



PROGRAMMING THE HUMAN BRAIN

by

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*May we all achieve the greatness
that is our potential
and love ourselves and all others
in the process.*

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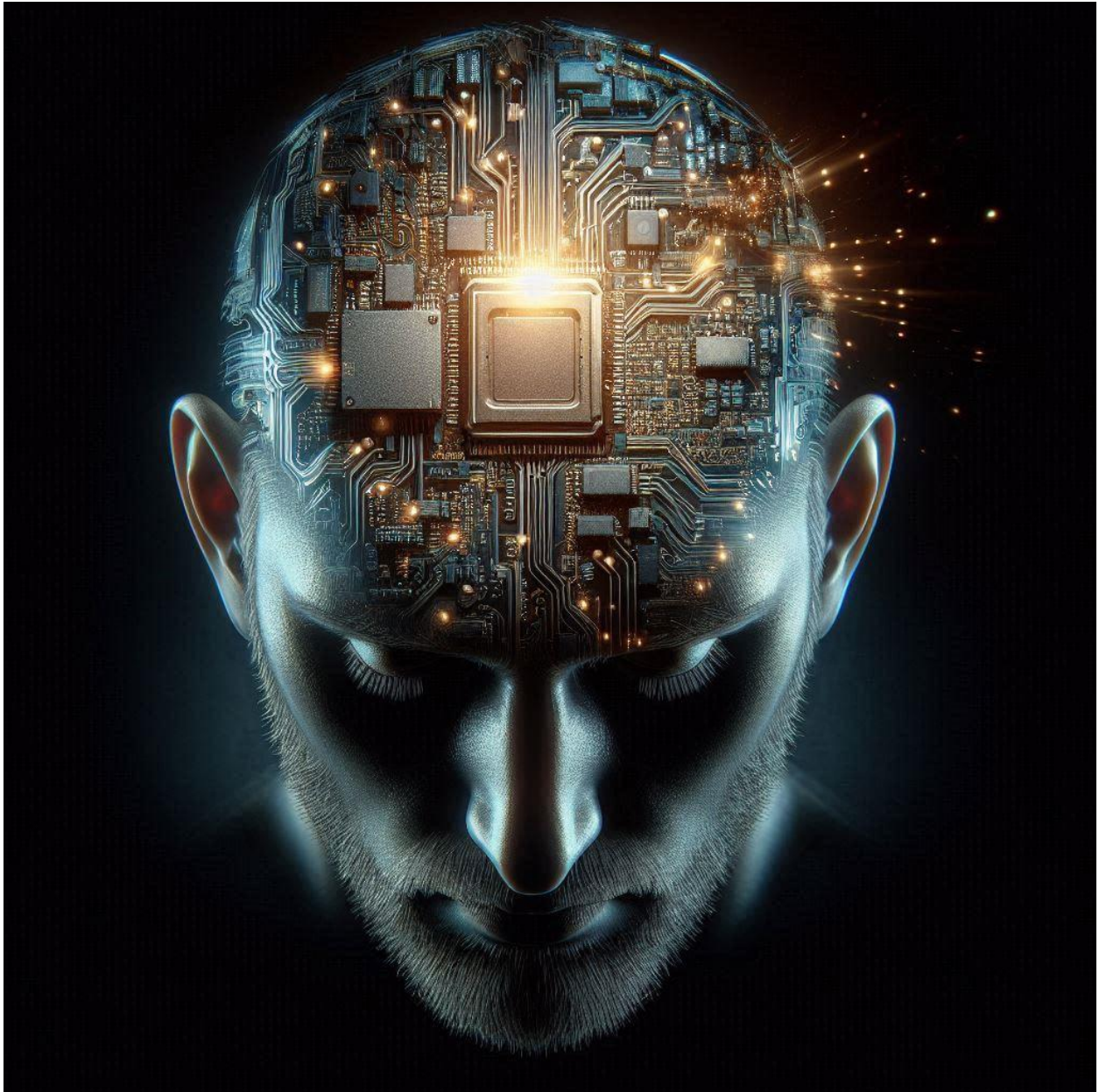
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CHAPTER 1: THE BRAIN AS A COMPUTER



In this book we will outline a simple and straightforward way to reprogram HOW YOU THINK and specifically provide you with an upgrade in your personal day to day self-programming that is directly related to how you think about yourself.

This program was developed by the author who also shared many of the same feelings we all feel at one time or another in our lives. After surviving an attempted suicide as a teenager, he embarked on finding a way to change his thinking and discovering how to live a happy, positive life versus the one he had been living before. Here is that result.

Let's start with a little introspection that helps us to see the level of negative thinking we may have allowed to slip into our daily self-speak (the things we say to ourselves). This self-speak I refer to in this book as self-programming is actually the method by which we "program" our own brains.

Our brains in some ways are much like computers – they have similar functions in the way they operate, and we will be using that comparison in this book to discuss how they are initially programmed by us and how they can also be re-programmed by us, once we know how.

Let's start with an example. If we have two identical computers side by side and one computer, we feed into it only pictures of flowers and nature, positive images, poetry and songs, and music and art. The other computer we keep feeding it programs designed to slow it down or viruses and other incompatible programs. Obviously, over time, the second computer will slow down and eventually stop functioning at all. In this respect, our brains work the same way. Garbage in = garbage out. Negatively operating programs impact how brains and computers work – and not for the better.

So, it is plainly obvious, we need to be careful what we put into our computers – these days everyone is very aware of this and most of us have suffered the consequence of having allowed a virus to get into our computer and had to deal with the results of that.

This analogy is clear and obvious to just about everyone so now let's draw the direct comparison with the human brain and how a virus enters it.

The world in which we live SUPPORTS and ENCOURAGES negative thinking and for the context of this book NEGATIVE THINKING is synonymous with a virus for us. It has the same effect, it slows us down, reduces the speed at which we operate, affects our perspective causing us to miss opportunities and generally diminishes us from being the best positive force we can be.

I say the world “encourages negative thinking” based on this simple analogy: If you walk into a room filled with strangers and proudly announce “I am strong, I am confident, I am capable, I am awesome” virtually everyone in the room will want nothing to do with you, think of you negatively and avoid you.

If you walk into the same room of strangers and announce instead “I am sad, I’m depressed and really feeling down” it is likely several people would come up to you, speak to you and connect with you.

We, as people, tend to respond to negative conditions in others such as depression, loneliness and sadness with sensitivity and compassion. Those expressing positive self-feelings often tend to distance us and make us feel less connected which is why I say the world favors negative feelings.

It’s pretty hard to get rewarded, supported and reinforced for expressing positive feelings about yourself. That is just now the way it works. I find that tragically sad ... but true.

There is a silver lining in these clouds however and it is I realizing that all the negative feelings we feel are the one thing we truly all share and have in common with everyone else – none of us are alone in this!

This, in reality, is the one sure common bond we all share and our bridge to each other = our shared negative self-feelings. Empathy comes from this and it is a very strong human bond. We have all felt alone, we have all felt not good enough ... we have all been outsiders.

After realizing this, I then understood I was forever connected with everyone on this planet at any age and from any place since I had a deeply shared experience from which I could form a deep bond with any person I met.

This is the power of suffering – it provides a bond with all those around us who too have suffered in some way in their lives. Knowing this, for me, turned what I was experiencing from something really negative into a positive I could use in my life. Perhaps it can for you also.

CHAPTER 2: VIRUS SCAN FOR THE BRAIN



Here in this part of the book we will “run a program through your brain” that is similar to a Virus Scan. It is very useful in helping us see what negative programs (or mental viruses) we have running in our own computers we may not even be consciously aware of. It will help us to identify any viruses we have that we might have let slip into our day to day existence.

Often, we have “thinking viruses” that have been running for years and even decades so they are virtually invisible to us – the goal here is to run this VIRUS SCAN and see if we are clear or not.

Please remember, virtually everyone has several of these viruses running so that is what makes you like everyone else and not unusual in any way.

Try not to be defensive in this process – the only one who knows the result is you and the only one to benefit from a truthful analysis is you. Once we know there is a virus and how many then I can show you how to get rid of them.

Here is a simple set of questions that can catch and help identify 10 of the most common human thinking viruses. These are often found in most people and typically several of them appear together, so most people have a handful of them, this is common.

Once you get one of them, they tend to allow other types of similar viruses to invade, so where there is one there is usually many.

You can answer these quickly and they should help you to privately identify A) the severity of the virus infection and B) the type of viruses you may have.

The virus check comes in the form of 10 short questions that examine how we are thinking about ourselves. With each question, indicate your answer with a 3=always, a 2=sometimes, a 1=rarely and a 0=never.

It is important to not try and achieve some desirable score in your mind but to be really honest with yourself (no-one else will know the result so there is no value in lying to yourself) and be really, really honest in the answer to each question.

VIRUS CHECK PROGRAM

Write a number 0,1,2,or 3 next to each question.

3=Always 2=Sometimes 1=Occasionally 0=Never

- I feel that I'm not good enough, I am not attractive.
- I compare myself negatively to others.
- I feel uncomfortable accepting compliments.
- I dwell on my mistakes.
- I believe others see me in a negative light.
- I struggle to find things I like about myself.
- I avoid trying new things because I fear failure.
- I often think that I'll never succeed.
- I feel anxious in social situations because I worry about what others think.
- I don't deserve happiness or success.

There is no right or wrong answer here, it is just a self-reflective way to help us see any negative programs we are running in our minds and not realizing it.

Print this page out so you can to use it for reference, if not you can simply return to this page as we progress through the book.

CHAPTER 3: VIRUS SCAN ANALYSIS



Each of the 10 questions asked reflects a different virus an individual may be running – and tells us what is this virus getting you to say about yourself. Here is a chart that explains each one, check any and all that you have said to yourself – this will help identify HOW we will get rid of them:

1. Not Good Enough

- "I always mess things up."
- "Everyone else is more talented than I am."
- "I can't believe I thought I could do this."
- "I'm not attractive/ugly."
- "I'm too fat/too short/too dumb."

2. Negative Comparisons

- "Look at how much better they are at this."
- "I'll never achieve what they have."
- "They're always so much happier than I am."
- "Why can't I be like them?"
- "I feel so inferior when I see their success."

3. Discomfort with Compliments

- "They're just being nice; they don't mean it."
- "I don't deserve that kind of praise."
- "If only they knew my flaws."
- "Compliments make me feel uneasy."
- "I feel like a fraud when I receive praise."

4. Dwelling on Mistakes

- "I can't believe I did that."
- "I should have known better."
- "Why can't I just get it right?"
- "I always make the same mistakes."
- "I'll never be able to move past this."

5. Belief Others See Us Negatively

- "They must think I'm a failure."
- "I can tell they're judging me."
- "I feel like I'm constantly being criticized."
- "I bet they talk behind my back."
- "I don't think anyone respects me."

6. Difficulty Liking Oneself

- "There's nothing special about me."
- "I wish I could change who I am."
- "I don't have any real strengths."
- "I always feel inadequate."
- "I can't find one thing I'm proud of."

7. Fear of Trying New Things

- "What if I fail miserably?"
- "I'd rather not embarrass myself."
- "I'm just not cut out for this."
- "I can't handle rejection."
- "I'd rather stay safe than risk it."

8. Thinking About Future Failure

- "I know I'll mess it up again."
- "Success is never in my reach."
- "I'm destined to fail."
- "I always end up disappointing myself."
- "Why even try if I'll just fail?"

9. Anxiety in Social Situations

- "Everyone must think I'm awkward."
- "I can't speak without sounding stupid."
- "I'll embarrass myself if I talk."
- "They're probably judging everything I say."
- "I should just avoid these situations."

10. Belief in Not Deserving Happiness

- "I don't deserve to be happy."
- "Good things never last for me."
- "I'm always waiting for the other shoe to drop."
- "I can't shake this feeling of unworthiness."
- "I shouldn't ask for what I want."

CHAPTER 4: THE BIOS



When we turn on any computer, before the actual operating system is loaded into the computer's memory, the first thing that runs is what is called the BIOS. The BIOS turns on our mouse, our keyboard, our monitor ... all the basics we need to operate BEFORE it starts to run the operating system – in

summary, it is the first and lowest level basic program we run before all others.

BIOS stands for Basic Input/Output System and in some ways it is like our subconscious. It is the base program that first runs on which everything else runs over it.

The BIOS turns on our mouse, our keyboard, our monitor ... all the basics we need to operate BEFORE it starts Windows – in summary it is the first and lowest level basic program we run before all others.

The reason I mention this is it is a great analogy to the set of beliefs and programs we run inside our own mental computer – the brain – that is running in the background throughout our day and gets launched the moment we wake up.

OUR BIOS gets started when we awake and tells us what we believe about ourselves, whether we are good enough, smart enough, attractive enough, capable enough, and worthy of reward.

This same program runs all day long until we fall asleep, then restarts when we awake and runs the same program again, day in and day out often without us barely aware of it.

We usually never think about our BIOS program and what it is telling us about ourselves as it has been running (in the background) since we were born and lives mostly in the domain of the subconscious.

However, this quiet, deep, powerful set of operating instructions running in our minds that tells us what we are, shapes the outcomes of most of the things we do and the relationships we have ultimately directs our lives.

While we may be aware we are feeling depressed, not motivated, not worthy or unattractive most of us feel powerless to change and unaware how we go about changing how we're feeling ... however such is not the case and it is fairly easy to change, if we are committed to do so?

Therefore, one of the key questions to ask yourself is **HOW COMMITTED TO CHANGING YOURSELF** are you?

If I can show you how to do it in 90 days, zero cost, zero drugs, virtually no change in your routine would you be open to trying something that will transform you into someone who truly does love YOU for exactly who you are and the way you are, right now?

It has taken you a lifetime to build up all your conscious and subconscious programs that run in your mind every day so it will take more than a moment to change that.

Think back to the last time you found ONE virus on your computer and how long it took to run the software to find it, sometimes taking several different programs, then running the program(s) to clean it off, the rechecking and rescanning to make sure it is gone.

Virus removal really is reliably achievable, but you can't quit in the middle of the process and expect any kind of positive result.

Do you remember trying to clean a virus off your computer in the past and seeing messages saying DO NOT TURN OFF YOUR COMPUTER DURING THIS PROCESS or messages like YOU MUST COMPLETE ALL STEPS IN ORDER TO REMOVE THIS VIRUS.

Once you start the process of cleaning out viruses you need to finish the process to see a positive result.

Please remember this all you follow the few steps in the book detailing the process – there are no shortcuts, I have condensed this down to the fewest steps possible and in the required sequence. Stick to the program, baby!

CHAPTER 5: DESIGNING AN ANTIVIRUS PROGRAM



Now we have identified IF we have a virus, how many viruses we have and what kind they are – this gives us all we need to custom build our own ANTIVIRUS program.

This antivirus program is nothing more than a set of verbal instructions that will counteract the negative effects of each virus you have and ultimately result in their complete removal, permanently.

To start building our personal antivirus program we begin by referring to the results we got from Chapter 2 – The Virus Scan where we rated each of the 10 most common human viruses.

We are going to start with the first 4 or 5 HIGHEST RATED ones, if you have only 1 or 2 that's fine, if you have more than 5, we'll come back to the remaining ones later.

So we start with which one feels like the biggest issue you struggle with, it will likely have a rating of 3 and you will probably intuitively recognize it as being something that regularly gets in your way.

The next step in constructing our personal antivirus program is to write down a statement which is the OPPOSITE of the statement you ranked as your top issue.

To help you, here is a list of condensed OPPOSITE statements you can use or you may write your own – these are just starting points.

For each of the top-rated issues you identified, write down in order one of the opposite statements shown below OR your own personal equivalent.

NOTE: THIS STATEMENT DOES NOT NEED TO BE TRUE, you do not need to believe it or feel it is correct in any way – it's just needs to be the opposite of what you say to yourself.

The statement you write MUST NOT contain a negative statement, it can only be positive and reinforcing.

For example, a statement that is negative might be: I will stop feeling inadequate or I am not dumb or I am not unattractive – these are all negative reinforcing statements.

Put a check next to EACH statement you choose as your antivirus statement:

OPPOSITE STATEMENTS:

1. Not Good Enough

_____ I am a good person or

_____ I am (beautiful) or (smart) or (capable) [PICK ONE]

2. Negative Comparisons

_____ I am special or

_____ I am unique.

3. Discomfort with Compliments

_____ I deserve love or

_____ I am loved by others.

4. Dwelling on Mistakes

_____ I am a genius or

_____ I know where I am going.

5. Belief Others See Negatively

_____ I am the light or

_____ I am a positive force in the world.

6. Difficulty Liking Oneself

_____ I love myself or

_____ I am perfect the way I am.

7. Fear of Trying New Things

_____ I am fearless or

_____ I am confident.

8. Thinking About Future Failure

_____ I control my destiny or

_____ I succeed in all I do.

9. Anxiety in Social Situations

_____ Everyone loves me or

_____ I am accepted for who I am.

10. Belief in Undeserving Happiness

_____ I am happy or

_____ Happiness goes wherever I go.

Excellent, you have now written down the commands which will form your new antivirus program. You should now have a list of 4-5 statements in front of you which most likely DO NOT FEEL TRUE to you in any way.

Given you have spent years telling yourself negative things about who you are these positive statements about who you are should feel like they are completely untrue and do not reflect YOU!

That's great, just what we want as these statements actually reflect WHAT YOU WANT TO BE TRUE ABOUT YOU, they should reflect more of how you would like to feel and not how you currently feel, that is their power.

CHAPTER 6: RUNNING THE PROGRAM



Now we have written our antivirus program all that is left is to run the program, so how is that done you ask?

To answer that question, let's look at how the virus invaded you to begin with and how it ran itself. For any virus to get a hold in your mind it needs several conditions to be true:

DEFINITION OF A (HUMAN THOUGHT) VIRUS:

1. In order for it to qualify as a virus, it must be something negative, it must be something we don't want that is in some way harming how we operate.
2. Any virus persists ... so it needs to have lasted, and the best ones last for years and grow stronger over time.
3. For it to be a virus, it needs to be alien to us. It needs to be something that we were NOT born with. Babies don't feel "not good enough" or not "smart enough" or "a failure" ... these thoughts never cross their little minds. Such thoughts come from outside of us as we grow up, we accept them, and let them in ...thus they are alien to who we are, naturally.

So once a virus meets these conditions the way it "GETS RUN" - which is the equivalent to becoming something you mentally say to yourself either consciously or subconsciously - is through REPETITION.

Repetition is how a virus reproduces itself and survives in the human mind. Repetition is the secret way it insures it "lives on" and this gives us a very clear and obvious way to eliminate it. If we study how it survives that will show us how we can terminate it.

RUNNING THE PROGRAM – RE-PROGRAMMING THE BRAIN

So now we realize that it got into us through repetition, we are going to get it out through repetition. The only difference is we are going to run a program that is a series of OPPOSITE STATEMENTS to the negative ones we say to ourselves.

Your antivirus program is therefore made up of 3,4 or 5 short, simple statements you are going to memorize. You are going to remember these exact words you wrote down, you will never change a word in these statements ONCE you start running the program. If you are ever going to change one word – NOW is the time, do it now!

Your antivirus program should look something like this:

SAMPLE ANTIVIRUS PROGRAM

I am beautiful

I am special

I am loved by others

I love myself

Now, take YOUR antivirus program, write it down on a piece of paper, send it to yourself as an email and start repeating it to yourself over and over a few times so you can start to remember it...

STARTING THE PROGRAM

Now you have this simple set of words which are your personal antivirus program memorized the last thing to discuss is WHEN AND HOW to use this new program. The answer is at 3 different times during EACH day.

THE FIRST TIME YOU RUN THE ANTIVIRUS PROGRAM

The first time you run the program is when you first awake – this is your new BIOS and we want it to be the first set of instructions that gets fed into your computer when it first starts up – we want this to be part of your base operating program.

Therefore, when you first wake up, the very, very first thing you do is start running your antivirus program by just saying the words inside your head slowly, consciously over and over for about 5 mins while you slowly wake up.

As you say these words to yourself – do it on the INHALE – so as you take in fresh oxygen you take one of the new statements in your antivirus program.

When you exhale you say nothing to yourself – this is when the virus itself is expelled, so on your exhale picture releasing anything negative inside you.

Then as you INHALE again you will go to the next statement in your list, say it slowly and consciously thinking about what it means and say it to yourself.

Again on the exhale, let any negatives get expelled from you and go on to the next line of your antivirus program repeating to the end only to restart and repeat everything all over again. Try to do this for a minimum of 5 minutes, 10 is even better and just speeds results.

REINFORCING THE PROGRAM

Throughout your day you will have many private thoughts that go through your head. Some of these you may not even be aware of. During this time, try to pay extra attention to YOUR WORDS – try to think about what you are saying to yourself.

Ask yourself this critical question?

Do you want to be in control of your brain or do you want your brain to be in control of you? It can only be one way and you decide which way it is going to go. Lazy people let go ... they don't want to think that hard, lazy people pay no attention to their own thinking and do not try to correct their thinking when it is needed. If you choose this path, you will forever be open to infection by mental viruses that will take control of you ... this is not ideal or in your own best interests.

To avoid this, THINK ABOUT WHAT YOU THINK ABOUT!

Therefore, the next time you run your antivirus program (mentally repeating all the lines in your antivirus program) is when you catch yourself saying anything negative about yourself to you. This is the virus trying to run in the background, undetected. This is the virus trying to gain control. As soon as you hear these negative thoughts, you are simply going to say in your head your antivirus program TWICE. It doesn't have to be said slowly or just on the inhale if you are busy, just rattle off your full list twice inside your head.

You have just turned a net -1 negative impact on your mental system into a +1 positive impact on your mental system. As you keep doing that, when needed, throughout the course of your conscious hours you are now building up a surplus of positive reinforcements to combat all that previous negative messaging you gave yourself.

This method repeated over days and weeks is nothing more than a healthy habit you just mentally do which will in time become part of your BIOS and run almost subconsciously with you having to barely think about it.

Every time this simple two for one positive program runs, it leaves you with excess positive self-feelings where once there was a surplus of negative self-feelings.

THE LAST TIME YOU RUN THE ANTIVIRUS PROGRAM EACH DAY

The last time you run your antivirus program is when you go to bed and are ready to go to sleep. This should be the last set of instructions that go into your brain before you fall asleep.

So when you are ready to fall asleep, close your eyes, repeat each line slowly and consciously ON THE INHALE, and then on the exhale feel any negative energy being release, go to the next line of your program and repeat the process. Try to do this endlessly until you are asleep.

This is a wonderful way to occupy an active mind that wants to think of other things. This is a healthy way to help you fall asleep. This time is also an excellent opportunity to help teach you how to practice TAKING CONTROL OF YOUR OWN BRAIN.

This battle is almost impossible to fully win, as the mind will often wander while you are programming yourself but that's ok, once you catch yourself off topic just return to repeating your list.

Once you see this whole program and understand how it works it is clear that it is a healthy habit, we can get our brains into that will lead us to a more constructive and happier life.

This program will also protect us in the future from other harmful (mental) viruses because a strong, confident, positively minded thinking brain is harder to infect.

I stated earlier that when we wrote these statements down they did not need to feel true nor did they need to reflect how we felt about ourselves at the moment. What I found and I am sure you will also, in time this will not be the case.

In time, the statements will become true statements to you and no longer sound like they need to be said – they will become obvious statements about you like saying ... “I have two hands, I am a person, or I breath”.

UPDATING Y OUR VIRUS PROGRAM

Once these statements become true for you – you have three options.

Option 1) Discontinue saying the specific one statement to yourself if you feel 100% the statement is fully true and no longer needed.

Option 2) You may replace the one statement with another designed to get rid of another, new or different virus. In this case you simply substitute one line in your program and go back to repeating it. Keep the original order, however, just substitute the old line in the same location as the new line.

Option 3) You may decide to just keep repeating it as it does not harm you and provides strengthening and lifelong reinforcement of this key attribute.

CHAPTER 7: SHARING THIS PROGRAM



You may freely share this program with others. While I retain copyright and ownership of everything here, provided you do not charge anyone anything for it or sell it in any form – I want to make it available for all to be able to use.

This program saved my life as a teenager and took me from a depressed, low self-esteem teenager to a very successful entrepreneur, hit song writer, top

name pop producer (for Prince), a filmmaker with a movie I wrote and filmed for PBS, someone invited to the White House to meet the President, and so much more.

This program transformed me from the who I didn't want to be into the who I am proud to be ... and it can do the same for you.

This is my attempt to help others achieve their true potential and that is why I wrote this book. It is my greatest wish to see you all become as much as you can be and more, to exceed wildly your own expectations and for you to touch the world positively and help its people become all they can be also.

What more could anyone want than to be part of such a change in mankind. We can do it and the journey begins ... with us. I hope you find this book helpful.

