

ELIMINATE DISTURBING BELIEFS AND EMOTIONS CAUSING STUCKNESS

I'm not going to be suggesting that what I'm telling you is true, or how things are. Instead, I'm gonna give you ways that things could be thought of. So, if I say to you, let's look at it this way or let's think of it this way, it doesn't mean I'm saying to you this is the truth and anything else is wrong. It just means, let's think of it this way, and let's think of it this way in order to see, not if it's true, but what would happen if we do.

OUR MINDS ARE COMPLICATED AND PRONE TO ERROR

I want to explain to you things that I understand about how the mind works. And, you can just learn about those things without even trying to apply them to you. Afterwards, when we deal with things that concern you, they'll be available to us if they're helpful, and if not, they'll be interesting anyway.

A hammer isn't complicated; you can throw it down the stairs and it will probably be fine. Don't try that with your computer, though! Computers are complicated, which means that simply by existing they are likely to malfunction.



Our minds are really complicated mechanisms, and therefore are prone to certain types of errors, as are computers. Do you ever get e-mail about something called a bug fix or a fix, like an update for your software? The reason they update it is because they figured out it was prone to mess up. They don't update it to say, "here's a few more fonts you might enjoy." They update it because they figured out that it was about to have a problem. Our minds can also benefit from being updated.

Have you heard of planned communities? Well, before they start building one, they design it. So, for instance, they make sure the community center's in a location everybody in all the surrounding places has access to. And then, things pretty much work. On the other hand, let's say you're in the city and there's a huge population area here, but a workplace there. So, every morning, people go from here to there, and every night, they go from there to here. And there's a little bridge, and somebody says to you, what kind of idiots stuck a little tiny bridge in between these two big places? You might say, "when they put that little bridge in there, this place didn't exist!"

That's the way most cities are, and that's unfortunately how our minds work. They were not built like a planned community. So, there are disruptive things that just naturally go on, where people are sometimes amazed when their minds aren't working in a way that's ideal, but we're not amazed when our computers aren't. We're not amazed when our car isn't, we just figure, well of course it would screw up. It screws up when you use it.

THERE IS NO "PAST"

Our minds are prone to confuse information about a thing with the thing. Our minds are also prone to confuse a figure of speech with something that actually exists. One of those is, in the past. I bet you've heard people say, "it's in the past."

I bet you've heard people say "it's not happening now; it's in the past. You don't have to worry about it now because it's in the past."

You hear that so much you begin to believe it. I bet there were times you believed it if somebody said that.

But actually, it's not accurate, because there isn't something called "the past" that contains anything else. So, nothing could be in the past, because there is no past for anything to be in.

And yet, people are constantly saying things are "in the past," and the person nods, and everybody accepts that's the reality of it, and they accept it so much that they think it exists.

Wolf is hunting and she's looking for a rabbit, but she steps in a hole and she's hurt her foot. And, she's walking more carefully, but she's not thinking she should have been more careful in the past.

As she approaches the hole, she doesn't even think there's a past that she should have been more careful in. Wolf is fully present. She doesn't see a rabbit, but a bird flies overhead. Does she think, gosh, I wish I could fly, then I could kill some birds? No—because for a wolf, if you can't do it, you can't think it.

GOAT AND SNOWFLAKE

About 98% of our minds are functioning on about the same level as the mind of a goat. That means that where you have an intellect, that's 2%. Let's think of it as about the size of a snowflake. Snowflake can be looking back, looking forward, and thinking about things that aren't possible or in existence, whereas goat is fully present.

But, for snowflake, he can think all kinds of things he can't do, and snowflake can be looking back, looking forward, whereas goat is fully present. Make sense? So, here's where the problem happens. It's not that there's a problem with the part of your mind working like a goat. And, there's no problem with the part of your mind working like a snowflake. But, there's a big problem with how they've been interacting.

GOAT AND SNOWFLAKE GO ON A ROADTRIP

Let's say we're on a roadtrip—you're snowflake, and I'm goat. We hit a traffic jam, and you say, "man, we should have left 15 minutes earlier and we would have avoided this mess." I'm goat and I say, "hurry up and do it"! Now, to you, that doesn't make any sense on any level. To me, it makes perfect sense, because you just said it would be good; you couldn't have thought it if we couldn't do it; the only time that exists is now. So, hurry up!



All emotion is coming from goat, and it's always a request for an action.

The way the goat requests an action is by causing pain. So, the mind of the animal, if it wants the animal to keep doing what it is doing, makes it feel good. If it wants the animal to do something else—stop eating the carrot and get away from the wolf—it makes the animal feel bad.



Somebody says to you, "I feel sad." Somebody else says to you, "I feel resentment." Somebody else says, "I feel guilty." You'll know—there's a bunch of goats trying to get somebody to do something.

Everybody whose mind is making them feel bad, it's because their mind is trying to get them to do something—usually something that doesn't need to be done in order to solve a problem that doesn't exist.

And, all they have to do to not be feeling bad is to get that goat to stop making that request. That's what we're gonna do.

- ⊗ The primitive mind causes painful emotions and sensations in order to cause positive actions that promote survival. Your mind isn't interested in causing you to feel an emotion; the emotion is the means to an end, and not an end in itself.
- ⊗ Your primitive mind believes that if you can conceive of it, you can do it.
- ⊗ Emotional disturbance means that the primitive mind is attempting to get the person to do something that is impossible to do, in order to affect a situation that doesn't exist.
- ⊗ When the mind realized that there is no positive action that can be taken, the pain stops.

Your mind isn't trying to make you feel something.

It doesn't care about how you feel.

**Your mind is causing you to feel something
in order to get you to *do* something. Only that.**

STOP PUTTING ON YOUR PANTS

So, we want to get your mind sharp where it's been dull. Think of a knife that's a little dulled because it's been dinged. We stick it in this knife sharpening machine, it's so sharp it can slice through concrete like it was butter. We want to do that with your mind. It's easy, but it's silly. So, it will take us a minute, maybe two. Here we go.

1. You're going to remember putting your pants on. Remember it? While you're remembering it, I'm going to say to you, "hey you, stop putting your pants on!" You're going to answer me by saying, "I am not putting my pants on!" Because you're not, are you?
2. Next, I'm gonna say, "make me stop putting on my pants." And you're gonna say, "you are not putting on your pants."
3. Finally, the third stop is I'm going to say "well then, where is it? And we're both gonna say, "it doesn't exist." Because it doesn't, does it?

* *"Stop putting on your pants" eliminates guilt, while "Make me stop putting on my pants" eliminates anger.*

* *Asking which leg was first, or what room the person was in, causes the person to recall it more vividly*

* *Demonstrate an indignant body posture and tone of voice for the participant to mimic. Repeat this process until the participant really has it down.*

4. Here's what the guilt is about: goat is saying "stop hanging out with that guy." I'm gonna say "stop putting your pants on." Then I'm gonna say, "stop hanging out with that guy." And you say "I am not hanging out with that guy."

5. Here's what the anger is about: goat is saying "make him stop saying that to you." I'm gonna say "make me stop putting my pants on. Then I'm gonna say, "make him stop saying that to you." You say "he isn't saying that to me."

* *Encourage the participant to use the same indignant tone and posture. Alternate between the pants example and the issue being addressed.*