

The EC Glossary of New and Updated Symbols

Summary

Win/lose competition between tribes for scarce resources has been normal and sane for billions of years. As intelligence and creativity evolved, energy was directed to produce increasingly powerful weapons. The discovery and proliferation of nuclear weapons unleashed en masse offer no second chance. War is still normal but no longer sane...and we don't realize this! War will persist until we introduce newer symbols that elevate the capital of our intentions from our instinct and tradition driven subcortical brain to our human puzzle solving wish granting "*genie organ*."

Unconditional tribal love is innate in all higher species. Tribal love is the primary cause of war. Tribal love is supported by the tribal language of our ancestors that remains dominant: patriotic, religious, and political symbols that command tribal allegiance and symbols that convey power: money, titles, fame, and material wealth. Our newest puzzle solving wish granting "*genie organ*" requires lifelong education in new and updated symbols that focus on our similarities instead of our differences. We now have the curriculum and the technology to rapidly educate our masses. We lack only the will to say "yes!"

Let's now identify the glossary of new and modified symbols, *word switches*, that transform us from what we are to what we want and need to become. **Red star items*** are proposed for higher priority initial study.

1. ***The BIGGEST PUZZLE we must solve: *Why do we continue to fill our world with fear, scarcity, hate, and war when we want and require HELP: Happiness, Enough, Love, and Peace?***
2. ****Genie organ*: the better name for our *cerebral cortex* to make us consciously aware our newest organ is designed to solve puzzles and grant wishes. *Cerebral cortex* conveys only its physical location.**
3. ****Animal brain*: the collection of physical nerve centers that dictate behavior according to what has worked in the past and became hardwired as instinct. Names given include the medulla, pons, pituitary, pineal body, cerebellum, and thalamus. New labels are added with growing scientific knowledge.**
4. ****Human brain/cerebral cortex (genie organ)*: the evolving newest organ that is capable of higher level function including acquiring sophisticated language, creativity (solving puzzles), and granting wishes; our source of creativity and freedom to assume personal responsibility for our destiny. *No man is free who is not master of himself...Epictetus***
5. **Willpower: the ability of humanmind to attain a higher level of function including freedom to evolve by choice instead of forces that would direct our destiny.**

6. ***Trigger word: the category of symbols that call forth what worked in the past.**
7. Trigger symbol examples: words and icons that divide data into opposing tribes - patriotic, religious, and political flags; thoughts, instinct, tradition, commands, should, “*my way, the right way*” that support the *either/or* win/lose tribal intentions of our older brain.
8. ***Word switch: the category of symbols that redirect intentions to our puzzle solving wish granting genie organ**
9. Word switch examples: words and icons that synergize data to connect tribes for the benefit of the greater whole - thinking, creativity, happiness, universal love, forgiveness, empathy, could, allow, “*the wise way*” that support the *both...and* win/win intentions of our newer genie organ
10. The Supreme Law of Orderliness and Predictability (*The Law*) that governs the Universe: the one law all things and all life must obey, the scientific method, cause and effect, universal sense, Truth; the rules for the process of creativity and change, evolution. Evidence for the existence of a First Cause: Einstein
11. ***The Golden Rule (modern version): *Love myself with the abundance that overflows to enrich the world; “We cannot give away what we don’t own.”***
12. ***HELP: acronym for Happiness, Enough, Love, and Peace: the 4 humane qualities required to establish what we want and need to survive and thrive in today’s nuclear era.**
 - a. **Happiness: a state of mind that leads to chronic enthusiasm for creative action**
 - b. **Enough: the basic physical-material goods and mental-spiritual values to survive and thrive**
 - c. **Love (hate): energy directed for the benefit of someone or something. Some expressions of love are harmful; others are helpful (see six expressions of love). Hate is energy to protect who or what we love. Love and hate are connected in like degree as the head and tail of a coin and our front and back are joined as one.**
 - d. **Peace: blissful calm. Peace is mistakenly interpreted as the opposite of war.**
13. **WUD: weapons with ultimate destructive power; viz. nukes unleashed en masse.**
14. **WUC: “weapons” with ultimate constructive power; viz. unconditional love “bombs’ unleashed en masse causing a chain reaction**
15. **Genie seminar: a newer exciting method of education where individuals meet regularly to co-create solutions to important puzzles. See www.genieseminar.org**
16. **Human being, *homo sapiens sapiens*: the human who knows it knows; a static high level animal whose primary intention is to procreate and sustain the life cycle; acquires power by trial and error and imitation**
17. **Humane becomings, *homo amore universalis*: the human who creates unconditional love; a dynamic species with the capacity to learn to learn by**

creating appropriate symbols; who adds mental-spiritual intentions to material-physical intention to make life wonderful

18. Robot brain: the subhuman portions of our brain, viz. animal brain, that are prewired to automatically serve the organism according to what has previously worked; usually acquired by trial and error or imitation.

19. **Either/or* thought addiction: the instinctive way our nervous system first learns to process data into opposing categories. The name for a previously adaptive way of focusing on differences that has been made suddenly dangerous by the proliferation of WUD.

20. **Both...and* thinking: the higher level of processing data to direct our focus to similarities and connectedness instead of superficial differences

21. **7plus2* Formula: the fastest, easiest, most enjoyable and effective way to create Einstein's solution to a better life and to prevent species suicide; "*We require a newer way of thinking*" that leads to cooperation for mutual benefits instead of competition through harmful competition to assert dominance.

A. The seven word switches of the 7plus2 Formula that creates a newer way of thinking:

(1) *I think I can* for *I can't*, it's too hard, why bother: turns on energy to take creative puzzle solving action; replaces instinct and tradition that mindlessly demands behaviors that worked in the past

(2) *I allow* asserts personal responsibility; replaces he, she, they, it, God made me ...; stops the blaming of others that leads to harmful aggression, and self-blame that leads to guilt, depression, etc.

(3) *I could* for *I should*, *have to*, *must*: invites our puzzle solving genie organ to take wise action; replaces the "should, have to, must" symbols that demand what others want

(4) *both...and* for *either/or*: perceives our similarities and connectedness; replaces processing of data that divides us into opposing sides

(5) the magical sentence: *What works for my tribe and your tribe for now and the future?*; replaces *What works for me, my family, and my tribe for here and now (my lifetime)?*; promotes puzzle solving and removes blaming

(6) *Energy* for anxiety, fear, anger: substitutes directing energy to solve problems instead of engaging in fight or flight behavior

(7) *Urgency* for emergency + *high, medium, or low* danger prevents conditioned reaction that often leads to harm; redirects energy to appropriate rational puzzle solving using patience and wisdom; most "urgent" challenges in a relatively civilized society are of low emergency and thereby mediated with deliberation, compromise, and common sense

B. The two love-creation skills of the 7plus2 Formula leading to the modern version of The Golden Rule.

(1) *Emotional self-endorsement*: responsible action to love yourself with abundance; the most powerful means to create The Golden Rule ... *Love myself with the abundance that overflows to enrich the world*; directing unconditional love to self and others.

Secondary endorsement is endorsing yourself for the very worthy act of endorsing yourself. "*Behavior that is rewarded is repeated.*" Secondary endorsement turbocharges emotional self-endorsement.

(2) *The Reasonable Best Measure of self-worth*: the means to establish and sustain self-worth even when the world doesn't cooperate; a second powerful skill to sustain The Golden Rule and avoid perfectionism.

22. *The Mental Freedom Control Panel, MRCP: 8 choices available to our willpower.

(4) and (5) consistently benefit; the others are usually a source of trouble.

(1) *Blaming-out*: anger, harmful aggression: *He, she, it, they did what they should not do and therefore deserves punishment.*

(2) *Blaming-in*: guilt, attacking one's self, depression: *I did what I should not have done and therefore I deserve punishment.*

(3) *Avoidance*: running/hiding; mental mechanisms viz. rationalization, denial, procrastination, substance abuse, displacement, etc.; postponing consequences by seeking temporary safety

(4) *Puzzle solving*: wisdom; creative problem solving; *What works for my tribe and your tribe for now and the future?* This magical sentence is most likely to lead to mutual benefit and/or diminish harm for all parties when facing danger. It is magical as it usually brings the most desired outcomes.

(5) *Emotional Self-endorsement*: The modern version of the Golden Rule: *Love myself with the abundance that overflows to enrich the world.; unconditional love.*

Secondary endorsement: endorsing one's self for endorsing one's self; turbocharging emotional self-endorsement; *Behavior that is rewarded is repeated!*

(6) *Helplessness/hopelessness*: the devastating "give up" response that shuts down creative energy; *I can't! Why bother? What's the use? I give up.*

(7) *Worry*: the "what if" response that anticipates the worst outcome; catastrophizing; important source of tension, phobic anxiety

(8) *Mind/body outcomes*: psychosomatic interaction; altered physiology leading to multiple ailments/disease

23. *Breaking the language code*: creating the newer symbols that elevate us from human beings, high level animals, to a moral-spiritual species

24. *Love*: the generic label for the direction of positive energy for someone or something

25. *Six expressions of "love"*: love is the direction of energy for the benefit of someone (including our self) or something. They evolve in sequence.

- (1) Egotistical, narcissistic, self-love: energy directed to benefit one's self
 - (2) Filial, parental love: energy directed to benefit one's progeny and kin
 - (3) Tribal love: energy direct to benefit one's identified tribe(s) and protect or harm what is perceived to be harmful to one's tribe
 - (4) Erotic love: emotional urge for sexual contact, commonly the instinctive need for procreation
 - (5) Unconditional global or universal love: the act of giving without expectation of acknowledgement or obligation by the receiver
 - (6) Forgiveness: for + giving; the highest form of love when the offending action is extremely shocking, egregious
26. Kindness: offering friendship and consideration; a path to unconditional love
 27. Evolution: the slow process of natural change from our creation through our emergence to higher levels of function
 28. Revolution: the leap to the next level of change when we have a sudden awakening of knowledge, wisdom, universal love, and/or forgiveness.
 29. Stren: strength and wisdom: any concept, idea, experience, action that strengthens our puzzle solving genie organ
 30. Yes: One of our most powerful symbols. When you say this word, you turn on your energy to step out of your comfort zone and discover your original contribution to a better world; the equivalent of the word switch, "I think I can"
 31. Power: Energy or data (information) that empowers helpful and/or harmful action
 32. Knowledge: conscious awareness of cause and effect; the power to be both creative and destructive
 33. Wisdom: effective direction of the power of knowledge; action that consistently leads to a preferred outcome because it is accord with The Supreme Law of Orderliness and Predictability; related to labels such as cause and effect, the scientific method, virtue, beauty, Truth, God, and so on
 34. Stupid, from Latin *stupor*: apathy to the pursuit of knowledge, senseless
 35. Future forecasting: projecting an accurate trajectory of past-to-present forward to accurately predict the future
 36. Prevention: transforming a predictable event into a non-event by future forecasting
 37. *sheeple*: a new word to express that people, like sheep, are easily directed
 38. Intuition: wisdom acquired passively and automatically after prior education and study of cause and effect; "Intuition follows perspiration"
 39. Quantum leap; revelation: the rapid jump to a higher level of power related to new knowledge and wisdom
 40. Personal sense: the inner world we experience when we create sufficient language to add a second signaling system, i.e. imagination
 41. Common sense: the assumptions assumed to be True by a societies norms

42. Universal sense: the assumptions verified True by the scientific method
43. Imagination: the means *humane becomings* create motion pictures (stories) to add the dimensions of past, present, and future to conscious awareness
44. Mentogenous: a newly invented symbol; the introduction of mental freedom to *exogenous* and *endogenous* controllers of behavior
45. Related labels for the forces that control behavior: instinct and tradition, nature and nurture, fate and circumstance, human dictators
46. ***Einstein's solution: We require a newer way of thinking" (ANWOT) that leads to cooperation for mutual gains instead of harmful competition to assert dominance.**
"Our world faces a crisis as yet unperceived by those possessing power to make great decisions for good or evil. The unleashed power of the atom has changed everything save our modes of thinking and we thus drift toward unparalleled catastrophe. ... a new type of thinking is essential if mankind is to survive and move toward higher levels." The New York Times, May 25, 1946
47. Pullup: directing energy to help and educate instead of punish with a *putdown*
48. Set-forward: directing energy to move to higher levels instead of a *setback*
49. Optimize: anticipating the most positive outcomes; a more constructive alternative to *worry*, anticipating the most negative outcomes
50. ABC formula: Activating event → one's Belief → Consequent action; Albert Ellis formula, "Rational Emotive Therapy", to express Epictetus's discovery: "*People are not disturbed by things, but by the views which they take of them.*"
51. E + R = O: Jack Canfield, "Success Principles" to express Epictetus's discovery; Event + Response = Outcome; Don't blame the event. Change the response to attain a favorable outcome.
52. A→A→A: Jerome Frank, triple A formula; Arousal → Assumption → Action; conscious Awareness of prior trajectory → accurate Assumption → accurate Action (including prevention)
53. Assumptive worldview: the collection of assumptions that powerfully influence our thinking, feelings, and actions ... Jerome Frank, Professor of Psychiatry and mentor, Johns Hopkins Hospital
54. Meme: an idea or behavior that virally spreads from person to person to characterize our culture; a cultural analog to genes.
 Current dominant meme: *What is good for me, my family, and my tribe for now?*
***Required new meme: *What is good for my tribe and your tribe for now and the future?* The one sentence meme that would end blaming, shaming, and war!**
55. Animate life: differs from inanimate by containing a creative energy factory
56. ***Innate qualities (impulses) of the first cell and all animate life:**
 (1) **Impulse to multiply (procreate)**
 (2) **Impulse to diversify and become increasingly sophisticated**

(3) Impulse to direct the products of energy (especially “love” and “hate”) to benefit the highest level of complexity to which it becomes a part

57. Mental museum: the collection of behaviors prewired in our subhuman animal brain that previously worked to preserve life throughout 3½ billion years of life; instinctive behaviors that respond automatically and effortlessly to challenges.
58. Virtue: a quality(s) considered morally good in a person
59. Beauty, perfection: a rewarding quality to the mind or senses to be sought after
60. Perfectionism: refusal to accept any standard short of perfect, usually leading to misery
61. Bisexual: when procreation and reproductive organs are within one individual
62. Unisexual: when male and female organs are in separated into genders and require mating to procreate.
63. Masculine energy: the love of power and instinct to compete for harem rights and protect progeny; equipped with muscles, creates millions of seed/day
64. Feminine energy: the wisdom of unconditional love and instinct to attract seed and nurture progeny to maturity; equipped with breasts and uterus, eggs at birth
65. male/female: *either/or* labels we use that identify genders as separate and distinct
66. *he-she* and *she-he*: new symbols that more accurately convey each gender has masculine and feminine hormonal energy but in different degrees
67. Philanthropy: desire to promote the welfare of others; especially via physical wealth; love of humanity
68. *Quantum physics* describes energy at the smallest subatomic levels: when we create “a”, we also create “b” ... its inverse; “up” energy creates equal “down” energy; a coin has two sides, a “head” and a “tail” (its back) that are connected; creating “love” energy for someone/something creates an equivalent “hate” energy for whatever threatens who/what we love. For example: When I love “John”, I automatically hate what threatens John ... disease, war, and death.
69. Muscle, money: a source of power; money is a symbol for mindless power. Power of itself lacks wisdom. It may be used to heal or harm.
70. Material-physical wealth: money, fame, titles, greed; power lacking morality
71. ***Mental-spiritual wealth: nonphysical, conceptual values that benefit the greater system of which we are a part; HELP (Happiness, Enough, Love, and Peace)**
72. Wellness: A sound state of mind and body
73. The Ontological Argument: Every effect has a cause; every cause is preceded by an effect; If we continue backward there must be a first Uncaused Cause which is the powerful Creator of all else; proof of the existence of a first Uncaused Cause; This assumption is attributed to Saint Anselm who discovered the scientific method and proclaimed it proof for the existence of God.
74. Asymptote: a mathematic formula here proposed to more accurately reflect our story of who we are than our tribal patriotic, religious, and political symbols. An

asymptote is a curve that draws increasingly nearer to a line without ever touching it. Let's now look at an asymptotic curve and assign meaning that turns on the immense power of knowledge:

The horizontal line represents time and the vertical line indicates increase in human knowledge.



Knowledge of cause-and-effect relationships is the means by which we increase our power to influence our *self* and all that is about us. This simple chart illustrates that we have evolved knowledge very slowly until the introduction of the scientific method. The timeline could begin with the first life on earth, 3½ billion years ago; or with the appearance of intelligent humans circa 150,000 years ago; or our ancestor's invention of sophisticated language, which inspired a quantum leap in the growth of civilization some 50,000 years ago. Wherever you begin the timeline, the observation remains the same: the line representing knowledge was almost flat until the popularization of the scientific method about 300 years ago. The further back we go, the flatter the line, indicating the growth of knowledge was virtually imperceptible. Our ancestors were intelligent but they had limited knowledge. Notice that the dramatic upturn of the curve representing increased power that comes with knowledge began recently. We dramatically increase our power in shorter and shorter periods.

The introduction and proliferation of weapons with ultimate destructive power is occurring NOW during our very own instant in historical time! The tipping point – do or die – is here but we fail to realize the danger. As we make ourselves increasingly powerful creators through the asymptotic growth of knowledge, we change the world in other ways. For example, the dramatic increases in our general and prison populations grows in an asymptotic pattern similar to our frenzied growth of power. Meanwhile, we have barely changed our way of thinking. We fail to recognize the consequences of creating constructive and destructive power in such rapidly diminishing periods of time. The purpose of this stren is to make ourselves aware so we can take urgent preventive action by adding wisdom to knowledge.

75. Placebo, “to please”: a substitute for an active therapeutic ingredient. Short term benefits are commonly related to the degree the subject assumes the placebo is powerful. Benefits are often sustained when the assumed power is not dangerous. When the issue is actually dangerous, short term gain is followed by long term pain.
76. Symbols (words and icons): signals to call forth emotion, i.e. energy for change
77. Civility/civilization: advanced human social development; respect, courtesy
78. Zero sum game: a contest where the outcome is a winner who takes all and the losers are bankrupt
79. Democracy: government of the people, by the people, for the people
- (1) Capitalistic democracy: Like monopoly, the outcome is a zero/sum win/lose game where one player or tribe wins the wealth leaving the losers bankrupt. Favored by our inherited *either/or* animal brain way of thinking that perceives data in opposing categories.
- (2) Synergistic democracy: Cooperation for win/win outcomes; citizens contribute their creative energy for the benefits of all tribes and the whole system. Favored by our newer way of *both...and* thinking that focuses on similarities
80. Ego-syntonic: positive emotions when events support the worldview we acquire from others. Examples: A motivated suicide bomber anticipates rewards in the hereafter for doing a beneficial act; prior mentors influence whether we are pro-life or pro-choice.
81. Ego-dystonic: negative emotions when events oppose the worldview we acquire from others (instinct and tradition): Examples: We resist suicide as instinct and society value the preservation of life; prior mentors influence whether we are pro-life or pro-choice.
82. Autosuggestion, hypnosis: the animal brain is easily directed by authority. Example: a herd of sheep can be controlled by the bark of a dog; a country can be influenced by a single dictator. Respect for authority is often mindless until we learn to assume personal responsibility.
83. Ontology recapitulates phylogeny: a fancy tongue-twister to express that development progresses in stages that trace our evolutionary history
84. War: Harmful confrontation between tribes to establish dominance, usually for scarce resources and/or a tribe’s ideology
85. Win/lose: the intention of our animal brain’s *either/or* way of thinking
86. Win/win: the intention of our genie organ’s newer *both...and* way of thinking
87. Lose/lose: the outcome of abusive use of power in the absence of wisdom
88. Conflict resolution: the means to resolve differences; traditionally by harmful *win/lose* confrontation; more productively by negotiation where each party experiences fairness
89. Hans Selye: Endocrinologist introduced general adaptation theory

- (1) Stress: pressure that incites physiologic change
- (2) Strain: the body's response to stress, mental and physical
- “Adopting the right attitude can convert a negative stress into a positive one.”
- “Man should not try to avoid stress any more than he would shun food, love or exercise.”
90. Oneness: awareness that we are all connected within the larger system of which we are a part
91. Greed: insatiable desire for more than “enough”
92. Enough: the material-physical and mental-spiritual requirements to survive and thrive
93. *Gratitude: being thankful and appreciative for what we have; focusing on the full part of the glass
94. Chronic enthusiasm: the most powerful two words that lead to success
95. Peanuts: comic strip character, “*Happiness is a state of mind.*”
96. *WIP, work-in-progress: evolution; the Story of Us; to convey we are more than static *human beings*; we are dynamic *humane becomings*
97. * $E=mc^2$: the formula that expresses energy may be converted from physical mass, and the reverse; physical mass may be converted to energy
98. Epigenetics: the revolutionary discovery by Bruce Lipton that genes/DNA are not immutable. Mental energy (symbols) can influence DNA/genes, our biology, and the way we think.
99. *Symbols: Words and icons are signals capable of eliciting energy, emotion, and physical action. Symbols are a source of physical power for humanmind
100. Stories: Symbols linked together create imagination, motion pictures that awaken our genie organ to multidimensions of past, present, and future. Stories that accurately resonate with The Law empower us to predict the future with a high degree of accuracy.
101. Reciprocity: When separate sources combine their energy synergistically, the power is greater than the sum of the individual power
102. Friendship: Bonding for mutual benefit create reciprocity; a step toward higher level unconditional love
103. Denial: The instinctive usually unconscious mental mechanism to protect behavior that has been hardwired to work in the past; to avoid discomfort by staying within one's comfort zone; like a thermostat
104. Synergistic: cooperation to produce mutual benefits greater than two combined
105. Peace center; Office of the Future: proposed by Barbara Marx Hubbard and others to collect and disseminate what works to make a better world
106. HELP room(s): proposed facilities designed to promote education, friendship, comradery, and education in the HELP qualities essential to survive and thrive.

107. God, deity; *Uncaused or First Cause*: a supreme force, ruler and creator of the source of moral authority; *The Law*
108. The Supreme Law of Orderliness and Predictability (*The Law*): the one set of rules that governs everything, inanimate things and all life...Einstein
109. The scientific method: the expression of The Law that establishes an orderly universe; Truth; cause and effect; a source of power as humanmind increasingly becomes consciously aware and resonates with The Law
110. ***Assumptive world: the private collection of beliefs one relies on to interpret data and direct behavior; People are not disturbed by things, but the view they take of them...Epictetus.**
111. War: a sustained effort to end a conflict usually by the use of force; the outcome is often temporary peace
112. Justice: the fair and reasonable administration of The Law of O & P
113. Sentient: ability to perceive and feel reality in higher level species
114. ***Conscious awareness: the ability to transform physical reality into conceptual mental-spiritual reality in higher level animate life**
115. Material-physical reality: the interpretations of substances in our world by organisms with conscious awareness
116. Mental-spiritual reality: the interpretations of conceptual (non-physical) spiritual Truth by organisms with conscious awareness; adding imagination of conceptual reality to physical reality
117. His story: history described with a bias of masculine energy to the love of power
118. ***Our story: history described as supported by fact based evidence; most likely to resonate with the Supreme Law of Orderliness and Predictability; synergy between masculine love of tribal power and feminine wisdom of global love.**
119. Truth: reality that conforms to The Supreme Law of Orderliness and Predictability
120. truth: one's personal assumed interpretation of reality according
121. Symbol: word(s) and icons (viz. flags) that signal emotion and energy for action
122. Sex: stimulation of the *genital organs* usually for pleasure and/or procreation
123. Suprasex: mental pleasure and creativity above our genitals by stimulation of the *genie organ*; mental orgasm at the moment of insight (term created by Barbara Marx Hubbard)
124. Rationalization: an assumption that distorts Truth to preserve comfort; manipulating facts to serve emotion
125. Hypnosis, autosuggestion, mind control, propaganda, false news, brain washing: symbols that express the use of mental power to control emotion by pow
126. ***Denial: an unconscious mental mechanism of self-deception to avoid discomfort; common in all addictions**
127. Lie, lying: intentional not telling the truth for benefit or to avoid discomfort
128. Picture, snapshot: a static image or symbol to represent current reality

129. Movie, motion picture: a series of images to express stories past, present, and future

130. ???: newer updated symbols that promote mental-spiritual morality and wisdom will be added and existing ones may be modified as we expand our enlightenment of The Supreme Law of Orderliness and Predictability, Truth.
