one-sided and fragmented information. Armed with those new insights, you are then given the **opportunity** to use our anti-viral toolbox

to eliminate those destructive influences on your perception, emotions, and behaviour. The word opportunity is emphasised here as this relates to the misleading proverb "knowledge is power". Knowledge is not power at all if you don't apply it in practice. Therefore, it's better to define knowledge as **information that gives you the capacity to take effective action** - in short, "knowledge is potential power". You have highly educated people with vast knowledge who realise nothing, and you have less educated people who realise amazing projects with the practical knowledge they have painstakingly gathered through their own life experiences and self-study. That's why it's essential to consistently apply the practical tips and methods available and integrate them into your daily life.



#### **Knowledge insight**

Knowledge is information that gives you **the capacity** to take efficient action.

***In practice, this means that supported by a new way of thinking and with an upgraded subconscious, you can expertly address the listed critical challenges with concrete tasks in the here and now.*** This is the essence of the slogan "Now you need it". This process requires honest introspection, functional thinking, learning new habits, and an optimised communication with yourself, with others and with your living environment. All these aspects are given extra attention in the following chapters. During this mind-blowing brain upgrade, you can develop useful skills that *can add* considerable value in many areas of your personal life. **Silent Hint** ☺: "**can add...**"

We congratulate you in advance for NOW having made already the major decision to explore the fascinating world of your perception, thinking and hidden subconscious. Willem and Johan welcome you to become part of a fast-growing global community of conscious citizens striving for a proactive, conscious, harmonious, and more fulfilling life. A life with more room for understanding and connection, freed from the negative influence of destructive reality illusions and subconscious hackers. We also thank you personally for showing up in our story and for enriching that community. ***Showing up with an open mind, and more***

*importantly with an open heart, is the basic criterion for developing heightened consciousness and it opens the gateway that leads to personal growth and transformation.*

## Your Personal Transformation Toolbox

Although this book was written during a world mental, financial, and economic crisis, we keep it lively and light-hearted by inserting AHA! Moments, personal humorous anecdotes, and caricatured cartoons by The Knewits. You will also have regular opportunities for personal evaluations, and for the important topics we propose short practical tasks to encourage you to explore the unprecedented dimensions of not knowing. During the various stages of this brain upgrade, through introspection, you will learn to better discern your personal challenges and the extent to which you yourself have been affected by the global brain pandemic.

The key insights are figuratively represented by light bulbs in the head of Al Knewit, and they are meant to brighten the path of your personal transformation adventure. It's warmly recommended to read them with heightened attention. As you have noted **Silent Hints** ☺ with a wink also appear regularly. They serve as euphemistic or metaphorical references, or as think-throughs to pause and reflect on. Finally, you will encounter various relevant quotations as well as practical citations by Willem. The latter are relevant excerpts from Willem's concrete exchanges with the many sport professionals he is guiding. These relevant fragments bridge the gap between theoretical approaches and practical applications in a professional coaching environment.

Turning knowledge into personal power initially requires active reading to understand and then to apply the acquired insights in your daily life. To encourage this process, at the end of each chapter you are given the opportunity for a personal chapter review and evaluation. The aim is to reflect quietly on the essence of the content. During this reflective reading break, you can think of practical applications for your new insights, and how this can enrich your life and that of people in your personal sphere of influence. This can be inspiring and in doing so, you will contribute to one of the main objectives of this book. Best also to take note of anything that comes to mind, because a short pencil still works better than a long memory!

Sometimes you may find it difficult to remember the essential content of a chapter. This may feel uncomfortable when you have just read the chapter in question. Our advice is to step out of your comfort zone and tackle the task to the best of your ability. Afterwards, you can still flip back to modify or complete your answers. We therefore suggest again as you move through the material to mark important words, sentences, or paragraphs, otherwise you may lose valuable time during this look-up.

Now that you are eagerly awaiting the start of your personal journey of discovery, there is one more crucial factor to bring to your attention, and that factor is **desire**. We don't doubt the importance of good intentions, but without a genuine desire for change, you have little chance of success on that personal journey of transformation. Feelings of genuine desire are the emotional fuel for your internal motivation engine, which is why intensity is so important. With intense desire, you fill the tank of your motivation engine with high-quality kerosine, while otherwise it sputters laboriously on heavy diesel! ***Intense desire thus determines the durability of internal motivation that allows you to consistently start and complete the tasks of a process in the here and now, with sufficient focus and perseverance.*** Silent hint 😊: You may quietly reread this last sentence because we did a few times ourselves...

Our society has been crying out for centuries, but apparently still collectively inaudible, for a fundamental transformation that can make our living world human-friendly again. These cries have been sounding ever shriller in recent decades, and most certainly in recent years, but unfortunately the understanding is still lacking that the old paradigms of our society are increasingly escalating towards the CUPCA model of chaos and entropy. We also still do not sufficiently realise that we all must individually take responsibility for turning the tide, because if you decline to do so, then you are unconsciously contributing the problem yourself! Due to the viral brain pandemic, a virtual world has been imposed on us for generations that distorts our perception and glosses over the cries for help of our CUPCA-world, or invents fictitious causes. With the insights of the following chapters, we are going to lift the veils of these reality illusions and restore our objective observation ability so that we can better discern

the real bottlenecks and their causes. With this heightened awareness, the excuse of ignorance disappears, and we morally have no other choice but to contribute to social transformation.

If we collectively succeed, one of our most important goals will already be fulfilled, and this may increase the internal motivation to actively contribute as ambassadors to the expansion of our consciousness wave. We reaffirm our optimism, because on the horizon we see many other consciousness waves appearing in the form of working groups and organisations, each in their unique way, pursuing the same objectives. Isn't it wonderful to contribute in unity to the healing of the global brain pandemic, while your own life is transformed to a higher level of consciousness and self-realisation? While we are speaking from our own experience here, we realise that all these processes are not yet clear and obvious to you. Considering the CUPCA world and the critical developments we are witnessing from 2020 to 2023 (the year the first edition of this book was published), the timing to clarify the essence of that transformation and demonstrate its urgency is perfect.

## ***About Transformation***

The word transformation itself can sometimes arouse resistance because it implies fundamental change, and that by definition precludes to raise out of the comfortable mental seat of old familiar thinking. From our previous explanation, you already understand that personal transformation always involves an individual process of consciousness expansion, with new paradigms driving the necessary changes. This requires introspection where you objectively question belief systems, norms and values, your worldview, and even your self-image. Such process is always delicate because a rigid frame of reference and a conservative self-image can be quite resistant to drastic change. Therefore, transformation remains a conscious choice and an individual process that everyone experiences differently and cannot be imposed or forced on anyone. Not everyone is ready for such process because you first must see the necessity of it in your life and personal evolution. We therefore mainly aim to inspire you and provide you the necessary insights to spontaneously start, stimulate, and guide this process.

The famous Samurai warriors had a habit of regularly tearing down their self-image only to rebuild it from scratch! Through this ritual, they pursued the best version of themselves in an extreme way, which explained their exceptional mental toughness and discipline. Don't be frightened by this extreme example because even the most placid softies, like Johan ☺, can manage the new paradigms and one-time transformation processes presented here. Once your brain's operating system is upgraded to a higher version of consciousness and thinking, you will never relapse into your old rigid thinking. Sustainability is the beautiful aspect of insight-based transformation, because once you peel onions with us, you can never forget that they have multiple layers, and that makes our onion soup addictively delicious! More about the creative recipe of our onion soup later!

One of the new paradigms we propose here is twofold and is based on one side, on functional thinking as an antigen to old thinking. In that old thinking, we stay emotionally migrated stuck in the polar narratives of our problem thinking that take place in the reality illusions of distorted and fragmented perception. By combining functional thinking with an upgrade of the subconscious, you can escape out of those reality illusions and produce better solutions to improve the quality of your live. Better solutions mean that you can better adapt your behaviour and decisions to the rapidly changing world and tune them to your personal needs and to the needs of these who depend on you.

On the other side, we bring the importance of the heartbrain and of a more holistic live philosophy to the fore. This as a compensation for the left-brain dominance that characterises patriarchal structures of our control-oriented materialistic society. Within these rigid structures, we stubbornly cling to the stereotypical expectation pattern that we should permanently strive for more pleasure and enjoyment, more material stuff, more money, more luxury, more influence, more control, and more you name it! These are the surrogates with which we try to give meaning to our lives and with which we vainly try to artificially fill our existential vacuum. Humanity experiences this vacuum through lack of freedom and connection, and through the impotence to express its unconditional sense of love. Material stuff, power and influence can never fill this void, because the practice of our materialistic

world shows that this need is insatiable. Meanwhile, we anxiously try to control everything that compromises that endless accumulation and that anxiety intensifies as we have more to lose. *Therefore, we keep striving towards more control and certainty while there is only one constant in our universe, and that is that everything is permanently changing. This unbridled pursuit of more control is particularly visible in today's power structures where this urge for control on the world population in all aspects of their lives, has recently reached paranoid and extremely worrying proportions.* The Dalai Lama seals it with his traditional Zen smile, when he concludes that men got stuck in a vicious circle and lives as if he will never die and dies when he never lived!



**"** What amazes me most about man is that he sacrifices his health to make a lot of money. He then sacrifices his money again to restore his health. And then he is again concerned about the future, that he does not enjoy the present, with the result that he lives neither in the present nor in the future. **He lives as if he will never die and dies when he never lived.**

Dalai Lama - Religious Leader

The evolution towards a CUPCA world only contributes to this paranoid urge for control and to more intense feelings of fear and uncertainty for the future. As a result, our thinking and behaviour is increasingly driven by the defensive primitive brain. In such emotional and mental states, you see people anxiously retreating into their narrow pseudo-safe ego circle in which there is no room for empathy, connection, exploration, relaxation, expansion, creativity, and flow. We are increasingly living mentally and emotionally migrated in the past or the future, and because of the mega stress and our hectic lifestyle, we also sacrifice our health. These combined factors are pushing us completely out of balance, and this is confirmed by the worrying increase in suicides and by the exponential rise in prescribed antidepressants to young people with mental and emotional problems. *These symptoms confirm the critical impact of the CUPCA world that increasingly leads to social isolation and alienation from each other and our natural habitat.* In his book 'Awaken Your Flourishing Brain', Patrick

Porter confirms the dangers of chronic stress and rightly refers to survival mode. After registering on our website [www.yourbrainupgrade.com](http://www.yourbrainupgrade.com) you can download this E-book for free.



**“When we are trapped in sympathetic mode, we are stuck in fight-or-flight responses, our innate mechanism designed to protect us from injury or injury. The problem with this response is that when we are stuck in a high state of readiness, there is no room left for exploration, awareness, or contribution. All our abilities are then focused on our own survival.**

*Patrick Porter - Auteur & Entrepreneur*

Not only society predestines us to this endless emotional slavery and mental pressure, but more importantly the alienation from our natural state of being in which we can fearlessly experience feelings of love, freedom, and connection. That alienation is caused in part by the reality illusions that arise from OMAs and the resulting problem and panic thinking (**OMAs** is an acronym for your **O**pinions, **M**eanings, **A**ssumptions and **S**uperstitions). When we want to transform and upgrade our lives and society to a higher human-friendly version then we need to understand and expertly address all these aforementioned challenges. This upgrade involves rediscovering our authentic self for which we need to reflect back on our childhood.

The essence is that through the dominant influence of our upbringing as children, and training as young adults, we have lost the individuality and purity of the child's heart. Each of us was born free out of love and favoured with a unique sense of complete connection, uncontaminated by a possessive and dominant ego that needs to manifest or defend itself permanently. As a new-born child, we are pure of heart, always spontaneously ourselves, uncontaminated, generous, and grateful. Therefore, young children are free from narcissistic materialistic possessiveness and addictive problem thinking characteristic of our left-brain-dominated society.

At that tender age, we experience life with an open mind and explore an adventurous world without fear or disturbing thoughts. We never judge or condemn because we watch everything around us with the neutral objectivity of a camera. Without the influence of authoritarian parents or educators, we have no need for recognition or fear of rejection because we don't judge or condemn as everything around us is allowed to be there. Therefore, we are free from fear and polarities and always intensely connected in the flow of the here and now. As children experimenting and exploring is our second nature, and we live with unspoilt loving hearts in a world full of fantasy and creativity in which everything is possible. This may be a utopian projection, but it allows you to empathise with the wonderful world of the uninhibited loving child. Currently, companies worldwide are investing heavily to bring their employees back into such mental and emotional flow state to boost their productivity and creativity.

We are precisely aspiring to find and bring back these innate natural qualities of the heart-brain and combined with a new way of thinking they are the core of our regressive paradigm. ***This positive regression to the pure uncontaminated heart, and to the liberated independent mind are part of the personal transformation proposed here.*** That is exactly why we regularly stress the importance of stepping into the unknown dimensions of "the not knowing" with the spontaneity and open-mindedness of a child. ***Only when you are freed from your rigid frame of reference will you find room for expansion into "the not knowing".*** As Willem explains on the next page, this is the breeding ground for creativity, innovation and new insights that allow you to escape from the limited comfort bubble of your old thinking.

During this positive regression, you push aside all the polarities of judgmental storytelling with functional thinking and say goodbye to your OMAs and hidden agendas. These interventions bring a refreshing neutral breeze during your personal exploration of a new world, a place where there is time and space for honest introspection, connection, enrichment, and self-actualisation. This renewed connection to your innate state of being gives you inner strength, freeing you from the accumulated emotional and mental ballast that you unconsciously dragged along for years. Transformation therefore brings both literal and figurative relief in the emotional, menial and physical sense of the word. It is characteristic of

this transformation that the values of the right hemisphere of the brain come to the foreground. This way you can restore the disturbed Yin Yang balance and bring more harmony into your live, and eventually indirectly in the world!



#### Out of Willem's Interventions - About '*The not Knowing*'

Attention all team members! In the knowing, you spend a lifetime perfecting everything you know to get things done better and faster. **But in that knowledge you will not find anything new.** By racing into the unknown, you create a new empowering frame of reference.

In the domain of knowing you want to be important, to be the best and the greatest, only then you are stuck in your old thinking! You always have to do your best in the not knowing, because there you have no frame of reference. You are then alert, perceptive and see what the camera sees, and it doesn't lie!

Such fundamental changes are clearly impossible with the old thinking because this is the source of the ballast that ties you to the various roles you play in the virtual world of your reality illusions. Therefore, we pay close attention to the conscious and subconscious influences that shape our thinking, emotions, and ultimately determine our behaviour. This requires new insights into the fascinating workings of our subconscious mind and extensive knowledge about the influence of our heart as an emotional and energetic centre. These fields of knowledge are essential because the brain pandemic is specifically characterised by unconscious ignorance about all these important aspects. Therefore, the developing of heightened awareness is a central theme that resurfaces in many chapters.

Given that your brain may still find it difficult to mentally digest those first juicy pages, it seems unrealistic to expect that you can already actively read to understand with the same mind-set with which this book was written. We only offer you a taste of the elaborate

transformative recipes we have put together with painstakingly sourced ingredients and spiced up with passion. **Silent Hint 😊:** *Read this passage on transformation again so you are better prepared for our gourmet feast of transformative insights!*

## ***The Exciting Process of Change***

Transformation is a process that drives behavioural change, noting that learning to think differently is also a behavioural change. Such process always consists of several phases or stages, and it's generally aimed at better adaptation to specific situations or events. Therefore, it is a priority that you first escape out of your reality illusions so that you have an objective view of the situation and on the real challenges you are facing. This has a transformative effect because you can now better adapt your behaviour to a more realistic representation of everything happening around you. Your behavioural change then consists of purposeful action in the here and now that is driven by functional thinking or process thinking. While these have been lightly introduced, we will explore that important subject of functional thinking or process thinking in more depth later.

Transformation is always the result of a conscious choice, which is why you need to understand the chronological sequences that precede personal change processes. This can be done with the Bennet CHANGE model, which consists of the following sequential stages:

1. **Awareness** means that something new has aroused your attention of which you were previously unaware. In the context of the brain pandemic, we describe this as becoming aware of your ignorance which is always a transformative AHA! Moment.
2. **Understanding** presupposes that when you have a new insight, you understand that you must react differently and have a clear idea what result you can expect through that behavioural change.

3. **Believing** means that you recognized those new insights as true and that your modified behaviour will have the effect of what you expect from it. Here belief systems appear in the foreground because they have a major impact on the first two sequences of the 6E cycle (fig. 2) which will be presented in Chapter 5.

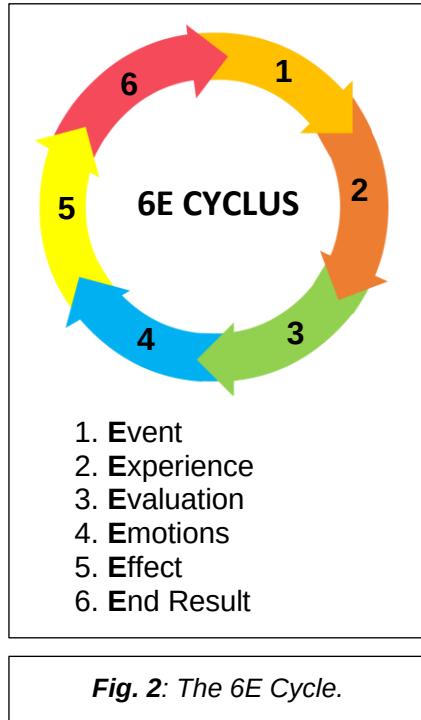
4. **Emotions & Feelings** drive our behaviour. You need positive emotions to arouse motivation for your new behaviour and therefore the change must feel good. The intensity of those good feelings determines the extent to which you are willing to stretch further and deal with the uncomfortable feeling typical of a new behaviour and of change in general.

5. **Ownership** appeals to your conscious choice to take responsibility for what has to be done based on your norms and values.

6. **Inner Strength** allows you to tackle obstacles with courage and perseverance. Mental resilience and emotional self-regulation determine how good you can cope with uncomfortable feelings inherently associated with change processes.

7. **Positive Impact** means that your behavioural change must have a positive impact (psychological gain). That positive impact can relate to your personal life or consist of a positive physical or mental contributing to others life or to your natural habitat.

From your own experiences you might agree that it is not always easy to adapt your behaviour to a new expectation or objective. There are numerous factors which have an impact on your decisions and behaviour, but in general procrastination and failing to adapt your



**Fig. 2: The 6E Cycle.**

behaviour can usually be attributed to the absence of one or more of the above-mentioned sequences.

The process of those sequences seems complex and drawn-out, but as shown in the following scenario, they can all play out in seconds. In this anecdote, a man who cannot swim is taking an evening walk by an abandoned outdoor swimming pool. Suddenly, he hears the screams of an abandoned toddler falling into the water. The man is instantly aware (1) of the situation and understands what will happen; (2) believes he can save the child; (3) experiences a strong positive emotion at the thought of acting; (4) assumes responsibility; (5) has a surge of intense emotions giving him the courage; (6) and dives into the pool to save the child; and (7) there is obviously a positive impact for the child's family and for the child himself. The good feeling and appreciation are the psychological gain the man enjoys after the successful rescue.

This example shows how understanding an unexpected situation can instantly prompt you to do something you would never consider in normal circumstances. For example, in normal circumstances you don't jump into the water if you can't swim, but in such special circumstances you probably will. Personal transformation is obviously a little different because it is a gradual process of accumulating insights and behavioural changes, but fundamentally, each of those changes will always come about according to those seven stages.

Change processes can also be stimulated by formulating positive affirmations. Affirmations are written statements of a clearly defined positive intention in the here and now. They support change because you affirm the desired behaviour, or outcome, and repeat it in your mind. In his bestseller "Seven Habits of the Most Effective People", Steven Covey explains that we can use our creative right brain to visualize desired future outcomes and write them down as affirmations. These positive statements will then help us to become more congruent and successful. According to Covey, a good affirmation corresponds to the next five basic criteria:

- ✓ It's personal
- ✓ It's positive
- ✓ It's written in present tense
- ✓ It contains visual elements
- ✓ It has a high emotional intensity

A good example would be: "Willem and Johan (personal) greatly enjoy (present-emotional intensity) to sign (visual) the one millionth copy (visual-positive-emotional intensity) of their bestseller (positive)"

It's best to write down these intentions in the present tense (now), and in this book (here) by using your personal name in third person. For example, "Johan intends to read a chapter every day." The subconscious recognises your personal name better than the concept of "I", and in the next chapter we highlight the dominant role and specific features of your subconscious. *Goals for behavioural change usually continue to echo unrealised in the virtual world if you are not anchoring them with pen on paper in the material world, charged with emotional intensity and positive intention.* During this writing process, you can sense how the intensity of your commitment increases. That intensity and good intentions are *exactly what you need right now*, and once you meet our mascot FIFI the giraffe, the driving force of intensity and intention will soon become even more apparent!

Talking about what you need now and considering everything stored fresh in your memory, you should be ready for the next chapter evaluation.

## Evaluation Chapter 2 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 3

# Synergetic Processes of Your BrainUpgrade



## Synergetic Processes of Your Brain Upgrade

### The Only Way is Up

In the previous chapter, we argued that transformation is a gradual change process in which the acquisition of new insights and skills play a significant role. Here, under the slogan "The only way is Up", we distinguish five synergetic processes:

1. ***Showing Up*** with an open mind.
2. ***Scaling Up*** your insights.
3. ***Cleaning Up*** your subconscious.
4. ***Upgrading*** your conscious thinking.
5. ***Growing Up*** to the best version of yourself.

Except for that first process, the other four do not necessarily proceed chronologically. Since you are reading this by now, you have already showed up and decided to explore the fascinating world of your perception, thinking and hidden subconscious. Once again, we stress the importance of keeping an open mind. You may be familiar with the proverb: *Your mind is like a parachute; it only works when it opens*. That sums up our idea of "showing up with an open mind" well! Without that receptive mindset, a lot of added value goes unnoticed by you. That openness encourages transformation, which is why we regularly put all readers to the test. Transformation is a bumpy and capricious path full of pitfalls and challenges, and how you overcome these obstacles and deal with the sometimes-confrontational insights and new paradigms depends solely on your personal choice.

Those four-remaining synergistic processes can be succinctly described as follows:

***Scaling up your insights:***

This involves a continuous learning process where new knowledge and insights enable you to raise your consciousness by exploring unprecedented areas of knowledge. This also requires new mental skills that are essential for your brain upgrade.

***Cleaning up your subconscious:***

This cleaning up involves the installation of antiviral software in your brain to disinfect your hacked subconscious mind from negative interferences and blockages. During this cleansing process, you gain more insight and control over those subconscious processes and create more coherence between your conscious and subconscious mind.

***Upgrading your conscious thinking:***

With this upgrade, we offer solutions to silence your inner voice and to develop language awareness. In this stage a lot of our attention goes towards the optimisation of your external and internal communication. This is the arena of the here and now where we use intellectual capacities such as EQ (Emotional Intelligence), investigational thinking, and meta thinking to optimise the connection with others.

***Growing up to the best version of yourself:***

Although all the previous steps already involve growth and expansion, we dedicate an extra chapter to this growing-up process. You can interpret this growing up as an additional transformation that emphasises contribution and the expansion of your nurturing circle. This includes reconnecting with your authentic self and striving towards global coherence, as a key process to counter the societal trends of dissociation and de-humanisation.

## ***Evaluation: "Now you need it"***

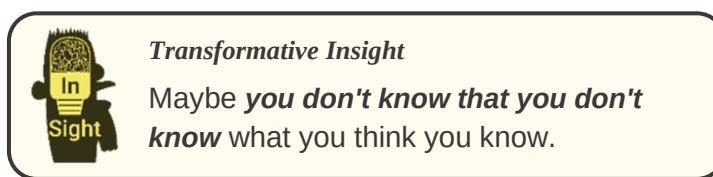
The evaluation of "Now you need it" asks you to think about ten essential growth processes and to give yourself a score according to your personal knowledge and experience level. You can complete your score in the columns in the following way:

- You are expert with an elevated level of experience (4)
- You have considerable experience and knowledge (3)
- You have basic experience and knowledge (2)
- You have no experience or knowledge (1)

	<b>Essential Processes</b>	<b>Score 1</b>	<b>Score 2</b>
<b>1</b>	Improve your communication with yourself and others.		
<b>2</b>	Develop your inner strength and mental and emotional resilience.		
<b>3</b>	Escape virtual reality illusions through objective perception.		
<b>4</b>	Take responsibility through self-regulation and introspection.		
<b>5</b>	Develop higher awareness in essential fields of knowledge.		
<b>6</b>	Discover and neutralize OMAs and hidden agendas.		
<b>7</b>	Replace problem and comfort thinking with functional thinking.		
<b>8</b>	Improve performance by injecting more flow into your life.		
<b>9</b>	Develop and express the best version of yourself.		
<b>10</b>	Contribute to others by sharing experience, knowledge, and insights.		
	<b>Total</b>		

We give a brief description of specific terms that appear in the table. Recall that OMAs is an acronym for your Opinions, Meanings, Assumptions and superstitions. Hidden agendas are mini traumas that are firmly embedded in your subconscious and manifested in oppositional compensatory behaviour. Comfort thinking consists of convenient conformist stories from your inner voice that are directed by your OMAs and hidden agendas. Don't panic if this sounds a bit like Latin because all these concepts will be explained in more detail. This is called the "waterdrop treatment", a process of planting thoughts in the subconscious that will later be expanded upon.

Now add up the score for each column and you can compare that total with the utopian maximum score of 40, giving you a basic idea of your current level of knowledge and experience at the start of your exploration on your personal transformation path. Keep in mind, however, that any evaluation is subjective and especially time bound. Specifically, someone with a higher score may, without realising it, have a greater need for transformation. You can easily *Assume* that you have vast experience in an area of knowledge when this is not the case at all. That aspect of "not knowing that you don't know" is a typical symptom of the brain pandemic. From that point of view, your score is always a subjective snapshot and paints a relative picture of your current understanding and knowledge.



We emphasise the word snapshot because towards the end of this book we are going to ask you to repeat this evaluation. Perhaps you will then fill in different values for certain topics, giving you an insight into your own evolutionary process by comparing your score with that of your first evaluation. Acquiring knowledge and experience is a lifelong dynamic process in which you constantly seek out and explore new dimensions. In the current era of

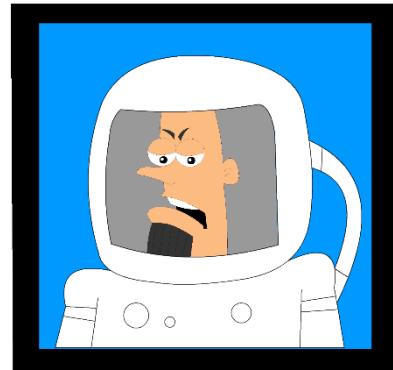
digital information, where all knowledge transforms and evolves at lightning speed, clinging to static knowledge, unproven dOgMAs, old paradigms, and rigid theories is a very dangerous option considering the need for efficient adaptation to the hectic CUPCA world!

A low score means that you are already aware of the gaps you can fill, which shows honest introspection and an open mind receptive to new insights. With a high score, you apparently think you already have acquired considerable knowledge and experience for certain fields. Keep in mind that "considerable" is a very elastic concept. A certain modesty is therefore always recommended.

Fortunately, in our current information age, you can expand our contacts faster than ever by connecting with a network of global experts through social and business platforms. ***This allows you to evaluate various opinions and diverse sources independently and objectively with an open mind and investigational thinking skills.*** Indeed, the brain pandemic is specifically characterised by reality illusions due to distorted perception, censure by the mass media, comfort thinking and lack of independent thinking skills. Therefore, we will pay extra attention to these important topics.

### ***Alfredo Knewit's AHA! Moment***

We are pleased to introduce our caricatured assistant "Alfredo Knewit" (fig. 3), the dominant father figure of The Knewit Family. We chose Alfredo out of hundreds of applicants because he scored the very highest in his initial evaluation of critical processes. He apparently did not understand that he knew nothing, and as the ultimate victim of the brain pandemic, he is the archetype of the unconscious ignorant. He never really listened to understand because, due to his high intellectual training as an astronaut, he thought he already knew everything. That is why we shorten his name Alfredo Knewit to Al Knewit, because he thought he Knewit All.



***Fig. 3: Astronaut Al Knewit***

Al's brain was prematurely hacked by a combination of incompetent upbringing and chronic indoctrination by political, medical, and scientific dogmas. Moreover, as an adrenaline junkie, he's addicted to the brain-killing propaganda of the mass media. Consequently, he displays all the typical symptoms of the brain pandemic: useless or obsolete OMAs, hidden agendas, comfort thinking and learned helplessness. Finally, all these mental limitations were neatly shielded from change by his closed mind and a dominant ego. It seemed an impossible task, yet Willem and Johan took on the big challenge of up-grading Al Knewit's hacked brain.

We placed Al Knewit in the category of the unconsciously ignorant, and this is the lowest stage of consciousness. For every field of knowledge or skill, there are four stages of consciousness or expertise which we recognise in a historical anecdote by Johan.

## ***The Four Stages of Consciousness***

### ***An anecdote from Johan & Knewit Al***

*Johan was brought up in a traditional family with an overprotective mother who took him to the doctor, with his agreement or against his will, every time he had a cold. He got used to all the cough medicine and tablets that he swallowed weekly under the watchful eye of his mother for years. Johan therefore grew up with an unconditional trust in doctors and medication they subscribed. This unconditional trust was thoroughly disrupted after he built a close friendship with a German heart specialist at the age of forty-five. Jeanette was an ambitious intelligent young lady who lived a healthy lifestyle outside her stressful profession. Therefore, it hit Johan hard when he unexpectedly learned from her that she was diagnosed with a brain tumour!*

*Despite this terrible news, Johan remained convinced that Jeanette would recover because she could afford the best oncologists and chemotherapies. After six months, the real earthquake came when he learned from her oncologist that Jeanette had only a few months to live. On that day, hope gave way to intense*

*feelings of sadness, helplessness, and incomprehension. Unable to accept this death sentence, Johan decided to search for a possible curative therapy himself. During that initial intense search, he came across a confrontational scientific meta-study that showed that chemotherapy is life-extending on average only in three per cent of cases. Further studying various official MDS (Material Data Safety Sheet) documents, he discovered that several chemotherapies were themselves classified as highly toxic and even carcinogenic! At that point, Johan realised that his unconditional belief in standard cancer treatments was unfounded.*

Since then, Johan has devoted years of intense research into everything related to the causes and cures of cancer. His naivety and blind faith in mainstream medicine gave way to an extensive knowledge of natural therapies and shocking insights about the corrupt billion-dollar industry of cancer therapies. Fifteen years after Jeanette's death, he decided to share his experience and knowledge with his book, *Modern Lifestyle Kills*, to be published in 2023.

*The essence of this story is the consciousness transformation where Johan, like Al Knewit, was convinced that he already knew the best solution and that the medical profession was infallible. This brings us to the four main or stages of consciousness:*

Stage 1: **Unconsciously ignorant:** Unconsciously ignorant: Johan is convinced of mainstream cancer therapies and is unaware of existing alternatives. → He is ignorant of his lack of knowledge and understanding.

Stage 2: **Conscious ignorant: Suddenly** Johan realises that his confidence was misplaced - and experiences an **AHA! Moment** → He comes to realise that although he thought he knew, in reality he knew nothing.

Stage 3: **Conscious competent:** After years of dedicated research, Johan is aware of his "extensive" knowledge about cancer and natural cancer therapies. → He now knows that he knows much more and continues to expand that knowledge.

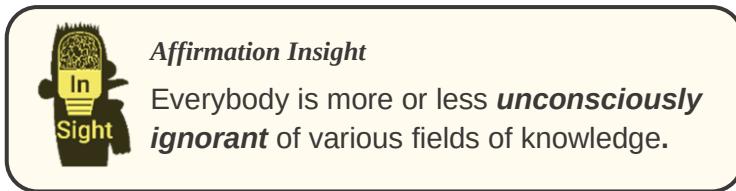
"Extensive knowledge" and "much more" are always relative terms. Even if you think your knowledge is very extensive, there is still a vacuum to fill. Indeed, fields of knowledge are becoming increasingly dynamic and every day there are researchers publishing new theories and insights. That is why sincere humility is characteristic of the greatest scientists, because they paradoxically realise that there is still a lot they don't understand, even within their specific field of expertise. Absolute conscious competence therefore does not exist and therefore we should always recognise and accept our personal limitations.

**Stage 4: *Unconscious competent*.** Unconscious competence. The fourth and final stage of "unconscious competence" occurs mainly in habitual behaviour and habitual thinking.

You may experience this unconscious competence when daydreaming on a bicycle, or in a car, you suddenly arrive at your destination without realising how. During such experience, it's your subconscious auto pilot that takes over full control of all your motor actions, without interference from your conscious thoughts and actions. This is just one of many examples where through enough repetition you have unconsciously learned to programme certain skills into your brain as a form of subconscious competence. These skills can also be of a purely mental nature when you develop a certain way of habitual thinking, or when your RAS (Reticular Activation System) is steering your conscious sensory experiences. Indeed, the RAS is the subconscious mechanism that filters everything you sense and largely reduces your conscious perception to a fragmented reality illusion. Both the benefits and pitfalls of subconsciously driven thinking, perception and behaviour are discussed in detail when presenting the 6E cycle.

Willem and Johan share the experience and opinion that, like Al(fredo) Knewit, everyone is to a greater or lesser extent unconsciously ignorant of certain fields of knowledge. Since they both belong equally to that group of "everyone", they themselves have developed the mental habit of accepting nothing unquestioningly and always exploring the unknown with a neutral open mind. Soothsayers like Al Knewit, who assume that they have known it all for a long time, immediately rule out the possibility of conducting independent research with a

neutral objective mindset and common sense. That is why Al Knewit, never actively listens to understand but only listens for how and when he can interrupt you with his own opinions and rigid opinions.



The historical anecdote about a man who sought the advice of a well-known Zen master better illustrates the above-mentioned insight. The man in question had repeatedly pressed the old Zen master for his advice. Eventually, the Zen master accepted his request and listened attentively to the man's problems, after which he began to offer his expert advice. However, the man kept interrupting him with his own ideas and opinions. To break that pattern, the Zen master then suggested a diplomatic tea break. When the tea was brewed, the Zen Master poured tea for the man and even when the cup overflowed, he kept pouring further. Finally, the tea ran off the table onto the man's clothes, who responded indignantly: "Can't you see that the cup is already long full!" The Zen master replied: "So is your head; you can come back when your cup is empty".

The challenge, then, is to "un-learn" and "un-know" what you take for granted so that new neutral storage space is freed up on your brain's hard drive. This is part of scaling up your insights (subprocess 2 of the synergistic brain upgrade) ***and it necessitates your willingness to discover, explore, and finally accept the unprecedented dimension of not-knowing.*** Acceptance is the most crucial aspect of this process because you have already realised that new insights may conflict with your fundamental belief systems (we'll usually use the acronym OMAs hereafter). It can feel very uncomfortable when you see those old OMAs figuratively sink into the proverbial quicksand. After all, you are pushed out of your comfort zone, and the reality

illusion of your fixated worldview can disintegrate into virtual dust before your eyes. Sounds exciting, doesn't it?

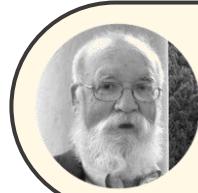
Don't panic, because you can temper the mental jolts of such scenarios with simple methods that make them come across different to you. One way to do this is by adjusting your use of language, as will be discussed in detail later, or by re-evaluating those uncomfortable feelings as a positive experience with conscious intention; namely, as a unique opportunity to expand your awareness, adapt better to the CUPCA world, and improve your performance, to list just a few of the numerous benefits. ***This means that you can give a challenge a completely different meaning that better suits your goals, and in this case the best choice is to experience that challenge as an opportunity and not as a fearful obstacle!*** This emotional self-regulation is your conscious choice. Once you start evaluating challenges as opportunities, they also feel different, and this empowers you to approach them with a more proactive mindset.



#### ***Knowledge Insight***

***It is the personal meaning we give to words that gives them a polar character!***

Thus, by reframing and/or re-evaluating mental and physical challenges, you can attach empowering emotions to situations or events that usually generate fear and uncertainty. Nevertheless, there is no free ride on the emotional rollercoaster of consciousness transformation because there is always a physical, mental, or emotional price tag attached to expansion. If you are not willing to pay the price of that growing pain, you cannot expect to enjoy the numerous benefits that expansion and transformation offer you! Daniel Dennet confirms that it's always confronting when people are made aware of their reality illusions!



**"There is simply no way to kindly explain to people that they have devoted their entire lives to an illusion.**

*Daniel Bennet - Cognitive Scientist*

Only by exploring the hidden dimensions of not-knowing with heightened awareness can you escape old rigid frames of reference and the limitations of your reality illusion. This is empowering because you discover new possibilities that transcend your limiting belief systems. As stated in the preface, we reiterate again that Einstein understood very well that you cannot solve a problem with the same mindset that caused the problem in the first place. This draws our attention back to the significant importance of an open mind where **modesty, honest introspection, healthy curiosity, functional thinking, and objective perception** are necessary to take that first crucial step from unconscious ignorance (incompetence) to conscious ignorance (expertise).

It is even possible, like William and Johan, to aspire to the highest stage of "unconscious competence". To succeed at this, you need to develop the mental habit of taking nothing for granted and to explore the unknown at every opportunity. This requires healthy appetite for new knowledge, the stimulation of curiosity, and an irresistible urge to peel back the hidden layers of metaphorical onions. It may also help if some youthful rebellion still flows in your veins. Indira Gandhi, as India's first and only female prime minister, wholeheartedly agreed.



**"Rebels and non-conformists are mostly the pioneers and **designers of change**.**

*Indira Gandhi, 3e Premier of India*

Indeed, we can well compare that adventurous step into unknown dimensions to observing and peeling onions. Unconscious Ignorant people look at an onion from a preconceived view of its visible withered outer layer. But once you realise you can peel off that brown withered layer, you suddenly discover that onions hide a white moist layer inside. This is how you suddenly experience your first mini **AHA! Moment, because in a split second you realise that you were unconsciously ignorant about onions**. You now see that they look completely different inside, that they are smooth to the touch, and you experience the intense fragrance they give off. Through this enriching experience, instantly that old story you invariably believed in before expires. This is a transformative process, because from that **AHA! Moment**, you can never again look at an onion as you used to (consciously ignorant - stage 2). This is the reality illusion about onions, of which you were totally unaware (Unconsciously ignorant - stage 1), which irrevocably disappears forever! As it turns out, this has to do with the limitations or subconscious manipulation of your sensory experiences, a juicy topic that is part of our famous 6E ORBIT.

As you become more adept at peeling various metaphorical onions off your own reality illusions, you discover that additional hidden layers keep appearing. Thus, you experience a second personal **AHA! Moment**, because now you also realise that it's difficult to escape completely from that multidimensional reality illusion. For that virtual world is a multi-layered artificial construction of your distorted perception that stems from your subconscious OMAs and your RAS (recall that's the Reticular Activation System). This means that those OMAs and your RAS drive your habitual thinking and **filter and rigidise your conscious perception into pre-chewed stories about onions**. Cleaning up and upgrading those subconscious OMAs and upgrading your RAS is the 3rd synergistic process of the Brain Upgrade.



#### *Transformative Insight*

The sensory reality you experience is ***an illusion that is controlled by subconscious influences***.

The process of becoming aware of your own reality illusions can be very challenging because new paradigms and transformative insights usually have a Janus face with two starkly contrasting sides. On the one hand, you experience the sense of liberation from your illusions, a greater personal potential for self-realisation, and the opportunity to better adapt your behaviour to challenges of reality. But on the other hand, it can feel very uncomfortable when confronted with the harsh reality and conflicting insights. This is because your safe, familiar worldview is disrupted, and your fundamental belief systems are threatened. A confrontation with the naked truth mostly comes across as implausible and frightening, and these are more than enough reasons for your subconscious to safely shield your conscious mind from those challenging insights! The subconscious prefers to hold on SECURELY to its old familiar OMAs and this is exactly why that virtual reality continues to live its own life unnoticed. It's comfortable, safe, and easy, but you remain the unconscious victim of your limiting habitual thinking and habitual behaviour! Through these subconscious mechanisms, you stay stuck in your comfort zone in a state of unconscious ignorance.

Perhaps you have experienced how someone you know well reacted aggressively when sharing a confrontational insight? That is an expected reaction now that you understand how frightening and threatening objective information can come across. We often experience threatening old familiar ideas as an attack on our ego. A threat to the ego instantly activates the primitive brain and you can recognise this when that person either shuts down (freezes), avoids the discussion (flees) or stubbornly resists conflicting information (fights). In the latter case, you quickly and unintentionally end up in a hopelessly heated discussion of "yes and no". It's mostly the polarities of conflicting belief systems and hidden agendas that make a respectful open dialogue impossible. In chapter 8, we cover external communication and give numerous tips on how to temper that inner resistance and prevent such heated polar discussions.

During such unproductive discussions, you can experience that an interlocutor doesn't listen to your rational arguments at all. Fundamental belief systems associated with the ego are deeply rooted in the subconscious and are therefore very difficult to change with rational

considerations and logic. When the primitive brain is activated, the blood in your brain gets pushed out of your neocortex and prevents it from functioning properly. Therefore, stress considerably interferes with the intelligent processes of your rational thinking skills. From these arguments it should be clear that your OMAs have a determining impact, which is why we need to make work of it to find out how they come about, and to what extent they are still relevant and constructive. ***For all those OMAs, through the filtering process of your RAS, shape your reality illusions, drive your problem thinking, and prevent the development of heightened awareness.*** As with the anecdote of the Zen master, your teacup is full and stays hermetically sealed ...

Investigational thinking is one of the most important skills you can use to escape the limitations of your reality illusions. This is a form of functional thinking which is diametrically opposed to problem thinking and panic thinking which are caused by fake and obsolete belief systems and activate your primitive brain. With functional thinking, you consciously engage in mental tasks in the here and now. This blocks the activation of these very primitive fight-and-flight responses and switches control back to the intelligence of your conscious thinking. In her latest very instructive book on knowledge *Unleashing the Human Mind*, Alex writes that Critical Thinking requires, among other things, the following capacities, and attitudes:

- ✓ An open mind
- ✓ Engagement to critically examine ideas and concepts in a constructive way and from these, gain new insights and make balanced decisions.
- ✓ Realise that groups and individuals spread misinformation for their own benefit and to pursue their hidden agendas and have the skill to identify those benefits and hidden agendas.
- ✓ The ability to observe objectively, ask the right questions, make connections to understand and analyse a situation or event within the right context.

- ✓ Recognise that truth is not polar black and white, and that information and facts can be interpreted in various ways. In doing so, develop the skill to weigh the pros and cons of those different interpretations against each other.

We can also add lateral thinking, which allows you to make connections between facts or events that at first glance are not connected. As a side note, we mention that we prefer the term "investigational thinking" above critical thinking. The reason is that the word critical has a negative connotation. Investigational thinking is also more referring to conscious efforts to search for the truth by conducting your own independent research with rational thinking.

It is clear that transformation to higher consciousness requires various skills and insights. However, the most important insight remains that we are all unconsciously or consciously ignorant, and that our internal perception of reality is mostly fragmentary, misleading, or even unrealistic. These are the pre-chewed stories about onions that we believe unconditionally without evaluating them with our conscious minds. Now that you are armed with these transformative insights, your personal growth potential depends only on having a positive mindset and developing basic skills such as honest introspection, the various forms of functional thinking, mental resilience, and emotional self-regulation.

Unfortunately, in practice, Willem and Johan observe in many young athletes that there is an increasing and chronic lack of mental resilience and emotional self-regulation. This makes it difficult to deal with uncomfortable situations and challenges, and this is mainly due to the unsettling trend of learned helplessness that characterises the new generations. Then out of our practical experience we see for instance how talented young race pilots with learned helplessness underperform, never realising their inner potential. Willem has a reputation for regularly kicking them out of their comfort zone with the authority of a loving father under the motto "push on or get out", so that they quickly get back to their tasks in the here and now. This controversial method is already proving effective in developing mental resilience so that uncomfortable situations gradually feel more comfortable. Of course, the advantage of young racing pilots is that they are usually passionate about racing and highly motivated. Therefore, they are more open to accept controversial methods such as those proverbial kicks in the ass.

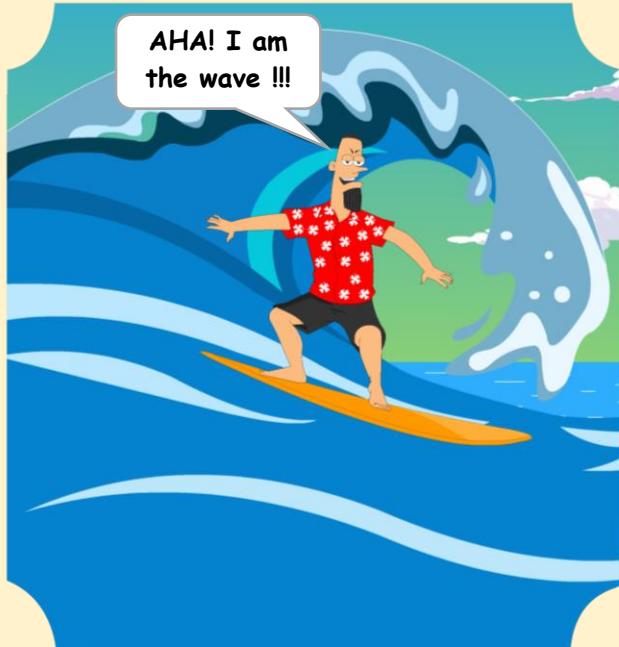
***The conclusion is that mental resilience and emotional self-regulation are essential skills for learning to feel comfortable in mentally, emotionally and/or physically uncomfortable situations.*** This is precisely the method by which future members of special units such as SAS are trained and tested in extreme conditions to strengthen their mental, physical, and emotional resilience. That way, they even feel reasonably comfortable in situations that outsiders would describe as inhuman! These are similar skills which you need to better cope with the confrontational insights and the new paradigm we are proposing here. Upgrading your brain is therefore highly dependent on your personal decision and motivation to develop those skills, combined with a willingness to undergo a profound consciousness transformation. Our conclusion is that the key question we should ask today is not Shakespeare's "to be or not to be?", but rather Johan and William's "to peel or not to peel?"... and the answer is up to you! We applied our combined 80 years of experience in peeling metaphorical onions to serve an onion soup that is challengingly spicy. Those who like a challenge are always welcome to join Willem and Johan for a bowl of that hot onion soup! But while the new soup is already impatiently brewing, you can see how Al is the victim of his unconscious incompetence as he's confusing skill with the concept of oneness and flow. Unconscious incompetence can therefore cost you dearly even if you have the best intentions!



#### ***Knowledge Insight***

Mental resilience and emotional self-regulation are ***necessary skills to feel comfortable*** in uncomfortable situations.

# THE KNEWITS - I AM THE WAVE !



## ***Evaluation of Your Fields of Knowledge: “Your Own AHA! Moments”***

### ***Task: Evaluate your areas of knowledge***

**Necessary skills:** *Honest introspection, humility, and investigational thinking*

**In the table below,** in the second column for each knowledge area, you can indicate how well you judge your knowledge of the mentioned topics with a score from one to five. One means you know little or nothing about them and five means you know a lot about them. Two, three, and four allow you to nuance your answer between those two extremes. Mark the MSM column with an "X" for topics where your knowledge is mainly based on mainstream media channels.

<b>Knowledge</b>	<b>1-5</b>	<b>MSM</b>	<b>Subject</b>
<b>Health</b>			The human viroom, exosomes and our symbiotic body
<b>Food</b>			How dangerous are GMO crops and glyphosate?
<b>Climate</b>			CO2, nitrogen, and climate change
<b>Technology</b>			HAARP weather and climate manipulation technology
<b>Demographics</b>			The causes of the recent global excess mortality in 2022-2023
<b>Geo-politics</b>			The hidden agendas of NGOs such as the WEF, WHO and UN
<b>Media</b>			Sources of objective uncensored news
<b>Financial world</b>			The dangers of programmable digital currencies
<b>Conflicts</b>			Who is benefitting from wars?
<b>Science</b>			Who was right Béchamp or Pasteur – check epigenetics

GMO's : Genetically modified organisms

CO2 : Carbon dioxide

WEF : World Economic Forum

WHO : World Health Organisation

UN : United Nations

HAARP : High-frequency Active Auroral Research Program

We advise you to start researching one of the listed topics as soon as possible. To find relevant and objective information faster, we suggest the following tips:

1. Google uses censorious algorithms that mainly yield links to mainstream media content. Use an alternative search engine like DuckDuckGo to find relevant information faster outside the pre-chewed stories of traditional channels.
2. YouTube and Vimeo censure a lot of valuable and objective information. Uncensored videos can be found on platforms like Rumble, Unite, and Bitchute.
3. Keep in mind that the naked truth is hiding very well.
4. Prepare for inner resistance when confronted with challenging information and controversial insights.

#### Benefits of this process:

- ✓ You experience unique **AHA! moments** and become aware of the gaps in your field of knowledge.
- ✓ You learn to conduct independent research and discover interesting sources of information outside mainstream media channels.
- ✓ You develop your investigational thinking skills and higher consciousness.

- ✓ You learn about interesting scientists and alternative theories.
- ✓ You can join new enriching communities and expand your social network.

If you have ticked MSM for certain columns, this means that for this knowledge field you are basing yourself exclusively on one standardised source of information. We advise you to take a closer look at these subjects, especially those you know little or nothing about. That way, you can experience more AHA moments and that is precisely the purpose of this evaluation. Every single AHA! Moment is a confirmation of the reality illusion of which we are all victims to a greater or lesser extent. Consider the value of notes and annotations during your research and create bookmarks of important internet pages that you might want to revisit in the future. But above all, enjoy your exploration! **Silent Hint 😊: Wait to share your new insights until you have finished reading this book.**

In Annex 2 we show you the result of less than 30 minutes of research on the topic of HAARP. The amount of worrying information about the destructive potential of this technology is overwhelming to say the least. Once you read through it, you will understand why this is a military program.

## Evaluation Chapter 3 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 4

# Subconscious Troublemakers



## ***Subconscious Troublemakers***

### ***About Stories***

From a historical perspective our brain has been programmed for stories. Before we had written books, information was passed on from generation to generation with stories and legends that captivated the attention of the listeners. Neuroscientists even found that good stories increase our brain activity fivefold. This increased energy activity in the brain enables us to remember better of what is being told. Thus, stories are programming our brain, and this means that they are neutral. Everything depends on the negative or positive aspects of the story itself and how these stories either enhance or reduce your ability to make intelligent decisions.

However, our minds are overloaded with thousands of thoughts every day. In many cases, those thoughts appear in the form of stories that pop up uncontrollably and randomly in our minds. This is the "monkey mind" and this subconscious monkey is the main source of the more than 10,000 thoughts that stalk us every day. You may think that you make up those thoughts and stories in the moment, but in fact they are nothing more than subconscious interferences of your inner voice. You may have already experienced lying in bed and wanting to sleep, but you can't stop thinking about the problems you faced during the day. Sometimes, you can even spend several hours worrying, unintentionally reliving all those problems.

In case you don't realize it right now, a never-ending dialogue/conversation is taking place in your head. Your inner voice keeps going on and on without you're asking yourself how this all works. Who actually decides what is said and when? What is true or important about what is being said? Maybe at the moment you hear in your mind 'I don't know what Willem and Johan are talking about'. You might even think 'I'm not bothered by that voice in my head at all', but that's exactly the voice we're talking about. Therefore' It's important to take a moment to reflect on those stories from your inner voice by questioning them the following way:

## **1. Who conducts the stories of your inner voice?**

It's your belief systems (OMAs), values, norms, and hidden agendas that make up the lion's share of those stories and thus drive your habitual thinking and habitual behaviour. **They largely determine your subconscious frame of reference that decides 95% of what you think or do, without interference from your conscious mind.** That's a huge percentage and that's why you should subject those stories of your subconscious monkey to critical examination! This can be done through meta-thinking where you reflect on your own thoughts as an external observer.

## **2. Are those stories realistic and relevant?**

The relevance of those stories depends on the quality of your frame of reference and thus on your OMAs, values and norms, and hidden agendas. These stories are never neutral because they always have a polar character. This is because belief systems, values and norms are always judgmental and subjective. Therefore, those narratives are always about what is possible or not possible, what is allowed or not allowed, what is right or wrong, good or bad, etc. These polarities and prejudices create inner tension and prevent the relaxation of your mind, coherence, and flow which are crucial for mind and body states that boost your mental and physical performance.

## **3. Who exactly is this inner voice?**

When we think about our thoughts, which is called meta-thinking, we observe them as an external observer from a distance. **Once you observe thoughts in that way, you can understand that you are not your thoughts, but that you have thoughts!** By analogy, you are also not your emotions, but have emotions. This is a fundamental insight because we unconsciously associate ourselves with our thoughts and emotions, and therefore we don't ask questions about their origin or relevance. It is precisely this subconscious association with our ego that prevents effective communication and grounded connection with others. We will come back to this in more detail.

#### 4. What happens during all those stories?

Basically, nothing happens because you just play a role as an actor during those stories. Either you play a role in an old story, or you play a role in an old story that you project in your thoughts as your future reality. Specifically, this means that you do nothing at all, because neither in the past nor in the future can you take actual action.

The conclusion is that in general habitual story thinking is unproductive, and that your inner voice is subjective and judgmental because of the contradictions of polar values, norms and OMAs. Furthermore, there is no room for creativity in those stories because 95% gets directed by your habitual thinking which is anchored to your rigid frame of reference. This is how our subconscious mind is active 24/7 in the background with thousands of autonomous tasks. In the practical intervention below, Willem points out the danger if you are constantly busy and absorbed in habitual story thinking.



##### Out of Willem's Interventions - About 'Story thinking'

Attention, all teams. Habitual story thinking with its polarities of minus and plus is the major cause of your unrest. It is important to ask yourself what is true or fiction in these stories, otherwise your thought addiction will keep reliving them over and over again.

In the here and now there are no problems, only if you keep believing your story thinking. Your programmed assumptions and beliefs are directing these stories and turn them into problems. But do you question those assumptions and beliefs? How did they get into your subconscious? ***With this insight you can relieve yourself from your habitual thought addictions, and there will be freedom and creativity to act and think differently.***

Besides habit formation and directing habitual thinking and behaviour, there are many characteristics and processes that are essential within the context of the following chapters. The subconscious has the following interesting characteristics:

- ✓ Cannot distinguish fiction (imagination) from reality.
- ✓ Cannot distinguish truth from lies
- ✓ Has difficulty recognising negations such as "not", "none", "nowhere", etc.
- ✓ Communicates mainly in Theta frequencies from 4 to 7.5 Hertz.
- ✓ Together with your amygdala, the emotional centre of your brain, it drives your primitive brain and primitive fight/flight/freeze behaviour.
- ✓ Can, unlike your conscious mind, control millions of processes simultaneously. A healthy human brain can process more than four hundred billion bits per second, while the conscious mind can only process 2,000 bits per second.
- ✓ Influences your perception with mental filters. This is covered in detail in the discussion of the RAS (Reticular Activation System) in one of the next chapters.
- ✓ Stores all your important experiences and associated emotions.
- ✓ Works based on pattern recognition.

As you can see, the features of the subconscious are pretty amazing, but those impressive features also hold dangers! Due to its lack of analytical ability, we can say that the subconscious never lies, but that certainly does not mean it cannot make mistakes. ***On the contrary! Your subconsciously driven thoughts and behaviours can be totally absurd because your subconscious maintains the simple logic that they are founded on your OMA's, which it always considers reliable and true.***



***Knowledge Insight.***

Your subconscious never lies, ***but it can regularly make mistakes.***

This shows the danger of your subconscious mind because it reduces your habitual thinking and habitual behaviours to conditioned activities within the safe comfort zone of its ruling OMAs. This is the comfort prison with its invisible subconscious bars in which there is no room for expansion, innovation, adventure, or creativity! The only way to escape from that prison is to neutralize the limitations of that conditioning. This is the essence of cleaning up your subconscious (phase 3 of the synergistic brain upgrade).



**" Almost every aspect of your mental life is connected to some degree with subconscious mental processes. The fundamental importance of subconscious processes, memories, beliefs, perceptions, knowledge and emotions is universally recognized.**

*Frank Tallis - Clinical Psychologist - Author*

## **Habits and Habitual Thinking**

Conditioning stems mainly from your OMAs, but before we amuse you with the juicy OMA story, we will shortly explain how your subconscious functions and especially how habits are formed, reinforced, and maintained in your brain. OMAs, hidden agendas and even the formation of your self-image are all subconscious processes that come about through habit formation. ***This implicates that they are not innate but are programmed into your brain through repetition.*** Recall that it's our goal to detect and neutralise any limiting or disturbing factors of your thinking and perception. This cleaning process mainly involves removing the subconscious blockages that originate in habitual thinking and behaviour. Even the evolution from the lowest state of unconscious ignorance to the highest state of unconscious competence is a process of habit formation. That is why we put so much emphasis on habits.



### **Knowledge Insight**

Omas, hidden agendas, and your self-image are not innate but ***are programmed into your brain by repetition.***

To better understand habit formation, we give a brief description of the main phases: initiation, scenario, and reward.

**Initiation:** This is the situation or a specific event that gives rise to the habit - also called the trigger.

**Scenario:** This is (are) the automatic response(s) - habitual thinking or habitual behaviour that is automatically triggered.

**Reward:** The benefit you derive from the scenario, such as generating positive emotions or avoiding negative emotions - this is the psychological benefit that can be material and/or intangible.

Example: It's raining (Initiation), you open your umbrella (Scenario), you stay dry (Reward).

Our brains specialise in pattern recognition, and when the same situation occurs again, your subconscious immediately and automatically scans the database of all saved experiences, looking for similar situations. When those are found, and a habitual behaviour exists that was perceived as a positive outcome, your autopilot takes control of your behaviour without that situation being evaluated by your conscious mind.

By repeating the same behaviour, that autopilot keeps activating the representative neuron clusters in your brain, making the interconnections between them stronger and stronger. These physiological processes of habit formation require a huge amount of energy from your brain, which is one of the reasons why the subconscious is never eager to remove habits or belief systems. Despite the high energy of habit formation, they are still energy-saving in the long run. That's because your conscious mind is no longer constantly burdened with the thousands of simple repetitive tasks that characterise most of your daily activities.

Imagine that while cycling, you constantly must think about how to push the pedals or move your arms to steer. This may be a trivial example, but your habitual behaviour consists of tens of thousands of unconscious actions every day. Even in thinking, there are

unconsciously controlled habit patterns that manifest themselves in the form of automatic thoughts or habitual thinking. Haven't you noticed yet that it's extremely difficult, if not impossible, to know what you are going to think about in the next five seconds?

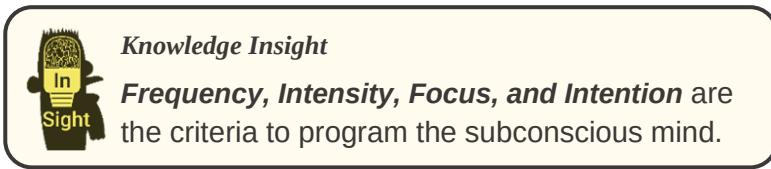
Habitual thinking is also energy-saving because automatic thinking processes require much less effort (and time) from your brain since you don't have to consciously think and re-evaluate everything repeatedly. It's your OMAs, norms and values that mainly drive habitual thinking from your inner voice. They are extremely rigid because they are constantly reaffirmed through repetition in your daily life, making the relevant neuron clusters even more intensely connected. Therefore, changing your deep-rooted beliefs is always a considerable challenge. The entire process of habit formation thus relies mainly on the indoctrinating power of repetition. Religious leaders understood this very well, which is why they introduced holy days, periodic celebrations, and the rituals that we find in all religions. Note that while indoctrinating has a pejorative meaning, a "doctrine" is not necessarily negative. It's the personal meaning we give to words that gives them a polarized character!

However, habit formation does have a dark side because it lends itself perfectly as a control mechanism of our sensory experiences. In this case, we speak of negative indoctrination and manipulation characteristic of the brain pandemic. During such process, false belief systems are programmed into your subconscious by stereotypically repeating outdated theories, unproven dogmas, and incorrect or fragmented information. Therefore, habit formation does have a polar nature, and we need to detect and neutralise those negative programmes. You can compare this process with the installation of antivirus software that screens your computer's hard disk to detect malicious malware and Trojan horses, and then cleans them out. ***Similarly, we clean up brain viruses because, like computer viruses, they unwittingly infect your subconscious and disrupt the efficiency of your brain.*** This is the fourth process of the synergistic brain upgrade.

Strengthening and maintaining a habit can be well compared to making a path through the jungle. On a first passage, it takes a lot of conscious effort to make your way through all those tangled bushes and lianas with a machete. After that first passage, the first tracks you

made disappear quite quickly. But the more often you walk the same path, the less conscious efforts it requires, and the longer those tracks remain visible.

Eventually, the path becomes free of all obstacles and even your footprints remain visible. At this stage, you have already developed a subconscious habit and now you can follow the path effortlessly while thinking about totally different things. As long as you walk the path regularly, it will also remain well-maintained. In an analogous way, habits remain well-maintained if you keep repeating the habitual behaviour regularly. In a reversed way, a specific habit will gradually weaken over time if you interrupt that habitual behaviour. A well-known statement by cognitive scientists sums it up succinctly: "use it or lose it", and we have long since discovered that this statement certainly applies to all muscles in our bodies



Habitual behaviour and habitual thinking largely have their origins in our primitive instincts that are a function of survival, reproduction, and adaptation. Therefore, habits are mostly driven by the primitive urge to acquire pleasure or avoid pain. ***It's typical in this regard that the primitive brain, due to its lack of time awareness, never takes a long-term view. It mainly seeks to acquire pleasure and avoid pain in the short term.*** Despite the evolution of our brain, we are still subject to this short-term thinking of our primitive brain. Biscuits and pizza are tasty (short-term pleasure) but they make you fat and unhealthy (long-term pain). The reward mechanism of pain and pleasure always has an emotional charge, which is why we call it psychological gain.

Habit formation as a driver of habitual behaviour and habitual thinking is crucial for learning the essential skills for a brain upgrade. Our experience shows that many people totally lack this field of knowledge, therefore struggling to unlearn bad habits and learn new reinforcing ones. Within the context of this book, we are not going to delve deeper into this

vast subject but do warmly recommend the following books: *Atomic Habits* by James Clear, *Tiny Habits* by BJ Fogg and *High-Performance Habits*, by Brendon Burchard.

## THE KNEWITS

## OMA'S FRYING PAN



## Hidden Agendas and OMA's

OMAs and hidden agendas are undeniably the products of habit formation. The cartoon above playfully explains the meaning of the OMAs acronym: **O**pinions, **M**eanings, **A**ssumptions. Solo illustrates the **Assumption** of his mother's habitual behaviour in this story, while the antagonist of that belief - the frying pan itself - may have long been rusting on an abandoned scrap heap waiting for its next incarnation! This is the way long outdated beliefs and

assumptions are **unconsciously and unconditionally** handed down from one generation to the next. We emphatically emphasise the words "unconscious" and "unconditional" because those traits are characteristic of how your subconscious works, since it lacks the analytical thinking ability to distinguish between truth and lies.

OMAs are essentially belief systems that got gradually programmed into your subconscious by someone with authority or brought about by enough repetition of a specific behaviour. Once they nestle in the data registers of your subconscious, they lead their own hidden life and manifest themselves as your auto-pilot and habitual thinking. The danger is that you no longer question that automated thinking and behaviour because you don't realise that it might be based on outdated and/or false OMAs.

Again, do you recognise the stage 1 of unconscious ignorance here? Solo had absolutely no idea that his behaviour was completely absurd when he was cutting a piece of the sausage! This means that OMAs are always context-sensitive and situation dependent, which makes it dangerous to take them for granted. Fortunately, a clever and alert Fanny was around to question this strange behaviour and thanks to her savvy intervention, OMA's frying pan was indefinitely consigned to the scrap heap. This is an innocuous example where over time only the dog FrouFrou could benefit from the cut off pieces of sausage. But within the context of the global brain pandemic, those OMAs have much more dire consequences both on a personal and a wider societal level.

We increasingly live in a society of control and surveillance in which policymakers, influenced by powerful elites and globalist organisations, force narratives on us based on specific OMAs that fit their agenda. Recently, the tone of those narratives sounds increasingly dramatic and ominous. They are predominantly disaster scenarios that are then abused to justify repressive policies which have a drastic impact on all fundamental aspects of our lives. It's very alarming, as with the innocent anecdote about the frying pan, that these OMAs are unconditionally and unconsciously accepted collectively. Characteristically, there is less and less room for open dialogue, and the censorship of opinions of dissenting experts, scientists, politicians, journalists, and conscious citizens in general is reaching alarming proportions.

However, there is a huge influx of new scientific insights that are unheard of by the unconscious public that shed a different light on reality. These conflicting insights are often carefully censored and stereotypically labelled as "misinformation" or "conspiracy theories". Once you conduct your own independent research with sound and investigational thinking, you might conclude that it's dangerous and irresponsible to trust these imposed OMAs. ***Therefore, it's a priority to question the validity and sources of important information and imposed OMA's.*** Lack of awareness about the origins and validity of OMAs belongs in the category of unconscious ignorance, and that is still the main symptom of the rampant brain pandemic. With basic knowledge about the functioning of your subconscious and insights about the hidden influence of OMAs, you are now able to objectively question both new and old belief systems, and if necessary, refer them to the scrap heap where OMA's small frying pan lies rusting lonely.

The conscious method for this is to consistently monitor and re-evaluate your habitual thinking and habitual behaviour. The need for consistency implies that you better make this process habitual to prevent that useless or outdated OMA escape your attention! In general habits are cunning eels that easily slip through the net of your attention!

Now you understand the dangers of habits, we will take a brief look at the original influences of their formation. We repeat that a number of OMAs arise from the conscious evaluation of repetitive experiences. In time, those evaluations then crystallise as beliefs or assumptions in your subconscious. Through your own experiences you learn which behaviour is best adapted to a given situation and which behaviour is unnecessary or dangerous. If you put a hairpin in a socket as a child, then we presume you might not make a habit of it!

However, most OMAs arise mainly under the influence of external authority actors in the broad context of the word. Besides parents, educators, politicians, and religious leaders, established science also belongs to this authoritarian category. ***Established know-ledge is the knowing found in books that rest on a ledge in university libraries.*** That statement reflects the static nature of "established science", because even before a book rests or rusts on a ledge, its contents may have long since passed. Real science is characterised by a strong dynamic and

is an endless process of evolving knowledge and insights. Were this not the case, we would still believe that sun revolves around the earth!

Unfortunately, in many cases static science is misused consciously or unconsciously, and presented to us as industrial cake, formed in sterile rusty baking tins of conservative academic institutions. In this context, the word "formed" is better replaced by "deformed". Those baking moulds are very rigid and usually based on old paradigms and dogmas to which scientific communities stubbornly cling because there are huge economic and/or monetary interests attached to their exploitation. Science is dictated by the left brain and therefore the emphasis is on exploitation rather than integrity. Integrity has to do with interpersonal relationships and always requires the empathy of the right brain. From this viewpoint, we can conclude that the driving force of scientific research is economic interest and not the welfare of humanity. This is the reason why industrial sectors that exploit science stubbornly cling to outdated dogmas and stigmatise new insights as "fake science". Unfortunately, in our current paradigm, the economic interest usually prevails over the common good of humanity!

An example of outdated **dogma** from the medical world is that your DNA determines which diseases develop in your body. The insights of epigenetics (literally, what is above the genes) have long since debunked this dogma, and now we know that the cell's environmental factors, not your DNA, determine the specific diseases develop in your body. This means that by changing your lifestyle or your living environment, you can SELF affect the activity of your genes because this also changes the environment of your cells. Except for a very limited number of genetic diseases (only two per cent according to current knowledge), you are not a victim of your genes, but a victim of your lifestyle and of the toxicity of your diet, work and living environment. If you wish to know more about this, Bruce Lipton's bestseller *The Biology of Belief* is highly recommended. For generations, the world's population has been misled into believing that many diseases such as cancer are mainly genetically determined. This insight is an important **AHA! Moment** because it raises the question of how many other dogmas are hypocritically guarded by interested parties. **Silent Hint ☺:** *Consider the first topic of the exercise on important fields of knowledge on page 51.*



**"The belief that we are fragile biochemical machines controlled by our genes is now giving way to the insight that we are the inspiring creators of our lives and the world in which we live.**

**Bruce Lipton – Biologist and Author of the bestseller 'The Biology of Belief'**

Various other dogmas are currently teetering on their pedestals due to new insights from quantum science. New insights into quantum biology have scientifically proven the effect of homeopathy, while It's still portrayed as quackery by mainstream medicine!

These are a few examples that show how false OMAs, and outdated dogmas can negatively impact your habitual behaviour and habitual thinking for life. That impact is huge when you remember that more than 90 per cent of your daily actions are entrusted to your autopilot. So, if you don't want to crash in a dangerous corner because of an absurd manoeuvre by that autopilot, you better start cleaning up those dangerous OMAs (phase 3 of the synergistic brain upgrade). As will be shown further, this is also one of the key processes for escaping the comfort prison of your reality illusions. Gosh, it just struck us that we are addressing various important challenges at the same time! Let's just tackle them one by one and all will be well!

### **Polar Malware of Hidden Agendas**

To unravel the origins of polar malware and hidden agendas, we need to travel back in time to your childhood. We know that children can be extremely attached to your OMAs, and this also manifests itself in the analogy of the subconscious. As a baby, you are born with a virgin subconscious, but unfortunately, you don't get a manual for the operating system. It's also a gap in the market that no anti-virus software is included in your birth package. **Because you don't yet have logical or rational thinking skills at an early age, your subconscious accepts all information as valid and relevant.** Therefore, the first years of life are so crucial in forming

belief systems, and even your conscious and subconscious self-image! (And how much do we pay our educators in this crucial early childhood?)



**"Children should learn how to think, and not what they should think.**

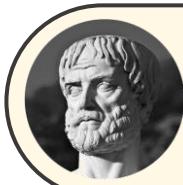
*Margaret Mead - Anthropologist*

In the first stage of our life, from the second year onwards, the polarities of rejection and recognition make their appearance. During this period, our parents, educators, and other authority figures determine what is true or false, what is good or bad, what is or is not allowed, and even which words are totally forbidden. The emotional tension of those polarities creates inner conflicts, and these eventually evolve into your hidden agendas. For example, you want to spit out that porridge, but your mum thinks that's terrible, and if you dare to do it again, she gets angry and starts screaming. Not funny and not a promising idea!

From various similar scenarios, your behaviour is incrementally conditioned to please others so that you gain recognition and avoid rejection. This psychological gain we strive towards, always has an emotional component. It's an elementary form of the pain-pleasure principle that determines almost all the behaviour of toddlers. But even as we grow up to adults, our behaviour is mainly driven by feelings and emotions, still pursuing pleasure, and trying to avoid pain. As a result, our primitive brain continues to determine our habitual behaviour for life by controlling our decisions. This all happens automatically and that is why we attach great importance to control those primitive impulses. The good news is that we do always have the conscious choice to take the steering wheel of our behaviour back into our own hands! ***That's self-regulation where you take control of your autopilot by blocking off your primitive brain and the influence of your old frame of reference.*** We will come back to this important topic in more detail.

At an early age, dominant OMAs also appear like wolves in sheep's clothing on the subconscious battlefield. Such dominance can be recognised in the typical way the most frequently asked question "why?" is stereotypically answered with "therefore" or "because I say so". Because of such stereotypical scenarios, children you develop the sterile habit of slavishly accepting all forms of authority including the proposed OMAs. It's best to reread the fairy tale of Little Red Riding Hood and the Wolf to remind you how dangerous it is to blindly believe wolves disguised as OMAs! In any case, parents need to understand that they are responsible for their children's belief systems because they have a major impact on their subsequent lives. They should also understand that the education of their children also has an effect of the evolution of society and of humanity itself.

As you grow older, you continue to strive for recognition and appreciation by respecting and accepting all the rules, laws, dogmas, and beliefs forced upon you. This is the passive conformism that gets conditioned in your brain unnoticed when no one taught you how to think independently. Such mindset locks you into the comfort prison of pre-programmed thinking and behaviour. Indeed, it takes courage as a free thinker to go against generally accepted rules, norms and OMAs with your own opinion since you risk rejection and social isolation



**"Be a free thinker and don't accept everything you hear as truth. Be critical and evaluate what you believe in.**

*Aristoteles - Philosopher*

When children grow up and become parents themselves, they then raise their own children with the same dominant principles, and so OMA's rusty frying pan incarnates imperceptibly from one generation to the next, while juicy bits of sausage are unwittingly cut off. It all seems rather innocuous, but eventually so many pieces of virtual sausage are cut off, that nothing is left, and you are left frustrated at your hunger for self-expression and self-realisation.

Similar to OMA's, hidden agendas arise from the polarities of rejection and recognition, and of what is and is not allowed. This happens under the authoritative pressure of parents and educators, and at a later stage under the influence of cultural, scientific, religious dogma and other authoritarian influences. Your hidden agendas are subconscious beliefs that usually relate to your self-image: I'm not good enough, I'm not smart enough, I don't get attention, I'm not worth anything, Making mistakes is stupid, I'm a sinner, etc. ***They manifest themselves by magnifying what is not allowed and by exhibiting compensatory oppositional behaviour.*** These are some frequently occurring hidden agendas:

- You didn't get any attention. —► ***Compensation:*** You do anything to get noticed.
- You are not smart enough. —► ***Compensation:*** You use difficult words and always start pretending to be the smartest.
- You are not good enough. —► ***Compensation:*** you become a perfectionist and always try your hardest to prove yourself.
- You are not worth it. —► ***Compensation:*** You try to dominate everyone and prove your superiority by looking down on others.

Like OMAs, hidden agendas are rigid and cause violent reactions when triggered during confrontations. This is because they are mostly linked to your self-image. In some cases, they even lead to fanaticism such that respectful dialogue and exchanging different points of view becomes totally impossible. Here are some striking examples:

- You have strong religious beliefs: practitioners of other religions are infidel heretics.
- You trust only mainstream medicine: alternative medicine is quackery that should be banned.
- You only believe in mainstream media outlets: all other opinions are irrelevant or conspiracy theories.



**Knowledge Insight**

Hidden agendas always manifest themselves by **magnifying what is not allowed to be there, and by exhibiting compensatory opposite behaviour.**

Hidden agendas, like OMAs, can be compared to polar malware packages that sneakily infect your subconscious disguised as harmless cookies. Usually, you don't remember their origin and are unaware of the disruptive or even subversive influence they exert on your habitual thinking or behaviour. So unconscious ignorance about OMAs and hidden agendas can cost you lifelong tasty pieces of sausage, but hopefully by now you have already said goodbye to this lowest stage of consciousness. So, from now on, more sausage in a bigger pan!

The following personal story of Willem once again outlines the importance of this awareness-raising process:

*When he was nine years old, Willem experienced that he was never seen. As the youngest of a large family, he received no attention at all, and so he was always on his own. As a compensation, Willem began to live in a contradiction; he wanted attention by showing that he was the best at everything. As a result of this urge for compensation, he exhibited insufferable behaviour so that people around him began to avoid him even more. That's how Willem got unconsciously stuck in a vicious circle until he finally understood how polarities worked and gained insight into his own hidden agenda.*

Because his situation became increasingly painful, Willem was encouraged to search for the cause of his own behaviour and why he was constantly rejected. In a moment of clarity, he got the insight that this compulsive behaviour was due to the chronic lack of attention during his childhood. This **AHA! Moment** had a liberating and even transformative impact on his subsequent life. From this personal experience and subsequent insights, Willem developed

a questionnaire he calls the personal curriculum vitae. From the answers of that questionnaire, he can then distil hidden agendas.

Willem has been employing the insights of hidden agendas for years within his activities as a performance mentor, and in this way, he managed to turn the negative experiences of his challenging childhood into a success story. The transformative potential of negative experiences can be found in Napoleon Hill's world-famous book *Think and Grow Rich* under the following wording: "Every adversity, every failure, every heartbreak, carries with it the seed of an equal or greater benefit".

We summarise that false OMAs, and hidden agendas unconsciously exert a negative influence on our habitual thinking and habitual behaviour. This influence occurs on 95% of everything we do and think. We have also shown that this malware is programmed into our subconscious by external authoritarian influences that we habitually don't question. These are important insights, but the impact this subconscious malware has on the sensory experiences of your perception will prove even more critical. With that, the comfort prison of the 6E ORBIT appears on the scene of heightened consciousness, and this leads us into the next chapter.

## Evaluation Chapter 4 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
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Chapter 5

# The Comfort Prison of the 6E ORBIT



## The Comfort Prison of the 6E ORBIT

### ***The Experience Cycle***

Your historic 6E cycles includes everything you have ever experienced in your life, which is why we also call it the *experience cycle*. In the context of inefficient habitual behaviour, we rename that 6E cycle as the 6E ORBIT. By the word orbit, we refer to an endless sequence of 6E cycles that can be compared to an astronaut endlessly circling the earth in a space station. Before explaining those 6Es, we bring you Al Knewit's space story. This story demonstrates the danger of subconsciously directed habitual behaviour and the comfort prison of the 6E ORBIT.

*As an astronaut, Al was the sole person in charge of a spaceship orbiting the Earth in a fixed orbit. He was paid royally to circle aimlessly for years, to the extent that his boring job felt comfortable. During the years he spun around lonely, solar, and lunar eclipses were the only exciting events he experienced.*

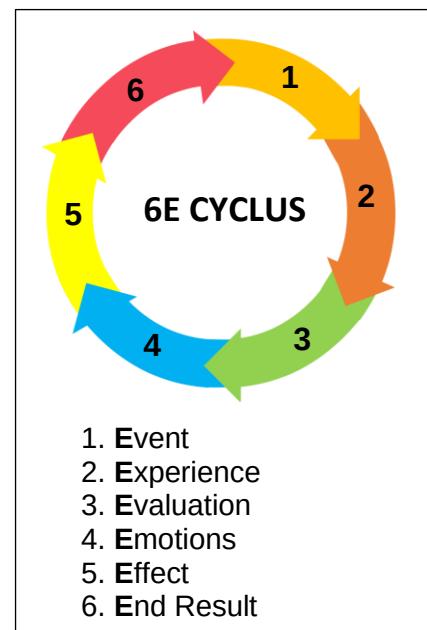
*That changed the day Al surfed the galactic internet and accidentally discovered the existence of a magical dream planet. Apparently, on that dream planet IN another galaxy, you could realise all your dreams and fantasies. Al continued to read with fascination the many success stories of other astronauts who travelled to that planet. He became increasingly excited by those wonderful stories and was so inspired that he decided to travel to that promising planet himself. He plotted his course and, for the first time in years, took the steering wheel firmly and deliberately into his own hands.*

*But to escape the pull of a planet, you always need high speed, and after 24 hours, Al's spaceship had still not developed the required velocity. Therefore, he decided to take more risk and pushed his spaceship's anti-gravitational engine to the limit. After a final spin, he eventually managed to escape from Earth's orbit*

*and set course for that promising dream planet. Exhausted by these prolonged intense efforts, Al decided to take a short nap in his regeneration cabin. A few hours later, he woke up and to his dismay his spaceship was spinning back into a solid orbit around Earth! Al had no idea why his plan failed as he had carefully mapped out the course perfectly and carefully checked the operation of all navigation systems.*

Can you figure out what went wrong during his space nap? Well, as soon as Al relinquished conscious control of the steering wheel, his spaceship switched back on autopilot, which, out of habit, returned him to a safe orbit around planet Earth! Because Al was asleep, this all happened unconsciously and therefore he had no idea why his course changed. That autopilot represents your habitual thinking and habitual behaviour driven by your subconscious that restricts you to the safe behaviour of your comfort zone, limits your progress, and sabotages the achievement of your conscious ambitions and goals.

The "6" represents the six consecutive sequences of that cycle (fig. 4) that determine what you do and think. 95% of these cycles are running on the autopilot that is being directed by your OMAs, hidden agendas, self-image, and the inner compass of your values and norms. ***Those subconscious influences are the cumulative result of all your life experiences and how you subjectively dealt with them.*** If you take that 95% into account, this leaves only 5% of your behaviour entrusted to conscious decisions. The emphasis here is on the word "personal" because everyone evaluates an event or situation in a subjective way, and how those experiences come across to you always determines the further course of the 6E cycle and the formation of your frame of reference.



**Fig. 4:** The 6E Cycle.

First, we are going to analyse the logical sequence of that cycle so that you better understand the mechanism of subconscious habitual thinking and habitual behaviour as well as the paradoxical meaning of the word comfort prison. Then we are going to present the tools you can use to escape from that prison of unproductive behaviour! This transformative process optimises your perception, cranks up your performance, and allows you to adapt better to the CUPCA world. In a nutshell, an absolute must for everyone that strives towards self-realization and success!

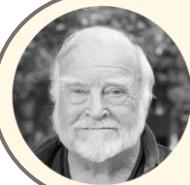
Finally, we're ready to share what those "E's" stand for! The 6E cycle consists of the following sequences: Event, Experience, Evaluation, Emotions, Effect and End result. We can describe those sequences succinctly as follows:

- ✓ **An Event happens:** A situation arises in which you are involved. This can be either an external event, or an imaginary event in your mind. **Experience:** Your conscious sensory experiences and thus everything you see, hear, smell, feel, and taste.
- ✓ **Experience:** This is your conscious sensory experience and therefore everything you consciously see, hear, smell, feel, and taste. We already note that this is only a fragment of all sensory stimuli that your subconscious captures!
- ✓ **Evaluation:** The way that experience comes across to you **in your mind**. This is determined, among other things, by your frame of reference which is a result of all your previous 6E cycles. This evaluation can be generated automatically by your subconscious mind, or by the conscious process of rational considerations. Evaluations are always polar and therefore the result will always be either positive or negative.
- ✓ **Emotions:** The positive or negative emotions and feelings generated by this polar evaluation. It's also possible that mixed emotions are aroused when you weigh the positive and negative aspects against each other.

- ✓ **Effect:** The effect of those aroused emotions on your behaviour. This means you can take a specific action or decide to do nothing.
- ✓ **End result:** The result of your behaviour or the new situation created as a result of this behaviour. That new situation is then also subjected to evaluation. If that secondary evaluation is positive then, with enough repetition, the behaviour becomes habitual. If the evaluation is negative, you start avoiding that behaviour. At least, that should be the logical consequence.

The description of the 6E cycle can be condensed in one sentence: ***The Evaluation of your sensory Experience when an Event occurs, triggers the Emotions that determine the Effect on your behaviour and the End result.*** This means that if you want to efficiently adapt your behaviour to events or circumstances, you need to optimise all those sequences! Because eventually our behaviour determines the end result, we want to refer again to the importance of turning knowledge into personal power.

Earlier, we defined personal power as your capacity to apply knowledge with efficient behaviour or effective action. However, it's not always appropriate to act in certain situations! Therefore, you can also make the conscious decision NOT to act. Hence, we should reformulate our definition: ***Personal power is applying knowledge only by acting after conscious evaluation, and by conducting tasks efficiently in the here and now with functional thinking.*** This new definition emphasises the importance of conscious evaluation that keeps you from falling into reactive habitual behaviour. Acting differs from reacting because it drives behaviour based on a rational decision. Functional thinking, in turn, is a conscious thought process that blocks the primitive brain and allows you to perform purposeful tasks in the here and now. Thereby, functional thinking stands in stark contrast to habitual and problem thinking, which are mainly controlled by your subconscious, and in the case of a fearful event, activates your primitive brain. In the following quote, Mihaly rightly points out that everyone has the ability to apply functional thinking.

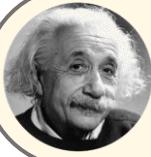


**"Within every human being lies the wonderful ability to think about the information that the various senses register, and to direct and control these experiences.**

**Mihaly Csikszentmihalyi - Psychologist**

The importance of personal power was discussed in chapter 2 about the consciousness-wave. Being aware of your personal power is transformative because it allows you to crawl out of that victim role of a powerless drop and take control of your future with self-determination. With this process, you evolve from a helpless suffering object to a proactive self-determining subject. The false dogma about the dominant influence of your DNA shows how you unwittingly slip into that helpless victim role by relying on false OMAs and dOgMAs. How many people have died from this sense of helplessness because they were misled by the medical dogma that genetics was the cause of their disease? Globally, there are millions of victims while the media silently watches. Why? Assuming that government leaders and influential NGOs (Non-Governmental Organisations) like WHO are responsible for the health of the world's population, why don't they run a media campaign to share this vital information? **Silent hint 😊 : Was that a rhetorical question?**

The point is that as long as you keep muddling along with habitual behaviour and habitual thinking, you remain the victim of false and obsolete OMAs and hidden agendas. Transformation and self-realisation are impossible this way because if you don't change anything about your behaviour then obviously you will get the same end result. If you keep doing the same things over and over, or passively do nothing when urgent action is required, then you stay stuck as a suffering object in the comfort prison of the 6E ORBIT. If you are not happy with your current quality of life or with your performance in certain areas, then this way your future will atrophy into a dreary projection of your uninspiring past. Einstein calls it undisguised insanity if you are stuck in this vicious cycle and yet expect better results!



**" It is insane to repeat the same behaviour over and over and yet expect a different result.**

**Albert Einstein**

From the experience cycle you already understand that your behaviour is always dependent on the previous sequences. This means that you can only escape the endless 6E ORBIT of underperformance and inappropriate behaviour by changing one or more of those previous sequences. From this logic, it's essential to properly understand all factors that affect them. **Personal transformation thus necessitates understanding the subconscious processes that influence your sensory experiences and how you evaluate those experiences in your mind.** Only then can you adapt an appropriate strategy to optimise those sequences and escape from your comfort prison.

We can conclude that the evaluation of thoughts plays a vital role in the optimization of the 6E cycle, and when you realise that we have about 10,000 thoughts a day, it does become quite a chore to optimise them. This is where thought addiction comes to the fore, which is characterized by the narrative thinking of your subconscious monkey which never shuts up. These are mostly polar stories of your inner voice guided by your belief systems, hidden agendas, and norms and values that escape from your conscious control. Because of their polar nature, these stories create considerable mental and emotional tension. As long as you don't block them, you will remain the emotional slave of that subconscious monkey in your head. This is because the evaluation of those stories, according to the 6E cycle, determines your emotions and therefore ultimately your behaviour. Elizabeth Gilbert succinctly sums up this slavery!



**" Your emotions are the slaves of your thoughts, and you are the slave of your emotions.**

**Elizabeth Gilbert - Author**

Now that we have a better understanding of the 6E cycle and its importance, we can look at the influences on those important first sequences. Basically, it boils down to understanding how you evaluate the sensory *Experiences* of an *Event*.

## ***How to Evaluate your Sensory Experience of an Event***

First, we can state that the quality of your evaluation depends on the quality of your sensory experience. What you experience is largely influenced by the context and the way information is presented to you. In the 6E cycle, an event can also be a particular situation you are stuck in, but we focus here on effective events where we distinguish two important characteristics: the magnitude, and your personal involvement.

The magnitude of an event is mainly related to its scale and impact. Micro events have an impact limited to your personal life while macro events can impact a community, a culture, a nation, an ethnic group, and even the entire world population. Within the context of the CUPCA world, you need to understand how you experience (Sequence 2) and evaluate (Sequence 3) macro-scale events, because the brain pandemic is clearly a social phenomenon. Nevertheless, the principles and concepts that apply at the macro scale remain applicable at the personal level as well.

The second important distinction is the difference between events at which you are or are not personally present. In the latter case, you experience those events as the story of an external reporter. While that reporter may be someone you have a personal conversation with, important world news will usually be brought to you by external reporters from digital media channels. We call this the media sphere, and it's characteristic of our computerised world that the influence of that media sphere is permanently increasing. In the CUPCA world, it's exceptionally important to be well informed because otherwise good adaptation is impossible, and the DNA story clearly points out the dangers involved with unconscious ignorance and blind belief in dOgMA's! This means that you are vulnerable when you largely dependent on the quality of external reporting on macro events and world themes. The reason is that this

news determines greatly determines your OMAs, which steer your habitual thinking and behaviour! How exactly that happens we will explain later, but first we will carefully examine the quality of those media stories.

### ***The Reality Illusion of the Media Sphere***

When it comes to macro events, we are inundated daily by tsunamis of information and misinformation. These endless waves of stories are propelled by various social media platforms, digital news channels and dozens of television channels reporting local, national, and international events 24/7. Through those channels, we Experience Events (Sequence 1 and 2) as digital audio-visual stories brought to us by external reporters. The first important observation is that it's always about a story! The reporters of those stories can be popular newsreaders, famous journalists, experts, or even anonymous whistleblowers. Any story about "something" is always subjective in nature and so we are always presented with a tinted account of events. Therefore, you should carefully evaluate both the credibility and objectivity of those stories because it's this evaluation that determines the efficiency of your decisions and behaviour. Alex Bennet sums it up succinctly.



***"How we experience the external world and how we feel emotionally about external events has an effect on our actions and reactions. How we act and respond to our external environment influences whether we are successful or not.***

*Alex Bennet - Professor Human and Organizational Systems*

What we observe is that the stories about major events and world themes are served as uniformity by Western mainstream media to the world population (Western, being not limited by geographic boundaries). The stories are highly polarised and fragmented, presenting a one-sided picture with no room for other opinions. Anything that deviates from the mainstream narrative is now considered a conspiracy theory or misinformation. At the other side we see

how policymakers and their appointed experts suddenly assume the status of infallibility. However, by putting other emphases and magnifying specific details, it's very easy to paint a totally different picture of an event. Therefore, relying only on mainstream media channels can be compared with looking at the world through horse goggles, which means you only perceive an isolated fragment of reality, this provided that fragment is a true representation of reality in the first place.

Our parrot CoCo was quick to realise in the Knewit cartoon below that such horse goggles are always part of a set in the animal world! The whip in that case represents the fear that shackles the unconscious spectators in their pseudo safe comfort zone, and the harness is the control mechanism that steers the behaviour of the indoctrinated masses in the desired direction! Indeed, due to far-reaching globalisation, all the world's major media outlets are

## THE KNEWITS

## HORSE GOOGLES

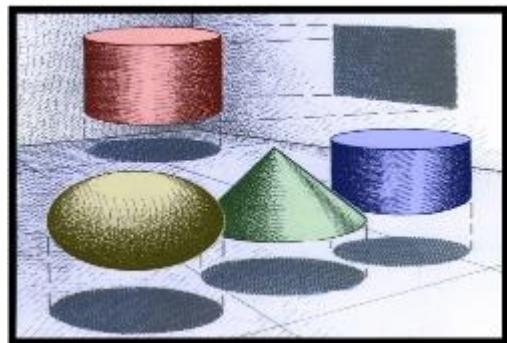


owned by a limited number of companies. **Silent Hint ☺: The motto seems: He who controls the media controls the people!**

It's these deliberate influences combined with the politicisation of the media and increasingly strict censorship that relegate stories to a meagre representation of reality. This contrasts with the objective perception of facts as they occur chronologically in the reality of the here and now! You can compare that objective perception with the way a camera registers an event. A camera does not lie (at least not visually) and is always objective and reliable. A camera also enjoys the added advantage that you can watch the recordings of events several times afterwards without any risk of distortion. That is impossible with stories ABOUT events of which you have no idea whether they are realistic or a distorted version of reality.

The game Chinese Whispers demonstrates how a story distorts when it is whispered from one player to another. The result is that even with a limited number of players, the final story contains only fragments of the original. But even a camera can be limiting in its objective representation of reality (fig.5), as the camera's spatial arrangement and focus exert a selective influence on the content. This leads back to a fragmented Experience making your Evaluation, and aroused Emotions based on a reality illusion.

You can well compare that external focus and perspective of a camera with the subconscious way your RAS uses your internal frame of reference to focus your attention on what it considers important and believes itself or finds dangerous! This is why you need to understand, and consider, both internal and external influences on your sensory experience of reality and take them consciously into account. This applies even more to important events that you yourself are not present at! First of all, you are mainly presented with fragmentary stories brought to you by subjective reporters of



**Fig. 5:** What you see depends on the perspective you're looking from.

mainstream media channels. All the information that your senses **subconsciously** capture from this story are then getting extra filtered through your RAS. During that process, your hidden agendas are magnifying everything that is not allowed. Your RAS then starts to focus your conscious attention on those elements of the story that resonate with your internal belief systems and hidden agendas. ***The result of that subjective subconscious manipulation is then what you consciously experience as a reality illusion!*** This illusion then forms the basis for your evaluation and decision making! That doesn't really seem like a clever idea to us, yet it happens over and over again. It is clear why we refer to this internal representation of reality as an illusion. What you end up consciously experiencing after all those subjective influences is a poor representation of reality, and yet it forms the basis for your evaluation and for the next sequences of the 6E cycle.

The way your OMAs exert a selective influence on your experiences and observations through your RAS can be illustrated with a simple example from the world of art. If you look at Van Gogh's sunflowers, you may find that work of art beautiful, original, and even genius, while someone else may find it banal or even ugly. Of course, most people know that Van Gogh is a very famous artist and that his works sell at insane prices. When you look at his sunflower painting from this frame of reference, your subconscious will automatically invent a positive story about it. The inner story about that masterpiece will therefore contain many words of praise. This biased positive evaluation then triggers positive emotions that ultimately influence your behaviour.

The subconscious images that surface during a sensory experience are transformed into words by your inner voice, and many words are polar, giving them positive or negative meanings. Those polarities therefore influence how an artwork comes across to you and what emotions it aroused. ***So, it's the meaning of the descriptive language used by your inner voice, as a representation of your thoughts and reflections, that ultimately determines your evaluation, emotions, and behaviour.***

Therefore, if you are a Van Gogh lover, it will be hard to resist the temptation to buy that cute tea set (Fig. 6) decorated with a reproduction of those sunflowers. And isn't it curious how much tastier your same old tea tastes every time you use that tea set? This is a typical case of neuro-association, an interesting topic we will later elaborate on further.

We can now look more objectively through the eyes of a camera in an attempt to capture an objective representation of reality. Van Gogh's masterpiece is now reduced to a canvas on which the depiction of sunflowers was painted with oil paint. The camera does not know Van Gogh at all, and in the absence of a positive frame of reference, the subconscious positive narrative also decays. This means that a camera's neutral observation prevents the polar influences of OMAs and hidden agendas, because, according to a camera, "everything is neutral allowed", as opposed to the judgmental compulsiveness of what we like or dislike which is subjective and polar. Willem describes the subjectivity and polarity of our evaluation in another extract from his practical interventions.



#### Out of Willem's Interventions - About 'Polarities'

*Don't fall into the trap of polarities! In polarities everything has an opposite, right or wrong, war peace, but there is a third position: neutrality. That third position keeps you in the middle and ensures that you don't end up in polar thinking of negative or positive.*

*Neutral ensures that you start to see through the lens of a camera, and only then will you realize that reality is both one and the other, yet neither. It is only your personal experience that colours it positively or negatively. But in reality, neutral is just what it is.*



**Fig. 6: Van Goghs teapot**



**Knowledge Insight**

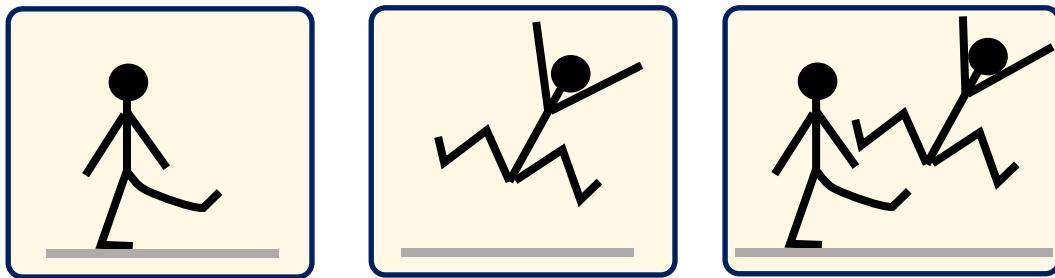
**The polarities of your inner voice and your language**

determine how an event comes across to you.

The subjective and polar nature of our perceptions and experiences is beautifully described in Margaret Wolfe Hungerford's famous quote, "Beauty is in the eyes of the beholder". In essence this means that beauty is subjective and depends on the viewer's personal frame of reference. Of course, everybody can develop the skill of objective observation to escape those reality illusions and pre-programmed evaluations. Objective observation always considers the situation and context of an event or situation and allows you to create a better evaluation basis of reality for important decisions. If you are not aware of subconscious influences, then it's easy to fall into the trap of descriptive narrative thinking of events and circumstances. As soon as you start making up a story, you are already stuck in an interpretation (subjective evaluation) of what is objectively happening. You can prevent this by naming the facts that reflect the essence of your observation. The three sketches of Figure 7 demonstrate how misleading fragmented descriptions of static events can be if you don't consider the context and situation.

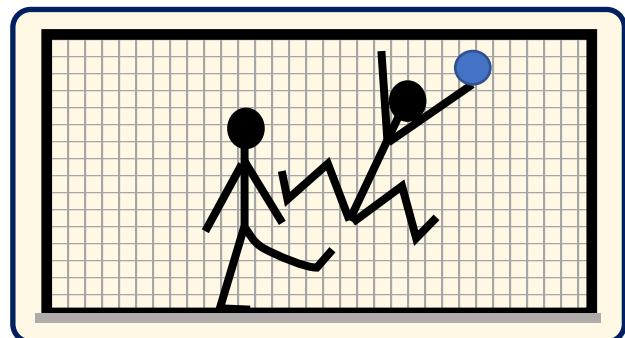
The first two sketches offer a fragmented view of reality. With descriptive language, you can interpret the first image in various ways: A female walking, or a male marching. You can describe the second image as an exuberant and joyful female or male. But a dancer, from his frame of reference, can just as easily describe that image as a dance leap. These are all interpretations based on an isolated snapshot of reality.

If you look at a sketch the wider perspective of the event (right hand sketch), you can see that those initial descriptions are wrong. You now see how a figure gets kicked and flies into the air. Or doesn't he or she? The final sketch (Fig. 8) adds yet another dimension by broadening the context even further. Now you can describe that scene as a goalkeeper trying to prevent a goal. Irrespective of the more realistic approach of the latter description, it still always remains a descriptive interpretation.



**Fig. 7:** The description of events is misleading if you are missing the context.

If you want to put the essence of these images into words, then it's better to use functional language instead of descriptive language. Then you name what you perceive objectively and that is lines and dots that possibly represent figures. Everything else you add is descriptive, because even your interpretation of that last image can still be wrong. Are you sure the goalkeeper did not get a kick between the legs while trying to prevent a goal?



**Fig. 8:** The descriptive story about an event changes when it's placed in another context.

It's impossible not to give meaning or describe what is happening. Because that is what we do as humans to make sense to our lives. But this figurative example demonstrates how easy you can be misled when fragments of reality are magnified out of their context. Therefore, you should be vigilant to carefully re-evaluate the automatic interpretation of your observations. The cartoon about the Smart TV illustrates how everyone makes up a divergent story about an event. Only BlaBla the parrot observes with the objectivity of a camera and notes that he does not appear in the family photo. But even this observation was subconsciously directed by his self-awareness!

Al Knewit demonstrates in this anecdote how obsolete OMAs drive inappropriate habitual behaviour. The old televisions that still worked with lamps and manually soldered circuits regularly had bad contacts, and it sometimes succeeded in repairing them by hitting the top of the television hard. That was our grandfather's method, which the older generation of readers may remember from their youth. Those old televisions can still be found in technology museums today while new digital versions are still being bashed in vain. OMA's small frying pan reincarnates! We can conclude that describing an event is, and always will be, a subjective story and this is where we end up with the importance of language use and language awareness of our inner voice.

### ***The Influence of Language Awareness***

You now already gained the insight that the evaluation of an event happens mainly on the basis of unconsciously directed storytelling about a reality illusion. In those stories, your inner voice uses a limited descriptive vocabulary with a polar character based on your personal frame of reference. A negative or positive evaluation is thus mainly determined by your personal values, norms and OMAs. When events or circumstances are repeated, you will habitually use the same descriptive vocabulary. During an evaluation your descriptive language is mostly the result of a polar interpretation, and therefore many words of your inner voice are emotionally charged. Therein lies the danger of unconscious habitual language.

When you keep using the same words in recurring situations, neuro-associative patterns form between those words and the incoming information patterns and emotions they arouse through the already known process of habit formation. This is because with enough repetition, the neural connections between those words and the associated emotions are permanently strengthened. ***Because of those neuro-associations, using those words, regardless of the context or situation, can automatically trigger the associated emotions.*** You can compare that to the Pavlov reaction where irrelevant emotions are aroused that have a direct impact on your behaviour. Pavlov had conditioned dogs by ringing a bell before giving them food. Over time, the dogs started drooling at the mere ringing of the bell even without any food appearing. This kind of conditioning can obviously be extremely dangerous.

# THE KNEWITS - SMART TV

Look how popular we are, We are on every station !

No, the remote control must be defective.

Why, am I not on the family photo ?



It's a bad contact for sure! I will solve this the old-fashioned way!!

I better disconnect the TV from my laptop



Thus, by lacking language awareness and situation awareness, like Pavlov's dog, you lose control over your emotions and thus over your behaviour. Without language awareness, you risk becoming the emotional plaything of your inner voice. Through the same mechanisms of neuro-association, habitual language can negatively affect the way challenges come across to you. Weakening and negative habitual language undermine your self-confidence and performance, while positive and strengthening habitual language enable you to tackle challenges more efficiently with a proactive attitude. Language use therefore affects your mindset, and your choice of words can exert both a negative and positive influence on your mental resilience, and eventually on the level of your performance and results.

Habitual language is also regularly used in the form of fixed descriptive scenarios consisting of successive thoughts in which you always employ the same limited vocabulary. For example, there are scenarios for getting angry, falling in love, and feeling depressed. It's important to understand that an emotion, such as feeling depressed, doesn't just catch you off guard. Such emotional state is often caused by a miserable scenario where you permanently make up negative stories that end up making you feel depressed. It greatly helps to hunch your shoulders and look down with a bitter facial expression! The problem is that some people experience so much psychological gain from such behaviour that they permanently integrate that victimisation into their communication and lifestyle. Their psychological gain then consists of the sympathy and attention they enjoy from their empathetic environment.

You can also literally talk yourself sick by listening to the problem stories of your inner voice. The aroused negative emotions stimulate various metabolic processes in your brain, including the secretion of stress hormones as a response to the activation of your primitive brain. This old part of your brain prepares your body to fight or flee, automatically pushing a lot of blood from your organs to your muscles. As a result, all processes related to immunity, cell renewal, digestion and detoxification are put on hold. That, by the way, is why chronic stress causes many diseases like cancer, because it constantly suppresses your immune system. Therefore, the credible looking OMA from the DNA-story is a disguised wolve.

In practice, you do not usually have to physically flee or fight an emerging danger, but your primitive brain does not distinguish between fictive and real danger. Your subconscious also does not put a physical, emotional, or mental label on your fear feelings. Fear is just fear and the primitive brain activates the same physiological processes over and over again. That is why we call it the primitive brain! You can also literally stiffen in terror when a negative event is turned into a horror story by the dramatizing words of that conditioned monkey mind!

Customary language can have a significant impact on our emotions and behaviour, which is why you better develop more language awareness. This can be done, as with all other skills, through habit formation. The first step is to keep an eye on your current habitual language which is a process of meta-thinking. **Change begins with awareness!** During meta-thinking, you consciously reflect on your own thoughts. In practice, it comes down to screening the stories of your inner voice for polarities and to weigh the emotional charge of the words that you use. You can then consciously evaluate, relativize and, if needed, correct your habitual language by adapting it to the context and situation. This method of self-monitoring and adapting your word usage is applicable to your inner voice as well as to external conversations. This is important because your habitual language largely determines how events, situations or challenges come across to you, and this is especially true of traumatic events as Robin Cooper pertinently points.



**"Many events in life can damage someone emotionally. The mind can help the heart repair that damage by creating new thought forms that allow for a different heart response to otherwise traumatic events.**

*Robin Cooper - Professor Linguistics*

By adjusting your habitual language, you trigger different emotions, and this enables you to control and adjust your behaviour. Cooper describes it well by pointing out that we can use our conscious mind to create new thought forms that positively influence our heart response.

**This is an important insight, and it confirms that language awareness is one of the keys to escape from the mental prison of the 6E ORBIT.** At the start, this approach requires a conscious mental effort where you reflect on your language use to evaluate the quality of your vocabulary and adjust it accordingly. But with enough practice, you can gradually develop a completely new and enriched habitual language that completely replaces your old subconscious version. Eventually, you will develop the habit of automatically calibrating your language use according to the situation and context.

The following examples clearly illustrate how to adapt highly emotionally charged words:

***I am absolutely devastated.***

Question: is it that bad? No, not really, ***I'm just tired.***

***I really hate that idiot.***

Question: Is he that terrible? Well, not really. ***I don't like the guy that much.***

***I feel deathly ill.***

Question: is it deadly? Is it that bad? No, not really. ***I don't feel so good.***

***This is a nightmare.***

Question: Is this so difficult to solve? No not really, ***It's an annoying problem.***

The last example is interesting because we have synonyms for the word problem that are distinguished by their emotional charge:

- Nightmare : very negative
- Problem : negative
- Situation : neutral
- Challenge : neutral/positive
- Opportunity : positive

As this list shows, our choice of words can trigger negative, neutral, or positive emotions. Remarkably, those who are faced with learned helplessness tend to make problems

appear much worse than they really are by choosing the most negatively charged words. By doing this, they convince themselves and others involved that they are unable to solve the "problem" independently. Therefore, you better choose the positive synonyms, because at least you don't make up an excuse for not acting, and you look at the situation with a positive mindset.

Generalising terms and vague language are also part of our habitual language, and they exert a weakening or strengthening effect on our emotions. Terms like always, never, everyone, all, none, and other similar words are used far too often. They reinforce the emotional charge of a story, therefore preventing an objective evaluation of a situation or event. By consciously avoiding contextual misuse of those terms, you can prevent the negative impact on your emotions, and this will help you to develop new reinforcing language habits.

Vague expressions are also characteristic of unproductive habitual language. Such language can be easily recognised when words like maybe, hopefully, probably, maybe, or possibly are used in expressions such as: ***Maybe I will come ... or yes, I might try ... or it's possible that ...*** etcetera. These kinds of expressions clearly lack sufficient intention and self-assurance. If you interpret the following expressions in this context, then there is not much positive to be expected:

- ***I hope this works.*** Meaning: You leave the door to failure wide open.
- ***Maybe I can meet you tomorrow.*** Means: You probably already have other plans.
- ***I will probably try to quit smoking.*** Meaning: you have no clear intention and do not know at all if or when you will try to quit.

Inappropriate word usage, generalisations and vague expressions clearly have a negative impact on your emotions and behaviour. The process of boosting that habitual language starts with becoming aware of its hidden dangers and pitfalls. Then, as is true for any new challenge, it takes a mental effort and new skills to correct your habitual language until

this becomes habitual. During this gradual process, we once again recognise the four stages of awareness:

1. In the first stage, you are ***unconsciously ignorant*** of your habitual language and the influence it has on your emotions and behaviour.
2. After reading these paragraphs, you become ***consciously ignorant*** of that lack of understanding. Now you realise that you previously had no idea how your habitual language affects your emotions.
3. With meta-thinking, you become ***consciously competent***. You recognise emotionally overloaded statements, vague word usage and generalisations from your inner voice and during your external conversations. You now consciously pay attention to adjust your use of language as much as possible.
4. With enough practice, you eventually develop subconscious language awareness. This is the stage where your subconscious habitual language has been upgraded.

Armed with these new insights of language awareness, you are now ready for a practical task.

### **Task: Develop language awareness**

#### **Necessary skills: Meta thinking, self-monitoring, mindfulness, discipline**

**Task 1:** Think about three emotionally charged words or short phrases that you often use in various situations. Write them down and think of alternatives that are less emotionally charged.

**Task 2:** Choose one generalising term that you use a lot and think about situations where you use that term in the wrong context. Write down that generalisation and complete it with a less generalising alternative. For example, "You are always late" can be replaced with: "You are regularly late" or "Sometimes you are not on time". The expression "late" is negatively tainted and therefore "not on time" sounds better.

**Task 3:** In the same way, choose one vague term and continue as in task 2.

### **Benefits of this process:**

- You optimise internal and external communication.
- You develop emotional self-regulation.
- You become more aware of the stories of your inner voice

### ***Comfort Thinking***

Story thinking is mainly driven by subconscious OMAs, and it can easily evolve into comfort thinking. In this context, the word comfort is again paradoxical, because all the stories your inner voice makes up, or that are made up for you by others, create a reality illusion that you believe in unconditionally. This seems comfortable because the virtual world in which those stories take place feels safe and familiar. These feelings of safety are aroused because these stories are coherent with your old trusted OMAs, and therefore they don't arouse inner conflicts. During comfort thinking there is no room for change because you cannot be creative while your conscious attention is distracted by all those stories. You are then permanently mentally and emotionally migrated in the past or future. This is in contrast to functional thinking, which focuses on specific tasks in the here and now. So, if you are consciously ignorant then you continue to demonstrate passive behaviour under the influence of those stories, while someone who understands the dangers of comfort thinking consciously focuses on the expert execution of priority tasks! This is an **AHA! Moment** because time management is essential if you want to survive in the CUPCA world where everything evolves at lightning speed.

Specifically, it feels comfortable when your autopilot calmly and imperceptibly directs your habitual behaviour without mentally exhausting efforts from your conscious mind. But that autopilot is thus steered by OMAs potentially programmed into your subconscious by the authoritarian indoctrination of external parties without your conscious awareness. In a societal context, these are always the same authority figures we recognise as the main actors of the

mainstream media theatre. As a result, your socially accepted OMAs are always coherent with the stereotypic media narratives which you are traditionally presented. This is what we traditionally refer to as the public opinion, but within this context it is rather a euphemism for the unconscious herd spirit. This provides us an extra explanation why comfort thinking, and habitual behaviour feels so comfortable, because it avoids annoying internal conflicts due to conflicting thoughts and prevents external conflicts due to deviant behaviour. Comfort thinking therefore easily results in slavish conformism in which there is no room for investigational thinking or expressing of your own deviating opinion, and certainly not for behaving divergent from what is considered and *promoted* as socially acceptable.

Do you recognise how the compulsive nature of rejection and recognition keeps popping up like a little devil out of a box? No one wants to be socially excluded and being docile in step with the masses is naturally the easiest, and most importantly, the safest attitude to avoid rejection and conflicts. Conforming behaviour is driven by socially accepted dogmas, beliefs, and opinions, which are usually of an educational, political, scientific, religious, or cultural nature. These influences exert the same social pressure as the dominant influence of authoritarian parents and educators on their children's belief systems, thoughts, and behaviour.

From this perspective, comfort thinking is a dangerous thinking addiction that finds its origin in habit formation during our early childhood. As an adult, it prevents you from evaluating events and information objectively and rationally with independent thinking. During the covid brain pandemic, such conformism even took on absurd and worrying proportions! This was caused by the fear psychosis as a result of the reality illusion that was purposefully *programmed* into the population's subconscious with horror stories day after day, month after month. ***We don't talk about TV programmes for nothing because those programmes determine your sensory experiences, beliefs, and finally your decisions and behaviours.*** Specifically, we can state that humanity has been unconsciously involved in an invisible information war for decades, if not for centuries! Therefore, unconscious ignorance keeps appearing on the stage of virtual reality illusions!

Falling into the trap of virtual reality illusions can have detrimental effects on the life and wellbeing of millions around the globe. In a peer reviewed study titled 'Pandemic Preparedness and the Road to International Fascism', Dr. David Bell, former medical officer and scientist at the WHO, explains that during the covid crisis citizens across the Western societies didn't do a lot of efforts to defend their basic human rights and norms. In his quote below he emphasizes that we have to expose the lies embedded in the stories of propagandists, which are using fear as an instrument of indoctrination and manipulation.



**"... We should be thinking through alternative structures that undermine the influence of fear on populations and that expose the lies of propagandists, while laying bare the fascism they espouse. If most continue to acquiesce, they should at least be clear on what they are acquiescing to.**

*Dr. David Bell, Author & Ex medical officer WHO*

## **Fear of Reality Illusions**

Now that you have a better understanding of the dangers of internal and external storytelling, it's time to take a closer look at the other subconscious influences that interfere with your objective perception. Your sensory experiences, and the way events come across to you (evaluation), are the most important sequences of the 6E cycle because they influence your emotions and behaviour. Anxiety is one of the most destructive emotions that arises from the pandemic of problem and panic thinking caused by reality illusions. By now you know that these negative emotions are further stimulated under the influence of the CUPCA world. We reiterate briefly that CUPCA stands for a rapidly **Changing**, increasingly **Uncertain**, **Polar** and **Complex** world, which generates chronic feelings of **Anxiety**. That fear results greatly from the way world events and topics of common interest are presented to you, because these representations determine how these events and topics come across.

Mass media channels are still preferred as the main source of information for world news, and those media channels bring a limited selection of subjective stories. When you look at that selection objectively, you can immediately notice that the bulk of those stories consist of catastrophic scenarios such as wars, natural disasters, pandemics, terrorist attacks, violent crimes, and so forth. Because of this focus, the negative news is magnified and isolated from the overall reality of all major events happening in the world. Those negative stories are presented to you as a daily episode of a horror soap opera of tragedy, disease, death, and misery. This imposes a dystopian worldview where you are chronically indoctrinated with unrealistic projections of the future. The main theme is that we live in a grim and very unsafe world, which generates latent feelings of fear and insecurity. This virtual worldview is programmed into your subconscious by repeating (Frequency) the same stories over and over again, magnifying (Intensity) the dramatic details (Focus). This is the application of the FIFI concept in the negative sense! ***The "Intention" is to control and determine your OMAs, and thus indirectly also to control your habitual thinking and habitual behaviour. Silent Hint ☺: Don't fall into the trap and seek the hidden agenda's that are linked to these imposed OMA's***

That negativism chronically activates your primitive brain, which is why we see how more and more people are subject to chronic stress, experience burnouts or become manic-depressive. Depression and stress significantly affect your mental resilience, leading to a defensive mindset and narcissism. Social connectedness disintegrates and it's precisely this lack of coherence that is one of the main societal symptoms of the brain pandemic. In such a state of mind, you are exclusively concerned with protecting your own interests, leaving no room for empathy, connection, and expansion. As co-author of the academic book Global Media's Preternatural Influence on Global Technological Singularity, Culture, and Government, Johan describes the escalation of society in his chapter "Counter hacking the subconscious mind" as follows:

*The bottom line is that through many centuries of media manipulation, indoctrination and the constant focus on violence, disasters, and on false dogmas and distorted projections of total reality, humanity's subconscious became*

***completely denaturalised with false belief systems, learned helplessness, and a wide range of negative thought patterns.***

Once your perception is hacked by obsolete or false OMAs and you fall into conformist thinking, you develop the habit of unconsciously accepting all indoctrinating information as an all-encompassing and objective representation of reality. The increasing mental pressure which is characteristic for the daily lives of most people contributes to this passive mindset. With all those depressions and burnouts, our hectic society is already showing symptoms of mental overload due to an ever-increasing workload, expected interactions on social media platforms, and all the other daily worries we face. Therefore, it's easy and convenient from the cosy sofa of the comfort zone to swallow all that propaganda as exclusive truth serum without the mental efforts of independent thinking. Mental exhaustion is thus characteristic of the brain pandemic that is spreading even faster in our CUPCA world. Fear is the key word of this acronym because this emotion has been abused for centuries to manipulate and control the world's population.

***The conclusion is that comfort thinking, as a subconscious process of imposed OMAs, prevents you from viewing the paint on Van Gogh's masterpiece with the objectivity of a camera.*** It's the invisible powers-that-be behind screens who control and direct the flows of information that shape your reality illusion and thus how the world appears to you. From the 6E ORBIT, you know by now that the Evaluation of your sensory Experiences also determines your emotions and behaviour. Therefore, the media sphere is the perfect medium for mass indoctrination and manipulation. ***Silent Hint ☺: Nothing in this world is free. Why are major social media platforms and communication apps free? Discover the hidden agenda.***

The fear porn of mainstream media is compounded by its echoes reverberating on major social media platforms. You can witness for yourself on a daily basis how, both in group and personal chats, all those themes of misery, death and destruction are repeatedly brought up and amplified. Our subconscious, unfortunately, does not know the difference between fiction and reality, so we internally relive all those stories over and over again with the same intensity

of negative emotions. The great danger rests in the subconscious collective acceptance of those dystopian future projections.

You can better assess this danger now that you understand the workings of the subconscious better. Indeed, it has come up repeatedly that the subconscious always tends to manifest its inner beliefs in the material world by directing your habitual thinking and habitual behaviour in a certain direction! This way you are unconsciously the co-creator of your own dystopian reality illusion by supporting its materialisation in the physical world. This is because by consistently repeating all those horror stories, you unconsciously contribute to reinforcing doom scenarios in the information field of the collective subconscious! This may sound a bit strange or even esoteric, but Addendum 3 explains the scientific underpinnings of this in more detail. This is of interest to readers who like to delve a little deeper into the workings of information fields and explore the scientific grounding of the popular and famous law of attraction.

Chronic feelings of fear over activate your primitive brain, which sabotages your rational thinking ability, and prevents the objective evaluation of events or challenges. This means that in such situations you lose control over your emotions because they are immediately and automatically aroused by your primitive brain. This automatic evaluation is part of your primitive survival instinct that requires lightning-fast reactions to critical physical threats. For example, if a lion attacks you, you have no time to think calmly about your best option. In such a situation, blood is rushed from your neocortex (the rational brain) to your primitive brain, limiting your options to flee, fight or freeze. Tunnel vision is also created to increase your focus on the eminent danger. This limits your perception to isolated and magnified fragments of reality so that you find it difficult to place the situation in a wider context. You better watch out for the lion that jumps out of the virtual story of your flat screen with a chilling roar to devour you alive! **Silent Hint ☺: If you watch and listen objectively and attentively, all you will hear is an innocent Miaaaaaaaouw.**

A few examples outline how virtual lions are permanently created. Fact: You are more likely to drown or be struck dead by lightning than to be the victim of a terrorist attack. Fact: You are more likely to die from heart disease than from a viral infection. This means that governments worldwide could have saved more lives with a media campaign for a healthy lifestyle than by spending several billions on the nonstop propaganda of the covid narrative. Why then do governments keep selectively raising fear about viruses, terrorists, climate change and not about smoking or other life-threatening dangers like the toxicity of glyphosate that is used to cultivate GMO (Genetically Manipulated Organisms) crops and the irresponsible ecological risk that is related to their cultivation and consumption. Stories about the dramatic shrinkage of the bee population is unfortunately not appearing in the daily news soap because the world's population might suddenly start asking relevant questions! Osho made it very clear to all of us that informed people are a threat to ALL ruling power structures! In his quote below Professor Peter Gariaev warns us about the reckless technology of genetically manipulated organisms which he considers as a massive treat to our ecosystem.



**"There are formidable and global warnings: such transgenic manipulations are already leading to the extinction of honeybees in the United States. The bees collect and feed themselves with nectar and pollen from transgenic crops. This is a reason, and probably the main one, for their death. 'Is Human population next?'**

*Peter Gariaev, Professor Molecular Biology, Inventor, Author*

The number of people who die of hunger every year is also an interesting reference. **According to the United Nations, 25,000 people die of hunger every day, which amounts to more than nine million deaths a year, and 90 million victims in a decade!** Why doesn't this get permanent media coverage when daily the number of so-called covid victims was colourfully covered with lots of drama? With the billions spent worldwide in 2020 and 2021 on the covid story, one could have provided those 9 million people largely in their basic needs. Does it make sense from this logical reasoning to believe that all those measures and propaganda were intended to save lives? If a story is not coherent, then we always advise to continue to peel

the onion to reveal the hidden layers (read agendas)! **Silent Hint ☺:** *Follow the money and the quest for control behind the smokescreen of the narrative.*

Using these examples, we can objectively determine how the power groups that control the media (information) deliberately induce fear psychosis. This is the brainwash that has been going on for ages, and in case you have not yet acquired that insight, you now can escape from the comfort prison of those virtual stories by exploring the naked truth as it is. What you may find like Mark Twain, is that problems and stories come across to you completely different.



**" I'm a man old man who had many worries,  
most of them never happened.**

*Mark Twain - Author*

This awareness of your reality illusion and how it's constructed by external authorities is perhaps the most important **AHA! Moment** you can experience during your brain upgrade. Armed with this insight, you can neutrally re-evaluate the media sphere's focus on terrorism, wars, epidemics, cash money stigmatisation, the CO2 and nitrogen hype, transhumanism, and other hot topics in the right context. You might then start looking from a broadened perspective and with new insights to personal CO2 quota, QR codes, digital IDs, medical passports, and programmable digital currencies.

You only have to ask one question: What is the most important thing that those in power aspire to? The answer is one word: control. For only by controlling the world's population do they maintain their wealth, power and dominance. Long before the first pandemic of the 'Spanish flu', a global pandemic of highly contagious control and corrupt viruses had already spread worldwide. These viruses are as old as the history of mankind itself and unfortunately there is no cure or mandatory vaccination for them yet. A huge gap in the market for which there is of course no interest from the powerful pharmaceutical bastion, that is itself chronically infected with these two viruses! They are prominent members of the clan of

modern witch hunters who destroyed naturopathy in the 19th century, and in our modern times stigmatize any other form of medicine that can threaten their psychotic drive for a global monopoly! Robert F. Kennedy Jr., who considers running a presidential campaign in 2024, bluntly confirms that our institutions are 'captured' (read corrupted).



**" I've been an environmental attorney and advocate for 40 years, and I saw the impact of agency capture. That's why I was able to recognize it so easily in the pharmaceutical industry. All these agencies are captured. The pharmaceutical industry owns the National Institutes of Health ... CDC, FDA**

**Robert. f. Kennedy Jr.; Attorney and Author**

But don't take our word for any of these thoughts. These have been a few pretty direct paragraphs in an attempt to jumpstart a mental process during which you question the reality illusion that is projected and programmed in your mind. In saying goodbye to these illusions, you make way for a more realistic and objective representation of reality. **This provides a solid basis for your personal evaluation of important events so that you can make more informed decisions.** With this process, the fear psychosis of the dystopian worldview evaporates like a fictitious smoke screen and enables you to reclaim control of your emotions. The end result is that you gain the ability to better adapt your behaviour to the CUPCA world. The sterile patterns of your autopilot and comfort thinking are thus broken and you escape the slavishly compliant cycles of the 6E ORBIT.

We can summarise that story thinking leads to comfort thinking, and that reality illusion are created by false OMAs programmed into your subconscious by the ongoing indoctrination of negative and one-sided messaging. In this scenario, fearmongering is used as a means of control to bring about conformism and disconnection. Of course, the prechewed solutions to make that unsafe virtual world safe for you again have long been prepared before a crisis is promoted. You can now re-evaluate agendas and speeches of politicians, appointed experts, and agendas of influential Ngo's with more insights which leads us to the next chapter. **Silent Hint ☺: What is the difference between a conspiracy theory and a conspiracy?**

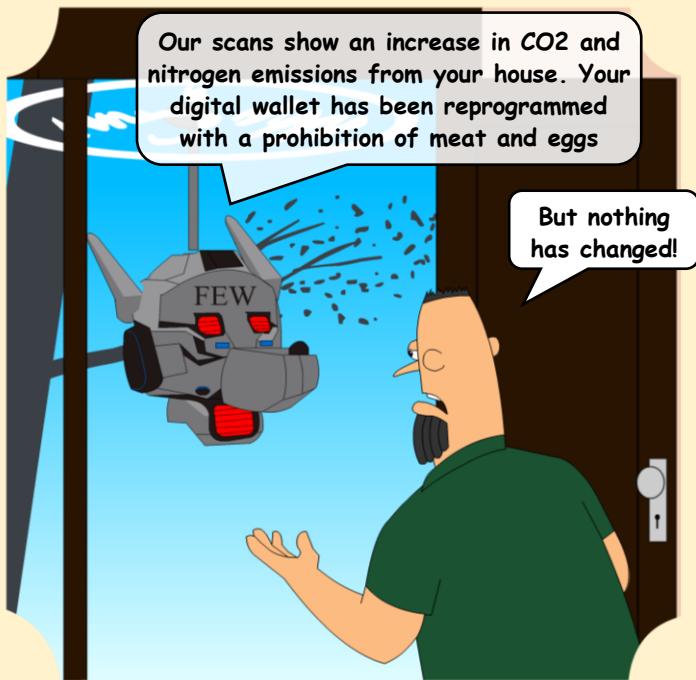
## THE KNEWITS - THE FEW DRONE

AI, that Federal Environment Watchdog drone hovers at the front door again!



Our scans show an increase in CO2 and nitrogen emissions from your house. Your digital wallet has been reprogrammed with a prohibition of meat and eggs

But nothing has changed!

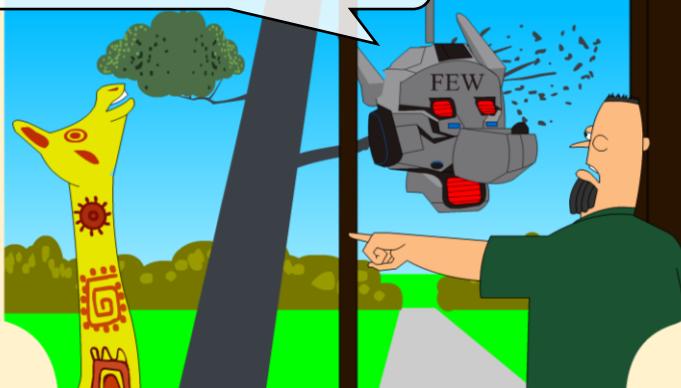


Mia, I fear we will be on insects for excessive emissions, and on travel restrictions for spreading misinformation!

I thought our electric car was Eco-friendly!

It's the fault of that Giraffe over there!

Giraffes are a conspiracy theory! Don't forget that spreading misinformation is now considered a federal crime!



## Evaluation Chapter 5 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 6

# The Fake News Questionnaire



## ***The Fake News Questionnaire***

### ***Ten Questions for the Evaluation of News***

To reduce the indoctrination by mainstream media propaganda, you can use our handy fake news questionnaire. It's a simple B\*S\* filter that allows you to reassess the quality of important reporting with greater insight and an unbiased brain. With this method, you escape the passive acceptance that leads to comfort thinking. In practice, it amounts to asking a sequence of logic questions about the subjective stories of external reporters. This requires investigational thinking as a form of functional thinking that prevents the negative interferences of your subconscious mind. These are the ten questions:

1. Which companies, organizations or individuals control the story?
2. Are those controlling parties objective and incorruptible?
3. Is the story true, complete, and contextualised?
4. Are you personally able to verify and validate the sources of information?
5. Is there a hidden commercial or political agenda behind the story? And, if so, does that agenda have a positive or negative impact on your future?
6. Is there dialogue and do divergent opinions or is the reporting one-sided?
7. To what extent are other views censored?
8. What emotions does the story arouse and how do these emotions influence your evaluation of the story and your behaviour?
9. What is the intensity and frequency of similar stories on a global scale?
10. What OMAs are programmed in your subconscious by the repetition, intensity, and frequency of these stories?

If you are already struggling to answer the first two questions, there is no guarantee that a story is truthful, complete, or objective. By answering the remaining questions, you can further evaluate the extent to which these stories are manipulative or give a distorted representation

of the facts. There are hundreds of examples of false information proclaimed as truth in the mainstream media, while are later revealed as fake news. History shows the far-reaching consequences of such manipulation of public opinion. You may recall some of the following tragic historical examples where ignorant citizens were misled by slavishly accepting scientific dogmas or media propaganda as truth.

## ***Historical Examples about the Dangers of Fake News***

***Smoking is not harmful to health:*** There was a time when doctors actively advertised cigarette brands. The cigarette lobby was so powerful that they could sell their fake stories to the unsuspecting public from 1920 to 1970. It's difficult to estimate how many people were misled by trusting those doctors and died of cancer. Figure 9 is a typical advertisement by a tobacco manufacturer to convince smokers that cigarettes could help against throat irritation. All we are missing from that article is the now-popular slogan: "Follow the science" ... to give it a trendy touch!

***DDT is a harmless as disinfectant:*** DDT was widely used, among other things, to kill harmful mosquitoes believed to spread polio. In 1972, this toxic chemical was banned by the FDA and classified as a carcinogen. Figure 10 shows an image of children in a swimming pool being sprayed with DDT. Isn't it very remarkable, to say the least, that polio started regressing when DDT got banned, years before a vaccine was promoted for the viral cause? ***Silent Hint ☺: peel the viral onion.***



**Fig. 9: Publicity for smoking.**



**Fig. 10: DDT- decontamination**

**Softanon is safe for pregnant women:** Softanon was the commercial name of the sleep aid thalidomide that was promoted as *safe and efficient* but had a terrible effect on pregnant women. More than 10,000 children died shortly after birth or were born with severe limb abnormalities. Figure 11 shows four young, mutilated victims. It's difficult to put the emotional misery into words that the victims and their families had to endure. Unfortunately, we did not hear their stories enough to better empathise with the plight of those poor children and their parents. **Silent Hint 😢: when did we hear the words "safe and efficient" echo around the world recently?**



**Fig. 11: Softanon victims.**

**Saddam Hussein of Iraq possesses weapons of mass destruction:** This hoax apparently only served to justify the US military invasion of Iraq to the American public. Those biological weapons were ultimately never found, while the viral information weapons of brain destruction have been unwittingly infecting the independent thinking capacity of the world's citizens with misinformation for decades.

**Covid vaccines can prevent infection and transmission:** This was a blunt lie of political leaders and government appointed experts who thus sensitised a large percentage of the world's population to accept experimental injections. This statement was greatly downplayed by the same experts, who claimed in 2022 that the injections do not prevent transmission or infection and can only prevent hospitalisations and serious illness. During an interpellation by Dutch EU politician Rob Roos in the EU parliament, Pfizer executive Janine Small, representing CEO Bourla, confirmed that no studies were done about transmission before the distribution of these shots! **On the pertinent question of Roos Small answered “No, uh, um, we had to really move at the speed of science”**. Nobody in the scientific community has ever heard about the speed of science; we only know that the speed of truth is higher than the speed of lies because the video about this interpellation has gone viral with the speed of light! These extremely disturbing facts were obviously not brought to the awareness of the general public!

Question 7 of the Fake News Questionnaire, "To what extent are other viewpoints censored", is the most essential question, ***because the extent of efforts to censor opposing information is a direct indicator of the importance of hidden agendas.*** In democratic institutions, transparency, open communication, and respect for other opinions are considered essential values. This is necessary to discuss a situation from various perspectives and with divergent opinions in a neutral atmosphere. If neither the media sphere nor public institutions provide a platform for such open dialogue on critical social issues, there are always significant hidden agendas. In this context, it's very disturbing that shortly after Elon Musk declared his intention to turn Twitter into a platform for free speech, the EU Commission issued a statement that Twitter would be banned from Europe in that case! Didn't we all believe that free speech is one of the main pillars of a healthy Western democracy? Yet another illusion of our virtual worldview disappearing along with that fake OMA in the now-saturated quicksand! Brzezinski was in a good position to judge the suppression of other voices. His quote speaks for itself.



***"Soon the public will no longer be able to judge or think for themselves. They're just going to be able to repeat the information from the previous night's news.***

*Zbigniew Brzezinski - ex national security adviser VS.*

Recently, we are seeing an alarming trend where the tenors of the mainstream media theatre are making tremendous efforts to stigmatise and censor in every possible way all experts who express challenging opinions on topical issues such as the true nature of the covid crisis and the causes of global excess mortality. Such synchronised global censorship should immediately raise red flags and ring alarm bells. It casts a dark shadow on the integrity and intentions of those who suppress all dissenting voices. A democracy should be characterised by promoting open dialogue and respecting the right to free speech. If these basic principles are trampled upon, there are clearly agendas waiting on the policy table.

You can discover those hidden agendas by putting aside your old frame of reference and discreetly doing your own independent research. To know those other views and opinions, start by looking up experts, doctors, journalists, filmmakers, and politicians who have been censored, dismissed, stigmatised, and in the worst cases, murdered. Historically, hundreds of scientists and dissenters have been burned at the stake as "witches or heretics", with their books also going up in flames with them. Nobody was allowed to question the ruling dogmas or established science, and fear was used to suppress the voices of those with higher levels of knowledge and consciousness. If that didn't work, then they were simply stigmatized and persecuted as witches and heretics.

Nothing has changed; to the contrary! That old form of censorship is now better known as the popular term "Fake News", and repeatedly posting your own opinion is punished with the even more popular digital verdict "You have been banned" (the modern alternative for the medieval pillory). ***In this situation, we suggest changing the slogan "Follow Science" to "Follow the Censored".*** Those censored people are the modern witches and heretics, and usually they have nothing to gain financially from sharing their knowledge and objective insights. Some of them risk their careers, reputations and sometimes even their lives mostly out of concern for their fellow human beings. Consider this question: Who is concerned about *your* fate, well-being, health, or financial situation? This is a very relevant question from which you can decide for yourself to whom to listen. Obviously, there is a lot of misinformation being spread, and the art consists of shifting through all that with the intelligence and logic of investigational thinking to distil as much truth as possible out of all available sources.

We clearly live in fragmented times where censorship, stigmatisation and threats totally undermine the democratic principle of free speech. ***This confirms that the unconscious ignorance of the brain pandemic has a global impact.*** It requires little historical knowledge to understand the disastrous impact of mass media indoctrination on a population and what cruel consequences it can have. Historical demagogues have already cost millions of lives and caused gigantic world crises in this way. History unfortunately tends to repeat itself because we as humanity are still stuck in the old thinking and the same destructive paradigms.

Questions 8 and 9 of the Fake News Questionnaire – “What emotions does the story arouse and how do these emotions influence your behaviour?” and “What is the Intensity and Frequency of similar news globally?” – clearly indicate that the FIFI concept is also employed for behavioural manipulation. Frequent arousal of Intense feelings of Fear is the perfect method by which historical and current rulers enforce submissive behaviour. In this regard, it's notable that in recent decades, invisible enemies such as terrorists, viruses, climate change and hackers have been among the popular fear-mongering actors permanently appearing on the stage of mainstream news theatre.



**Knowledge Insight**

**Fear is abused by those in power** to steer public opinion and the behaviour of citizens in the desired direction.

It's clear that many brain viruses spread mainly through popular mass media channels and that we can use our investigational thinking skills to detect their infection. By using the fake news questionnaire and asking additional questions about general news coverage, you gradually build natural immunity against these brain viruses. Specifically, you develop the habit of viewing information, regardless of its source, objectively with an open mind. **You can compare this process to your body's natural immunity that automatically registers an invading pathogen and already has the antibodies ready to clear it out.** Using this analogy, we can think of the media sphere as a pathogen that we should not expose ourselves to without such protection.

The Knewit cartoon on the next page shows the workings of the subconscious that is active 7 days a week, 24 hours a day. Everyone is sleeping peacefully until the word virus is uttered, causing the never sleeping subconscious of all present family members to immediately sound the alarm! The rest of the story speaks for itself.

# THE KNEWITS - FAKE NEWS



The effect of prolonged exposure to pathogenic news is shocking. Psychologists have found that deliberately inducing chronic anxiety within six months can lead to a form of mass hypnosis and even severe anxiety psychosis. This became evident during the covid crisis when a large percentage of the population reacted apathetically to the far-reaching destruction of their social lives and the ongoing violation of their civil rights. Indeed, according to official figures, a majority unconsciously sacrificed their physical integrity by participating in a medical experiment. Is this not another large-scale DDT or Softenon story like many other historical conscious or unconscious medical blunders? The future will tell, but several scientific studies already point strongly in that direction. Should these studies be made known to the general public, it would do massive damage to the vaccine industry. **Silent Hint ☺: And then it went quiet on all media fronts.**

It's a rule of thumb that the louder the tenors of the MSM theatre shout out certain themes like fear porn, the more important the hidden agendas are for the parties pulling the strings behind the scenes. Once you discover and understand the intrigues and interests of those parties, you can hear how the echoes of their siren song reverberate in sync around the world for the sole purpose of serving their own dark narcissistic interests. Unfortunately, the vast majority of the world's population has a total lack of geopolitical understanding, mainly due to decades and even centuries of censorship, misinformation, and indoctrination.

In our current era, we are faced with the existential threats posed by the 4th industrial revolution. Such critical topics are of course studiously avoided in the media because it would disrupt the daily horror episode of reality illusion. These are all powerful statements, but not overly powerful once you dare to face reality. Besides, the degree to which all this sounds shocking, and alien determines the degree of unconscious ignorance and the degree of infection by the media brain virus. Unfortunately, we have not yet developed metaphorical PCR test sticks to push through someone's blood-brain barrier so that we can actually demonstrate this proverbial viral infection.

## ***Logical Questions to be Asked in a Societal Context***

Best take a few deep breaths now ... Once you catch your breath after these sobering and confronting paragraphs, we invite you to evaluate the world news against the following additional questions:

1. What themes have come to the fore in recent years?
2. Which belief systems are being indoctrinated?
3. Do you do your own independent research on these topics?
4. What political decisions are proposed to address these topics?
5. How do those decisions affect your personal freedom, financial independence, privacy, physical and mental integrity, basic needs, and basic human rights?
6. Are there similar historical precedents?
7. Do you evaluate the new social, economic, educational, and financial trends positively or negatively?
8. Do the new norms, values, rules, and laws align with a universal value compass?
9. Do you have a say in decision-making when drastic changes are forced on society?

By combining these critical questions with the Fake News Questionnaire, you can avoid becoming the naive victim of comfort thinking. But you can also use the same questionnaire to check all other forms of external communication: publicity, speeches by politicians, messages from religious leaders, and any other stories by experts or people with authority and influence. Publications in medical journals should also be subjected to our Questionnaire, because the bulk of studies is paid for by the pharmaceutical industry, which means that they have control on what should or should not be published! ***This is very worrisome for public health as studies which would reveal the dangerous side effects of many drugs or vaccines may not be published. This can have much more catastrophic consequences than those from the DDT and Softenon medical fiascos.*** This counts specifically for experimental medication with no track record of safety.

Absolute numbers and statistics are also often misused to mislead the public. Any statistical measurement depends not only on what is measured, but also on how the measurements are taken and how they are presented. Graphically distorted statistics presented in an isolated context can easily magnify neutral information to dramatic proportions. In his bestseller *How to Lie with Statistics*, Darrel Huff shows a variety of methods how to use statistics to manipulate the public. The historical list (Fig. 12) shows an exert of 25 fear mongering doom-scenarios from various sources which never occurred. You can find the full table in annex 1. In this context FEAR can be explained as "False Evidence Appearing Real". From these observations, is it still logical and responsible to completely restructure (read destroy) our economy and sacrifice personal freedoms for experts who scored **zero out of 25?**

### **Critical Thoughts on the Stories about Climate Change**

And what are the qualifications and credibility of a screaming adolescent predicting yet another climate catastrophe? Isn't it high time to get out of these stories by looking at the facts objectively? The experts from the mainstream news theatre claim that CO<sub>2</sub> production from human activities, or nitrogen production from cattle, has a negative effect on our climate.

8	1976: Scientific consensus of planet cooling, famines are imminent
19	2004: Brittan will be Siberia in 2024
20	2008: Al Gore predicts the Artic will be ice free by 2013
21	2009: Prince Charles: We have 96 months to save the planet
26	2014: Only 500 days before climate chaos

**Fig. 12:** Climate disasters that did not happen.

We confirm that our living environment is under threat, but maybe we need to listen to toxicologists and to experts that study microwaves and geo-engineering technologies such as HAARP and cloud seeding with toxic chemicals as a possible cause of drought and extreme weather events. In 2023 already more than 50 countries were using weather manipulation technologies, and shouldn't we ask ourselves questions about the true cause of exceptional weather conditions? Dane Wigington devoted a big part of his life to bring awareness about the hidden yet devastating dangers of geo-engineering. On [www.geoengineeringwatch.org](http://www.geoengineeringwatch.org) you can find a massive amount of scientific information about the various technologies which are secretly used to manipulate the climate and the weather. Just like us he has the noble intention to create a wave of consciousness about the climate changing effects of secret operations that are rolled out worldwide. It is again lack of awareness of a problem that makes it very difficult to tackle as the general public is cautiously kept in the dark! As Dane explains below, these challenges are critical and extremely threatening to humanity and to our ecosystem in general.



**“What if there were a monumental environmental threat that you didn't even know was occurring, just as GMO foods have come into your food supply without our knowledge or consent? ... What if this threat has the potential to destroy our crops, our trees, the soil they are grown in, our water supply, the protective layers of our atmosphere, and the whole eco-system?**

*What if all available data and front-line facts made clear that this issue was putting the entire web of life in the balance? Global climate engineering / intervention programs are mathematically the greatest and most immediate threat we collectively face short of nuclear cataclysm.*

*Dane Wigington, Climate Activist and author*

There is a universal law of action and reaction, and if you force nature to produce rain in a certain region by manipulating the weather, then this will create more drought in a neighbouring area. If you understand the universal laws, which are applicable on micro scale as well as on macro scale, then you can experience a lot of **AHA moments!** Emerson beautifully describes the concept of universal laws with his well-known quote:



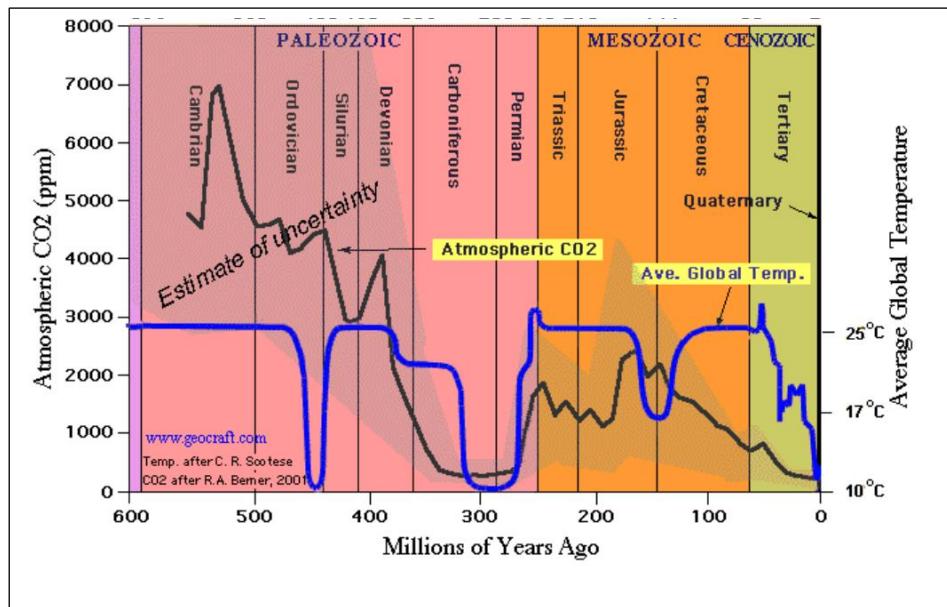
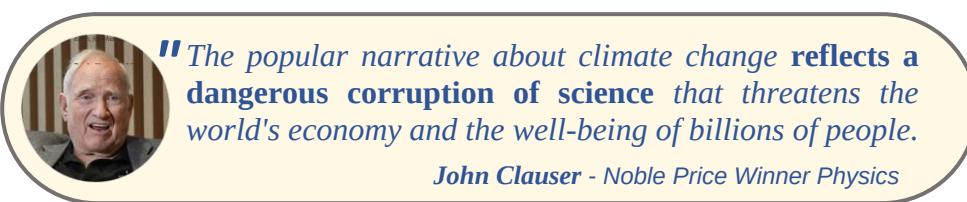
**"Nature is the endless combination and repetition of a very few laws . It hums the old well-known air through innumerable variations.**

**Ralph Waldo Emerson - Philosopher**

With tens of thousands of satellites being launched and hundreds of thousands of new 5G antennas polluting our atmosphere 24/7 with radiation, our living environment is gradually being transformed into one big microwave oven. We assume that everyone knows by now what happens in a microwave oven. Isn't it strange that the tenors of the climate narrative don't ask questions about the combined effects of cloud seeding and microwaves on our climate, our environment and on all living organisms, including ourselves? The smallest organisms are of course the most vulnerable and this is perhaps the explanation that fewer and fewer insects stick to your windscreen when you drive on the motorway. The same goes for the worldwide shrinking of bee populations. When insects disappear, the whole of OUR ecosystem collapses, but apparently even this escalating trend is not important enough to enjoy the attention of mainstream media channels. **Silent Hint ☺: investigate the effect of 5G microwaves on oxygen and water in your body.**

Nobel Prize winner John Clauser delivered a speech at the recent 'Quantum Korea 2023' event, during which he stated: 'the popular narrative about climate change reflects a dangerous corruption of science that threatens the world's economy and the well-being of billions of people. I don't believe there's a climate crisis,' Clauser stated definitively. 'Key processes are exaggerated and misunderstood by approximately 200 times,' he added, accusing the Intergovernmental Panel on Climate Change (IPCC) of spreading misinformation about a warming globe. In 2023, Clauser joined the board of directors of the CO2 Coalition ([www.co2coalition.org](http://www.co2coalition.org)), which exists to highlight the benefits of carbon dioxide for the environment. He explains that the climate brigade expects us all to believe that CO2 is a dangerous toxin that must be eradicated through tyranny and higher taxes. Dr. William Happer, chairman of the CO2 Coalition's board of directors, commented that Clauser has a lot to offer because his '**studies of the science of climate provide strong evidence that there is no**

**CO<sub>2</sub> climate crisis and that increasing CO<sub>2</sub> concentrations will benefit the world.'** Figure 13 shows that we are currently living in a period of very low CO<sub>2</sub> concentrations. It also shows that lower CO<sub>2</sub> does not necessarily correlate with lower temperatures. But what we know is that there is a correlation between higher CO<sub>2</sub> concentrations and improved plant, crop and tree growth! This means that more carbon dioxide results in a greener planet, and a greener planet means more oxygen production as a lot of urban areas, such as metropoles, already suffer from lower oxygen concentrations.



**Fig. 13: Historical CO<sub>2</sub> concentrations and temperature**

Sources: C.R. Scotese <http://www.scotese.com/climate.htm> and CO<sub>2</sub> after R.A. Berner, 2001

These objective and credible third-party observations confirm the immense influence of the mainstream media sphere, and how it programmes a dangerous reality illusion into your subconscious. ***In the process, the real-world problems are glossed over, and the world's population is kept largely unaware of the real critical threats within the CUPCA world.*** The essence of this chapter is that we should search for truth in a world where we are bombarded with propaganda. That search will always have a personal character because everyone has another frame of reference. This means that everyone is to a certain experiencing life and events from within a limited and subjective worldview. As a result, we all give a different meaning to events, and therefore we emphasize the need to form a more truthful picture of reality with investigational thinking. This is the only way to escape from the comfort prison of the 6E ORBIT and adapt to the changes of the CUPCA world. The task below allows you to apply investigational and lateral thinking to connect the dots between various facts and events. The challenge is that some facts are not known by the general public, and the missing context prevents to discover the hidden agendas behind certain events, trends, or behind new laws and regulations.

**Task: Connect the dots between various facts and find the hidden agendas**

**Necessary skills:** **Lateral thinking, Investigational thinking**

All the following facts occurred between 2021 and early 2023

**1. Excessive outbreaks of fire in food processing plants:** Between 2021 and 2022, more than 90 food processing plants burnt completely or partially down in the US alone. Various egg farms exploded or burnt down towards the end of 2022 and in early 2023.

**2. A tweet from the WEF:** Early 2023 the WEF (World Economic Forum) tweeded that eating eggs 'increases the risk of heart attacks and stroke', the suggestion being that people should stop eating them for their own safety.

**3. Artificial Eggs:** Early 2023 a well-known billionaire invests in a new artificial egg concept from which he hopes to profit in the future.

**4. Excess mortality:** In 2021 and following years, there is an unexplained excess in mortality partly caused by strokes and blood clots. This is the epidemic of 'sudden deaths' which has not been examined in depth by governments.

**5. Egg yolk to suppress covid symptoms:** A scientific study of 2021 found that antibodies in egg yolk prevent the spike protein to bind with cell receptors. This means that they potentially reduce the symptoms of what is called the 'covid 19 disease'

**6. The WHO wants more power:** The WHO wants the power to impose measures on all countries in the case there is a 'threat' of a new pandemic or what they consider subjectively as a health emergency. This completely undermine the independence of sovereign nations.

**7. In July 2020 the Rockefeller foundation predicts a food crisis:** In this report the foundation proposed to create a centralized 'nutrition security system'. This implies further globalization and control of the production and distribution of food.

**8. Various billionaires buy up massive surfaces of agricultural farmland:** At the front of this list, you find Bill Gates, who became the largest owner of farmland in the US.

*Silent Hint ☺: we wait for new laws and regulations that forbid us to possess or breed our own chickens, or to cultivate our own vegetables...*

## Evaluation Chapter 6 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 7

# Escape from the 6E ORBIT



## ***Escape from the 6E ORBIT***

### ***The Influence of Your Subconscious and Your RAS on Your Sensory Experiences***

It becomes clear from the 6Es that every cycle starts with the sensory experience of a situation or event. If you are personally and directly involved in an event, you are already relieved of the problem of being presented with an external narrative by a reporter. Insofar as it's not a Fata Morgana, hologram or other delusion, an objective event is effectively taking place in the limited perceptible spectrum of your three-dimensional reality. That event immediately loses its objective character as soon as your inner voice invents a subjective story about. This way, you get stuck in the spider's web of storytelling because of the hidden influence of the subconscious filters on your sensory experience. If we take a closer look at the subconscious, we can see how this process of internal image formation unfolds.

What you experience is subjective, and this is mainly due to the limited capacity of our rational and conscious mind. From Chapter 2, we reiterate that your conscious mind can only process a small percentage of the gigantic stream of data that is constantly captured through your five senses. In his bestseller *The Biology of Belief*, biologist Bruce Lipton concludes that your subconscious can process 207,000,000 bits of information per second, while your conscious brain can only process 40 bits of information per second. Although there is currently no clear scientific consensus on the correct proportions, you can still compare the conscious mind to a personal computer and the subconscious to a super-sophisticated quantum computer.

In practice, this means that most of the reality your senses pick up is filtered away by your subconscious. This immediately raises the question: What criteria and parameters determine this filtering process, and how do these filters affect your objective perception of an event? It's specifically these influences on our sensory experiences that creates reality

illusions. To properly understand this filtering process, we should first reiterate and further explain some of the key features of your subconscious.

In the context of this chapter, the main function of your subconscious is to store information from your experiences and form OMAs, habitual thinking and habitual behaviour. These autonomous processes ensure that your conscious mind does not waste its limited capacity on useless reflections in repetitive situations. We stress useless reflections because that so-called uselessness is judged by your subconscious mind. We know by now that your subconscious can be wrong! In practice, more than 90% of everything you do, and think is controlled by your autopilot. In this process, your RAS operating system (Reticular Activation System) acts as a biological firewall as it filters all incoming sensory data by checking it against your OMAs, hidden agendas, and your values and norms. Anything that resonates with those subconscious factors and appears threatening is then withheld and made known to your conscious mind.

When the RAS recognises a habitual situation, your subconscious directs your autopilot with what it considers efficient behaviour. As noted earlier, this habit formation has an additional energy-saving benefit because it prevents your conscious mind from wasting valuable energy processing masses of irrelevant information. It's a fact that your brain, which accounts for only 2% of your body weight, consumes 20% of your available metabolic energy. In new-born babies, this can even reach 80%, and such energy consumption can obviously only be sustained in the very short term, otherwise there would be insufficient energy left for growth processes.

So, the RAS feeds your conscious mind mainly with filtered information resonating with your OMAs, but—via the amygdala—also with fragments of reality that it considers threatening or that are conflicting with your norms and value. All other information is considered incidental and largely escapes your consciousness. When registering potential threats, your subconscious does not care at all whether these threats are relevant or not. Specifically, your amygdala puts an "emotional tag" of dangerous or threatening on a situation based on your RAS as an interpreter of your frame of reference. All incoming sensory

experiences, including the narratives of your inner voice, are thus subconsciously evaluated. This means that the opinion, meaning and judgement of an event depends on your OMAs and the values and norms of your frame of reference. The conclusion is that all events and situations are neutral in themselves and therefore have no inherent value or pre-defined meaning. ***Therefore, giving meaning to an event is an internal process is always a personal, subjective and subconsciously controlled process.***

You may know someone who panics at the sight of a mouse. Such fear response is unconsciously controlled. Isn't it remarkable that someone who is afraid of a mouse is usually the first to notice it too? Here again, it's the RAS in combination with the amygdala that triggers fear by recognising situations considered threatening or dangerous. Of course, it's rather the mouse who should be afraid of being crushed under a rolled-up fashion magazine! From this we can understand that a lot of our fears are based on false OMAs and reality illusions (False Evidence Appearing Real). **Silent Hint 😊: recently men are getting handier with fashion magazines, which is bad news for the mouse population.**

During this mental filtering process, the RAS, which is part of your old brain, never assesses the validity of the OMAs that were programmed into your brain because it lacks analytical ability. As a result, your perception of reality remains fragmented as long as your RAS does not get an upgrade in function of new knowledge and insights. Referring back to the 6E ORBIT, this means that without that brain upgrade of your RAS, you are stuck in a mental prison. The invisible walls of that prison consist of your reality illusions. Aldous Huxley rightly refers to unconscious ignorance where the "victims" do not realise they are trapped in their own illusions. We are obviously going to demolish those prison walls one by one.



**"The victim of mind manipulation does not realize that he is a victim. The walls of his prison are invisible to him, and he believes he is free.**

**Aldous Huxley - Philosopher and Author**

## ***The Invisible Walls of Your Comfort Prison***

Let us reiterate the essence of that 6E ORBIT prison. When an Event happens that your RAS recognises, this will always lead to the same sensory Experience of reality, and to the same Evaluation that occurred in previous similar events. This again arouses the same Emotions that have the same Effect on your behaviour resulting in the same End Result. If you keep circling around in this endless 6E ORBIT of repeating cycles, then it's absurd to expect better results. Einstein understood it too, when he defined insanity as doing the same thing over and over again while expecting a different result. This is why Al Knewit kept circling the Earth in the same stereotypical orbit for years even though he consciously tried to escape from that orbit.

Repeating the same habitual behaviour inevitably reinforces your existing OMAs, because the same neural connections in your brain are permanently stimulated. Just as is the case with physical muscles, neural connections become stronger the more they are stimulated. Repeating the same cycles over and over again thus creates your habitual thinking and behaviour, which, via your autopilot, determines 95% of your end results.

The essence is that the quality of your sensory experience depends on the quality of your RAS, and, in turn, the efficiency of your RAS depends on the relevance and value of your OMAs that are part of your subconscious frame of reference. *So as long as you do not question your OMAs, you will remain stuck in the comfort prison of the 6E ORBIT with your RAS as an invisible subconscious prison guard.* The word comfort is misleading in this context because your autopilot prevents you from achieving better performance, or from adapting better to changing circumstances of what is actually going on in the here and now. It can feel comfortable because you don't have to make a conscious decision when your behaviour is automatically driven. Unfortunately, that way you remain the emotional plaything of your hacked subconscious and the victim of your reality illusions.

In this scenario, your perception is hacked, which prevents objective observation of reality. You then play a role as an actor in subconsciously fabricated stories within a virtual

world constructed by external influences. It's mainly the mass media channels that influence public opinion and thereby create a herd mentality. In this way, the habitual thinking, emotions, and behaviour of the world's population is permanently manipulated. This is a process that has been going on for centuries and shackles humanity in an endless 6E ORBIT of unconscious ignorance and virtual reality illusions. Because of our unconscious ignorance we are unable to step out of that virtual world of fearmongering, and therefore we have been locked up in this comfort prison as a helpless and unconscious victim for many generations.



#### ***Knowledge Insight***

Whoever controls the media, also controls public opinion and the thoughts, emotions and behaviour of the population.

We repeat: You cannot solve a problem with the old thinking from which the problem itself arose! Unfortunately, this is exactly what you are trying to do with habitual thinking and comfort thinking. You do want change in your life, but you throw yourself into the battle with your conscious mind that controls only 5% of your behaviour, while the subconscious mind controls 95%. It's obvious who constantly wins this unequal battle.

### ***Negative Self Regulating***

From previous paragraphs you can understand that it is impossible to make progress without reclaiming control of your hacked subconscious. This also explains why many people keep investing massive amounts of money in courses and seminars on self-development and self-actualisation in vain, without succeeding in improving the quality of their lives. Those courses and seminars usually focus on topics such as goals, planning, external communication, marketing, and acquiring another specialised knowledge. These are all important conscious processes, of course, but they have little or even no impact on the limiting influence of your subconsciously directed habitual thinking and habitual behaviour!

Through comfort thinking, you also develop the disposition to habituate to underperformance, and even to resign to chronically painful situations. This is because with conscious effort you cannot find an escape route from the 6E ORBIT, so you eventually lose your courage and give up your efforts. You can recognise this hopeless resignation in stories where external situations are made up as excuses for inferior performance. If you put in a lot of effort without noticeable progress, your self-image may falter, and you might even completely lose your self-confidence. Then you hear how your inner voice whispers to you that you are not good enough, have no willpower, or have not inherited good genes, to name but a few typical unfounded excuses.

An experiment with fleas demonstrates the impact of a reality illusion on the development of restrictive habitual behaviour. During this experiment scientists confined fleas in a shallow box closed with a glass lid. The fleas could not perceive the glass lid and initially thought they could escape by jumping out of the box. Of course, they kept banging their heads hard against the glass lid in the process. After a few weeks, the scientists removed the glass lid and found that the fleas did not jump higher any more than the previous height of the lid. So, the fleas still believed in the virtual lid, thus limiting their athletic jumping ability.

This simple experiment is an example of negative self-regulation, where your performance is limited based on incorrect assumptions or misinterpretation of an event or situation. A heating system is a good example of a simple self-regulating system. Such system consists of one or more heating elements (the output) and a thermostat (the input) used to set and measure the temperature. The thermostat is then set to a base temperature and repeatedly measures the temperature in a room. Based on that input, the thermostat controls the heating element so that a pleasant average temperature is maintained. That way, it will never be much warmer or much colder.

Similarly, we all possess an analogous inner performance thermostat. Based on all our past experiences and achievements (input), we have an expectation pattern of the level of performance we think is possible. If, after many years, a race driver has set 10th place as his best result at a particular track, he will start the next race at that track with his performance

thermostat set to a baseline of 10th place. This setting is then steering his behaviour (output) to obtain that result, and obviously it's impossible to end up on the podium! Obviously, the race pilots we coach are racing freed from such limitations.

As with the fleas, that baseline of your performance thermostat is set based on your rigid frame of reference. This means your frame of reference can be compared to the glass plate that limited the fleas to mediocre performance. Over time, these mediocre results become a habit, causing your performance thermostat to completely rust. This then manifests as a lack of self-confidence and a negative self-image that settles into your conscious and subconscious mind. So, if you want to jump out of that limiting box, you first need to question that rigid frame of reference. That means leaving your comfort zone by stepping into the unknown with an open mind. This is the only way to escape from the invisible prison of the 6E ORBIT.

## ***Escape from the 6E ORBIT***

Only when you realise that that virtual plate of glass is a product of your own limiting frame of reference can you mentally loosen that rusty performance thermostat and give it a serious push in the right direction. As always, this process requires initial awareness of the unconscious limitations of your frame of reference. Through introspection, you can identify those limitations and, freed from preconceptions, explore into the unknown dimension of not-knowing. This is a process of self-regulation in which you say goodbye to your own limiting stories and to the endless orbit of habitual behaviour and habitual thinking. After all, in the unknown you have no frame of reference because you experience the situation as totally new. In the unknown, you always have to rely on functional thinking and your creativity to produce solutions and adjust your behaviour. ***This means observing neutrally in the here and now and executing practical tasks to efficiently manage a situation. This frees you from the determinism of sterile habitual behaviour where there is never room for improvement, creativity, or change.***

Through introspection you can become better aware of your own limitations and accept them as reality. Only then will that virtual glass plate shatter and dissolve the fictional

obstacles that undermined your performance or kept you stuck in an undesirable situation. This is your escape route from the comfort prison, and it only requires functional thinking and objective observation of what is happening in the here and now. This process was previously impossible because your old frame of reference did not allow it.



### ***Knowledge Insight***

The process of addressing unconscious ***limitations is always preceded by a phase of awareness and acceptance.***

There is also a striking analogy with wild animals living in captivity for a long time. When you open the door of their cage after a few years, they prefer to remain safely confined. Just as wild animals are conditioned to stay in the safe comfort zone of their cage, many people live safely within the limited confines of their virtual mindset. Locked in their comfort prison, they are afraid to taste the freedom that an unknown world offers them. Now you may understand that our OMAs and our hacked perception are the mental bars of that comfort prison, and why those first attempts at escape feel fearful.

Fear reappears on the emotional stage as a limiting factor in your pursuit of a higher level of consciousness, self-realisation, and better performance. Fear of the unknown usually feels very uncomfortable, even if that fear is totally unjustified. However, there is usually no physical threat whatsoever in the unknown. Therefore, it only takes sufficient courage and motivation to overcome that fear and take those first careful steps. Only in these unknown dimensions can you find creative solutions and new insights that lead to transformation. Concretely, this means that you need to use active functional thinking and conscious authority to question your habitual thinking and habitual behaviour. Conscious authority here contrasts sharply with the herd mentality that only tolerates conforming behaviour.

Our first conclusion is that reprogramming your RAS is one of the keys to freeing yourself from the comfort prison. As the operating system of our subconscious, it's effective

only when based on reinforcing and relevant belief systems and objective perception. Habitual behaviour and habitual thinking only allow you to safeguard our limited conscious mind from chronic overload by functioning as an autopilot for routine activities. In doing so, the RAS may only be driven by relevant OMAs and universal values to prevent self-sabotage through inappropriate or mal adapted behaviour.

The various symptoms of the viral brain pandemic provide empirical evidence that our RAS operating system is chronically hacked. This is because the subconscious has no rational feedback loop to question the integrity of your OMAs. Therefore, there is an increased risk of subconscious brain infection, and you are in danger of falling into comfort thinking and non-productive habitual behaviour. ***That's the reason why we emphasize the importance to regain conscious control over your RAS so that your subconscious starts working for you instead of against you.***

Unfortunately, from an early age, your virgin RAS is infected with Trojan horses ridden by dominant OMAs. Toddlers are VERY susceptible to indoctrination because the rational part of their brain is still underdeveloped. The dominant frequencies of our brainwaves also play a key role. Our conscious mind communicates mainly in Beta frequencies (15 to 30 Hz), while our subconscious operates in much lower Theta brainwaves (4 to 7.5 Hz). Toddlers have mainly Theta brainwave activity in their brain until the age of 7. This allows them to harness the enormous capacity of the subconscious to absorb massive amounts of information in a short period of time. This also explains how children of that age can learn two or even three languages simultaneously. This is only possible because they have direct access to the supercomputer of their subconscious, and because their brains have much more energy available for this than adults. At that age, therefore, the subconscious is wide open and unprotected and therefore its unlimited programmability can easily be misused for indoctrination and manipulation. The importance of these first seven years is also confirmed by the historical statement of the Jesuits: "Give me a child until it's seven, and I will show you the man we make of it".

At birth, unfortunately, we do not have a pre-programmed RAS operating system. Indeed, this could work as a mental firewall and enable children to filter and reject corrupt OMAs and other irrelevant or harmful information. This makes them extremely vulnerable and programmable up to an age of 6-7, as they unsuspectingly accept any information, including the existence of Father Christmas as one of the rather rare examples of harmless illusions. For this reason alone, children should be shielded from the mass media to avoid early contamination of their fragile and virgin subconscious. The emphasis in raising children should be on developing constructive belief systems, self-confidence, a universal values compass, and a positive self-image. Brooke Hampton beautifully articulates this importance.



***"Speak to your children as if they are the wisest, sweetest, most beautiful and magical creatures on the planet because what they believe is what they become.***

***Brooke Hampton - Author***

Two short stories show how easy your sensory experience can be hacked. The first short story is about the eyes of a horse. Horses are beautiful animals that are closely related to humans. ***Especially when you look into their expressive eyes, you may suspect that they can experience deeper feelings.*** Which animal do you recognise in figure 14A?

The second short story is about bullfrogs. It turns out that bullfrogs are capable of producing sounds of over 60 decibels. Multiple frogs croaking together can even exceed the sound limit of 100 decibels with their croaking. ***If you live not far from such frog pools, chances are that your sleep will be regularly disturbed.*** Now which animal do you recognise in figure 14B?



***Fig. 14A: Talking eyes!***



***Fig. 14B: No night rest.***

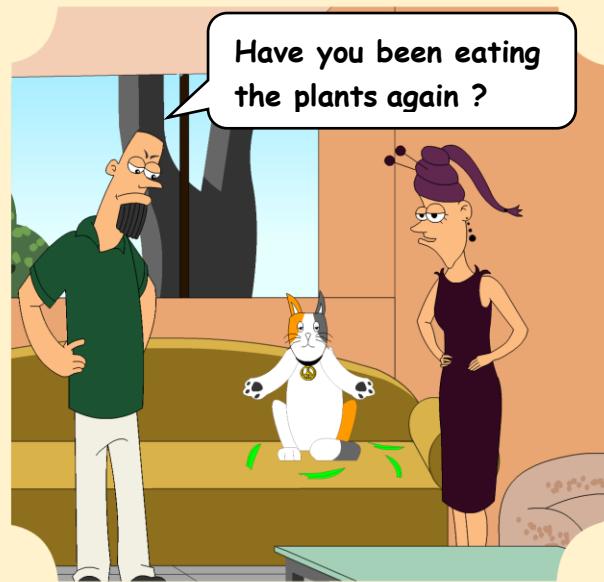
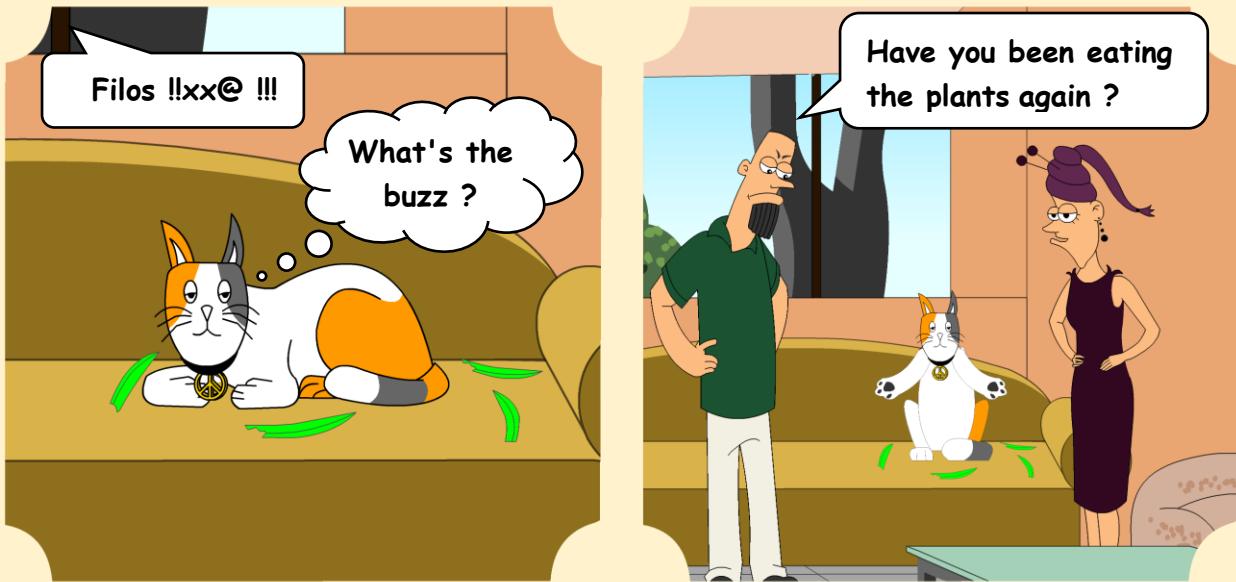
Chances are you recognised a horse in the first image, and a frog in the second. However, the two drawings are identical (only mirrored). If this was the case for you, then you understand how easy your sensory experience can be manipulated. If you have seen a horse or frog twice, then this also proves the existence of reality illusions. Do you think you would ever recognise a frog in this picture if your parents only told you stories about horses in your childhood? This is precisely the operation of the RAS that always focuses your conscious focus on what you know, believe, care about or fear!

## ***The Giraffe and Elephant in the Room***

Hence the apt English idiomatic expression "The elephant in the room", which playfully caricatures the fact that sometimes we fail to discern the most obvious aspect of reality because our attention is subconsciously diverted. Our "Giraffe in the room" shows how the cat is accused because some leaves have fallen off the plants next to him. No one sees the giant giraffe who continues to happily munch on the plants! In an analogous way, humanity is distracted from the critical problems and collectively stares at the cat that has nothing to do with the issue at hand. **Silent hint 😊: End 2022 the WEF declared that your pets are partly responsible for climate change. Maybe we should try to find the giraffe in the room? 😊**

We have now explained those first main sequences of the 6E cycle, and we can conclude that our hacked subconscious exerts a VERY strong influence on the further course of the 6E cycle, and thus also on the important decisions you make in the CUPCA world. It's also clear that habitual behaviour always limits your performance. Your rigid frame of reference leads to comfort thinking, trapping you in a 6E ORBIT from which it's difficult to escape. This is why we developed antivirus brainware to clean up all the Trojan horses and other malware that infected your subconscious (3rd process of the synergetic brainupgrade). Specifically, this means that you have the ability to reprogram your subconscious and optimise your RAS and perception, allowing you to adapt better by making better decisions and thus perform better.

# THE KNEWITS™ - THE GIRAFFE IN THE ROOM



## Evaluation Chapter 7 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ...  
or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 8

# Cleaning Up Your Subconscious Mind



## Cleaning Up Your Subconscious mind

### FIFI and the Criteria for Change

Willem and Johan assume that you are now consciously competent about the dominant role of your subconscious and how your autopilot negatively or positively influences the different sequences of the 6E Cycle. But what we still do lack is the information and methodology to clear OMAs, hidden agendas and a limiting self-image. Remember FIFI, the giraffe? From analysing the anecdotal story of FIFI, we distilled the criteria for this methodology. This short historical story answers the question of how FIFI the giraffe got his exceptionally long neck. We are going to deepen that story a little so that its essence and importance are better highlighted.

Before giraffes had such long necks, they may have looked more like Okapis (Fig. 15). To survive, these pre-giraffes fed on leaves of trees. But as the low-hanging leaves were eaten, they had to reach higher and higher until the remaining leaves became inaccessible. This could happen during a seasonal drought, causing cyclical periods of chronic food shortage.

Now suppose for a moment that such a life-threatening situation would have occurred only once in the pre-giraffe's life. Do you think such an isolated event would endanger their survival and FIFI would be born with such an awkward and vulnerable long neck? Probably not. But since giraffes *did* develop exceptionally long necks, it means that those chronic food shortages were frequent. Giraffes would certainly not have developed that stretched neck if there was sufficient food available in the form of low-hanging leaves.



**Fig. 15:** Okapi, forefather of the giraffe?

The conclusion is that during cyclical periods of chronic life-threatening food shortage, to survive the hungry pre-giraffes had no choice but to adapt to these cyclical shortages. They did so by stretching themselves maximally to reach the unreachable leaves, and the repetition and intensity of their efforts stimulated specific morphogenetic change processes. This logical analysis provides us again with the four synergistic criteria that enabled their survival:

- ✓ **F** (Frequent): Repeated cycles of food scarcity occurred.
- ✓ **I** (Intensity): The situation was life-threatening and aroused intense emotions.
- ✓ **F** (Focus): There was a strong focus on the unreachable leaves.
- ✓ **I** (Intention): The pre-giraffe had the clear intention to eat the unreachable leaves.

Note that our lovable **FIFI** (Fig. 16) serves as an acronym for the four basic criteria that enable you to upgrade your subconscious mind: Frequency, Intensity, Focus, and Intention. The pre-giraffe clearly intended to eat the unreachable leaves, but during that process, it did not consciously think about extending its neck. Rather, it was through the constant stretching of his neck that its subconscious was intensely stimulated to find a solution. That solution eventually manifested itself in the form of a gradual lengthening of his legs and neck, and even his tongue. These kinds of morphogenetic changes demonstrate the process of epigenetics in which environmental factors alter DNA as a function of deliberate adaptation. Thus, there is no question of accidental evolution.



**Fig. 16:** Although FIFI holds a special place in the Knewits' daily lives, they have no idea of the mental power its name exudes.

The existence of such morphogenetic mechanisms has already been confirmed by Rein and McCraty who discovered that DNA molecules can be mutated by conscious intention. This undermines the **dOgMA** of determinate DNA and shows that *matter is subordinate to higher mental dimensions*. The same process of adaptation occurs when athletes train specific muscles to the painful limit of exhaustion. These intense pain stimuli send alarm signals to the brain, triggering specific metabolic processes to stimulate muscle mass gain. In doing so, the athlete does not consciously think at all about the goal – the necessary increase in muscle mass – but is able to concentrate solely in the here and now on the conscious tasks of muscle-strengthening exercises. This is what we call functional process thinking. The combination of high Frequency, Intensity, Focus, and Intention sends very clear and powerful signals to his subconscious that there is an important challenge that requires urgent action.



#### *Transformative Insight*

**Frequency, Intensity, Focus and Intention** send clear and powerful signals to your subconscious, which tend to manifest as reality in the future.

In the previous chapter, you had the chance to scan your subconscious for possible hidden agendas, false OMAs and signs of a limited self-image. In the process, you gained insight into the limitations of comfort thinking and habitual behaviour. Thanks to **FIFI**, you now also know the criteria to clean up that subconscious malware and upgrade your brain to a more efficient version. It's on the basis of all this knowledge and insight that Willem and Johan developed a unique synergetic method.

By synergistic, we mean that there are two complementary areas of operation: your conscious, with all its cognitive abilities, and your subconscious, which drives numerous automatic processes. In the known arena of consciousness, we concentrate on specific tasks in the here and now, and on developing the habit of functional thinking. By the way, the importance of the here and now is discussed in more detail in the chapter on flow state. Willem

explains the link with the flow state in the following extract out of his practical interventions with athletes he is mentoring.



#### **Out of Willem's Interventions - About '*Thinking and Flow State*'**

Realize that you are an observer of your thoughts, and everything you perceive cannot possibly be you. You are then driving in the process in the flow of the moment. Flow arises because you understand the thinking and do not believe all the B.S. of your inner voice! The stories of your inner voice always push you out of the action.

Acting in the moment by doing and completing your tasks determines the pure Flow in your personal process. The words impossible/possible are only a contradiction. But if we take '**im**' away from '**impossible**', it becomes **possible**! The power of words you use determines the quality of your inner life. ***Making your performance come across differently is therefore possible by changing one single word!*** Good luck!!!

With the toolbox of the conscious domain, you can to some extent prevent the activation of your primitive brain, and thereby limit the interfering influence of your inner voice and your subconscious monkey. This offers a partial solution that can, in a way, be compared to the symptomatic treatments of mainstream medicine where you take a pill for a headache. The symptoms disappear temporarily, but the deeper causes remain dormant and can reappear unannounced. Similarly, those subconscious hackers can appear inappropriately and unannounced in your conscious mind and completely mess up your behaviour and performance.

Despite that analogy with symptomatic treatments, in practice we find that this conscious methodology produces excellent results for the various athletes and race pilots we counsel. Nevertheless, it remains difficult to tackle subconscious blockages and disturbances

in the long term this way. The reason is that the subconscious mind finds it difficult to communicate in the high Beta frequencies of conscious thought because it uses the lower Alpha-Theta frequency band. Reprogramming your subconscious with conscious thoughts can therefore be compared to trying to listen to a particular radio station without tuning the radio to the right wavelength.

Therefore, we need to open an appropriate communication channel to upgrade the subconscious, rather than limiting ourselves to neutralising the symptoms. By combining these two approaches, we arrive at an integral and synergistic method where, on the one hand, we clear the destructive malware of hidden agendas and false OMAs and, on the other hand, use functional thinking to direct our focus on process-oriented tasks in the here and now. However, it's a priority here to first address the disruptive effect of your RAS, OMAs and the negative aspects of your self-image, because they drive all your habitual thoughts and habitual behaviour. Your self-image plays an important subconscious role in this, which is why we are going to take a closer look at it.

## ***Your Conscious and Subconscious Self Image***

Besides your RAS, OMAs, habitual behaviour and habitual thinking, you also have a subconscious self-image. To some extent, some hidden agendas are part of this, as thoughts like "I'm not good enough" or "I'm not worth it" are clearly self-reflective. There is a distinction between your conscious and subconscious self-image, and they can be either coherent or incoherent. A negative subconscious self-image leads, in many cases to self-sabotage. This is because what we popularly call the positive law of attraction works equally in reverse for negative realisations.

A striking example of this negative effect is found in people with limited incomes who suddenly become millionaires after winning the top prize in a lottery. These people do not have any experience in handling large amounts of money, and they therefore enter a totally unfamiliar world that does not fit their old self-image of being poor. This makes it difficult

for them to associate with who they consider to be "the really rich people". Even though they can now move among those rich people, it mostly feels very uncomfortable to manoeuvre in that mundane world. It's striking that after a few years, many of these lucky winners squander the lion's share of their capital through mis investments or other financial missteps. It's mainly their subconscious self-image that is responsible for these failures. ***Although these people are consciously rich, their inner self-image is still poor, and this incoherence is the reason for their subconscious self-sabotage.***

Here's how it works in practice: ***Your inner self-image and belief systems are always trying to affirm and manifest themselves in the material world.*** Therefore, your RAS mainly draws your attention to everything you sense that can lead to the manifestation of your subconscious self-image or to the confirmation of your beliefs. In this way, the ignorant lotto winners unconsciously "attract" the wrong circumstances and people that can make them poor again in the material world. When this eventually succeeds, there is coherence again between the subconscious and the conscious self-image. In other words, they have always remained poor in their subconscious. This example demonstrates that the much-discussed law of attraction is not a magical phenomenon, but rather a logical consequence of subconsciously driven processes. The universal law that applies here is called 'the law of resonance'. The same law is applicable when you hit a tuning fork, so that the same tuning fork or one that is tuned to a higher or lower octave starts vibrating. Just as with sound, thoughts and emotions also consist of energetic vibrations that may or may not resonate. This aspect of sympathetic resonance also comes up when we talk about heart coherence in the chapter on flow state.



#### *Knowledge Insight*

Your inner self-image and your belief systems ***are always trying to affirm and manifest in the material world.***

In elite professional sport, we regularly witness the devastating effect of the incoherence between conscious goals and a negative subconscious self-image. A striking example is the way Maria Sharapova struggled with the consistency of her serve throughout her career. It recently occurred that she hit up to 3 double faults in one game, which is unseen at this level in the professional circuit. Surprisingly, none of her coaches understood that the fundamental cause had nothing to do with a lack of technique or concentration but was caused by the negative self-image she had developed over the years. She had a self-image of being a player with a poor and inconsistent serve. This obviously undermined her self-confidence, which manifested itself especially under pressure during important phases. Specifically at these moments your primitive brain gets activated and subconscious self-sabotage occurs.

With the synergistic method, Maria could have significantly boosted the quality and consistency of her service. With process thinking and the conscious tasks, she could have blocked the activation of her primitive brain, and on a more fundamental level, an MTA (Mental Transformation Animation) could significantly boost her negative self-image. Worldwide, there are hundreds of "Sharapovas" who never realise their true potential due to their unconscious ignorance combined with the lack of insight of their coaches.

We find the same unnoticed self-sabotage in people who fail to lose weight or kick off from an addiction. The well-known yo-yo effect of losing weight and then gaining it back again is in many cases the typical result of incoherence, and thus of the constant battle between conscious willpower and the subconscious self-image. From our previous insights about the dominance of the subconscious, we already know who the dyed-in-the-wool favourite is! As long as your self-image corresponds to someone who is 20 kg overweight, it will be extremely difficult to maintain the weight loss you have achieved with a lot of willpower.

That self-sabotage is also partly caused by the workings of your RAS and polar thinking. If you want to lose weight then "sweets" are not allowed! And, you already know ***that everything what is not allowed or acceptable is immediately noticed by your RAS and magnified out of proportion.*** This means that your RAS will make you consciously aware of all the possible sweets and that your subconscious notices, making you even more tempted to

sin! The more you think about all the forbidden fruits, the more you will see them appearing everywhere around you! And this applies to all variants of addictive forbidden fruits!

Willpower is not a very reliable trait for ensuring lasting change because it depends too much on your daily mental and physical energy levels. Focused attention is an energy-depleting process with a high burnout rate. This means that as soon as your focus dips, your subconscious will take control with your old habitual behaviour and comfort thinking. Recall the earlier example of Al in his role as an astronaut! As soon as Al slept his spaceship fell right back into its previous trajectory. Therefore, it's always a priority to boost your subconscious self-image to make it coherent with your future goals and ambitions. ***Any inner conflict created by incoherence is usually won by the dominant subconscious.*** It's pointless to invest endless money and time in all possible weight-loss drugs, courses, or diets as long as you fail to align your inner self-image with your conscious weight goal. This shows again that a synergetic approach is always necessary to achieve a better result and improve your quality of life. We also refer to our AHA consciousness booklets, animated by The Knewits, that offer methods and an innovative tool to efficiently tackle addictions and obesity. On our website [www.yourbrainupgrade.com](http://www.yourbrainupgrade.com) you will find more information about the already available AHA booklets. You can also find the get manual about MTA's (Mental Transformation Animation), an innovative tool which has been developed after years of research on the working of the subconscious mind and habit formation. Just send an email to [info@yourbrainupgrade.com](mailto:info@yourbrainupgrade.com) with 'MTA' as subject title.

## ***MTAs as an Upgrade Tool for Your Subconscious***

If you consider the various negative influences of your subconscious, then you understand the priority to develop a method to neutralise them, or at least to greatly reduce their influence. If you have completed all the exercises and evaluations with attention and intention, you may now be able to develop a hit list of your personal subconscious bottlenecks.

That list may include hidden agendas, false OMAs, problem thinking, comfort thinking, learned helplessness and aspects of a limited self-image. All these combined factors influence your sensory experiences and the way challenges and events come across to you. You can see the world through rose-tinted glasses but also through dark-tinted glasses where all negative aspects and problems are magnified. Uncomfortable feelings generated by magnifying negative aspects will always restrict you from taking efficient action. That is the comfort zone where negative Emotions have a limiting Effect on your behaviour and lower the baseline level of your performance thermostat. Indeed, that performance thermostat depends on your frame of reference which determines what you desire and consider possible from yourself and from the flea experiment; we know that you do not jump higher than the virtual bar of your performance thermostat.

To eliminate those negative influences, we need direct access to the subconscious, which is why we integrate brain entrainment with lower Alpha-Theta frequencies. The basic principle is to entrain your brain so it descends to these lower frequencies which enables direct access to your subconscious mind. This greatly optimizes the effect of the visualisations and affirmations which are embedded in the MTA (Mental Transformation Animation). Brain waves can also be lowered by various forms of meditation, but the downside is that it takes a lot of time and effort to master meditation. Furthermore, keeping your mind and body in a meditative state for an extended time frame of on average 30 minutes remains a delicate process. This is the average length of an MTA.

Standard visualisations and affirmations in the Beta brainwaves of your conscious thinking always remain subject to your analytical thinking. This can create considerable mental resistance due to the implausible content of transformational affirmations and visualisations. Furthermore, conscious projections of exceptional performance can also create the hidden agenda that "mediocre performance" is not acceptable. Indeed, such a hidden agenda will magnify any mediocre performance out of proportion and activate your primitive brain, which is exactly what we want to avoid! For all these reasons, we advise using meditation technology to keep the brain in a long-term meditative state. It has been

scientifically proven that meditation is an anti-aging method, but it offers benefits in many other areas. Three of these benefits also relate to flow state:

### ***1. Connection with the memory storage of your subconscious.***

Your subconscious is a massive underground mental library, as it permanently stores all your memories, skills, habits, behaviours, and everything that you have experienced during all the 6E cycles of your life. During meditation you descend to the frequency of your subconscious, and this gives you a much better access to this immense hidden library.

### ***2. Optimise your subconscious mind power***

Meditation is the best way to reprogram your RAS to be more precise by optimizing the data filters that determine your conscious perception. As explained, this tackles the limitations of your frame of reference as well as outdated or false belief systems.

### ***3. Increase your creative insights.***

If you want to be creative then your intelligence and conscious thoughts are not the best tool as they are limited to what you already understand and know. Creativity surfaces when you are "in the zone" (flow state) and it requires the stillness of the 'ego' and rational mind which allows you to tap more efficiently into the limitless deeper mind.

These are only a few of the many benefits that show how meditation, as a high bandwidth connection with your subconscious, greatly contributes to a brain upgrade. It lets you tap into vast unknown dimensions and increases your transformation potential and success rate in everything you undertake.

With brain-entrainment technologies such as binaural beats, isochrone tones and light stimulation, we can quickly lower brain waves to the desired meditational Alpha Theta region. The subconscious mind has the wonderful characteristics of not having analytical faculty, time awareness or the ability to distinguish reality from fiction. ***This means that anything that is affirmed and visualised with sufficient Frequency, Intensity, Focus, and Intention is accepted as a***

**"fait accompli" by our subconscious in the here and now.** The time and space aspects of "the here and now" is very important because your subconscious then believes that the programmed affirmations already have been achieved in reality. As you already know, your subconscious always tries to manifest its own beliefs in the material world. It's that drive for **external resonance** that unconsciously through your RAS recognises opportunities and circumstances that allow you to materialise those visualisations and affirmations in reality. **Resonance is the universal key word here that unlocks the secret of the mysterious law of attraction.**

Brain entrainment with binaural beats uses that resonance principle to program new information into your subconscious. Furthermore, that technology stimulates the synchronisation of both hemispheres of the brain so that they work harmoniously together. The principle relies on employing two sound pulses with a small frequency difference. Your brain distinguishes the frequency difference of those pulses in your left and right ear and mixes those two frequencies into a fluctuating rhythm consisting of the difference of those two frequencies. That means that you can generate Theta waves in your brain with a pulse of 500 Hz in your left ear and a pulse of 506 Hz in your right ear. The difference of 6 Hz then falls into the Theta spectrum, which stimulates your brain to resonate with those Theta waves and generate them.

The synchronisation of your brain hemispheres is the basis for brainwave coherence, which enables cognition in the fully connected brain, and opens the communication channel between the conscious and the subconscious (Bennet & Bennet, 2008). It's a brain state characterised by reduced physiological stimuli while maintaining full control of your conscious faculties. This opens the gateway to your subconscious and allows you to program new belief systems and an improved self-image in it efficiently.

The Braintap headset and App, developed by founder Patrick Porter is a remarkably tool that uses these specific technologies. Therefore, we always recommend its use to optimise the effect of MTAs (Mental Transformation Animations). MTAs are personalised or non-personalised audio or audio-visual files using the FIFI criteria. MTAs as an Upgrade Tool for

your Subconscious, which last on average between 20 and 30 minutes, consist mainly of the following seven active elements:

1. Brain entrainment technology and guided heart centred breathing.
2. Personalised background video and audio.
3. Personalised images and video clips.
4. Contextual video clips and images.
5. Personalised audio affirmations and visualisations.
6. Instructions for functional tasks in the here and now.
7. Subliminal affirmations.

The synergistic action of these active elements makes MTAs exceptionally efficient antiviral programs that disinfect your brain from destructive subconscious hackers. MTAs also upgrade your subconscious with a more powerful operating system in the form of reinforcing belief systems and an upgraded self-image. Their exceptional working can be explained because the integrated elements are aligned to the FIFI criteria.

**Frequency:** Listening and/or watching an MTA once or twice daily for a month ensures a high frequency.

**Intensity:** Maximum emotional intensity is achieved by stimulating all physical senses: visual, auditory, tactile, olfactory, and even gustatory.

**Focus:** The excited mediative state prevents you from being distracted and increases your focus on the content of the animation.

**Intention:** During the animation, your intentions are permanently expressed in words and images.

The four FIFI criteria provide increased neuroplasticity that optimises the elimination of unwanted habits and belief systems and speeds up the programming of positive alternatives in your subconscious. Therefore, **MTAs provide you an excellent tool to program reinforcing**

***beliefs and future visions as positive affirmations into your subconscious.*** That's how you reverse the process of random neuroplasticity, steered by manipulative third parties, into targeted neuroplasticity.

To better understand the functional elements and their interactions, we suggest viewing an MTA by scanning the barcode or entering the following link <https://rumble.com/v2n8ofu-mra-for-glenn-vanberlo.html> in your browser. This animation was one of many MTAs we made for a racing pilot. The main theme is driving perfect laps on a challenging racetrack. You can easily recognise all the aforementioned elements logically with the exception of the subliminal affirmations that are virtually invisible.



In these animations, the tasks in the here and now are of exceptional importance. The purpose of these tasks is not only to create habitual behaviour on certain critical segments of the track, but also to programme the conviction into the race driver's subconscious that he is capable of a near-perfect performance on a challenging circuit. This conviction raises the baseline of his performance thermostat so that he has heightened expectations and sets sharper goals. Such positive mindset will always boost your performances.

Once the brain descends to the lower frequencies, your rational and analytical thinking gets switched off to a large extent. This prevents the negative interference of your conscious mind when watching an MTA. That lowered resistance increases the brain's willingness to accept, and process proposed future projections. As Buszaki confirms in his quote below, voluntary learning enhances the learning process. That's why MTA's can be seen as a spontaneous learning process without internal conflicts because conscious reflections are excluded, and the race pilot's subconscious does not distinguish between reality and fiction. During these animations, the race pilot also has no sense of time. In practice, this means that the subconscious really believes that the race pilot repeatedly delivers a top performance on this track in the here and now. It is important that he looks at the MTA with that intention, and that he also understands that perfection is impossible. In this way we can prevent a new hidden

agenda from arising in which everything that does not go perfectly during a race is magnified! Programming the right intention in the subconscious is therefore an essential part of the MTA.



**" Voluntary learning, unlike forced learning, lowers the stress level and thus promotes the learning process. This is important to acquire knowledge.**

*György Buzsaki - Professor Neurology*

By watching MTAs daily, you develop new reinforcing beliefs, while specific tasks are programmed into your subconscious as habitual behaviour. This even allows you to crank up your technical skills. For this, the brain uses so-called mirror neurons that activate the same neural connections as when you perform an action effectively in the physical world. This process is also enhanced by the increased neuroplasticity of your synchronised brain.

MTAs are always provided with a detailed manual so you can use them in the most efficient way. This is know-how you can download for free after registering on our website, [www.yourbrainupgrade.com](http://www.yourbrainupgrade.com). Another remarkable advantage of MTAs is closely linked to the flow state, characterised by an intense connection to the here and now. This means that while watching or listening, one is completely absorbed in, and merged with the environment or with the content. Such intense connection can be very difficult in a new and very challenging environment of the physical world. That is the reason for the home advantage where a football team performs better in the familiar stage, where of course the supporters also contribute to the familiar atmosphere!

The MTA for the racing pilot also offers a unique solution for these kinds of challenges. Through the systematic repetition of viewing true-to-life video clips of a new circuit, a racing driver becomes fully familiar with the environment and with all the challenging corners of the circuit itself. At the start of the "real" race, this "new" circuit therefore already feels familiar. The extra focus on his tasks in the here and now then allows him to get into the desired flow state quite easily. Here again, we recognize the beneficial synergy of our combined conscious

and subconscious approach that provides a perfect solution to boost your performance in new and/or challenging conditions. Of course, this can also be applied in the business world. Just think of presenting your business plan to a group of investors in the conference room of a giant company.

A lot of top professional athletes such as swim icon Michael Phelps, soccer star Ronaldinho and many others have confirmed that visualisations had a remarkable effect on their numerous victories. MTAs are technologically advanced visualisations and are therefore much more efficient. ***They enable you to program complete scenarios in your mind which can prepare you optimally for any challenge or sudden unforeseen circumstances.*** This makes them a powerful tool for personal transformation that allows you to escape the 6E ORBIT of mediocre results and unadopted behaviour. Once the malware of false OMAs is removed, and your negative self-image is upgraded, your subconscious becomes coherent with your consciously set goals and aspirations. ***Coherence is the absolute key concept,*** and in Chapter 8 we will explore this important topic in depth when we discuss the flow state.

It is clear that MTA's offer a lot of benefits when they are well conceptualized and efficiently used. For athletes, we can summarize these benefits as follows:

- ✓ More consistent and improved results.
- ✓ More relaxation before and during competition.
- ✓ Easier to enter flow state.
- ✓ Improving performances without extra training.
- ✓ Improving and learning new technical skills.
- ✓ Familiarizing with future new competition challenging environments.
- ✓ Reduced stress, anxiety and interferences of the primitive brain.
- ✓ Better and prolonged focus and concentration.
- ✓ Strong self-belief and more confidence.

Of course, the possible application areas of MTAs are not limited to sports performance. On a personal level, they can be used to kick off from addictions, for attaining

business goals, and even for attracting the right people into your life. At the team level, in turn, MTAs make it possible to create coherent teams that pursue a common goal without internal conflicts and free of personal agendas. When every member both consciously and subconsciously believes in the team's mission and identifies with the team, then the interconnection of such a coherent team is so strong that even the most ambitious goals can be realised. Each team member possesses the freedom to do their personal part and thrive, while maintaining cohesion and resonance with the goals and vision of the team. The synergistic effects of the functional elements can be described as follows:

***Brain entrainment:*** This accelerates the reduction of brain waves from Beta to low Alpha-Theta frequencies. A brain in Theta is eminently receptive to hypnotherapy and self-hypnosis because the subconscious becomes more accessible.

***Choice of background video and audio:*** An individual's affinity for specific music or background images is relaxing and generates intense positive emotions.

***Personal images and video clips:*** Such clips remind the user of exciting past experiences and elicit strong positive emotions. Like the effect of background audio and videos, this stimulates the brain's neuroplasticity and optimises the upgrade of the subconscious.

***Contextual video clips and images:*** These elements are related to the core purpose of the MTA and visualise the desired objective(s). They are visualisations of future achievements or desired outcomes presented in the MTA as if they were already manifesting in the here and now.

***Functional tasks:*** Functional tasks are short descriptive audio affirmations that can also be visualised. This overlaps and reinforces the conscious approach where you execute process-oriented tasks in the here and now. By watching that MTA frequently, you can programme those tasks into your subconscious as habitual behaviour.

**Subliminal messages:** Subliminal messages in the form of text or images, are invisible to conscious perception, but are perceived by your subconscious. This is useful for presenting highly contradictory ideas or extreme results to the subconscious without the spectator being aware of them.

**Breathing control:** During an MTA, there is a permanent dynamic indication of a slow breathing pattern. Slow breathing relaxes the body, and combined with positive emotions and brain entrainment technology, this quickly lowers your brain waves. This allows heart coherence which is inducing the flow state.

## Brain Upgrade App with *BrainTap Technology*

MTAs, as video animations, are complicated and very time-consuming because a lot of efforts are needed to expertly conceptualise them. Due to their time-intensive nature, they require a significant budget that not everyone is willing or able to afford. Braintap's app offers a practical solution for this. This app gives you access to an impressive database of meditative audio sessions that address a broad spectrum of mental challenges. In the context of the brain upgrade, we present a selection of sessions related to hidden agendas, limiting belief systems and negative aspects of your self-image. All you have to do is install the Braintap App and register as a new user by scanning the barcode or by clicking this [link](#)



After registering, you will get one month of free access to the full database! The following relevant sessions can be advised:

### **Morning**

- ✓ Eliminate Negative Thinking & Start Your Day Right (11:27)
- ✓ Eliminate the Effects of Stress Events (11:46)
- ✓ Show Up as Your Best Version of Yourself (12:28)

## ***Afternoon***

- ✓ Exploring Authentic Happiness (21:31)
- ✓ Positive Ways to Deal with Negativity (23:42)
- ✓ Putting Future Events into Perspective (20:01)
- ✓ Eliminate Negative Thinking (21:01)
- ✓ Making Peace with Your Past (22:24)

## ***Bedtime***

- ✓ Making Peace with Your Body for Deep Sleep (21:06)
- ✓ Conversation about Life & Consciousness - Delta (15:38)
- ✓ PM - Release Negativity (21:44)
- ✓ PM - Creating Your Success Timeline (21:32)

You should always listen to these audio files in stereo, otherwise the binaural tones and other brain entrainment technologies will not work, and you will not take full advantage of these audio sessions. If you listen with normal headphones or earphones, the efficiency will be reduced to around 60%. However, the Braintap headset, which also features a visor with light pulses that energize your brain, can boost that efficiency up to 100 %. In addendum 2, Patrick Porter, founder of Braintap, further explains the benefits and capabilities of Braintap technology.

## ***The Conscious Approach***

Now that we have addressed the possible negative interferences of the subconscious with MTAs, we can refocus on the area where all action takes place, that is, *in the moments of the here and now*. Your intention is to block those negative interferences from your subconscious, which occurs when you Evaluate the Experience of an Event or situation as a problem or a threat, activating your primitive brain. You can easily recognise a threatening

event when your inner voice comes forward with a problem or panic story. In most cases, these threats are virtual lions, because real physical threats are rare. As you know by now, your subconscious does not distinguish between virtual and real lions! That's why your subconscious will react to a virtual lion with a fictional panic story, which distracts your attention from the tasks at hand. During those stories, you play the role of a suffering object in a future projection, and this makes you mentally and emotionally migrated from the here and now.

There is nothing concrete you can do in the future or the past, so nothing at all happens during this kind of story thinking. The method to get you back into the here and now is based on the knowledge that our conscious mind is not capable of multiprocessing. This means that your conscious mind can only hold one focused thought at a time. We cleverly exploit this limitation by giving a series of short instructions for specific tasks in the here and now. ***This is what we call active process thinking, a form of functional thinking that blocks the primitive brain and subconscious interference of your problem and panic thinking.***

The degree and frequency of these interferences depends to a big degree on your mental resistance. In the chapter on the 6E cycle, we explained the subjective nature of what you personally evaluate as problematic or dangerous. Various factors influence your mental resistance when you are confronted with a challenging situation:

1. Your frame of reference
2. Your level of competence and skills
3. Your ability to self-regulate
4. Your self-confidence
5. Your tolerance level for dealing with uncomfortable situations

The effect of all these factors on your performance will be covered in more detail in a following chapter. We list them here so we can begin to recognize that they all have an impact on the activation of your primitive brain, and thus on your efficiency, productivity, and results.

If you look at our race pilot's MTA, you will notice that visualisations of specific tasks appear on certain segments of the track that are confirmed by the race pilot with short audio affirmations. These are the same specific short descriptive tasks that we are proposing within our method of active process thinking. These tasks keep your mind focused on the process, and they prevent the mental and emotional migration caused by problem thinking. In practice, this means using reinforcing words to briefly describe those tasks. For this purpose, make sure you always use the third person, because this is more relaxing than the traditional I-form that refers more to the interfering ego. Your own name also gets much better recognised by your subconscious so that verbally repeating your tasks in the third person also lends itself well to developing habitual behaviour (FIFI criteria). Verbally repeating what you do also reinforces your tasks as you mentally confirm in your mind specifically what you are doing during an action. This is the perfect way to block interference from your monkey mind.

The racing pilots we coach make clever use of this conscious method by conjuring up specific tasks in their minds at certain points on the track. Herewith, some examples proposed to SOLO during our interventions are:

- ✓ Solo dives **spontaneously** in every opening
- ✓ Solo always has a **tight** braking curve
- ✓ Solo is **calm and confident**
- ✓ Solo feels the corners **perfectly**

You note that within these tasks reinforcing words have been accentuated, and that a task like "Solo is calm and confident" can also be purely mental. These are the tasks that were part of the interventions suggested to Solo to resolve his learned helplessness. Such process-oriented tasks prevent the disruptive influence of story thinking. This can stimulate you to dive into the unknown, released from your rigid frame of reference, and draw lessons from the new experiences you gain. Willem describes it well in the following extract of his practical interventions.



#### **Out of Willem's Interventions - About Experience and Story Telling**

The best science is sharing experiences because it is the most beautiful life lesson that our brain learns the most from. As you know by now, in story thinking you keep doing the same thing and expecting a different result.

Then all that remains is hope that things will turn out well, ***but in this case hope is always a delayed disappointment.*** When you recognize something in another person's experience, you will notice that your brain opens up and a willingness to learn from that other person grows! This way you can learn from the experiences of the mistakes that others have made.

The challenge of the conscious method is that it requires constant mental effort and self-monitoring to block the subconscious influences. This blocking is a self-regulatory process driven by meta-thinking during which you consistently need to monitor and evaluate your inner voice and thoughts. It makes you aware of your problem and panic thinking and provides a practical method to prevent mental and emotional migration. ***This is the conscious method that blocks the interference of your subconscious mind by using process thinking to consciously focus your attention on purposeful tasks.*** Stephen Shafer rightly refers to the need to still the mind if you want to undertake something successfully.

Active functional process thinking promotes this stillness and can be simply summarized as follows:

- ✓ **Active:** Action is being taken and tasks are done.
- ✓ **Process:** Refers to an expected end result or specific objective.
- ✓ **Functional:** The action is efficient and in function of adaptation to the situation.



**"Silencing the sounds in your mind is your first task,**  
only then will everything go according to plan.

*Stephen B. Shafer - Emeritus professor Psychology*

## **Functional Tasks**

There is a lot of misunderstanding about the need to focus on the goal or end result. When a race driver focuses on winning a race during that race, he makes up a story about the outcome that always takes place in the future. With result thinking, it's impossible to focus on the functional tasks of a goal-oriented process. In addition, during result thinking, every obstacle gives you the subjective feeling that you are even further away from the desired result. This is a source of negative feelings and stress that significantly limits your self-regulatory ability. Result thinking undermines your performance and therefore you need to focus exclusively on the conscious steps that lead to the goal. This is exactly what a race driver does by focusing on all the corners of the track that automatically lead him to the finish line and hopefully to a place on the podium. ***This process demonstrates personal power by applying skills and knowledge to efficiently perform tasks in the here and now.***

If you regularly practise functional process thinking, it spontaneously evolves into a habit, requiring less conscious effort. The exceptional results of the racing pilots we coach demonstrate the efficiency of this method in a professional sports environment. But as always, the necessary habit formation will depend on applying the FIFI criteria. Race pilots are highly

motivated (**Intensity**) to win races (**Intention**), they concentrate on functional tasks (**Focus**) and practice intensively with numerous training sessions (**Frequency**). By combining bundled concentration in the here and now with the MTAs, which programme tasks into the subconscious, they regularly set top performances that far exceed their conscious and subconscious limitations. This creates a positive spiral of increased confidence and propels the level of their performance thermostat to unprecedented heights.

Tasks in the here and now have the added benefit of connecting you mentally and physically to the Events that take place in reality (1st sequence of the 6E cycle). This is always the here and now where you actually get something done through effective action. This kind of connection with reality as it unfolds from micro-moment to micro-moment is a catalyst for obtaining the flow state. You recognise the flow state when you are completely absorbed in an activity and feel totally connected to your surroundings. In the here and now, there is no interference from problem thinking fuelled by a limiting frame of reference or a negative self-image. Johan's experience at a seminar with Anthony Robbins in Birmingham demonstrates the unlimited possibilities of the flow state.

*In 1992, Johan faced a challenge during a 3-day seminar "Fear into Power" with Anthony Robbins. Trainees were asked to participate in the "firewalk" over hot charcoal. The last day of the seminar, a large wood fire was stoked, and hot charcoal was spread out in lanes of about 10 metres. Johan could not imagine that walking over hot coals was possible, and in a story of his panic thinking, he could already see himself being carried off in an ambulance with burns! But Anthony Robbins thought differently and supported by rhythmic drum rolls, he managed to put the participants into a state of trance with the necessary pep talk. Trance can be thought of as an advanced form of flow state. Johan remembers everyone repeating out loud the mantra "cool moss" and how he walked with the flow of other participants over those hot coals. It was difficult for Johan to describe the liberating feelings he experienced after he had crossed that line of hot charcoal!*

***This was a transformative experience for Johan because he experienced an AHA! Moment through the insight that there were many other limiting belief systems preventing his self-realisation.*** The firewalk experience served as a metaphor for other virtual constraints that are caused by your limiting frame of reference, and indirectly by a low setting of your performance thermostat. It's noteworthy that the mantra "cool moss" can be considered as a conscious mental task in the here and now, that blocked story thinking and the activation of the primitive brain. This prevented the participants from being pushed out of that state of trance. Everyone was coherently connected in the flow state, and that is probably the explanation why no one burned their feet. This story of Johan demonstrates the power of the conscious method where you use tasks in the here and now to stimulate the flow state and achieve exceptional performances.

With the here and now and flow state, we touch on the delicate subject of time. Without getting into complex scientific details, you need to understand that ***past and future are illusions.*** The past is definitely gone already, and the future only exists in your mind. We know the past as thoughts of memories of pleasure, excitement, pain, fear, rejection, or recognition. When you are stuck in the 6E ORBIT, you habitually project all kinds of scenarios from the past into the future.

Since most of these stories are negative, you will always fall into the trap of problem thinking where you relive those same old negative experiences in your mind. Therefore, the past also does not exist as you think it is because it is nothing more than an interpretation of past events in your brain. It's a jumble of your old personal stories that can completely diverge from the memories of a family member, colleagues or friends who experienced the same events! Ironically, during story thinking, nothing happens in reality as they are based on reality illusions that only cause restlessness, anxiety, worries, and sleepless nights.

The conclusion is that you can only influence the future by acting in the moment. Time should therefore be regarded as a continuous stream of "micro-now moments". Being in the flow then means that you are intensely connected to those "micro-now moments" with your actions and in your thoughts. That connection is disrupted by problem thinking, panic thinking or result thinking, where negative emotions activate your primitive brain and push you out of the here and now. To summarize the benefits of functional process thinking, we compare it with problem thinking on Fig. 17 below.

### Problem Thinking

- Triggers the primitive brain.
- Migrated into future or past.
- Not connected with reality or with the environment.
- No tasks are performed. Nothing happens.
- There is no goal; nothing is achieved.
- You play a victim role as a direct object in a negative story.
- OMAs and hidden agendas determine your behaviour and the result.
- You are locked into a rigid frame of reference. There is no creativity.
- There is no language awareness, and you use uncontrolled habitual language.



### Functional Process Thinking

- ✓ Triggers flow state.
- ✓ In the here and now.
- ✓ Connected to the micro moments of reality.
- ✓ Functional tasks of a process are performed.
- ✓ The process of tasks is goal oriented.
- ✓ You take conscious leadership as a subject by taking effective action.
- ✓ You are free from negative subconscious influences.
- ✓ You are creative and can explore without negative interference.
- ✓ You use self-reinforcing words for clearly defined tasks.

**Fig. 17:** Disadvantages of problem-thinking versus advantages of functional process-thinking

If you are pursuing a particular goal, then it's quite clear which side of the table you can use to address challenges competently and efficiently. The table also shows that the mental problems of the brain pandemic are dormant in the subconscious, and awareness and acceptance of them are always your first priority. ***Without this awareness and acceptance, you keep falling into thought addiction and mental migration that banish you to the comfort prison of the endless 6E ORBIT.*** This is perfectly described in David Bohm's quote. Bohm clearly understood the unconscious dangers of thought addiction, which is mainly a left-brain activity. This is because all those stories are based on the logic of your subconscious belief systems, even though you now realise that logic may be based on reality illusions and false or obsolete OMAs! Still, to your subconscious, they are logical and correct! We reiterate the insight that the subconscious is always logical, but that it can make a lot of mistakes. And it

does! The renowned quantum physiologist David Bohm clearly understood the danger of our thought addiction as it creates an escalating chain of unsolved problems.



**" ... Thinking permanently creates problems and then thinking itself tries to solve them. But trying to solve them makes them worse because it doesn't realize it's creating them itself, and the more it thinks, the more problems arise.**

*David Bohm - Quantum Physiologist*

Now that you experienced Bohm's **AHA! Moment**, you are fully ready to use these new insights to avoid your problem thinking and activation of your primitive brain. We have already explained that this requires a synergistic approach, and that it mainly comes down to creating coherence between your conscious aspirations and subconscious self-concept and beliefs. As always, applying methods and tips efficiently requires specific skills, and developing those necessary skills always relies on habit formation. With enough repetition, a skill becomes a habit and thus you gradually evolve from conscious competence to unconscious competence (the 3rd and 4th stages of consciousness, respectively). This means that habit formation is an important skill in itself, which is why we recommended everyone to read the books on habit formation quoted earlier.

So far, we have detected and neutralised quite a few causes of the brain pandemic. As a reminder, we list them again: Problem-thinking and comfort thinking, OMAs, hidden agendas, internal conflicts of self-image, lack of language awareness, the reality illusion, distorted perception, and the negative influence of the media sphere. What remains to be addressed is learned helplessness and conformism. Given the significant importance of these two limiting traits, we are going to devote a separate chapter to them.

## Evaluation Chapter 8 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 9

# Learned Helplessness and Negative Conformism



## Learned Helplessness and Negative Conformism

### Societal Context from the Perspective of Totalitarian Regimes

In this chapter, we combine the topics of learned helplessness and negative conformism because they are strongly intertwined as cause and effect, respectively. Negative conformism occurs when we accept situations that sour our lives with feelings of helplessness and powerlessness. The dramatic consequences of such attitude mainly manifest themselves at the societal level, and this became especially evident in 2020 and 2021!

The way large populations reacted to the covid crisis demonstrates learned helplessness and negative conformism on a global scale. Consecutive months of mass media fear porn propaganda eventually contributed to a collective state of mass formation. Mass formation, an extreme and dangerous form of conformism, occurs when people feel disconnected from reality, and are in a chronic state of undefined fear. The solutions that are eventually proposed to remove that fear then form a mindset to which they can cling to collectively. ***This generates a false sense of belonging and the belief that they are fighting together for a worthy cause.*** In such a state of mass formation, one's own suffering is hailed as a contribution to a worthy goal and as a necessary self-sacrifice. In other words, this worldwide propaganda was selling physical and emotional masochism as a solution for the crisis! That concept was cleverly exploited with the manipulative slogan “You're doing it for another” as propaganda for accepting experimental injections without awareness of their content and side effects.

In his book "Totalitarianism & Mass Formation", Professor Matias Desmet expertly explains that mass formation dissociates people from their own suffering, as if in an advanced state of apathy and mass hypnosis. In such a state, people show a willingness to sacrifice their property, civil rights and even their bodily integrity for what they see as the "greater good". In an advanced state, a critical point may be reached where people share the fanatical belief that they have the *duty to attack all dissenters*. Such mass formation, as a result of manipulation

and indoctrination, has become much easier in our digital information world due to rapidly evolving communication technologies. The great danger of mass formation is that it eventually evolves into totalitarianism, similar to the regime in China that controls and surveys every aspect of your life. **Silent Hint ☺: Even our democracies seem to gradually degrade to a reality illusion.**



"

*Totalitarianism promises not so much an era of faith as an era of schizophrenia. A society becomes totalitarian when its structure becomes blatantly artificial: that is, when its ruling class has lost its function, but manages to cling to power by force or deceit.*

*Georges Orwell, Author of the book 1984*

We recognise Orwell's schizophrenia and Desmet's mass formation in the apathetic self-sacrifice we witnessed worldwide in 2021 and 2022. The acceptance of emergency measures that destroyed the personal lives of millions of people, or deprived them of their basic human rights, was only possible because of three main symptoms of the brain pandemic: ***unconscious ignorance, learned helplessness, and negative conformism as a form of ultimate acceptance to enjoy social recognition or avoid social rejection.***

Learned helplessness, as the word learned itself suggests, is the result of gradual habit formation. It is characterized by passive behaviour that contrasts sharply with the combative self-reliance driven by our primitive survival instinct. Learned helplessness develops at an early age and is caused by a lack of challenges that stimulate a healthy fighting spirit. The cause is usually found in an overprotective environment and upbringing where children are carefully shielded from problems and challenges. Among other things, this prevents the development of mental resilience and self-regulation in which children independently solve their own problems and stand up for their own opinions. Over protection also makes them fearful of anything that might go wrong, discourages entrepreneurship, and prevents the development of personal skills. The cartoon about Solo Knewit is self-explanatory.

## THE KNEWITS - Solo's LEARNT HELPLESSNESS

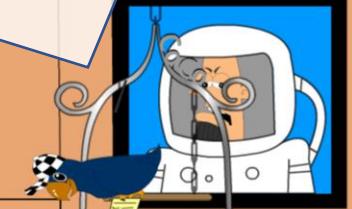
This weather makes me sick!  
this will be a s\*\*\* race again!

I know darling, let me  
get your medication.

Take a few of these and  
you will soon feel better.

Dehydration, diarrhoea, dizziness, ... that sounds good for a real s\*\*\* race ...

Coco! Filos! How many times I told you not to play with  
the information leaflet of Solo's medication!!!



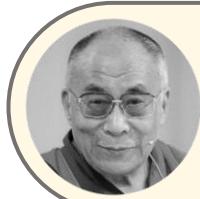
## ***The Emergence of Learned Helplessness and Passive Conformism***

Over protection results in the reality illusion that the outside world is dangerous, and this restricts your comfort zone to a tiny bubble in which initiative, creativity, self-development, and the urge to self-determination are severely hampered. All these factors feed the feeling of powerlessness and result in passive behaviour where others are expected to solve the problems. Through repetition, learned helplessness evolves into a fixed habitual pattern in the subconscious, and eventually settles into your personality as a trait. With such an attitude, you are hugely limited to increase your performance level or tackle challenging circumstances with the right mindset.

Learned helplessness not only limits your natural fighting spirit and survival behaviour, but also your sense of responsibility, your urge for self-determinative independence, and ultimately your self-confidence. These limitations exert a negative influence on your self-image, causing you to approach challenges with little or no conviction. This lack of self-confidence is always reflected by vague language that can be recognised in the following typical expressions: “It might not work out”; “I will try”; “It's possible”, etc. Such expressions already insinuate that nothing will succeed, or nothing will happen at all.

Learned helplessness always triggers feelings of fear and frustration, along with the false belief that you are the victim of external circumstances. As the Dalai Lama rightly points out in his quote below, we must change ourselves if we want to influence those external circumstances. Lack of self-regulation in a CUPCA world amplifies those feelings of anxiety and results in chronic stress. The brain pandemic is thus partly responsible for the explosion in burnouts and depressions that characterise the late 20th century and early 21st century. If we want to stop this negative trend, we urgently need to reverse this learned helplessness into a more proactive mindset. This can be done by developing emotional self-regulation and escaping the victim role you're playing in the stories directed from your comfort prison. Only with that upgrade you will be empowered to better adapt your decisions and behaviour to the

new challenges that characterise our rapidly evolving CUPCA world. **Silent Hint 😊 : Evolving as a euphemism for degenerating.**



**" To change external conditions, whether they relate to the environment or relationships with others, we must first change ourselves.**

*Dalai Lama - Religious leader*

You can significantly scale up your capacity for emotional self-regulation by developing a heightened awareness of the origin and nature of your emotions. **Remember that you can never be your feelings and emotions but that you do have feelings emotions.** And your emotions are always personal and context sensitive. Emotions do not emanate from a specific situation or external event. If your favourite team wins, you may react euphorically while the opposing team's supporters may walk away depressed by the same result! The same goes for your values and standards, which are always a subjective interpretation of what is good or bad, acceptable or unacceptable. If you are aware of this subjectivity of your feelings and of the polarities of your values and norms, you can put them into perspective and question them with a neutral mindset.

Awareness of the inner power that arises from your free will and your personal drive for self-determination also contributes to mental resilience and to your transformative potential. We can express it lyrically as a powerless lonely drop that shows its proverbial muscle power by bursting out of the virtual bubble of passive conformism. From the introduction of the 6E ORBIT, we recall that your reality illusions and OMAs confine you to the comfort zone of habitual behaviour and habitual thinking. By now, you have discovered the methods that can eliminate these negative influences. Combined with the development of your personal power, this contributes to emotional and mental self-regulation that is of exceptional importance in the hectic CUPCA world. Perhaps all this sounds a bit theoretical,

and therefore we are going to use the case study of Solo Knewit to explain the practical side of this chapter.

## ***The Story of Solo Knewit***

William outlines the story of Solo Knewit, a pseudonym for one of the many racing pilots we coach. Solo came from a sheltered family with a dominating father, Al, and an overprotective mother, Mia, who defined his life by carefully shielding him from anything she considered dangerous. As expected, Solo developed learned helplessness and a lack of problem-solving skills as a result, and also the hidden agenda to try and control everything. In short, he evolved to become a control freak and perfectionist.

On the racetrack, that hidden agenda translated into fear of losing control of the race car. That's why Solo's primitive brain already kicked in during changeable rainy weather, because such conditions already arouse feelings of uncertainty about the type of tires you need to put on. In rainy conditions, the track becomes slippery and there's an increased risk of losing control in the corners. Solo's hidden agenda magnified those risks even more and, as a result, his inner voice immediately made up all kinds of doomsday scenarios when it rained. Because of this panic thinking, he already started the race emotionally drained and mentally exhausted. The fear of losing control prevented him from riding at full throttle, and therefore he always performed very poorly in harsh weather conditions. His performance thermostat dipped deep into the red to the point that he even considered quitting.

The experiences of his inferior performance had undermined his self-confidence to such an extent that he was convinced he was just not good enough. Through repetition, his limiting driving style anchored itself as a habit in his subconscious. ***He was thus completely stuck in an endless 6E ORBIT of the same Events, Experiences, Emotions, and undermining Effects on his behaviour.*** The result was a succession of extremely poor **End** results that were as miserable as the miserable weather he hated! There was clearly an urgent need for transformative interventions!

During the first intervention, Willem asked Solo to complete the personal CV as well as to sign the athlete's oath, which we will elaborate on at the end of this chapter. From the answers of the personal CV, Willem could see that his underperformance was unconsciously caused by his limited comfort zone and a hidden agenda. It was specifically because of the subconscious nature of his problems that Solo had found no solution. Therefore, he eventually explained it as a lack of talent. Remember that it's impossible to solve a problem if you are not aware of its existence! This was exactly the scenario Solo was stuck in for years.

Now that we have outlined Solo's profile, we can take a closer look at the nature of his mental challenges. Take some time to sort them out yourself before reading on, and don't worry if you only notice a few ... . Our sincere congratulations if you can list them all without re-reading the story! There are five mental challenges, and should you miss a few, feel free to cheat by quietly going through that story again. You may even refresh the knowledge and insights from the previous chapters to do so. Feel free to scroll back until you figure out Solo's challenges while we wait patiently ...

We would like to remind you gently to ***stay in the moment*** when performing tasks at hand: Active reading to understand with the intention to turn the knowledge into personal power by taking efficient action. Together with the ability of active listening to understand, these are two key skills we advise you to develop and make habitual.

Now that we've highlighted this once more, let's get to work and come up with effective solutions to Solo's challenges! This is the tangle of challenges he struggled with in his unconscious ignorance:

1. ***Learned helplessness***: He's afraid to face challenges and expects others to solve his problems. He has a strong urge to control everything, and his perfectionism magnifies all small problems out of proportion.
2. ***Mentally migrated***: He is not in the here and now because the panic stories from his inner voice mentally migrate him to the future or past. This prevents the flow state, an important mental and physiological state that enables peak performance.

3. **Limited comfort zone:** He is afraid of stepping out of his safe limited comfort zone. As a result, his performance thermostat is set at a hypothermic baseline temperature with a low expectation for better results.
4. **Hidden agenda:** He absolutely should prevent losing control. But if you think you're not allowed to lose control at all, then there is a real chance that his subconscious will actually direct his autopilot to lose control. This is because his hidden agenda will enlarge each possible obstacle and bring it to his attention. Every racing pilot knows that you should never focus on an obstacle, because that will make your steer towards that obstacle and make you crash.
5. **Negative self-image and limiting OMA:** He does not believe he can perform well in rainy weather conditions and believes he lacks talent.

All these combined factors made it extremely uncomfortable for Solo, and we had to adopt a strategic approach to eliminate these negative influences one by one. First, we asked him how uncomfortable it felt to race in the rain on a scale of 1 to 10, to which he responded with an 8.5 out of 10. The interventions we then suggested were part of a step-by-step process where the first step consisted of making him aware of his mental limitations through honest introspection. In this case, it was obviously about his learned helplessness and hidden agenda as the main cause of his underperformance.

Before reading on, take a moment to reflect if you yourself are suffering a degree of learned helplessness in certain areas. Think about specific decisions or problems that you usually put off or leave to others. Maybe you have been struggling with obesity or a smoking addiction for a long time? Maybe you are unable to improve your sports performance, or you are constantly stuck in difficult financial situations? If you write down one of these challenges, you can immediately follow along with the step-by-step interventions as we detail them.

Solo's challenge is: I cannot race on a wet circuit.

*Your challenge is: .....*

You can now follow along with the interventions by applying the suggested methods and tips in your mind. This can provide you useful insights that you can later put into practice.

To chart your progress, you can mark the horizontal axis of figure 18 with a cross. This indicates how uncomfortable the challenge feels on a scale of 1 to 10. Then, draw a vertical line until it intersects the curve, and from that intersection draw a horizontal line in the direction of the vertical axis. This intersection point provides you a rough estimate in percent of your chances to tackle this challenge successfully. Solo started this process with a score of 8.5, and this means that his initial success ratio was less than 10 per cent.

The curve shows the logical correlation between feeling comfortable with a challenge and your likelihood of taking it on and tackling it successfully. Specifically, this means that you can increase your willingness to face challenges by making them feel less uncomfortable.

## **Synergetic Approach and Practical Interventions**

To optimise that process, we suggested the following practical interventions to Solo which are universally applicable:

1. Optimise the tone and content of your inner voice.
2. Apply active process thinking with specific goal-oriented tasks.
3. Improve your behaviour by sharpening your skills
4. Neutralise your hidden agendas and false or obsolete OMAs



**Fig. 18:** Solo's level of uncomfortable feelings en success ratio before the interventions.

## **1. Optimise the tone and content of your inner voice.**

How a challenge "feels" or how it comes across to you is mainly influenced by your frame of reference, OMAs and habitual language. These direct the habitual stories of your inner voice that emerge unchecked in your conscious mind. The tone and content of those stories determine your evaluation and emotions, and therefore also your behaviour. These are the sequences of the 6E cycle already well known to us. In the case of learned helplessness, you play a passive role in those stories because your limited comfort zone prevents you from facing a challenge. This will always be reflected by the problem thinking of your inner voice, characterized by weakening habitual language and negative word choice. Therefore, we asked Solo what thoughts usually crossed his mind when he has to race in rainy conditions, and he immediately came up with the following profane statements:

- This s\*\*\* weather makes me puke.
- This will be another s\*\*\* race.

Clearly, the negative emotional charge of the xxx prefix does not bode well, and it gives you a good idea of Solo's frustrated mindset. In the first intervention, we suggested he modify those statements with the intention to tone down the emotional charge. We explained the power of language awareness, and that the way harsh weather came across to him was negatively affecting his emotions and behaviour. We then suggested he adapt his usual slogans as follows:

- ✓ The weather is not fantastic, but that counts for everyone.
- ✓ Solo makes the most of this race.

Armed with new insight about the impact of his inner voice and by consistently rephrasing his slogans, the challenge was already coming across differently. After that initial intervention, racing on a wet track already felt a little less challenging for Solo.

If you look carefully at those restatements, you will notice that now they are quite neutral. **Your problem thinking is always characterised by the polarities of what is and is not allowed.** It's precisely the magnification of those polarities that literally and figuratively had put sticks in the wheels for Solo. If you look at rainy weather with the objectivity and neutrality of a camera, you won't find any polarities there, and your inner voice won't make up panic stories during which you crash into a corner like a condemned victim. Then you accept what's happening while you stay in the moment, and with this neutral and objective mindset and freed of your frame of reference you can look for creative solutions in the experience of the moment itself. This process expands your comfort zone, which is the only way to escape from the mental prison of the endless 6E ORBIT.

Blocking your panic stories or emotionally redirecting them into empowering affirmations requires meta thinking where you consciously monitor the thoughts of that inner voice. This is not obvious now that you know that 95% of your habitual thinking is driven by your subconscious. Therefore, it takes discipline and mindfulness to detect problem and panic thinking, and to transform your inner voice with empowering content and a positive tone.

## **2. Apply functional process thinking with goal-oriented tasks**

To avoid emotional and mental exhaustion before the start of the race, we gave Solo a number of tasks to keep him in the here and now. To this end, we compiled a list of succinctly defined tasks that included purposeful interactions with the technicians to check off if the car was properly tuned. Now, Solo suddenly had a number of conscious preoccupations that already partially blocked his problem and panic thinking. Because the thinking brain can only concentrate on one conscious thought process at a time, his inner panic devil stayed safely locked in its subconscious panic box. When you are engaged in tasks in the here and now, your primitive brain cannot be activated, nor do you mentally and emotionally migrate. With that intervention, Solo appeared much fresher at the start of the race and his mind was not burdened by his traditional doomsday scenarios. He clearly started with a more positive mindset and with a noticeably increased mental and emotional energy level.

To keep him in the here and now during the race, we applied the principles of the conscious method by presenting Solo with some clearly defined tasks. These were already mentioned in Chapter 6, but we repeat them here to highlight some other aspects.

- ✓ Solo dives **spontaneously** in every opening.
- ✓ Solo always has a **tight** braking curve.
- ✓ Solo is **calm and confident**.
- ✓ Solo feels the turn **perfectly**.

These tasks were specifically aimed at tackling his learned helplessness and his fear of losing control. On the track, this usually happens during overtaking manoeuvres or in corners. Hence, specific tasks were suggested with reinforcing emotional charge for such situations. The same tasks were integrated in the MTAs as well, ***and in this way, Solo developed a sequence of habitual action-based thoughts adapted to each circuit even before the race took place.***

### ***3. Sharpen your skills***

We suggested to Solo to regularly train on the racing simulator in rainy conditions. He had never taken that initiative before because he hated virtual rain on a simulator as much as real racing on a wet track. We composed a list of specific tasks at critical points of the track and advised him to explore how to push his limits by experiencing his performance through the eyes of an objective observer. With this new detached mindset and repetition, he gradually developed racing skills on a slippery track. The advantage of a simulator is that you are allowed to crash as many times as you want and therefore you gradually learn to push your limits to new heights. His improved performance on the simulator increased Solo's self-confidence, thus taking a major step to expand his comfort zone even further.

#### **4. Reverse hidden agendas and limiting OMAs**

To support the conscious development of his skills and neutralise his limiting beliefs, the same MTAs were used. Several video feeds were compiled and integrated from the best clips of his simulator races in the rain. All other elements of MTAs were also integrated, such as personal audio affirmations, their visual representations, and so on. This was explained in detail in the chapter on MTAs. By regularly watching that animation, Solo neutralised his negative self-image and limiting beliefs, replacing them with reinforcing belief systems and a positive self-image.

An example of such affirmation is, for example, "Solo likes racing on a wet track". Without brain entrainment technology, such statement would be immediately rejected as an absurdity by the analytical layer of the conscious brain. That is why Solo used Braintap technology so that, in deep meditation, he could get instant unrestrained access to his subconscious. Once you bypass the analytical layer of your rational thinking, all affirmations with sufficient repetition are unconditionally as truth and reality accepted by your subconscious.

By upgrading Solo's subconscious beliefs and self-image, we created coherence between his subconscious and conscious, thus preventing his past self-sabotage. Frequent viewing of video clips of perfectly executed races also sharpened his racing skills. We already talked about mirror neurons and how they stimulate the acquisition of technical skills.

An experiment with NBA players is one of many examples demonstrating the effectiveness and working of mirror neurons. In this experiment, NBA players from one team were divided into three groups. One group of players simply watched a video of perfectly executed free throws, while the second group practised free throws on the court. The third group did nothing at all. In that particular test, the group of players who used standard visualisations (the first group) showed almost the same improvement in their free throws as the players in the second group who actually practised on the court. MTAs are obviously much

more efficient and therefore produce results much faster compared to standard affirmations or visualisations.

Even NASA astronauts rehearse time and time again various scenarios on Earth in a simulated environment. That was why Dr. Charles Garfield, who was involved with NASA, became fascinated by visualizations and conducted extensive research on top performers, both in athletics and business. The conclusion of his research was that almost all world-class athletes and other top performers visualize. These are the people who can hear it all, feel it, see it happen before they actually perform it. This works like a dream when the script is programmed into your subconscious mind without the intervention of your primitive brain. In other words, the condition is that you stay in a flow state and focus on the tasks in the here and now, without mentally emigrating into the future by thinking about the expected result. The expectation of a result during your performance will always reduce your efficiency.

After all the interventions, we observed a synergistic effect where Solo's uncomfortable feelings had decreased significantly. We also questioned him again about how uncomfortable it now felt to race on a wet track, and he answered with a four out of ten. In Figure 19, you can see that he now had more than 50 per cent chance of efficiently tackling that challenge. The results over time were impressive because after a few seasons, he was recognised as one of the best drivers



**Fig. 19:** Solo's lower level of feeling uncomfortable en heightened success ratio AFTER the interventions..

on a wet track. This case shows how you can turn the negative influence of learned helplessness into a positive empowering story.

If you reflected about your personal challenge while reading Solo's story, all you need to do is consistently apply the same strategy to achieve the same positive result. With this synergistic approach, you can eliminate all conscious and subconscious performance hackers and significantly increase your success rate of tackling challenges efficiently. How good does that feel for you?

Solo's story shows how our roadmap of interventions can reverse learned helplessness by developing the habit of feeling comfortable in uncomfortable situations. Everyone has a certain threshold based on their personal frame of reference of past experiences. In the case of learned helplessness, that threshold is obviously very low. ***You can boost your mental, physical, and emotional resilience by regularly and incrementally pushing yourself out of your comfort zone.*** During these escape attempts, you will always feel a certain resistance due to the anxiety that uncomfortable situations generate. ***The trick is to consciously reverse those feelings of fear by re-evaluating them as a positive sign of your progress.*** As a result, you shift the mental focus on your progress and link positive emotions to your new behaviour. This method belongs to the realm of emotional self-regulation, and it allows you to raise the threshold of your mental resilience and significantly expand your comfort zone.



#### **Knowledge Insight**

You can consciously reverse feelings of anxiety ***by re-evaluating them as a positive sign of your progress.***

We have highlighted the words regular and incremental for two specific reasons. The word “regular” refers to consistency (Frequency) as the first criterion from FIFI's story. “Incremental” means a gradual process characterised by the accumulation of small improvements.

From this perspective, slimming down is an interesting challenge because it requires consistency, and it is also a process of incremental weight loss. Obesity is recognized as a global pandemic and many people not only struggle to lose weight, but when they finally succeed, they struggle even more to maintain that weight loss. When you repeatedly try something and fail every time, that repeated failure can eventually lead to learned helplessness. Think of our little story of the fleas who eventually resigned themselves to their fate of captivity because they were conditioned to restrict their jumping power. **Analogously, people lose their mental jumping power when they keep failing repetitively in what they undertake.** As was the case with Solo, the other main obstacles consist of a negative self-image, hidden agendas, and limiting belief systems.

Do you remember the story of how poor people who won the lottery tend to become poor again? The same process of self-sabotage occurs when overweight people develop a subconscious negative self-image that is inconsistent with their conscious goal of becoming slimmer. With a lot of motivation, discipline, and willpower, they follow a diet for a few months. But as soon as that willpower and motivation weaken, their autopilot takes back control and steers habitual behaviour that is coherent with their inner beliefs and self-image of being overweight. Thus, like our poor astronaut Al Knewit, many people remain stuck in the endless 6E ORBIT of ongoing self-sabotage without understanding the root cause of their ongoing failure. That is the stage of unconscious ignorance where the real cause of the problem passes you by.

If you still have a self-image of someone with a 20 kg overweight, your autopilot will steer your behaviour to pursue resonance with that subconscious self-image. Specifically, this means you will pick up the same old eating habits again, and for the record, you will probably get even fatter than before! The ego's defence mechanism then makes up excuses that shift responsibility to external factors. Then you hear that a sedentary job is to blame, or the popular excuse that the problem is genetic, referring to the fact that many relatives are also overweight. DNA has nothing to do with it in 97% of cases as evidenced by the insights which have been gained from epigenetics by scientists more than a decade ago.

The only way to avoid this yo-yo effect is to replace this negative self-image with one that's coherent with your goals. An MTA is the fastest and most efficient way to clear that negative self-image. If a personalised MTA is not an option, you can still create your own positive affirmations and visualisations to gradually boost your internal self-image and install empowering belief systems. However, in that case you better delve into meditation as a way to bypass the analytical layer of your rational thinking conscious mind.

The conclusion is that learned helplessness cannot be seen as an isolated problem. Indeed, disruptive factors such as a negative self-image, limiting beliefs and hidden agendas all lead to the same form of self-sabotage. It's important to properly distinguish these subconscious influences and understand the individual methods to expertly eliminate them one by one. Above all, we also discovered the need for a dual approach combining the conscious functional method of tasks in the here and now with the reprogramming of your subconscious mind. Finally, we see how any fundamental change process requires the transformation criteria of FIFI: **F**requency, **I**ntensity, **F**ocus and **I**ntention.

We talked earlier about the need to cement affirmations and goals with pen and paper in the material world. The same applies to the athlete's oath that we asked Solo to sign as a binding condition to guide him. When you first read through the content of that oath at the end of this chapter, then you may notice that we expected serious commitments from him. These, by definition, rule out learned helplessness, because they are commitments that are characteristic of world top athletes. If you miss the confidence, engagement, and attitude to associate yourself with the world top, then you have no chance of reaching that top yourself!

By analogy with this athlete's oath, we have also compiled such an oath for teams. Such an oath can be used for sports teams, but also in business where team spirit is equally important. Undersigned engagements add value when a new employee is willing to commit himself as a world-class performer. After you read that team oath on page 180, we are going to highlight its additional benefits.

Al Knewit's oath-taking as an EFO astronaut can inspire companies to submit such a document for signing to their new employees. If a company intends to reach the top in its sector, it should also associate itself with the mentality of top athletes. Therefore, it makes sense for such an ambitious company to sponsor an athlete with the ambition of a world-class athlete. Associating your company with top sport professionals works inspiring to cultivate the same mentality in your company. In such an undertaking, there is no room for learned helplessness and everyone collectively takes responsibility to contribute to the vision and accomplishment of the goals. Companies or organisations with aspirations to work their way up to the top, just like an elite athlete, never give up on achieving their goals. They profile themselves as inspired innovators with long-term vision.

Furthermore, company leaders and their employees can also use all the insights of this chapter to set the company's performance thermostat higher. In our CUPCA world, characterised by complexity and rapid change, it's necessary to question old frames of reference and outdated OMAs. These are the rigid strategies and routines that undertakings sometimes unwittingly indulge into the detriment of their own expansion and profitability. This means that they too can get unconsciously stuck in the 6E ORBIT of mediocre results when they base their decisions on a reality illusion and an outdated and limiting frame of reference.

Both collectively and individually, companies can improve communication and connection to cultivate a coherent team spirit. Once employees commit to signing an oath declaration, you have already created a solid foundation of engagement to succeed. Every employee and manager then join the company's vision in unity. As is true for all organisations or systems, a coherent company performs more efficiently. We refer to the colony of ants, where the interests of the individual ant are subordinate to the collective interests of the colony. You can recognise this hierarchy in Alfredo's vows where he confirms that he has the intention to identify with the team by confirming the statement that "he is the team". This experience of oneness, when you feel intensely connected, is what you can accomplish when everyone shares a common goal. This injects flow into the various teams and divisions of a company,

but as counts for individual flow, this requires specific criteria which will be explained in detail in chapter 11.

We refer to the expanding ***CoCo***-spiral that is explained on the first page of the next chapter. In the context of a transformed society, the application of this spiral is a priority for companies that want to grow up to the best version of themselves and profile themselves as world leaders. This ***CoCo***-spiral consists of the following 5Co sequence: **communication**, **connection**, **community**, **coherence**, **co-operation** and **contribution**. **CoCos** are even more important when critical situations arise where, just as in the case of a migrating ant colony, there is a need for individual employees to make sacrifices in order to steer the company out of the danger zone with a collective effort. Such crises can be converted to an opportunity for the company to transform into a better version of itself. Here, too, we see an analogy with the personal need to grow up to the best version of yourself and with the motivating urge of top athletes that relentlessly strive for the realisation of their full potential. That's why "giving up" does not appear in the dictionary of a top athlete or top company!

Now it becomes clear that all the principles, methods and insights in this book are applicable both individually and collectively to all segments of society. If companies within the increasingly complex and uncertain CUPCA world do not transform themselves into a better version of themselves, they are doomed to perish in chaos, just as this is the case for any animal species that fails to adapt to a changing environment in a timely manner. Therefore, learnt helplessness and passive conformism in companies have the same detrimental effect on their profitability and success as they have on the performance of athletes.

# OATH of the Racing Pilot

*The undersigned Solo Knewit*



takes ownership of my oath and declare with devotion to faithfully keep the following promises:

- ✓ **Solo** doesn't do anything that could harm his or a teammate's career.
- ✓ **Solo** always pays respect to himself, his opponents, his team and to all who are directly concerned with his achievements and sports career.
- ✓ **Solo** watches over his integrity and strives to be a role model as an ambassador for his sport.
- ✓ **Solo**, self-directed and with dedication, uses his physical and mental capacities to reach the highest level in his sporting discipline.
- ✓ **Solo** accepts the advice, instructions and methods of his coaches with an open mind and applies them consistently to the best of his ability.

Drawn up in triplicate on date: **September 10, 2021**

Signed in the presence of the witnesses Willem van Kleeff and Johan Cools, who are fully committed to guiding Solo and supervising the execution of his duties and promises.

***Solo Knewit***

*Signature*

***Willem van Kleeff***

*Signature*

***Johan Cools***

*Signature*



## OATH DECLARATION for and from the Team



The undersigned *Alfredo Knewit*, in his function as *astronaut*

takes my oath as an EFO-team member and declares my loyalty to my team, to the EFO company, and to the following promises:

- ✓ **Alfredo** does not do anything that could harm EFO or his team.
- ✓ **Alfredo** always honours his word and is unconditionally committed to fulfilling all his commitments to his team and EFO.
- ✓ **Alfredo** always represents the interests of EFO or his team with dedication and integrity.
- ✓ **Alfredo** uses all of his physical and mental capabilities to contribute efficiently to EFO's vision and the team's missions.
- ✓ **Alfredo** evaluates the advice and methods of his teammates with an open mind and tests them to the best of his ability.
- ✓ **Alfredo** testifies to the intention to tackle all challenges, including those in critical circumstances, in a leading and self-directed way.
- ✓ **Alfredo** identifies 100% with the team because Alfredo is the team.

Drawn up in triplicate on date: October 10, 2011

*Alfredo Knewit*

*Signature*

*Yuri Gagarin Neil Armstrong*

*Signature*

*Signature*

*As representatives of the team, Yuri Gagarin and Neil Armstrong bear witness to this oath statement and oversee the undersigned's promises.*

## Evaluation Chapter 9 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
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## Chapter 10

# Communication and Connection

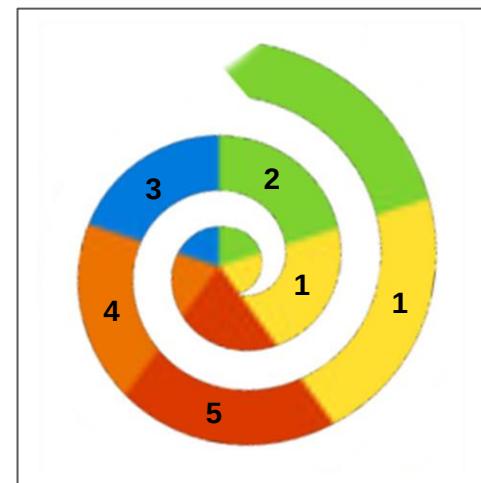


## Communication and Connection

### The CoCo Spiral

In the previous chapters, we covered in detail internal and external storytelling and problem thinking. Now our attention turns to the negative influence of those annoying subconscious troublemakers on your internal and external communication. During 6E cycles, you are constantly interacting with the external world, and a large part of those interactions consists of communication with other people. These interactions are extremely valuable because external communication allows you to build and maintain enriching and/or intimate relationships. In an analogous way, through internal communication with your inner voice, you create and maintain a relationship with yourself. **Connection** and **Communication** are the central themes of this chapter, and combined with **Coherence**, **Co-operation**, and **Contribution** they form the **CoCo-spiral** (fig. 20). We call it the CoCo spiral because it is easier to memorize acronyms.

This positive cycle starts with an optimized way of communication that establishes an initial connection. If that connection intensifies it can evolve to coherence. Coherence leads to unification and the feeling of oneness, a state in which your ego and your personal interests gradually fade and disappear into the background. This strengthens your willingness to cooperate better so that eventually you will contribute more to others. The cycle continues, ***because by contributing more you will inspire others to connect with you, and this way you create an ever-expanding nurturing circle.*** This is how you can actively contribute to a coherent consciousness wave because you



**Fig. 20 - The CoCo Spiral**

- |                  |                 |
|------------------|-----------------|
| 1. Communication | 2. Connection   |
| 3. Coherence     | 4. Co-operation |
| 5. Contribution  |                 |

inspire others to join that wave as well! Such a spiral can be developed both in your personal life and in a business environment. In the chapter that deals with growing up to be the best version of yourself, we mainly go deeper into the personal aspects.

From this **CoCo**-spiral you can see that it is the quality of your communication that will allow you to establish that primary connection. Regardless of our age, race, culture, or profession, we communicate with other people every day, and the quality of that communication will therefore largely determine the quality of that connection. *This is an important insight.* Communication comes from the Latin *communis*, which means common. In the context of this chapter, this means sharing valuable information to enrich each other, and in this way to contribute to the expansion of a consciousness wave.



#### **Knowledge Insight**

The quality of your communication determines the quality of your connection with others.

Your ability to communicate and share knowledge and insights depends on your personal attitude and on specific skills. Emotional intelligence (EQ) is the most important skill. It allows you to establish a harmonious and respectful connection. In his bestseller "*Emotional Intelligence*", author Daniel Goleman defines EQ as follows: "***the ability to identify, assess and manage one's own emotions, the emotions of others and those of groups***". We know from the 6E cycle that emotions drive your behaviour, and therefore EQ is exceptionally important for emotional self-regulation and for intelligent interactions. We can elaborate on Coleman's definition by clarifying these three factors:

- **Identify:** To recognise your emotions you need self-awareness, and to recognise the emotions of others you need empathy.
- **Assess:** Objectively evaluate your own emotions and those of others.

- **Control:** Controlling your emotions requires an elevated level of self-regulation, and controlling others' emotions requires various insights, empathy, connection and positive influence.

These three factors always come to the fore as we explain the various bottlenecks of external and internal communication.

Connecting with others, which we can describe as your social life, is important and necessary for emotional stability. Humans are social beings and therefore everybody needs both friendly and intimate relations. During the last few decades, we have seen a worrying trend of social isolation and a flight from physical human interactions to a world of virtual contacts. Unfortunately, young couples in a restaurant chatting on their smartphones, without giving each other a glance or a word, is already a familiar sight. The growing trend of working from home also contributes to this increasing lack of face-to-face meetings and life interactions.

We even heard suggestions to replace standard education with tele-education, without considering the disastrous impact this would have on the development of children's social skills. Studies show that social isolation not only leads to mental problems such as depression, but also undermines our physical resistance and immunity. We have seen this emerge as children were kept home during the pandemic. Social bonding is all about feeling connected and having enriching conversations with people around you. We are empathetic beings – socially oriented by nature – and if we do not express that socialising aspect, feelings of isolation can easily disturb our emotional balance. Further, since social bonding is a significant source of stimulation of the brain, there is considerable loss of learning.

Not feeling understood, lack of recognition, losing connection to reality, or experiencing life as meaningless are all factors that further contribute to the rising trend of disconnection in our society. You can recognize the same disconnection when people express their lack of connection with their own identity. This is when you hear typical expressions such as: "I've lost myself" or "I don't recognize myself anymore". This is yet another visible

symptom of the brain pandemic, which is gradually gaining strength through the disruptive impact of contemporary trends of the CUPCA world in which we are slipping further towards chaos. ***Chaos is a process of disintegration that is completely opposite to the connection forming of coherence.***

All these combined stress factors generate feelings of fear, helplessness and insecurity and disrupt humanity's natural coherence. Negative feelings limit our expansion, shrink our comfort zone, and make us defensive and narcissistic as there is no longer a *willingness to share*. Thus, we evolve more towards self-centred protectionist behaviour and social isolation. Such patterns of disconnection and isolation are visible in metropoles where millions of people sit anonymously next to each other on buses and metros like speechless zombies. Even a smile on your face is viewed suspiciously; what is wrong with that guy?

Restoring this lost coherence and connection is extremely important to bring our left-brain oriented society back into balance. To succeed this, we first need to identify the negative influences that create separation. Once we know those influences, we can apply methods to restore and optimise that lost connection and coherence. Regardless of the proposed methodology, we will always need empathy and emotional intelligence to succeed this recovery process.

In a romantic relationship, you experience this connection as intense feelings of love and, in exceptional cases, as ecstatic feelings of total mental, emotional, and physical unification. During such peak experiences, you lose yourself because you become one with your lover, and such experiences always occur in a flow state. As you can see, flow does not only play a role for achieving top performance in the physical domain, but also for top experiences in the mental, emotional and spiritual domains. It's specifically this heavenly feeling of connection that we should strive for.

The quality of your connection with others is determined by your ability to find similar interests and other resemblances (resonance), and to accept and respect other opinions and beliefs. This is where polarities, hidden agendas and the ego can appear back on the scene as

subconscious troublemakers. Anything contrary to your OMAs or magnified by your hidden agendas inhibits connection and gives rise to polar discussions. As a result, you've developed the unconscious habit to focus on someone's flaws rather than on their qualities.

The ego further manifests itself through its primitive drive for self-affirmation, recognition and acceptance. This is the psychological gain that you unconsciously pursue, forcing you to accept alternating gender roles of submission and dominance. The ego with all its roles thus hinders the expression of your true self, and hence the building of a well-founded bond of trust. Therefore, restoring the fundamental connection with your authentic self is necessary as a basis for your connection with others.

## ***Increased Disconnection***

From a broader perspective, we should frame the rising disconnection we are witnessing in the context of visible societal trends. It's a historical fact that humanity is increasingly falling into divisions due to both old and new polarities. Those polarities arise from conflicting belief systems of a cultural, political, religious or scientific nature. Religious wars are a typical example, and after thousands of years they still rage on. Recently, we experienced how during the covid crisis, opposing views on lockdowns, masks and compulsory or non-compulsory injections even led to serious conflicts between cohabitants of a family. Many people with more insight into the nature and cause of the crisis lost "good friends" because they tried to share their insights with them out of concern. In many cases in vain. Conflicting OMA's on the human impact on climate change, wars, politics, religions, education, immigration, transhumanism and other important societal topics and trends create a fertile breeding ground for heated polar debates that seriously disrupt the coherence of communities on both micro and macro scales.

The stakeholders who control the media sphere further encourage disconnection by magnifying those polarities even more. So, you see how in 2022, flags of Ukraine suddenly appeared everywhere. Have we ever seen flags of Palestine, Syria, Afghanistan, or other areas

of ongoing war appearing? This ever-increasing polarisation only intensifies the social conflicts in our society. Unfortunately, most citizens are unaware of the old divide-and-rule strategy historically abused by those in power to control their "**subjects**" and enforce "**submission**" which is occurring again today.

The key word is "control" and it's bizarre that, after eons of oppression, humanity still does not seem to have grasped it. Yet the echoes of the historic slogan "Never change a winning strategy" reverberate ever shriller throughout the ether. **When will we wake up from this virtual world of sham freedom and false security?** It strikes us that we have already asked a whole series of rhetorical questions! **Silent Hint ☺:** *The word submission does not come from the word subject by chance. Because we identify ourselves with a subject that is controlled by a greater power, we are always oppressed and forced into submission.*

After these contemplations we should be more vigilant about the gradual introduction of new technologies such as robotics and nanotechnologies. Technology is neutral, and it can be developed and used for the benefit of humanity or used against humanity. Unfortunately, from a historical perspective, humans seem to have a strong predominant tendency towards the latter. The intent is not to predict terminator "doomsday" scenarios, but from the context outlined here, we recommend you evaluate the current societal trends and new technologies with greater attention. This means observing what is happening with the objectivity of a camera, and then applying investigational thinking to draw independent conclusions based on the new insights you discover. In any case, it is clear we are increasingly disconnected as a humanity and that this has been orchestrated by existing and historical power structures. Hence, *restoring global coherence is an absolute priority.*



**" Today, learning to control the mind has perhaps become a greater priority for survival than seeking further benefits that the hard sciences could bring.**

*Csikszentmihalyi Mihaly - Psychologist*

## ***It Starts with a Ripple***

Connection and coherence are the key concepts for individual and collective transformation, which is why we refer back to the unstoppable force of a consciousness wave. Waves are coherent because all droplets are synchronically connected and therefore move in the same direction. Each of us personally possesses the self-determination and ability to connect to that coherent consciousness wave. That self-determination is fuelled by your



***"Alone I can't change the world, but I can throw a stone in the water and make a lot of ripples.***

*Mother Theresa*

personal power which consists of harnessing knowledge and insights to drive efficient behaviour. Therefore, increased individual awareness about real social challenges is an absolute priority. Let us remind you that one of those key challenges consists in restoring global coherence, and this is only possible through exponential accumulation of individual coherent droplets. Therefore, we reiterate again the importance of a broad-based personal transformation.

Like Mother Theresa, we recognise the power that comes from **consistency** in the way droplets of water falling into a pool of water create tiny ripple effects. In doing so, have you noticed how these successive tiny ripples are able to push away large polluting objects? This is the power of FIFI's frequency criterion, and it shows how small continuous efforts end up having a big effect. This is analogous to the butterfly effect hypothesis where scientists postulate that the fluttering of a butterfly has a cosmic effect! So, there is hope! Physicist Paul Dirac confirms the effect of a seemingly insignificant action as follows: "***Pick a flower on Earth, and you move the farthest star***"

Each of us, like Mother Theresa, can create their own mini wave of tiny ripples by the way we communicate with ourselves and with others, and on a macro scale with the ecosystem

of which we are all a part. One way to do this is by **consistently** sharing valuable new insights with those around you that can inspire them to start **contributing** to a consciousness wave as well. That is the effect of the **CoCo**-spiral by which those little ripples, through **coordinated and consistent** effort, can grow into a local wave of connection and behavioural change. With this insight we added two important criteria to succeed the growing **CoCo**-spiral: **consistency** and **coordination**. **Coordination** implies the need for an organisation that stimulates its members to align and synchronise their efforts. When these coordinated efforts are combined with the **FIFI** criteria then this upward inspiring movement can contribute to the much-needed wave of social transformation. How do you think it feels to create or be part of such a wave now that you are aware of your personal power and how you can contribute to increase the harmony in your own living environment? With this, we reaffirm once again our noble purpose and altruistic vision.

With the current social background in mind, restoring connection and coherence takes on a different meaning, and immediately gets the priority it deserves. From a practical point of view, we will first clarify the challenges of that connection and then provide tips and methods to gradually rebuild it. These processes all depend on the way we communicate with each other, with ourselves and with our natural habitat. Connection and coherence have several application fields, which are covered in depth in the chapter dealing with growing up into the best version of yourself.

## ***Challenges of External Communication***

External communication, by definition, requires social contacts and so there is always a first-time encounter. Encounters can be virtual, but our primary focus is on physical encounters in the material world. According to an ideal scenario, your interaction with someone you get to know begins as a virgin unwritten page. At first glance you might find this obvious, but your subconscious mind immediately thinks otherwise. With that initial contact, your subconscious immediately starts looking for recognisable patterns to distil possible character traits of that unknown person. This is a process in which you try to form a

representative image of somebody you meet for the first time. This inner image is based on your frame of reference from previous encounters with other people and is also influenced by your OMAs, self-image and hidden agendas. Yes, there are those popular subconscious troublemakers again!

The input for this initial imaging process consists of everything that you consciously and subconsciously perceive through your senses, and this includes body language, specific smells, and even the memories of physical contact such as a firm handshake. In fact, we distil more information from body language such as eye contact, position of hands and arms, and facial expressions than from the meaning of words we hear. The subconscious also recognises smells and voice timbres, special touches or a characteristic use of words. This is because your subconscious brain primarily uses pattern recognition, of which you are, yet again, not at all consciously aware.

The danger is when certain patterns that your brain recognises are subconsciously linked to a person you used to have intense contacts with. Without that intensity as the main FIFI criterion, those patterns would not be so pertinently stored in your memory. Because of that link, your subconscious associates that past connection with the new contact you are only now getting to know. Through neuro-association, the subconscious thus influences your internal imaging during a new encounter.

A practical example shows the consequences this can have. Imagine that years ago you had an ex who always used a specific sweet-smelling deodorant. By chance, you meet a new colleague who, by coincidence, uses the same deodorant. You might not consciously recognise that scent anymore, but your subconscious definitely recognises it! Once this happens, positive emotions are automatically triggered by the subconscious association with your ex. As a result, you may find that new colleague attractive and even fall in love without realising that your feelings are the result of an emotional projection. It becomes even more complex because your new colleague will likewise form an image of you through the same process. You can then only silently hope that your deodorant has the same effect .... In such scenarios, you end up communicating with a subconsciously constructed avatar of each other. The result is a fictional

image formed of each other which is obviously not a good basis for establishing a well-founded connection.

During this imaging process, and also during your further interactions, your OMAs, values and hidden agendas act as connection disruptors. Remember how hidden agendas always draw your attention and magnify "that what is not allowed" by enlarging certain details? If you dislike tattoos because you consider respect for your body very important, a chance encounter with someone who has tattoos will immediately trigger negative emotions. You will unconsciously fixate on those "terrible" tattoos and magnify them because they "are not allowed". Under the polarizing influence of your values and norms, you will automatically start seeing that person as someone who has no respect for their body. You then start putting this fictitious lack of respect on that person as a permanent label. That is the mirror effect whereby you wrongly magnify what is not allowed in someone else, and therefore *it says more about you than about that person!*

This single example shows how subjective values and norms negatively affect your perception of someone. If you evaluate that tattooed person on such a basis, then you are also stuck in a 6E ORBIT because every interaction with that person will always generate negative Emotions. Such a negatively charged state of mind will always have a disturbing Effect on your communication. The End Result is that the relationship with that person will, at best, remain very distant and superficial. Totally unjustified!

OMAs, values and hidden agendas are always polar, and have zero tolerance for anything that contradicts them. These ego-related polarities generate emotional tensions that significantly undermine the formation of a bond of trust. Social bonding is an absolute necessity to build valuable and respectful relationships, and this is hampered because conflicting beliefs unconsciously grab your attention. It's always your RAS that fulfils this role by filtering your sensory experiences.

These negative influences of your RAS can quickly relegate communication to an endless ego battle that takes place on the slippery terrain of polarities. In this state, the

psychological gain sought consists of boosting your own ego at the expense of the ego of your conversation partners. This scenario happens whenever discussions become focused on anything that is not in line with your own standards, values and beliefs. During such exchanges, your ego always tries to dominate by stubbornly – and even fanatically – defending your own views. It's a left-brain struggle for more power and influence that turns communication into an isolated battle rather than a connected exchange.

Do you remember how sensory experiences are negatively affected and how you unwittingly play various roles as an actor in reality illusions that are artificial constructions of your subconscious beliefs? This means that you not only create avatars, but you communicate with those avatars from your own virtual world. We all have different values, norms and belief systems and those, through our RAS, influence our sensory experiences. This was also demonstrated with our depiction of lines and spheres. Distorted perception is therefore a source of conflict and misunderstanding as everyone spins a personal divergent story about the same event or situation. Because values and norms are always polar, our conversations also become polar. *During such conversations, you cannot listen to understand, but only to determine how and when to interrupt someone.* Then it frequently happens that you don't even remember what someone said a minute ago, because you are totally absorbed by your own stories and beliefs.

If you repeatedly have negative confrontations with someone, that person's presence in itself can trigger negative emotions and increase your stress levels. This is recognisable when your inner voice automatically whispers derogatory expressions or insults in your ear, such as: "There's that idiot again", or even profane alternatives of this ... In such a state of mind, you cannot open up because your activated primitive brain is already unconsciously conditioning you to engage in clinching with that person.

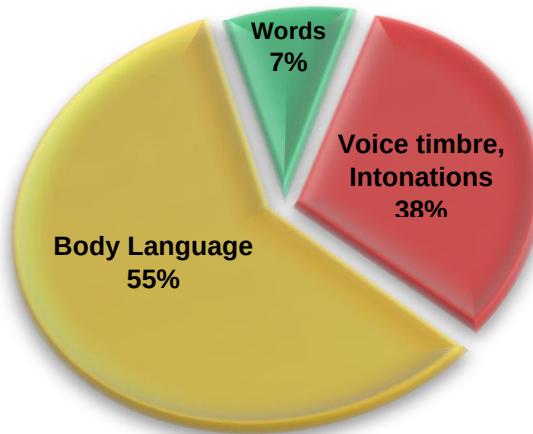


#### *Knowledge Insight*

During polar discussions ***you don't actively listen to understand***, you only listen to interrupt with your own story.

Through permanent reaffirmation, the internal image you have formed of someone eventually crystallises into your subconscious as an archetype. This process is stimulated because during repeated confrontations you always consciously or unconsciously focus on specific positive or negative aspects of a person. In this way, you are stuck again in the 6E ORBIT because you are not aware of these subconscious processes. *Once you have an archetype of someone programmed into your subconscious, it has a dominant influence on how all subsequent encounters and conversations come across to you.* Even if that person in question suddenly behaves differently or communicates in a much more meaningful way, you usually stick to this archetype. In practice, this occurs because the RAS always draws your attention to anything that resonates with that archetype. For example, if you think your neighbour is and stupid, your subconscious will keep drawing your attention to those specific statements that confirm his "stupidity", even if the rest of his story is interesting or makes sense.

In our daily lives, we interact in this way with various virtual archetypes, and with each of them we play varying roles. Specifically, this means that we rarely express our true nature, and also rarely communicate with the true nature of others. As a result, there is little room for essential connection and coherence. All these subconscious influences prevent social bonding, trust building, and empathy. Within the context of our wave of consciousness, these are precisely the factors that are critical for acquiring and transferring new knowledge and insights. In their absence, open, respectful and constructive communication becomes very difficult. This is because social bonding and trust create a secure positive feeling that opens up your brain, while the negative feelings of a threatened ego shut it down.



**Fig. 21:** Body language is 55% of the information

Non-verbal communication gives us a good indication of that openness or closedness. You can recognise closedness if someone suddenly crosses their arms during a conversation. This closed physical posture reflects the mental resistance generated during the conversation. So, body language is an important subconscious indicator that you should constantly consider. According to Albert Mehrabian's 7-38-55 rule, words only count for 7% of the information we share when we communicate during personal meetings, and body language accounts for an impressive 55%! The remaining 38% consists of your voice, tone, intonation, speed of speech and other auditory factors. This means that non-verbal communication (body language and tone/voice) counts for 93% of what we transmit during a conversation.



#### *Knowledge Insight*

Quality Communication requires **a safe environment that generates and stimulates feelings of empathy, trust and connection.**

## Do Opposites Attract?

We all know the saying that opposites attract, but that only applies to certain aspects within romantic relationships. This comes because we tend to look for a partner that can fill up the conscious or unconscious void of what we do not find in ourselves. In other words, we thereby seek only compensation for what we ourselves lack. If you are poor, you might want a partner with financial stability, and if you are a small, petite and vulnerable girl, you might find a tall and athletically built partner safe and attractive.

Beyond that natural drive for compensation in relationships, we generally have a strong tendency to be attracted to people who show a lot of similarities. This makes sense, because it is much easier to connect with people of the same race and culture, or those who share the same values, interests and beliefs. Ralph Waldo Emerson eloquently describes it as follows in his metaphoric quote: "***The feathers of a bird always flock together***" This is exactly what happens when you join a club or join a particular organisation. It allows you to associate and connect

with people who share the same ideas, needs, interests or hobbies. You experience this natural attraction when you meet a complete stranger who happens to play the same sport, has the same car, or practices the same profession.

***Every similarity you discover in someone spins a new thread in the colourful fabric of connection.*** We can draw on this insight to improve our connection, optimising our ability to share knowledge and insights with others. You can achieve this by verbally confirming the similarities and qualities that you recognize in others with. With this empathic resonance you are admitted into the world of others. ***The most important and fundamental similarity is, of course, that we are all equal people.***



#### *Knowledge Insight*

***Every similarity you discover*** in someone spins a new thread in the colourful fabric of connection.

## To Know and to Understand is to Connect

Probably everyone shares the experience of meeting someone with the same first name or surname. Isn't it remarkable that this similarity is enough to create a good feeling. A common name instantly breaks the ice, and this shows how important names are. Your name is the first information you share during new encounters, and almost everyone likes to hear their name mentioned. This is because It's an affirmation of your identity, and It's also the reason we give our pets names with which we can identify. Just notice how calling your pet's name already arouses positive emotions.



***"A person's name is the sweetest and most important word in any language for that person.***

*Dale Carnegie - Author*

*Johan tells the story of the fish Suske and Wiske. When Ola and Johan started living together, Ola expressed her wish for a large aquarium. After a few years of discussing the fate of "captivated fish", Johan finally gave in. It became a large 500-litre aquarium and Ola immediately set to work to create as natural a habitat as possible for the fish with a wide variety of underwater plants. She was proud of the beautiful natural looking result until two grey fish, who grew much bigger than expected, started eating the plants. Now Ola had to replace the plants regularly and she consistently complained about the big grey fish "destroying" her aquarium.*

*One day, she said to Johan that she had had enough of these "plant-eating monsters" and wanted to get rid of them. She even concocted several scenarios, all of which did not bode well for the condemned fish. It was clear that the poor animals desperately needed an ally, and in a creative moment, Johan asked her: "Ola, what do you think Suske and Wiske think of your plans to dump them?" Ola looked surprised because she knew Suske and Wiske only from the famous Dutch strips.*

*Then Johan explained to her that he had named the fish Suske and Wiske, and that they did not destroy her aquarium, but probably ate the plants because they did not like the food she was feeding all the fish. She looked bewildered at the two fish in the aquarium and asked how she could tell the difference between Suske and Wiske. Johan told her that Suske was the biggest and Wiske the smallest. From that day on, Ola never mentioned "plant-eating monsters", and eventually she found plant food that the grey fish liked. A year later, when Ola and Johan decided to leave the EU, she told the aquarium buyer that the two grey fish were called Suske and Wiske, and she even made him promise to take extra loving care of them.*

We can learn a thing or two from this true anecdote. Johan named those boring grey fish Suske and Wiske because he knew Ola loved the strips and that this association would trigger positive emotions. You can compare that to the positive feelings when you meet someone with the same name. Knowing and pronouncing someone's name is important because with the confirmation of someone's identity, you break through the initial barrier of anonymity, and lay

the foundation for connection. Specifically, this means that by knowing someone and calling them by their name, you are already spinning the first colourful thread of connection. This was evident when Ola called the fish by their names, because that elemental connection immediately changed ***the way she thought and felt about them***. As Mandela explains, you need to talk to the heart!



***"When you talk to a man in a language he understands, it goes to his head. When you talk to him in his language, it goes to his heart."***

**Nelson Mandela - Ex President South-Africa**

Johan also reduced the emotional intensity of "*the destruction of her aquarium*" by reframing it as "*a necessity for the animals to survive*". By changing the meaning of their behaviour, it came across differently to Ola, and she could now better understand and accept the grey fishes. This anecdote shows how knowing and understanding go hand in hand, enable empathy, and provide a solid foundation for establishing a good connection.

## **Summarized**

Now you have discovered some key obstacles and interesting concepts that you need to consider if you want to optimize the quality of your communication and connection with others. In earlier chapters, you already learnt how to detect and neutralise limiting OMAs, hidden agendas and negative self-image. Still missing from our strategy is a method to avoid the subconscious imagining of fictional avatars, and tips to better connect during your interactions and conversations. In all the previous chapters, awareness always comes to the fore, as well as the acquisition of new knowledge and insights. But you can only really make progress if you decide to share that valuable information with those you care about. ***Sharing is a key concept because the exponential growth that drops multiply into a wave of consciousness is impossible without sharing AHA! Moments and insights!*** We repeat that you cannot multiply without sharing first! The following tips are therefore all aimed at optimising the sharing of knowledge and insights with the goal to enrich and inspire others. But assume that you can

always learn something interesting from everyone you interact with, regardless of their knowledge and experience. It is always a matter of actively listening to understand.

### ***1. Avoid subjective perceptions and self-centred discussions.***

The first obstacle you discovered is the way the polarities of your OMAs and hidden agendas create an unrealistic avatar of the people you meet. Preventing this subconscious imaging presupposes that you become aware of these avatars and replace them with a neutral objective image. You can succeed in this by using meta-thinking to question existing avatars and prevent the creation of new ones. When you observe people with the objectivity of a camera you can silence your inner voice that is making up a story that is immediately labelling unknown people. Look at people with greater tolerance and accept them as they are with all their differences and subjective shortcomings. Once you stop stamping labels on people, your empathy towards those who think, look, behave and feel different will automatically increase.

The next step involves developing the habit of ***deep empathic listening to understand.*** This is a form of active listening where you listen without prejudice with your thinking brain and heartbrain to better understand the needs and feelings of others, rather than being distracted by only thinking about your own needs and feelings. In doing so, it's important to give feedback about the essence of what is being said and the emotions you experience. Such feedback is a kind of confirmation that you are attentive, and it can be formulated as follows: “*Do you mean that ... essence of the conversation?*” and “*Do I understand that this is how this feels for you?*” (emotion). Such affirmations are a great way to build trust and encourage your interlocutors to open up their heart and honestly share their real worries and challenges. The process is simple, as all you have to do is repeat the conclusion of their own story. However, this does not mean that you agree with everything they share, but it does prove that you are actively listening and interested in their story and how they feel. The Knewit Cartoon on the next page shows what happens when everybody is only concerned about their own story and interests. Solo is proud to bring VIP tickets, but nobody seems interested to see him competing in that important race.

## THE KNEWITS - EMPATHIC LISTENING



In the paragraph on the challenges of external communication, body language emerged as an important source of information. The conclusion was that by listening alone you only receive less than half of the information than if your interlocutor is physically present. Therefore, we can better reformulate empathic listening as empathic observing that also considers the important visual aspects of body language. You need basic insights in body language to capture the 55% of information that you miss if you only listen. There are many good books available when you want to learn more about body language, and we can advise the bestseller: *The Definitive Book of Body Language* by Allan and Barbara Please. We can also recommend Joe Navarro's book *What Everybody is Saying*.

Deep empathic listening also belongs to functional thinking because it is an active task that requires conscious focus in the here and now. Any task in the here and now blocks the polar narratives of your subconscious monkey mind because you can only think consciously on one thought at a time. Functional thinking again offers the practical solution to maintain your conscious focus on the needs and feelings of your conversation partners and to connect better with them.



#### ***Transformative Insight***

Deep empathic observing is ***active listening and watching*** where you listen and watch without bias with your thinking brain and heartbrain to understand the needs and feelings of others.

## ***2. Start a conversation with open-ended questions.***

Questions are undoubtedly a powerful tool for building rapport. When you ask questions, you not only show interest, but also shift communication from dominantly posing your own views to a receptive role characterised by interested listening with an open mind. People with higher consciousness and valuable insights face serious headwinds all the time as they make the

enthusiastic mistake overloading others with an avalanche of information. Our presentation on belief systems explained in detail why this strategy has no merit and how it results in polar discussions and an ego clash.

If you start a conversation with an open-ended question, you can broach *hot topics* without immediately evoking massive mental resistance. Open questions usually start with the word *what*, and they avoid short stereotypical answers like yes or no, which complicate the continuation of the conversation. Initiating a conversation with a question can be compared to opening your arms to someone, showing that you care. You are building an emotional bridge to connect with each other, and this will automatically increase your potential influence during the rest of the conversation. The person you are talking to immediately feels important, and this creates a safe empathetic environment and a trusting bond that allows you to share your important insights.

Asking questions also has another important function. If you don't know people well, then without targeted questions you can never assess their level of knowledge on certain topics. Without that feedback you have no idea what information you need to share. Nobody likes to be overwhelmed with a monologue on a topic they have already acquired extensive knowledge on. Not only is it one-sided and boring, but other people can get the impression that you think they are ignorant or even stupid. With a few open-ended questions, you can easily assess someone's level of knowledge and understanding of the specific topic you want to discuss. This improves your interaction and enables you to better calibrate the content of your conversation.

### ***3. Rounding of old histories through Responsibility, Apology and Forgiveness***

If you can't stand someone for whatever reason, it becomes increasingly difficult to keep talking to that person without getting into each other's hair! That is caused by the negative image you have built of someone during a past conflict, and in your storytelling, you relive that conflict over and over again. That may be caused by a hidden agenda, as described in the

case of meeting a tattooed person when you thoroughly dislike it, subconsciously linking it to someone with a lack of self-respect.

As long as you cannot resolve such situations, you yourself remain the victim, because in your further encounters there is no room for a constructive connection. You automatically exclude any added value of a good cooperation. In addition to hidden agendas, your ego often stands in the way of clearing up that negative experience. You can solve such situations by taking your responsibility and entering into a conversation with the person with whom you wish to settle the matter. Because you yourself have continued to harbour those negative thoughts, taking responsibility means discussing what went wrong and how it unnecessarily evolved into a permanent conflict situation. You can best formulate this in the following way: 'I acknowledge that I have to take responsibility for .... '. This is applying empowering functional language, opposed to descriptive language of all the stories about the conflict, with which you acknowledge that you take responsibility and apologize for the wrongful cherishing of an ancient history. By expressing it this way, you immediately create recognition because you forgive the other person and/or you give the person involved the opportunity to forgive you for what went wrong. If someone forgives you something, or if you yourself forgive someone, then immediately new openness arises in your thinking! To remain offended is always to go through life as a suffering object because you keep reliving old conflicts in your polar story thinking from your wounded ego. With responsibility, apology, and forgiveness, you testify to justice, a noble disposition, and it gives you access to the world of the other. Rounding off is therefore valuable for a good connection, and you can apply it in a competitive sports environment as well as in everyday life.

#### ***4. Communicate from your authentic self.***

We recall that subjective perceptions and the various roles we play to gain recognition and acceptance limits your potential to connect and share. ***We also showed that knowing and understanding someone forms the basis for establishing a bond of trust.*** However, it is essential to understand that a good connection always needs to be a bi-directional process. The good

feelings of mutual understanding, acceptance, and respect always need to come from both sides. This presupposes your interlocutors to understand and know you as well. This is, of course, impossible if you keep playing all those roles caused by the lost connection with the true nature of your authentic self.

To find the way back to that authenticity, you first need to understand how you develop all those roles. Already during your upbringing, you are forced against your will to play and accept certain roles. Parents, educators, and other authoritative figures usually determine how you should react to events, what you should do and not do, and especially which behaviours are inadmissible. All this is based on their own values and norms and belief systems. Through repetition, you thus develop habitual behaviour that is not necessarily inherent to your inner nature. Thus, you are denying yourself and discrediting the value of your true nature, thereby linking negative feelings to it. That lack of faith in yourself is then compensated by believing in something external or someone else. For example, you may fill that void by believing in political or religious ideologies, scientific dogmas, or in charismatic persons who do radiate a strong belief in themselves. Charismatic leaders always bring polarized stories – and history shows to what world conflicts and dramas these stories have led so far!

Later, as young adults, there is sometimes pressure from parents or educators about the desired field of study or orientation that is suitable for children. These suggestions are based on their subjective opinion about their gifts and flaws. In the process, parents regularly make the mistake of negatively highlighting their children's real ambitions and interests. You can recognise this in statements like "*art is for wimps*", or "*a sports career is for dummies*", or "*nobody in our family is self-employed, that's not for us*". Recognisable?

The essence is that from early childhood, as a young adult and also in later life, you are increasingly squeezed into various baking forms where you are deprived of the freedom to express your authentic self. All this results in an imposed identity and artificial self-image with which you live in permanent conflict. Becoming aware of these inner conflicts is the first step to rediscovering your authentic self and freeing yourself from the roles, hidden agendas and OMAs that push you in artificial roles. These same subconscious influences also drive

your ego and use your external communication as a means of recognition and acceptance instead of a means of connection and sharing.

Those negative influences reduce communication to a one-way street where you are only firing harpoons at people with the intention of grabbing them as new booty for your ego. This is clearly a self-centred approach and not the way to establish a connection based on dynamic interaction, respect, and mutual attraction and recognition. Mutual recognition and respect are impossible as long as you keep playing pre-programmed roles in the ego stories invented by your subconscious.

The conclusion is that you basically have no choice but to say goodbye to those roles and start communicating from your true self without compromise. This is the only way to expose a transparent image of yourself instead of falling into aggressive dominance or slavish submission through conformist behaviour. With this revitalization you are consistently connected with yourself, and that inspires trust as there are no hidden agendas. That sounds fine, but of course it presupposes that you know and understand your true nature and identity. Let's go in search of that lost treasure of authenticity together!

We are all born with the natural and unique ability to be ourselves, but as we grow up, we learn to constrain that natural ability. Our innate spontaneity and the charm of our pure and unspoiled nature are quickly overshadowed by an imposed self-image and hidden agendas that hinder objective self-reflection on our true selves. ***With this inability in mind, the question arises if we can understand the nature of other people at all if we are not even able to discover and manifest our own identity and authentic self.*** As the Tao Te Ching states, "To know others is intelligent, but to know oneself is true wisdom."

In the previous chapters we already explained the external influences that can negatively affect your self-image. The word external means that in most cases your artificially cobbled-together self-image has little or nothing to do with your true nature. By now you have gained insights and discovered methods to clear all those subconscious influences. We demonstrated the existence of your virtuality illusions and proposed a strategy to better connect with the

reality of what is happening in the here and now. We suspect that the introspection that was necessary during this consciousness expansion positively influenced the way you see yourself. Good perception plays a pivotal role in all those processes because the inner stories of self-reflection are also subconsciously imagined reality illusions.

The fact is that you are just as likely to make up stories about yourself, and just as is true of OMAs and hidden agendas, those were forced on you by external authoritarian influences. Again, meta thinking offers salvation because it allows you to objectively monitor all the roles and content of your story thinking as a neutral observer. By eliminating all those internal troublemakers, you not only learn to see the reality as it is, but it lifts the veil of distortion that covered your true self-image! This is part of growing up into the best version of yourself to which an entire chapter is devoted. This final process of the synergistic brain upgrade digs deeper into the essence of your authentic self and outlines that in the context of human evolution in the CUPCA world.

Armed with the heightened awareness of your inner power, you can NOW make the decision to stop accepting compromises in order to avoid rejection at all costs and pursue recognition. ***This is an orientation shift from an externally referenced role-play to an internally referenced authenticity.*** With this mindset, you unconditionally stand up for universal norms and values. This is not self-centred, because it means you no longer accept what is not acceptable according to a fundamental moral compass based on respect, truth, compassion and dignity, to name a few. Through consistent self-affirmation where you stand up for who you are and what you stand for, you ***eventually*** break the shackles of conformism and escape the emotional slavery of acceptance and recognition. ***EVENTUALLY!***

Self-confidence and self-respect are the character traits that support this transformation. Besides the merit of strengthening your self-esteem, these traits are externalised as the ability to believe in others and respect them in all their differences. As you have become more loyal to yourself, you can also become more loyal to others. Demonstrating the inner strength of your true nature can inspire other people in your sphere of influence to emulate you. Only

inspiration creates the important ripple effect that expands the consciousness wave and, in time, enables societal transformation.

***People appreciate it when someone has the ability and willingness to be selfless, creative, innovative or simply different by expressing their authenticity*** (their true self!). With such a mindset, people who came out of poverty have realised extraordinary achievements in their lives. If you read their success stories, each of them had to climb gigantic mountains. They managed to reach the top of those mountains not only because they were great leaders, but because they were not afraid to be who they were: *Authentic*. Helen Yang confirms that the simple origin of those exceptional people is the factor that specifically inspires others to set this step towards authenticity as well.



***"When people learn about one's incredible achievements, moral fortitude, and determination in the face of difficulties and obstacles, they are often inspired to do meaningful work for themselves.***

*Helen Immordino-Yang - Professor Psychology*

Therefore, rediscovering, empowering and consistently expressing your true self has a very positive and inspiring impact on others and how they perceive you. By expressing that authenticity, you will be recognised, acknowledged and appreciated as a transparent, honourable, honest and empathetic person. These are all characteristics that significantly boost your personal credibility. People are then magnetically attracted to you because they know you, trust you, and know what they can expect from you. Logically, this transformation will also be noticed by your family members, friends, acquaintances and colleagues. This may cause the occasional conflict because you refuse to fall back into your old roles. You might even lose touch with some people you have built a good relationship with. Bear in mind that some of these bonds may have been fictitious and only came about because you played a certain role in that relationship, or because you ignored a universal moral compass! The value of a bond is relative, which is why we also say that only in distress you get to know your true

friends. **Silent Hint 😊: One true friend is worth more than 1000 virtual friends on a social platform.**

By acting coherently with your true self, you will find that people open up much more easily because they sense your honesty, integrity and, above all, this coherence. We naturally trust people we know inside out because they make us feel safe. The increased trust you enjoy therefore allows you to better connect with others. These positive influences make an enormous difference when you want to share knowledge and inspire others. This is true on both a personal and professional level, which is why there is a lot of added value to be found when you communicate from your true self.

We have talked about coherence many times before because it is an essential mental, physiological and psychological state. In the context of connection and communication, coherence means that what you say and do resonates with your true self and is in line with *universal* values and norms. We repeat them again because they are essential for your personal transformation and for growing up to the best version of yourself. ***Universal means that it is not about your subjective personal values and norms, but rather about respect, human dignity and about honouring and protecting everyone's birth right of freedom and sovereignty.*** From those values, your communication becomes coherent, universally acceptable, and free of internal conflicts, polarities or hidden agendas. When you communicate with such an attitude and connect with positive feelings of empathy and compassion, then this connection can create heartbeat coherence. Perhaps you have experienced that during a dinner with a loved one when, you suddenly realise that everyone had already left the restaurant while you did not consciously see anyone leave. ***This kind of intense connection can only happen when you totally merge into oneness with each other in the here and now where egos dissolve.*** During such spontaneous experiences of oneness, there are no polarities, you don't play roles, and you are permanently in the flow state. In chapter 11 we dive deeper into this magical flow state and discuss the leading role the heart plays in it.



**" To make our world more meaningful, we need to shift our focus from putting our human mind first, to the centrality of human dignity and sovereignty.**

*Henry A. Kissinger - Ex Secretary of State US*

## 5. Cultivate humility and modesty

“Humble,” can mean the opposite of proud or arrogant, but it can also carry the connotation of being submissive, and this is exactly not the meaning we intend here. Therefore, we combine humility with modesty as having a “sane” and “moderate” view of oneself and one's abilities; it's being aware and recognize your own limitation and possibilities. When you cultivate humility and modesty you are preventing the attitudes of egotism ("I am right") and arrogance ("I am right, you are wrong, and I'm not listening to you). Both Egotism and arrogance prevent connection and the ability to actively listen to understand other people's perspectives.

At an individual level a combination of humility and modesty means having an accurate view of yourself—neither too high nor too low, knowing your strengths and abilities as well as your weaknesses and limitations. It also means to be honest with yourself, and integer during your exchanges with others. At the interpersonal level, this means having an other-oriented approach to life rather than a self-focus. This needs the development of empathy to discover the needs and wants of others, and to take those into consideration in your decisions and actions. These are all aspects we already emphasized as being important to optimize external communication and they all require you to temper the ongoing need of your ego to grow and manifest itself. That is the core meaning of humility and modesty, and the table below shows the positive properties of these character traits.

	<b>Characteristics compatible with humility and modesty</b>	<b>Characteristics counter to humility and modesty</b>
<b>1</b>	Willing to listen; Honourable and seek truth; Do not expect to receive rewards for right actions.	Focus on attention; Talk too much; Push OMAs and preferences when not asked; Bragg and use attention-getting tactics; Ostentatious.
<b>'s</b>	Receptive to difference and new ways of thinking; Have a teachable spirit.	Arrogant; "What I have to say is more important"; Inflated view of importance, gifts and abilities; "I'm better than others"; Unteachable.
<b>3</b>	Honour others; Serve others; Focus on others in service; Others over self.	Selfishly ambitious; Greedy; Want to be served and get own needs taken care of.
<b>4</b>	Seek input and perspectives of others; Seek and follow good counsel; Thank others for positive criticism; Easily admit being wrong. Repent wrong actions.	Do not accept criticism; Cannot admit being wrong. Not open to the perspective of others or to good advice.
<b>5</b>	Honest/open about who they are and areas they need growth; Aware of faults; Openly address faults; No need to elevate self; See themselves and others equal; Seek to build others up; Minimize other's wrong doings/shortcomings.	Perfectionism; Hide faults; Minimize own short- comings; Lack admitting mistakes; Defensive; Blame others; Can be deceitful by covering up faults and mistakes.
<b>6</b>	Gentle and patient; Thankful and grateful to Life; Genuinely glad for the success and luck of others.	Scornful; Angry; Contemptuous; Impatient or irritable; Jealous or envious; Lack of compassion.
<b>7</b>	Accurate view of gifts and abilities.	Victim complex; Poor me; Focus on lack of gifts and abilities; Complain all the time. Consumed by what others think about them.

<b>8</b>	Possess close relationships; Recognize value in others; Willingness to ask forgiveness; Talk about others only good or for their good.	Not having close relationships; Passing judgment; Using others; Ignoring others; Talking negative about others. Gossiping; Lack of forgiveness
<b>9</b>	Strong, yet flexible.	Wilful; Stubborn.
<b>10</b>	Theocentric; Recognition of being part of larger ecosystem; Realize higher power	Anthropocentric; Exalts self; or “He is here for me”

## 6. Engage external experts

Sufficient authority and credibility are necessary if you aim for acceptance of the insights and information you want to share. This is especially necessary if you want to share specialised knowledge on topics that are not well known to the general public. Without enjoying the status of a recognised expert in that specific field of knowledge, your story will in many cases appear implausible. That subjective evaluation of your status may even make acceptance of the information you want to share impossible. For example, as a biologist, it will be easier to explain new insights from quantum biology than if you are an accountant. **Silent Hint 😊:** **"Recognised" experts which appear in mainstream media may be politically appointed media figures who recite conformist narratives.**

The ego, hidden agendas and OMAs can also create conflicts that compromise the objective evaluation of your insights, and thus your credibility. OMAs and hidden agendas are closely linked to your self-image, which is why conflicting information and everything "that is not allowed" is considered an attack on the ego. Nobody wants to appear ignorant or stupid – yet to be human is to feel insufficient in some areas of life – and any frontal attack on the ego mostly creates stiff resistance. With an ego clash it becomes impossible for your audience to evaluate your insights objectively and rationally, which results in their rejection. This rejection has nothing to do with the value and relevance of the information you are trying to share. It's either caused by the defence mechanism of OMAs or by a fight reaction of the ego to protect

or manifest itself. Many people share the hidden agenda of not being smart or good enough. Therefore, a new paradigm will appear even more threatening because "*what is not allowed*" always gets mentally magnified by the subconscious. Stupidity or ignorance thus becomes totally unacceptable, and you recognise this through aggressive reactions when this kind of hidden agenda is activated.

Referring to external experts offers an elegant solution to indirectly boost your credibility and avoid those unproductive and destructive ego conflicts. You then rely on credible sources and bring your insights not as your own story, but as the external story of those you perceive as experts.

We give a practical example where we introduce a conversation with an open-ended question such as: "What do you know about Professor Montagnier who died in 2022?" Here you combine the strategy of open-ended questions with the introduction of a third-party expert. Perhaps the person you are talking to has never heard about Professor Montagnier, but then you can explain that he was a Nobel laureate and famous virologist, etc. Once there is a mutual acceptance of the professor's credibility, you can explain the essence of his findings and insights. The information you now share comes from an outside source which both of you recognize as an expert, and this way you become an objective reporter. It's now the professor who shares the information, and the ego's watchdogs can quietly continue their siesta.

## **7. Refer to historical references.**

Referring to historical references is a simple but powerful way to boost your credibility. The concept relies on upgrading your interlocutor's frame of reference, which is largely responsible for evaluating of the information you want to share. A rigid frame of reference will always generate great resistance to new paradigms or confrontational insights because it pushes people too far out of their comfort zone. This is equally true when it comes to setting and achieving goals, and through our extensive experience with athletes, we have seen this

confirmed time and again. The story of a Belgian dance couple, Melissa and Michel, shows how you can upgrade a limiting frame of reference.

*When dance couple Melissa and Michel first visited Johan in early 2018, they expressed their desire to become world champions. Despite their intense training and many sacrifices, they had risen only very moderately in the world rankings. They had even travelled regularly to Italy to be coached by a former world champion pair. Johan asked a few questions to find out what exactly was holding them back, and eventually Michel revealed that as a Belgian couple they were perhaps too ambitious because Belgium meant nothing in the world of classical ballroom dancing. Melissa also confirmed that limiting belief.*

*After they left, Johan immediately went looking for historical references and soon found a top Belgian dancer, Joanna Leunis, who had become world champion in the discipline of Latin American dancing in 2008 and 2009. Even though this was a different dance discipline, this was proof that you don't have to be born in a "big" country to become a world champion! During the next session, Johan drew attention to this historical reference, as well as some other extraordinary achievements by dancers from small countries. Johan then proposed an MTA to upgrade their rigid frame of reference with a reinforcing belief system. The result of those interventions and other optimisations was remarkable. Melissa and Michel managed to improve their ranking within the next year, with a remarkable 64-place rise in the world rankings (from place 95 to 31).*

Melissa and Michel witnessed how historical references support upgrading your frame of reference, and **how what previously seemed impossible suddenly becomes possible**. You can employ the same strategy if you want to convince someone to accept challenging insights or a new paradigm. Do you remember we listed several references of historical medical blunders in the chapter about the fake news questionnaire? This was intended to expand your frame of reference with the insight that such medical blunders happen frequently. Danish professor

Peter Gotzsche precisely confirms this in his book with the self-explanatory title: *Deadly Medicine and Organised Crime*. That title is confrontational enough to grab your attention! In his book, he shows that prescription drugs are the third leading cause of death in Europe and the United States, and that half of these deaths occurred after correctly prescribing medication. Now we have the historical references and an expert as a "third party" to make our story about the dangers of medication completely credible!

There is an added advantage when you cite historical references or similar events. It shows that you have done your own research, and that always increases your personal credibility. Incorporating open-ended questions makes this strategy even more effective. You can ask, "What historical medical blunders are you aware of?" Chances are someone will be able to name one, and then you confirm their own story by adding a few more references. By combining historical references, an outside expert with open-ended questions, your story not only comes across as less threatening, but also becomes far more credible. How would it feel if, before reading this book, someone suddenly came up with the shocking statement that medication is the third leading cause of death in the US and Europe?

## **8. Adjust your communication mode.**

Adjusting your communication mode means that you have to consider that each individual expresses himself or herself according to his or her orientation. Each of us has a unique early developmental history, adult life experiences, and a different emotional life and personality. This also means that we all learn and communicate in a unique way or modus. We distinguish three modes of communication: visual, auditory and kinaesthetic. Everyone employs all of them to some extent, but we usually have a dominant mode. During your conversations, you can usually easily recognise the dominant mode of communication. Visual oriented people try to translate the internal images that arise in their mind in words. Therefore, they will talk fast in an attempt to follow the fast rhythm of those rapidly succeeding images. A visual person will also often use visual metaphors, such as: "I have a clear image", "I see it before my eyes", etcetera.

The auditory oriented pay less attention to images and more attention to their description by their inner voice. The rhythm of this process is much slower, which is why auditory-oriented people speak at a medium pace. You can also recognise their adapted metaphors: "That sounds good", "That rings a bell", "I hear what you are saying". Finally, we have the kinaesthetic people who are more focused on touch and feel. Their internal communication is even slower, and consequently so is their speech. Metaphors from tactile-oriented people then sound as follows: "That feels good", "You touch me", "It gives me chills".

Now, imagine for a moment a conversation between a kinaesthetic salesperson and visually oriented customer. The kinetic salesperson's slow speech could easily irritate the visual person, and his metaphors do not capture the customer's imagination either. The salesperson could easily hand over a brochure to the customer during his sales pitch, but that thought may not immediately occur to him. In such a scenario, the customer sits impatiently and irritably waiting for his hunger for visual imagery to be satisfied. Now and then, he might glance surreptitiously at the clock on his smartphone, and as a salesperson, you immediately know what time it is ... too late!

To avoid such scenarios of ineffective communication, you should first discover your interlocutor's communication mode. Then you can adjust the speed of your speech and adapt your use of words and metaphors to that person's mode. Adjusting your communication mode is a process of mirroring someone's traits with the intention of becoming more like that person. This is consistent with the insight that ***each resemblance weaves a new thread in the colourful fabric of connection.*** The more we resemble each other, the more we merge into oneness and that is exactly the essence of connection and coherence

In group communication, of course, this strategy is impossible because usually all modes are represented in the group. In this case, you better maintain a medium speech rate, employ a mix of metaphors and, if possible, illustrate your speech with audio-visual material. As an example of this mix of communication modes, we refer to our own Softenon story from Chapter 4:

Figure 22 **shows the mutilations** of some four victims (visual). It's difficult to put into **words** (auditory) **the emotional misery** (kinetic) that the victims and their families had to endure. We unfortunately **heard too little of their stories** (auditory) to be able to **empathise** better (kinetic) with the poor fate of those children.

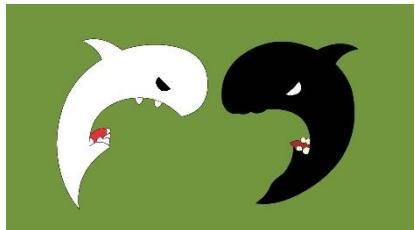
As you can see, we have integrated all modes in that brief description and the attached image appeals to both visually, auditory and kinetically oriented readers. Irrespective of our dominant mode, images always capture the imagination of everyone. Hence the saying: "A picture paints a thousand words".



**Fig. 22:** Softenon victims

## 9. Understand and accept polarities.

Understanding and accepting polarities for what they are is one of the keys to improving your connection during discussions. We have a natural tendency to see polarities as two conflicting extremes. As you know by now, they are fuelled by hidden agendas and OMAs, and are an inexhaustible source of endless heated discussions. But you can also make these polarities come across differently by **understanding and accepting** that there is no light without darkness, no love without hate, no peace without war, no religion without atheism, just to name a few. There are always two sides to the coin that are connected in unity. This is called symbiotic thinking, which in our dualistic thinking means that a concept of a cause cannot exist without the concept of an effect, and that the existence of one side of the coin is impossible without its polar opposite. Similarly, an object cannot exist without space because the object already takes up space by itself.



**Fig. 23:** Fighting polarities.



**Fig. 24:** Polarities unite as the Yin-Yang sign.

Figure 23 represents our general perception of conflicting polarities. The black and white sharks always remain engaged in a deadly battle. But if you look at figure 24 of those fish, you can see that in reality they are harmoniously connected in the Yin-Yang sign. Now imagine that the black fish would finally succeed to devour the white fish. What do you think the Yin-Yang sign would look like then? From our daily reality, we know that neither of those fish can ever succeed in devouring the other. This short metaphorical story brings us the insight that all polarities are complementary. Rich and poor, religious or atheist, educated or uneducated, selfish or altruistic are not only complementary but they are also relative and context sensitive.



*"Yes, I am the most selfish person in the world. However, since this foundation is mine (and yours), I want it to be maximally successful, including all members involved, meaning you will be successful. And since this world is our world, and we want it to be saved and restored, we are the greediest people in the world. When you take greed and expand yourself to encompass the whole world, "greed" becomes a good word..."*

*Tomeo M. Gressard - Founder Marine Foundation*

Tomeo Gressard explains precisely that it is not a coincidence that the black and white "fish" of the Yin Yang sign also have, respectively, a small white/black "eye" of opposite colour. This symbolises the relativity and context sensitivity of polarities as well as their symbiotic nature. Accepting the harmonious co-existence, relativity and context sensitivity of polarities can completely change the way they appear to you. Even life and death are conjoined as Stephen Shafer explains in the quote below. With these insights you dissolve the compelling duality of polarities as well as the negative feelings you habitually associate with what you previously perceived as the unacceptable negative side of the coin. From the 6E cycle, you already understand that reversing those negative emotions has a direct effect on your

behaviour. Concretely, this means a higher tolerance for "being different" because the obstacle of polarities disappears. This enables you to connect in harmony with a wide variety of people.



**"Life and death are conjoined in cyclic patterns where endings become new beginnings.** In order to address crisis in practical ways, current global problems must be viewed as an opportunity—a prospective for humanitarian heart-mind agency to establish a blueprint for a future Culture of Conscience.

*Stephen B. Shafer - Emeritus professor Psychology*

## **10. Keep expanding your knowledge about communication**

There are other ways to improve your external communication, and it's easy to fill a few bookshelves with publications dedicated to this fascinating topic. Within the scope of this chapter, we have focused on essential aspects that are in function of better connecting and sharing insights and information. If you are interested in delving further into communication skills, the following books are recommended: *How to Win Friends and Influence People* by Dale Carnegie (a classic), *Difficult Conversations* by Douglas Stone, and *Words "That Work"* by Dr. Frank Luntz.

### **Control Your Inner Voice**

The internal stories that pop up in your mind about events or situations mainly come from your subconscious troublemaker. This is the inner voice you hear that never stops interfering with everything, and it seems impossible to anticipate the next story that is going to pop up in your mind. That voice can sound encouraging, like an inner coach boosting your confidence, whispering instructions to you and stimulating your good performance. But it can also sound like a nagging coach who sabotages your success with negative comments and sarcastic self-criticism. To experience this lack of control over your inner voice, you can now try to imagine what you will be thinking about in a minute, or even within the next 15 seconds. This experiment demonstrates the lack of control over your subconscious narrative thinking.

It is typical for your inner voice that it has an opinion about everything because its stories are inspired by the polarities of your OMAs, values and norms. Bear in mind here that all those stories and images that pop up in your mind, and the comments on them by your inner voice, are pure fiction. They result from the experiences and evaluations of previous 6E CYCLES that are always driven by the same subconscious influencers. As we already discovered, these influencers are mainly programmed into your mind by your educators and other external authority figures. This means that your inner voice is usually nothing more than the echo of the inner voice of external authorities. Therefore, we reaffirm the important insight that you are NOT your inner voice. **You have an inner voice!**



#### **Knowledge Insight**

Your inner voice is usually nothing more ***than the echo of the inner voice of external authorities.*** You are NOT your inner voice!

Meanwhile, you discovered that the habitual stories of your inner voice are predominantly accusatory and negative. As a result, they always trigger feelings of fear, anger, frustration, and doubt. Negative emotions always have a disastrous impact on your performance because your primitive brain kicks in, completely emigrating you from the here and now. There are several reasons for that predominant negativism of the habitual story thinking of your inner voice. Let us dive a bit deeper into that topic.

First, it turns out that about seventy per cent of all your conscious and unconscious thoughts are negatively tainted. This is primarily due to the characteristics of the "old brain" that was historically formed in function of survival. Therefore, it focuses mainly on registering dangerous and threatening conditions. Your upbringing also contributes to these predominantly negative thoughts when you are told what is *not* allowed and *not* possible, which steers your focus towards everything that is perceived as negative. Finally, the CUPCA world also contributes to increasing insecurity and chronic anxiety. The conclusion is that we

are predominantly negatively programmed by external and internal influences, and this gets reflected in the never-ending problem and panic stories of your inner voice.

Given that these stories are subconsciously directed, you are usually unaware that you play the role of a victim as the protagonist in all these stories. Again, you can see how conscious ignorance keeps showing up as a symptom of the brain pandemic, and how it prevents emotional self-regulation. So, we lapse back into a situation where you cannot solve the problem because you are not consciously aware of the problem. It comes down to getting that subconscious troublemaker under control and turning those destructive stories into more constructive scenarios. The methodology for this consists first of all of self-monitoring those inner stories.

The process of self-monitoring where you observe your thoughts and emotions as a spectator supports the understanding that *you are not your thoughts, but have thoughts, just as you are not your emotions, but have emotions*. As soon as you take on the role of a spectator, your involvement decreases because you distance yourself from your problem- and panic-stories. Now you can safely watch them from a distance and better evaluate the feelings they arouse. Once you are dissociated from your inner voice you can understand what exactly is happening. This is a functional process of meta-thinking where you objectively observe and analyse the roles you play with common sense. It can also help by giving a name to your inner voice, and this 3rd person representation supports the idea that you are not your inner voice, and that you can ask it to shut up! Giving it a name that sounds stupid and clueless might add benefit to this simple method. Make a habit of this simple method and you will be surprised how it fosters peace of mind and increases your productivity!

When you observe your acting and the tone of your inner voice like a camera, you will probably discover that you are mainly playing a victim role where you are subject to feelings of fear, doubt, anger and frustration. The significant difference is that you have now emotionally distanced yourself from your inner voice, allowing your primitive brain to calm down. The rational capacities of your prefrontal cortex are reactivated, and now you can apply functional thinking to consciously re-evaluate the story. This objective evaluation might

arouse different emotions and let you better assess what behaviour or action is required. This method is applicable to both external events and internal stories of your inner voice that take place in the future or in the past. Remember, your subconscious mind does not distinguish between fiction and reality, and therefore your primitive brain may as well be activated by the feelings of fear that are generated when you relive past dramatic events in your mind.

By now, you know from the 6E ORBIT how problem and panic thinking activate your primitive brain that prevents you from taking effective action in the here and now. This is just as true while reliving problem and panic stories of your inner voice! Therefore, the decisions you make as an actor in these mind movies are likewise driven by the same subconscious processes that drive 95% of your habitual behaviour in the physical world. In other words, your imagined behaviour during subconscious story thinking reflects your habitual behaviour in the material world, and vice versa! This is an important insight.

Luckily, as an objective observer, you have the power to interrupt the scenarios of those inner stories by pressing the "pause" button! This is a conscious pattern interruption that can be compared to putting a scratch on an old vinyl LP. A scratch on a vinyl LP also prevents the music from continuing to play. Once you take control as the conscious director of the story, you take the first step to escaping from the restrictive 6E ORBIT of endless problem thinking. Such pattern interrupts are a form of functional thinking, and they enable you to block the interference of your inner voice and bring you back in the here and now.

During the self-monitoring of your internal stories, you may notice that your inner voice also lacks language awareness. The habitual vocabulary of all those inner stories will employ the same generalisations, vague expressions, and inappropriate use of emotionally charged words that you use during your external conversations. We have already discussed language awareness at length, and you can apply exactly the same method to optimise the habitual vocabulary of your inner voice! This is very useful, because by upgrading the language awareness of your inner voice, you automatically develop language awareness for your external communication.



### **Knowledge Insight**

Your imagined behaviour during subconscious story thinking reflects your habitual behaviour in the material world, and vice versa!

Other insights about external communication also apply to the stories of your inner voice. Polarities always become part of those stories and the fact that you play different roles indicates that you are not your authentic self even in your thinking. The discussion of external communication also brought the insight that knowing and understanding others promotes connectedness. At first glance, this insight seems limited to the realm of interactions with others. But perhaps it is not! Your internal communication with the actors of your inner voice can equally be considered a form of external communication. By getting to know and understand these actors better, you can better interact with them. "Interacting" should be understood as knowing their origins, understanding their behaviour, with the intention to re-evaluate the stories they bring by placing them in the right context of more objective reality.

Indeed, those stories always unfold in fictional reality illusions, and as protagonists in those stories, you take on personalities that express your own subconscious limitations. Fortunately, you already have an extensive toolbox to upgrade your subconscious by boosting your self-image, clearing hidden agendas, and replacing useless and obsolete OMAs with positive and empowering beliefs. Meanwhile, you also have the knowledge to escape that virtual world by sharpening your perception with the objectivity of a camera. All these interventions are part of cleaning up your subconscious (process 3 of the synergistic brain upgrade), allowing you to turn all those internal stories into more positive scenarios in which you, the subject, play a proactive role. ***This means that the evolution from suffering object to proactive subject is also applicable to the stories of your inner voice.***

Meta-thinking where you reflect on your inner voice is a form of introspection that spontaneously leads to self-regulation. That process becomes easier the more you can distance yourself, which is why employing the 3rd person is a useful tool. First person – the “I” form

– is mostly dismissive as the result of a negative self-image or due to the focus of hidden agendas on everything that is not allowed. Therefore, during internal conversations, we advise you to use your own name because it brings more calmness and is less pedantic or dismissive. In a scenario of functional thinking, this might sound like this: "Johan is now concentrating on this paragraph", or "Johan is now thinking of a good conclusion".

We can practically explain the limiting influence of our inner voice on the decisions we make with a story about Solo. Just before we got to know Solo, he was offered the chance to join a US team that would compete in the Daytona class. Racing in that class would be a huge upgrade over his current F4 class and would also ensure his financial independence. If he accepted the proposal, however, he would have to move to the United States. Remembering Solo's learned helplessness, you can easily guess the panic stories of his inner voice.

In those stories, he played the role of a victim that had to solve all the problems his mother traditionally took care of. As a control freak, the idea of a totally uncharted world was very threatening. Clearly, his learned helplessness did not support such an adventurous future at all. The idea of losing control of his well-organised little life was immediately magnified by his hidden agenda and created several doomsday scenarios in which he emotionally perished. All those negative emotions of his panic thinking activated his primitive brain, and this restricted his reaction to fleeing, fighting or freezing. Solo opted for an escape response, making up all sorts of fallacies to turn down this generous offer. Missed opportunity!

All those stories are fiction, and you already know that you can avoid that problem thinking by applying functional thinking and pattern interrupts. Developing the skill to consistently monitor and interrupt the stories of your inner voice is a great method to reclaim control of your emotions. Functional thinking in the here and now prevents chronic mental emigration that characterises the brain pandemic driven by the thought addiction of your subconscious. As always, this process requires an evolution from unconscious ignorance of your inner stories to conscious expertise. Anyone can succeed in this because it only takes sufficient practice and motivation, just as it does for developing any skill.

## Evaluation Chapter 10 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 11

# The Heart and Flow State



## The Heart and Flow State

### Characteristics of the Flow State

In the previous chapters, we mainly talked about mental challenges related to consciousness, the subconscious and the way we communicate. The activation of our primitive brain was also often mentioned as an annoying troublemaker. Now it is high time to bring the role of the heart into focus, and how the interactions between our heart and brain affect the course of the 6E CYCLE. Among other things, our focus here is on the flow state. Flow state is an exceptional physiological and mental state of connectedness that enables peak performance. We could describe this magical flow state as follows: A coherent state characterised by an ego-less intense connection with the here and now, which enables top physical or mental performance. Let us briefly explain these main characteristics:

- ✓ **Coherent:** Coherence refers to the physical state of heart rate coherence (HRC) characterised by predominant low Alpha brainwave activity. Coherence significantly improves your mental and physical performance.
- ✓ **Intensely connected:** Being connected to reality and absorbed by the environment allows better adaptation to what is really going on. This contrasts with the problem thinking that occurs in reality illusions of distorted perception.
- ✓ **In the here and now:** Only when you are present in the here and now can you perform tasks, as opposed to the state of mental emigration inherent in problem thinking. In the flow state, you are continuously connected to the flow of micro now-moments of unfolding reality. In such a state, reflections on the past or the future are impossible.
- ✓ **Ego-less:** When you are fully connected to your environment, you become one with it. This ultimate form of connection prevents the interference of the ego, which is located in the frontal cortex of your brain. The scientific term for the corresponding brain state

is "hypo-frontality", meaning that your frontal cortex, the playing field of ego and time awareness, is deactivated to a large extent during the flow state. Your experience of time becomes relative and therefore time can pass both seemingly faster and slower.

Besides connection to the here and now, achieving a flow state also requires self-regulation. Emotional self-regulation belongs to the domain of emotional intelligence (EQ) and allows you to avoid the negative impact of problem thinking. Managing your emotions prevents the activation of the primitive brain. It's precisely the flight, fight and freeze responses of your primitive brain that put you in an incoherent state. Willem beautifully describes how we learned to cycle as children and experienced flow state without knowing it.



#### **Out of Willem's interventions - About cycling and flow state'.**

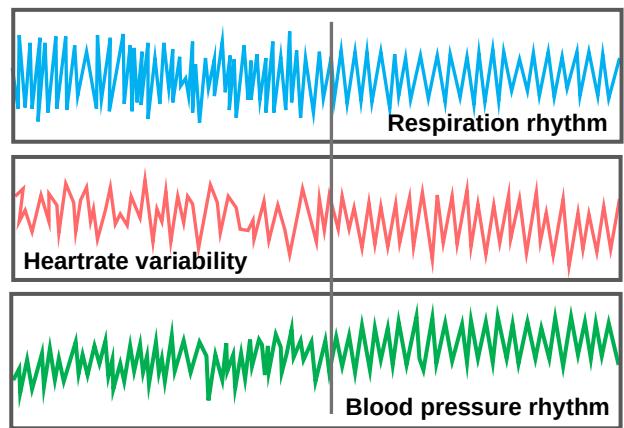
*When you start cycling as a child, it is difficult to be able to cycle in one go. It usually starts with a tricycle that you just sit on and start pedaling. It is wonderful cycling with that tricycle, until you realize that cycling without those side wheels is much cooler.*

*They go off and Dad walks next to you to make sure you don't fall. Then he lets you go without you realizing it, and you cycle away without thinking about it any further. At that moment you are in flow state! Thinking falls away and suddenly you could cycle because your body had taken over from your thinking. **Once you can cycle, you can't 'no longer cycle' because the subconscious motor skills of your body have taken over from your stilled thinking.** Technical skills in sports disciplines are carried out in a flow state if you allow your body to take over from your thinking in this way. Problem thinking and learned helplessness prevent that process, and therefore it helps to dive into the unknown and quiet your thinking with tasks in the here and now. Only then do you give your body the chance to perform better in flow state.*

From this brief introduction, it makes sense why the flow state is the holy grail for athletes striving for peak performance. However, we have recently noticed a clear trend of increasing interest from the business world. This is because the flow state also greatly improves your mental performance and stimulates your creativity. To better understand how this works, we need to delve into the fascinating capabilities of our heart. Heart rate coherence is one of those extraordinary capacities of the heart.

## **Heart Rate Coherence**

In our definition of the flow state, we have emphasised coherence, and more specifically heart rate coherence (HRC), as a crucial factor. HRC occurs when heart rate fluctuations are synchronised in phase with your breathing rhythm and with the fluctuations of your blood pressure (Fig. 25). The grey line indicates where a state of coherence starts. Synchronised systems always function more optimally and consume less energy because all processes are better aligned.



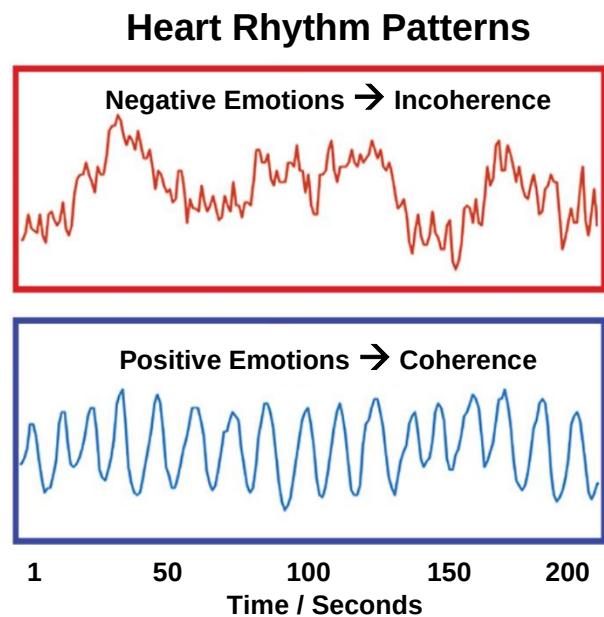
**Fig. 25:** coherence of synchronised body rhythms.

This explains why the flow state also significantly improves your physical and mental performance. Your emotional state plays an important regulatory role here. Several studies show that negative emotions lead to incoherence, while positive emotions promote coherence. Figure x shows how negative emotions result in a decoherent irregular heartbeat, and how positive emotions induce a coherent heart rhythm. This supports the power of positive thinking as opposed to the undermining effect of stress and negative thinking patterns.

Many studies have been conducted on HRC, and we can summarise the most important scientific findings with this a list of impressive benefits:

- ✓ Greater capacity for self-regulation
- ✓ 40% improvement in long-term memory
- ✓ 24% increase in short-term memory
- ✓ Increased focus
- ✓ More efficient processing of information
- ✓ Faster reaction times
- ✓ Higher scores on tests
- ✓ Greater ability to develop new skills

HRC necessitates positive emotions (Fig. 26), and this confirms the importance of emotions as the driving force of our behaviour within the course of the 6E cycle. The heart is your emotional centre and therefore it plays both an emotional and physiological role that significantly affects your performance level. In his paper "The Autonomic Nervous System and Emotion", Levenson emphasises the importance of emotions and, indirectly, the importance of the heart and HRC as follows: "In the evolutionary/functional view, emotions provide the key to coordinated, efficient behaviour in response to challenges and opportunities. **Rational thinking can disrupt the natural flow of positive emotions, leading to chaotic and inefficient behaviour.**"



**Fig. 26 - Positive emotions simulate heart coherence - Source: Heartmath Institute**

This is an indirect confirmation that problem or panic thinking prevents the flow state because negative thoughts also generate negative emotions. Fortunately, by now you have the insight and methods to block those negative interferences. It is pretty impressive when we go over the list of everything you've learned to suppress problem thinking and other negative influences from your subconscious mind. Among other things, you have been able to get rid of your OMAs, hidden agendas and negative aspects of your self-image. Furthermore, you have gained insights on internal and external communication, language awareness, dissociation techniques and, above all, how to use functional tasks in the here and now to block your subconscious jammers.

This last-mentioned method of functional thinking does much more than just block, because it is the perfect way to better focus on and connect with the here and now. Connecting with the flow of micro-moments is the most important condition for achieving a flow state. In other words, intense focus on functional tasks can initiate the flow state, and this is one of the reasons why this efficient method also significantly increases the performance of our race pilots. Of course, the flow state is providing a far greater advantage than optimising your physical performance, because it also increases your creative and mental capabilities. So, investing in more flow in your life can render massive added value.

The heart, as our emotional, physiological and electromagnetic centre, plays a key role in this increased efficiency. The heart is also the second most important nerve centre in your body, and it sends more signals to the brain than vice versa. One of her early findings is that the heart has a complex neural network extensive enough to be characterized as a heart-brain. It is an intricate network of ganglia, neurotransmitters, proteins and supporting cells, that can be compared with the brain in the head. Therefore, the heart-brain can equally learn, remember, feel, and make decisions independently. You can think of the heartbeat as an emotional barometer that permanently communicates with the brain and the rest of the body. The brain constantly looks at the heart-brain and decodes the information from the H

When you are in a state of heart coherence, your positive emotions stimulate specific brain waves in the lower Alpha frequencies. This is opposite to the high Beta frequencies that

are dominant in problem and panic thinking when negative feelings of fear, anger, frustration, and insecurity are aroused. This significance of HRC gets explained more in depth in the book 'Fiery World' as follows:

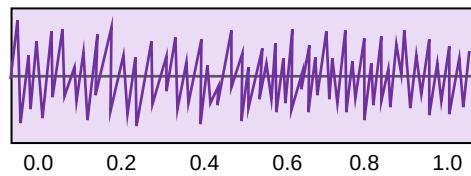
*Vibrations can evoke in the heart a great many subtle sensations [associated with the beauty of coherence]. If man could understand how to make use of affirmed [coherent] vibrations in order to draw forth subtle feelings from the depths of his heart, **it would be possible to avert many evil actions.***

This means that low Alfa brain waves are closely linked to HRC and hence to the flow state. Therefore, an explanation about the different brain frequencies is relevant.

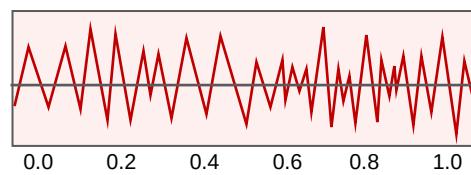
Our brain is an amazingly complex network of billions of neurons, and these neurons communicate with each other via electrical impulses. These impulses generate waves of different frequencies that can be detected with an EEG device. The nature of our brain waves depends heavily on what we do and what we feel, and these patterns can be recognised as the different brain frequencies. These are the main categories:

**Gamma waves** (30-100): Gamma waves (Fig. 27) have the highest frequency, and they relate to the simultaneous processing of information from different brain regions. During the flow state, there are peaks of Gamma waves that indicate intense activity in the brain.

**Beta waves** (12-30 Hz): Beta brain (Fig. 28) waves are associated with normal active consciousness, a heightened state of alertness, and with logical and critical thinking. In the higher frequencies, they can be a sign of stress. During problem and panic thinking you will mostly generate higher Beta waves.

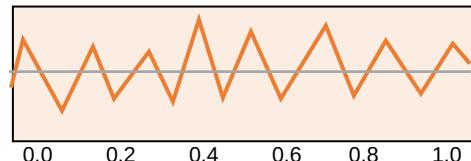


**Fig. 27: Gamma brain waves**



**Fig. 28: Beta brain waves**

**Alpha waves** (8-12 Hz): Alpha brain (Fig. 29) activity occurs when you are awake and relaxed. In this state, you are aware of your surroundings, calm, creative, peaceful and grounded. Flow state is characterized by low Alpha and high theta brain waves.



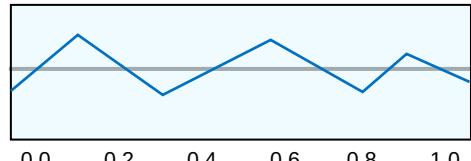
**Fig. 29:** Alfa brain waves

**Theta waves** (4-8 Hz): Theta brain activity (Fig. 30) is increased during meditation or light sleep dream. This is the frequency area of your subconscious in which your OMAS and hidden agendas are active. This is why we always integrate Theta wave technology into the audio files of MTAs.



**Fig. 30:** Theta brain waves

**Delta waves** (0-4 Hz): Delta waves (Fig. 31) are the lowest brain waves, and they are generated during deep meditation or during deep sleep.



**Fig. 31:** Delta brain waves

***The Alpha-Theta border area between 7-8 Hz is the frequency domain that characterises the flow state.*** This domain is located between the conscious and subconscious. Interestingly, in the context of developing new skills, we discover a correlation between stages of consciousness and our brainwave activity during this development process.

There are four stages of competence when learning a new skill, and they correlate perfectly with specific brainwave activity.

***Stage 1:*** You think you master a skill - ***unconscious incompetence - High Beta Waves***

This is the stage where you think you master a skill but are suddenly confronted with a situation where you massively fail to apply it. We refer back to Al's **AHA! Moment**, when he believed that by connecting with a massive wave, he could surf on it! Such an experience results in emotions of anxiety and stress which generate high Beta waves in your brain.

## **Stage 2:** You learn a new skill and are *consciously incompetent – Beta waves*

After the experience of stage 1 you understand that you don't master the skill at all and you become conscious incompetent. Now it takes a lot of mental effort and concentration to drive the new desired behaviour. It's an arduous process of trial and error which can feel uncomfortable and cause some stress. Conscious mental efforts and moderate stress levels always trigger Beta brain waves.

## **Stage 3.** You practice and become *consciously competent -- Alpha waves*

Once you master the new skill through repetition, it becomes easier, and those uncomfortable feelings disappear. Much less conscious effort is now required, and you are more relaxed. This relaxation flushes the initial stress hormones out of your system. and you become consciously competent. In this phase, your brain waves lower from Beta to the Alpha domain.

## **Stage 4.** With habit formation you become *unconsciously competent —Alpha-Theta waves.*

At this stage, the new skill is programmed into your subconscious as a habit. It requires no conscious effort because your actions are controlled by your autopilot. This is the state of unconscious competence where your brainwaves can drop to the Alpha-Theta boundary area that allows you to apply that skill in the flow state.

It's wrong to infer from that correlation that flow state depends mainly on the objective evaluation of your skills. This seems logical, but that reasoning does not consider the subjectivity with which you evaluate a challenge. Even if you enjoy expert status, the hidden agenda of not being good enough can prevent you from entering the flow state.

This leads to the conclusion that positive emotions are the determining factor, and if you want to experience more flow in your life, you need emotional self-regulation and mental resilience. Practically, this can be done by blocking off your problem thinking with functional tasks, and by developing the habit of associating positive feelings with uncomfortable situations. We have discussed all this in detail in the previous chapters, and therefore you already have a comprehensive methodology to inject more flow into your life.

We talked a lot about improved performances, but the list below shows that the benefits of the flow state largely extend beyond this optimisation.

- ✓ You are creative because of the dominant Alpha brainwaves.
- ✓ You are ready to tackle challenges in the most efficient way.
- ✓ You feel fully connected to the rhythms and vibrations of your environment.
- ✓ You enjoy strong intuitive impulses due to your increased coherence.
- ✓ There is no disruption of hidden agendas or restrictive OMAs.
- ✓ There is no rejection possible, nor a need for acceptance.
- ✓ You do not judge or condemn, and polarities disappear.
- ✓ Your self-image fades and your time consciousness becomes relative.
- ✓ You enjoy the process in a continuous stream of consecutive moments.
- ✓ You are intensely focused on tasks without worrying about the expected outcome.

This impressive list confirms that the flow state is very beneficial, and applicable in all areas of your life. In the previous chapter, we emphasised the need to better connect with ourselves and others. In doing so, we highlighted the negative influence of the ego and polar discussions caused by limiting OMAs and hidden agendas. In the flow state, your ego dissolves and therefore all polar stories and negative interferences from your subconscious are suppressed. This means that the flow state is the ultimate tool that frees you from all this subconscious ballast and allows you to intensely connect with yourself, others and your environment. On the cartoon on the next page, you can see how the dog FrouFrou and the other family members are completely in the flow and connected with their micro-environment. With strong ,negative emotions our heart rhythm becomes chaotic, and it often becomes difficult to think or focus. It is good to know that we can use our hearts to eliminate imbalance and bring more flow into our lives as The Knewits demonstrate.

# THE KNEWITS - IN THE FLOW



During that connection with others, the role of the heart becomes even more relevant as scientists discovered that the heart rhythms of two or more people in the flow state tend to synchronise. The heart is the strongest magnetic centre of the body, and it can be measured even from a distance of several metres. Even our different emotions have a characteristic frequency that can also be registered outside the body. The subconscious possesses the ability to perceive those frequencies and resonate with them empathetically. You can compare this to a tuning fork that vibrates when you play the note it produces on an instrument that is perfectly tuned to it. *In an analogous way the synchronisation between two hearts is the ultimate connection that enables empathic resonance of higher frequencies of love and compassion that connect us in oneness.* This is the so-needed coherence that we strive for and with which we can feed the wave of consciousness that catalyses both personal as societal transformation.

The list of benefits shows how the flow state can significantly boost your personal potential. But teams can also enjoy all those benefits. We already mentioned that synchronised systems are more efficient, which is why coherent teams operating in flow perform much better. When a team is in flow, egos dissolve and individual performance and feelings of personal recognition become secondary to the team's overall performance and recognition. *In such a cohesive team, the selfish ego disappears, and the teammates become the team.* This means that by connecting with the team, the members identify themselves as if they were the team themselves. In sports like football, you recognise this when players seem to "find" each other intuitively, as if they are telepathically connected. Only with HRC and flow you can accomplish such intense connection on a team level. As is true on a personal level, the team then enjoys heightened creativity and overall improved performances that transcend their normal performance. In such a coherent state it seems that the players are connected and communicate on an unknown energetic level. McCraty & Childre confirm this in their paper "Coherence bridging personal, social and global health" as follows: "*A growing body of evidence suggests that an energetic field is formed between individuals in coherent groups through which communication among all group members occurs simultaneously.* In other words, there is a literally an energetic group "field" that connects all the members." Again, we refer to

addendum 3 where Johan elaborates on the scientific background and working of information fields.

As an aside, we refer back to the danger of blindly accepting dogma and established science. From the combined context of dogma and connection, we note that the principle of telepathy has long been proven by the experiments of quantum science. Scientists first split an entangled photon into two particles and sent them at the speed of light in two opposite directions. Then they changed the spin direction of one of those particles and found that the spin of the second particle instantaneously changed its spin direction as well. This means that within the quantum world, information exchange between connected particles is a natural phenome. This removes the esoteric label that established science still attaches to it. **Silent Hint 😊: Be extra vigilant when you hear the popular slogan "follow the science".**

Moreover, it is fascinating to explain another disruptive insight of quantum biology. Experiments showed that the DNA of every living organism, human or non-human, is also characterised by such entangled connection. From all these discoveries, we can conclude that inner-connectedness and telepathy are universal characteristics applicable at micro and macro scales. ***Coherence appears to be inherently linked to biological life itself, and this supports our belief and conviction that the loss of global coherence is one of the greatest threats that humanity faces today.*** From this perspective, the flow state is not only important as a means of self-actualisation and higher personal achievement, but also as an important catalyst that allows deeper empathic connection and ego-less communication. In the next chapter on growing into the best version of yourself, we will explore that topic in more detail.

## ***Injecting More Flow in Your Life***

A lot of books have been written about the flow state, but it always comes down that everybody should strive for more flow in their lives. The following insights and methods can considerably help you to achieve that goal.

## 1. Keep your balance between skill and degree of difficulty

The flow state requires sufficient focus and motivation, and therefore tasks should be both challenging and rewarding. Motivation is the driving force of flow, and if a challenge is too easy or not adequately rewarding, there is insufficient incentive to engage fully. On the other hand, extreme challenges can cause stress and trigger negative emotions that prevent HRC and flow. Therefore, you should always strive for a balance between the difficulty of a challenge and your level of competence.

Figure 26 is based on the work of Mihaly Csikszentmihalyi, also called the father of the flow state. This enlightening diagram shows how various proportions between challenges and skills trigger different emotions and where the optimal zone for the flow state is located. From this diagram, you can also see why the CUPCA world generates so much chronic anxiety. This world is becoming ever more challenging, and the population lacks the belief and skills to face those challenges. This means that many people are constantly operating in the red zone and therefore suffer from chronic fear.

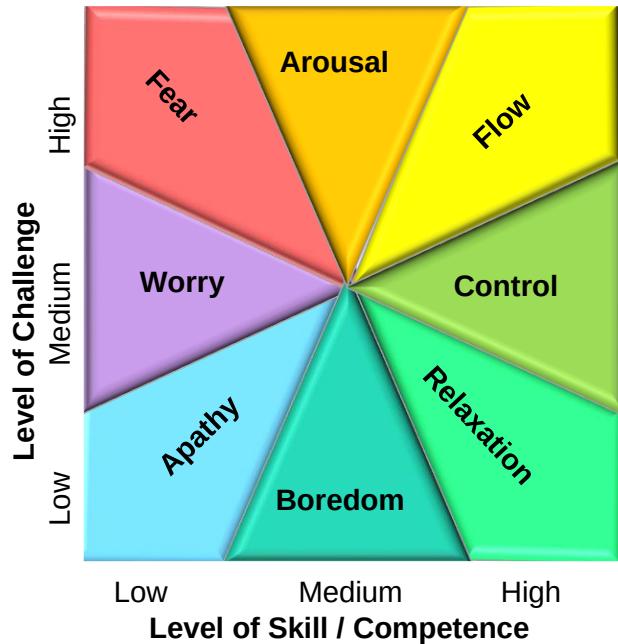


Fig. 32: Flow zone by Mihaly Csikszentmihalyi

## 2. Consider the duality of environmental factors.

The influence of the environment on the flow state can be viewed from two completely different perspectives. The first perspective arises from the understanding that the flow state requires a deep connection with the environment. This becomes easier the more familiar you are with that environment. The second perspective approaches the environment from the need

for sufficient challenge in which an unfamiliar enriching environment better fulfils this condition. Yet if the environment is too challenging it can also hinder flow state. A skilled race pilot can be bored to death on a small oval-shaped circuit, but also feel very uncomfortable when taking part in the famous Nüremburg race for the first time! So, skills and your frame of reference play a big role in the flow state story.

To become familiar with specific circuits, race pilots practise with simulators. ***Remember that knowing and understanding promotes connection and that connection triggers the flow state!*** Of course, simulators lack all the extra tools and methods of MTAs, but they still allow race pilots to familiarise themselves with the challenging aspects of a circuit. When the environment becomes less challenging you can still turn up the challenge by raising the bar of your prestation thermostat. Instead of racing for a top ten position, you now have the ambition to secure a place on the podium!

### ***3. Exercise heart-centred breathing.***

Heart-centred breathing consists of slow abdominal breathing combined with the voluntary arousal of positive emotions. This form of breathing induces HRC and lowers your brain waves, which are both essential criteria to enter the flow state. HRC requires positive emotions, and lowering your brainwaves is possible only when your body and mind are relaxed. Slow abdominal breathing is the fastest and easiest way to relax your body and lower your brainwaves. This slow breathing pattern stimulates your parasympathetic nervous system which relaxes your body.

To practise heart-centred breathing you need to consciously focus on your heart with intense positive feelings like gratitude, love or even forgiveness. Breathe in slowly using your diaphragm instead of breathing high and shallow, which is related to stress and anxiety. Then breathe out slowly without feeling uncomfortable with the tempo. The idea is to keep the rhythm as relaxed as possible while focusing on the good feelings of your heart. ***Focusing on a task in the here and now induces the flow state, and this also applies to mental tasks.*** Concentrating on your breathing promote an intense connection with your body and shields

you from the disturbing influences of the outside world. Therefore, heart-centred breathing can be considered as a form of meditation that trains your brain to automatically generate or stimulate a desired physiological state. In this case the flow state.

Once you master the simple technique of this breathing exercise, you can gradually make it habitual. With enough repetition and practice, this routine will create a neural association in your brain that links this breathing habit to the desired flow state. Many habitual behaviours are triggered by a cue and then directed from our subconscious by building neural associations. In the case of heart-centred breathing, the cue is itself a method to achieve the flow state and that is specifically the reason why this is such a magical combination. **Reprogramming your subconscious to trigger flow state is a powerful brain upgrade that can significantly improve both your mental and physical performance.** Nancy Andreasen confirms that training effectively changes the brain structure and that this can improve the quality of your daily life. It is only the neuroplasticity of the brain that makes this possible.



**"People can change their brain by training it with the practice of meditation. In this way, they can improve the quality of their moment-to-moment awareness, not only during meditation, but also during their daily lives.**

*Nancy C. Andreasen, Psychiatrist and Author*

#### **4. Block your story thinking.**

Problem and panic thinking are ruled out if you want to achieve flow state, because the self-awareness of your ego always appears on the foreground during these stories. This happens when the internal voice of your story thinking interferes with everything and puts mental pressure on you. That pressure comes from the story you create about the situation, and not from the situation itself. In a state of high self-awareness, you are caught up in the polarities of those inner stories, leaving no room for spontaneous and creative impulses. In all

those stories, you are limited by your frame of reference and sabotaged by your hidden agendas. This contrasts with the connectedness of the flow state in which you become one with your environment and open to experiments and discoveries. With functional thinking and goal-oriented tasks you can block your story thinking and better connect with the flow of micro now-moments in the here and now.

*Willem recognises the power of this subconscious connection in Solo's exceptional performance. Solo is at his best when he performs his tasks in the flow state and rides in "the not knowing" with a lowered self-awareness. You are absolutely at your best when you apply functional thinking in a state of connected consciousness. When your voice (ego) dissolves in the intense experience of the moment, your personality disappears, inducing peace of mind and creative energy. In such a state Solo is pure connected consciousness! When Willem then asks Solo how he rode that perfect race and achieved another top performance, he answers: I don't know how even if you beat me to death!*



#### Out of Willem's interventions - About 'Flow'

*We know that if you start thinking during a race, you've already lost. If a driver starts to worry beforehand, or starts thinking in the car, it immediately negatively effects the metabolisms in his brain and body.*

*This makes it impossible to drive in the flow! Only in the flow can you drive intuitively and in the moment and achieve top performances like Solo!*

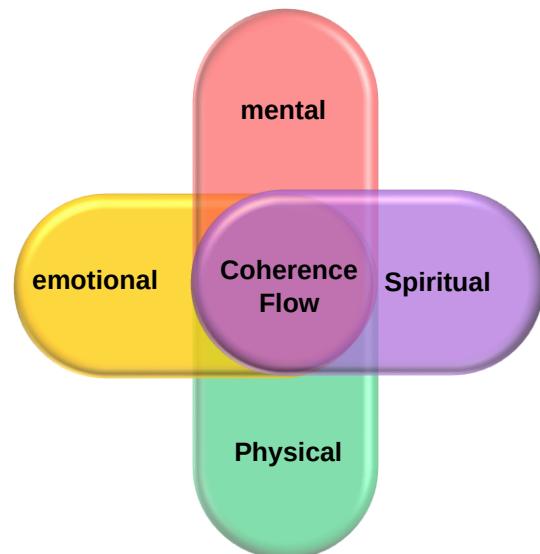
## 5. **Timely hydrate your brain.**

The flow state needs prolonged intense focus on tasks, and this requires a lot of energy from your brain. The brain is made up of more than 70 per cent water, and to function properly, it needs to stay well hydrated, just like the rest of your body. Dehydration of your brain will result in mental fog and a languid tired feeling, which will reduce your concentration and

prevent you from maintaining the flow state. Make sure you drink plenty of high-quality mineral water and eat as many water-rich fruits and vegetables as possible. This is important not only for your mental capabilities, but also for various metabolic processes such as detoxification, digestion and so on.

## 6. Build general resilience

We already talked extensively about the comfort zone and the need to build mental and emotional resilience. The fact is that your primitive brain is activated as soon as you experience something threatening, which pushes you out of flow state. Therefore, everything depends on your resilience, and in addition to mental and emotional dimensions, we also recognize the importance of physical and spiritual resilience. If you succeed in optimizing all four dimensions, then you have developed general resilience which can firmly anchor you in flow (Fig. 33). ***This is enabled by a stable state of coherence, in which you can function optimally and are optimally prepared for challenges and unexpected circumstances.***



**Fig. 33:** Resilience, flow en coherence

Coherence and flow are not character traits but a specific state in which cognitive, emotional and physiological processes run more efficiently. We can briefly explain the various dimensions of resilience that contribute to these states as follows:

- ✓ **Physical resilience:** This includes all physical characteristics such as strength, your pain threshold and endurance, flexibility of your body, and your general athletic ability.

- ✓ **Mental resilience:** This mainly depends on mental abilities such as focus, concentration and mental flexibility. An optimistic and proactive attitude also belongs to that domain, as does your tolerance for conflicting points of view.
- ✓ **Emotional resilience:** your self-regulating capacity and stress resistance play an important role in dealing with negative emotions. EQ and empathy support emotional resilience because they allow you to better understand your own emotions and those of others, allowing you to better deal with stress and anxiety. Even a sense of humour is contributing because it neutralizes stress and negative emotions. This domain also includes your interpersonal relationships and the degree to which you are emotionally flexible to deal with confrontations.
- ✓ **Spiritual resilience:** Spiritually resilient individuals know who they are, what values and standards they uphold, and they have learned from their own experiences to turn challenges and failures into positive growth. When we mention values, we refer to universal values such as gratitude, compassion, serenity and respect. The degree to which you are tolerant of the values, OMAs and spiritual orientation of others also determines your spiritual resilience.

## 7. Write down a clear predetermined goal.

A clear predetermined goal or outcome determines the difficulty of the challenge. Without that clarity, you will find it hard to create the required field of tension between your skills and the challenge. **It is precisely this field of tension that enables and triggers the flow state, which is why your goals should always generate enough excitement without exceeding your tolerance for stress.** This means that even to achieve the flow state you need challenging goals that push you out of your comfort zone. From our elaboration on the comfort prison of the 6E ORBIT, you already know that there is no field of tension to be found within the limitation of the comfort zone as it results in comfortable habitual behaviour that limits your performance.

Once you have set goals ready and clear with pen and paper, functional tasks automatically start leading you to your goals. This is the power of process thinking in the here and now that likewise triggers the flow state. Setting goals is a skill in itself. After registration on our website [www.yourbrainlab.com](http://www.yourbrainlab.com) you will get access to a document about goals which is the first module of the EFO programme (Escape from Orbit) that we will develop.

### ***Task: Read the next chapter in the flow state***

Now that you have a better understanding of the benefits and conditions of the flow state, we invite you to put everything you have learnt into practice. For this exercise, ***we transform the slogan "just do it" into "just do it NOW"***. We suggest you read the next chapter while you are in the flow state. To prepare for this, write down that intention clearly as follows: "..... (Your Name) has the Intention to read the next chapter with increased Focus".

.....  
.....

With this affirmation, you apply two of the four FIFI criteria, which significantly optimises the acquisition of new knowledge and insights. You can experience these psychological gains directly yourself provided that while reading the next chapter with positive feelings (Intensity), you add the third "I" that is missing from your affirmation.

Before you start reading, we advise you to practise heart-centred breathing for three minutes to relax and lower your brainwaves. Whenever you feel you lose concentration while reading, you can repeat that session. Make sure you step into that experience with stimulated curiosity and an open mind. After reading the next chapter, you can judge for yourself your increased ability to summarise the insights and important aspects during your chapter evaluation. Go for it now!

## Evaluation Chapter 11 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

.....  
.....  
.....  
.....

## Chapter 12

# Growing Up to the Best Version of Yourself



## ***Growing Up to the Best Version Yourself***

The title of this chapter may seem misleading to you because it may insinuate that you are currently not good enough. That is not the intention, because being the best version of yourself has nothing to do with your current performance level. Growing up to be the best version of yourself relates to expanding your self-focused nurturing circle by thinking with your heartbrain and finding new meaning in contribution. To whom and what you will contribute to solely depends on your willingness to expand your nurturing circle. People with the very smallest nurturing circle have a narcissistic mindset and only take care of themselves. At the extreme other end, you find those with a cosmos-centric mindset who feel universally connected to everything and everyone. These are the pure altruists who radiate unconditional love to all creation.

### ***Current Paradigm that Leads to Chaos in Society***

The need to expand your caregiving circle can be better understood if you place it in the social context of the CUPCA world, with its own characterised challenges. A major critical challenge is the rising trend of disconnection that fosters a narcissistic mindset. With increased uncertainty, complexity and chaos, we are increasingly preoccupied with our personal problems. Then you see how people live their own carefully shielded lives in the false security of their comfort zone where they care only for a small intimate circle. This is fuelled by an anxiety-inducing worldview where they overprotectively try to control everything they have gathered. These fears were exacerbated by the gigantic economic and financial crisis looming in 2022.

The root causes of this crisis can be found in the human unfriendly ideology of the current paradigm on which our economic and financial structures are based. This is the ego-driven patriarchal model characterised by male aggression and unbridled materialism. This is a world where domination, exploitation and control are central themes and the main purpose

of life is reduced to the greedy accumulation of money, material stuff, power and influence. This greed serves mainly to compensate for the loss of our fundamental sense of freedom and the emotional vacuum created by lack of connection with ourselves, with others and with our natural environment. In this view, acquiring more money and power becomes a surrogate in which we use status to create an artificial identity, and try to buy off our lost sense of freedom with material possessions. We now know that this emotional and existential vacuum can never be filled with material wealth. At the higher echelons of power structures and globalist organisations, we recognise the same problem.

All old and current power structures and globalist organisations have emerged from this patriarchal model characterised by the dominance of the left brain and aggressive expansionism to obtain more influence, power and control. Therefore, the "old normal", as referred to during the lockdown periods of the covid crisis, can NEVER bring any relief to humanity. *In this way, we as a society have been circling the 6E ORBIT for thousands of years because the victors from the ruins of wars and revolutions keep rebuilding society with the blueprint of the same old destructive paradigm.* This is why humanity has never really won a single war because those who win logically should benefit from their victory. Unfortunately, this has never happened before because humanity appears to be losing more and more in a technocratically dominated world that is spiralling downwards in a disconnected chaos. In his article 'A Feminine Balance Needed to Avert Human Extinction', Robert Pope has confirmed that this left-brain dominance, which he describes as the driving force of human's killer-ape instinct, as the cause of the chaos and destruction that could lead to the extinction of humanity. This confirms the urgent need for a new paradigm to prevent the complete collapse of our society, our ecosystem and even the existence of humanity as we know it now.



**"When the prevailing global masculine emphasis on waging war is simply counter-balanced with its feminine Yin Yang's mathematical equivalent, then humanity can surge ahead into an obvious human survival futuristic era.**

*Robert Pope - Professor of Neurological Physics & Author*

With this insight, it is easier to understand why we are the only race destroying our own natural habitat through overexploitation and chronic self-poisoning. The same unbridled pursuit of more money, power and, above all, more control causes the perversion of our political, medical, financial, scientific, educational and legal institutions. These important insights are missing from the world's population because they are overwhelmed by the daily disaster soap of wars, epidemics and other frightening events as an ongoing distraction from the underlying fundamental problems.

At the top of this list of critical problems is the rising and life-threatening toxicity of air, water, food, soils, and medication. Everything becomes synthetic, chemical and artificial, slowly but steadily eroding our connection with nature. The consequences are epigenetic epidemics of cancer and chronic diseases that, as you understand by now, have nothing to do with our DNA! The media sphere, on the other hand, is responsible for the intoxication of our brain with terrifying reality illusions, false OMA's, and dystopian future prospects. Even our high-tech communication technologies, based on harmful microwaves, contribute to the ever-increasing toxicity of our living environment. In the cartoon below you can see the effect of indoctrination by media propaganda about future pandemics. In the cartoon on the next page Cocoa is already anticipating the next pandemic, and so we are evolving further and further towards social isolation and an artificial world of disconnection.

It's high time to turn the tide, and a global transformation based on new paradigms is needed to escape from this toxic spiral of self-centred patriarchal materialism and disconnection. It is paradoxical to think of our race as the most intelligent species on Earth while we chronically poison ourselves and throw our ecosystem out of balance to such an extent that certain scientists already talk about the next human-caused apocalypse! ***Everybody is witness of these symptoms, but to solve a problem we need to understand the root cause of those symptoms.*** We point out again that all our historical revolutions and wars were nothing more than symptomatic treatments of a sick society while the deeper causes have been dormant for eons.

## THE KNEWITS - VIRTUAL TRAVELLING



The untreated main cause and source of all big crises is the self-interested patriarchal model that sickened social structures and organisations. In this model, the dominance of our left-brain half reigns supreme and male Martian aggression triumphs. The Darwinian principle of survival of the fittest is hereby unscrupulously applied in all domains of society. The strongest and smartest get richer and more powerful while the lesser candidates get the crumbs of what remains. Then you can see how one of the richest countries in diamonds like Sierra Leone has the poorest population. There is clearly a fundamental problem with our current money system because it takes too little account of the qualitative values and only the quantitative value. We are simultaneously individually and collectively out of balance *and* disconnected because we have unconsciously banished the feminine nurturing, which also stands for unconditional love, connection and empathy. The Yin fish gradually transformed into an all-consuming piranha that has been gnawing away at the Yang fish for millennia. That

balance can only be restored by upgrading and cultivating the Yang fish's primal feminine power. Plato was already aware of this a few thousand years ago, as Robert Pope confirms in the quote below from one of his scientific papers on Newton's 3rd law.



"

*Plato recognized that womanhood is ordained to balance "reality" with men on all metaphorical scales — including the economy, posterity, education, and culture..*

*The Sacred Feminine is destined to play an equal function to man in order to establish a human survival-based education system which fosters the health and well-being of global humanity's children.*

*Robert Pope - Author & Philosopher*

The second fundamental cause can be discovered in the universal laws that we recognize in the way an ecosystem thrives. In our ecosystem, we see how in herd animals, the survival of the herd, or race, is always assigned a higher hierarchy than the survival of an individual animal. Some male spiders even risk their lives, as they may be devoured by the much larger females after mating. Other animals spontaneously sacrifice themselves to predators as a distraction to give their offspring a chance to escape. These are just a few examples of individual self-sacrifice, but some animals like ants go a step further. When ants migrate to form a new colony, hundreds of thousands of ants move in the same direction, as if they are all connected by one central consciousness. When such a coherent colony needs to cross water, thousands of ants form a living bridge and sacrifice themselves for the sake of the colony. The inner connectedness of those ants in this living bridge is a similar process as the loss of individual self-consciousness you experience in flow state.

On an even larger scale, the survival of the ecosystem is more important than the survival of an individual species. Therefore, the ecosystem always strives to find a balance so that life in general can thrive and evolve. Ecosystems not only exhibit a hierarchical structure but are also highly symbiotic. At the micro-scale, the ecosystem of our human microbiome

and viroom demonstrates a similar symbiotic orientation. With our eight per cent viral DNA, we **have** more viruses in our bodies than body cells, and humans could never have survived evolutionarily without them. The word "have" is emphasised here because viruses do not actually live. They have no digestive system, nervous system, respiratory system, internal reproductive system, or receptors to communicate with their environment or with other viruses. Therefore, they have NO consciousness or survival instinct to mutate as the current medical establishment wants us to believe. **Silent Hint ☺: Conduct some research exosomes and find the similarities to viruses.**

Our microbiome also consists of hundreds of distinct species of bacteria that collectively outnumber human cells. All these bacteria live together symbiotically in our body's ecosystem, performing vital metabolic functions. Our health is largely determined by the ability to keep this internal ecosystem in balance. This requires constant interaction and communication with those bacteria, showing that connection and communication are also necessary in our bodies for our survival as individuals. When that balance is totally disrupted, we call it a disease. For those disturbed balances, mainstream medicine has already invented more than 40,000 diseases, all of which are symptoms of that same disturbed balance.

When we study our natural biotope, we see how the symbiosis between fauna and flora provides an ecological balance. Many animals and plants work together to ensure their mutual survival and reproduction. Only recently, scientists discovered that distinct species of trees **connect** with each other to form **communities (coherence)** and **communicate** through vast underground networks using electrical impulses. Through these networks, they share (**contribute**) nutrients and water with each other and send distress signals about drought, disease, toxicity or insect attacks. With that information, other trees then adjust their behaviour. Scientists have long discovered that the law of the fittest is a very narrow view of Darwin's work and that all life works together in a state of general interconnectedness. In this example you recognize the functioning of the **CoCo-spiral**, which apparently is also related to the symbiotic nature of life itself.

On a cosmic level, scientist Nassim Haramein proved that all protons in our universe are connected. This insight led him to the concept of a connected universe characterised by an all-encompassing super consciousness that we are all part of. This supports the thesis of neuroscientists that our ego is an illusion resulting from the limitations of our sensory perceptions. Al Knewit unconsciously witnesses that oneness when he looks at planet Earth from his lonely space station. He sees no people struggling for survival in a chaotic world of disasters and conflicts. He only sees a beautiful planet with land and water in which all life is connected, and which is part of a beautiful universe with billions of galaxies.

But as individuals, we look at the world from a different perspective, because we see ourselves and what happens around us, and from this perception we create a virtual reality based on our ego centred story thinking. In these stories, we see ourselves as the centre around which everything manifests, and this contrasts with Al experiencing a sense of unity and connectedness from his space station. Our separation is virtual, and the bigger our ego the stronger that separation manifests itself and the smaller our circle of care becomes. The glorification of that isolated consciousness is clearly an anomaly within the concept of a connected universe where everything is part of one central consciousness. We live like anomalies, and unfortunately these tend to perish as they conflict with universal laws ...

The conclusion of these contemplations is that the disconnected ego-centered patriarchal model of our society is at odds with the cooperative model of ecosystems and with the insights of a connected universe. Therefore, it seems logical that our society, founded on this anomaly, lapses into chaos and tends towards entropy (meaning self-destruction). History confirms this with the fall of the Ottoman, Persian, Roman and German empires, to list just a few examples. But is there any solution if we have failed to turn the tide for thousands of years?

## ***Expanding Your Nurturing Circle from Egocentric to Cosmos-centric***

Well, for a start you already have the benefit of understanding the true nature and reasons of our escalating society. As a result, the need for societal transformation becomes clear, and

growing up into the best version of yourself is the only way to contribute to it. This is a process where you gradually expand your limited ego-centric circle of nurturing and start focussing on contributing more to an ever-expanding sphere of connection. ***This transition requires first of all an unconditional feeling of love for yourself by restoring, appreciating, and respecting the connection with your authentic self.***

As Bruce Lipton emphasizes in his quote on the next page, most people don't really love and appreciate themselves. The reason is that we have been unlearnt to love and care about ourselves, and then it becomes very difficult to love and care for others around us. To love yourself, you must know yourself and this is only possible through introspection. With introspection you can rediscover your true self and reflect about the inspiring place you want to occupy in a transforming society and about your personal vision and goals in life. In this way, you can fill the existential vacuum and create a renewed sense of purpose with a focus on connection and contribution.

We must learn to love ourselves. From 80-90% of the population will not test positive for the belief "I love myself." The primary source of the problem is that as kids, much of our behaviour was criticized by parents and teachers with their belief that they were helping us to become better citizens. Those criticisms were downloaded into our subconscious mind which



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***Those criticisms were downloaded into our subconscious mind which controls 95% of our behaviour. Consequently, this programming causes us to lose self-love because we become "self-critical," which in turn becomes "self-sabotaging."***

**Bruce Lipton – Biologist and Author of the bestseller 'The Biology of Belief'**

controls 95% of our behaviour. Consequently, this programming causes us to lose self-love because we become “self-critical,” which in turn becomes “self-sabotaging.”

In that renewed connection with yourself, you can rediscover the spontaneous, creative and pure child heart that explores the world without prejudice and free of fear. We are naturally loving and caring beings, and by affirming this true nature we can also express it freely. The importance of the heart steps back into the foreground here. The heart is the centre of your empathy and compassion. You can limit this compassion to your local circle of care, but you can also expand it further without limitation. This starts with a people-centric attitude that transcends culture-referenced ethnocentrism. Here, you pursue global coherence where you contribute to all people around you to the best of your ability. Ultimately, you can even evolve towards universal compassion and connect with all creation through an unconditional universal sense of love.

During such growth process, self-forgiveness plays a key role in restoring that loving connection with yourself. This cleaning up of your self-image is not obvious because you may have learned that being yourself is a source of rejection, which is why it is a priority to reconfirm and express your own inner qualities. Only once you succeed in doing that for yourself, can you also discover and appreciate the qualities in others.

All those aspects are essential to grow up into the best version of yourself, because it allows you to forgive, respect, and love others unconditionally. *If we collectively succeed in this, then it becomes possible to connect us all back together in harmony and restore global coherence.* Back together is extra emphasised here because that harmony is our natural state of being! Such a peaceful loving disposition is not a sign of weakness or lack of inner strength. Nor does it mean that you fall into passive conformity and agree to everything that those in power wish to force on you. As an icon of peaceful resistance and a symbol of the Indian struggle for independence, Mahatma Ghandhi demonstrated the immense power of peaceful resistance!

Characteristically, the expansion of your care circle proportionally reduces the interference of your ego. When we discussed the flow state, we already concluded that when

you are intensely connected in the here and now, you have reduced self-awareness. So, the same applies if you feel intensely connected with everything and everyone around you. You are then completely absorbed in the collective unconscious, which you can read more about in Addendum 3. In such a state of higher connected consciousness you strive less for self-interest; you spontaneously cooperate more and contribute to the desires and needs of others. This is the new life philosophy of **co-operation** and **contribution** that propels the **COCO-spiral**, which Willem also shares with all the racing drivers he coaches.



#### **Out of Willem's Interventions - About 'Co-operation and Contribution"**

"

*Today a portion of life philosophy! Getting in touch with Reality is essential for your training as a top athlete. You develop a state of being that small children experience on a daily basis, but that most adults have lost over the course of their lives..*

*Step by step you become less self-centred. You develop the desire and ability to contribute to the people around you. You reconnect with nature and find back that natural authenticity in yourself. In Reality you rediscover the innocence and playfulness that makes life shine again. By seeing reality instead of living in the virtual illusions of your problem thinking, you see opportunities and possibilities again.*

Remember the funny story about the fish Suske and Wiske, and how bonding with them completely changed Ola's feelings. We have a natural tendency to care for everything and everyone we connect with. That's why "home" feels so good and why we love our pets, the village or town we live in, etcetera. But the flip side is that we tend to neglect and even destroy everything that we're not connected with. Precisely because of the human tendency toward self-destruction, scientists have been sounding the alarm bell for the last decades. It is clear that lack of connection and coherence is the root cause of all critical social problems.



***"The survival skills of your five senses do not make you human. To be human you have to go beyond your survival skills and become sensitive to your surroundings as if everyone is you and you are everyone..."***

***Tomeo M. Gressard - Founder Marine Foundation***

This beautiful quote by Tomeo Gressard above confirms the need to rediscover the deeply human nature in us as well as the importance of our connection to each other and our ecosystem. This sensitivity to the needs of your environment and your fellow humans gets chronically disturbed by the reality illusions of the media sphere. This ongoing indoctrination increasingly alienates us from reality and forces us back into our fearful comfort zone where we experience a false sense of security. This is the infection with the media virus from which problem thinking, polarities, and false OMAs emerge. This unnoticed infection shackles you to the 6E ORBIT and prevents you from expanding your self-serving ego circle.

In the previous chapters, you were able to scale up all your insights, learn how to clean up your subconscious, and upgrade false or negative belief systems. You have gained insights into reality illusions, learned helplessness, language awareness, and hidden agendas, and could experience many AHA! Moments. That is information about "how and what" that we catalogue as horizontal knowledge. Further, you still have the choice to use that knowledge only for your own benefit (narcissistic) or for the benefit of humanity (human-centric).

In the latter case, the emphasis is on the vertical expansion of your care circle and an evolutionary process towards that people-friendly attitude where the heart is the medium of connection. Again, the heart as the emotional and physiological centre of coherence plays a central role. In concrete terms, this means deciding more with your heartbrain and falling less into the trap of thought addiction of your left hemisphere. By consciously focusing more on the needs and emotions of others, you can *restore the balance* between your left and right hemispheres. With increased emotional self-regulation, you can redirect the negative feelings of fear, anger, greed, boredom and insecurity into positive feelings of acceptance, love, joy,

peace of mind and bliss. By combining horizontal with vertical expansion, you can contribute significantly to global coherence and hence to societal transformation.



**"The human race has almost lost its heart; we gave up on the illusory fruits of the material world. But a life without a heart is a life without vitality.**

Marianne Williamson - Author and Spiritual Leader

Figure 35 on the next page shows the impact of your contribution in expanding your nurturing circle in conjunction with developing your inner strength. Recall that we defined inner strength succinctly as harnessing knowledge for efficient behaviour. Therefore, harnessing your inner strength can be used as the unit of the horizontal axis. In the context of the charts below, this means harnessing your full potential as a function of all the pieces of knowledge and experience you have accumulated in your life. Thus, the greater your inner strength, the more you can personally contribute.

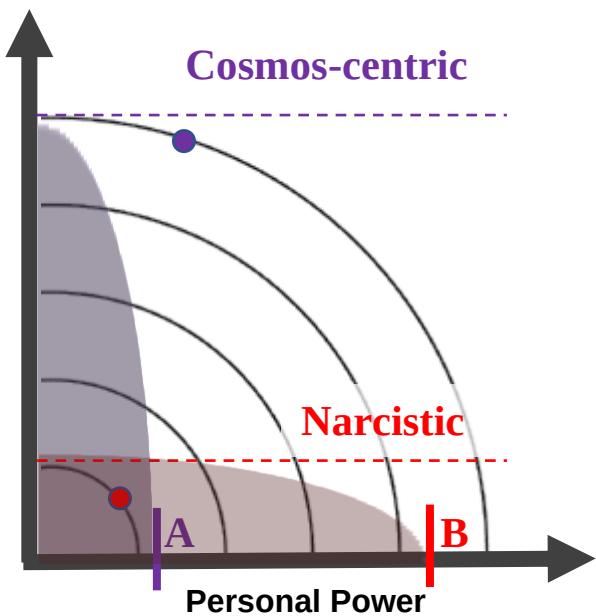
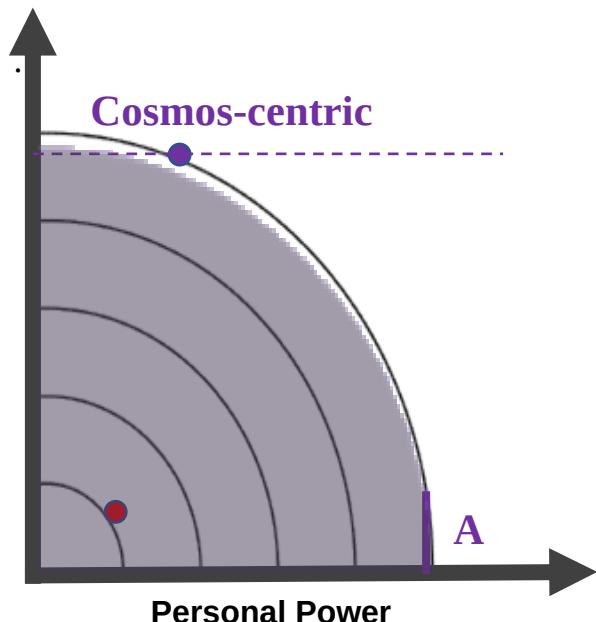


Fig. 34 (left) shows the difference between the potential contribution of individuals A and B. **A is Cosmos-centric** and has limited inner strength. **B is narcissistic** and has a lot of personal power.

The horizontal quarter ellipse shows that B can contribute a lot to his own limited nurturing circle through his great inner strength. A, on the other hand, has grown up to be the best version of himself, but has insufficient inner strength, which means he has a limited contribution to a larger nurturing circle.

Fig. 35 below



*Fig. 35: Increased Personal Power*

On fig. 35 you see how cosmic-centric person **A** has now expanded his limited inner strength to the same level as person B of the previous graph.

The quarter ellipse now has a much larger area and shows that the combination of a large nurturing circle with increased personal power **allows** to contribute significantly to all echelons. The word allow insinuates that there is still a need for sufficient motivation to activate this increased potential and to contribute more to everybody around you. **Long live CoCo!**

When you contribute to an expanding circle of nurturing with your heartbrain, it always awakens intense positive emotions that have a powerful self-healing capacity. The heart has a strong magnetic field, and every positive emotion is marked by increased radiation frequencies from the heart. We cannot perceive these pulses with our traditional senses, but they are subconsciously picked up and therefore can resonate with others. ***This means that your heart, like an emotional tuning fork, exerts a physical and emotional influence on yourself and on everyone around you through resonance.***

This principle of resonance explains that when someone joins a group connected by heart coherence, that person, given enough affinity, becomes coherent with that group himself. Such chain reaction not only has a local effect but on a larger scale resonance also affects the energetic field of the collective unconscious. Fans of who want to peel a few layers of the

proverbial energetic field onion, can indulge in Addendum 3 in which Johan shares some insights into the fascinating world of information fields and the collective unconscious.

Now you gathered the key puzzle pieces, you can connect them into an expanded vision and into a new life philosophy. We hope that "contributing to" makes more sense for you now and motivate you to inspire those around you with everything you have learnt during this fascinating journey. You can now connect with humanity, with your natural habitat, and even with the collective consciousness of the cosmos. This is probably the most fundamental transformation you can experience and that's exactly what we mean by growing up into the best version of yourself. You now have all the tools and insights ***to enrich other people's lives by connecting and sharing***. This explains the subtitle of our book ***Growing Up with Enriched Thinking*** instead of *Think Grow Rich* which only focused on personal success. ***Growing up through an enriched way of thinking in the service of others stands in contrast to greedy materialism that seeks only personal enrichment***. Once again, The Knewits lead by example by all contributing to our consciousness wave, as Mia decided to buy The Wave Pendant. This amazing pendant symbolises this consciousness wave and has been designed by LaMarquisa ([www.lamarquisa.com](http://www.lamarquisa.com)). The profit of the sales is used for the promotion of this book which indirectly contributes to more coherence and consciousness.

# THE KNEWITS - CONTRIBUTION



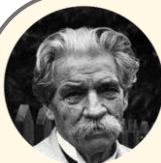


**Fig. 36:** The Wave Pendant

As you can see, all the members of The Knewit family contributed, and you can enjoy the animation Solo talks about by scanning the QR code on the right. We also mention that you can listen to the original music of that wave composition on the website of the musical 'The Purple Camelia' ([www.thepurplecamelia.com](http://www.thepurplecamelia.com)).

There are many famous men and women like Albert Schweitzer who altruistically contributed by dedicating their lives to peace and the well-being of humanity. They led by example and embodied the personal transformation of growing up to be the best version of themselves. Once you approach life with an enlightened heart and noble vision, you may notice the man picking up the struggling earthworm from the hot asphalt.

Your renewed focus and mindset will also upgrade your RAS by drawing your attention to events and stories you never noticed before. With all the insights we have shared you can now radically demolish the last walls of your mental prison and understand how the limitations of your comfort zone, your ego circle, and all your subconscious hackers were unconsciously trapping you. **You can now experience the most important AHA! Moment of all! You are FREE!**



**" Every form of life, such as life itself, is sacred and this should suffice. The right man is the one who, when he finds a worm lost after a storm and dries up on the asphalt, puts the animal back in the grass without wondering how intelligent he is.**

*Albert Schweitzer - Nobel Prize winner for Peace*

## Evaluation Chapter 12 ..... (title)

**Main Topic :** Select one combination, for instance : Investigates the need for ... or Introduces the importance of ... and then complete with the essence of the chapter

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**My most important insights :** same as above

Investigates  Characteristics of  .....  
Introduces  Importance of  .....  
Describes  Need for  .....

**On which personal situation(s) are these insights applicable**

.....  
.....  
.....  
.....

**Aha! Moments and reflections you want to remember**

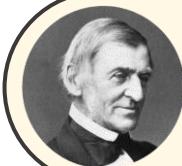
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## Afterword: The Live Puzzle

With this last chapter we compare our lives and our search for meaning and self-realisation to a jigsaw puzzle. You can think of the various insights and methods we have shared with you as colourful pieces of one giant life puzzle.

Remember when you last bought a jigsaw puzzle, and how you looked for one with a specific number of pieces? Most likely, you chose a puzzle with a number of pieces that felt challenging enough yet not too difficult either. That choice was based on your frame of reference of past puzzles you made. You probably chose an inspiring image that you were connected to in some way. Of course, you also had the conscious intention to solve that puzzle. Do you recognise how choosing that puzzle meets the criteria of the flow state, and why time always flies when you work on a puzzle. You had a clear goal and chose a puzzle that fascinated you, but still was adapted to your puzzle skills.

Compared to a jigsaw puzzle, the life puzzle is much more complicated and challenging. Firstly, you have no idea of the number of pieces, nor do you have a picture as a frame of reference. Unlike a jigsaw puzzle, the life puzzle is never finished, and you miss most of the pieces! So, you keep puzzling your whole life, and the quantity and quality of the pieces you gather determines the richness of colours and the beauty of the final image. The beauty and richness of that final image depends only on you – on your personal choice between the safe comfort zone of reality illusions, or the exciting exploration into the unknown. Ralph Waldo Emerson hints which is best to opt for and how to inspire others to step in the unknown.



**“Do not follow the direction of a path but leave a trail  
by choosing a direction where there is no path.”**

*Ralph Waldo Emerson - Philosopher and Author*

Long before their first meeting, Willem and Johan had long been cobbling together a wide variety of *out-of-the-box* puzzle pieces. However, they could never have written this book without sharing all those painstakingly gathered pieces with each other. This sharing of specialised knowledge and know-how was only possible because of their deep connection and mutual trust. Some of those pieces can be very challenging and you always have the choice to ignore them, reject them or give them a place somewhere in your personal life puzzle. Bear in mind here, as Cynthia Lewis does, that you usually consider exactly those most challenging pieces to be the most valuable later on. Transformation is and always will be a personal process to which you can only be encouraged and inspired. **Silent Hint ☺: Fortunately, we have free will for the time being.**



**"Every piece of the puzzle that does not fit, brings you closer to the answer.**

*Cynthia Lewis - Professor Literature*

We have talked a lot about the wave of consciousness, and that it can only swell if the conscious droplets multiply exponentially. From the life philosophy of connection and contribution you already understand that you cannot multiply without sharing first. Growing up into the best version of yourself requires the willingness and motivation to share your pieces with anyone who is still unconsciously puzzling on a reality illusion from their comfort zone. That exchange necessitates connection, and therefore you need to **sense and understand the needs of others. You can now achieve this with deep empathic listening to understand, and to decide with your heartbrain and functional thinking.** Remember, functional thinking blocks your primitive brain and allows you to stay present in the here and now with increased mental focus, and your heartbrain allows you to empathically empathise and connect with the other person. This is why "sensing and understanding" is accentuated.

We note that the majority of the world's population is still unconsciously ignorant, and therefore unable to gather the objective pieces of a realistic worldview. ***This is because no one expertly shared the existence of those pieces with them, or they have been unable to accept them mainly due to a lack of connection.*** Isolation of the elderly, working from home, masks obscuring facial expressions and lockdowns have all had a massive impact on our social lives, causing the level of social and individual disconnection to reach dramatic proportions. This trend is developing further and further due to the increasing artificial polarisation in our society. In this way, the fragile mesh of interpersonal connection is being systematically destroyed.

But even a gigantic crisis can make you feel differently about yourself, which is why we mention again Napoleon Hill's world-famous quote from his book *Think Grow Rich*: "***In every adversity you find the seeds for an equal or greater opportunity***". besides wars, no event has caused more disaster and suffering to humanity in modern times than the covid crisis. Combined with the authoritarian push towards transhumanism, digital IDs, social credit systems and programmable digital currencies, this has created a backlash with a growing number of new organisations and civic groups pushing for our fundamental values and rights. We were reminded in a very painful way of the importance of sovereignty, body integrity, privacy, and social bonding. Sometimes it takes losing something very valuable to rediscover its essential value. Such emotional shocks can awaken humanity from their virtual world and trigger a wave of consciousness whereby there is a collective striving to uphold human dignity and fundamental rights.

We recognise this awareness through the critical voice of scientists, philosophers, journalists and many other professionals warning us about the devolution and moral degradation of our society. Never before in the history of literature have so many books been written about a crisis than about this covid crisis. Together with all those initiatives, and with this book, we plant some extra seeds that can grow into a wave of transformation. But despite all these efforts, a lot of goodhearted people find It difficult to share their valuable pieces. And

as we now know, this is mainly caused by the unconscious influences of their hidden agendas, OMAs that cause polar and ego-focused communication.

Our puzzle analogy can come to the rescue to better understand this. When several family members work simultaneously on a jigsaw puzzle, they may approach their puzzle activity with two different attitudes. The ego-oriented puzzler will seek pleasure and appreciation by placing as many pieces as possible correctly himself, and preferably more than the other family members. This individualistic approach usually results from the hidden agenda of feeling not good enough, or from a lack of attention during childhood. You can easily recognise these puzzlers because they keep magnifying their puzzle performance as subconscious compensation for that hidden agenda of "not being good enough". The RAS of the ego-oriented puzzler will also steer their focus *only to the pieces that are interesting for the part of the puzzle they are working on*. Thus, they will subconsciously ignore the pieces that might be useful to other puzzlers. While puzzling, they are not empathically connected, and there is only room for a complacent pursuit of recognition and appreciation.

As a counterpoint, we find the **connected** puzzlers who experience pleasure in the joint achievements of everybody who **contributes**. They form a **coherent** team that is empathically connected and therefore they are also focused on the needs of others. Their RAS therefore widens their focus to the pieces that are of interest to all the puzzlers. They **communicate** about the best strategy to sort the pieces and to exchange them between each other. **Connected** puzzlers also try to place as many pieces as possible, but with the purpose to contribute to the common goal of finishing the puzzle together as quickly as possible. Obviously, the latter **cooperative** mindset not only produces the best results but is also more emotionally satisfying for everyone. Connected puzzlers can also get into the flow state more easily because they are more team-oriented, whereas the ego-oriented puzzler already experiences stress if others place more pieces than them. Do you recognize the appearance of the **CoCo**-spiral again?

When you work on a challenging jigsaw puzzle, you can be completely absorbed by it. You may have experienced yourself how, during collaborative puzzling, you automatically

throw each other pieces that you think will be interesting and useful to others. Precisely this natural empathic and intuitive ability to connect allows you to share your knowledge pieces efficiently during external communication. Once you consciously expand your circle of care and evolve into the best version of yourself, you can contribute to a general expansion of consciousness with a renewed sense of purpose. This is a life philosophy of sharing where you learn to think with your heartbrain. This is paradoxical and metaphorical, and, as emerged in the previous chapter, it emphasises the importance of the heart as the emotional centre of connection. During that growth process, your nurturing circle of unconditional connection and love gets bigger and bigger. This is the essence of growing up into the best version of yourself.

If you opt to follow this new path of growth, you are on your way to becoming a connected master puzzler. As an ambassador of the wave of consciousness, you can then share all your colourful pieces with those who are still puzzling in darkness on reality illusions with anxious pieces. It is one of the main objectives of this book to inspire as many ambassadors as possible to join our consciousness wave as active drops. Every person counts. Only ***global coherence*** can save humanity by reversing the critical regression of left-brain dominance and patriarchal structures. This process first requires understanding the need to rediscover and experience the essence and true nature of humanity. ***That is our ability to experience intense emotions of bliss and love by connecting with each other and to thrive on Mother Earth in Oneness, FREEDOM and HARMONY.***

We presume you now share the conclusion that we urgently need to find and place some critical pieces in our mutual life puzzle to safeguard our human survival on this planet. Compared to our simple jigsaw puzzle, the puzzle we collectively need to solve is more dimensional and complex. We have learnt from Einstein that we cannot solve this complex puzzle with the same thinking that is causing the current chaos in our society. Therefore, it makes no sense to restore the old normal, because it's exactly this old normal that evolved into the CUPCA world that is causing the global crisis we face in 2022.

This also means that our society needs to grow up to be the best version of itself! To succeed in this, we need a new paradigm to upgrade our academic institutions, economic

models, political structures and financial institutions. We see this as an evolution from a disconnected globalist patriarchal ideology to a nurturing matriarchal ideology that is sustainable and fine-grained. Therefore, our organisations and institutions also need to expand their caring circle freed of self-interest, polarities and discrimination. *To reverse the entropy of the CUPCA world, there is also a need for the physical, emotional, mental and spiritual detoxification of our living environment, in the broadest sense of the word.* We recognise in this an analogy with the synergistic process of the personal brain upgrade, which includes the cleaning up of toxic belief systems, and neutralization of hidden agendas. Finally, our society too needs to listen more to, and decide more with, the empathic heartbrain. This involves tackling the dominance of the left hemisphere, which thinks exclusively in terms of exploitation, profit and competition. All these contemplations reaffirm the societal interconnectedness between individual and societal transformation.

Our last thoughts go towards the importance of the historical context of which we must not lose sight. Indeed, we have shown how the global brain pandemic has been rampant for thousands of years, and how the symptoms of this global infection came into harrowing focus in the form of an unexpected global crisis. This crisis would not have had the same catastrophic consequences had the global population been aware of all the insights and methods we have shared with you here. We have Frequently and Insistently Focused on the Intention to inspire you to follow this life-transforming path. In this way, together with all other similar initiatives and like-minded organisations, we want to lay a foundation for global societal transformation. *This is a very ambitious goal, but anyone who has ever pursued and achieved an important goal in their life will confirm that a long journey always starts with a few first steps!*

Willem and Johan have already joined other leaders by walking this path of mental and emotional transformation themselves and illuminating it for you. Each of us is co-responsible for the fate and future of the next generations, and *collectively, with increased awareness of personal power as conscious individuals, each of us bears the responsibility of taking our destiny back into our own hands.* We must do it ALL NOW and bring harmony and coherence to the collective heart of humanity. Only when this happens will the word humanity regain its

authentic meaning and humanity will once again be able to manifest its true nature. With kindness, compassion, generosity and inexhaustible feelings of love, we hold all the liberating keys to unlock closed hearts and remind us of the universal inner beauty of our human soul.

We wish everyone lots of success in continuing to peel onions and gather and share all our colourful and transformative puzzle pieces.

*Willem & Johan*

## Climate Disasters that Never Happened

Annex 1

Prediction of Climate disasters that never happened	
1	<a href="#">1970: Ice Age By 2000</a>
2	<a href="#">1971: New Ice Age Coming By 2020 or 2030</a>
3	<a href="#">1972: New Ice Age By 2070</a>
4	<a href="#">1974: Space Satellites Show New Ice Age Coming Fast</a>
5	<a href="#">1974: Another Ice Age?</a>
6	<a href="#">1974: Ozone Depletion a 'Great Peril to Life (data and graph)</a>
7	<a href="#">1975: The Cooling World and a Drastic Decline in Food Production</a>
8	<a href="#">1976: Scientific Consensus Planet Cooling, Famines imminent</a>
9	<a href="#">1978: No End in Sight to 30-Year Cooling Trend (additional link)</a>
10	<a href="#">1988: Regional Droughts (that never happened) in 1990s</a>
11	<a href="#">1988: Temperatures in DC Will Hit Record Highs</a>
12	<a href="#">1988: Malidive Islands will Be Underwater by 2018 (they're not)</a>
13	<a href="#">1989: Rising Sea Levels will Obliterate Nations if Nothing Done by 2000</a>
14	<a href="#">1989: New York City's West Side Highway Underwater by 2019 (it's not)</a>
15	<a href="#">2000: Children Won't Know what Snow Is</a>
16	<a href="#">2002: Famine In 10 Years If We Don't Give Up Eating Fish, Meat, and Dairy</a>
17	<a href="#">2004: Britain will Be Siberia by 2024</a>
18	<a href="#">2005: Manhattan Under Water by 2015</a>
19	<a href="#">2005: Fifty Million Climate Refugees by the Year 2020</a>
20	<a href="#">2008: Arctic will Be Ice Free by 2018</a>
21	<a href="#">2008: Climate Genius Al Gore Predicts Ice-Free Arctic by 2013</a>
22	<a href="#">2009: Climate Genius Prince Charles Says we Have 96 Months to Save World</a>
23	<a href="#">2009: UK Prime Minister Says 50 Days to 'Save The Planet From Catastrophe'</a>
24	<a href="#">2009: Climate Genius Al Gore Moves 2013 Prediction of Ice-Free Arctic to 2014</a>
25	<a href="#">2013: Arctic Ice-Free by 2015</a>
26	<a href="#">2014: Only 500 Days Before 'Climate Chaos'</a>
27	...

## HAARP - Weather manipulation and Climate Change Technology - Annex 2

We entered 'HAARP weather manipulation' in the search field of DuckDuckgo.com. This resulted in various links to websites out of which we distilled relevant citations. We have added a QR code that you can scan to conduct your own research. We can guarantee you that it is more than worth the effort to check out the sources we found, as you will find worrying information about the various dangerous applications of this military technology.

### 1. [www.geoengineeringwatch.org](http://www.geoengineeringwatch.org)

**Title :** *HAARP, a Weapon of Mass Destruction*

**Citation :** *HAARP is the acronym many people recognize, it is an "ionosphere heater" facility in Alaska. Mainstream media and the military industrial complex tried to convince the public that HAARP was going to be completely dismantled by the summer of 2014, but did this happen? No, and now it seems HAARP has been funded through 2015, the lies never end when the government is involved. What many people don't know is that the Alaskan HAARP facility is only one of many major ground-based ionosphere heaters around the world. This global network of incredibly powerful ionosphere heaters is wreaking havoc on the climate system and the biosphere as a whole. The more educated activists are in regard to what the ionosphere heaters are and what these installations can do, the more effective they will be in the battle to raise awareness on the critical climate engineering issue.'*



### 2. [www.wanttoknow.info](http://www.wanttoknow.info)

**Title :** *Is the HAARP project a Weather Manipulation Weapon?*

**Citation :** *'It isn't just conspiracy theorists who are concerned about HAARP. The European Union called the project a global concern and passed a resolution calling for more information on its health and environmental risks. Despite those concerns, officials at HAARP insist the project is nothing more sinister than a radio science research facility.'*



### 3. [www.riseearth.org](http://www.riseearth.org)

#### Title : HAARP, a Weapon of Mass Destruction

**Citation :** *'Related research by Begich and Manning uncovered bizarre schemes. For example, Air Force documents revealed that a system had been developed for manipulating and disturbing human mental processes through pulsed radio-frequency radiation (the stuff of HAARP) over large geographical areas. The most telling material about this technology came from writings of Zbigniew Brzezinski (former National Security Advisory to U.S. President Carter) and J.F. MacDonald (science advisor to U.S. President Johnson and a professor of Geophysics at UCLA), as they wrote about use of power-beaming transmitters for geophysical and environmental warfare. The documents showed how these effects might be caused, and the negative effects on human health and thinking.'*

### 4. [www.gaia.com](http://www.gaia.com)

#### Title : HAARP; A U.S. Conspiracy Theory Magnet

**Citation :** *'In 2013, former Central Intelligence Agency employee Edward Snowden leaked classified government files, some revealing HAARP's numerous global surveillance systems. Allegations are that natural geomagnetic waves are being replaced with artificial VLF (very low frequency) ground waves matching the frequency of human brainwaves, thus influencing human behaviours. It's said that HAARP also uses cell phone towers as electrical stimulation conductors, able to reach and affect entire regions.'*



**Fig. 37:** HAARP boils the upper atmosphere



## In a Nutshell - Alex Bennet

## Addendum 1

Through progressive and ongoing research in neuroscience, we are expanding our knowledge of the potential power of the new brain, the neocortex, as the organ of our intelligence. This brings us the insight that we are able to break through the intuitive and automatic responses of the old brain when we harness the capabilities of our conscious mind. Many limitations are related to the workings of the subconscious mind, where the brain tries to conserve energy and take the path of least resistance. Thus, people develop sub-personalities (roles as subsystems) that automatically repeat historical preferences or successes in recurring life situations. ***The only way to change these reactions is to recognise them intellectually, pay attention to them, and choose to think and act differently.*** So, it's the growth of intelligence combined with the expansion of consciousness that offers the key to humanity's enlightenment, the potential to create a world beyond what we currently perceive around us.

Regardless of historical patterns that are culturally, educationally and ecologically embedded in our life path, and the emotions linked to these patterns, it's always our awareness and attention that illuminate the path of our intellectual development. We therefore need to pay more attention to our thoughts and actions to bring about conscious change. In doing so, we should also ask delicate personal questions: Who am I and what future do I choose best? What are my most important personal goals? What are the values I stand for, and are my thoughts and actions in line with these values? What contribution can I personally make to greater consciousness, to a new Golden Age standing up for all humanity? Am I ready to fulfil my full potential as an intelligent self-aware human being by contributing to this unprecedented era of human endeavour?

*Extract from: Unleashing the Human Mind - David Bennet, Alex Bennet, Robert Turner*

# ***Mastering Skills with Neuroscience and the Braintap -***

Patrick Porter

Addendum 2

This book underscores the integral role of consciousness, learned helplessness, passive conformism, communication, connection, and flow state and how they are connected with our personal growth. Understanding the dynamics and hidden influences of these processes can assist in fostering personal transformation and societal change. A pivotal tool that can substantially enhance this process of understanding and transformation is BrainTap.

BrainTap is an advanced neuro-technology rooted in neuroscience, designed to help individuals attain balanced brainwave states, thereby enhancing the production of necessary neurotransmitters needed for optimal functioning of body and mind. The technology embedded in the BrainTap headset, and in the extended library of audio sessions of the app, has applications that resonate deeply with the core topics of this book.

1. ***Consciousness:*** BrainTap supports improved focus and relaxation by guiding the brain through a diverse spectrum of brainwave patterns. This can stimulate heightened states of consciousness, facilitating a shift in your personal frame of reference and societal understanding. In the book this is explained as escaping out of your reality illusions.
2. ***Learned Helplessness & Passive Conformism:*** BrainTap enhances cognitive function and mental resilience by balancing brainwave activity. This resilience can counter feelings of helplessness and conformity, fostering empowerment and individual sovereignty.
3. ***Communication & Connection:*** Balancing your brainwaves with BrainTap also improves cognitive functions like memory, attention, and creativity. Its stress-reducing effects facilitate better emotional regulation, enhancing interpersonal connections.
4. ***Flow State:*** BrainTap promotes the brainwave states associated with flow to boost productivity and creativity. Achieving this optimal state of consciousness can be facilitated by regularly using BrainTap.



*Fig. 37: Mia uses the BrainTap Headset*



*Fig. 37: BrainTap Headset*

Utilizing BrainTap (fig. 37 - 38) headset and BrainTap app alongside the strategies and insights provided in this book offers readers a practical, accessible means to actively shape their brain functions, empowering them to better address personal and societal challenges and become the best versions of themselves.

One such application is the BrainTap's 21-Day Program, a unique system that uses light, sound, and guided meditations to improve brain function and overall well-being. By harnessing the principle of neuroplasticity, the program aids users in rewiring their brains for enhanced performance and improved mental health. The program proceeds through three stages:

**Week 1: Establishing the Foundation:** Here, the BrainTap headset is introduced, which uses light and sound frequencies, along with guided visualization and relaxation techniques. This stage lays the groundwork for creating new neural pathways.

**Week 2: Deepening the Experience:** The second week focuses on strengthening newly formed neural connections and mastering the ability to consciously transition between different brainwave states.

**Week 3: Integration and Mastery:** The final week is about integrating the changes into your daily life and mastering the ability to maintain balanced brainwave states outside of the BrainTap sessions.

The benefits of the BrainTap program range from stress reduction, improved sleep, enhanced cognitive function, improved emotional well-being to better physical health. By integrating this program into your daily routine, you can enhance your brain health and achieve your full potential.

BrainTap's 21-day program can be a significant tool during your transformation journey. As you engage with the program, remember to approach it with an open mind and a willingness to adapt. Your experiences might vary, but with persistence and consistency, every step you take will bring you closer to becoming the best version of yourself. This journey of personal transformation is a marathon, not a sprint. As you explore and integrate the practices offered in this book and the BrainTap program, remember to celebrate each small victory on your path to personal growth.

In the spirit of sharing the transformative power of BrainTap, let me take you on a journey through some of our user stories. As a neuroscientist and the inventor of BrainTap, it gives me immense pleasure to see how BrainTap is enhancing the lives of countless individuals worldwide.

*One story that particularly stands out is that of Susan, a mid-level manager at a corporate firm. Susan struggled with overwhelming stress and anxiety which affected her productivity, creativity, and interpersonal relationships at work. She felt stuck, unable to break the cycle. Upon integrating BrainTap's 21-day program into her daily routine, Susan began to notice a profound shift. She was able to enter a state of relaxation more quickly and maintain her focus on tasks for longer periods. This, in turn, improved her productivity and creativity. With her newfound emotional regulation skills, Susan was also able to handle workplace conflicts in a much healthier manner. She shared how BrainTap enabled her to unlock her potential and regain control over her mental state, making her a better leader, teammate, and friend.*

*Then there is Jack, a high school teacher, who was battling chronic insomnia. The cumulative effect of many sleepless nights began to take a toll on Jack's health, professional performance, and overall quality of life. Jack's journey with BrainTap started with scepticism*

*but ended in delight. After a week of using BrainTap, he reported a significant improvement in his sleep quality. By the end of the 21-day program, he was regularly achieving restful, uninterrupted sleep and waking up refreshed each morning. His improved sleep patterns increased his energy, improved his mood, and sharpened his mind in the classroom.*

*Another inspiring story is that of Lisa, a college student with debilitating social anxiety. Lisa found it challenging to make friends, participate in group activities, or even share her ideas in class. Lisa's therapist suggested trying the BrainTap program as a supplement to her therapy. As Lisa started using BrainTap, she reported feeling calmer and more centred. She noticed a gradual increase in her ability to communicate effectively and connect with her peers. BrainTap's stress-reducing effects helped Lisa to navigate social situations more confidently, and she was able to form deeper, meaningful connections. Lisa credits BrainTap for transforming her college experience and boosting her self-esteem and confidence.*

*Finally, let me share the story of Tom, an entrepreneur, who constantly felt out of sync with his creative side. Despite having a plethora of innovative ideas, Tom struggled to maintain the necessary focus to bring them to fruition. When he started the BrainTap 21-day program, he was pleasantly surprised by the impact on his creative flow. As he learned to consciously transition between different brainwave states, he discovered how to tap into his creativity when he needed it the most. This led to improved work performance and several successful projects.*

These are just a few examples of how BrainTap is revolutionizing the lives of some people. My goal in sharing these stories is to inspire you to embark on your journey of transformation. Remember, no matter what your current state is, BrainTap can provide the tools to help you tune into your brain's potential and support your efforts to become the best version of yourself.

## The Collective Unconscious - Johan Cools      Addendum 3

The collective unconscious escapes from our sensory perception and therefore the quote of emeritus professor Stephen Shafer is relevant. It reminds us that 'invisible things' really exist and even can be of extreme importance.



**"**Let us touch lightly on the reality of the invisible because it is the invisible reality that has been forgotten entirely when addressing human agency. Any perspective that denies the reality of the invisible is overtly stupid.

However—due perhaps to the fallacy of scientific materialism—multitudes of humans fail to give the invisible its due respect, ***and this failure is the source of most of our existing problems.*** For example, the air and ideas are invisible, but humans continue to pollute the air and the shared mental field of ideas with malicious abandon.

*Stephen B. Shafer - Emeritus professor Psychology*

In the context of FIFI's long-neck development, the conscious mind and our sensory perception play a limited role in finding creative adaptive solutions. In fact, the subconscious mind connects to various invisible external information fields in its search for innovative and practical solutions. These invisible information fields have different names, but in the context of this book we refer to them as the collective subconscious. Various scientists have written about the existence and operation of information fields and refer to their electromagnetic component. We mention some of their important insights.

Rupert Sheldrake defined habitual behaviour as an information field as early as 1989 and claimed that such fields have a fractal nature and exist on both micro-cosmic and macro-cosmic scales. In their book *The Profundity and Bifurcation of Change Part III*, the authors elaborate on inter-connectivity as a fundamental feature of the universe. In doing so, they also quote Collinge: "It has long been known that the Earth is surrounded by a geomagnetic field, an energetic anatomy similar to our own". Collinge (1998) adds that the energy centres, channels and fields emanating from the earth are analogous to those of the human body: ***"The whole earth and biosphere in which we live is one gigantic living organism, with its own metabolic***

**and energetic qualities".** According to him, this invisible field can be characterised as a nervous system running through the universe, connecting all things.

Specifically, this means that humanity's collective subconscious is also an information field that is part of the overarching information field of our biosphere. This is what is meant by the concept of nested information fields, where there is a hierarchical ordering from lower complexity to higher complexity. This also supports the theory of Nassim Haramein who claims that all protons in the universe are interconnected, as he proved in one of his scientific papers. In practice, such insights explain otherwise inexplicable phenomena like the hundredth monkey effect. This was an experiment in which a new habit taught to monkeys on an isolated island spread to monkeys on other islands **without physical contact**. That transfer occurred once a certain threshold of this specific new behaviour was crossed in the original group. So, there is a critical mass here that results in an automatic transfer of consciousness (information). **This is an extremely important insight because it means that global coherence can also be obtained if the collective subconscious is sufficiently fed with the same heightened consciousness.** Our wave of consciousness, driven by transformative thinking and new behaviour, can thus evolve into a global tsunami through the same process! We just don't know how many people we need to coherently connect for this, but various initiatives, where a large number of participants go into meditation with focused intention, show that this does have an effect on the collective behaviour of a community.

McCraty's (2015) findings also explain such phenomena of information transmission. It became clear to Heartmath Institute researchers that a bioelectromagnetic field such as that emitted by the human heart and a person's brain affects other individuals as well as the "global sphere of information fields". Research in their lab confirmed the hypothesis that when an individual is in a state of cardiac coherence, the heart emits a coherent electromagnetic signal



**"**This cultivation of coherence—due to human invocative action—will change humanity's perspective to the heart-mind worldview of the “Soul”.

*Stephen B. Shafer - Emeritus professor Psychology*

into the environment. In this state, the individual himself becomes more sensitive to detecting the information fields emitted by others. Stephen Shafer's quote adds another dimension to the impact of coherence as it emphasizes how the heart-mind can change the way we perceive ourselves as spiritual energetic creatures.

*Coherence at individual and collective levels is thus the key criterion for influencing information fields or tapping information from them (McArty,2015), and HRC (Heartbeat Coherence) is the associated physical state that amplifies the amplitude of these processes.* This connection is further boosted if we employ the FIFI criteria, as the story on the morphogenetic adaptation of giraffes clarified. From this perspective, it can be assumed that the joint efforts of a coherent group facing the same challenge leads to a greater amplitude of the EMF signature of its collective intention. This principle is also based on various scientific insights.

Bentov (1988) confirms this by postulating that a group in meditation sends harmonic signals and that those signals become stronger as that group grows. All this implies that a stronger coherent signal at the collective level will not only have a greater impact on the collective subconscious self, but also creates a more optimised feedback channel. In this context, Persinger's hypothesis (2008) is very interesting because he investigated the frequencies of this channel. Here he refers to the historical Schumann resonance frequency of 7 to 8 Hz, one of the most important frequencies occurring between the Earth's surface and the ionosphere. This frequency is a carrier of information that happened (?) to correspond to the Theta frequencies of our subconscious. We speak here of the historical frequency because the Schumann frequency is said to have risen significantly in recent years. All these coherent scientific findings and hypotheses are very important for the development of MTAs, which thus also make use of what is traditionally referred to as "the law of attraction". Beyond the traditional explanation of MTAs, there is clearly an additional functional layer that can be peeled off as an explanation for the manifestation of subconsciously driven belief systems and goals!

Sheldrake (1989) further explains that repetition of a specific behaviour creates a morphic field and that resonance with this morphic field increases the probability that this event will be repeated. This confirms repetition as an important FIFI criterion. Applying this

principle to intention, we can say that intention has an unconscious and self-inducing dimension that far exceeds the capacities of our conscious focus.

These insights make us more aware of the great danger of the current fear psychosis resulting from dystopian media propaganda and the escalating CUPCA world. Unconsciously, these dystopian future prospects are programmed into the subconscious and reinforce this information field in the collective subconscious. ***Once a collective subconscious belief is created, it also tends to manifest in reality.*** This is the great danger that rests in negative manifestations of which you only become aware if you understand the inter-connectivity of the universe and the workings of information fields. With that in mind, we must safeguard our subconscious from such destructive worldviews and collectively build a more constructive mental worldview. This can be done by using all the methods and tips that have already been explained in full in this book. ***With functional thinking we can consciously imagine a more human-friendly society, and by extending our care circle we can actually contribute to the manifestation of this worldview.*** However, it remains an open question if we as humanity will eventually succeed in reaching the critical mass to realise this desired social transition.

## The Cancer Analogy - Johan Cools

## Addendum 4

From Johan and Jeannette's story, I reported that my book on cancer *Modern Lifestyle Kills* will be published in 2023. The many years of intensive research into the causes and cures of cancer brought me the insight about the strong analogy between cancer and our sickened CUPCA world evolving towards chaos and entropy.

To understand this analogy, you first need to understand the Otto Warburg effect. Otto Warburg was awarded the Nobel Prize in 1931 because he discovered that most cancer cells consume substantial amounts of glucose through a process of fermentation. Even today, PET scans still use this principle to detect active cancers by highlighting areas in the body where more glucose is "burned".

Healthy cells use oxygen to produce chemical ATP energy through an efficient process of oxidation. But if there is not an adequate oxygen supply due to body toxification and acidification, cells come under great stress. To survive, some cells go into regression and start fermenting sugars as an alternative energy source. ***Fermentation is not an efficient process for generating energy and can therefore be considered as a form of regression.***

That regression disrupts the natural apoptotic processes of those mutated cells where they begin to multiply uncontrollably. Apoptosis is the process by which cells kill themselves when they are no longer functional so that the organ they are part of can remain in optimal condition. Mutated cells that continue to "cancer" have thus lost their connection to the "organ" or "tissue" they are part of. In this way, the natural hierarchy of your body's ecosystem gets compromised. The individual cancer cell no longer communicates with other cells and attaches more importance to its survival than to the well-being of all other cells. This endangers the survival of the organ or tissue, and even the survival of the body.

The heightened and chronological toxicity in the body is one of the major causes of cancer. We are all aware of the increased toxicity of air, water, food, soils, and medications. Everything is becoming synthetic, chemical and artificial, leaving us increasingly disconnected from nature. This is one off causes of epigenetic epidemics of cancer and other

degenerative diseases which, as you understand by now, have nothing to do with our DNA! In turn, the media sphere is responsible for intoxicating our brains with frightening illusions of reality, false OMAs, and dystopian futures. Even our high-tech communication technologies, based on harmful microwaves, are cancerogenic and contribute to the ever-increasing toxicity of our living environment.

***We recognise the same societal evolution towards narcissism where people regress mentally and emotionally and shrink their circle of care under the stressful influence of the CUPCA world!***

Lack of communication and connection destroys coherence, and the social fabric disintegrates just like cancer tissue does. The regression of humanity and society can thus be likened to a cancerous tumour and the causes of that cancer are lack of oxygen to the heart and soul! We're running our *engines* on material stuff as substitutes for unconditional love and compassion and hence the cancer of disconnection proliferates further and further in our society. We agree with Professor Robert Pope who connects the dots by concluding that even the scientific world is carcinogenic as it is based on a discriminating paradigm.



***"Scientific research tackling cancer for example, is limited by being based upon traditional 'tribal science'; a science that flies in the face of the UNESCO declaration based on recognition that all humans are of the same genetic makeup.***

***'Tribal science' is science steeped in the evolutionist's tradition of 'survival of the fittest' or, some are more worthy of life than others, thinking. That thinking as a basis for a scientific methodology is in essence carcinogenic - one of a kind seeking to grow at the expense of another of its own kind, a fact that must no longer be ignored.***

***Robert Pope - Professor of Neurological Physics & Author***

Our traditional cancer treatments still consist mainly of chemotherapy, radiography and cutting out tumours. This is a war against cancer cells where weapons of mass destruction are employed to win the "battle" against the tumour. But at the time a cancer is diagnosed, the processes that cause tumours have been proliferating in the body for years without a single

symptom being visible. Then suddenly a diagnosis comes, and oncologists hastily try to destroy the cancer. In doing so, no one asks what is causing the cancer because still your DNA is put forward as the main cause, while the DNA-dogma disappeared decades ago into quicksand. Those symptomatic treatments have been applied for almost a century now, and we see a rising increase in the number of cancers for the simple reason that our living environment is becoming more and more toxic. The tenors of the medical bastion obviously love it because this keeps the till ringing more and more!

*Here, the analogy with our escalating society is clear because it is also subject to rising mental, physical, emotional, and spiritual toxicity.* As with cancer, we see how weapons of destruction are being deployed at historically critical moments. With revolutions and wars, we try to destroy the visible tumours in our society, but in the process, we unwittingly continue to fight like Dom Quixote against the symptomatic windmills! Nobody seems to realise it and, unfortunately, we have reached the point where the narcissism of the ruling powers has reached such critical stage that all the echelons of our society are sickened by the metastases of that primary malignant tumour.

Within this book we strived to provide a brain upgrade 2.0 and emphasized the importance of increased consciousness and the need to escape from virtual reality illusions. But besides this mental upgrade we also envisioned the restoration of the balance between our two brain halves and a positive regression towards our authentic self. This as a reaction against the negative regression of transhumanism pushed on us by a technocratic dominated society. It is very worrying that modern technologies have long allowed people to be linked to the Internet Of Things (IOT) with a digital ID or QR code. It's more than just the technocratic elite's wet dream to reduce people literally and figuratively to an ID-IOT. Preferably, as an emotionless transgender or gender-neutral ID-IOT connected to, and controlled by, the AI (Artificial Intelligence) of supercomputers as ultimate digital slaves. *This is downgrading humanity to an Internet Of People version 0.5 ushering in a dystopian area in which we gradually lose what makes us human and what remains of our reality illusion of freedom.* It takes little independent research to discover that all the nano-graphene technologies and patents for this scenario have long existed, as well as the agendas of a few very influential narcissistic NGOs to roll out those agendas. Unfortunately, these are irrefutable facts, but we do not expect you

as a reader to simply accept this, but that you do your own research by peeling a few extra layers from the geopolitical onion! This advice applies to everything we presented as facts here.

This cancer analogy and final contemplations about the dangers of technology make it clear that at all levels of social structures there is a need for the new paradigm whereby we restore the natural hierarchy embedded in the universe and our ecosystem and tackle the fundamental causes of our cancerized society with our heart-brain and authentic selves. Clearly, ***this is not happening with traditional revolutions and wars, but needs the energetic healing vibrations of our hearts and souls with global coherence of a connected humanity that collectively learns how to say NO.*** After reading this book, do you agree we urgently need a few incarnations of Mahatma Ghandhi who freed India of suppressive colonialism? ... The final rhetoric question. Then join our Wave of Consciousness and contribute to this noble and urgent goal.

***I rest my case.***

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