

The Emotional Feedback System™



Mastering

Emotional Intelligence

Reclaiming the Emotional Sense

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A Philosophical Appetizer



Science has a rule that states:

When seeking to understand mysterious phenomena, the explanation most likely to be accurate is the *simplest* explanation.

Three simple mysteries:

1. How could nature have accomplished the seemingly “intelligent design” – the mathematically precise, cooperative biological complexities of the world, without some kind of innate inherent “goals” or “rules”?
2. All major religions conclude that: *All answers lie within.* If so, how are we supposed to find them?
3. If something *feels* naturally good or bad, why doesn’t that make it “right” or “wrong” by natural dictate?

Three simple answers:

1. It couldn’t!
2. Through a natural *inner* sense!
3. It does!

In the pages to come we will see how nature’s inherent goals and rules include a remarkably intelligent biological design with a purposeful “plan” for the human experience. We will learn how to use the long-lost emotional sensory compass that has emerged to point the way toward a profoundly more purposeful, moral, empowered, cooperative, and rewarding destiny than we have yet imagined-----let alone experienced. Indeed, we will find and reclaim direct access to the trove of wisdom hidden within.

Mastering Emotional Intelligence

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Section One: What Is Emotion?

Section Two: The Emotional Feedback System

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No Instructions Come With This Machine

**Off the assembly line of the universe
we roll---one to a customer mostly.
Umbilical to other beings
like tangled roots.
We are hungry,
wired for joy and pain.
And no instructions come with this machine.**

**Listen!
The eternal adventure speaks from inside.
Trust your equipment.
Your compass points to joy.
Breath connects us to the sky,
where stars on incandescent journeys
stoke the furnace of our mutual dream.**

--- Jean Turnbow

Overview:



Emotion

An Undiscovered Sensory System

Rediscovering an Integral Human Process

Overview:



- **Feelings - A long standing mystery**

- **Emotion - A long lost sensory system of self-regulation**

- **Two guidance levels - The right vs the wrong track**

- **What is emotional intelligence?**
 - **The science of spirit**

- **Your personal commitment**

Overview:

Human Feeling - A Long Standing Mystery



- Until the end of the 20th Century, science was stymied by a fundamental unanswered question: ***What is the function of human feeling?*** The evidence was clear that feelings could uncontrollably sweep through the body, disrupt the thoughts, overwhelm the mind, and drive unruly behaviors that wreaked havoc upon civilized societies. Who has not experienced the explosiveness of anger, the overpowering allure of infatuation, the immobilizing grip of fear, or the vengeful urges of hate? Indeed, at the causal center of all human amoral and evil actions one will find the disrupter of human feeling----like a magnet forcing us like mindless metal filings toward pleasure and away from pain.
- This fact led many scientists to conclude that emotion must be a leftover evolutionary vestige of animal instinct, our hopeless cross to bear, distasteful and unworthy of further investigation. Thus, our lifestyles, cultures, religions, and social conventions revolve around the idea that feelings are dangerous disrupters which must be stamped out, avoided, and psychologically removed like an inflamed appendix.
- In the space of a decade, all that has changed. A few tenacious maverick scientists kept digging and finally cracked the emotional code---finding an *elegant sensory language* hidden within the universal patterns of human feeling. They found the disruptive aspects of emotion to be a necessary half of a misunderstood whole which revealed some shocking surprises about nature’s “intentions”. This breakthrough brings profoundly *good news* to humanity.
- Emotion is now becoming understood as an entire *sensory system* with the function of *self-regulation*. It operates as nature’s only compass, an *internal control system*, to offer in the moment guidance. It provides both *evaluative information* to guide thought and instigates *corrective change* to guide actions, both of which keep us on a naturally desirable evolutionary course. The disrupter is merely *the mover*, the instigator of corrective behavioral changes which makes no sense (and can wreak havoc) without the *teacher*, the evaluative informational messages encoded within each feeling. Together the mover and teacher guide all forms of learning and development including: emotional, moral, intellectual, social, and even personality development. They lead to discovery and fulfillment of *human purpose*.
- Our failure to discover the inner compass and our *internal regulators* has landed us in the painful, deficit-state mess we now consider to be the “normal” human experience and in dire need of *external regulators*, (codes of behavior, mores, religious commandments, laws, courts and prisons). Indeed, the human species has been severely handicapped without the conscious, rational use of the both aspects of our emotional sensory guidance.
- The mission of EFS International is to help humanity rediscover the meaning, function, and daily use of the human feeling sense. The Emotional Feedback System™ (EFS) synthesizes science into a user-friendly method of reclaiming this crucial force of nature, which includes discovering human purpose, living “the good life”, and mastering emotional intelligence.

Feelings As Guidance - The Missing Piece of The Puzzle



1. For centuries scientists were mystified about the function of emotion, since it seemed only to disrupt conscious plans, and to often move us to destructive behaviors.



2. The world began to treat feelings as an outdated, unwholesome animal instinct to be controlled, if not removed like the appendix.



3. But now, emotion is being recognized as an entire sensory *guidance* system, with a *teacher* offering *evaluative information* and a *mover* instigating *corrective changes* which together *regulate* all aspects of human behavior and development.



4. Without benefit of the full internal control system, we have become handicapped, suffering unnecessarily within ill-fitting, man-made, *external* control systems---and without understanding of our very *purpose*.



5. Our mission is to provide humanity with the emotional education to correct this problem, to help the world become empowered with *emotional intelligence*.



Overview:

Human Feeling: Two Guidance Levels - Two Life Tracks

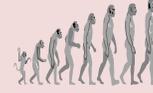


- Our purpose is to teach you how to read and follow your emotional compass. The secret lies in understanding that the emotional sense operates at two different levels—one for animals and one for humans. These two levels of guidance correspond with *two evolutionary tracks* that influence all aspects of the quality of our life. Little or no emotional understanding automatically defaults us to primitive animal level guidance (or worse) which is inappropriate and limiting, even destructive and downright dangerous---clearly the *wrong track* for modern humans. (This is where most of us are without harnessing emotional wisdom!)
- The self-regulating emotional sense drives human evolution by accomplishing its two required forces of genetic survival (bodily self-preservation) and adaptation (mental self-development). When we do not understand both forces, one works against the other, body competes with mind and we find ourselves on the wrong track. One cannot both preserve and develop the self without knowing what to keep and what to change---and *only the emotional sense tells us!* This elegant system uses both a “mover” and a “teacher” to guide us to our right track.
- *The mover* represents the most basic level of emotional self-regulation; it protects the “body” part of self. Likened unto *animal instinct*, the mover sweeps us with feelings and impulses which move us magnetically toward pleasure and away from pain---without any intervention or awareness of the mind! The mover is most obvious in threatening situations when we are swept away in painful fear or anger and driven by “fight and flight” impulses. It is also the mover that can overcome us with compulsive *approach* urges, infatuations and addictions making us hopelessly attracted to people and things that bring pleasure. We need the mover, for it ensures survival through the *basic subconscious* operation of emotion, which draws directly upon the body’s innate intelligence to regulate us with *motivating* and *corrective actions*. But it is only part of a much larger more elegant emotional system. (The mover alone, hampered by a mind unaware of the *meaning within feelings*, can wreak wrong track havoc!)
- It is *the teacher* which represents the secondary, complex level of emotional guidance that provides the meaning that enlightens our *conscious minds*. The mind *is our self-identity* and assumes willful control over our actions, but it does not have conscious access to the wisdom of body without *learning*---and it can mess things up! The teacher’s encoded messages within feeling provide the only sensory link to this wisdom! The teacher gives us the ability to adapt not only *ourselves through learning*, but to *adapt our world* through our creative cultural tools---and all without compromising or interfering with the wisdom of body. Each feeling tone, be it fear, envy, compassion, courage, hate, or love offers the mind specific *quality control* that drives the *secondary* regulatory purpose of *self-development*, and a third uniquely human purpose of *self-actualization*. Thus, all humans have not one but three universal purposes.
- The full emotional compass (both mover and teacher), is essential for keeping humans on the right track. It is not only the fast track to the most fulfilling life experiences, but the gateway to our highest human potentials. Wrong track suffering is not normal, but a *corrective force* pushing us to discover the profoundly *pleasurable* rewards of nature’s highest intentions!

Feelings: Multi-Level Guides



1. The emotional sensory compass works at several levels of evolution to accomplish one or more self-regulatory *purposes*:



- A. One (“the mover”), for all animals: *Instinctive* and *subconscious*, to meet a single survival purpose of bodily self-preservation.



- B. A second, (“the teacher”) for smart animals: *Conscious* and *instructive*; to meet dual purposes of self-preservation, as well as adaptive, mindful *self-development*.



2. Humans are intended to use both levels to meet *three* purposes: self-preservation, self-development, plus *self-actualization*-----the act of each person leaving their unique mark upon the world.



3. Conscious multi-purpose thoughts and actions put humans on *the right track*, while anything less defaults us to *the wrong track*.



4. A great deal of “normal” behavior is on the *wrong track*, humans *unconsciously* following animal guidance---and suffering individual and social corrective pain!



Life On The Wrong Track



- Without understanding the teacher, humans *unconsciously* allow the disruptions of the mover to affect their mind in ways that leave bad attitudes, and unsuccessful beliefs and strategies---*emotional baggage*---which brings further pain. Learning occurs, but it is mostly conditioned instead of conscious, and instinctive reactions become disempowering habits. In short, without the *evaluative* guidance of the teacher, we can learn the *wrong stuff!*
- When we spend too much time on the wrong track tremendous detriments befall us, our families, our social and professional groups, and ultimately, our world. Without the internal compass mind and body are not united in thought and action and good people easily fall into universally predictable patterns of *inner conflict*, which underlie *all forms of outer conflict*.
- These patterns have profound impact on all aspects of life---resulting in outcomes from simple miscommunication, lack of energy and enthusiasm, and failure to learn from experience, to job loss, divorce, compulsions and addictions, ill health, and even violent criminal behavior. Such people are often called “losers” and these things are considered “normal” in a “world gone mad”, but they are in fact, *biologically deficit states*, wherein humans are operating on half power, animal level, and emotional guidance! Some such states are:

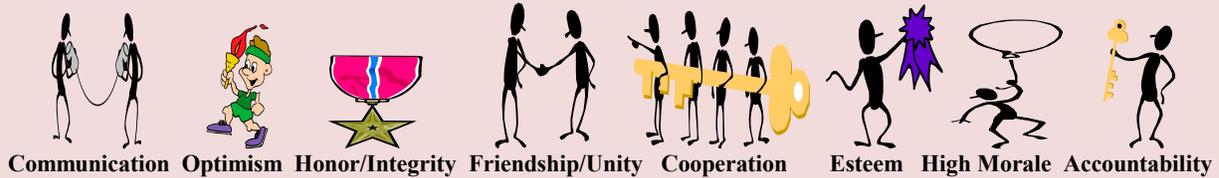
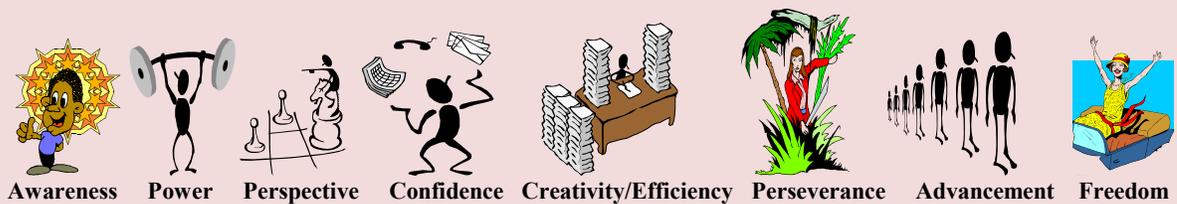


- These outcomes are not the result of genetic character flaws, they are facilitated by *predictable* and *preventable emotional dynamics* that can affect all human beings under the right (wrong track) circumstances. Emotion is an equal opportunity self-regulator, highly effective in doing its job---even if it is forced to operate against the mind of its owner! But these outcomes are *painful distortions* of nature’s intentions. With the emotional compass, they are preventable and correctable. Even genetic predispositions for certain maladies (*) can be managed, minimized, or avoided entirely.

Life On The Right Track



- When we can decode the messages of our feelings, the teacher helps us learn *the right stuff*. Just as pain and confusion characterizes the wrong track, the right track is marked by pleasure and purpose---for nature not only pushes us away from ignorance, it pulls us toward our rightful destiny! Tremendous rewards are reaped when individuals discover the right track and support one another in staying upon it. With the emotional compass, people from all walks of life find new levels of purpose, creative motivation, tolerance, integrity, connection, honor, courage, and compassion. Group conflict, competition, and infighting gives way to camaraderie and win-win cooperation, creativity, synergy, loyalty, prosperity, and success.
- Using multi-purpose emotional guidance is the actual “normal” state as defined by nature. Anything less than inner unity and outer cooperative community is less than we all deserve---and *we feel it in our gut that this is true*. For every painful wrong-track confused condition, there awaits a natural, meaningful, pleasurable right-track counterpart condition and destiny:



- These individual and group results are the natural predictable patterns of right track living. Right track living creates “winners”, success stories, and self-actualized human beings. Just like the negative outcomes, the positive outcomes are not due to *genetic character qualities* they are the *natural result of guided learning from the emotional sense*. These are the outcomes of learned *life strategies* that can be instilled under the right track conditions within virtually anyone. They are the hallmarks and rewards of *emotional intelligence*---and *they are every human’s birthright*.

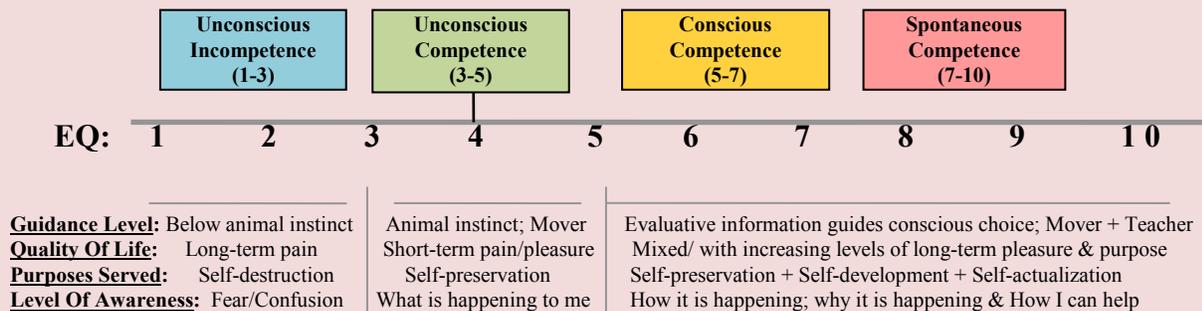
Overview:

What Is Emotional Intelligence?



- *Emotional intelligence* was perhaps the first officially coined phrase that honored the value of emotion, and full agreement upon its definition and measurement is yet to come. But in essence, it is the *natural result* of using both the mover and teacher in the intended manner--living on the right track. Emotional intelligence is the right-brain interactive counterpart of rational, left brain intelligence, but it is almost *completely learned*. Emotional intelligence is a measure of both the *quantity* and the *quality use* of human consciousness.
- Our Emotional Intelligence Quotient (EQ) then, is a conceptual measure of the mind's ability to utilize the messages within feelings to guide conscious, purposeful *choices* in thought and action. As mindful choices accomplish higher and higher levels of purpose, nature rewards us with the highest, most lasting pleasures---and a higher EQ. Animals operate upon a relatively fixed EQ, but humans who have *conscious* free will choice can *go up or down* on the EQ scale---depending upon the *quality* of our choices. If mind does not know what is going on, it cannot offer quality adaptive enhancements and can even disrupt the natural survival processes. (Indeed, with mind comes the risk of losing even animal level guidance!)
- So in humans, emotional intelligence reflects a *method of thinking and acting* which falls at any given number upon the EQ scale. If we are unaware of the full emotional guidance, we most likely default downward, and act impulsively at the fixed level more likened to animal instinct. Thus, each action can occur at any level, but each person has a general average at some point on the continuum depending upon his or her level of self-understanding.

The (EFS) EQ Scale



- Since humanity has not yet embraced the emotional sense, the average EQ falls within about the 3-6 range, for we can't understand the how and why, without the what! Thus, confusion and unnecessary ongoing pain is accepted as a natural part of life. There are individuals, of course, who have attained higher EQs through intuitive use of the teacher within feeling. But with the information offered herein, it is possible for *any individual* to jump immediately to a 6+ EQ and get on the fast track to maximum emotional intelligence.

Emotional Intelligence Is...



1. Emotional intelligence is the complement of regular (rational) intelligence, resulting naturally from living on the right track.



2. High EQ reflects a high level of *conscious purpose* within daily thoughts and actions.



3. Low EQ is the natural result of humans separated from our inner guidance system, habitually unaware of the *non-purposeful* choices we are making in our lives.



4. On the EQ scale of 1-10, anything under 5 is life on the wrong track, and humanity ranks at about 3-6, due to the lack of emotional understanding.

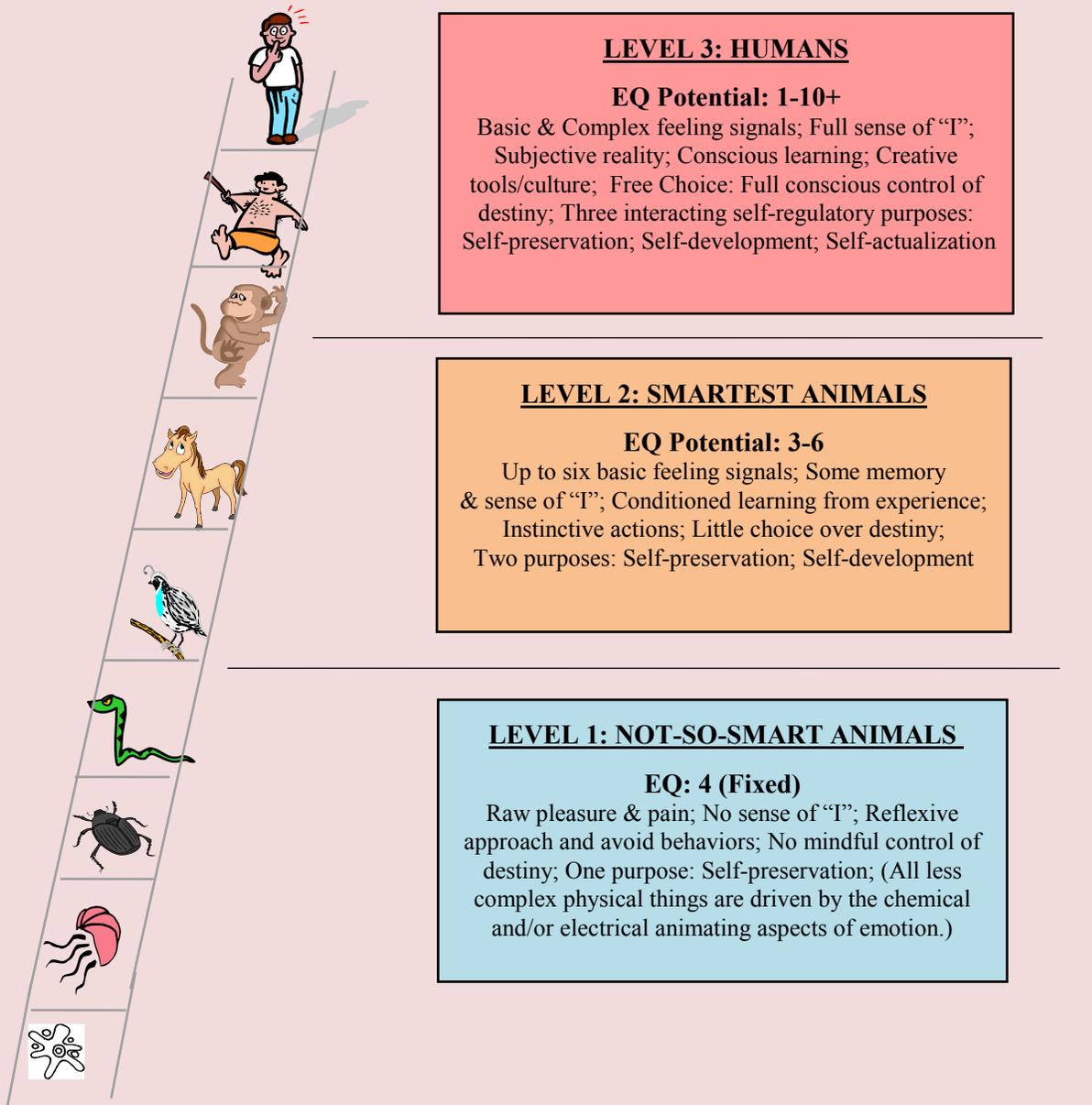


5. With this instruction manual, anyone can jump up to the 6+ range and immediately begin purposeful living.



Evolutionary Levels of Emotional Self-Regulation

- Having placed emotion in its proper perspective, we can now begin learning the whats, hows and whys of the emotional sense. From the summary chart below we can see that nature creates ever smarter and more conscious animals with three levels of emotional guidance for the *proper use* of these gifts. For with brains and conscious control, comes the risk of using free will in ways that go against nature’s purposes. We humans are the smartest and have gone wild with our conscious creativity---we have virtually transformed the world! But we also are the first to *reach new lows in EQ!* (You do not see an animal packing an Uzi to school.) To properly honor our gift of mind, we simply need to become aware of how all aspects of the emotional spectrum affect us---and most importantly to reattune to the cognitive messages that we have so long ignored. When we align our choices with the mover by learning from the teacher we have recovered our inner emotional compass—and life begins.



Your Personal Commitment



Learning about your emotional system will offer all the stated benefits and even more. It is a gift from EFS International, offered faithfully and respectfully. It can empower you in all aspects of your personal, social, and professional lives.

We ask in return that you join us with your serious commitment in helping us incorporate emotional intelligence into the world at large. We ask that you share the valuable skills you have learned by modeling high EQ behaviors in all your spheres of influence. This means making daily efforts to stay upon the right track of your emotional dynamics and to help support others to remain there as well. Your efforts will be rewarded by feelings of purpose, accomplishment, and personal fulfillment---and your receptivity and positive actions cannot help but be noticed by others and open many doors of opportunity.

The Emotional Feedback System™ will instruct you in each of the functions and potential pitfalls of your self-regulation system. You can use it for things as simple as changing bad habits, or you can embrace it wholeheartedly allowing it to become a lifelong inner counselor to guide your optimal physical, mental, and spiritual growth.

Once the basic seeds are planted, like an elegant rose, your understanding of your feeling system will naturally blossom and take its rightful place as a major sensory ally. Your individual propensities, choices, and commitment to the process, will all help determine your personal pace. Those that commit themselves to fearlessly confronting and resolving all painful symptoms will become the most empowered and the most fulfilled.

- Be forewarned, a fast pace can bring tremendous progress, but some emotional pain is an inevitable part of the learning process. Choose a pace that best suits your tolerance for change, be prepared for many shocks and surprises about yourself and your world, but most of all *trust the reliability of your natural system.*
- With your committed efforts, and these reference materials, your feelings will continue to teach you your entire life. Each personal success will help contribute to all group successes, whether they be families, corporations, or the global community---and the sky is not even a limit. So if you are truly ready.....let's go!

Section One:



What Is Emotion?

Getting Properly Re-introduced To Our Feelings

Section One:



- **What are feelings?**

- **What is the function of the emotional sense?**

- **Feelings and the course of human development**
 - **Universal feelings and The Mover**

 - **Complex feelings and The Teacher**

 - **Multiple messages within a feeling**

 - **Revealing the secrets of The Teacher**

A New Beginning



- As we embark upon this new journey of self-understanding, we will be meeting “the teacher” within emotion for the first time. It will be necessary to *rethink many time honored ideas about who and what we are*. If we are doing this correctly, we will see our emotional patterns stripped naked, and we will blush. We will be astounded by how many of our “normal” thoughts and actions have been “*on the wrong track*”. We will find abundant evidence that “the mover” has been in charge.
- But this is perhaps a necessary stage in our evolving consciousness, and we are all in the same boat. Emotional patterns---both good and bad---effect everyone from homeless beggars to the president of the United States. They are not escapable or controllable in the most remote tribal cultures or in the most technologically advanced societies. They are predictable patterns of the entire species, recently discovered through cutting-edge science and now recognizable though meeting the teacher.
- We are also *pioneers* in an exciting new realm of human potential. We are among the first to reclaim one of our most powerful human capacities. None of us have known any of these things, we have not yet designed our world according to this guidance, so we cannot help falling onto the wrong track. Any degree of emotional intelligence we might already possess has been more accidental than on purpose.
- Thus, it is essential to embark upon this journey with a *clean slate mind*. A slate with open acceptance of your human nature and of the legitimacy and value of *all of your feelings*. A slate *free of all self-reproach and blame* for any and all past habits, a slate that recognizes common human patterns in everyone instead of “genetic character flaws” in individuals. From this moment on, life will be a different game. It is essential to *forgive yourself* and others for the wrong track thoughts and actions of the past. You will earn this forgiveness by using your emotional guidance to minimize future occurrences.
- It is also essential to have a clean slate mind open and courageous enough to receive and embrace many new ideas *that challenge our knowledge, our beliefs, our sense of identity, our purpose, and our very reality*. From this fresh foundation, we will be building an entirely new construct of self-understanding brick by brick. One free of cultural assumptions, based upon our *biological design*, and one that offers a far more valid and optimistic image of the human being. With that in mind *let’s get started!*

Emotion - The Real Sixth Sense



- Despite the bad rap that emotion has received, it is a spectacular *sensory system* perhaps even more useful than the other five. It is the only sense we possess that gives us any sort of evaluative and purposeful guidance *whatsoever*. Without emotion life would have no meaning or purpose. Without emotion people could not relate what they see, hear, taste, and touch to their own well-being. Without emotion the mind could not enjoy the richness of love, jubilant laughter, inspired awe, or empowering faith. Without emotion the body would have no motivation or desire. Without emotion the mind would have no rudder. For *pleasure and pain* is nature's force that keeps the *self*—both body and mind—united and moving in a purposeful direction. Feelings ride the coattails of all experience, bringing us crucial information.
- Nature's plans are carried out with clockwork precision by the feeling sensory system which includes several levels of *purpose* that correspond with several levels of *evolving consciousness*, and several levels of *emotional complexity*. Humans are the only animals that *can override instinct* and *choose* to act in willful ways. Feeling signals are clearly intended to *steer the body* and to steer the *developing mind* in “good” directions. Joy is the only true north, and the *mover pushes us* with *pain* until we awaken to the *teacher* who *pulls us* with the highest, most long-term, rewarding *pleasures* to make the *smartest, most meaningful, choices*.
- All senses *bring information to the mind* about the world, but emotion brings information about the *self* and *its relationship* to *what is happening* in the world. Such a sense is crucial due to the *unlimited nature* of the *mind*. Big brains bring creative *self-determinism (choice)* guided by a *subjective identity*, and a *highly subjective reality* built upon our memories, knowledge, beliefs and life experiences. The mind is completely free to make ignorant choices ranging from unhealthy dietary habits and bad marriages, to drug abuse, crime, and suicide. *The unguided mind can fight against the body* by becoming choked with fearsome imaginings and dogmatic “truths” that create a believable but highly distorted window to the world.
- But nature is much cleverer than that! Nature clearly wants us to have both conscious *creative choice* (free will) *and* biological *predestiny—innate guidance*. So evolution safeguards us with emotional guidance *far before* it gives us a conscious, willful brain. Our very brain structure is wired so that the mover within emotion will interfere and overrule the conscious choices of mind whenever we get off our purposeful path. The mover ensures that our painful feelings and uncontrollable impulses will haunt us *until we get it*—until we recognize the higher purposes hidden within our instinctive emotional behavior and awaken to the meaningful informational messages of the feelings themselves.
- Humans have stubbornly denied the obvious: What *feels good* is “right” by *natural---if not divine---dictate*. In doing so, we willfully believe things that deny an *entire sense*, and undermine the very *purpose of life*. The degree of *emotional pain* in the world is an accurate measure of our *misuse of free will*. We live the results of many historical choices made without the emotional rudder. Conditions ranging from loss of meaning, addiction, and depression to social conflict, political gridlock, rampant crime, and holy war are simply symptoms of a world with a low EQ!

Feeling Our Way To Purpose



1. The emotional rudder of pleasure and pain *unites* and *steers* “the self” in purposeful directions.



2. Sensory self-regulation results in purposeful choices of mind which fulfill the needs and purposes of body.



3. Like colors, tastes, and sounds, feeling signals bring information from the body to the mind about what is happening in the world.



4. Like physical pain, bad feelings tell us that something bad just happened to us---“bad” in a moral, evaluative, sense.



5. This sense is essential to protect the mind from running away with its own freedom---from learning the wrong stuff and making the wrong choices.



6. Nature cleverly safeguards mental freedom with biological insurance for purposeful use of conscious choice---what feels “good” is “right”.



7. The level of emotional pain in the world is an accurate measure of the misuse of free will, and all individual and social moral ills are simply symptoms of a low EQ.



Emotion - The Force Of Evolutionary Change



- Despite all the new science, many still argue about creation and evolution. Fortunately, it is irrelevant to mastering emotional intelligence whether humans got here through creation or evolution. But it is *highly relevant* to know that we are in fact *continuing to evolve*. For evolution is simply the forward movement that flows from everyday *change*. Change is an ongoing aspect of all kinds of life---moments click by, the sun sets and rises, the tides rush in and out, plants grow, children become adults, and adults pursue their dreams building villages, cities, and nations.
- The divine natural interactive dance we call the ecosystem is made possible by the simple changes that result from all life forms instinctively doing their particular thing. All evolutionary change is accomplished through the *internal* and *external* changes brought about by each *individual*---all based upon internal self-regulating emotional *guidance*. The mover drives instinctive *impulsive* actions which affect *changes in the world*, and the teacher drives *conscious actions* and *learning experiences* which change both *the world* and *the self*. The teacher introduces the secondary purpose of *self-development*---including *all forms* of *learning*.
- Change happens, learning happens, despite how *aware of it* or in *control of it* we might be. Animal conditioned learning (like Pavlov's dog) will occur in humans through the mover, until we become conscious enough to decode the messages of the teacher. In humans, conditioned learning is a *misuse* of both the emotions and the mind. Conditioned learning takes the momentary sensory information and pairs it with the event leaving lasting habits, beliefs, and attitudes which prompt *approach or avoid* conditioned responses that are carried into the future---robbing us of our willful choice of action, and landing us on the wrong track. Conditioned learning leaves what we fondly refer to as "issues" or "emotional baggage".
- Conditioned learning and automatic response is a necessary evolutionary step, but evolution is clearly moving its smartest animals to become more and *more conscious* and in *personal control* of both their learning and their actions. It is only through conscious thought and action that humans *create culture*: we invent technological tools that change the world in "good" (purposeful) ways. We create languages, belief systems and conventions; we share knowledge, build communities, and global economies. Our technologies alter our very evolution as we improve health conditions, extend longevity, create babies in test tubes, and even change our genetic structure. If we are to create the most successful, *purposeful* culture we must use our *emotional compass*! Feelings define and evaluate our failures, then they push us with protective pain and pull us fruitful pleasure to create both individual and group successes.
- What this means to us is that *our very evolution* depends upon each individual's ability to make two kinds of *changes*: to *consciously learn* from our experience and to *consciously choose multi-purpose actions*. That is all humans have to do to stay upon the right track---and emotional guidance is the key to both kinds of changes. But until the mind has learned to use the emotional messages, *free choice works to our disadvantage*! The mover sees only the goal of self-preservation, to which all change---*even learning something new*---is a threat. We will then *fear change*, fear new challenges, we cannot learn, and we cannot even adapt, let alone expand or improve upon our culture. We will find ourselves with compromised individual, social, emotional, and cultural development. We will find ourselves suffering in a "world gone mad", but one of our own misguided human creation.

May The Force Be With You



1. Whether we evolved or were created, it is clear that humans continue to *evolve*---to *change* in purposeful ways.



2. Emotion is the force of evolutionary change, working within all organisms as an inner *driver* toward *purpose*.



3. With the brain comes more *conscious purposeful control* over change, with *learning* leading to *self-development*, and *creative action* to human *self-actualization*.



4. Without the full emotional guidance, the mover will use *basic* emotional processes to guide *conditioned learning* and *instinctive actions*—which assure survival, but rob us of *mindful choice*.



5. Although historically necessary, when this happens, we become habitually *fearful* and *angry* about inevitable *changes*, and compromise all aspects of our evolutionary development.



6. To avoid this lower path, the complex feeling processes of the teacher ask humans: To *consciously learn* from each experience and to *consciously choose purposeful actions*.

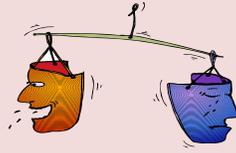


Core Emotional Processes - “The Mover”



- Now, with the emotional sense in the correct context, we can properly introduce “The Mover”. The mover represents all the *physical* aspects of emotion---the *gut feelings* that grab our attention and the arousal that pulls us like a magnet toward pleasure and away from pain to safeguard the *body*. The mover is found in all animals, serving the sole purpose of self-preservation. It is simple, automatic, and wise, protecting the self as faithfully as any other bodily process does its job. As an aspect of the nervous and immune systems, the mover taps the vast genetic wisdom of the body (which is still well beyond the human grasp) ---not to mention the wisdom of any sort of *spirit or soul* which might also exist within us. Thus, the mover deserves our utmost respect.
- Had we always respected the mover, we would have seen that emotional feelings are protecting genetic *psychological needs* just as physical pain and pleasure safeguard our *physiological* needs. Pain signals some deficit state that *we need to change* in order to restore the required balance. The arousal component of pain agitates and needles us to meet the need---whether is it food, water, air, sleep, sex, safety, companionship, novel stimulus, or creative expression. When we meet the need we feel a pleasurable sense of satisfaction. But perhaps more importantly, we *feel specific kinds of corrective pain* if we do not meet them sufficiently.
- When observing the human emotional patterns *we see six basic universal feelings* that are associated with the mover—most of which are painful. These feelings are evidenced in all primates and in all kinds of people (by six months of age) with universal facial displays and expressions that communicate emotional experiences of: **Joy, Fear, Anger, Sadness, Disgust,** and **Surprise**. Each feeling has a *universal meaning* about the relationship of the self to the world, with the painful ones pushing us in better directions. This meaning underlies all conditioned, animal learning and offers the first glimpse of the teacher:
 1. **Joy tells us good things have happened to us.** (And it moves us to make this happen again.)
 2. **Fear tells us of threatening situations.** (And it moves us to avoid them in the future.)
 3. **Anger tell us of nonnegotiable boundaries to honor and obstacles to remove which interfere with our purposeful actions.** (And it moves us to fight if necessary to protect ourselves.)
 4. **Sadness tells us of significant losses.** (And it moves us to find replacements.)
 5. **Disgust tells us that certain things are unwholesome and to be avoided.** (Linked to taste.)
 6. **Surprise tells us that something completely unexpected has happened.** (“Head’s up!”)
- Had we always respected the mover, we would have learned that our six universal feelings are moving us to fulfill *six basic universal needs*. These needs are the desirable self-states that the system uses to regulate purposeful behavior and evolutionary change. These needs safeguard our survival while pulling us toward the *higher purposes* and the discovery of the *teacher*. The six universal human needs are the “good” things, the “right” things for humans to have as defined by nature—not having them fulfilled is undesirable, “wrong” and “bad”. They are:
 1. **The need for ...FREEDOM** (For the purpose of self-preservation)
 2. **The need for ...POWER** (For the purpose of self-preservation)
 3. **The need for...CONNECTION** (For self-preservation, self-development & self-actualization)
 4. **The need for...ESTEEM** (For self-preservation, self-development & self-actualization)
 5. **The need for...CREATIVITY** (For self-preservation, self-development & self-actualization)
 6. **The need for ...MEANING** (For self-preservation, self-development & self-actualization)

Universal Feelings of the Mover



1. Everybody has em'! (Even many animals!) They tell us about our "self" and its state of balance in the world.

2. They are simplistic, automatic, and wise, moving us to fulfill our physical and mental needs through pleasure and pain.



Joy brings good news---moving us to approach.



Fear means threat---moving us to run away.



Anger means obstacles and violated boundaries---moving us to fight in self-preservationary defense.



Sadness means loss---moving us to find replacements.



Disgust means something is gross---moving us to avoid.



Surprises are unexpected---moving us to pay attention.



The Universal Needs of the Mover



The mover operates upon an innate, genetic value system which is communicated through feelings relating to six universal human needs which together drive us to meet all three human purposes of self-preservation, self-development and self-actualization:

- 1. The Need for Freedom:** Every human has the inner urge to be free in order to self-regulate. The need for freedom safeguards our self-directed movement and free will choice. It moves us to resist external controllers that interfere with our inner purposes. It gives us a sense of rightful privacy, liberation from judgments of our personal choices, and a sense of unlimited possibilities and life potentials. Physical, intellectual, and emotional freedom are crucial for self-preservation, and serve as facilitators for the higher purposes. 
- 2. The Need for Power:** Every human needs to be able to personally *create change* in order meet all needs and purposes. Inner empowerment fills us with the enthusiasm to make things happen. This need gives us a sense of integrity, fairness, and justice. Power is crucial for self-preservation, and provides the energized impetus for evolutionary change. Together, freedom and power *define* and *protect* the internal and external conditions necessary for self-regulation. They bring anger and conflict when efforts are hindered, boundaries are violated, and opportunities are limited. 
- 3. The Need for Connection:** Every human needs to interact and be connected with others. This need underlies all empathy, all trust and all love. It moves us to pro-create, cooperate, build families and communities. The urge to commune, affiliate, to love and be loved, is most basic, but it will take the back seat if community takes away too much of our freedom or empowerment. The connection need ushers self-development and cooperation. 
- 4. The Need for Esteem:** Every human needs to feel worthy and good about themselves. It springs from the innate value potential, and drives active self-development and self-actualization. It is the basis of confidence, honor, remorse, and natural morality. 
- 5. The Need for Creativity:** All humans experience the urge to creatively express themselves. Whether through art, literature, dance, creative play physical labor, or working at daily professional tasks, emotional fulfillment comes through active creation of that which we imagine. This need channels human power into our amazing cultural creations. 
- 6. The Need for Meaning:** All humans are born curious, seeking new experiences and taking delight in patterns that make sense of the wonders our world. This inner urge to understand draws upon the analytical and rational capabilities of the brain and leads us to develop philosophy, science, meaningful worldviews, and long-term need-meeting strategies. 

Have I Met The Mover?



- Humans are intimately familiar with the mover, but we have never learned about its purpose. The mover has been around longer than consciousness, ration or logic and has little respect for any of them. The mover has most likely wreaked havoc upon your thoughts, plans and actions but has also surprised you with unexplainable good feelings as well. But the mover is simplistic, operating mostly on pleasure and pain, so the meaning of its movements may well be hidden within unexplained, impulsive and often compulsive behaviors that satisfy physical as well as the mental needs. For example, if you feel a longing, a generalized emptiness in some aspect of your life, it is the mover who both creates this feeling and offers corrective urges to find immediate pleasure. The mover is satisfied with short-term pleasure to stop or avoid any kind of pain. So have you met the mover? Ask yourself the following questions:

- Have I ever done anything I knew I was not supposed to do?**
- Have I ever yelled at, or hit someone in anger?**
- Have I ever eaten something I know is unhealthy?**
- Have I ever felt a pleasurable rush when someone compliments me?**
- Have I ever experienced anger or annoyance while driving?**
- Have I ever been infatuated with someone?**
- Have I ever avoided regular exercise?**
- Have I ever resonated with joy when gazing upon a sunset, a snowy mountain, or a newborn?**
- Have I ever gossiped about, belittled, or retaliated against someone I resented or envied?**
- Have I ever felt more confident after finishing a tough job? Ashamed after a failure?**
- Have I ever wanted to avoid a scary situation?**
- Have I ever felt the happiness of finding a good friend?**
- Have I ever covered up a mistake, or told a lie?**
- Have I ever been sad over losing something or someone?**
- Have I ever been disgusted with the choices of others?**
- Have I ever been surprised or even disgusted with my own behavior?**
- Have I ever cheated or gained an unfair advantage over someone?**
- Have I ever rationalized the facts to justify my knowledge, beliefs, or actions?**
- Have I ever experienced joyous communion with the power and wisdom of “The Creator”?**
- Have I ever avoided a difficult challenge, or chosen play over work?**
- Have I ever felt inferior or superior to others?**
- Have I ever cut someone down to size?**
- Have I ever felt frustrated from encountering, or excitement from solving, a problem?**
- Have I ever made excuses for not doing something I know I should do?**
- Have I ever blamed someone else for anything that has ever happened to me?**
- Have I ever felt joyous inspiration?**
- Have I ever felt good while doing some creative activity or hobby?**
- Have I ever had urges or compulsions to do things that hurt myself or others?**
- Have I ever used drugs or alcohol to feel better?**
- Have I ever been a thrill seeker to feel excited?**
- Have I ever eaten compulsively?**
- Have I ever known *anyone* who has done any of these things?**

- If you answered yes to even one of these questions, you are a living, breathing, human being and you indeed have met the mover.

Complex Feeling Processes - “The Teacher”



- All sentient organisms (smart animals) have access to the teacher---by becoming *aware* of the patterns of the mover and *learning* from them. The teacher is a mediator of our evolving consciousness. And even before we become aware of the information within the feeling, the teacher works with the mover adapting us unconsciously through *conditioned learning*. This is the kind of animal learning that pairs memories of feelings and certain events in our mind and creates mental and physical reflexive habit patterns that help us handle similar challenges in the future. (We are conditioned by the teacher just like Pavlov conditioned his dog.)
- But as this conditioning occurs in humans, an amazing thing happens. For as we go about our daily business of meeting needs, the basic emotional processes of the mover automatically become more complex. The six basic feelings take on unique *cognitive dimensions* and far more specific meanings tailored to our *genes* and our *experiences*. These feelings contain information about our personal genetic potentials, values, interests, and experiences as well as our specific family patterns, cultural, educational, and religious customs, and our socio-economic circumstances. These are the feelings that drive our higher purposes.
- Thus, our feeling signals “grow up” along with us, giving us a whole new set of *learned feelings*! Although the six universal feelings remain intact, they also mix and blend like primary colors on an artist’s palette and morph into the many *complex feeling tones* common to human experience. And although the conditioned learning continues, *conscious guided learning* and imaginative *creative invention* becomes possible. The more conscious we become of the messages, the more freedom and power can we attain over our lives, and we can invent ways *to meet all of our needs* on a long-term basis. With the teacher we rise above animal habit, impulse, defensives, fleeting pleasure, and free ourselves from long-term pain.
- These learned emotions contain both positive and negative poles, and offer specific information about our unconscious processes for developmental directional guidance. Although there are over 500 words in the English language that connote complex emotional states, they always contain the core pleasure or pain of their ancestors. They are such familiar feelings as: **trust, love, confidence, guilt, hope, envy, shame, frustration, loneliness, remorse, inferiority, greed, anxiety, lust, despair, righteousness, loyalty, resentment, excitement, worry, contempt, and hate**. Just as the mover’s six basic feelings bring information from the body to the mind about the body, the teacher’s complex feelings bring specific information from the body to the mind about the mind, its *understandings* of the needs, and how well its *beliefs, knowledge* and *strategies* are meeting them.
- As life goes on, both the mover and the teacher influence all aspects of our emotional, intellectual, moral, and personality development---either at a lower (unconscious/single purpose) or higher (conscious/ multi-purpose) level. The more right-track development, the more conscious we become, the more successful the life experiences, the more cooperation with others, the more meaningful the daily events, the more self-actualization occurs, and the more emotionally rewarding are the experiences. The teacher pulls us away from brutish pain and leaves us with mostly positive feelings! This is nature’s intention—conscious, multi-purpose creative living and happiness!

Universal Feelings & Their Learned Offshoots



Joy

(Success) →



Growth Signals

Attachment ⇒ Trust ⇒ Love ⇒ Curiosity ⇒ Confidence ⇒
 Liberation ⇒ Friendship ⇒ Fairness ⇒ Accomplishment ⇒
 Acceptance ⇒ Appreciation ⇒ Enthusiasm ⇒ Worthiness ⇒ Hope ⇒
 Camaraderie ⇒ Tolerance ⇒ Tenacity ⇒ Pride ⇒ Loyalty ⇒ Faith ⇒
 Awe ⇒ Justice ⇒ Mirth ⇒ Compassion ⇒ Honor ⇒ Courage
 ⇒ Gratitude ⇒ Grace ⇒ Devotion ⇒ Universal Oneness

Invokes impulses of approach & exploration; Yields purposeful awareness, learning, & cooperative creative expression

Corrective Signals

Fear

(Threat) →



Detachment ⇒ Anguish ⇒ Mistrust ⇒ Anxiety ⇒ Want ⇒
 Doubt ⇒ Shame ⇒ Inferiority ⇒ Embarrassment ⇒ Worry ⇒
 Paranoia

(Add a dash of anger: Envy ⇒ Greed ⇒ Guilt)

Invokes impulsive “flight” responses (withdrawal, denial, hiding, isolation)

Right track responses: 1. Learn Learn Learn! (Get exposure!) 2. Communicate & Create

Anger

(Obstacles) →



Distress ⇒ Frustration ⇒ Betrayal ⇒ Intolerance ⇒
 Resentment ⇒ Self-Righteousness ⇒ Superiority ⇒
 Injustice ⇒ Vengeance ⇒ Contempt

(Add a dash of fear and disgust: ⇒ Hate)

(Add a hint of sexuality: Lust ⇒ Jealousy)

Invokes impulsive “fight” responses (aggression, blame, revenge)

Right track responses: 1. Learn Learn Learn! (Identify the injustice!) 2. Communicate & Create (Build justice); If 1&2 fail repeatedly: 3. Fight (nonviolently); and finally 4. Take flight from toxic situations

Sadness

(Losses) →



Loneliness ⇒ Boredom ⇒ Longing ⇒ Grief ⇒ Isolation ⇒
 Despair ⇒ Depression

(Add a touch of compassion: Sympathy ⇒ Remorse)

Invokes impulsive flight responses, can drive self-destructive impulses

Right track responses: 1. Learn Learn Learn! 2. Communicate & Create (replacements)

Disgust

(Aversion) →



Unpleasantness ⇒ Disliking ⇒ Unwholesomeness

(Add a hint of fear and anger: ⇒ Resentment ⇒ Contempt ⇒ Hate)

Invokes impulses of fight or flight

Right track responses: 1. Learn Learn Learn! 2. Communicate & Create (wholesome adaptations)

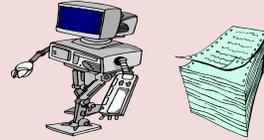
The Complex Self -Why We Need The Teacher



- The emotional self-regulation sense is alive and well in all life forms through the mover, but the teacher is only in those of us with *complex brains*. For those of us with brains have thing new thing called “mind” and the teacher’s job is to keep body and mind together by *shaping the mind in specific directions*---those that align with the body’s mover and awaken the mind to its higher purposes, creative abilities, and intellectual potentials.



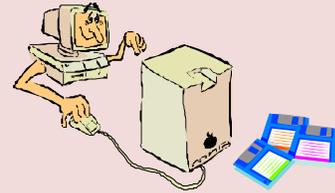
Body-Self = Robot
(Self-regulation requires only Mover)



- Think of animals like “body-only-self” robots—with programmed movements to do a narrow range of specific things. This robot is the mover whose programming is based upon memory banks of innate wisdom and actions are sparked by basic emotional impulses to approach and avoid. *Sensory input* goes directly into the brain and motivational *outputs* guide behavior. Crude memories of pain and pleasure collect in the robot’s programming and build conditioned memory banks---but still the hardwired survival program dictates all behaviors.



Body-Mind-Self = Computer
(Self-regulation requires both Mover & Teacher)



- Now think of humans like fancier “body-mind-self” robots---more like *self-controlling computer systems*. We still have hardware parameters, automatic informational outputs, and memory updates based upon our experiences, but we can *program our own software*---with cultural knowledge, beliefs, attitudes, and invent new software with our creative imagination. This software constitutes a new thing called *mind* that becomes not only our identity, but our window to the world. We look out at the world through a highly individualized, self-created, *mindscape* that filters and colors our experience and creates a uniquely subjective reality.



- But with our free will of mind, we can design *bad software*! We can monkey around with our automatic hardware processes, misread our sensory outputs, and mess things up. We can believe things and think in ways that fight against our inner mover and try to stifle its cries. We can become delusional prisoners of our own distorted little low EQ worlds, no longer even remembering how to satisfy our own survival needs. *Our only self-salvation is the teacher!* The teacher enlightens the mind, realigning it with the body, by *evaluating all software* and urging adaptive *corrective updates* which *mesh with the mover*, so that we can honor all needs and become high quality conscious controllers.

The Teacher's Multiple Messages within A Feeling



1. Feelings ride the coattails of all actions bringing a wealth of information: Pleasure or pain shouts: “*Stop and think!* There is an imbalance *now*. You must *move* this way to fix it!”



2. Basic feeling tones signal mind about body's basic needs! While *joy* relates to meeting all six needs, *fear*, *anger*, & *sadness* are often about *power*, *freedom*, & *connection*.



3. Complex feeling tones bring messages to the mind about the mind, and its software *strategies* for meeting all of the body's needs within that specific *situation*.



Anxiety, guilt, shame, and frustration all show that *expectations* did not attain their intended *outcome*, and that low quality software must be at work.



Pride, gratitude, and happiness all show that outcomes were *even better* than expectations, the body's pleasure is leading the mind to discover still higher needs, further growth and success!

Have I Met The Teacher?



- If you have experienced most of the complex feeling tones, rest assured that your emotional system is mature—but that does not necessarily mean you have *met* the teacher. If, at least, you make choices based upon the knowledge that some things are good and bad, and that avoiding some of the mover's impulses seems to help, the teacher has indeed been at work.
- But the teacher has been at work behind the scenes without your *conscious participation* and only a fraction of her wisdom has been shared. Like most of us, your software is most likely a mixed bag. You have probably been offered lots of misinformation about the mover's impulses and have developed both good and bad habits, attitudes, and strategies through conditioned learning, and are in the 3-6 EQ range. If you are among the rare few, you might be well acquainted with the teacher and have an exceptional EQ. If so, you attune to each feeling in the moment it occurs, you know how to decode the special message, you know exactly what to learn from it, and how to effect the multipurpose corrective changes suggested by its message. (If this describes you, please contact us and share your story!)
- So how well do you know the teacher? Ask yourself the following questions:

Do I know.....

-*why* I do things that I know I am not supposed to do?
-that my feelings have a special meaning, but only to me, and only in the moment I feel them?
-that when I yell at or hit someone, it's a corrective response from the mover to anger and it is has to do with my power, freedom or connection needs moreso than anything else?
-that when I eat unhealthy things, the mover is grasping immediate pleasure to end lingering pain?
-that my pleasurable feelings from a compliment are signaling that my esteem and connection needs have been met?
-the difference between animal conditioning and conscious learning?
-that anger or annoyance while driving relates to my freedom and power needs and my attitudes?
-that infatuation might be about any unmet need, but misinterpreted as the need for connection if the mover's impulses take over?
-that avoiding exercise relates to my mover's purpose of self-preservation?
-that joyous resonance with nature moves me to find meaning, connection and creativity?
-that gossiping about someone, or "trashing" them gives me momentary power, but severs my connection need, compromises my esteem need, and creates future pain for me?
-the difference between a mental judgment and an emotional evaluation?
-that we learn through trial and error, that mistakes are necessary and should be forgiven?
-that most comparisons between people are unenlightened judgments?
-that judging anyone else's experience against my own values and understandings does not work, weakens my connections to them and brings me pain?
-that when I blame someone else for causing something to happen, that I lose some power?
-that I am always supposed to look first to my own mind to find the source of my pain?
-that I am always supposed to speak out and act upon what I have learned from my feelings?
-that most impulses of the mover bring short term satisfaction at the cost of long-term pain?
-that when I feel envy, the mover wants me to avoid or fight the envious one, but the teacher wants me to develop the enviable quality, or to alter my attitude about not having it?
-that when I feel guilt, it means that I have a conflict between needs and beliefs?

How Well Do I Know The Teacher?



The teacher's wisdom comes in one of two levels, depending upon our consciousness of the patterns and informational messages within our feeling signals.
We learn through the teacher one way or the other:



The Teacher At Work Behind The Scenes (EQ 3-6):

(Perhaps 80% of humans)

1. Conditioned learning has shaped your mind, your personality, and limited your conscious choice. (Some faulty software!)
2. The mind holds mental habits, attitudes, and judgments which contain *unread emotional* signals, cluttering it with “emotional baggage” from the past that is used by the mover in the present and future.
3. Such emotional baggage helps simple survival but it also limits consciousness and choice through habitual *avoidance* of any potentially painful thought or action, instead of openness to all life potentials.
4. Development occurs, but changes mostly push us away from deficit, non-purposeful states, by the mover's beating stick of pain.
5. The more negative emotion has shaped the mind, the lower the EQ.
6. The more positive emotion has shaped the mind, the higher the EQ.



The Teacher at Work with Your Conscious Participation (EQ 6-10+):

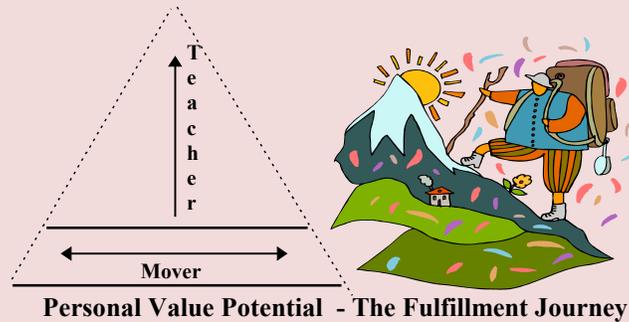
(Perhaps 20% of humans; and soon to include you!)

1. Conscious learning has shaped your mind, your personality, and broadened your conscious choice. (High quality software!)
2. The mind holds flexible and evolving ideas, but has allowed the “good” beliefs and strategies to become habits of spontaneous approach, acceptance and embracing life as it comes.
3. Since all feelings have been decoded and utilized as they occur, there is no emotional baggage or impulsive *avoidance*.
4. Development occurs through changes that pull you toward purpose with the teacher's carrot of pleasure.
5. Daily vigilance to feeling signals ushers highest purposes & fulfillment.
6. The more positive emotion has shaped the mind, the higher the EQ.

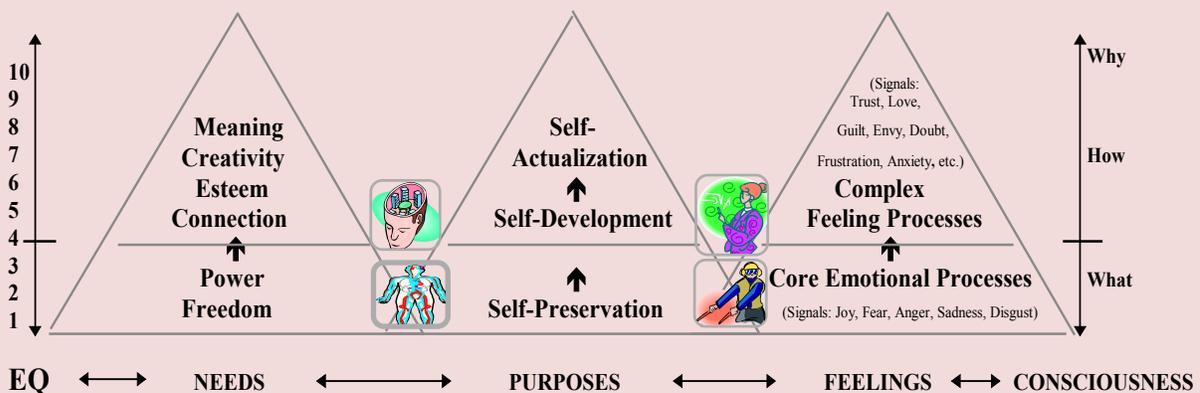
Revealing the Secrets Of The Teacher



- When we recognize what the mover and teacher are trying to do for us, certain very important patterns being to emerge---patterns that must be included in our enlightened high EQ software package! By simply watching our impulses, we begin to see a coded order, a consistent hierarchical dynamic at work within our emotional self-regulation, wherein needs, feelings, purposes, EQ and levels of consciousness interact in specific ways that guide a *sequential course* of self-expansion. This is “the force” that moves us along our developmental path---this is the “track”---which can be optimal or limited. We will be discussing the developmental process in detail, but suffice it to say that the wrong track dynamics *keep us down* and those of right track *raise us up* to our best potentials.



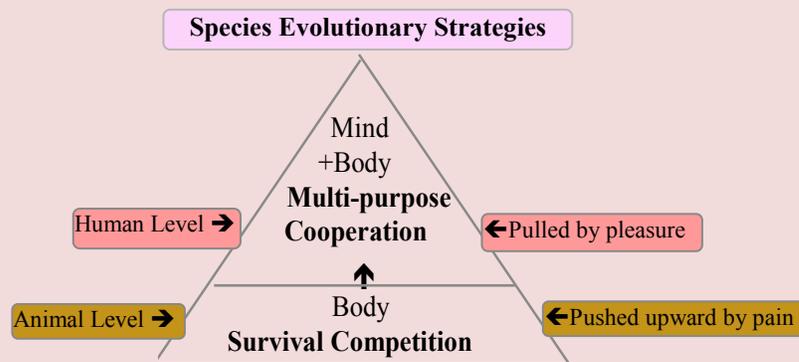
- Think of life as climbing a mountain-like, pyramid structure, with both the length and height of the structure symbolic of your individual genetic value potentials which seek fulfillment. With the above illustration, we can see how the mover moves us in a singular *horizontal path* until the teacher helps us recognize its patterns and *guides our learning*---opening up the *vertical path*. With the teacher, we can climb up to higher perspectives, broader understandings, and efficient right track participation within natural processes. *But each vertical step must come in a particular order or we will fall back down.* *Core feelings, self-preservation* and basic *freedom* and *power* always must come first, providing the foundation for higher needs and purposes. Indeed, the feeling sense reveals a predictable, sequential growth pattern like a seed becoming a flower, but with reversible back-to-basic protections that kick in whenever the seed tries to be something it is *not meant to be!* The upward journey looks something like this:



What The Teacher Says About Competition



- All of the teacher’s wisdom points to a central problem that humans now face: At the heart of all human pain, evil, and war are *misunderstood feelings---unanswered corrective signals which stymie our very evolution*. This creates a wrong-track *inner war* between body and mind, a win-lose competition (wherein when one wins the other must lose.) This inner war manifests on a social scale as individuals who rebel or fight against their own society (liars, cheaters, vandals, criminals) driven largely by misunderstood survival impulses to anger, fear, and hate. Since these behaviors tear at the fabric of all social order, more negative assumptions are made about human nature, more rules and laws are created to control people. But humans are designed needing the freedom and empowerment to learn how to control themselves. External controllers only confound nature’s *internal self-regulation* system. This creates a downward spiral where pain creates even more pain---keeping us all down.
- A major social design fallacy exposed by the emotional system is the notion that *competition* is a *good* thing, based upon unavoidable “survival-of-the-fittest” human nature. Humans are *biologically hardwired* to be competitive only until the mind can self-develop sufficiently to pull us upward and recognize the *inherent cooperation* between mind and body and within and between all life forms. Win-lose competition cannot co-exist with win-win cooperation, they are diametrically opposed strategies! Competition is a *fight*, a war between *defending bodies*, while cooperation is a *win-win* arrangement *between expanding minds*, which accommodates self-regulated choices and actions. Competitive power struggles merely keep us locked in mover-only patterns, while cooperative *mental empowerment* bridges freedom and connection, allowing the species to rise to a *higher evolutionary* level!



- As charted on the previous page, the need for *connection* marks the threshold into the higher purposes, the unity between a *free body* and an *empowered mind* guided by the complex feeling tones, all of which lead to the *strategy of cooperation*. In America it is *freedom---not competition---*that makes us great and equal opportunities to build liberated, empowered, and creative minds. Only cooperative freedom and empowerment will strengthen the social fabric sufficiently for us to rise above the win-lose competition for basic need-meeting resources. Partisan politics is but one example of the competition fallacy. There are many more, for competition is an outdated animal strategy that is both *driven by*, and *leads only to pain!*

Summary: The Emotional Sense



- What all this means is that the feelings that come and go throughout every day of our lives, play a crucial role, one far more important than we have ever officially recognized. They are designed to give us specific directions on *how to think* and *how to act* that keep us upon nature's highest most purposeful path.
- Thus, the feeling sense plays a major role in all forms of learning and influences all aspects of our self-development. It operates at two levels: 1. The mover ensures our protection, by working *below* our conscious awareness pulling us in specific directions and pushing us away from others, and leaving us with conditioned learning. 2. The teacher within feeling then guides our conscious development by informing us of our needs, our conditioned beliefs, our expectations, and the circumstances in the world, ensuring we will learn---and change---the right things. Although the first level is better than no guidance at all, humans are intended to use both levels to be on the right track, to fulfill our multiple purposes of self-preservation, self-development, and self-actualization. When we have the full guidance, we become more conscious, we develop more fully, and we can embrace life.
- So you might ask: What is this all about? What were the intentions of nature in giving us this guidance system? Deep questions for sure. But for the first time, science can offer quite easy answers---those that are spelled out by our feeling sense:
 1. **What were nature's intentions in giving us this guidance?** Nature appears to value each individual's conscious self-directed creative contribution to the cooperative whole, and thus has endowed us with free will. But there is Newtonian predictability within the quantum chaos of probability---there is an ultimate purposeful method to nature's madness. Thus, nature has provided a system, ingeniously elegant in its simplicity, which affords the perfect degree of *biological predestiny* to guide our best use of free will.
 2. **So, why are we here?** To live in ways that fulfill our internal potentials and deepest personal desires, while honoring that same right within others. We accomplish this by making conscious choices in each moment that fulfill all three purposes.
 3. **Where is the sense guiding us?** As each individual processes and acts upon emotional information, the species achieves the maximum value toward cultural evolution and evermore effective ways of responsibly---and cooperatively---building families, communities, businesses, nations, and redesigning the world.

So if you embrace this information, and learn to live by your emotional guidance, you are honoring nature's ultimate goal by making the best contributions that you possibly can. As a perquisite benefit, you will also experience deep meaning in your life, far more success, and of course, a good deal more happiness. With that in mind, let's discuss how it all works.

Section Two:



The Emotional Feedback System and Personal Development

How Self-regulation Builds Emotional Intelligence.

Section Two:

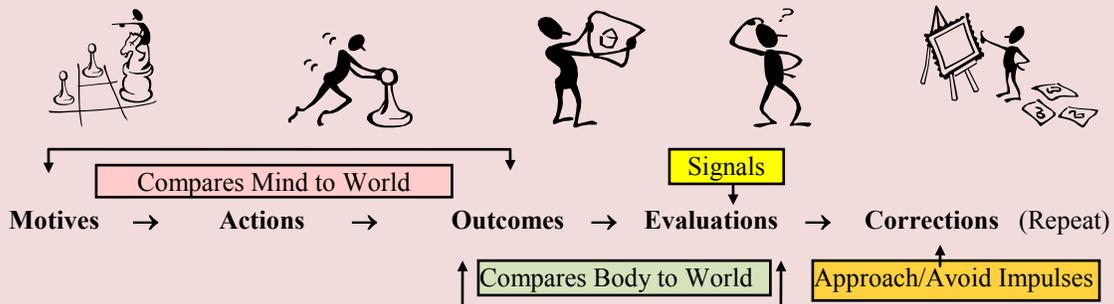


- **What is emotional feedback?**
 - **How does it work?**
- **Autopilot, semi-autopilot, and conscious pilot modes**
- **Modern emotional information processing in action**
 - **The error of “judgment”**
- **What are the special roles of good and bad feelings?**
 - **The body-mind self and the ego gatekeeper**
 - **How does emotion shape development?**
- **The effects of emotion on personality, morality & health**
 - **Where is it leading us?**
 - **Common myths dispelled by the teacher**

What Is The Emotional Feedback System?



- The Emotional Feedback System™ is an educational guide to understanding the natural sensory function of human feeling---it teaches us how the body, mind, mover and teacher *work together in each moment* to take us to our highest purposes. With this knowledge we are boosted up onto the right track and can proceed through life with an EQ of 6+.
- The name comes from the biological *emotional feedback system* that exists within each human being. Feedback systems are like mini information processors and they exist throughout nature to keep things in balance. (These are thermostatic systems like the thermostat that heats your house.) They *monitor* two things, *compare* information between them, and *signal imbalances* so that *corrections* can be made, just like your thermostat compares the preset and actual room temperatures, and clicks the heat on and off when they do not balance. Feedback systems *deliver information* through a *circular series of events*.
- With the Emotional Feedback System, this circular series of events constitutes a single life experience. Each experience has *five consecutive steps*, hereafter known as the **human action cycle**. This is an essential piece of understanding emotion, and occurs as follows:



- At the most basic level, the mover function of the emotional feedback system constantly monitors *the body* and compares it to what is happening in the *world*. *When mismatches occur, it signals a feeling* which in and of itself unconsciously moves us to perform *actions* that will *correct* the balance by meeting our immediate survival needs in the world. (We pursue pleasure and avoid pain---we feel bored we seek excitement, we feel hungry we eat, we feel sleepy we rest, we feel lonely we seek company, etc.)
- At the more complex level, the teacher compares the *motives* to the *outcomes* that have occurred following any action, and *signals* the mind through the encoded feeling tone to inform it *why* an imbalance just occurred, so that it can consciously adapt and invent long-term corrections. (We learn, we think critically, we direct our actions, and we design creative approaches.) This is how emotion provides the mind both guidance and quality control. Then, with the correction, the cycle usually begins again with the new memory altering the mind, leaving it with an improved subsequent motive. (The action cycle constantly repeats.)

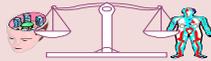
The Feeling Sense: Inner/Outer Self Balance



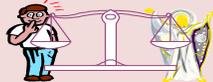
1. Feedback systems are nature's favorite way to keep things balanced: They *monitor, compare, signal* and *correct*. The feeling system feeds back information through the *human action cycle*, signaling imbalances on three separate levels:



A. At the mover level, it maintains *external* self-regulation. It *unconsciously* compares *body* (self) to *world*---and uses the built in *corrections*, the instinctive approach and avoid actions to restore the balance.

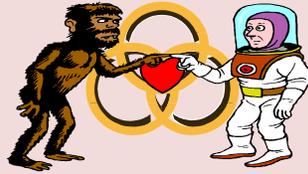


B. At the teacher level, it compares the *body* to the *mind* to maintain unified, *internal* self-regulation. It weighs *expectations* against *perceived outcomes* and offers a qualitative reality check.

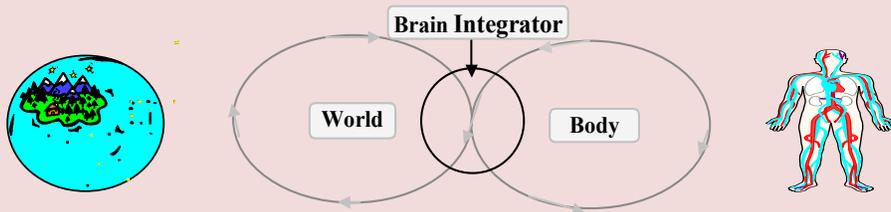


C. Together, the mover & teacher contrast *hidden value potentials* with the *actual expressions*, pulling us with the highest pleasures *to bring the inside out*.

The Emotional Information Loop: Cave Man Versus Modern Man

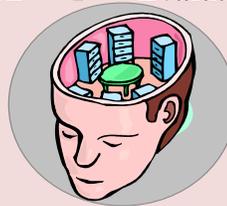


- The emotional feedback system has cycled an information flow between the body and the world for much of our evolutionary history. The mover in emotion simply regulated us on autopilot (like the body-only robots), motivating instinctive actions and corrective responses that would keep the body adapted to the conditions of the world. Until *complex* brains arose, there was no culture or no “mind” to speak of, no conscious awareness of the information itself—the crude brain processor alone did all the work unconsciously. As such, the original action cycle had only two steps:

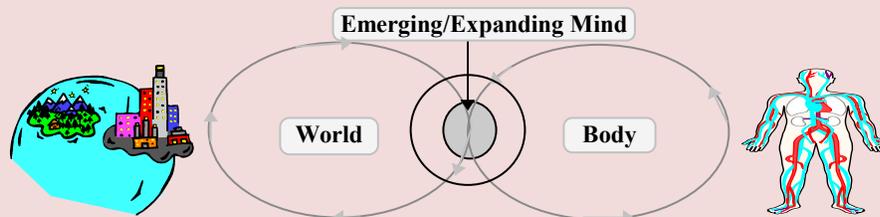


Motive/Action → Evaluation/Correction

But as we got smarter, becoming more like computers, we added a new part of the self--the mind. With the mind came *conscious* self-programming and “software” innovation.



For the first time the mind allowed a new kind of awareness for us to consciously *understand* and *control* our actions. Thus, it separated each step of the cycle and added a new one—the “**outcome**”.



Motive → Action → OUTCOME → Evaluation → Correction

- The mind now sits right smack between the body and the world as a *conscious* controller. It has incredible imaginative and creative abilities that can enhance our effectiveness at each step of the cycle. But it also filters the world through its holdings. It can distort or rationalize facts, even alter genuine perceptual information, reinvent memory, and generally create its own subjective version of the world. Thus, the mind can become a superhighway to multi-purpose living or can become a huge roadblock---depending on how much *purposeful guidance* it receives from *feeling evaluations*. For it has no other guidance at all!

Early Emotional Feedback In Action:



AUTOPILOT (EQ 4):

(Designed for smart animals, and our human ancestors.)

- **Motives/Actions** (Collapsed into a single step): Subconscious bodily motives prompt, instinctive impulsive behaviors of approach and avoid.
- **Evaluations/ Corrections** (Collapsed into a single step): Good or bad feeling evaluations drive automatic approach or avoid behaviors, reflex arcs, and conditioned learning which leads to future approach or avoid of same or similar situations.



Motives/Actions → Evaluations /Corrections

Motive/Action: Feel hungry; Seek out, find and eat food.

Evaluation: Tummy full. (Feels good).

Correction: Pleasure locked in memory, repeat success next time hungry.

Motive/Action: Feel hungry; Go to same place, attacked by a bear.

Evaluation: Fear of bear, fear of hunger.

Correction: Run home, fear locked in memory, avoid place next time.

SEMI AUTOPILOT (EQ 4-6)

(Designed for our closer ancestors and modern infants)

- With the emerging conscious mind came: 1. A *conscious sense of self as controller*; (which created the separate step of conscious *motives*, deliberate plans of action); 2. An awareness of a *cause and effect relationship* between actions and changes they create in the world (creating the step of perceived *outcome*); 3. *Memory* and the *concept of time*; which ushered *operant* learning and conscious choice of action (separating the evaluation step and the correction).



- | | | | | | |
|-----|------------------|--------------|---------------------------------------|-----------------------|--|
| 1. | (Baby is hungry) | (Baby cries) | (Mother brings food) | (Satisfied) | (Learns that crying works) |
| 2. | (Baby is hungry) | (Baby cries) | (Mother brings food) | (Still hungry) | (Cries louder) |
| 3. | (Baby is hungry) | (Baby cries) | (Mom yells at baby) | (Hungry + feels fear) | (Shuts down or cries louder) |
| 4. | (Baby is hungry) | (Baby cries) | (Mom brings food baby is allergic to) | (Pain) | (Cries louder) |
| 5. | (Baby is hungry) | (Baby cries) | (Mom spanks baby) | (Fear/Anger) | (Learns to fear Mom) |
| 6. | (Baby is hungry) | (Baby cries) | (Mom always brings food) | (Satisfied) | (Learns to trust Mom) |
| 7. | (Baby is hungry) | (Baby cries) | (Mom often ignores baby) | (Mixed feelings) | (Learns insecurity/ mistrust of world) |
| 8. | (Baby is hungry) | (Baby cries) | (Mom gives food/love) | (Happy) | (Learns to love Mom) |
| 9. | (Baby is hungry) | (Baby cries) | (Mom gives food/play) | (Happy/ excited) | (Discovers the delights of learning) |
| 10. | (Baby is bored) | (Baby cries) | (Mom offers food) | (Not satisfied) | (Baby instinctively plays w/Mom) |

Modern Human Emotional Feedback In Action:



CONSCIOUS PILOT IN CONTROL - (EQ 6+): (Designed for modern humans ages 10+)



- You can see how as a young child continuously goes through the action cycle, the mind evolves according to the experiences the person has in the world. This is how each human develops a unique sense of self, a subjective view of the world, and ever more conscious control over their actions. You can also see how the autopilot mode of emotional self-regulation pushes the mind to take over, to recognize and *willfully change* painful situations. The body does its best, but the mind is intended to *take over* and do *even better*.
- At present, the self-regulation cycle *depends upon full use of the mind* to interpret and act upon the encoded emotional information so that we are empowered controllers that can select and create the life events we desire---but without messing things up. With our memories, rational intellect, and emotional guidance, we can make long-term plans and carry them out through literally millions of purposeful turns through the action cycle. Like an ever-present teacher, emotion steers us at *each step of each cycle* constantly informing the mind of its strengths and offering corrective advice about its weaknesses:



Motives: Conscious *expectations* of desirable outcomes, based upon: sound knowledge, sense of time, cause and effect, awareness and acceptance of bodily needs, and predicative, creative plans and strategies to meet them on a long-term basis. (**Emotion teaches us *what to expect!***)

Actions: Full flexibility of choice and volition to act in any way we choose to resolve each challenge, and be effective in wide variety of environments. (**Emotion teaches us *how best to act!***)

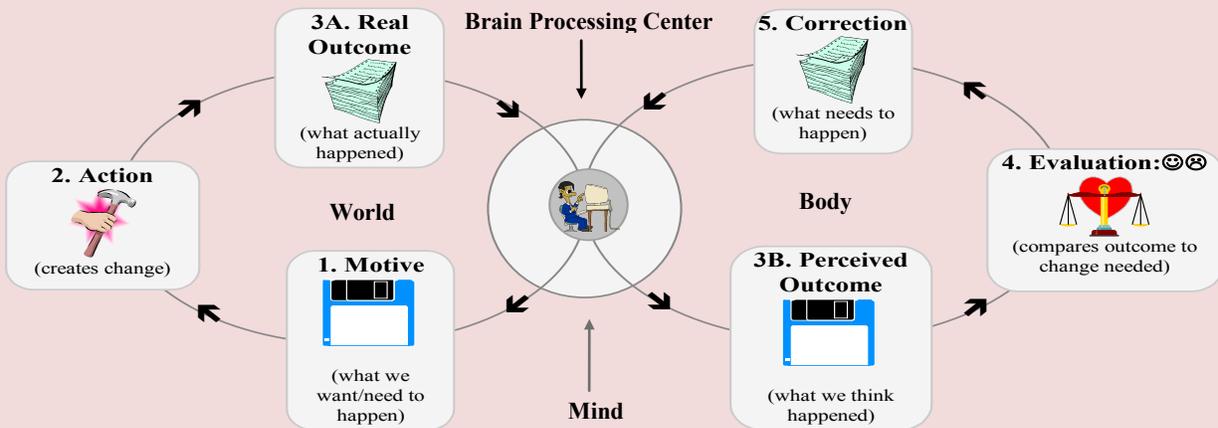
Outcomes: Subjective, mental *interpretations* of incoming information, sifted through knowledge, beliefs, and attitudes draw the most optimistic yet realistic conclusion about what effect the action had upon the world. (**Emotion teaches us and how best to think!**)

Evaluations: Body validates or negates the mind's interpretation by feeling tones which draw upon *additional subconscious* information the mind has not considered—including both infinite genetic wisdom and emotional baggage left over from any conditioned learning that has slipped past the consciousness. (**Emotion teaches us what to *consciously learn* and unlearn!**)

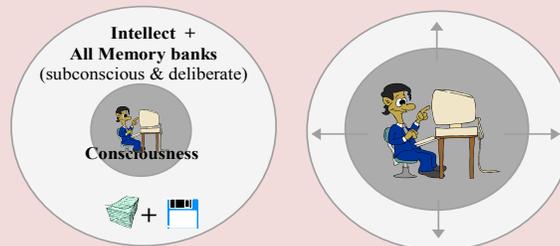
Corrections: Mind *internally adapts* its knowledge (it learns and grows) according to the feeling messages, then acts upon these improved motives with *external adaptations*---further communications and actions. Mind consciously averts conditioned learning and all instinctive mover responses that now disempower the self. (**Emotion guides *multi-purpose evolutionary change through guided choice!***)

The Information Processing Feedback Path

- So feelings are hardly nuisances to be ignored or suppressed! Emotional feedback is the sensory flow of energy/information back and forth between body and world which unties the self and regulates ongoing purposeful changes. It is the very information that guides our computer-like selves to design our software plans and actions. In our computer model, the *brain is part of the body*, but both *hard-drive memory* and the *hardware intellect* interact with the mind---processing all information available to arrive at the best motives. Since our hardware already has a wonderful subconscious autopilot at work, *everything* gets in for processing, *whether or not* we are *aware* of it or in *control* of it! It looks something like this:



- Our emotional hardware (the mover), ensures that genetic information and conditioned learning will influence any conscious output, to ensure our survival until we eventually become aware of corrective feedback information. Then our emotional software (the teacher), gives evaluative guidance to improve and expand our mind to include what was *formerly subconscious* information. Then the consciousness can have full creative control---gain conscious competence---honoring all bodily self-preservation needs, but offering its own inventive enhancements in ways that maximize the expression of all innate value.



Brain Processing Center , Self-Development & Expanded Consciousness

- So although information processing goes on outside of our awareness, it is our challenge to build the most efficient mind by *seeking out*, *accepting*, *interpreting*, and *acting upon* all incoming information---especially feeling signals! The more conscious information and purposeful strategies the mind obtains, the “bigger” and “better” it gets. In short, the more it learns the better it can do, and the more high EQ conscious competence we will enjoy. This is how we rise to our full potential---this is purposeful self-development and self-actualization in action!

The “Outcome” And Human Judgment

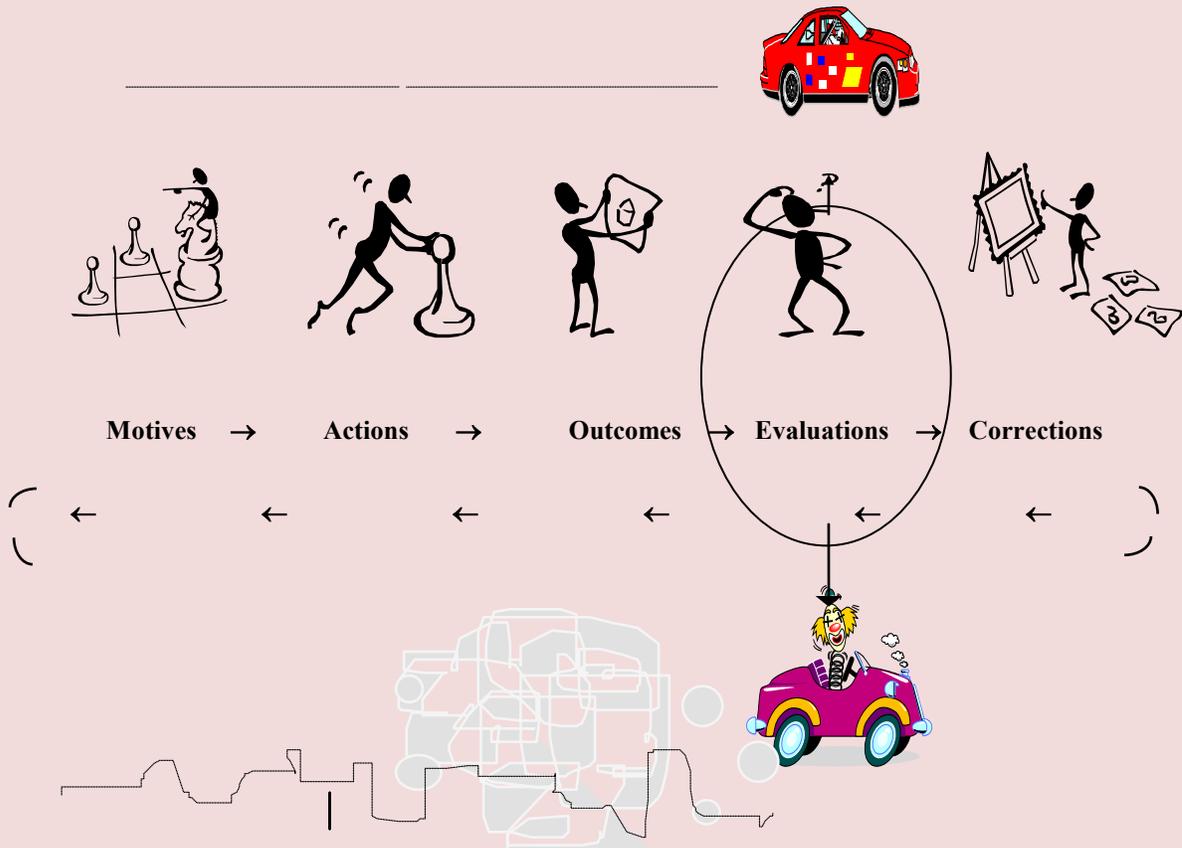


- With the discovery of the emotional sense, many cherished beliefs are turned on their heads. It is common knowledge that the human mind is the source of our capacity for “judgment”. But the real empowerment in reclaiming the emotional sense comes in recognizing the difference between the separate processes of *judgment*, *evaluation*, and *critical thinking*. We use the catchall term *judgment* to cover multiple aspects of the decision making process of mind---overlapping the separate processes of *evaluation* (feeling) and *reason* (rational, critical, corrective thinking). In light of the five steps of the action cycle, it is necessary to redefine judgment more like the religions do---the ones that say to “judge not!”
- The fact that the mind creates a separate step in the action cycle called the “outcome” clarifies the problem. You will notice on the previous page that there are two phases to creating the outcome---the body’s *sensory input* (3a) and the mind’s *perceptual output* (3b). But you will also notice that the mind is only aware of its own *limited inputs* and its self-generated *perceptual output*. This second phase is all we experience as the outcome of any event. This is our mind’s interpretation, its best guess, of what actually happened based upon its evolving knowledge, beliefs, need-meeting strategies, and attitudes---which are both limited and completely subjective.
- The outcome is only part of the story, but we often stop there and fail to complete the action cycle that would otherwise bring about the optimal corrective change. The optimal corrective change comes in the separate rational process of *critical thinking*. Critical thinking is a conscious deliberate reasoning process that uses both the outcome information and the feeling evaluation to *adaptively learn from the experience*. What we normally think of as judgment is stopping at the outcome and failing to recognize the feeling sensory signal or correctively factor it into the equation. Judgments relegate us back to conditioned learning!
- Thus, a “judgment” is more accurately defined as a misuse, a *mistake of the mind* as it oversteps its functional bounds and comes to a false *conclusion* about what happened *without the evaluative input from the body*. A judgment is a *misinterpretation* based upon unpacked emotional messages that *reinforces conditioned learning* and misguidedly legitimizes or rationalizes impulses instead of learning from them. (Judgments then generalize to discriminative misinterpretations of other people, unjust comparisons and inappropriate evaluations of their free will personal choices, ushering intolerance, disunity, and hate.)
- A judgment is how we misuse our free will and give supremacy to our lesser human knowledge over nature’s innate wisdom. Judgments always leave emotional baggage, increase competitive defensive urges, create isolation, and guarantee increases in future pain! The mind cannot self-develop with a habit of judgment. It is only when the mind consciously completes the action cycle that it can use its rational capacity, together with the evaluative message of the body, to *learn the right stuff*. In short, a judgment is a low EQ use of mind, while critical thinking is its high EQ counterpart. *So judge not! It’s a surefire way to the wrong track!*

Feeling Evaluations: The Relay Switch to the Right Track



- The bottom line about judgment is that the outcome evolved *after* the evaluation. The feeling process has been around far longer than the mind itself let alone its conscious thought processes. As such *the feeling draws on information we do not yet know and teaches us about how purposeful the outcome was! The feeling is nature's highest authority and only valid judge.* Decoding the evaluative feeling signal lifts us immediately onto the right track. It offers information that can empower the mind at each step of the action cycle. With the teacher on board, self-regulated life progresses meaningfully and with rewarding efficiency.



- Misunderstanding the feeling evaluation as something other *than a separate sensory information source*, bumps us down to the wrong track—back to our mindless animal autopilot--and down to the bottom of our pyramid of potential. With the mover alone at the wheel, feelings **will** have a *disruptive negative impact* on all steps of the action cycle. Thus, the inner battle for control ensues, with ongoing competition and disunity within the self. Life goes out of our conscious control and becomes far less than we deserve. Our pain will continue until we “get it”---until we allow the teacher to lift us up where we belong.

The Special Role of Bad Feelings



Negative Emotions – Corrective Signals:

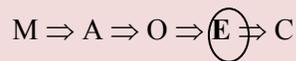
WHAT: Fear, anger, guilt, mistrust, hate, sadness, anxiety, resentment, envy, shame, etc.
Protective signals, feel bad.

WHY: Primary purpose: Self-preservation (To protect the body's universal needs.)
To steer us *away* from non-purposeful thoughts and actions.

HOW: Move our mind to *notice* and *correct* an immediate problem. (Learn).
Move our body to make immediate corrections. (Fight or Flight/Create or Communicate); Corrections seek to reduce the stimulus. (Make the bad stuff go away, or get the heck away from it. Either way, just make sure it does not happen again.)

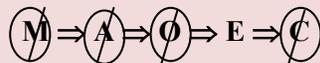
RIGHT TRACK USES:

Provide immediate in-the-moment evaluative information about a deficit state, relative only to present situation. (Holds relevant meaning only after an outcome, and only about that particular outcome.) Consciously recognized as informational signals guiding right track corrective learning and/or corrective communications.



WRONG TRACK MISUSES: (Autopilot defaults).

Allowing the feeling to create an automatic impulsive correction (Fight or flight defensive reaction, and the mind to form conditioned learning, which affects all phases of the action cycle in *negative* ways):



Low EQ Motives: Emotional signals get locked in the mind as conditioned judgments. Needs remain beneath the awareness and often frustrated, increasing unconscious impulsive motives. Avoidant strategies that can conflict with multi-purpose living can become habitual. Emotional baggage, faulty beliefs, limiting facts, negative attitudes.

Low EQ Actions: Impulsive, outside of awareness, minimal conscious choice, often defensive.

Low EQ Outcomes: Negative attitudes and limited perspectives color perceptions and misconstrue actual outcomes.

Low EQ Corrections: If denied or left undecoded, feelings become entangled and pained with outcome (judgment). Information is not accepted into consciousness. Judgement becomes locked in memory; Resistant, impulsive habitual fight & flight responses occur.

The Special Role of Good Feelings



Positive Emotions – Growth Signals:

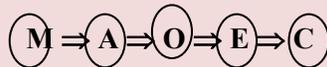
WHAT: Joy, Trust, Courage, Hope, Enthusiasm, Pride, Faith, Compassion, Love, etc.
Balance and growth signals, they feel good and resonate with nature's wisdom.

WHY: Validation of purposes served.
Primary purpose: Self-preservation (To protect the body's universal needs.)
Secondary purposes: Self-development (To guide the mind's adaptive expansion toward high quality conscious participation in meeting the body's needs); Self-actualization, (To guide the mind to adapt in ways that fulfill and manifest innate value potentials.)

HOW: Move our mind to broaden our focus, to reinforce and build optimal long-term skills, strategies and perspectives. Move our body to make immediate corrections. (Approach); Corrections seek to *increase* the stimulus, (make the good stuff happen again.)

RIGHT TRACK USES:

Provides evaluative information about optimal potential states, influencing *each step* of the action cycle--beginning with the immediate in-the-moment evaluation. Provides information about an *optimal state*, relative to present situation. Consciously recognized as signals for optimal learning and/or communications. Underlie optimal perspectives, interpretations, thoughts, and actions.



High EQ Evaluations: Good feelings inform the mind immediately of a purposeful outcome that we are on the right track. They validate our choices and our progress.

High EQ Corrections: Good feelings guide learning which adapts and expands the mind in creative ways that further the expression of innate potentials.

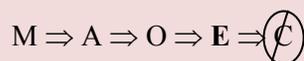
High EQ Motives: Good feelings connote purposeful values, beliefs, attitudes, strategies, skills and perspectives that facilitate need-fulfillment.

High EQ Actions: Good feelings motivate spontaneous purposeful actions that create external changes---change which creatively express all innate potentials.

High EQ Outcomes: Good feelings bring optimal perspectives which color perceptions with the broadest, most purposefully optimistic, empathic, cooperative, and personally accountable interpretations.

WRONG TRACK MISUSES: (Autopilot defaults).

Allowing undecoded good feelings to create conditioned approach impulses, which promotes immediate gratification at the cost of long-term pain---increases in confusion, unconscious motives and compulsive and addictive actions. (All starting from the misunderstood evaluation):



Ego - The Gatekeeper between Body & Mind

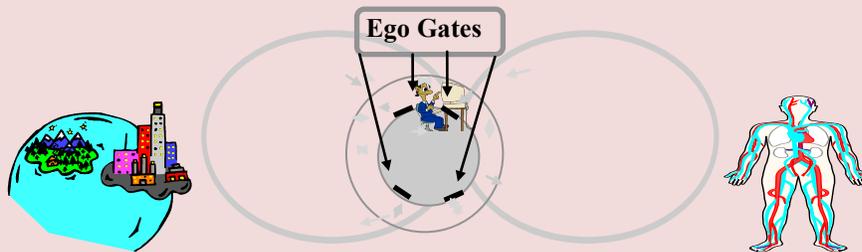


- Now that we know about the ongoing information loop within the human operating system and crucial evaluative role of emotional signals, its time to introduce the *ego*. Misunderstanding the function of the ego is how we get sucked onto the wrong track! The ego is the first form of mind to emerge, the earliest sense of *personal self-identity---of who we are*. It defines the “me” that goes to sleep at night and wakes up in the morning, giving us that stable feeling of who and what we are in relation to our world. The modern ego is the *connective overlap* between the body and mind, acting as a *doorway*, which *mediates the information flow* into and out of the mind. (When we go to sleep our ego gates close, taking the mind out of the loop, so body can direct restorative repairs.)
- Regardless of brain capacity, any emerging mind takes time to develop through turns through the trial and error action cycle. So, it can only take in as much new information as it is prepared to handle or it would be overwhelmed. It needs to gradually learn what the body is doing first, before it can cooperate and add its own creative enhancements. Thus, the ego serves two crucial *security and maintenance* functions in self-regulation. It protects the mind’s self concept by operating as a *gatekeeper*, comparing *expectations* with *outcomes* and keeping the *quantity of incoming information* consistent with the present *quality of the mind*. Its goal is to keep our expectations and outcomes reasonably close to one another, so that the mind’s abilities to control can evolve at a stable pace. So in a very real way, the ego is the *gatekeeper of our very consciousness!*
- The *security protective role*, happens at the *incoming gates* of mind. It relates to the *mover*, and using *raw pain and pleasure* it monitors the *quantity* of information that can be allowed in without upsetting the *self-preservation goal*. It is the ego gate that decides whether the conscious or unconscious processing path is appropriate---basing its decision of how threatening or affirming the incoming information is to the mind’s subjective sense of reality. If the mind is competent, fear is low, information is reasonably compatible with “self”, then the ego *lets in* the information. If not and fear is high, the ego closes the door, rejecting the information and rerouting it for unconscious processing, or narrows the door, filtering the information to make sense within the existing representations of mind. This way the ego protects the body’s crucial functions while allowing the mind the necessary time to develop.
- The *maintenance aspect* of the ego operates at the *exit gates* of the conscious mind and is associated with the *teacher, complex feelings, and self-development*. It monitors and updates the *quality of self-efficacy* (the mind’s ability to process the information as well, as or better than, body alone.) The ego monitors and records all the mind’s failures, successes, and creative quality enhancements, redefining and expanding our *self-concept*, and updating expectations of our abilities. The better this quality control maintenance, the more capable the mind, the broader the consciousness, the more processing capability, and the more success and confidence we feel.
- Conversely, the *less* capable the mind, the more fearful and rejecting the ego gate, the more confused, threatened and insecure we feel about ourselves, and the less control we have over our instinctive impulses. **Indeed the lock or grease for the ego gates is the *emotional sensory information!*** The relay switch to the wrong track is when fear is strong enough to close the ego gate and keep the mind out of the loop. Likewise self-confidence, trust, pride of accomplishment and faith keep the mind open, in control, and expanding in purposeful self-development.

Have I Met My Ego?



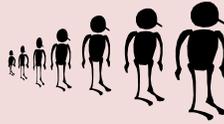
- The bottom line about the ego is that if the mind does not recognize painful feelings as *information signals* it will keep them out, in order to maintain a *safe little comfort zone*. It not only tries to keep out all pain, but it also keeps in anything that makes us feel good about ourselves. Thus, the ego virtually controls our EQ, by dictating whether information will be diverted to the right (conscious) or wrong (unconscious) track for processing. An open flexible ego helps us rapidly expand our mind, but an overly rigidly ego will react like a viscous guard dog, with resistance to ordinary challenges, differing opinions, learning experiences and anything that threatens the sense of identity! In typical “fight or flight” style, it will *take all negative feedback personally*, with hurt feelings or false pride which encourage us to judge, deny, ignore, or rationalize away the very information that is supposed to guide us. It will allow us to deceive ourselves about our strengths, blame others for bad outcomes, justify our judgments, make excuses for inadequate expectations, knowledge, and strategies, hate ourselves for legitimate needs, and stop evolving!



- Thus, the ego can either be your best friend or your worst enemy, depending on your understanding of the self-regulation system and ability to decode the emotional sensory signals. It is quite likely that we have seen the ego at work in others, but it's harder to see it in ourselves. So have you met your ego? Ask yourself the following questions:

1. Have I ever felt the sting of embarrassment for making a mistake?
2. Have I ever felt anger or resentment against a loved one, and shut down to them?
3. Have I ever defended a choice even though I know it was a bad one?
4. Have I ever thought: “I don’t know and I don’t want to know?”
5. Do I feel a prideful sense of national, cultural, ethnic, or religious identity?
6. Have I ever felt pressure to conform to the wishes or actions of my peer group?
7. Have I ever feared or rejected someone unfamiliar or unlike me?
8. Has anyone ever told me I do not listen well, am stubborn, willful or that I don’t let it in?
9. Have I ever felt the urge to hide a mistake or to “save face”?
10. Have I ever felt superior or inferior by comparison to someone else?
11. Have I ever felt the comfort and safety of predictability and routine?
12. Have I ever felt the swell of pride or the sting of personal rejection after a good or bad outcome?
13. Have I ever had trouble with compromise, preferring being right to being happy?
14. Have I ever experienced shock or disbelief over a sudden unexpected event?
15. Have I ever interpreted an event differently than someone else who was there?
16. Have I ever been confused, afraid, angry, or surprised that my expectations were not met?
17. Have I ever rationalized that my strategy should have worked.... if only this or that had happened?
18. Have I ever blamed someone else for a bad outcome I experienced?
19. Have I ever experienced “home sicknesses” or “culture shock”?
20. Have I ever felt team-fan pride after observing a winning game, or pain over a loss?
21. Have I ever been very happy that a nightmare was just a dream?

Emotional Self-Regulation & Human Development



- Now that we've covered all the inside workings of the self, we can examine how these emotional dynamics effect our *developmental process*. We can see how if we resist bad feelings our mind loses control, and if we create good feelings our mind retains power, grows, and improves. We can see how well we accept and understand each experience moves us along either the right or wrong track and has a cumulative effect over time. With this in mind, we can see how we got where we are, and better understand *where nature wants us to be---we can discover our optimal destiny path*.
- Once we are aware of the inner compass, we can recognize familiar trends in human individual and social, moral, emotional, intellectual, and personality development as simply the outcomes of life on the right versus the wrong track. It becomes apparent that many human deficiencies we have accepted as inevitable are actually the *predictable results* of stunted and *compromised mental development*. We are not "sinfully flawed" or genetically bad, we are simply handicapped by predictable patterns of thought and action which are *learned* and can be *unlearned*. (How can we not be handicapped having ignored one of our major senses!)
- So although we are weary from life without our emotional compass, the good news is that we have not yet seen the *untold wonders* that nature has in store for us when we master emotional intelligence! Indeed, the right track clearly *leads away from bad feelings* and toward more meaningfully complex and joyous *positive emotions*. When we refrain from judgment, educate and mature our ego, learn to accept all experiences, and to think and act upon the feeling signals as the teacher directs, situations that once prompted bad feelings, will begin to prompt better ones---simply by the way we think and interpret outcomes! Once the painful static is reduced, there are many more subtle good feelings to cultivate, and perhaps new ones to discover! The trend below shows how *acceptance* is the turning point! (This is perhaps the biological basis of the religious idea of *divine acceptance*.) Nature's path away from pain looks something like this:



Terror ⇒ Anxiety ⇒ Fear ⇒ Growing Pain ⇒ Acceptance ⇒ Learning Anticipation ⇒ Confidence ⇒ Excitement ⇒ Courage
 ⇒ Faith ⇒ Exuberance ⇒ Universal Oneness

Rage ⇒ Anger ⇒ Frustration ⇒ Annoyance ⇒ Tolerance ⇒ Acceptance ⇒ Patience ⇒ Curiosity ⇒ Mirth ⇒ Compassion
 ⇒ Justice ⇒ Universal Oneness

Depression ⇒ Loneliness ⇒ Sadness ⇒ Acceptance ⇒ Liberation ⇒ Attachment ⇒ Trust ⇒ Hope ⇒ Love ⇒ Universal Oneness

Contempt ⇒ Disgust ⇒ Annoyance ⇒ Tolerance ⇒ Acceptance ⇒ Curiosity ⇒ Camaraderie ⇒ Attachment ⇒ Friendship
 ⇒ Compassion ⇒ Grace ⇒ Universal Oneness

Hate ⇒ Fear/Anger/Disgust ⇒ Contempt ⇒ Resentment ⇒ Annoyance ⇒ Tolerance ⇒ Acceptance ⇒ Curiosity
 ⇒ Camaraderie ⇒ Attachment ⇒ Friendship ⇒ Compassion ⇒ Grace ⇒ Universal Oneness

Envy ⇒ Anxiety ⇒ Frustration ⇒ Acceptance ⇒ Confidence ⇒ Integrity ⇒ Honor ⇒ Universal Oneness

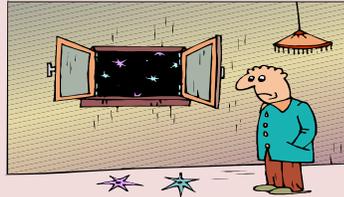
Guilt ⇒ Anxiety ⇒ Growing pain ⇒ Acceptance ⇒ Remorse ⇒ Integrity ⇒ Honor ⇒ Universal Oneness

Arrogance ⇒ Superiority ⇒ Acceptance ⇒ Pride ⇒ Gratitude ⇒ Devotion ⇒ Mirth ⇒ Universal Oneness
 Attachment ⇒ Trust ⇒ Hope ⇒ Love ⇒ Compassion ⇒ Faith ⇒ Universal Oneness
 Worthiness ⇒ Confidence ⇒ Pride ⇒ Gratitude ⇒ Devotion ⇒ Universal Oneness

Development in an Emotionally Intelligent Perspective



- Once we have reclaimed the feeling sense, life is a whole new ball game---one far more fulfilling. But before we examine our right & wrong track developmental patterns, it is essential to recognize that we have all had inevitably *compromised life* experiences due to the global lack *emotional understanding*. (Indeed, all of us are familiar with competition, and many of us have suffered unspeakably fearsome, abusive and unjust circumstances that have perhaps defined our very identity!) As we discover painful wrong-track patterns in our own lives, we might feel the angry urge to blame our parents or beat ourselves up for shameful past missteps. But even though there is a valid ring of injustice within anger, and the calling for needed growth within shame, it is crucial to keep the faith that we are now in control and nature has given us both the *willful power* and *the guidance* to make corrective changes to even the most ingrained habits and to transcend even the most horrific past events.



- So make sure your ego doesn't try to protect you from the ugly truth. And if you find yourself recoiling over past choices and asking: "What was I thinking?"...rest assured that the correct answer is "I wasn't thinking!" When the mover is in charge, the mind is quite literally out of the loop! So excuse yourself—and others---from blame over past indiscretions. Rest assured also, that any and all of past pains can be discovered and resolved through the *daily attunement* to the *feeling information feedback signals*. There need be no costly sessions on a psychiatrist's couch to discover and unpack early traumatic baggage, to find all the skeletons in the closet, or to grasp at chemical answers to long-term mood disturbances. For every moment of every day your emotional feedback is telling your mind exactly what it needs to *learn* and to *unlearn*. (The Freudian pool of unconscious information, is accessible via emotional signals!)



- As we discuss development, it will be most useful to remember that as consciousness expands negative emotions are replaced by positive ones, and relies upon *passive acceptance* of all past events, as well as full *active acceptance* of the responsibly to make any changes you desire. The key lies in viewing the patterns of your past with a relative *detachment*, with both *compassion* and *forgiveness* for the necessary period of ignorance of any evolving consciousness. Nature has also given us *tremendous resilience* to come back from even the depths of human despair---*trust your natural equipment!* Profound liberation, strengthened identity, empowerment, and emotional rebirth all flow from perspectives of acceptance, compassion, forgiveness, and faith that there is always meaning in each and every life event.

Attachment & Early Emotional Development



- With this enlightened perspective, we can look at human development and see how certain life situations *force* us off track from the very start! For the most part, we still live in a competitive wrong-track world, wherein even the best, most qualified parents, teachers, and leaders cannot teach what they do not know, so our development is immediately effected by the *quality our environment*. For the most part, if our efforts to manage our lives are met with loving acceptance and cooperative purposeful responses, we will be off to a good start. Otherwise, we will not. We can see this by returning to a earlier example of the action cycle:



- | | | | | | |
|----|------------------|--------------|---------------------------------------|-----------------------|--|
| 1. | (Baby is hungry) | (Baby cries) | (Mother brings food) | (Satisfied) | (Learns that crying works) |
| 2. | (Baby is hungry) | (Baby cries) | (Mother brings food) | (Still hungry) | (Cries louder) |
| 3. | (Baby is hungry) | (Baby cries) | (Mom yells at baby) | (Hungry + feels fear) | (Shuts down or cries louder) |
| 4. | (Baby is hungry) | (Baby cries) | (Mom brings food baby is allergic to) | (Pain) | (Cries louder) |
| 5. | (Baby is hungry) | (Baby cries) | (Mom spansks baby) | (Fear/Anger) | (Learns to fear Mom) |
| 6. | (Baby is hungry) | (Baby cries) | (Mom always brings food) | (Satisfied) | (Learns to trust Mom) |
| 7. | (Baby is hungry) | (Baby cries) | (Mom often ignores baby) | (Mixed feelings) | (Learns insecurity/ mistrust of world) |

- We can see how “Mom” (which is just as easily Dad, baby-sitter, or any other caregiver) and her responsiveness to baby’s efforts leads to different learning experiences in the developing mind. (Keep in mind that most learning at this age is *unconscious* and *conditioned*!) Nature assumes that a cooperative accepting environment will be available---and if it isn’t infants die, whether from physical or emotional starvation (failure to thrive). Thus, nature sets forth the requirement of a primary learned event which is known as *attachment*. Attachment establishes *connection* and yields that first form of emotional bonding of child with parent, which then grows into feelings of trust, love, and cooperative gratitude. Attachment also ushers a natural sense of human value and self-worth.
- Attachment is known to be the event that teaches *affect attunement* and *empathy*. These are the related abilities of *understanding your feelings* and later the *feelings of others*. Healthy attachment is necessary for *conscience*---because it *engages the emotional guidance system*. But as we now know, connection is not the top priority if the quality of the environment is competitive in any way. The mover’s corrective fear and anger will ensure survival self-regulatory processes will come to the fore—bringing emotional baggage and predictable emotional and behavioral trends that keep us at more painful levels of experience.
- Thus, *the sooner* and *the more* we attune to our feelings, then more time we spend on the right track. Witness the classic stages of human development that evidence right track or wrong track living. Note that they are defined by positive or negative feelings! Note also that age doesn’t guarantee maturity, for self-development is often a conscious personal choice, a *purposeful* objective---mediated by the emotional self-regulation sense.

Stages of Right Track Vs Wrong Track Development



Age 1 - Trust Versus Mistrust



(The world is learned to be pleasurably cooperative and accommodating or painfully competitive and rejecting. Note: If the first ideas within the emerging consciousness fulfill the *connection* need, the concept of disempowering win-lose competition is unnecessary and foreign.)



Age 2 -Autonomy Versus Shameful Doubt:



(There will be confidence in the ability to freely, yet cooperatively, control ones destiny and accept the natural consequences, or there will be shame and doubt and competitive clash with someone else controlling your life.)



Age 3-5 - Initiative Versus Guilt:



(The freely empowered child learns that he can creatively make changes in the world by taking action, or instead will feel guilty (and inactive) over natural impulses toward independence. With rigid authoritarian parental control, the need for freedom predicts the strategy of deceptive dishonesty.)



Age 6 - Puberty - Industry Versus Inferiority:



(By now right track experiences have allowed sufficient self-expression to have built a healthy sense of meaningful esteem which underlies industrious creative motivation. Or the wrong-track learning experiences have left the unmistakable sense of ego inferiority due to an inadequate mindscape.)



Adolescence - Identity Versus Role Confusion:



(Through internal guidance, the person has now reconciled all needs and purposes and knows who they are and where they are going. Or they remain pushed and pulled by external guides which do not honor their individuality and they suffer role confusion about their place in the world.)



Early Adulthood - Intimacy Versus Isolation:



(The healthy and happy individual finds a loving companion to share life, intimate connection, feedback, learning, and expression. Or the compromised person is left in fearful anguish and painful isolation.)



Middle Age - Generativity Versus Stagnation:



(Life is many daily creative turns through the action cycle, raising families, creating businesses, building dreams into reality---creative synergy with the world. Or there will be a lingering dissatisfaction, anxiety, boredom, stagnation, and perhaps an evaluative mid-life crisis to help restore meaning and purpose.)



Golden Years - Integrity Versus Despair:



(Life's meaningful patterns and transitions have wrought grace and wisdom to be shared with devoted others, or the patterns of pain and confusion have wrought bitterness, loneliness, and despair.)

How Emotion Effects Personality Development



- As we live each day, passing through many cycles and stages, the developmental state of our mind is reflected outwardly in our *personality*. It should be apparent by now that human development never ends! Just because we are legal adults at age of 18, we are not *finished products* by any means. In fact, our trial and error learning goes on forever and our personality continues to change and evolve toward our highest potentials---if we let it!
- Although everyone has genetic propensities, personality is largely *learned*. It is like a snapshot of the current level of your developmental progress---it is *what the world sees*. Your personality reflects your current collection of knowledge, beliefs and strategies. Your personality also reflects your current EQ since we wear our feelings on our sleeves. (Emotional information is readily available to others in your tone of voice, body posture, and in your judgments and impulsive actions---even if you are unaware of it!) Our personality also reflects our ego flexibility, for the ego will defend everything we believe to be true about ourselves---even bad stuff feels familiar and comfortable. (Just ask a battered wife, an alcoholic or an egomaniac.) The good news is that *anything we don't like about our personality can be unlearned!* Our feelings teach us *what we need to change* in order to better present ourselves to the world---and again nature has plans!
- When we examine what psychologists have to say about personality, we can see how the many facets of the emotional system work to help us develop an *optimal multi-purpose personality*. Just like nature pulls us away from pain and toward higher pleasures, as part of this process it shapes a particular kind of personality! This is not to say that nature wants us all to become little carbon copies of one another, but it is to say that *certain ways of thinking and acting* (those that the emotional system wants for us) lead directly to a stable, successful, likable, and happy personality—which facilitates self-actualization! We can see how the emotional sense does its job by examining five universal (cross-cultural) personality dimensions that are referred to as “the big five”. (See next page for complete descriptions):

The Big Five Personality Dimensions:

1. **Agreeableness:** trust, friendship, cooperation, compassion, loyalty
 2. **Conscientiousness:** integrity, honesty, dependability, honor, morality
 3. **Openness To Experience:** ego flexibility, creativity, enthusiasm, courage, faith
 4. **Extroversion:** joyous creative expression, spontaneity, confidence, exuberance
 5. **Neuroticism:** pain, confusion, impulsiveness, stunted potential, repulsive
- In sum, nature intends for us to go through each action cycle *using the teacher*, and as we do certain things happen which lead us to *more of the first four* personality traits and less of number five. With this particular mix of personality traits we are best equipped to live in ways that meet all our needs and all three purposes---and make the highest kinds of creative expressions and moral choices simply by following internal motivational self-regulating forces.

Emotion & The Big Five



Agreeableness: This dimension is based upon healthy emotional development and a strong *empathy* for the feelings of others. This empathy comes naturally as we learn that other people have feelings that operate the same way that ours do. With this empathy come motivations which bring long-term pleasure for all concerned in order to gain lasting personal happiness. Agreeableness is the ability to cooperate and gain win-win solutions to problems with little instinctive interference. Such a mindscape includes: tolerance, compassion, trust, forgiveness; is friendly, non-judgmental, appreciative, loyal, generous, kind, warm, fun, cooperative, intimate, and straightforward. The more agreeableness, the more we like ourselves and the more others like us back---and the more good feelings for all! The more agreeableness, the higher the EQ.



Conscientiousness: This dimension is fueled by freedom, empowerment, and a strong sense of integrity and self-esteem. It is based upon a strong but flexible ego identity, and the acceptance of personal responsibility for actualizing one's destiny within a meaningful human cooperative. It captures the creative and purposeful nature of life and the desire to make the most of it—through learning, communication and creative expression. Such a mind is: autonomous, honest, efficient, responsible, organized, planful, reliable, thorough, perseverent, dependable, honorable, disciplined, ethical, and productive. The more conscientiousness, the higher the EQ.



Openness to Experience: This dimension describes the mind's desire to adapt and learn. With purposeful self-development comes more openness. Avoidant fear closes the ego gate as surely as courage and faith keep it open wide. Faith, creativity and meaning keep the mind hungry for evolution so that it can offer its hidden potentials to the world. This dimension is defined by: optimism, curiosity, courage, imagination, insight, creativity, originality, inner reflection & exploration, wide interests, unusual thought processes, intellectual & philosophical interests, and artistic ability. The more openness, the higher the EQ.



Extroversion: This dimension relates to the amount of self-expression one has attained in the world. Even the finest mind will rot on the vine if it does not go forth and contribute. (This is a new and broader definition.) Extroversion is the external outlet for characteristics and virtues of all other dimensions and the active mechanism for self-actualization. It includes: Activeness, assertiveness, exuberance, high energy; outgoing, interactive, verbally and gesturally expressive, humorous and gregarious. The more extroversion, the higher the EQ.



Neuroticism: This dimension relates to the amount wrong-track experience that has taken place. Neuroses build from denied emotional signals and judgments, leaving conditioned learning, faulty attitudes, beliefs and strategies, lingering and intensifying corrective signals, and a rigid ego. It is defined by: Anxiety, self-pity, tenseness, emotional instability, pessimism, impulsiveness, judgmentalness, learned helplessness, and vulnerability to victimization or bullying, touchiness, blame, resistance, resentment and revenge. Most of all, neuroticism includes lingering painful feeling signals such as guilt, anger, depression, hostility, and hate---all emanating from emotional baggage. All aspects of this dimension are destructive to self, aversive to others, hinder the actualization of potential, and *lower the EQ*.

How Emotion Affects Morality



- When we are talking about *biological self-regulation* we are actually talking about *morality*. We are not talking about any form of *external* cultural, religious, or even legal morality---one that forces external behavioral compliance, disempowers, or limits freedom---we are talking about *natural morality*. We are talking about behavioral *guidance straight from the creator* (whatever we might think that to be), with a fabulously intelligent self-compliant moral compass built right into our biology that far surpasses anything humans have yet invented.
- Indeed, natural *amoral*ity or “sin” is simply the mover at work, when we unconsciously settle for the short term pain reduction or momentary pleasure and at the expense of long term pain! For at the causal core of all human moral atrocities and “evil” one will find the driving *corrective* forces of fear, anger, and hate. One will find limited consciousness, isolated disconnected minds and rigid ego identities, little empathic connection to all human brothers and sisters, and very low EQs. But emotion can also be found underlying all the best, the highest, most *altruistic* of human actions---those encouraged by the major religious moral traditions. They are such feelings as: love, respect, compassion, honor, courage, forgiveness, justice, integrity, and faith.
- But nature’s morality turns most of our ethical ideas on their head! *It gives us far more freedom than we have dared to believe*. Natural morality is not a list of regulations, commandments, or behavioral controls; it drives *situational ethics* for two reasons: First, because humans are mobile and the external environment is never fixed, the situational challenge is always subject to change—so no preset rules can be successful. (This is why we have two information processing paths that allow the body to take over for unconscious control if the mind can’t quickly comprehend and handle a challenge successfully.) Second, because the emotional evaluation always follows the action in any action cycle! Nature requires that we learn through trial and error experience, and one simply cannot know whether the act was an error without the trial! Thus, the basic requirement for freedom and empowerment safeguards our right to act upon impulses and self-correct through guided trial and error learning.
- This is why all forms of competitive external regulation will eventually fail (and have failed, a fact that our over-taxed citizenry and our overcrowded prisons can no longer deny). Our internal self-regulation and situational ethics should be readily apparent in a world where everyone understands the universal truth within the moral dictate “though shalt not kill”, but “murderers” are killed as capital punishment, and other killers are hailed as war heroes. So despite our natural feelings, killing is OK in the name of competitive community defense. But with adequate *cooperative, preventative* forms of community defense (educational and economic opportunities for creative freedom and equal empowerment), a huge number of disenfranchised, wrong-track citizens can get on the right side of their emotions, their impulses, and the law.
- *Indeed*, natural morality does not interfere one iota with full and complete free will and empowerment, and *full natural morality can arise from right track development by the age of 18!* The emotional compass is designed to take us through six stages of moral development, by seducing us in moral directions with ever-more meaningful positive emotions. Humanity is lingering in a painful low moral state simply due to the loss of the feeling sense, but we are clearly designed to transcend our low EQ “original sin” and to discover our high EQ *virtues*.

Stages Of Moral Development

Moral behavior is simply cooperative behavior, which includes the interests and feelings of both self and others in the decision making process. We go through six stages to develop from a singular self-interest (to gain control our own destiny), and on to evolve a plural self-interest so that we can meet our needs while remaining connected to others, in respect of their equal right to freedom and empowerment.

Preconventional Morality - (EQ 4-5)

(Compliance or cooperation driven by the mover impulses, moral level of 60% of population.)



Stage 1 - Obey to avoid punishment; (Fear of pain; ego protecting a single self interest.)

Stage 2 - Cooperate for fair exchange reciprocity; (Tit-for-tat cooperation or retaliation. Ego recognizes two self-interests, pleasurable benefits of cooperating, and/or painful costs of not.)

Conventional Morality - (EQ 5-6)

(Cooperation driven by teacher; compromise some desires for the lasting pleasures of conformity, meaningful accomplishment, and earned status; level of approx. 30% of population.)



Stage 3 - Cooperate to please others; if even to neglect self-needs/desires.

Stage 4 - Cooperate in order to do one's duty; as part of a cooperative whole.

Post-Conventional Morality - (EQ 7-10)

(Cooperation driven by full emotional compass; honoring all self-needs, pulled by highest pleasures & the most empathic and long-term perspectives; level of moral reasoning for approx. 10% of population.)



Stage 5 - Cooperate due to personal standards: (Question authority, use inner self-regulation to create excellence in thought and action, to avoid creating pain, and to enhance pleasure for all.)

Stage 6 - Cooperate due to universal standards: (Moral decisions reject external controllers that violate needs for freedom and power, thoughts and actions express one's full creative capacity to promote positive changes and enhance life opportunities for all.)

How Emotion Affects Mental & Physical Health



- The final developmental aspect of the emotional self-regulation system to discuss is the effect of feelings upon our *health*. Since emotion is an electro-chemical process, it's two-way information network (body-to mind, mind-to-body) creates all sorts of changes at the most intimate levels of our body---our very cells! (The cells are like the computer chips in our hardware systems!) As consciousness expands, the mind exerts evermore creative control over the emotional information exchanges already occurring within the body. Although the mind cannot yet manipulate other sensory stimulus (we cannot make our eyes perceive a green sky just by imagining one), we can make our bodies feel good or bad by simply altering our thought processes. (This is why we cry at movies!) The discovery of *neuropeptides* proves how our mind literally creates the same chemicals that our body unconsciously produces which are intimately connected with the cellular operations of the autonomic nervous system, the endocrine system, the immune system, and even the copying and *mutation* of our DNA.

- So just what kinds of effects do different emotions have upon the body? The straight and simple answer is that excessive *negative emotions have a debilitating, hurtful, effect upon the body* over time, and a predominance of *good feelings enhances the physical well being*. As stated, nature desires that we understand and reduce painful feelings and increase positive ones---and our health is not exempt if we violate this universal law. If the ego gate keeps out painful information, the chemicals we experience as fear or anger go ahead and make changes unconsciously---which are often at odds with the chemical messages the misinformed mind is sending. Worse yet, the fearful low EQ mind creates its own additional chemical disruption, negating the body's self-corrections.

- Thus, a mind ignorant of its emotional language is constantly at odds with the body, flooding it with *mixed chemical messages* that both agonize (activate a change) and antagonize (prevent a change) within the receptor cells throughout the body. *Who knows what important changes we are disrupting!* Such changes include immune protection from germs and viruses, changes in blood pressure, absorption of nutritive substances, mediation of mood balances, hormonal regulation, and genetic on/off switching within the DNA---just to name a few. (It is already well documented that unexpressed emotion is correlated with: altered endocrine responses, impaired immune functioning, cancer onset, cardiovascular disease, psychosomatic illness, and a host of mental "disorders." (Chemical "remedies" which alter the natural emotional dialog perhaps further cloud the issue---regardless of whether the chemicals come from a doctor or a street dealer.)

- Fortunately all we need to know is that we can improve all aspects of our health by getting on the *right track* and promoting as many *positive feelings* as we can. Not only can we minimize deficit state pain, but we can create *pleasurable chemicals by using our mind*. Hypnotic pain relief, biofeedback, the relaxation effect, the placebo effect, the healing power of connection and compassion in cancer patient support groups, creative visualization, the power of faithful, devotional prayer, all demonstrate the potential for the mind to create beneficial physical changes. In fact, *any sensory stimulation that feels good* is potentially health enhancing---whether we understand why it works or not. The positive feelings invoked by sound (good music, falling rain); sight (color therapy, esthetic art, nature hikes, watching a sunset), touch, (massage, acupuncture, accupressure, sex); smell & taste (aromatherapy, good food, fresh summer air), or anything fun (reading, dancing, meditation, friendships, discovery, yoga, creativity) ---are health enhancing, *simply by making the body feel good!*

Five Easy Steps toward Creating Good Health



1. Learning that emotions are chemicals which make changes to all cells, organs, and organ systems.



2. Recognizing that the mind can produce and flood the body with emotional messages which can contradict and interfere with its natural chemical wisdom.



3. Embracing the natural law that pain is bad and demands correction, while pleasure is good, guiding, and purposeful.



4. Using emotional intelligence to guide naturally healthy lifestyle choices, with awareness that chemical interventions can further compound the problem.



5. Using the mind to create and take delight in as much long-term pleasure as possible.



The Teacher's Seductive Feeling Path



- What all the trends in human emotional, personality, and moral development illustrate, is that the emotional compass is luring us to think and act in ways that create the *highest feeling tones*, which result in healthful, optimal mental and physical states. Although we have a long way to go, the emotional patterns show that we are clearly moving away from pain. Likewise as we self-develop, our positive feeling tones become more meaningfully complex. At some point our emotional guidance will have *transcended ongoing negative emotion*. When unimpeded by static pain, the teacher rapidly pulls us toward our potentials with all *positive feeling tones*.
- These more complex feeling tones are more like long-term *mood states*, *mental perspectives*, even *character traits*, but they still resonate in the gut with a distinctly *joyous* emotional tone. These feelings connote the ultimately desirable internal and external *evolutionary states*, as decreed by nature. This is the highest and perhaps transcendent class of feelings. There may not yet even be sufficient words in the English language to describe all of these highest feeling states, but words like compassion, courage, faith, mirth, honor, justice, gratitude, devotion, and something akin to “love squared”, capture the experiences of being in the *self-actualized* state of mind. With so much painful static we often don’t even notice these wonderful feelings---yet we all have them. Take a moment to look over the list and see if you recognize them!
- There is a *transcendent* quality in these feeling tones in that they have a *deep resonance* with the *hidden body wisdom*. They represent a breadth of conscious understanding that is truly magnanimous in its proportion. When we feel them often, they mark a mindscape that has expanded to enfold the concerns of all others within the “self” concept. They are understandings so meaningful and profound that the mind is not ruffled by virtually any external situation---no matter how negative it might appear on the surface. They are feeling states that always guide the moral high road with truly positive emotional motivations. (Such as turning the other cheek.)
- These feeling states are observable as character traits in our great heroes, prophets, and leaders of history. We feel a resonance of human pride and admiration for their accomplishments and feel inspired to discover, develop, and contribute our own unique gifts (or perhaps the ego keeps us in envy, and sour grapes until we do.) These feeling tones open the mind to all potentials, inner intuitions, and flashes of joyous creative insight become far more common. Through feelings of faith, compassion, and universal oneness, the highest meanings and synchronistic patterns can be found in the seemingly coincidental or otherwise meaningless daily events. With meaning comes the most profound levels of conscious mental empowerment---and perhaps even the ability to consciously create the miracles of religious legend. (Since the mind initiated emotional neuropeptides make physical changes to the body, think about what happens if the mind’s subjective outcome was *better* than the “real” one!)
- Indeed, these are the blissful desirable states of optimal mental development, “completion” or “divine perfection” symbolized in all religions as heaven, cosmic consciousness, and universal oneness. It has been said by religions of every form, that “*all answers lie within*”---and the teacher *in emotion is the direct path to this divine inner wisdom*.

Nature's Most Desirable Feeling Tones



The inner compass leads us in the directions that nature intended---with the highest feelings connoting both *internal mental states* and *external expressive actions*.

The highest feeling tones are all positive, pleasurable feelings---evolved outgrowths of joy---resonating with universal validity:

Exuberance - A divine feeling of passion for spontaneous life experience.



Awe - A divine sense of inspired wonder at the majesty, mystery, and beauty of nature.



Love (squared) - A divine sense of joyous acceptance of and connection to an intimate other.



Justice - A divine sense of balanced, free-flowing, and equitable empowerment.



Mirth - A sublime transcendent humor and ironic delight in life's pitfalls and challenges.



Faith - A divine sense that all events are meaningful and purposeful.



Compassion - A divine sense of empathic understanding and acceptance of others.



Respect - A divine sense of honorable acceptance of the value of one's self and others.



Generosity - A divine sense of delight in giving and sharing one's resources.



Grace - A divine tolerance and forgiveness for the pitfalls of ignorance.



Honor - A divine sense of purpose and accountability for its fulfillment.



Courage - A divine sense of confident empowerment to surmount any challenge.



Gratitude - A divine sense of thankfulness for kindnesses received and for the gift of life itself.



Devotion - A divine sense of loyalty to loved ones, to humanity, and to the source of all life.



Universal Oneness - A divine sense that all life forms are connected.



Transcendence - A divine sense of becoming one with the source of life.



Summary - Emotional Feedback In A Nutshell



Nature has endowed us with a fabulous internal compass that works on many levels yet unfailingly moves us toward our optimal individual and group destiny. We gain the highest benefits of this guidance when we are consciously aware that we are *mini information processing units*, with each feeling bringing evaluative information about an outcome of a thought or action. The feeling sense carries important information about the *needs of the body*, *the holdings of mind*, the immediate *challenges of the world*, and how well any action has served in meeting our three *purposes*. The goal of the system is purposeful thought and action which drives our very evolution!

- Each feeling tone brings specific information to the mind that is intended to accomplish *internal adaptive changes* through learning, and *external changes* through creative expression. (And health affecting chemical changes are constantly occurring throughout the process!) When we are not aware of our feeling sense, the mover in emotion pushes us and pulls us automatically, but only accomplishes simple self-preservation, keeps our self-concept limited, and teaches us only through animal conditioning. When we consciously attune and do as the feelings suggest, we satisfy multiple-purposes of self-preservation, self-development and self-actualization and maximize the quality of our mind's conscious, willful control. As we increase our emotional intelligence in this manner, we quite literally evolve away from painful deficit states and into a much more meaningful and pleasurable kind of existence. A huge amount of our potential remains untapped!
- When we live “on purpose” we evolve into happy, likable, naturally moral, healthy, and fulfilled individuals, and into a cooperative, creative, honorable and responsible species. When we live on autopilot we take a long, painful path to that same end result. Or worse yet, we steadfastly deny our biological wisdom, fall below animal level guidance, keep competitively overpowering one another, and become self-destructive in our abuse of conscious free will.
- We are only now discovering this entire sensory process and how to foster emotional intelligence, but we can make quantum leap gains if we seize the day, the moment, and the *emotional evaluation of every outcome we create*. Nature is very forgiving and resilient but the power for cultural evolution lies in the hands and conscious choices of each and every human being.
- These recent discoveries have dramatically altered the way we view ourselves and the world. This information brings plenty of good news and offers tremendous reason for optimism. There are also some time-honored myths about life and human nature that can now be dispelled by the emotional wisdom, and left behind as part of our history.

The Good News!



Headline #1: SELFLESSNESS EXPOSED!

“Selfishness” has gotten a bad rap and “selflessness” has gotten a far better one than biologically justified. The empathic, expanded “we” self concept is an *outgrowth of the singular “me” self* and is impossible without it! The feeling system will not let anyone “sacrifice” their self needs.

Headline #2: COMPETITION IS FOR ANIMALS!

Feelings teach us that humans are a *cooperative* species. Win-lose competition is a mover-only strategy, sacrificing the connection to power struggles and creating future pain. Success will only come through win-win cooperative interactive strategies derived through the teacher in feeling.

Headline #3: ONGOING PAIN IS FOR FOOLS!

According to the biology of human emotion, human beings are *not supposed to feel bad!* All bad feelings signal deficit, *naturally undesirable* internal and external states, and literally *force* us to make *corrective changes* that allow a natural evolutionary course to unfold.

Headline #4: NATURAL MORALITY DISCOVERED!

Humans *naturally* develop the highest levels of moral reasoning, through multi-purpose self-regulation.

Headline #5: CHARACTER FLAWS PREVENTABLE!

Many so-called character flaws and even personality “disorders” all largely determined by the level of self-regulation, and the relative quality of learning. With optimal external conditions, and multi-purpose self-regulation, many genetic vulnerabilities for adult disorders need not even arise.

Headline #6: WORLD PEACE CAN BE OURS!

Humanity has the ability *and the guidance* to create positive global outcomes through cooperative strategies for providing universal biological self-understanding, equitable opportunities, compassionate justice, and freedom, utilizing natural faith, courage, honor, and devotion to all life.

Common Myths Dispelled By the Teacher



Myth #1: “Learning is an outside in, ‘fill up the vessel’ process”.

Fact: Learning is an *inside out* process of direct *trial and error* experience. We can exchange information with others, but all learned strategies must first be acted out in the world for the feeling evaluation to occur. Nature wants us to *make up our own minds*---designing them how we choose. Teaching styles which offer hands-on experience or succeed in arousing *vicarious emotional resonance* with the *meaning* of someone else’s *experience* will be the most successful.



Myth #2: “Suffering is good for the soul”.

Fact: Ongoing suffering is a *deficit state* due to our failure to recognize and answer the multiple call of the emotional signals. The concept of “original sin” is biologically unsound as well as faithless. Suffering in silent fear, anger, guilt, etc., is a wrong-track mover-only result of a mind out of the loop. The teacher desires positive outcomes for all concerned. It is the right track *pleasurable* feeling perspectives of faith, unity, and courage that sustain us throughout life’s most painful challenges.



Myth #3: “Moral behavior is ‘selfless’ and immorality is ‘selfish’”.

Fact: The self is the core of the being and cannot be excluded without emotional repercussions. Moral behavior arises through a *natural expansion of the self concept* from a childlike “me” concept to an adult “we” concept. The we self-concept brings lifelong emotional empathy wherein the pleasures and pains of others are considered within the thoughts and actions as self-concerns. The concept of martyrdom is biologically unsound. The teacher always pulls us toward the broadest “we” mental perspective to maintain the highest feeling tones.



Myth #4: “Competitive survival is the only evolutionary purpose”.

Fact: The three purposes of *self-preservation* (survival), *self-development*, and *self-actualization* are each a facet of the emotional self-regulation sense. All are readily observable in the patterns of human emotional behavior (and all animals that can *learn* have the first two!) Once the teacher joins the mover, humans are revealed as a *cooperative* (win-win, “we”) *species*, with *competition* (win-lose “me vs you”) being a *mover only* strategy characteristic of *lower stage of evolution*.



Myth #5: “Different kinds of people have different kinds of needs”.

Fact: The universal emotions, when properly decoded, show that all humans have physiological and psychological requirements which manifest as needs for: *Freedom, Power, Connection, Esteem, Creativity, and Meaning*. These universal needs underlie the mover, and draw upon the wisdom of the teacher. These needs are the same for all, but *we can freely choose* to meet them through *any* beliefs and creative strategies that we can imagine---and feel good about. For the we self concept prevents us from making choices that create pain for others.

The Biggest Myths



Myth #6: “Behavior can be controlled by external forces, rules, and punishments”.

Fact: Moral, cooperative, or law abiding behavior springs from *emotional intelligence* and is a function of natural *internal self-regulation*. Nature has wired all creatures with anger and aggression as internal safeguards against external freedom snatchers or power-mongers, and has bestowed upon humans love, compassion, faith, and honor to learn how to behave cooperatively. External self-regulation denies the biological imperative to control one’s own destiny and results in predictable emotional and social symptoms, including violence, depression, victimless crimes, cultures of addiction, divisive disenfranchised underclasses, and black market economies.



Myth #7: “There are universally right and wrong (moral) thoughts and actions”.

Fact: The ethical implications of the self-regulation system declare that the ultimate evaluation rests not in *motives* and *behaviors*, but only in the actual *outcomes* they produce in the world. In a self-regulating world, with multiple levels of evolved consciousness, *external* conditions are always subject to change. Outcomes are *probabilistic* and *ethics are situational*. Until species cooperation is attained, even such a noble dictate of “thou shalt not kill” falls victim to this biological reality, wherein killers are hailed as heroes in the name of competitive defense. But ultimately, the highest pleasures guide naturally moral *motives*.



Myth #8: “The human mind has the capacity to make judgments”.

Fact: The biggest fallacy shattered by the discovery of the emotional self-regulation sense, is that the conscious mind can serve as an effective “judge” over it’s contents. It is true that the brain has exceptional computer-like abilities to store, retrieve, sort, classify and analyze information. But this is all done under the *direction of the conscious mind*, and is heavily influenced by its own conditioned learning, attitudes, cognitive distortions, and faulty information. No matter how good a brain processor we have, garbage in produces garbage out. Emotion is the only valid garbage detector! As religious symbolism tells us: “Stay away from the forbidden fruit of the tree of *human knowledge* of good and evil ---judge not!”



Myth #9: “Nature is amoral---humans born victims of original sin.”

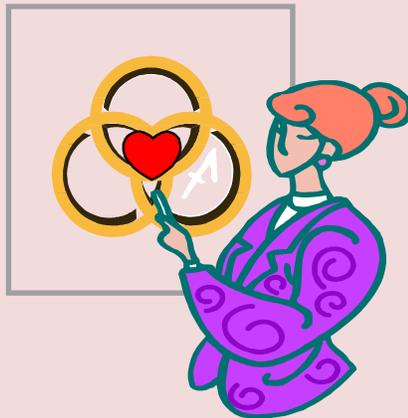
Fact: Nature offers a far more elegant and intelligent form of morality than has ever been imagined. By simply following and learning from feelings, humans naturally move toward thoughts and actions which bring the most long-term pleasurable outcomes for all. All “evil” acts go against the feeling system at an EQ of 4 and below, when mindless instincts or the delusional, fear, anger, and hate-driven mindscapes produce *repetitively painful outcomes* which often *violate others*. But since, we can be at any point on the unfolding developmental path; we should not arrogantly judge or deny legitimate learning experiences to others at earlier points in their journey. Natural morality does not limit *what we think or do*, but offers unfailing guidance in *how to think and act*. Social safeguards should instead foster purposeful self-regulation and ensure corrective accountability for the natural consequences of all free will choices.



Myth #10: “God is dead”.

Fact: Whatever divine intelligence underlies the mathematical precision of nature and provides the innate information that we constantly process, that “Creator” has given us a precise and personalized inner compass. The emotional compass accomplishes an ingenious balance between *unlimited free will* and a purposeful *biological predestiny*. We have been hardwired with the tools to evolve our consciousness, freely, and at our own pace and discretion. The wisdom within emotion is both our unconscious and conscious connection to that *divine source* of all genetic information. The choice to attune to and honor it is ours alone.

Section Three:



How To Use Your Emotional Sense

How You Can Gain Emotional Intelligence In Each Moment!

Section Three:



- **What is the game of life?**
 - **Object #1 - Reattuning and decoding feelings**
 - **Object #2 - Controlling weaknesses, while sharing strengths
(The Corrective Response Rules)**
 - **Object #3 - Cleaning up & expanding the mindscape**
 - **Critical thinking**
 - **Emotionally intelligent character perspectives; Reframing**
 - **Summary: Time, EQ, & personal growth**

The Object of the Game



- Life is indeed a *grand game*---a divine dance of organisms interacting purposefully, orchestrated by inner self-regulated information processing cycles. As each individual follows inner urgings to develop and express innate value, there is a growing conscious complexity and cooperative economic interdependence between all life forms. No matter what nature's intended outcome to this game might be, humans do their part through very clear goals: 1. **Self-preservation** of bodily integrity. 2. **Self-development** of mental integrity, by gaining *high quality conscious creative control* of thought and action. 3. **Self-actualization** of all innate values such that they achieve maximum expression in the world.
- So far we've been playing the game without knowing any of the rules and have been stuck with lower track results. At this point in our evolution, we are fairly good at self-preservation but the task at hand is to focus upon *self-development*. The unguided mind has been interfering and we need to get the body and the mind back on the same page. Thus, we need to think of life as a game of the *ongoing development and best quality use of the mind*.
- The first objective is, of course, to *reattune to the emotional sense* and to be able to exploit its informational gifts in each moment. Getting to know your feeling tones, like notes on the scale, will allow you to make music. As you make progress, you will experience higher and more abstract meanings within each feeling signal, each offering you ever-increasing insight and high quality mental empowerment.
- The second objective will be to ensure that *any existing bad stuff* does not get played out in the world, and that the *good stuff* of mind is fully *shared with the world*. This can be accomplished by mindfully recognizing and avoiding instinctive, defensive and impulsive actions and choosing multi-purpose corrections. We will introduce adaptive "*right*" *responses*, to replace the fight and flight corrective impulses. An easy list of *corrective rules* will be given, that keeps the ego doors open and accommodates both the mover and the teacher.
- The third objective is to *clean up and improve the existing mindscape*. Any idea that has been filed away unconsciously with a *negative* emotional signal still attached *must be corrected*. This kind of mental quality control is a lifelong, ongoing effort, but diligently using the emotional signals (objective #1) will ensure that far less bad stuff (conditioned learning, emotional baggage) gets in. Don't worry about positive judgments (i.e., Aunt Mary is good, Friday's are good, church is good), they're harmless unless they limit your mind, reject your body, or they become compulsions---all of which will bring later bad feelings anyway.)
- Your personal goal will be to meet all three of these objectives simply by thinking about and directing your daily experience in the context of the emotional self-regulation sense. As your emotional intelligence evolves you will become a master of the game and new, presently unimaginable creative abilities and meaningful delights will continuously unfold. This is certainly not a new game, you are *already playing it every day*. But with this information, you will recognize the game, its object, its rules, and you will learn how to "win" in the highest sense.

What's It All About?



1. Life is a game of developing the mind.



2. We've been playing without knowing the rules or object.



3. Object #1: Reattune to feeling signals!



4. Object #2: Control the weaknesses, share the strengths!



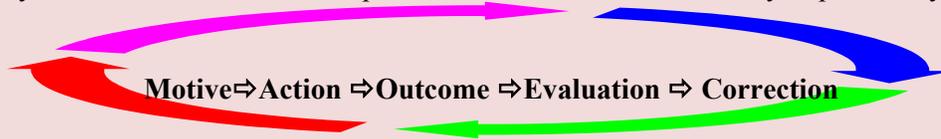
5. Object #3: Clean up the mindscape! Keep it tidy!



Reattuning to the Emotional Sense



- Feelings are already a huge part of your normal day, but now emotional signals will take on a very special meaning. At present, our imprecise language use and sloppy sense of self makes it difficult to even know the difference between a *thought* and a *feeling*. (Men in particular have been trained since youth not to feel feelings nor express them either.) Thus, the first challenge is to be able *to know when you are having a feeling*.
- An emotional feeling occurs in both the *mind and the body*. You are aware of them in your mind and can feel them in your “heart” and your “gut”. A feeling leads to some sort of *active change*, whether it be as subtle as learning something new or as dramatic as a violent assault. In contrast a thought only leads to other thoughts. Although the highest kinds of feelings (compassion, faith, courage, justice etc.) have an informational/situational thought component, they still *resonate and sweep through the body inspiring learning and creative action*. Take a moment to think compassionately about innocent children, lovingly of a treasured friend, or angrily about the latest injustice--you’ll feel it!
- It’s doubly hard to be aware of our feelings because the instinctive (mover) aspects of emotion. As we now know, they can operate *below* our conscious awareness and make us react *before* we even know what is going on. (This is when the ego gate closes, rerouting the information away from mind back to body for autopilot processing when necessary.) Not to worry, however, attunement to the action cycle will solve this problem.
- Indeed, another crucial daily habit is to begin *noticing the action cycles!* All day, all week, all month, and all year, we are constantly turning through many long-term and short-term action cycles. We can now see these patterns and must become indelibly impressed by the mantra of:



- Feeling signals expose a wealth of information at each point in the action cycle. It is crucial to *revere and heed the evaluation* as the highest, and only accurate judge of any experience. This means no prejudging any situation, person, or outcome before the feeling signal has reached its verdict. But feelings and outcomes occur almost simultaneously so it is essential to distinguish what the *body is saying* from what the mind is thinking! Motives will be peppered with emotional baggage and will color the perceptions of actual events. Any negative attitude, or judgment (i.e. Uncle John is bad, Monday’s are bad, sin is bad) offers a wealth of emotional corrective information. But all motives are *continuously reevaluated by the feeling sense*, so focusing on the *feeling the moment it occurs* is the most direct approach.
- But even if we fail to notice a subtle feeling, we can know from our instinctive *corrective response* what kind of feeling we just had. We can learn a tremendous amount about our needs and abilities to meet them from our *mover’s impulsive patterns of approach and avoid*. We can also conjure feelings simply by imagining or recounting a scenario. (This is why psychiatrists make the big bucks!) But any way we can become aware of any feeling, gives us a chance to learn and grow. For feelings come fully loaded with valuable information.

Recognizing A Feeling



1. Feelings are not thoughts! They happen in both the mind and *in the gut*.



2. Thoughts lead to other thoughts, but feelings lead to *action impulses* which move us to make changes in the mind or in the world.



3. Feelings can happen so fast that we can miss them.



4. If you miss your gut responses, *watch how you act*, impulses and compulsions are always fueled by feelings. (Listen to the feedback you get from others about yourself!)



5. Or, watch how you *think*. Attitudes carry encoded emotions that have been unconsciously filed away.



6. The action feedback cycle will always give them away. Feelings are to be found in motives, actions, and corrections as well as evaluations.



7. Nature covers her bases well! If our mind is too tight, we feel her pain.



Decoding Each Feeling



- The emotional sense is a message from you to you---and it is meaningful only to you. Your feelings are about your mind, and your body, *never anyone else's* (although they are often prompted by what others are doing and feeling.) Feeling signals are bridges between bodily requirements, mental expectations, and external outcomes, bridges which clue in the mind to unconscious operations---so that you can *course correct* to find and stay on the right track. The clues tell us *that* something good or bad happened to us (concerning our needs and purposes), *what* it was, *why* it was unexpected, and *how* we need to best respond. The feeling clues are designed to deliver information *in the moment they are experienced*, in context of an *evaluation* that is linked to a specific *outcome*, the *actions* which produced it, the *motives* (needs/plans) that guided it, and brings arousal impulses to make *corrections*. Thus, as soon as you recognize a feeling, immediately think of the action cycle. Start at the evaluation and work backward, using the situational conditions and the multiple informational aspects of the feeling (hedonic valance, strength, tone, impulse) to ferret out the action guidance:

Motive → Action → Outcome → Evaluation → Correction

Clue#1: What just happened? Identify the *feeling* in context of the *external circumstances* of the outcome. (Something related to your purpose is occurring that needs immediate corrective attention.)

Clue#2: How good or bad was it? The more powerful the feeling, the *less* conscious the mind has been, and the *more* important the corrective message. The better it feels, the more *growth* opportunity for your mind, the worse it feels the more your body is asking for corrective *protection*. (Refer to pages 48- 49.)

Clue #3: What did I do to make this happen? Identify your *action* that helped to bring this outcome.

Clue #4: Why did I do that? Identify your *motives*---your goals, beliefs, needs, and strategies. Remember, the feeling tone will give great information linking *needs* and *circumstances*:

Basic feelings of body (joy/success, fear/threat, anger/boundaries and obstacles, sadness/loss) relate most directly to unmet needs for freedom, power, connection; while complex feelings (guilt, envy, confidence, anxiety, greed, trust, remorse,) offer more complex personalized information about *specific beliefs and strategies* for meeting all six universal needs. (Refer to pages 16 thru 31.)

Clue #5: What do I need to *change about myself*? (Right response #1: Learn!) Learn from *every situation* how to create more positive outcomes in the future. Learn to build positive frames of reference through which to interpret past, present, and future experience. *Reframing* is a process which casts the situation in a broader, more empathic and compassionate perspective. It can actually deflate any emotion in the moment by altering your *interpretation* of the outcome!

Clue #6: What do I need to *change about the world*? (Right response #2: Express!) Express yourself in ways that correct mistakes, that remove threats and obstacles, that right injustices, that replace losses, that create freedom, empowerment, connection, esteem, and meaning---for all concerned. (If external changes are not fully successful, go back to Clue #5 for additional reframing. This will give you the emotional motivation to *accept* and try again.)

Clue #7: THEN DO IT!!!! Making all internal and external changes brings emotional balance, personal growth, expands your consciousness, builds your moral character, improves your personality, and does your part in the evolution of the species. (Corrective response rules offered on page 76.)

The Clues To Follow

1. Ouch! (or bravo!)....What just happened?



2. How bad (or good) was it?



3. What did I do?



4. Why did I do that? (Feeling tones tell you!)



5. What do I need to change about *myself*?
(Body can't change but mind must to honor it needs!)



6. What do I need to change about the *world*?



7. What am I waiting for?!!



Rules for Right Track Corrections



- Once we have a handle on the meaning of feelings, we are then ready to strategize the *active correction*, objective #2 in the game of life. Remember, the whole purpose of the emotional sense is to get us to make *active changes*—and there are right kinds and wrong kinds! There are *four kinds of corrective actions* which result from feelings, but only two accommodate both the mover and the teacher. In order to control our weaknesses while sharing our strengths we need to avoid the *fight* and *flight impulsive corrections* and adopt the two “right” responses. The modern corrective right track responses are 1: **Adaptive learning**, and 2. **Creative expression**. These *conscious choice corrections* should always come before any sort of fight or flight response! Thus, every time a strong feeling arises there is a simple order of corrective responses to follow which assures honoring all feelings and living on an EQ 6+ track:

HIGH EQ CORRECTIVE RESPONSE RULES:

(1. Learn → 2. Create → 3. Fight → 4. Flight)



1. **Right Response #1: Learn! Learn! Learn!** (Change the inside---yourself!) Make internal changes until you have full awareness of all your needs and impulses, high quality motives, crystal clarity of the challenge at hand, and the best knowledge, skills, perspectives, communicative skills, and cooperative strategies for conquering that challenge. (Learning is the most appropriate, most powerful, right-track correction and it continues along with all other subsequent corrective responses).
2. **Right Response #2: Creatively Express:** (Change the outside---the world!) After you have gained the insight, apply what you have learned to make *changes in the world* that conquer the challenge. This is the correction that creates and improves human culture! Do your best to *cooperatively* solve all problems through *active communication* and *creative actions*. Exchange and clarify desires and goals with others, listen and honor their desires and goals, negotiate common-ground win-win solutions, and create follow-up agreements. Create community, solicit and share feedback, knowledge, insights, and mutual support with others to stay on the “right track”.

In an emotionally intelligent world, the vast majority of emotion invoking outcomes should be handled with these first two rules! But if your best efforts leave you in win-lose pain you must then:

3. **Fight!** When circumstances unjustly deny our best efforts, it is time to *compete* and even to “go to the mattresses!” (If you are truly in a win-lose situation—nature wants you to win.) But *civil* disobedience is a fight without fisticuffs or gunfire. Anger becomes passion for justice as cooperative forms of social protest (i.e. courts, hearings, arbitration, conflict mediation, community action, and peaceful assembly) replace animal violence.
4. **Move On/Run Away!** If all your best efforts fail, it is now the time to throw in the towel. The time to leave this environment for one more just, open, and receptive to your efforts. (Leaving a limited job, a community group, a marriage, a church, or even a country is often necessary in the world at present, in order to honor your basic human needs.)

Avoiding the Impulsive Low Road



- Although the mover's single-purpose corrections should be the very *last choices* in the high EQ response rules, they are the very *first instinctive impulses*! And they are often unconscious---so it's doubly important to be aware of bodily motivations and ensure ego flexibility in order to keep the mind in charge. If an overly rigid ego allows these impulses to become habits adopted by an ignorant mind, they can take us below animal guidance into EQ's of 4 and less. Any urges, *positive or negative*, which interfere with planned behaviors must be recognized and analyzed in conscious corrective learning. (They will always offer short-term relief for unmet needs, but will lead to more corrective feelings such as fear, greed, anxiety, anger, false pride, arrogance, guilt!) The defensive (fight & flight) urges, in particular, affect the mind in subtle and sneaky ways:



1. **The Approach Response:** (Pleasure givers and painkillers will magnetically attract us):

Infatuations: Any person who symbolizes any need, be it connection, power, or meaning can become sexually attractive to one with that need frustrated.

Compulsions: Unmet needs and lingering pain can spur cravings for food, chocolate, sex, etc., or escapes into hobbies, TV, or work---anything found pleasurable.

Addictions: Compulsions can become addictions when the mind makes a "macro" habit and/or the body begins to adjust and tolerate the compulsive activities---particularly those that alter the body chemistry such as food, alcohol, tobacco, or other drugs. (But emotions themselves also alter chemistry. One can find the rush of excitement, lust, anger, or even fear addictive!)



2. **The Flight Response:** (The ego's methods of protecting its *comfort zone identity* instead of learning):

Resistance: Closing down to incoming feedback information. (Nonacceptance.)

Avoidance: Avoiding situations where you might be challenged.

Denial: Ignoring realities which are staring you right in the face.

Judgment: Making mental "judgments", or applying your emotional evaluations to others.

Superiority: Know-it-all, put-down judgments of another's perspective to elevate your own.

Rationalization: Working the facts around to fit your existing mindscape.

Self-deception: Deluding yourself that your life is OK----leads to all other forms of lying!



3. **The Fight Response:** (Competitive acts which wage war against personal responsibility—and others):

Making Excuses: Verbalizing your rationalizations for not doing what you should.

Lying: Deliberate deception, hiding or distorting facts to gain an unearned competitive advantage.

Passive Aggression: Taking out the anger behind someone's back instead of direct communication and resolution (i.e. two-facedness, gossip, and indirect attacks.)

Blame: Placing causal power in circumstances, supernatural forces, or faults of others in order to escape personal responsibility for outcomes and/or corrections.

Resentment: Allowing anger and blame to deepen into long-term, hardened, divisive hostility.

Revenge: Active retaliation for an assumed (and hated) inferiority or wrongdoing. This covers all subtle, creative or violent forms of direct treachery and sabotage.

Cleaning Up the Mindscape



- The response rules are a powerful tool for high EQ living, but we now come to the most important task in the game of life, objective #3 *cleaning up the mindscape for high EQ thinking*. (Cleaning up the mindscape is actually making many the #1 right responses retroactively). This will be the biggest job and the number one focus for all beginners. Remember, mind stands between our inner potential and our outward expression; it can creatively enhance or ignorantly destroy---depending upon its holdings. All knowledge, strategies, and beliefs should be scrutinized by feeling signals they produce and redesigned to bring the most *long-term pleasurable* outcomes with the least amount of *short-term pain*.
- It bears repeating that since we have not used the emotional sense correctly, we all have lots of garbage in our minds, and should not be too hard on ourselves. But now that we have the tools, it is a crucial and ongoing task to keep the mind as purposefully and consciously spit and polished as possible. Good mental housekeeping improves both the *quantity* and *quality* of consciousness. The good news is that *through conscious learning corrections*, the mindscape can be adapted in far less time than it took to get cluttered with emotional baggage. Thus, as part of the corrective response to each feeling signal, there are specific techniques that can maximize our mental housekeeping. Our goals will be:
 1. To become consciously aware of all mental holdings and ensure that they are there by *choice* not by default, and that they offer us high quality participation.
 2. To gather *new information*, and reconcile *conflicting facts*.
 3. To search and destroy *judgments*, faulty and logically flawed *belief structures*, *negative attitudes*, and *defensive strategies*---*conditioned emotional baggage*.
 4. To build *positive frames*, *attitudes*, and *strategies* to offer the broadest perspectives, the best approaches, the most accurate perceptions, the most creative intuitive insights, and the most successful outcomes.
- Each of these goals will be ongoing, but in time they can become nearly automatic spontaneous processes as we gain more and more emotional intelligence. Not only that, but as we clear the mind of its conditioned, single-purpose legacies, we begin to open and *access the tremendous brain capacities that now lie dormant*.
- Have faith in your natural developmental process even if you are unaware of much change! If you are feeling impatient or unsure about the pace of your progress, think *attrition*. Trust that even one little change per day can add up to tremendous progress over time. Think of how that tiny desert river flowing naturally, day by day, little by little, created the Grand Canyon!

It's A Dirty Job....



1. An unenlightened, conditioned, cluttered mindscape seeks only short-term pleasure, but creates long-term pain.
To cleanse and enlighten we must diligently:

A. Add new ideas.



B. Reconcile conflicting facts.



C. Get rid of judgments, and illogical beliefs.



D. Replace negative attitudes.



E. Remove all impulsive defensive strategies.



2. A well-kept mindscape constantly seeks positive frames, attitudes, strategies and the highest level of meaning. It opens naturally to its tremendous untapped intellectual potential.



Adding New Ideas



- The wisdom within the emotional sense shows us that learning is a life-long process, one that is crucial to development and actualization of our potential. The first ongoing task of mental housework is to constantly *add new information*. Our needs and feelings urge us to find all kinds of stimulus that enhances us and expands our mental horizons.
- Push the ego's envelope! Expand your mind not just through reading or studying, but through *fearless, enthusiastic interaction with the world* and milking every life event for all its worth. Our self-developmental purpose demands that we leave the "safety" of our habitual comfort zone, and press beyond earlier versions of ourselves to steadily expand the horizons of our ego identity. (We would not experience wonder, curiosity, boredom with monotonous routine or the exhilarating rush of new discovery if we were not intended to learn and grow!)
- Some suggestions for gathering and applying new information:
 1. **Interact with challenging people.** (Watch how needs and feelings move corrective actions).
 2. **Notice how you and others attain power, freedom, connection, esteem, creativity, and meaning.**
 3. **Take on challenging projects.** (Note how your feelings react before and after a success.)
 4. **Create intimate friendships, support, and discussion groups to exchange feedback and ideas.**
 5. **Test and challenge existing belief structures on a daily basis.** (Habits lead to limitation!)
 6. **Read! Read! Read! Stay informed.** (Analyze daily events, political and social trends, history, religion, and philosophy in the context of emotional dynamics. Seek the highest meanings.)
 7. **Enjoy the arts. Dramatic plays, movies, literature, music, dance, poetry and visual arts all communicate emotional information and creative insights.** (Look for the universal needs and feeling patterns---they're everywhere!)
 8. **Take other people's perspectives.** (Stand in their shoes and see how their perspective changes your feelings and interactions. See what happens when you sacrifice your needs!)
 9. **Look at past and daily choices from a long-range perspective.** (Look to past emotional impulses, the actions they brought and their long-term results. Did they bring positive attitudes and personality traits? Does a moment of revenge feel so good over time? How does it make you think about others? How does it make you feel about yourself? What reactions does it bring back upon you?)
 10. **Energize and get in tune with your body through touch, movement, vibrant activity, vocalization and pay attention to its urges.** (Becoming conscious of and attentive the body's needs is crucial!)
 11. **Live! Love! Laugh!** (Awe, faith, courage, mirth, and compassion, will keep you going no matter what!)
 12. **Make sure your defenses are not closing your mind!** (Rationalizing, denying the facts etc.)
 13. **Make sure your defenses are not keeping you from active participation in life!** (Making excuses, blaming, and general laziness are all motivated by unanswered emotion, flawed logic, and bad attitudes. They lead only to *narrower* perspectives, limited horizons, and more bad feelings.)

Opening to Experience



1. Adding new ideas means challenging the existing knowledge and beliefs and pressing beyond the safety of one's comfort zone.



2. Break routines, take new routes, meet new people, try new experiences, search out new challenges, ponder the universe---and bring home new outcomes to evaluate.



3. Read! Watch economic, political, multi-cultural, and social trends, study history and all forms of art-----noting the universal feeling patterns which arise.



4. Ask the why questions. Seek to understand radically different perspectives--- in the context of emotional dynamics.



5. Get your body actively involved.
Travel! Dance! Sing! Live! Love! Laugh!



Critical Thinking



- The feeling system efficiently regulates our thought and behavior, but it does not *ever* tell us what to think or do. (Humanity would not have so many wonderful diverse lifestyles and creatively imaginative cultures if our nature forced us all to think and do the same things.) Instead, it shows us how to think and act optimally---in the most pleasurable and rational ways. This is the process of *critical thinking*. It combines both reason and passion for high EQ thinking. Critical thinking leads to personal *empowerment*, for it is how we use the mind to personally resolve any and all problems that present themselves. Critical thinking replaces the disempowering impulses to blame others or hide from problems, by engaging the mind and using it to best advantage---expanding and altering it in the process! Thus, critical thinking is essential to our purpose of self-development.
- Critical thinking consciously invokes the brain's processing abilities, its linear reasoning and logic, and interjects the *evaluative* information into the equation---it is the method of the *adaptive learning correction*. Critical thinking can ensure that conflicting ideas, judgments, illogical beliefs, and conditioned learning are minimized, and that the mindscape interprets each experience through the broadest, most long-term, most empathic, and inclusive perspective. It is also critical thinking that occurs when we are decoding a feeling and choosing the best corrective response. In short, it keeps us on the right track. Thus, critical thinking is crucial immediately upon experiencing any *feeling signal*. It asks the questions:

What just happened? (My expectations haven't been met!)

What were my motives and actions that created this outcome?

What am I trying to accomplish and why? (What outcome did I expect and why?)

Where the heck did that *impulse* come from? (Becoming aware of the bodily impulses/needs!)

Where the heck did that *strategy* come from? (Becoming aware of the contents of mind!)

What needs am I trying to fulfill here? (Working with body and not against it!)

What were the motives and actions of others that helped it along? (No blaming! Just the facts!)

What needs are *they* trying to fulfill here? (The universal needs apply to all! Try power/freedom.)

What are *their* feelings about this? (There is no hiding a strong feeling—tone, posture, actions, etc.)

What should I believe about this? (What did I believe, what can I learn?)

Am I placing my value system on someone else? (Don't! Judgment denies free choice to others.)

Why do I feel that way about that person? (Feelings are for you, about you. If you feel any set way about anyone, it is a judgment—whether good or bad, and should be recognized as such lest it limit you.)

What further evidence do I need to formulate a conclusion? (Go get more info!)

How can I change external circumstances to be more favorable? (Communicate! Cooperate!)

How can I make sure that everyone concerned gets their needs met?

How can I repair any damage I have done to the needs and feelings of others?

How can approach this in the future?

- The magic of critical thinking is that it silences the painful emotional signal! It makes the learning corrections that the self-regulation system is demanding. It leads to a mindscape that creates enhanced perspectives, positive outcomes, *preventative corrections*, and great feelings in the future! Unlike defensive impulses which seek to escape the truth or fight it, critical thinking allows us to change---*to evolve*---both the mind and the world for the better.

Thinking with Emotional Intelligence



1. The emotional sense teaches us not what to think, but how to think.



2. Critical thinking involves being aware of as many factors as possible when making a decision about what to believe, or how to act.



3. Critical thinking draws upon the *multiple messages* of each feeling signal, and ensures that we will consciously avoid wrong track instinctive defenses.



4. Critical thinking asks the *why questions* and both *rationally* and *emotionally* processes information to draw the most purposeful conclusions.



5. Critical thinking magically silences the painful signals and allows the mental housework that can minimize future pain.



Emotionally Intelligent Character Perspectives



- Critical thinking over time leads to one of the most powerful tools for a high quality mindscape---the concept of a frame of reference, or a *character perspective*. Such perspectives are like mindsets, windows upon the world, which promote the *best interpretations* of outcomes and prompt the *most purposeful corrective responses* to all feelings. Nature’s right track development leads to *three specific high quality perspectives* that direct instant multi-purpose thoughts and actions and help build a mindscape that both contains and creates nature’s highest pleasures. These are the optimal “software programs” which underlie *spontaneous competence*. But they can be readily adopted by any one at any time, and using them consistently reflects the highest kind of moral character---by any moral measure. These are the “most evolved” perspectives. They are:

1. **The “We” Perspective:**

With attachment, self-acceptance, empathy, and the guiding pleasures of love and cooperative trust, we evolve from a *singular “me”* sense of self to a more *plural “we”* sense of self. We quite literally learn to *see ourselves reflected in and looking out through the eyes of all others*. This redefines our ego identity with *divine acceptance* of the human self-condition, removing impulsive resistance to bonded connection and allowing unimpeded information exchanges and creative interactions with all brothers and sisters. With this “we perspective”, we have a constant mindset with both gives and receives grace for human frailty, acceptance and forgiveness of inevitable differences, limits, and mistakes, without ever assuming competition, choosing isolation, or perceiving evil intent. With this mindset we habitually factor the needs and feelings of all people involved into our decision making process—for *we know* that their pains are our pain and their pleasure is our delight. The *cooperative we frame* is the high EQ outgrowth, the replacement of the early *competitive “me” frame*. Lasting feelings of compassion, justice, generosity, love, gratitude, and devotion motivate us see the best potentials in everyone, and to act in the interests of all.

2. **The “Big Picture” Time Perspective:**

As emotion guides us upward, to higher vantages and perspectives, we learn the very important difference between *short-term* and *long-term* pleasure and pain. We learn that immediate gratification can bring compounded future pain, and that facing short-term growing pain can yield far more long-term and meaningful pleasure than can impulsive avoidance of challenges, fighting or running away. The “big-picture perspective” allow us to see our meaningful life patterns over *ever-longer periods of time*. We become adept---spontaneously competent---at making long-term high EQ choices in the moment. Deep feelings of faith, courage, exuberance, mirth, and grace spring from this perspective and spur choices that envision and honor the *long-term* interests of all.

3. **The “Personal Accountability” Perspective:**

Recognizing the limitless creative power of mind and the long-term impact of our behavior upon others brings a mature sense of *accountability* for *all outcomes we experience* and the inner desire to maximize our *most responsible* thoughts, actions, and corrections. This mature perspective respects, honors, and lives up to challenge of nature’s gift of free will choice. It does not allow the ego to hide from feedback, or blame circumstances or others for their role in negative outcomes. It asks us to look to *ourselves* for both the *source* and the *cure* to all problems (and bad feelings) we experience. It asks us to seek the highest personal learning and offer the most cooperative expressions in every situation. With the “personal accountability” perspective comes the highest forms of free choice, personal growth, meaning, and empowerment, along with the most positive motivations of courage, forgiveness, honor, grace, compassion, integrity, devotion, and faith.

The Three Optimal Perspectives



1. We can overcome compromised development by adopting *three perspectives* which arise naturally from the teacher upon the optimal path:



- A. *The We Perspective*: The ego's self-concept expands to enfold others within the feeling system and decision making process.



- B. *The Big Picture Time Perspective*: The mind takes in broadest, the most long-term, *time-space* considerations in the decision making process.



- C. *The Personal Accountability Perspective*: The mind looks to its owner for causes and solutions, honoring the creative responsibility and power inherent in the gift of free will.

Reframing



- Now that we know the teacher's highest mindsets, we can jump ahead and adopt these evolved perspectives through a process of *reframing*. Reframing is a skill of critical thinking, an analytical technique that helps change the *negative attitudes* that feeling signals uncover. Reframing borrows from the *teacher's perspectives*, well before we have yet attained them, allowing us to *change* how we think and feel about any bad outcome *in the moment it occurs*.
- Emotional pain is often the signal of a low-quality *attitude*, packed away in the mind by past conditioned learning. Attitudes are simply habit patterns of thought that we learn over time. They are mental shortcuts, thought loops, like computer macros, that give us an *automatic ready-made frame of reference*. We use them in formulating *strategies*, as well as *assessing outcomes*. Negative attitudes contain *value judgments* that tend to close the ego gate and limit our choices of thought and action until they are discovered and unpacked. They are the result of the interaction between the unconscious and conscious information processing that goes on all the time. Thus, they don't come *or go* overnight. But reframing immediately *interrupts the habitual thought process* and floods the mind with additional information.
- Since the mind is the window to the world, a fearful or angry attitude can color and distort its panes so that the objective world appears darker, more sinister, and threatening than it actually is. (Fear and anger slam the ego door and trap the mind within its own creative prison.) Reframing makes a conscious effort to view the world through another lens, perspective, or from a broader vantage. It's like shifting gears, or changing eyeglasses, to dramatically change what we are experiencing in the moment. Each time we use reframing, it chips away at an hardened attitude until it is gone!
- Reframing can be used in any situation where *it is obvious* that *someone or something* has caused some *pain in your life*. Reframing allows us to be wronged (for it will happen), but it keeps us accountable for the learning and empowers us to take actions necessary for our own well-being and growth. Reframing asks the question: "How can I view this situation *accurately*, but *differently*?" Reframing also answers that question with: "Through a wider, more empathic, more accountable, or more positive frame." Reframing is an incredibly powerful corrective tool, because it defuses any situation and *takes the wind right out of the pain*. Dramatic shifts in thinking can flood the body with *positive emotional chemicals*!
- Reframing minimizes the common human *fundamental attribution error---inaccurate theories* about why things happen. We blame causes on *internal character attributes* (people's motives, personality, genes) or *external circumstances* (we blame the world, the weather, the Gods, the stars, etc.) Thus, until we attain the personal accountability perspective, reframing helps us to consider all the circumstances and emotional dynamics of any situation, to limit blame, minimize distorted perceptions and superstitious attitudes about people, places, and things. It helps us bear an injustice with dignity, compassion, and forgiveness while empowering us to make the most purposeful preventive changes.

Purposeful Reframing



1. Frames of reference & expectation come in three types:



A. *Cooperative* (EQ 6+): Multi-purpose, long-term, positive.
(Combines the three teacher perspectives.)



B. *Competitive* (EQ 4-5): Mover only, single-purpose,
short-term, defensive, positive (approach)/negative (avoid).



C. *Neurotic* (EQ1-3): Below instinct, destructive, negative.



2. Reframing is an active corrective learning response.



3. Reframing uses the feeling signal to discover the original
frame, and rethink the outcome through a cooperative frame.



4. Reframing helps alter the mindscape by shifting habitual
negative attitudes, judgments, and illogical beliefs into positive
attitudes, genuine evaluations, and successful beliefs.

Frames In Action



- In sum, the mindscape creates *frames of expectation*, and *frames of reference* which affect our *perceptions* of the world. These frames of *expectation* affect the *motives and behaviors*, while the frames of *reference* affect the *perceived outcome* and the *corrective impulses*. In both cases, the best *cooperative* frames (consciously chosen, multi-purpose, empathic, long-range, positive; EQ 6+) will *bring right track* turns through the action cycle, and *competitive* frames (single-purpose, conditioned, instinctive, short-term; EQ 4) will achieve only *single-purpose self-regulation*. At worst, there are maladaptive, even *neurotic* frames (below single-purpose negative, destructive; EQ 3 and under) which are actually self-destructive.
- Most people, having been born and raised in a world with a relatively low EQ have a mixture of both good and bad attitudinal frames unique to our personal memories, experiences, and level of self-development. Any given situation can bring to mind any one of these many good and bad frames, and affects how we think and act. For a workplace example, suppose a manager has been asked to complete a report by his superior. Below are all types of frames and how they effect the thoughts and actions at each point in the action cycle:



Motives → Actions → Outcomes → Evaluations → Predictable Corrections

1.	(Competitive frame)	(Create/present report)	(Report well recd.)	(Confidence)	(Learn/do this again)
2.	(Cooperative frame)	(Create/present report)	(Report well recd.)	(Gratitude)	(Y+ frames/share credit/thanks)
3.	(Neurotic frame)	(Create/present report)	(Report well recd.)	(Mistrust)	(Y- frames/prepare for a set-up)
4.	(Cooperative frame)	(Create/present report)	(Report lauded)	(Gratitude)	(Y+ frames/share credit/thanks)
5.	(Competitive frame)	(Create/present report)	(Report lauded)	(Pride)	(Learn/do more things like this)
6.	(Neurotic frame)	(Create/present report)	(Report lauded)	(Fear/Anger)	(Actively seek out the perpetrators)
7.	(Cooperative frame)	(Create/present report)	(Report rejected)	(Faith/Courage)	(Communicate/get feedback/try again)
8.	(Competitive frame)	(Create/present report)	(Report rejected)	(Fear)	(Flight/avoid this duty next time)
9.	(Competitive frame)	(Create/present report)	(Report rejected)	(Anger)	(Fight/blame others for failures)
10.	(Neurotic frame)	(Create/present report)	(Report rejected)	(Resentment)	(Fight/blame others and plot revenge)
11.	(Cooperative frame)	(Create/present report)	(Report ridiculed)	(Compassion)	(Communicate/build + relationships)
12.	(Cooperative frame)	(Create/present report)	(Report ridiculed)	(Mirth)	(Communicate/build w/humor)
13.	(Competitive frame)	(Create/present report)	(Report ridiculed)	(Anger)	(Active Fight/argue w/ridiculer)
14.	(Competitive frame)	(Create/present report)	(Report ridiculed)	(Anger)	(Passive Fight/gossip about ridiculer)
15.	(Cooperative frame)	(Create/present report)	(Report ridiculed)	(Anxiety)	(Learn/Express; How to improve?)
16.	(Neurotic frame)	(Create/present report)	(Report ridiculed)	(Rage)	(Go postal, shoot co-workers)

- Upon seeing these frames in action, it becomes apparent that changing them in the reframing process can have a domino effect that alters the experience at each step of the action cycle. Reframing offers an elegant example of how the emotional compass is both pushing us with pain and pulling us with pleasure toward the highest perspectives.

Summary: The Game of Converting Pain To Pleasure



1. The inner emotional compass offers three objective goals for us to follow in order to win in the game of life---a game of purposefully expanding our consciousness.



2. Goal one is in reattuning to the action cycle and the evaluative feeling messages to guide right track thought and action.



3. Goal two is to direct *right track corrective actions* within the ordered responses rules: (Learn → Express → Fight → Flight) to control weaknesses and share the evolving strengths.



4. Goal three is to continuously refine the quality of mind, removing conditioning and adding information, via empathic openness, critical thinking, and reframing processes.



5. Playing the game with deliberation, integrity and panache ensures that the pains of failure will give way to the pleasures of multi-purpose success.



Summary: Time, EQ, & Personal Growth



- With all these tools and strategies for using your natural emotional sense, you can regain conscious control of your evolution—which is loosely known as *personal growth*. Mastering emotional intelligence gives you a well charted course toward your highest development and a map for taking each step along the way. Once we recognize that feeling tones go from basic to complex, we can see how each one evolves into the next as we expand our consciousness. With this big picture perspective, we can see how to best use the human brain in ways that we have profoundly overlooked--particularly when we think about *time*. The emotional sense directs personal growth that gives us conscious control across our past, present, and future by guiding present moment spontaneous thoughts and actions.
- At the mover level of basic feelings, our behavior is driven by conditioned learning and unconscious processes because the mind is newly evolving. Since the mover operates at the correction step in the action cycle, we become aware after the fact---*after the outcome*, making our initial self-regulation centered more in *our past*. Fear becomes complex mistrust and doubt about *future things*, interrupting the present and interfering with our future choices. Thus, a low EQ slows our personal growth narrowing our present options and keeping us *prisoners of the past*.
- At the teacher level, the complex feeling tones give us direct evaluative information about *the present* once we connect its message with the immediate outcome. Once we understand how to *accept all experience* into the ego gate, and choose corrective learning, we gain conscious access to the *present* so that we can offer our creative enhancements. As we continue on the right track, both the mind and the feeling tones get more complex, enhancing our *motives* allowing us to have conscious involvement and willful control over the *future*.
- Thus, the highest tones of faith courage, compassion, devotion, and honor which (drive the three teacher's perspectives), all become *a-priori* motives which give us high quality creative understanding and control over past, present, and future. They empower us to accomplish *spontaneous competence* in each *present moment point* using mental perspectives and strategies that span time without limiting our probable options.
- Such personal growth brings true empowerment by maximizing opportunities for acting successfully in each moment. Although it is an unfolding process, those of us with an EQ of 6+ can use the relationship between feeling signals to “borrow” from the next level to help get us there faster. This is what we are doing by reframing with the teacher's perspectives, but we can also reframe using the feelings themselves (see chart next page).
- For example, if you repeatedly experience anger in a certain situation, make it a goal to think about it in a way that creates mere *frustration*---the next less negative tone. Think about past, present and future circumstances surrounding the situation and find out what you believe about it that is keeping you in the past. Think of ways to find acceptance---the gateway to positive feeling tones. Ultimately the highest feelings will help us design the most sound motives and bring us the true power of evolved emotional intelligence.

Time, The Evolution of Consciousness, & Feeling States



EQ 1-3: Past Limits Future
(Unconscious/Attitudes/Habits
Misuse of creative imagination)

Q 4-5: Embracing Present Potential via Emotional Feedback
(Conscious evaluations/Corrective learning)

EQ 6+: Conscious Past /Present/Future
(Super-conscious perspectives/Spontaneous/multi-
purpose, successful creative choices)

**Present
Moment Point of Power**

Hate ⇒ Contempt ⇒ Resentment ⇒ Fear ⇒ Trepidation/Distress/GP ⇒ Acceptance ⇒ Curiosity ⇒ Camaraderie ⇒ Attachment ⇒ Friendship ⇒ Compassion ⇒ Grace/Universal Oneness (UO)

Hate ⇒ Contempt ⇒ Resentment ⇒ Anger ⇒ Frustration/GP ⇒ Tolerance/Acceptance ⇒ Patience/Forgiveness ⇒ Curiosity ⇒ Compassion ⇒ Mirth ⇒ Honor/Justice ⇒ Gratitude ⇒ Grace/UO

Hate ⇒ Contempt ⇒ Resentment ⇒ Disgust ⇒ Annoyance/Distress/GP ⇒ Tolerance/Acceptance ⇒ Curiosity ⇒ Camaraderie ⇒ Attachment ⇒ Friendship ⇒ Compassion ⇒ Grace/UO

[Depression] ⇒ Grief ⇒ Loneliness ⇒ Sadness ⇒ Nostalgic Distress/GP ⇒ Acceptance ⇒ Liberation ⇒ Attachment ⇒ Trust ⇒ Hope ⇒ Love ⇒ Devotion ⇒ Universal Oneness

Paranoia ⇒ Anxiety Fear ⇒ Distress/Growing Pain (GP) ⇒ Acceptance ⇒ Learning Anticipation ⇒ Confidence ⇒ Excitement ⇒ Courage ⇒ Faith ⇒ Exuberance ⇒ Universal Oneness

Shame ⇒ Self-Anger/ Humiliation ⇒ Devaluative Distress/GP ⇒ Acceptance ⇒ Worthiness ⇒ Confidence ⇒ Integrity ⇒ Honor ⇒ Self Compassion ⇒ Faith ⇒ Grace/Universal Oneness

Arrogance/ Superiority ⇒ Contempt ⇒ Fear ⇒ Existential Distress/GP ⇒ Acceptance ⇒ Compassion ⇒ Humility ⇒ Pride ⇒ Gratitude ⇒ Devotion ⇒ Mirth ⇒ Grace/ Universal Oneness

Greed/Entitlement ⇒ Want ⇒ Anxiety ⇒ Fear ⇒ Acceptance ⇒ Confidence ⇒ Courage ⇒ Honor ⇒ Gratitude ⇒ Compassion ⇒ Devotion ⇒ Grace /Universal Oneness

Envy ⇒ Anxiety ⇒ Fear/Sadness ⇒ Devaluative Distress/GP ⇒ Acceptance ⇒ Confidence ⇒ Integrity ⇒ Honor ⇒ Self Compassion ⇒ Grace/Universal Oneness

Guilt ⇒ Regret ⇒ Anxiety ⇒ Self-Disgust/Sadness ⇒ Growing pain ⇒ Acceptance ⇒ Remorse ⇒ Integrity ⇒ Honor ⇒ Grace /Universal Oneness

Past
Complex Negative Emotions
(Self-Destructive Feed-forward signals)

Present
Basic Emotions; Distress/Eustress
(Feedback signals)

Future
Complex Positive Emotions
(Optimal Self-developmental Feed-forward signals)



Section Four:



Living With Emotional Intelligence

How to Carry the Torch of Purpose In An Imperfect World

Section Four:



- **How do I live “on purpose”?**
- **How do I create my personal vision?**
 - **Building healthy pleasures**
- **Handling overwhelming feelings**
- **Living & working with others**
- **Intimate relationships and parenting**
 - **Handling difficult people**
 - **Touch Therapy**
- **The 10 Commandments & 17 Deadly Impulses**
 - **Summary**

The New Life Approach



- With your newfound sensory guidance, you will be embarking upon a newly purposeful existence. Although the rewards far outweigh the costs, you will need to question habit, tradition, convention, and even the deepest held normalcies, relationships, and “truths” that define your very ego identity---*anything* that creates bad feelings will become a corrective clue to follow! This will mean facing your fears, your enemies, and your inadequacies and taking responsibility for all aspects of your life. This will take faith, grit, and diplomacy in a world that accepts dysfunction, win-lose conflict, emotional suffering, and operates with an EQ that vacillates in the 3-5 range. You will no longer be satisfied by following the pack. (But rest assured if you *follow the wisdom of your feelings*, you will be doing the *right thing for you*, for this is how *the creator* designed you to operate.)
- Instead, create your most joyous vision for yourself and go for it with gusto! Trust that your pains are *for corrective purposes*, act on them accordingly, and you will have wings to fly. As you respond correctively to all painful feelings, you will notice many changes in yourself. You will become more attuned to your feelings and your innate wisdom. Like turning the volume up on a stereo, you will be able to perceive much more meaningful information within seemingly ordinary situations. You will feel increased intensity of all natural pleasures and be able to perceive growing pains at the slightest level so that they can be resolved immediately before anything like “suffering” even begins.
- The positive feelings will provide you with the most direct and highest validation of your unfolding destiny path, and the courage and faith to live your life in accordance with your inner purpose. Choosing conscious learning and communication over impulsive corrections will also bring predictably successful results and good feelings from other people as well. Once you become reacquainted with how the feeling sense works within you, it will allow you to generalize those same strategies in your interactions with others.
- Self-actualization involves sharing yourself with the world as much as possible. Thus, a good deal of your life will be in honing *interactive strategies* and *communication* skills for cooperative dealings with people from all walks of life and at all levels of consciousness and EQ. You will recognize how we each create our own little mental universes which constantly overlap, and how it is essential to try to keep them from colliding. You will recognize how each and every individual has the natural right to proceed along their own course at their own pace, to learn through trial and error as their awareness expands to embrace the power of full conscious choice. You will see the wisdom in the teacher’s perspectives and discover them to be ever-more powerful tools for dealing with others. You will learn to lead by example and share your value and wisdom by creating pleasure instead of pain.
- These new approaches to life all spring from the preceding information, but to take a special look at how *this will affect your daily living* will give you a head start by preparing your *expectations* accordingly. All progress is positive progress, but there are some predictable patterns which we all encounter. Gaining conscious awareness of all issues of living with emotional intelligence will allow us to recognize and overcome them quite quickly.

Embracing Individual Purpose



- Designing the evolving mindscape is the major object in the human experience, but of course, *living life IS the game*. For we design our mind as a toolkit---mental tools to compliment and enhance natural processes and bring out our full potentials. Through each multi-purpose belief and frame, and with each word and action, we are sharing our current level of *value fulfillment* with the world. *Winning the game means living within purpose!*
- The feeling sense drives the general human purposes of self-preservation, self-development, and self-actualization for all humans, but each individual has their own unique value potential and *individual purpose* to discover and actualize. The teacher pulls us to these potentials with inspired callings, dreams, intuitions, insights, and visions. Self-actualization is active enthusiastic, spontaneous, creative, and joyous living---*and the joyous feeling that you do are doing what you were born to do*.
- Many pains of the “soul” come from our awareness that we aren’t living up to our potentials, creating an existential emptiness inside that must be filled with some, more temporary, form of pleasure. Certainly, if the world was more highly evolved, and we all had had optimal developmental circumstances, (i.e. high EQ social structures, early emotional attunement; loving enlightened, empowered, honorable parents; equitable socioeconomic opportunities; rich and diverse experiences; great educations; and liberating, empowering, creative, meaningful, rewarding career options) *we could all have made far more of ourselves!* We’re simply not that evolved yet, so we all feel some degree of painful purposelessness.
- But---at any point in life---finding and holding onto the *general purposes* will lead us to our *personal purpose*. As long as we stay pretty much are on the right track we can find tremendous happiness, compassion, faith, honor, and courage in daily living. No matter how many obstacles we have had to overcome, and no matter how many we will still encounter, the joyous sense of inner purpose fuels the passion for meaningful living that we crave.
- *Purpose is the most powerful aphrodisiac, the most powerful drug, the highest of highs---for it is our true divine goal and reward!* Just by grasping the torch of purpose, one can capture an immediate and profound sense of direction, of fullness, of value fulfillment, and living each moment on the right track. The *happiness*, indeed, is *found in the journey* and it is never too late to begin living fully. Clues to our purpose can be found in the big picture perspective of our life--including all of our major challenges. Overcoming obstacles often brings far more character, tenacity, and soul than does eating from a silver spoon of opportunity.
- But by simply heeding the emotional evaluations, adopting the highest forms of corrective expression, and by speaking and acting in accordance with our highest mental frames, we are indeed *born again*. It’s never too late! At any age, we can recapture lost dreams, tell our stories--our successes and our failures---and share our wisdom with others. We can be the friends, lovers, parents, neighbors, and leaders we wished we’d had for ourselves. With our emotional guidance, we can live in full purpose and allow our individual dreams to resurface and unfold. It is truly amazing how many years on the wrong track can simply *melt away*.

Living “On Purpose”



1. Designing a mindscape is the object of the game of life, but *living within purpose IS the game itself.*



2. Universal purposes drive each human to discover and progress upon his or her unique destiny path.



3. Existential pain *drags at us all* because we have not yet heard our feeling messages about *why we are here.*



4. We grasp at cheap thrills and short-term pleasures to fill up the holes in our soul.



5. But the pleasures of purpose offer the *highest of all highs.*



6. Embracing the three general purposes within the feeling sense allows us to be *born again*—and puts us straight back on our highest path.



7. At any age, purpose gives us the inner strength, courage, and wisdom to overcome any obstacle that stands between us and our dreams.



A Day In The High EQ Life



- Now that we have our purpose in hand, and are prepared for all that life has to offer, we can distill the wisdom of the emotional sense into an empowering *daily lifestyle*. You will begin each day anew, awakening with the insights from your dreams and faithfully setting out in search of opportunities to actualize your deepest desires and broadest visions. The elegant simplicity of the emotional sense ensures that our mind is *free to create*, it need not be bothered with most of our regulatory processes. (Our mindful interference in the working of our pancreas, kidneys, or digestion is unnecessary---thank goodness!) All we need to do to ensure our best contribution to *all such unconscious processes* is to heed the feeling signals! With high EQ conscious participation, we need to do only three things:
 1. **Stop** what you are doing the moment a feeling arises (to avoid impulsive habits/conditioning).
 2. **Think**. Decode its meaning (by critical thinking).
 3. **Act** immediately upon its wisdom. (Make the necessary internal and external changes).
- There are several notable differences in this new high EQ lifestyle. First, high EQ living involves much *more thinking* than we might be used to, since habit by definition lies outside of conscious focus. So in reclaiming your rightful power of mindful choice, be ready to stop what you are doing and ponder life *every time you feel a feeling*. Adopt a strategy of an *immediate six second pause* before thinking or speaking as soon as you notice a feeling. This breaks the automatic habit loops, so that you can consciously process the feeling and access its informational guidance. (If you can't stop yourself, reflect immediately after the fact.)
- Second, it is helpful to imagine your emotional system as a highly advanced *pocket computer* as ingeniously designed as any other natural system. Trust that it draws upon all possible innate guidance information and is programmed especially for you. It is so sophisticated that it beeps in *each moment* that your conscious participation in life can be improved, offering a coded readout for the optimal thought and action that will keep you on your highest course. Remember, all messages are *from you, for you, and about you*---no matter who else might be involved in the emotion invoking situation. (With the right attitudes about feelings, even the growing pains can be recognized as delightful surprises, mysterious opportunities to learn and grow which sneak up and intrigue us.)
- Then every time you hear the beep, (feel a feeling), imagine that you are removing the pocket computer and *reading* the information on the screen. (Reading = Critical thinking; Connect the dots between the *outcome event*, the *beliefs* and the *needs* which are addressed within the *feeling evaluation*.) The feeling tone links the *external circumstances* to your *internal perceptions, needs and expectations*---with: 1. The pleasure or pain telling you exactly how well your conscious perception of what happened *matched* what actually happened; 2. The specific tone telling you the purposeful message about how well *your beliefs* are meeting *needs in this situation*; and 3. The action impulse telling you to fix it immediately through *learning* and/or *creative action*. (You can get very good at decoding feelings very quickly, see the examples on the next page.) Then you need to immediately make those changes to yourself (90%, learn, learn, learn!) and to the world, for you to get back upon the right track. By following the response rules, you will earn the fastest progress and the best feelings!

The Daily Three-Step Process



Be ready to attune and respond to each feeling.



1. Immediately **Stop** what you are doing to process the feeling.



2. **Think:** “Read” the current message on your feeling “readerboard.”

(Remember, all painful feelings signal ego *resistance* to what happened, and the need to learn, to *accept* and adaptively expand the mind’s boundaries.)



<p>Anxiety: ...Growing pain, time to learn! Don't run or hide!...</p>	<p>Joy: ...Something even better than what you expected just happened! Learn from this, set up this situation again and discover more of your potential..... You go girl/boy!...</p>	<p>Guilt: ... This situation exposes a <i>conflict in your beliefs</i> about what you <i>should</i> and <i>need</i> to do. Figure out your needs, align beliefs.... Don't blame or deceive!</p>	<p>Confidence:... You just handled a purposeful challenge and evolved! You can handle even more next time! ...Great!</p>
<p>Envy: ... This person has something you think you should have. Either build the skill, earn the commodity or change your unrealistic attitude about not having it... Don't fight!...</p>	<p>Mistrust: ... Something just happened that you think is a potential deception, or violation. Find out what beliefs are limiting your future options..... Don't run!</p>	<p>Fear: ... There is something here you do not fully understand, but have judged as threatening. Get more information to replace the judgment, and build the necessary skills to conquer this challenge... Don't run or deny!...</p>	
<p>Sadness: ... This situation makes you think something is lost and is gone forever. Find out <i>what</i> is lost, why it got lost, and make it come back or replace it.... Don't deny!...</p>	<p>Remorse: ... You just did something that violated someone else. Find out what and why, and make it up to them immediately.... Don't run or make excuses!.....</p>	<p>Anger: ... You think there is something here that is frustrating your needs, or violating your boundaries. Get all the information to be sure you are correct, then make the active changes to remove or alter the obstacle... Don't fight!...</p>	
<p>Hope: ... You are thinking in unlimited ways, now act in accordance with this feeling and make good things happen!</p>	<p>Shame: ... You just made a mistake, and your ego is smarting. Remember that all learning is trial and error learning, make sure you learn what you did not know before this, and laugh it off... Don't blame!...</p>	<p>Courage: ... You are on the right track, push through the challenge and make things happen!.....</p>	
<p>Compassion: ... You are in “the we” perspective, accepting this person with the respect each human deserves... Great!...</p>	<p>Faith: ... You see that this has meaning in the grand scheme and easily accept its message to you.... Yeah!....</p>		

3. Follow through, **Act** upon the advice, and you have just evolved!



Creating A Personal Vision



- Now that we have a purposeful, daily approach, the next thing to do is *clearly define* what we want out of life---to create a vision about what we want to accomplish. This is like installing your *purposefully chosen software into the mind* to override any conditioned or fearful visions. Prayer, visualization techniques, affirmations, mantras, and chanting are all about using the power of mind to *create personal vision*. Since our emotional system compares expectations with outcomes, we need to program a *grand life vision* to move toward. Then, like the little river that forged the Grand Canyon, we work each day to build our grand vision.
- The first step is to consciously put your “self” back into the life equation. We have been taught that our personal needs and wants are not good and that self sacrifice is the way to go---which is exactly the opposite of what our feelings teach us. Know that you are *right and well*, and that mistakes should be chalked up to *universal emotional ignorance*---no blame, no fuss, no muss. Then, with reckless abandon, create the most wild and wonderful vision for your life.
- Do not put *any* limits upon your vision, *go with what you feel* you truly want out of life. (Let your imagination go to town! Pretend that you have won the Lotto Powerball, money is no object, time and energy are abundant, and you have complete freedom and empowerment.) Then design a vision around each of the major areas in your life: Your Mission; Profession; Material Things; Financial Success; Health; Travels/Discovery; Relationships; Personal Development; & Creative Expression. Choose a quiet time each day to *vividly imagine* each of these areas in your life exactly how you want them to be. (Create a beautiful mental “nature spot” to go to, take deep cyclic breaths, and relax into your visions.)
- Use as much visual detail as possible, imagine your life *exactly* as you want it. Get carried away! Don’t be surprised if the teacher pops in to offer insights and even better directions---watch for ideas from “out of the blue”, but that *feel* so wonderfully valid. Borrow from the *highest feeling tones* to *feel* how wonderful life will be when you attain them---feel as if you already have! (Bask in faith and gratitude for maximum time scope.) This will consciously attune your mind to notice and to seize any and all opportunities that come your way. Your goals will provide the *comparisons* against which your feeling evaluations can go to work---not to mention how daily doses of self-generated positive emotion will enhance your health!
- Then go about your daily business and take the short-term steps that will fulfill your long-term goals. But search *each event* and *each new person* that crosses your path, for some offering that will help you attain your goals. Trust that *meaning* is to be found within *each life event* that can help you meet your needs within the *vision* that you have created. (You will be astounded by how many opportunities appear to unfold! And chagrined to realize that many were there all along, but lost within habit and limitation!) The mathematical precision of the universe does not exclude you or your purposes! Trust that daily opportunities will arise as surely as the sun.
- Use the three-step approach with each feeling to evaluate your progress and correct your course. Each pain can help you find deficits and conflicts, refine your approaches and break through deeply held habits, while each pleasure can clarify, enhance, and expand your vision. With feeling guidance, setbacks provide powerful learning opportunities for honing goals, personal values, skills and strategies, that can allow your visions to manifest.

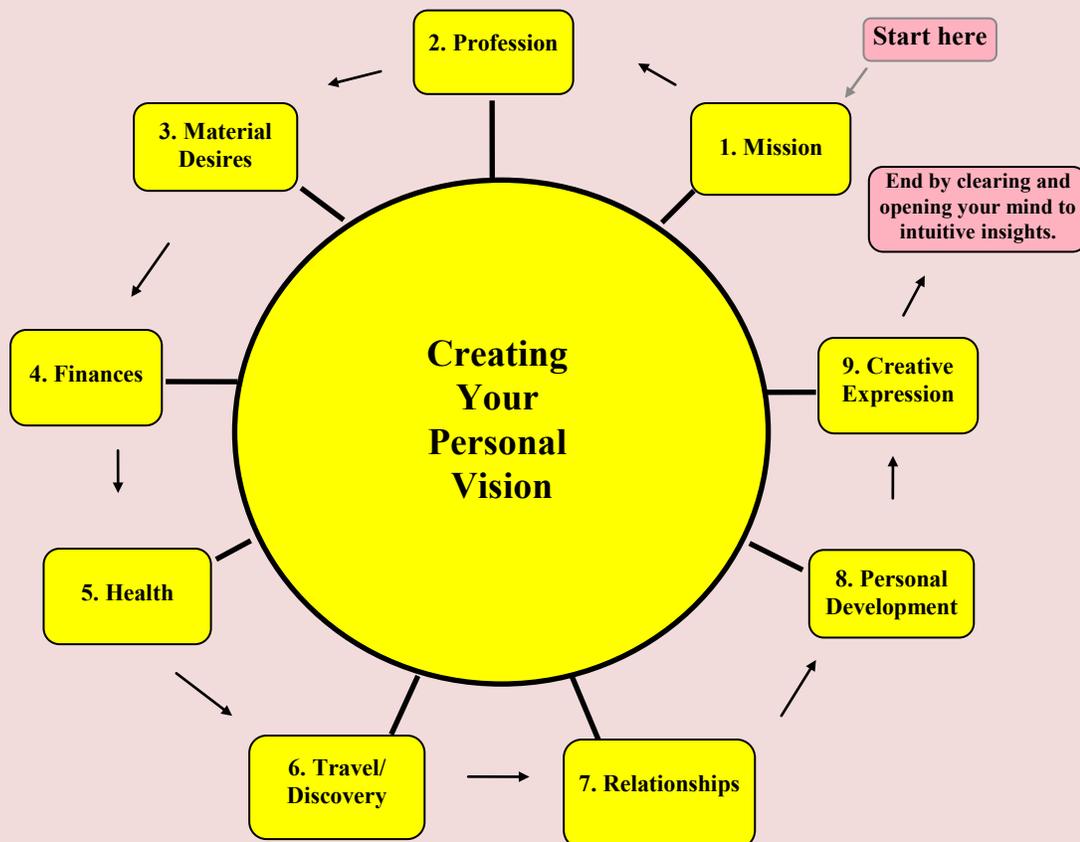
The Daily Vision



1. Using our higher EQ, we must consciously reprogram the mind's software expectations to over-ride conditioned expectations.



2. Clarify that vision daily, with highly detailed imaginative imagery and feelings for each major area of life.
(If you don't already know your mission, start with the general purposes and allow it to unfold over time):



3. Then live life, and use your feeling sense to discover opportunity, meaning, and the quickest path to your vision!

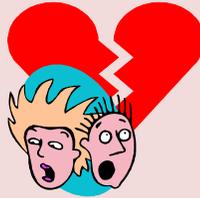


Life with Feeling



- Once you have embraced the concept of purpose, attuned to your emotional wisdom and have created your personal vision, you are off and running. You will discover the enthusiastic passions of purposeful living. You will begin the process of becoming evermore conscious of the fabulous meaningful complexities of daily living and gaining ever more empowered creative participation in the process. Best of all, you will be making your visions become realities.
- *But you must also be prepared to deal with some shocking surprises* that are sure to arise in the earlier stages of your journey. For as you go forth, discover, and act upon opportunities, you will encounter strangers in both familiar and strange lands. You will have a new sensitivity, and a different perspective than the norm. You will be venturing into new environments and dealing with people of all levels of EQ. Your life will begin to change and you will see even your friends and family in a strange but empowering new light. Thus, with dramatic change, your feelings will have dramatic ups and downs.
- Even with courage and full faith in the meaning to be found in all change, normal living in a low EQ world will be ripe for painful signals. Sudden changes alone can bring powerful feelings—loved ones can die, jobs can be lost, accidents happen, there are health crises, natural disasters, and perpetrators of ignorant personal rudeness, and even deliberate and criminal violations. Although crises always usher progress, they *overcome us with emotion!*
- So although you now know exactly what they mean and how to react, there will be inevitable times when you will be swept with powerful feelings of fear, anger, grief, rage, and even hate. You will need to: *expect* them to come, let *them* come, *learn* from them, and *help them to pass* in order to ensure that your corrections remain in line with the natural rules. You will need to build lifestyles which accommodate your feelings until the pains naturally give way.
- The body needs a full 20 minutes for a strong emotional reaction to completely pass. Thus, it is important to remove yourself from a volatile situation for a “cool-down” if you want to maintain conscious control over your words and actions. It is also important to have an active lifestyle—for all forms of *physical movement* (exercise, biking, sports, dance, yoga, martial arts, etc.) rev up and cleanse the body of stress hormones released by emotional reactions. Also, *vocalizing* in all forms (singing, chanting, cheering, laughing, and even crying) are excellent and pleasurable ways to help the body process its emotional chemicals.
- Be forewarned: *All* cultural institutions (education, religious, political, etc.) even marital, family, and social structures are based upon many *unenlightened* ideas about the nature of need, intimacy, honesty, communication, compromise, codependency, cooperation, connection, freedom, and power. The business world in particular relishes in competition, runs on fear, intimidation, territoriality, power mongering, and denies the truth of animalistic win-lose outcomes with such rationalizations as “It’s not personal, it’s business.” Indeed, human “cooperatives” with a financial/economic component, are often filled with obstacles to freedom and power which virtually guarantee painful internal conflict.

Dealing With Feeling



The more progress, the more sensitive we become to emotional signals!



Pleasure is wonderful, but for beginners, sudden fear, anger, or sadness can be intense.



Be patient! The world is not yet structured by high EQ principles!



Anywhere that money is involved---beware of competition and disempowerment!



Expect the feelings, honor them, learn from them, and help them pass.



The body needs 20 minutes to wash them through!



Physical movement, vocalizing, laughing, and crying can all help.



Anger must be *actively honored*, but *after* feelings have ebbed, or apologies are in order.



Fear signals *irrational expectations*, resolved through *exposure* to any fearsome object.



Grief runs a natural course. Denial can postpone *acceptance of loss* and *finding replacements*.



In time, the wrong-track inadequacies will no longer exist---nor will the painful feelings!



Instead, more and more complex pleasures will become the normal life experience.



Building Healthy Pleasures



- Coping with the pain of setbacks has been a huge part of the problem---but emotional intelligence puts a new spin on both pain and *pleasure*. The low EQ world has both suppressed pleasure and learned to live with ongoing pain. But this approach has wrought profound problems with depression, crime, addiction, weight control, hyperactivity, heart disease, and disorders of our immune system. The body is *crippled by pain* and it needs its pleasure. In response to pain the body will seize pleasure impulsively unless we build regular healthy pleasures into our daily lifestyle choices. In short, until the mind can create pleasure, the mover will rule.
- Due to the mover, we eat, drink, and do things compulsively to dull the ache of constant suffering. Worse yet, our body adapts with complex *chemical* changes developing *tolerance to anything* we do on a continuous basis. Pleasures which work through direct *chemical manipulation* distort our entire feeling system and destroy our health. Not just drugs and alcohol, but any habits which affect our diet, exercise, or sleep can upset emotional balance. Thinking of food as nutritious fuel for the body, exercising out of couch potato pain, getting adequate rest, and honoring all bodily urgings can all bring tremendous emotional well being--along with vibrant health. (A huge amount of stressful guilt is reduced when we simply start doing the things we *already know* we should do. Remember, guilt is a message about conflicts!)
- But we can also help build long-term strategies and perspectives by using our natural pleasure system to *reward our daily progress*. We do this unconsciously anyway, but at EQ's of 6+ we can purposefully reward ourselves with pleasures, moderated in balanced ways that allow us to brave our daily growing pains and courageously face the limits of our cultural world. The general rule is *anything in moderation* can be useful tool---even guilty pleasures, fatty foods, and even a beer now and then, can all be purposeful, if care is given to prevent forming habits. This strategy allows rewarding yourself for daily progress with healthy pleasures—as well as helping you to learn about your inner needs!
- *Make a list* of the things you like the most, ranging from the most intensely pleasurable to those tiny little niceties. Then give yourself something from the pleasure list, relative in size and intensity for each *growing pain* you overcome in any given day. (Treat yourself to a nature hike, a hot bath, a vacation, time with a special friend, a new pair of shoes, a chocolate, a movie, and even a naughty thing now and then---whatever turns you on! Exchange lists with loved ones so you can pleasure each other!) This will help you keep the faith until your mindscape is honed to the point that your inner motivations flow spontaneously in the highest directions. The self *cannot*, nor should not be denied---give it pleasure! As you make your list, learn to identify what needs each pleasure is serving, and then watch how your pleasures evolve over time. (And don't be fooled by appearances, *all compulsions* lead back to the basic needs for *power* and *freedom*!)
- Remember not to *judge yourself or others* about what brings pleasure---nature only judges us if we *violate anyone else* while satisfying ourselves. All pleasures can fall in the spectrum of development. Honoring the temporary pleasures of the mover will lead directly to those of the teacher. As we gain higher levels of emotional intelligence, intuitions, sights, sounds, smells, and tastes will be brighter, all pleasures sweeter, and meaning will be found everywhere. What once brought short-term pleasure will no longer hold allure unless it truly feeds the soul.

The Art of Pleasuring Oneself



1. Once martyrdom is debunked, honoring and pleasuring the self becomes as natural and essential as air, food, and water.



2. Bodily cravings and compulsive habits for short-term pleasures are symptoms of the neglected self.



3. Make a list of all things that bring you pleasure. Anything goes as long as it does not become habitual or violate anyone else.



4. Order the list from the strongest to weakest of intensities of pleasure.



5. Honor your progress by giving yourself pleasures which balance the intensity of pains surmounted during your developmental journey.



6. Remember not to judge yourself or others for their unique pleasure inducers---nature is the only valid evaluative judge, and pleasure speaks for itself.



Living & Working with Others



- Although using pain and pleasure will help you change yourself, your power does not extend to *changing others!* Count on meeting many people whose low EQ motivations or personal goals might come into conflict with your own---creating natural frustration. Fortunately, a high EQ gives you the ability to align your motives with those of others whether or not *they are even aware of the process*. This doesn't mean that you will be manipulating them in ways that violate, for this creates the pain of guilt and remorse to the 6+ EQ. But it does mean that in *changing yourself*, you will develop *incredible powers of communication, persuasion, and leadership*---your passionate charismatic expression of your inner value can't help but entice and inspire others to learn, to cooperate, to take win-win approaches---*to change themselves!*
- First, solicit feedback, listen, refrain from judgment, honor each person's unique mindscape and level of development, and be equally open to all---even clearly lesser evolved folks can often see your habits and read your feelings better than you! The wisdom of strangers, children, coworkers, or members of other cultures can be tremendously insightful. But your *acceptance* of each person's unique perspective will allow them to open up to you. (Superiority is an instant repellent!) The closer the relationship, the more cooperative rapport, direct feedback, goals and common-ground mindscapes can be shared, creating synergy and support networks that can speed up everyone's progress on the right track.
- Your challenge is to recognize the EQ level of who you are dealing with, and to *lead through example*. Your actions will speak far louder than words. When choosing how best to resolve a conflict, consider the nature of the relationship, the degree of intimacy, the circumstances, the EQ and the mindscape of the person involved, and offer the most useful informational feedback while ensuring not to overwhelm, violate, or inflict unnecessary pain. Honesty need never be compromised when skillful communications are driven by feelings of compassion and genuine caring. In the mean time, you can rely upon the *teacher's perspectives* which offer some *standard rules of emotional etiquette*:
 1. **Honor each person that you encounter as a messenger about life. Find and respect the message they bear.**
 2. **Always follow the corrective response rules in the proper order: Learn → Express → Fight → Flight.**
 3. **Avoid creating resistance whenever possible by being honest, open, agreeable, and cooperative.**
 4. **Trust, faith, and honor will guide cooperative win-win interactions, but if someone chooses to compete against you, ensure that you win with the minimum of learning pain to the other.** (Martyrdom only creates future pain.)
 5. **Avoid judgments about others and comparisons with anyone but former versions of yourself.**
 6. **Avoid gossip, discussions or comments about anyone that you would not say to them face to face.**
 7. **Expect mistakes as part of the normal learning process, forgive yourself and others, move onto solutions, and let it go.** (Always make sure to learn from every mistake, but do not take it into your self concept.)
 8. **When your mistakes affect others, offering some direct form of restoration gives everyone closure and restores emotional balance.** (With remorse driven restitution, the ego does not lose face, but instead gains flexibility.)
 9. **Forgive wrong-track indiscretions by those with lesser understanding than yourself.** (Compassion is key!)
 10. **Offer an alternate frame when someone is on the wrong track, and help them back up.**
 11. **Resolve conflicts by first asking the permission of the other and diplomatically communicate your needs, ask them theirs and create win-win cooperative agreements.** (Hold fast to the "we" frame for equal empowerment!)
 12. **Listen and honor all communications and seek to understand their meaning.** (Use your feeling sense to see what their unconscious motives might be----feeling tones in words and posture speak far louder than the words themselves. As you progress you will be able to intuit tremendous information from a simple interaction.)
 13. **Repeat what you think you have heard to make sure you have a meeting of the minds.**
 14. **Learn to say no with a smile----and stick too it.** (Learn to offer alternatives instead.)
 15. **Ask for verifiable assurances that agreements will be kept, then follow up when necessary.**
 16. **Lead by example by speaking and acting in ways that communicate the teacher's perspectives.**

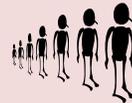
Rules for Interpersonal Interactions



1. Honoring feeling patterns and changing yourself will make you an empowered, persuasive, communicator, and leader.



2. Recognize the many unique levels of emotional intelligence, accept and honor everyone's right to progress at their own pace, by leading through example.



3. Recognizing and refraining from judgment paves the way to the best interactions, for we all feel it in the very fiber of our being when we are judged by others.



4. Building intimacy, common understandings and cooperative rules can create the synergy of increased personal progress for all.



5. But interactions with acquaintances, coworkers, and strangers should be driven by the teacher's perspectives and standard rules of emotional etiquette.



Building Intimate Relationships



- One of the most purposeful, the most wonderful, and the most rewarding experiences of high EQ living is the human ability to share deep connections. Most every person yearns for that special someone---a significant other, a mate, a wife or husband---that one person who complements them physically, mentally, and spiritually. Study after study concludes that married people are happier, healthier, and live longer! This is because of the magical synergy that can happen when two embark upon the self-developmental journey together, sharing life experiences and feedback, while building an evolving “us”. Over time such an investment yields a most precious unified bond characterized by the teacher’s highest feeling tones. A bond more valuable than physical youth, beauty, or money---a transcendent bond of spirit.
- The emotional system is very effective in pulling us toward these folks, many people even experience an immediate recognition, intrigue, or affinity “at first sight”. (Remember, the emotional system operates in electrical and chemical ways, we emit and exchange pheromones, and electrical energy with our complementary others, and are instinctively compelled to be near them.) Or our mind can shut us off to such signals if we hold some fantasized unrealistic ideals or standards that go against our biology---often leaving us with unexplainable feelings and motives. Plus, love can become entangled with any of our other needs and become a powerful *unconscious* driving force. But if we are open to others, and using the 3-step approach, analyzing all strong feelings can uncover the real issues and allow us the most purposeful love choices. For we are *designed* to be with one special person as long as that relationship continues to help us both stay on the right track, and our feelings never lie!
- Indeed, the teacher within emotion dispels many myths about human sexuality. First, although many people choose sex for physical play or for sport, true long-term emotional fulfillment only comes through keeping sexuality in a *monogamous intimate* relationship. (Body only sexuality is actually “me only”, driven by competitive issues of freedom and power, and further isolates minds from bodies.) Second, there is no guarantee that one person will be complementary “till death do us part”, for “happily ever after” depends upon ongoing *mutual self-development*---the building and maintenance of the mental and spiritual components of the “us” relationship. Third, despite escapism and the greener pastures myth, staying with a partner when it is no longer truly desirable is not healthy for children or spouses. Fourth, loving one another is not about meeting each other’s needs. Codependency is less about love than mutual martyrdom and escapism. Love is building common-ground understandings and strategies for each partner to meet their own needs within the context of the relationship.
- The love potential then can be expanded continuously and *intimacy* is how it all happens. Intimacy (“into me see”) is a condition of mutual respectful *trust* with true and full *acceptance* of everything (warts and all) about one another, open disclosure, feedback, and communication. Intimacy is a connection with complete freedom and empowerment for both partners. Intimacy tremendously enhances the emotional feedback process toward synergetic mutual self-development and the “us” flourishes. Following the response rules, avoiding deadly impulses and using the teachers perspectives will usher the most blissful unions, and the most purposeful, nurturing, and harmonious families. The secret is to simply *use feeling guidance!* *In each moment*, transmute all beliefs, which bring feelings of fear, anger, or jealousy into those that bring feelings of trust, compassion, hope, forgiveness, courage, and faith.

The Teacher's Advice on Relationships



ALWAYS REMEMBER YOU ARE BUILDING A NEW SELF-UNIT CALLED "US":

Each relationship is a different evolving unit, needing nurturing, visions, action inputs, and corrective feedback just like any single self. Like a seed blossoms when tended, a relationship *self-actualizes* through your efforts. Investing in such an enterprise is one of life's most profitable ventures, with the synergy yielding an ever-more valuable and precious union with each passing day.

ALWAYS CULTIVATE, DRAW UPON, AND EXPRESS THE HIGHEST FEELINGS:

Tap your innate: Respect and forgiveness for human weaknesses; Faith that there is a growth promoting solution to every painful problem; Confidence in self; Trust in each other; & Courage to confront problems head on. Show your love, honor, gratitude, loyalty, and integrity, have them shine in all words and actions and in as many creative ways as possible. Find and create mirthful humor in as many moments as possible. Show and say how much you "get" each other. Schedule special time alone together to nurture your union and refuel your creative passions, no matter how many other irons you may have in the fire---it'll energize them all!

ALWAYS SEEK AND OFFER CONSTRUCTIVE FEEDBACK FROM PAINFUL FEELINGS:

Make a pact to mirror for each other that which we cannot yet see in ourselves. Communicate what you are feeling in the moment. Communicate what you hear and see *them* feeling. Be alert to every fear and frustration---do not let them momentarily break your trust, forget your love, or interrupt your win-win problem solving communications. Listen intently and empathically to find the meaning being conveyed, even if it is said badly. Use each feeling to help each other identify needs and the habit patterns for meeting them. (Make sure you know whose feelings are whose!)

ALWAYS BE HONEST:

Make a pact to be as open and honest with each other as humanly possible. Honest acceptance of everything about yourself and everything about your partner will build trust, and create the climate of respect and safety to develop through trial and error learning. Recognize that deception in all forms is simply *self deception*---a protective device of the ego, a shield from the brutal truth or our own inadequacies that can strike in subtle ways. Make a pact to accept, admit, analyze, learn from, rectify, and forgive all mistakes. Learn to say easily, "Honey I blew it, how can I make it up to you?" Once egos enfold the idea that we learn through trial and error, there need be no self-blame or shameful ties to past errors. Even the worst wrong track mistakes---breaches of trust---can offer profound learning and actually *strengthen* a union with right track revelations and reactions on both parts.

ALWAYS BE ALERT TO RESISTANCE, DEFENSES, JUDGMENTS, & IMPULSES:

Watch out for judgments and ego defenses and help each other become conscious and in control of them as soon as possible. (Remember, judgments are riddled through our language, our cultures, and our entire way of thinking, they must be diligently discovered and removed.) Learn to say: "That sounds like a judgment to me"; or "That sounds a little defensive" or "I think we're on the wrong track here". (Learn to *hear them* in your own words too!)

CELEBRATE ALL SUCCESSES AND MEANINGFUL TRANSITIONS:

Honor yourselves for all progress, and create many ways to recognize and celebrate life's meaningful transitions---promotions, birthdays graduations, holidays. (This helps to build all three of the teacher's perspectives, honoring your group efforts across time.)

ALWAYS SEEK TO BUILD IMPROVED UNDERSTANDINGS AND FAMILY TRADITIONS:

Do monkey with tradition! Many family traditions are based upon low EQ ideas, generational defensive habits and emotional baggage. They should be continuously examined and refined through feeling guidance.

ALWAYS REACH OUT TO OPEN A CLOSED HEART OR MIND:

Help each other when one's individual progress slows or stops. (Isolating fear is at the heart of all such situations.) But recognize also when it is time to disengage, should your partner become hopelessly lost within escapist denial, compulsions, dishonesty, or addictions, and becomes continuously adversarial to your loving efforts. Even if separation does occur, the hopeful door to a future friendship can always remain open, should growth later occur.

High EQ Parenting



- Oftentimes intimate relationships lead to *having and raising children*. Nothing brings out compassion, patience, love and faith---as well as fear, frustration, guilt, and anger---better than the experience of being a parent (perhaps the most difficult, yet *most important* human challenge.) High EQ parenting begins with: a warm welcome (a planned conception, a wholesome gestation---maximum nutrition, + emotion, no toxins, drugs, alcohol), a tantalizing invitation (loving strokes, words, songs, music, and stories---even while in the womb), and a loving reception in to the world. The parent's #1 role is in providing the most fertile and accommodating environment that honors the mover, and allows the teacher in emotion to come forth. This means answering all the child's "calls for help" in order to build trust, a secure attachment, emotional attunement and pave the way for the empathic "we" self-concept to emerge. It means encouraging self-regulation and simply guiding the child to recognize and understand the relative benefits and costs of choices on the right and wrong tracks.
- High EQ parents are not overly permissive or controlling, but strike the happy medium known as *authoritative* parenting offering a safe, structured, fertile environment (one which honors all six needs). They offer respectful orienting guidance (Using the teacher's perspectives) so that the child is free to follow inner impulses to gain self-discovery and self-sufficiency through trial and error experiential turns through the action cycle. The authoritative parent communicates faith in the unchanging inner value, wisdom, potential, and unconditional worth of the child's unique nature (bodily self-preservation) and encourages and supports the creative accumulation of enriched cultural beliefs, skills, perspectives, and motives (mindful self-development) toward the explicit goal of the child's meaningful and tenacious, pursuit of self-actualization. The child has a clear understanding that "you can do anything you really want to do" and that through protecting the body and constantly improving the mind, the self will be whole and happy and "growing up" like a seed becomes the rose. The mutual excitement and anticipation of what that rose might be drives the delightful pursuits that will make it manifest.
- From birth through age seven or so, the parental task is to set these patterns in motion, to ensure that the child is aligned to the feedback system and purposeful self-regulation. *Trust* comes through consistent love, faith, respect, guidance, feedback, and support; Cooperative *autonomy* comes through plenty of practice choosing courses, making choices, experiencing natural consequences, understanding feelings, and becoming adept at analyzing, improving, and correcting strategies (The high EQ parent utilizes each negative experience as an opportunity to connect the dots for the child between thoughts, actions and outcomes and feelings to teach the daily 3-step process.) Creative industry and initiative will flow from plenty of opportunity, enriching experiences, and social interactions. Together these transitions will sow the seeds of the teacher's perspectives, yield a well-rounded personality, and a strong sense of morality, identity and purpose with which the child can go forth and prosper.
- The general trend is that parental authority *diminishes* in direct proportion to the self-efficacy demonstrated. The parental role shifts from designing a safe environment to broadening the boundaries of the child's intellectual and physical mobility---increasing the interactions in the real world---warts, dangers, and all, as the child's growing self-regulatory abilities call for ever bigger challenges. The high EQ parent's broad safety net is eventually replaced with long-term emotional support, in committed faith in life's meaningful process and human resiliency. For indeed, each child belongs not to parents, but to themselves, and to the world.

How to Treat Kids



DO:

- Help them become aware of and express their feelings at the earliest ages. Engage the emotional compass!
- Give them freedom and power within safe boundaries and let them experience natural consequences.
- Engage their imagination and creative impulses, encourage curiosity, exploration, and pattern finding.
- Show them how their thoughts and actions create outcomes, feelings, and impulses---instill: Stop, Think, Act!
- Offer plenty of intellectual stimulation, choices, and hand's-on creative opportunities---action cycles.
- Provide regular interaction with others, children as well as adults, for discovering the good feelings in sharing, reciprocity, and cooperation. (Contrast “me only” isolated selfishness with the “we” fun of friendship.)
- Awaken the highest feelings tones through vicarious experience and offer them as signals of being “grown up”.
- Set forth fair and consistent rules, clear expectations, and model them yourself.
- Teach that mistakes are inevitable, to be resolved with apologetic corrections, but without blame or excuses.
- Offer safe choices instead of “nos”. Help them learn how to argue against unnecessary limits and obstacles.
- Keep choices and freedom slightly ahead of their ability to use them cooperatively, stretch them.
- Acknowledge and celebrate all successes and transitions---increase freedom/responsibilities with each.
- Limit choices and freedom with time-out reflections if there are too many painful choices and failures.
- Share regular family dinners, activities, or time to discuss daily events; Connect regularly with adult children.
- Give them an enriched home, expose them to music, books, and art from birth---let them create their own too.
- Offer every opportunity to build social skills and learn the nuances and skills of high EQ living.
- Share family stories and events that communicate emotional experiences and meaningful life transitions.
- Acquaint them with the amazing wonders, balances, and delights of nature. Instill deep respect for her bounty.
- Help them become aware of the goodness, order, and wisdom within nature---and in themselves.
- Contrast our evolving man-made cultural creations with nature's perfection, model your contributions.
- Teach them to honor their feelings and trust them as the highest authority.
- Regularly contrast human judgments with emotional evaluations using everyday life experiences.
- Teach them of the body-self that is be honored and preserved by the ever-changing mind-self.
- Let them know they have a special life to live and that they are in charge of it.
- Give them unconditional acceptance, love, honor, respect, forgiveness, and support in doing so.
- Give them equal human dignity with healthy boundaries, autonomy, and privacy.
- Help them learn to laugh at mistakes, and tolerate man-made obstacles while overcoming them.
- Consistently state your faith that they can *and will* make responsible choices and restorative corrections.
- Take delight in their discoveries and share your own. Have compassion for their pain and share your own.
- Build a broad network of involved interactive family and friends.
- Give them a realistic understanding of the conditions in the low EQ world.
- Give plenty of practice with mediating negative feelings and understandings impulses.
- Help them become comfortable in recognizing and dealing with impulsive reactions of others.
- Point out how social expectations often work against nature, and help them build appropriate coping skills. (Boys do cry and need support, but can wait until they are with intimate others to express and analyze painful situations. Girls do not have to look like Barbie, be dependent, manipulative, or gossipy. But they all need to know how to deal with low EQ social patterns and gender “norms”.)
- Smile and be friendly with all children---the myth that all strangers are bad is powerfully negative and prevents private trust from generalizing to cooperative *public trust*.
- Show that you are human too: (“I’m sorry I lost my temper, but I learned from it and I want to fix things.”)

DO NOT:

- Belittle, intimidate, shame, judge, or make unfair comparisons. Never instill guilt, fear, or hate.
- Discipline in anger, use physical violence, or engage in competitive power struggles for control.
- Punish or limit choices just to assert your authority, even if you know they are not sound. (A child needs to be able to fall in order to learn how to get back up and try again.)
- Do too much for them. (“I won’t do it for you, but I’ll show you how”.)
- Shield or control the child’s environment from realities of the world, put them in perspective.
- Attempt to mold, force unnatural goals or desires upon, or relive lost youth through one’s child.
- Stand by silently when any child is being abused---every child is humanity’s responsibility.

Dealing with Difficult People



- Despite our loving family connections, we also have people in our lives that we would *not* choose as lovers---or even friends. Whether they be neighbors, co-workers, or relatives, there are those that we avoid or keep at arms length for very real reasons. We all know who they are, they are the folks that are cursed with low EQ perspectives, behaviors, and feelings. They grate on our nerves and push our buttons. We just flat don't like them. They are: the liars, the egotists, the back-stabbers, the fakers, the gossips, the machismo, the sponges, the power-mongers, the bigots, the clueless, the vapid, the lazy, the blameful, the mistrustful, the willfully ignorant, the helpless "victims", the scam artists, the self-absorbed, the vengeful, and the mean-spirited. They have a narrow consciousness, lots of emotional baggage, rigid egos, and they view life through a short-term, responsibility avoiding, me-only perspective.
- But they are still human beings, and if we can find at least one thing we can genuinely respect about them, our tolerance will increase substantially. When we have transcended *superiority* to the full *compassionate* "we" perspective, we not only feel less frustration when we encounter them, but our honor moves us to try to help. (Particularly if it is someone who is in our life for the long run.) Finding compassion is much easier with a 6+ EQ, with the recognition with that such folks are haunted and driven by feelings such as fear, anger, guilt, shame, envy, greed, resentment, hostility, disgust, and hate. True acceptance is possible when we know that all their obnoxious behaviors are motivated by these *ongoing corrective signals* spurred by their underlying faulty beliefs, attitudes, and strategies. Indeed, as we develop our feeling sense, we can quite literally *read the feelings* of others, and precisely understand the message that is falling upon deaf ears.
- So how do we help? What do we do when we see the same situations arising repeatedly with the same annoying habitual impulses and are aware of the mover at work, when we can read a feeling on a face or hear it in a voice that shouts its message at us but completely escapes its intended receiver? If we call it to their attention, we know we will hurt their feelings, their ego gates will swing closed and they will resist and perhaps resent us. But if we remain silent, we feel our own pain---the sadness of disconnection, the guilt over lack of integrity and honor, and perhaps even anger at ourselves for not taking action. Where is that line which honors their boundaries and respects their right to develop at their own pace, that also allows you to retain your own integrity and make your most valuable contribution?
- The answer lies in an *incremental approach* that springs from the response rules of Learn → Express → Fight → Flight. *The secret is in doing for them, what you also do for yourself when you feel a corrective signal.* First try to help them *learn* and become aware of their *motives*. This does not mean to be intrusive, preachy, judgmental or accusatory, nor does it mean to be half-hearted, mealy mouthed, or unclear about what we mean to share. It means communicating in a way that helps them discover the *beliefs and needs* which underlie the feeling, which drives the annoying action, attitude, or habit. If repeated attempts at enlightenment fail, then a more direct *expressive* communication is necessary that makes them aware of the undesirable *behavior*, and the *feeling tone* you're picking up. Again if no change is effected, try more direct confrontations about how it effects you, what change you want and relate the *consequences* of the continued negativity, perhaps ultimatums are in order. Then if all else fails carry out your promise to limit or end the relationship---the time is finally right to take flight, to disengage yourself from a relationship that brings you down.

Guidelines for Dealing with Low EQ People



To be truly free, it is in our highest self-interest to be able to get along with *everyone*.



In the mean time, its important not to fall into the impulsive traps of the mover.



Remember: All patterns are human patterns and there is no such thing as a bad person.



Have patience and compassion for those who are not as far along in their journey.



Honor the validity of their subjective mindscape and accept them at face value.



Find at least one good thing you can honestly admire and respect about them.



Make sure that compassion doesn't let you enable someone's impulses and habits.



Hang onto your power, don't be a martyr, a people-pleaser, or get caught up in their drama.



Keep your boundaries, purposes, and privacy so that you feel free from their problems.



Help them find the meaning in their patterns.



Help them identify their needs, issues, and to attune to feedback.



Seek creative ways to communicate, make sure that avoidance doesn't happen.



Know when to speak their language, draw the line, and stand up for yourself.



Follow the rules of response, model, mentor, and share your wisdom at every opportunity.



Using the Response Rules With Difficult People



Difficult people provide excellent opportunities to build your communicative skills and creatively improve your own mindscape!

EXAMPLE:

A neighbor in distress (with a penchant for gossip) comes to you while you are gardening, complaining of how another neighbor has begun to circulate a rumor about his family:



- 1. HELP THEM LEARN:** Use reframing, the teacher's perspectives, critical thinking, and behavioral modeling to help them become aware of motives, needs, and beliefs. Try this as many times and ways as possible! Interact in ways that model a higher EQ approach. Focus upon their strengths, but challenge assertions that you know to be limiting. Start out light and even humorous. Do not judge, but do not reinforce anything limiting you hear. Using "we language" shows your compassion, your cooperative approach, and introduces the idea of respectful equality despite diversity. With each subsequent incident, give less time and less validating attention to the impulsive responses exhibited.
 - If you are aware of the impending annoying habit, do not stop what you are doing. (This shows that your life is your own, your time is valuable, and that the issue wouldn't concern you as much.)
 - Do listen and reflect back what you hear. (This shows respect and models acceptance of their perspective and good listening skills. It validates the worth of the person without validating limited ideas, or habits.)
 - Suggest that there might be other interpretations. ("Do you really think so? Maybe we're on the wrong track here.")
 - Help them reframe. ("I got used to that a long time ago. We all have our weaknesses. Does anyone believe that hot air? He must be going through some stuff of his own. In time will any of this matter?")
 - Try to get them to find the belief. ("Is there a pecking order in this neighborhood? Why do you care? Was it a deliberate attack? Does anyone really hate you that much? Does anyone have that kind of clout?")
 - Try to get them to examine their motives. ("What were you expecting people to say? I don't get involved in gossip of any kind, its all a waste of time. I used to listen but it just doesn't do anything for me any more.")
 - Try to help them identify which need is at issue. ("What's the worst case outcome scenario here? What's at stake here? What's the best case? I found that folks who gossip want to be close, but need to be superior not equal.")
 - Help them know how to act correctively. ("What are you going to do about all this? Have you asked him about it? Have you verified your sources? If something's bugging me, I always fix it and do damage control.")



- 2. DIRECT EXPRESSION:** If they still don't get it, make them aware of what you see---the *feeling* and *patterned behavior*---in tactful ways, guide them to solutions. Starting with "I language" will reduce defenses, but if the habit continues, eventually switching to "you language" will escalate the communication to a more personal level to get them to accept responsibility to resolve the issue which drives the habit. Introducing concepts such as judgment and accountability are helpful at this stage.
 - "I see this is still happening. I'm here for you, but I don't see it making a difference."
 - "I hear anger in your voice. Have you spoken to him directly yet? When I feel like that I've got to get it out with the right person; I have to tell people what I want before I get it. Coming clean does the trick, venting with other people only complicates matters."
 - "It sounds to me like you're afraid of him. Fear means to me that I just need more information so I go get it. Have you been avoiding him? Did you ask him to explain? I know it's hard to confront someone, but its gotta be done!"
 - "I hear envy, what's that about? Telling me won't help. If you want to get over it, get busy."
 - "I hear superiority and arrogance that must be keeping you from fixing the real problem. This kept me from hearing people and accepting their perspectives, and it motivated them to judge and gossip even more about me."
 - "I see blaming. I found out a long time ago that blaming only prevents me from going to solution."

Last Resort Corrections for Toxically Low EQ Folks



Staying in the “we” never means allowing those who see only the “me” to bring us down. Purposeful empowerment and emotional stability is contingent upon ensuring that we do not compromise away our own basic needs. If the limiting situation continues despite your best efforts, the lingering signals of frustration and anger will let you know you might be in a *toxic relationship*. Toxic relationships are those that repeatedly interfere with any of your own purposeful life choices, compounded by willful ignorance which prevents the needed change. These cooperative corrections ensure that you can make your best effort, but to disengage when the time is right.



3. FIGHT FOR CHANGE: Make them aware of the limiting effect of their impulses upon you and request specific changes. Focus upon the movement that needs to occur and introduce the trial and error nature of learning. Inform them of the consequences if the changes are not made. Now is the time to cease from sparing their feelings because its going to take a little pain for them to learn. This is the time to become more assertive, even aggressive, and engage intermediaries if necessary to communicate your needs and your level of commitment to meet them.

- “Hey we all make mistakes, but we’re supposed to learn from them, not keep making the same ones over and over again.”
- “Do you see a pattern here? These habits aren’t helping you and frankly they are beginning to bother me.”
- “I’m sorry that this is still happening, but I don’t know what else to offer.”
- “I don’t see the kinds of compromises and actions that are going to help you, and my wheels are spinning.”
- “This is interfering with my stuff and my help isn’t going anywhere.”
- “What do you want from me? I don’t see how my help is getting you anywhere.”
- “This is getting in the way of our friendship, and something’s got to change.”
- “I don’t take the time for this stuff in my own life, its up to you to help yourself.”
- “I don’t want to hear any more about this. Blaming is a waste of time.”
- “I’m not interested in hearing any more gossip. If that’s all you want to do, count me out.”
- “If this keeps up, I’m going to have to hide when you come around.”
- “This is getting nowhere, and its not helping either one of us. This has to change or I have to get out of the loop.”
- “Spending my time on this is getting costly, I’m not going to hand-hold you any more.”
- “I’m going to say this one more time: Stop involving me in your gossip, or leave me alone.”
- “My political correctness is wearing thin here. What’s it going to take for you to get it?”
- “Are we really gonna have to take this to the neighborhood association?” (To the boss, a marriage counselor etc.)



4. TAKE FLIGHT: If all else fails carry through on your promise to limit or end the association.

- “I’ve asked you to stop coming to me about this and here you are again, so I think it must be time for my family dinner. See ya.”
- “This hasn’t gotten any better and I’m outa here. Call me when you get it.”
- “I’ve been issued a restraining order against you, please honor it.”
- “After your last three arrests, I suppose I’m just going to have to move away from you.”

Accessing Emotional Memory -The Power Of Touch



- As we now know both good and bad relationships can affect our health. Indeed, some of the most exciting new scientific breakthroughs offer validating evidence for many “alternative” medical practices that have been around a long time, but have not been given the respect they apparently deserve. Upon the recent understandings of the emotional information network, the pleasurable “relaxation response”, and the electric, chemical, mental, and physical interactions of emotion, many Eastern traditional approaches are now being recognized for their value, and are enhancing Western philosophical, psychological, and medical approaches.
- This unified East-West approach offers some powerful new techniques for *accessing cellular emotional memory* that is quite literally trapped in the body. These techniques use the concepts of energy meridian points from Eastern traditions of acupuncture, as well as mind-body breathing techniques of mystics and yogis, and offer conscious direct access to the physiological aspects emotion through the *power of touch*.
- But chiropractors, massage therapists, accupressurists, riki masters, rolfers, and lovers all recognize the therapeutic value of human touch—which, in fact, involves interaction between *two electrical fields*. When we live with emotional intelligence, our minds will stop creating further imbalances, but touch therapy offers the final piece to alter the electrical disturbances and help us unpack emotional baggage directly from the body itself. As we now know, suffering traumas and living a low EQ existence creates chemical stress which can overwhelm the delicate balances of our body and create disease. This electrical energy network---and the fact that touch makes such a difference---appears to be yet another autopilot safeguard system that our minds can learn about and creatively enhance. Thus, we need no longer judge such services as “quackery” and limit our choices. Indeed, investigating them is highly recommended---your evaluative pains and pleasures will always guide you!
- In fact, all appropriate touch is recommended as therapeutic. Hugs, sex, and massage are all wonderful ways to maintain connection with loved ones. But methodical therapeutic touch can be learned by anyone and offers additional enhancements. They are especially recommended for those who recognize a pattern of anxiety, fear, anger, or sadness and *know that it is linked to the past*, but just can’t seem to effect it rationally or to get over it emotionally---even when doing all the right things. (Although high EQ living will pay off and patience is a virtue, why not get a jump start for the trouble spots if possible?)
- For these folks we offer a special tool called *thought field therapy*, which addresses the electromagnetic effects of our deepest held fears and our most traumatic emotional experiences. This technique is designed to help us physically release the blocked electrical energy using a combination of controlled breathing, mental imagery, verbal affirmation, and tapping upon specific energy centers to bring about lasting changes to our ingrained negative emotional response loops. We don’t yet know exactly how or why it works, but it does! So trust and have faith in nature, and therapeutic touch techniques can provide the final tools for restoring the fully engaged emotional compass---and mastering emotional intelligence!

The Magic Touch



1. The Western world has recognized the human self as an electrical, chemical, and material information processing organism---and emotion has all three aspects.



2. Eastern philosophical wisdom has long known about the energy pathways traveled by the “chi” life force.



3. They have a rich tradition of removing blocks and disturbances through the use of acupuncture and meditation.



4. Massage therapists, chiropractors, accupressurists, rieki masters and lovers have long known of the therapeutic power of touch.



5. All high EQ forms of pleasurable touch are highly recommended for their magical therapeutic value.



6. But a specific technique for releasing blocked emotional energy is now available offering the final piece for a global approach to mastering emotional intelligence!



Brief Thought Field Energy Therapy



- There are psychologists for hire who perform *thought field energy therapy* for releasing any *blocked emotional energy*, (and books available to teach you their techniques.) The approach is based upon the idea of restoring and maintaining *electrical* body-mind balances that can become depolarized and blocked due to severe trauma and pent emotional energy. It combines the concept of a “thought field” (which is the electrical energy generated by a belief held in the mind) with the concept of the energy disturbances to the “chi” or life force (which are created by unprocessed negative emotions that build up over time.) This approach has had notable success in unlocking the unconscious “frozen” emotional defensive loops by applying accupressure to specific meridian sites, which then allows the mind to have conscious, rational access to the issue for corrective learning.
- We offer here a general introduction to the approach, with a synthesized version of many specific techniques, as a final optional supplement to all other aspects of mastering emotional intelligence. It is not *necessary* since using your daily feedback signals will eventually unpack all emotional baggage, but there can be no harm done by using these techniques, and they can supplement and enhance your success. So if you like them, feel free to experiment. (If not, feel free to skip to page 4-27.) This technique is designed to release emotional blockage in a single application, but it can also be utilized in times of stress, or on some semi-regular basis to help maintain overall emotional balance. The steps and their functions are explained as follows (and the “how-tos” are detailed on the next two pages):
 1. **Activating the Thought Field - Envisioning the Emotional Issue:** To bring the problematic emotional experience into your mind’s eye consciousness, in order to engage the energy system and identify the blocking issue.
 2. **Polarity Reversal:** To correct mind-body electrical polarity in case ongoing or severe disturbances have upset the desirable balance. It involves a *verbal affirmation* to invoke ego acceptance of the pain while invoking the positive (+) emotional desires of mind, and a *physical manipulation* to access the negative (-) emotional memories of body.
 3. **Tapping Sequence:** The physical tapping of 2 or 3 fingers upon certain *energy meridians* which clears emotional blockages from specific areas within the energy network. The tapping sequence will be done *twice*.
 4. **Brain Sensory Unification:** A series of eye movements, sounds, humming, and counting which may seem silly, but are scientifically designed to integrate the right and left brain hemispheres and activate all sensory pathways into the thought field. It is meant as a *brain bridge* between mental and physical electrical aspects of emotion.
 5. **Breathing in Love & Faith:** To reassess the feeling, affirm intention, and bring closure, by creating a new thought field steeped in the most blissful feeling tones of the teacher. This reprograms a positive replacement emotional thought loop.

Releasing Blocked Emotion



When some traumatic experience from the past continuously intervenes with your rational thought, gripping you in strong anxiety, fear, anger, and strong fight or flight impulses, you may have some emotional blockage that can be remedied. (Such emotional blockages can also cause physical symptoms such as headaches, body aches and depression). To use the technique, first familiarize yourself with the following steps, practicing each one separately until you get comfortable with them. Then proceed to the next page to try it.

1. **Activating Thought Field:** From a regular sitting position, take several deep breaths to relax and balance. Bring to mind the experience of the painful emotion. (Envision the most recent circumstances that aroused this feeling and return to the feeling experience.) Hone in on the painful event or compulsion (i.e. anger towards my mother, fear of public speaking, shame over my cravings for alcohol; horror from war or violence, headache, nightmares....etc), and fashion a brief affirmation statement in the following format: *“Even though I have.....(anger toward my mother)....I deeply and completely accept myself.”*
2. **Polarity Reversal:** Place your right hand on your chest just above your heart and just below your collar bone. (There will be a slight “sore” spot in the correct position.) Begin rubbing this chest meridian in a steady rhythmic circular motion and recite the verbal intention statement: *“Even though I have.....(anger toward my mother)....I deeply and completely accept myself.”* Slowly repeat this statement aloud three times while massaging the chest spot.
3. **Tapping Sequence:** You will then begin tapping upon a series of meridian sites, at a pace of about three (3) seconds per site. The idea is to keep the tapping continuous, tapping each site at least seven (7) taps and then moving to the next. While tapping, simply keep the problem feeling in mind, repeating the affirmation statement at each tapping site. (If you want to speak it aloud, you can say “my anger, or my fear” while tapping it free, but the thought alone will suffice.) The one exception is the final meridian, the back of hand site (which is just between the cartilage of your little and fourth fingers). There is a verbal *intention statement* which you will speak aloud while tapping this site. You will also continue to tap this site during the Brain Sensory Unification step.
4. **Brain Sensory Unification:** (You can refer to this step as “BS” which I did until I understood why, and how well, it worked—at aligning both brain hemispheres. Trust is key!) Just keep tapping the back of hand site while doing the following:
 - A. **Front to back eye roll.** Run your eyes down your body and forward across the floor, up the wall to the ceiling, and across the ceiling back to your sockets.
 - B. **Eye movements:** Close eyes, open eyes, glance down to the floor at your far right, then glance to floor at far left, then do a complete clockwise eye rotation, and a complete counterclockwise eye rotation, both “wide-eyed” with as broad a visual scope as possible.)
 - C. **Humming/Counting:** Hum the first five notes of any song (or any five varying tones you choose), then count to five, then repeat the hummed notes.
5. **Repeat Tapping Sequence** (step three).
6. **Breathing in Love & Faith:** Keep tapping the final site and recall the painful event--the feelings should be notably reduced (if not repeat steps 1-5). While tapping, speak (or think) the following *intention statement*: “I forgive myself and others, I know that we could not have done differently at that time.” Complete the process with five more deep cyclic breaths, exhaling any remaining pain, and inhale deeply with renewing feelings of love and faith. The faith should resonate alignment with nature’s wisdom. The love is also received from that source, in honor of your innate value and potential, your courage for purposeful living, and compassion and forgiveness for all human mistakes.

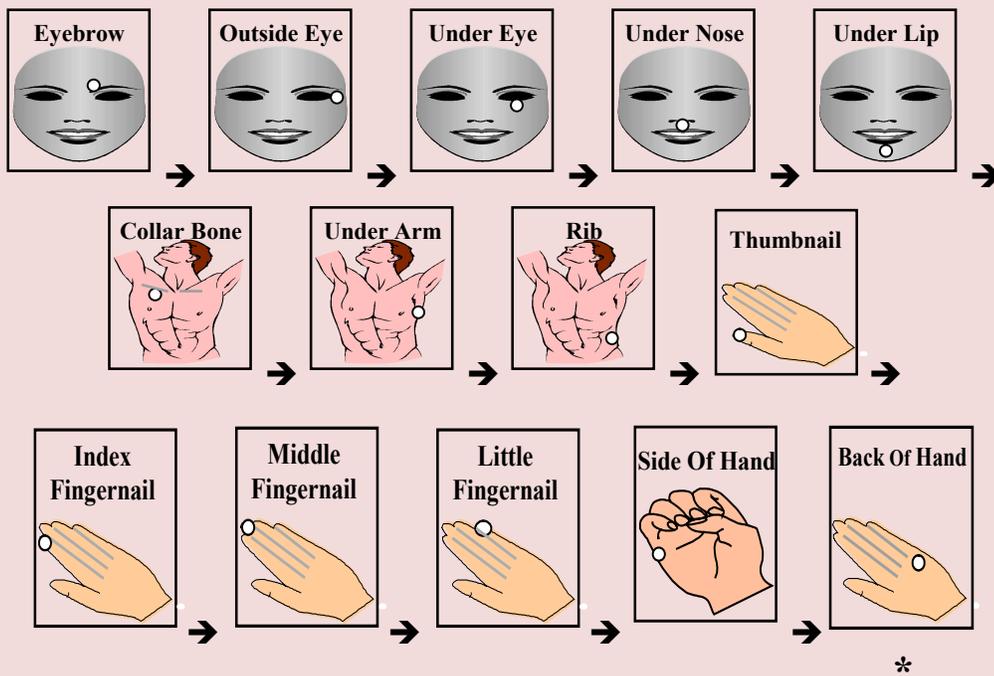
The Six Minute Wonder



1. Activate thought field

2. Polarity Reversal

3. Tap Sequence, (with *intention statement at the final tapping site):



4. Brain Sensory Unification (BS)

(Keep tapping last meridian, on back of hand during BS)

5. Repeat Tap Sequence

6. Closure: Intention statement*; Breath In Love & Faith

*Intention Statement: "I forgive myself and others, I know that we could not have done differently at that time."

Summary of High EQ Living



1. Embrace your purpose and find meaning within each daily event.



2. Create your personal vision and reinforce it on a daily basis.



3. Expect strong feelings, and deal with them accordingly, but trust that in time pleasure will overtake pain.



4. Build healthy pleasures into your life in creative ways.



5. Follow the wisdom of the teacher when dealing with others, building win-win solutions whenever possible.



6. Discover the power of touch.



7. Follow the teacher's 10 Commandments and avoid the mover's 17 Deadly Impulses
(See next page)



The 10 Commandments of the High Road

(The distilled behavioral guidance within natural morality)



THOU SHALT ...

1. ... use the emotional compass to design a divinely inspired mindscape in order to consciously honor, respect, preserve, develop, and express all inner value. 
2. ... be guided by teacher level feeling wisdom, forgiving thyself and others natural learning error, and looking upon all human frailty with a compassionate eye. 
3. ... realize that the pleasure or pain of one is the pleasure or pain of all. 
4. ... choose to change thyself first----learn, learn, learn! 
5. ... go forth, create and change the world with what you've learned! 
6. ... avoid creating pain for self or others. 
7. ... work to create long-term pleasure for all. 
8. ... protect freedom and empowerment for all. 
9. ... fight for universal human rights when necessary. 
10. ... leave willfully unjust environments and toxic relationships. 

The 17 Deadly Impulses!

(The instinctive defenses that we often think of as “normal” human behavior, but they are beneath us and we are intended to evolve away from them! They are driven by unmet needs and unanswered corrective feelings, but can become habits that rob us of our right track conscious, adaptive choices.)

Impulses of approach

Infatuations



Compulsions



Addictions



Flight Impulses

Resistance



Avoidance



Denial



Superiority



Rationalization



Judgment



Self-Deception



Fight Impulses

Making Excuses



Lying



Passive Aggression



Active Aggression



Blame



Resentment



Revenge



Summary: Putting Together the Puzzle of You



- All these high EQ techniques, skills, perspectives, and “commandments” are offered to point to the right track—which is where nature has long desired for us to be. Once the painful confusion begins to subside, the light dawns that we are consciously, actively, and purposefully assembling the puzzle pieces of our self-image. That we’re following our feelings to discover each valuable piece, with the final picture depending upon what we, ourselves, create. We also realize (to our horror), that without hands-on control over the process, wrong-track pieces and distorting images can emerge. Despite nature’s grace, the mind *without the guidance of heart*---ration without passion---will surely lead us down a less direct and less fulfilling path.
- Each person has a range of developmental potential *self-efficacy*, perhaps measurable by the amount of need-meeting resources we each contribute to the whole. On the low side of the continuum, we are *takers* who contribute fewer resources than we receive and require the greatest investment of guidance, patience, and support. Then we become the *fair minded* who give back as much as we take. On the highest end, we become *leaders*, meeting all our needs with plenty of extra resources to share. By natural design, we all begin as takers and are enticed by pleasure and corrected by pain to become leaders. Whether great or small, leaders have answered their inner calling, continue to evolve, and live a life of actualized purpose.
- But life is not a competition of any sort---like all cosmic truths, self-development is relative. Relative to *each individual’s level of need-meeting self-efficacy and innate potential*. Comparisons of one person against another are meaningless judgments which deny the rich diversity within the human gene pool. All of us are born with specific physical, mental, and/or socio-economic gifts, challenges, and/or limitations, including such external obstacles as generational ignorance, inequity, prejudice, value judgments, poverty, neglect, exploitation, and abuse. Many of us must navigate a gauntlet of confusingly painful challenges and horrific life events which---*by comparison*---create the illusion of natural injustice and inequity.
- Now, however, we can see the common pattern of choice, challenge, and response. All painful conditions and life events are exposed as *markers* along the destiny path, the clues we need to discover and grasp our unique inner purpose. We can see each as *choice points* where we can accept and find solutions, or we can resist, run, and hide. With *awareness* and *acceptance* of our choice markers comes the shift from pain to pleasure. Acceptance of our birth circumstances and our unique genetic package, of all feelings and daily events, of the calling to human service, of the universal challenge of leaving a better world for the next generation---*acceptance* allows rational big-picture analysis of past and present emotional events against the backdrop of your inner-most abilities, dreams, and desires. With the *faith* that there is meaning in each life event, the *compassion* for all human ignorance, and the *courageous* acceptance of human accountability, suddenly the picture of you emerges and comes into ever sharper focus.
- Look to all human biographical stories and the patterns are clear. From history’s great heroes, leaders, and success stories to the unsung heroes within each family and community, it will be those who accept and rise to their challenges that achieve personal greatness, acclaim, and emotional fulfillment. Likewise you will see testimonials of those who consistently succumb to impulse and allow long-term habits of resistance to become part of their self picture. But nature conspires for each of us to fully *become*, to imagine our most divinely inspired image, pursue its artistic creation with joyous gusto, and benefit one another in the grand interactive process.

Getting It Together



Stuff happens. Either we can choose to define life, or life will define us.



With 6+ EQ we can free ourselves of external identifiers and values.



We reclaim our right to discover and design our personal destiny.



We give up resistant blame and conquer challenges that arise.



We faithfully search for meaningful big-picture patterns.



We recognize life's pains as corrective choice markers.



We become aware of the full potentials within every moment.



We evolve from takers to leaders at a rapid pace.



We assemble our self-pieces and offer our unique gifts.



We happily co-create nature's optimal human destiny.



Final Summary!



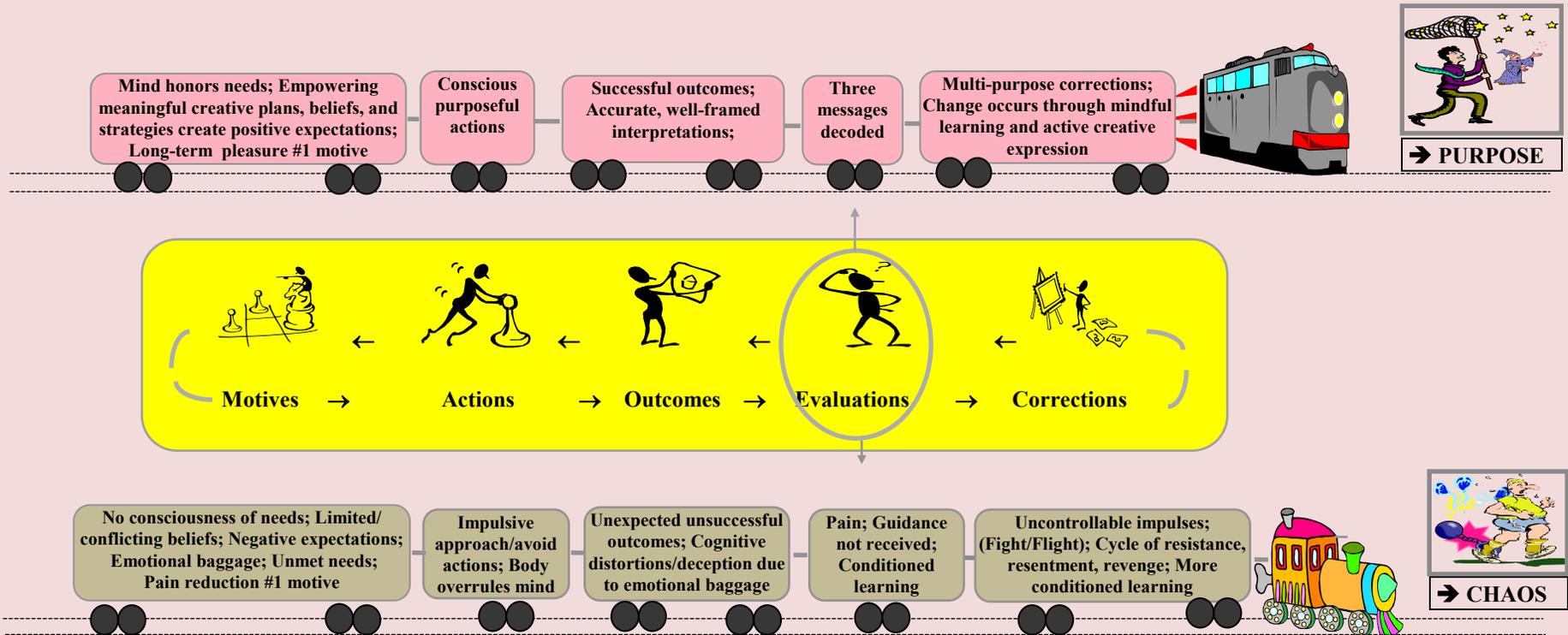
- You now hold in your hand, the tools for reclaiming your emotional sense---the keys to the fast track of emotional intelligence, to reuniting body, mind and spirit, and to life itself. It is time to begin celebrating and living life more fully than ever before.
- All you now need to do is attune to the rhythm of life, the cycles of your daily actions and let your feelings be your guide. Recognize the depth and precision of their messages and allow them to pull you up onto the right track. Although science has only recently discovered the function of the emotional guidance system, it has always been with us as an ancient trusted friend. The more you embrace it, the more you will see it in nature and in great art, the more you will hear it in music, in poetry and in the falling rain, and the more you will find it within time honored cultural truths and moral values. Your feeling sense will complete you.
- Recognize the mover, and seek out the teacher who beckons from within, guiding you to evolve the best quality consciousness and discover your untapped potentials. Put your mind in charge and faithfully honor your body's wisdom. Allow it to define your nonnegotiable boundaries, to guide your development and expression, and to lead you to discover your unique destiny path. (Remember, your feelings speak the language of your *spirit*.)
- Recognizing and guarding against habitual impulses is half the game! Consciously break the 17 Deadly Impulses that we all learn through conditioning. Embracing the power and responsibility of a conscious mind is the other half! Keep it as open and evolving as possible. Feed it with a rich array of experiences from many different sources. Revisit this information until you own it. Use the summary reference charts for quick review until your high EQ natural morality emerges, then share it in every thought, word, and deed.
- Burst through the confines of your comfort zone and go for the gusto that life has to offer. Embrace your unique value, purpose, and destiny path. Actualizing your value within the world is the ultimate object of the game! Create visions and reinforce them daily to get where your heart desires for you to be. Search your daily experiences for every drop of information, opportunity, and knowledge to be gained, and act upon each lead. As the daily life events bring ever-higher levels of meaning, your visions will broaden, and your destiny will unfold.
- Make every effort to stay upon the right track, but expect mistakes as normal part of learning, make the most accountable corrections, and forgive yourself and others for growing pains. Honor the same processes, patterns, and feelings within every human being and embrace the highest perspectives and blissful feeling rewards of the teacher. Live! Love! Learn! Laugh!

**If you follow the simple advice in these pages, your efforts
will be rewarded by a life experience with a purposeful
richness beyond your wildest dreams!**

Summary Reference Chart - The Emotional Feedback System

The Right Track:

Human sensory self-regulation (EQ 6+): Mover and Teacher in feeling keep body and mind united in purposeful thought and action---destiny unfolds. Life as ongoing learning, and cooperative expression of inner value. Mind is the seat of power with meaningful strategies for long-term pleasure. Conscious mindful control at each step of the action cycle. Positive expectations and purposeful frames emerge as long-term strategies—good feelings such as faith, honor, compassion, exuberance, love, grace, mirth, and gratitude become the norm. Personal evolution of consciousness proceeds rapidly, allowing inner value potentials expression in the world, driving purposeful cultural evolution of the species.

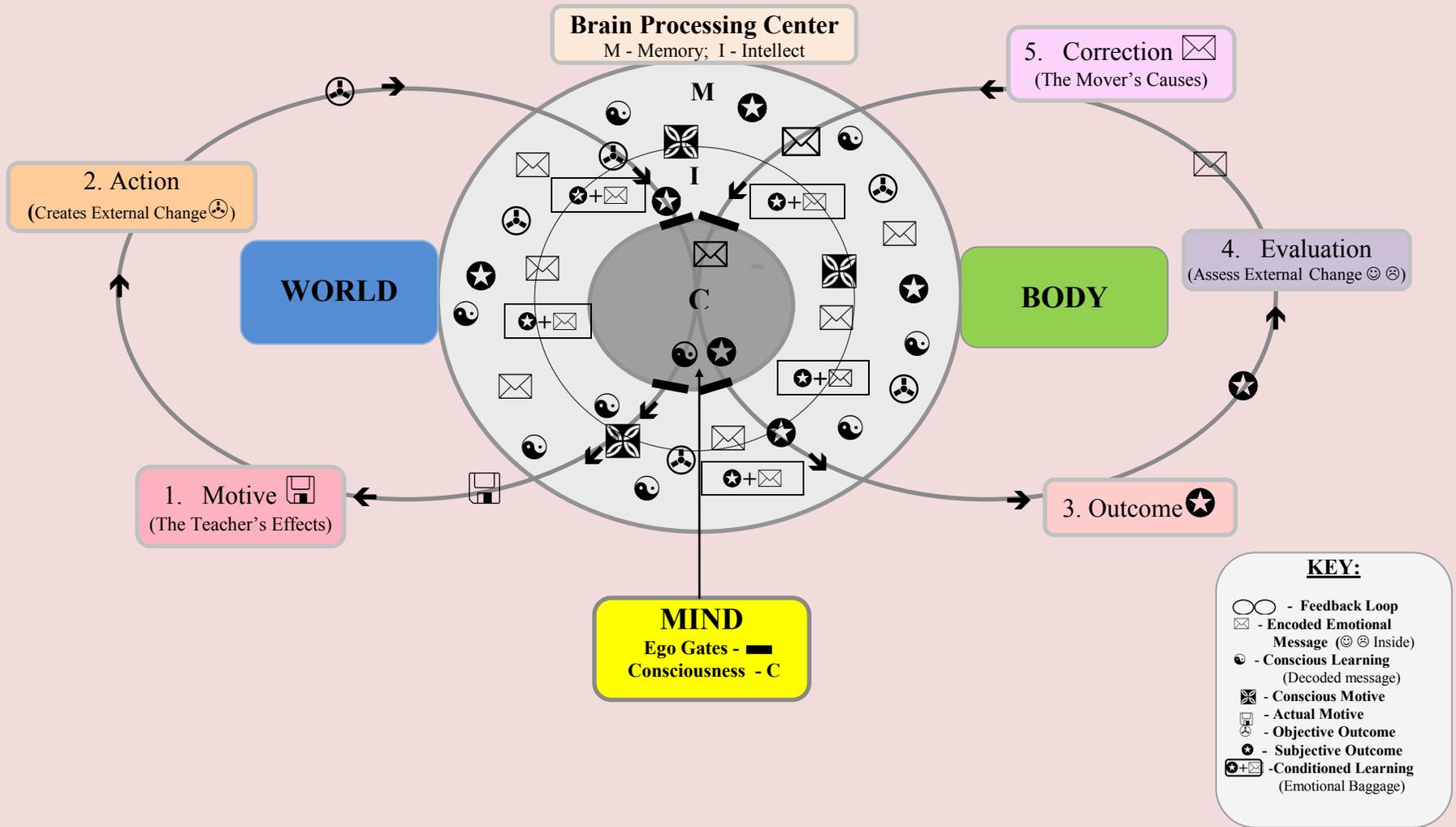


The Wrong Track:

Animal instinct and below (EQ 4 and under): Body is center of power, with Mover as dominant influence, often in conflict with the purposes of mind. Motives, actions, and corrections mostly unconscious and impulsive; mindscape largely inadequate, unexamined and often closed in avoidant self-defense. Learning is mostly conditioned with plenty of judgments and baggage. Feeling signals fall upon deaf ears but pain is ongoing and builds continuously. Corrections mostly instinctive impulses for short-term pleasure or pain reduction. Development is stunted, mind is limited by the past, and there is a predominance of fear, anger, sadness, guilt, self-hate, and rejection by others. The loss of individual value fulfillment contributes to chaotic and delayed evolution of the entire species.

Summary Reference Chart: The Human Body-Mind as Master Information Processor

(Note: Since “body” and “mind” are rather arbitrary conceptual self-distinctions, intellect and memory functions overlap both.)



About the Emotional Feedback System

- The Emotional Feedback System was developed through synthesis of cutting edge natural and social science within a homeostatic feedback model, constituting a dramatic paradigm shift in human psychology. Pioneering research was conducted in conjunction with the University Of Washington and continued with the subsequent formation of EFS International. (Articles and reference lists available upon request.)
- EFS International is a non-profit organization with the mission of providing research and education services to embrace and instill emotional intelligence---the fourth wave in human psychology and the key to 21st century human progress. We are of the committed belief that individual happiness, social cohesion, cultural evolution, and world peace can be accomplished through emotional education.
- If you would like more information, to offer your tax deductible donations, or to otherwise become involved with this movement please contact:

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