

Hi

today we're not going to talk theory we're not going to pay attention the difference between operant and classical conditioning, attachment styles or any other psychological terms (there is a lot of good and no so good information about this on YouTube) lol that influenced you in childhood which brought you were you are today.
We are here today to apply all the knowledge and recondition you

Today we are here to talk theory and apply knowledge to reconditioning you into someone different than your childhood influences created. We will not be focusing on operant and classical conditioning, attachment styles, or other psychological terms. You may go to YouTube.com for such information, but please be aware that there is a lot of both good and bad information online.

First question I want to ask you today is
Who has control over your life? Think ...

Let's start with some self-introspection questions. First, who do you think has control over your life?

Is it your husband, your government is it your past, your children, your parent, friends or your boss , society?
In some circumstances yes, of course - we act and behave certain way- the way we have to
But on a deeper level - deep inside, soul, subconscious, being level - Who has control over you?
No one!

Human nature is designed for survival , so pretty much no one really cares what you feel or experience deep inside- all people want is to survive, feel good, be happy. If along the way you bring them what they seeking for - you are good, you are welcome in their circle . If you don't then ☹ they will demand, push, manipulate ...

You! No one person has more control over your life than you. Certainly, circumstances may cause others to have influence on your life and change your behaviors. Yet on a deep subconscious level, humans are designed for survival, and no one really cares what you feel or experience, deep in your mind or soul.
Everybody wants to survive, feel good, and be happy.
Husband(s), Government(s), Children(s), Parent(s), Friend(s), Employer(s), and even Society itself wants the same. If you

bring them what they want, you are accepted, if you do not, then they will push you, demand things of you, and manipulate you.

You can live your life trying to fit, be good and ... but you also can live your life fulfilled and not dependent of expectations of others.

So your choices are: Live for Others or Live for Yourself. Live fulfilled or live dependent of the expectations of others? Which do you choose?

Now, let me present you with a metaphorical question: Do you want to eat today because you are hungry, or do you want to acquire the skill that will provide you food every day?

So, you probably know the metaphorical theory: Eat today or acquire the skills to provide food every day? Throughout your life you have gained the knowledge that eating once is not as good as acquiring skills which allow you to obtain food daily!

You probably said - food every day, right . But did you notice the question said - acquire the skill...

This week we are talking about set of skills particularly emotional skills that will give you every day food. And food here is your happiness.

In our discussions this week, your happiness is like obtaining food. So, the metaphorical question becomes: Be happy today or acquire the skills to obtain happiness daily? Did you notice the question asked "acquire the skills"? Not to just be happy one-time? The emotional skills you will learn this week will provide you everyday happiness.

Do you want to be happy today, or do you want to be happy all the time? Sounds great right?

But Let me take it up a notch

Do you want us to learn how to be happy every day or do you want to be happy and make others happy too, bring light to the life's of others, share your happiness and make it a better place for others as well?

It is a philosophical discussion and we can talk for hours here so let's get to understanding how our brain works and where is it that inner happiness we are looking for

Taking it up a notch, let us speak about how the brain works, and how you can bring inner happiness to yourself, be the light of other's lives, and make the world a better place as well?

Happy! Be happy, become happy, ultimate happiness- who can describe it? What is it. Sounds complicated, right? Sounds that something is wrong with me if I don't have it?

Being happy, becoming happy, and ultimate happiness. Can you describe it? No, you can't. Is it that complicated? No. Yet you cannot describe it and you cannot achieve it either. Is there something wrong with you? No.

How about you become happy enough! Just enough Happy enough to be happy every day, happy enough in small things, in big things, happy enough during stressful moments, happy enough to be and remain happy, complete, fulfilled and happy enough to help others be happy!

I want you to become happy. But only just happy enough to be happy every day. Small things happy. Big things happy. Happy when stressed. And happy enough to help others become happy.

Ok let's start! I invite you to remember you as a newborn. Your bright eyes are curious, you have no experience, you are naive and happy. Everyone is born happy. Happiness is our ultimate state at birth.

(Even children born with disabilities are happy. Happy until they face their disability while growing up, until they face struggles, bullying, pain in some cases and until they start compare themselves with others)

So you, a newborn child then goes to grow.

Child needs touch, hug, physical affection - do you remember if you had enough of it? Do you recall yourself to be clinging to your parent for a touch?

Child also needs to be warm and comfortable. Child needs to be noticed, visible

Perhaps you recall to be left home alone, hungry or maybe even scared , because your parents were running late or worked a lot? Even with a babysitter child could miss and long for his mom.

To start I invite you to remember yourself as a newborn. With curious bright eyes, no experience, all naivety and happiness. Happiness is everyone's emotional state at birth - everyone is born happy. Even peoples born with disabilities are born happy.

They then face growing up, struggles with bullying and comparing themselves with others.

As children grow they need touch and physical affection. Did you get enough? Did you cling to a parent for more touch? Were you kept warm, fed, and comfortable? Were you seen and considered as valuable by your parents? Did your parent(s) spend quality time with you? Were you alone and scared even with a baby-sitter?

Or perhaps you remember yourself curious about something on a top shelf and you reached up and broke it. Were you yelled at?

Were you ever punished for breaking an object out of curiosity? Spanked, yelled at, grounded?

If you asked your parent question after question- endless times were you given a patient answer along side with a hug or was your curiosity dismissed?

Were your parents' patient? Answering the endless string of questions with a hug or smile? Or were you told to go away, be quiet, and had your feelings, your curiosity, and your existence as a human dismissed?

Those are all examples of conditioning, variety and substance of each is hard to describe, all we need to realise today that all this and other moments, emotional moments happened every second, repeated either daily or weekly, occasionally .. doesn't matter - all that matters is that they happened and they programmed that pure child to survive!

All these moments, good or bad, conditioned you. You began to behave as necessary to survive these repeated, daily, weekly, and painful emotional moments. Even the good times conditioned you as to how to behave, feel, and think.

If parents yelled - child learned to be quiet, if adult dismissed your questions you learned to think your questions are not worth answering.

You learned to think about yourself from these moments. Negative thoughts about yourself. Somethings good things about yourself. Either way, it is conditioning.

If parent said : you can handle this ! You learned to handle, but inside you don't know how, so you handled it any way you

knew how, without support, without guidance and warmth... what should the child learn in this case?

If you were directed, told, and cajoled that you could handle a situation without support - and you were forced to handle it, because you wanted to survive, would not you use any means necessary, as best as you knew how? Yes you would.

Without guidance and warmth from a parent?

What would the child learn?

Would it be the best solution?

Probably while making mistakes and not happy with outcomes child would of learned that he is a loser and that the world is cruel. And if at the end parent said " why did you do it this way, it's dumb!" Child would of learned to think I'm dumb, not worthy. And perhaps in a future he learned to avoid making decisions or stand up for himself..

If it were not the best solution, would you then be called dumb or stupid for your choices? Would you begin to think that you are a loser, unable to keep up in this cruel world? Maybe you would consider allowing others to make decisions for you in order to avoid mistakes and the emotional pain of being called and feeling like a loser?

We're am I going with it? Despite if I touched on example that hits close to home or not there is a huge variety of small and big examples that happened to you in your childhood ... (in the next 2 days I invite you to recall those emotional moments and take notes in your diary)

So now - here you are - 20,30,40 year old adult with of course many great qualities but also with insecurities and complexes which poison your life.

Now you are here, decades later, with a plethora of great skills and strengths, but the fears of a child cowering within you. I invite you to take notes in your own diary, describing events, both big and small, which happened to you, and poisoned you today.

(Let's take) a Great quality empathy for example :
Many people are very proud to be empath's. Empathy is an ability to feel the emotions of others. Note : To feel! Not to understand but to feel. Which means to be genuinely happy, feel joy when someone is happy - that's great! But it also means to feel sad, angry and unhappy when some one else feels that. Is this good?

Let us consider conditioning and poisoning from another point of view. Some consider that being an empathic person is a great quality. Is it? Many are proud to be empath's and have the alleged ability to feel the emotions of others.

Yet empath's do not know why someone feels bad, sad, or mad, but only that they feel unhappy. How does this help? Based on the previous information, should an unhappy person who meets an empath be excited that someone can see they are unhappy? No.

Societies view of the empath may even cause expectations which the empath can't meet. And guess what? The unhappy person can be made more unhappy by an untrained empath.

Is it?

The purpose of this example is for us is not to judge the quality but to analyse where this quality came from . And please feel free to analyse other qualities you have as well - everything is ready for you in a diary) (printed version)

An untrained empath can only help another person feel better now. They cannot help you feel better forever. Their skill is mere observation unless they are trained to seek the cause of the painful conditioning which is causing unhappiness.

Think along this lines :
What are my characteristics as an empath
For example : I can't stand up for myself, I prefer not to argue back not to upset the person

Example: Unhappy person does not stand-up for themselves. They do not wish to argue or upset the person standing in their way.

The empath can only see that you do not want to upset others. They have no idea why this conditioning appears in your mind's eye! The empath says "I know how you feel". You feel better for 5 minutes.

Why?

Let's Dig deep into your emotional conditioning
Maybe your first trial of standing up for yourself ended with your mom in tears telling you, bad girl, you don't love me!
Which in your little brain resulted in I'm bad! And of course a guilt feeling !

The emotional condition you face is internal. The empath is useless unless trained to pull from you the cause of the conditioning. You may feel this way because standing up for yourself resulted in a fight or in being mocked. The empath does not know unless you know about yourself and you share why you feel or behave in a certain way. If you do not know why, the empath is no better a little pathetic pain killer.

Or maybe when someone stood up for themselves dismissing you you remember how painful it was for you?
Let's take this example to see that the empathy in this scenario can have 2 roots...

The root emotional conditioning, which an empath cannot see, feel, or understand without you, can also be explained by looking at your past. What if standing up for yourself resulted in someone dismissing you, thereby resulting in deep pain and shame? What can the empath do to help you? Not much! UNLESS the empath asks, "Why do you feel you behave this way?" "When was the first time you felt this feeling?" "Who causes you to feel this way?" All of these would begin a process of de-conditioning you so you feel better forever - and would be able to stand-up for yourself!

In first case your empathy is manipulated, it's manipulated out of you - conditioned by your mom in this example, you don't stand up for yourself out of fear to be put down, to feel shame, to avoid conflict - all that you do say - I understand how you feel!

In the first example the empath makes the situation worse! The empath merely says, "I know how you feel". The empath does NOT know that you are in fear of pain caused by being put down. Does the empath know these truths (no) or is the empath merely observing unhappiness and making the situation worse by voicing a superfluous comment?

The second case shows Genuine deep rooted understanding build of self experience. In this case you really truly understand how person feels.

In which of these cases you think you will be happy and help that person be happier?

In the second case the empath strives to discover what the root conditioning which caused the pain comes from. An empath makes sure that the unhappy person can respond to any situation to any person with strength and dignity so feelings are not undermined, thereby creating skills which result in happiness. The empath in this case shared a tool of happiness and everyone gets to eat, not just today, but tomorrow as well.

Eat food yourself and feed others...

In which case your empathy is genuine and true?

In which scenario you can without fear stand up for yourself without undermining feelings of another person?

First scenario is based on fear- it's an emotion , while second is based on understanding- it's acceptance. See the difference? So in which scenario Empathy is a curse and in which it is a blessing?

I now invite you to continue writing in your journals. Use the tools above to list and analyze your qualities and conditioning. Are you too modest, too patient, lacking self-confidence, quiet, too emotional, lazy, vulnerable, etc.

I invite you to write down and analyze all your qualities. Let's first write a list of qualities that characterize you. For example, modest, too patient, not self-confident, silent, too emotional, lazy, easily vulnerable, or vice versa, firm, decisive, self-confident, and so on.

Then I invite you to remember and reflect on where this quality came from, start from the earliest childhood of adolescence and adolescence.

I further direct and invite you to journal about where this conditioning came from. Write out your experiences in early childhood and adolescence. What triggers your shame in your body, your muted sexual desire, or causes your dangerous behaviors?

Conditioning is a set of emotional processes that started long time ago in your childhood, influence of other peoples views, moods and behaviours (not only parents, but all the people, friends, teachers, school Dean, romantic tear up movies, social rules, views, advertisements, books, and so on any and many informational streams) all that your brain adapted in order to survive and be good.

Your brain has absorbed everything to create a conditioning map in your mind. Absurd romantic-comedies, ultra-violent horror stories, music lyrics, social media, arcane laws, advertisements, and EVERYTHING else is absorbed so you can survive - not so you can be happy!

Conditioning is a map given to you by life - but I want to ask you - do you like your map? Does this map indeed define who you are? Does it make you happy?

This conditioning map, which is learned during life, in order to survive, can make you happy. Is it? Or is it making you unhappy?

One of the presuppositions of Neuro linguistic programming says - Map is not the territory- map in this case is set of conditioned rules, conditions thought and conditioned reactions.

Scientists (Neuro-Linguists) believe that the map of the mind is not permanent. It has been influenced by the conditioning which you have implemented in your life (and mind) to survive! Your reactions to situations are conditioned. They can be changed. You can change them yourself! Don't believe me? Please follow along for just a bit longer.

Let's go on a journey of discovering you. Elaborate
Reprogramming you. Because I'm asking you again - who has
control over your life?

Now let us start reprogramming you. Let us go on a trip! You
do not have to spend money, leave your responsibilities behind,
and you will not feel guilty for taking this trip. In fact, you
will feel great! Better than you ever did before. Follow me
now!

I invite you to see it this way.
We go to the state or country where you never been but always
wanted to. You heard on the news it's very nice, but it is also
very far away.

We get in a car and turn on the gps. What do we see? Lines of
highways on a gray screen, arrows and directions. That's
it. It's the map. It's you as you knew it till now.
This course and I or we or in a few weeks we will see what is
that territory look like. There are mountains and lakes,
sunrises, lowlands, strange people, new experiences, unexpected
turns and many more that the map was not showing you.

Look at a map. On paper, on your phone, in your car. It does
not matter. Look at the map to an area of the world you have
never visited. This map represents you. You do not know
yourself unless you have taken the trip to examine your
conditioning. On the map there are mountains, lakes, beaches,
and low-lands you have not seen. In much the similar way there
are strange new people, new experiences, unexpected turns, and
brilliant sunrises for you to see on a trip examining your
conditioning.

You know it's a safe , exiting fulfilling journey and There are
many people around the world right now who embark at this time.
You are not alone !

You are not alone in seeking comfort and the skills for
happiness by examining your conditioning. Know that this search
is a safe, exciting, and fulfilling journey. Many billions of
people are also, in their own heads, thinking about what caused
them to think, feel, & behave the way they do! All of them also
want to feel better, do more, and be happy. You have supporters
everywhere!

Please think, remember and analyse your conditioning, don't be afraid to face them. It's all in the past. We can't change the past, but you for sure can create your future!
Please complete the quiz below and I'll see you in a couple of days!

While remembering, thinking, and analyzing your conditioning, please do not be afraid to face them directly. Think in your mind about pain, hurt, unhappiness, and fear. Write it down, then think even more about the situation, the feelings it caused, your memories, and your behaviors since then. You know why and what caused you to feel and act this way - that is the conditioning! See it clearly! See your past clearly. If you do, you can change your future.