

# Quality Brain Work in the Workplace

## Introduction

Science has progressed sufficiently to release the vastly dormant human brain into increased intelligence and creativity. Workers can self--release the 3/8 bulk of passive frontal lobes on the job. The method increases production, efficiency and quality. The Japanese have a head start into motivating workers to flow with the job as a natural and satisfying gusto of living. Where the American workaholic furiously rams the job--provoking personal stress and quality decline--the Japanese work-lover glides with the endless curiosity and interesting-ness of creation to generate personal happiness and quality perfect ion.

## Japanese & American Contrast

The difference in worker attitude is the difference between company success and failure in the competitive world market. This difference in self-value and work attitude can be associated with various polar parts of the human brain As neurologists are discovering the functions of different organs and tissues within the brain, they are identifying the values, motives, attitudes and behaviors generated in these locations. They also are increasingly fascinated and puzzled over the remaining mysteries--the remaining Asilent areas.” The human brain is vastly dormant.

The Japanese culture encourages each individual to seek enlightenment through work. The consequence is funda-mental to the Western industrial process. The Zen work ethic is evolving in a direction more futuristic than the Calvinist work ethic. The motivation for the Cavlinist pursuit of primary profit is grim ego self-interest. The motivation for the Zen acceptance of secondary profit is joyous, egoless naturalness.

The Japanese Zen culture goes back to the twelfth century A.D.. Within this tradition, the individual defines personal identity as part of the larger, cooperative universe, the ATao.@ The individual is guided from the grasping ego of childhood into a non-grasping vision of a higher, ultimate good. An attitude emerges which causes bliss. The individual feels unified from within and toward everyone and everything in one--pointed awe. The flowing person feels a nonattachment to ego. The infantile grasping for AMeeee!@ diminishes as intelligence matures. The delight of a simply being here-and-~now infuses each action with

a mystic meaning as it unfolds spontaneously within this mystery of being

Reality is A Yin and Yang," the seeming contradiction of opposition and cooperation. Perfection is the balancing of competition with cooperation to form a new harmony. Thus, each action on the job causes a Yin/Yang curiosity, imagination and wonder through the playful child mind being reborn each second in adult wisdom. The worker feels a special kind of Avirtue power@ each day at work as the job unfolds synergistically along with the economy organized from within toward the individual. It becomes part of the home family and the home family becomes part of the work family. Competition and cooperation are balanced. It all is according to the ultimate reality: nature. The stress less, emotional comfort release--natural intelligence, creativity and intuitive wisdom applied to an endlessly intriguing job (Watts).

Such a state of consciousness gives the individual the satisfaction of a secure home, a supportive family and a cooperative community simultaneously in universe, nation, and workplace. The Japanese government, social system, educational system, economic system and corporation are integrated toward the oneCpointed development of the individual (Vogel). Being at peace internally, the person focuses the oneCpointed awareness of reality externally on the economic job. Perfection is the goal. Ten-Sbus and conflicts are re-balanced into consensus. Quality production is the result. The success is measurable in the American marketplace.

In behavioral experiments, preliminary evidence indicates that these quantities and qualities of higher rationality and higher purpose are computed in the frontal lobes (Lingo).

In the West, human motivation research into the causes of economic excellence and in excellence has not yet utilized basic neurophysiology. While the old axioms of psychology, stress-management fads are being reshuffled to find blame for America's inadequacies, a new development for scientifically releasing human potential and expanding economic logic is emerging. The American main chance is to create work environments within which workers equate their own human growth with the growth of company production and quality. By releasing dormant brain poten-tials on the job--as a specific point of company policy, compared to the randomly proper but factually inept experiment being performed in Japan--American workers will discover that the emotional and spiritual delectation from such personal growth is an integral part of company production. As the worker works to improve him/herself toward perfection, then the excellence of the product will also improve.

The fundamental brain mechanism is known sufficiently through genetic, neurobiological and anthropological re-search to describe how it works. A past experiment in the Denver area taught workers to master the technique of brain self--control on the job. Once the

mechanism was understood, individuals self-triggered the release of staggering reservoirs of energy and mental capacity. Emerging automatically was a step-by-step progression of instant gratifications (Lingo).

The mechanical inefficiency of the human brain is caused by its grand dormancy. The wageworker's motive to evolve biologically/intellectually is the same as the motive to produce economically—to avoid pain, to seek pleasure.

One of the self-evident truths for managing a modern business is the humanitarian one—worker satisfaction. Is the individual production worker, technician, office worker and manager fulfilling his/her personal ambition? Japanese management feeds these needs. American management is trying, somewhat. These values have entered American industrial awareness through programs like Transcendental Meditation, Erhard Seminar Training, Yoga and Scientology. Parts of these programs have entered some corporations. The meditation break is as acceptable as the coffee break. But these programs are not yet grounded in scientifically verifiable facts.

## **A Scientific Approach**

Paul MacLean (1975) coined the neologism *ATriune brain* to change our perspective of the human brain's potential for destructive, as well as creative power. The triune brain is three brains in one, each anatomically separable and chemically distinct: the reptilian, old mammalian, and neomammalian. These three brains might be thought of as biological computers, each with its own peculiar form of subjectivity and its own intelligence, its own sense of time and space, and its own memory, motor and other functions (MacLean, 1972).

Our oldest brain is basically reptilian, and all indications are that it programs stereotyped behaviors according to instructions based on ancestral learning and ancestral memories (1968, 1969). Such genetically constituted forms of behavior include selecting home-sites, establishing territory, engaging in various type of play, hunting, homing, mating, breeding, imprinting, forming social hierarchies, and selecting leaders (MacLean, 1972). The reptilian brain also seems to be bound by precedent, based on the reptile's/human's tendency to follow a round-about, but proven pathway, or operating according to some rigid schedule (MacLean, 1972) The ~present form of work in America seems to demand that this region of the brain be used extensively/inclusively, especially in modern day factories.

MacLean also brings up the question as to how reptilian proneness to imitate is relevant in

human affairs, to mass hysteria, mob violence, and the adoption of fads and fashions. The reptilian brain behaves as though it were neurosis-bound by an ancestral superego, lacking the adequate neural machinery for learning to cope with new situations@ (MacLean, 1964).

The old mammalian brain, in addition to performing olfactory function, also plays a major role in elaborating emotional feelings that guide behavior with respect to the two basic life principles of self-preservation and preservation of the species (1958, 1959). Such behaviors as feeding, fighting, and self protection are specified. The paleo-mammalian brain, or Limbic brain may, according to MacLean (1972), give rise to :(1) disturbances of emotion and mood; (2) feelings of depersonalization; (3) distortions of perception; and (4) paranoid symptoms. The neo-mammalian brain has the capacity to manipulate the other two layers/brains in extremely subtle ways: to conceive elaborate plans, to imagine the unseen, to scheme and connive, to generate and recognize signs and symbols, to speak and understand what is spoken. Under normal conditions the outer layers modify, and sometimes reverse the more primitive responses of the inner layers. But a very interesting event occurs: ADuring periods of stress, the highly sophisticated outer layers may encounter computational overload and become confused or paranoid@ (Albus, 185), and pass the work onto the more primitive layers. This would seem to indicate that while working within a stressful work environment, that the work is primarily driven/performed by the older reptilian brain. The problem before us now is, as MacLean would put A. . .to inquire how the brain gets out from under the domination of the narcissistic, existential olfactory sense, to be altruistically guided by the futuristic, visual sense.@

By contrasting MacLean's triune brain theory to Maslow's hierarchy of needs, it is easy to see what aspect of the brain covers what mode of motivation. Physiological and safety needs are under the influence of the reptilian brain. Love needs also seem to fall under the reptilian brain. The reptilian component of love needs are clearly illustrated when Rokeach states that the individual will A...hunger for a place in his group@ (p.89). He then turns to a child's love needs and states that U children seem to thrive better under a system that has at least a skeletal outline of rigidity, in which there is a schedule of a kind, some sort of routine, something that can be counted upon...@ (p.86).

Self-esteem, self-actualization, desire to know and understand, and aesthetic needs all seem to be located in the higher brain orders, the latter three predominantly in the neo-mammalian brain. Satisfaction of the self-esteem needs leads to feelings of self-confidence, worth, strength, capability and adequacy of being useful and necessary in the world. But thwarting of these needs will lead to feelings of inferiority, weakness and helplessness (Rokeach, p.91). Self-esteem needs should not be based upon the opinions of others, but rather on real capacity and adequacy to the task (Rokeach, p.92). I-t should be based on deserved respect rather than on fame and respect.

The need for self-actualization is basically the need for self-fulfillment and becoming what exists in one potentially. Associated with this is the need to know and understand, which includes impulses to satisfy curiosity, to know, to explain and understand. Psychologically healthy people have a defining characteristic, are attracted to the mysterious, the unknown, the chaotic, unorganized and unexplained (opposite of the reptilian brain) (Rokeach, p.94). Rokeach's work also supports the overload theory, and how environmental stress will force the individual to compensate by regressing into lower level reptilian brain. The psychopathic personality shows A. . .a compulsive and anxious clinging to the familiar and a dread of the unfamiliar@ (p.95), or they may show the complete opposite, forced unconventionality, and a chronic rebellion against any rebellion whatsoever (p. 95).

Through both objective and subjective data, Rokeach implies that while the individual may possess an innate drive for the curious, knowledge and creativity, the workplace seems to produce the opposite effect. Again, in eluding to children he says that they do not have to be taught to be curious, or in relation to aesthetic needs, A . . .they crave actively, and their cravings can only be satisfied by beauty...It is seen almost uni-versally in healthy children@ (p.97) He further states, AI have seen a few cases in which it seemed clear to me that the pathology (boredom, loss of zest in life, self-dislike, general depression of the bodily function, steady divorce of the intellectual life, of tastes, etc.) were produced in intelligent people living stupid lives in stupid jobs@ (p.95).

With both Rokeach's and MacLean's data, several conclusions can be drawn: (1) Humans are driven by three different components of the brain and several motivational drives; (2) Humans by nature are curious, creative, loving, seek the beautiful and have a quest for knowledge, but by various forms of cultural indoctrination and work place environments, these characteristics are suppressed or extinguished. As a result, we function primarily under the reptilian and paleo-mammalian brain without fully realizing our full potential of the higher brain centers.

The cortex A bark@ is the locus of refined intelligence and decision making. Yet, there are Asilent areas@ through-out its surface. In addition, if the 1/6th inch thick cortex is peeled away from the front to the back, the basic, blind animal within us still functions. An amazing insight into the dormancy--and thus, into the greater availability--of the cortex was presented recently by John Lorber, of Sheffield University, England. He reports that in 600 hydrocephalic patients, within whom recent parts of the brain were dissolved by spine fluid backing up into the skull, many continued to perform normally despite their serious loss. An honor student of mathematics with an IQ of 126 remains socially competent. This indicates that our revered A thought@ and A intelligence@ is not as much a product of our recently evolved neo-mammalian brain as it is of our paleo-mammalian and reptilian

brains. The rationality which blossoms the current economic system, company policy and production worker innovation is rooted in the same deep, which first computed fire for our naked patriarchs. To use this archaic mechanism to crank out the thought which solves the problem of economic deterioration--Was well as the problem of forfeiture of the whole human enterprise via intercontinental ballistic missiles--is quaint.

Conversely, this emphasizes the enormity of the dormancy which awaits humanoid discovery and development. The available new revitalization of the economy and society by accepting the genetic gift of dormant brain release is beyond today's imagination.

Preliminary experiments are finding out that the frontal lobes are the locus of the ancient and venerable Anirvana, satori, Samadhi, kensho, moksha, and born-again@ transcendence experience. Students specifically taught to self-release this super physical phenomenon by the way of neurophysiological shortcuts--through a method which self-controls the brain mechanism--subjectively report the peak mystic climax to be felt overwhelmingly in the frontal lobes (Lingo, 1976).

The frontal lobes of each production worker, technical, office worker and manager are waiting to be used for lower costs, higher productivity and perfect quality. The key to self-release of the dormant frontal lobes is the amygdala. It is an almond-shaped-and-sized chip located deep within the limbic system of the paleo-mammalian brain. The amygdala is connected directly to the frontal lobes, as well as to the paleo-mammalian and reptilian circuits. The amygdala is a click-switch. It is culturally conditioned to shunt consciousness back into the reptilian brain to compute regressive defense and attack thought and action. It also can click consciousness forward into the frontal lobes to compute progressive thought and action (Lingo, 1979).

The click-switch function of the amygdala was first reported in 1955 by D.C. Heath, who electrically stimu-lated that organ during open surgery on an awake human patient.

In 1969, Graham Goddard learned more of this function when he parametrically stimulated the amygdalae of mice with electroprobes to cause chronic Aconvulsions.@

In humans, conventional Freudian theory has identified childhood traumas as the single block to greater adult growing up. But this method is too slow and too expensive. The ordinary production worker cannot afford this technique. Some form of mass multiplication must be discovered.

From 1959 on, neurosurgeon Wilder Penfield reported that the temporal lobes were the locus of repressed child trauma memories and the hippocampus was the locus of repressed

infant ~-trauma memories. He stimulated these with electroprobes during open surgery on awake human patients.

The theory to this point is that electrical stimulation of the temporal lobes and hippocampus will cause repressed memories to rise so they can be discharged by means of a suitable form of therapy. The difficulty for mass multiplication is that not everyone has access to a neighborhood brain surgeon or has the audacity to jab car battery cables into each ear. But in 1975, Bernard Glueck and Charles Stroebel reported that focused meditation had the same effect as electroprobe in that it (stimulated inner brain organs to release their repressed memories.)

The theory now is that focused meditation aimed at the temporal lobes and hippocampus in proper sequence systematically releases the gradient of memories which block evolutionary growth. But merely releasing a frozen terror memory from childhood is not to discharge it. To bypass the slower, more expensive methods of oneConCone therapy, a trauma discharging proceeding needs to be instigated.

The working hypothesis is: Any self-motivated individual, it judiciously using focused meditation, systematically can release repressed child trauma memories stored in the temporal lobes and repressed in trauma memories stored in the hippocampus. These confusions, pains and fears are discharged by a procedure of selfC therapy on the job without decreasing production or efficiency. This bound energy of neurosis cumulatively is turned into free energy, automatically shunts into the amygdala, clicks the amygdala forward into the frontal lobes and causes the nirvana/bornCagain transcendence experience (Lingo, 1978). Increased intelligence and creativity increase production quantity and quality.

## **The Workplace Workbook**

### **The 1-Principle**

Do unto others as you would have them do unto you. (Ignore the gag: AYeahhh, and do it first! And twice as hard!!)

No amount of money is worth compromising your personal integrity or stopping your personal growth. Be an optimist . With proper interpersonal sensitivity in the Work Place,

Work Mates honor the 1-Principle (the first one )

Tension is the unconscious animal defensiveness which you feel emotionally when someone or something forces you to NOT continue your personal growth into your infinite potential.

Stress is the conscious animal defensiveness and desire to counter-attack which you feel intellectually against someone or something blocking your personal freedom to grow. When you cannot freely counter-attack against boss-the back of your brain, where your animal instincts are computed, cramps into stress.

The 1-Principle Game: Snap fingers or click tongue. This signals the forgetful person: AHey, Friend! You're getting too much into your self. You are forgetting about

~.z integrity and dignity . Don > t abuse my human rights. Your behavior is beginning to cost me too much time and energy away from my work. You are forcing me to create too much defensive thought and emotion against your personal needs. Please balance your Self. Please look in your mirror and see what you are doing. Be a genius. Compromise. Try the middle-way. I like you, but please bring the harmony back between us, huh?@

Harmony is the secret of the happy office, just as it is of the happy life.

## **The 2 Goals**

1) Company profit;

2 ) Personal growth.

If this company does not earn ~ profit, no salaries can be paid.

If this company does not teach each of us within it how to continue our personal growths into our whole brain potentials, we become nothing more than stagnant work machines. Other companies with happier bosses and employees create greater production efficiency and take our cash customers away from us.

If this company earns a profit, salaries and bonuses are paid.

If this company teaches boss and workers how to feed personal growth simultaneously with doing the work which creates the profit, then everybody profits human-istically. Everybody gets more apples.

## The 2-Goals Game

- 1) What can you do to improve the intelligence and efficiency of your job to increase the profit of this company, thereby causing the company to give you a proC portional bonus?
- 2) What can this company do to increase your personal growth in harmony with your job, thereby giving the company lower turnover and higher productivity?

## The 3-Emphathies

- 1) Put your Self in the other person's head whenever necessary.
- 2) See the other person as she sees herself/himself; day and night.
- 3) Talk to the other person's needs while explaining your needs.

Sympathy means I intellectually see your inside need but I stay outside of your emotional feelings. Empathy means I go inside your need intellectually and emotionally. Empathy puts me inside your head whenever you have an overwhelming problem and you need a friend to help you solve it.

Empathy is shared only among friends. Empathy worms under the hard crust of professional efficiency to allow the soft flow of friendly help to happen. Empathy makes the small office a humane place within which the hard-crusted professional efficiency still can be pursued to perform the service for the customers and to receive the profit from the customers.

Empathy is a tapeworm if it rots into one person giving all the giving and the other person receiving all the receiving. Empathy is not dangerous when it is balanced giving and receiving. Empathy is wisdom. The Empathy Game

When I touch my nose with my finger and look straight into your eyes, I am telling you that I am inside your head. I am your mirror. I see you as you see your Self. I feel you as you feel your Self. I now am talking to your needs first and to my needs secondly, or not at all.

## The 4-Needs

- 1) To feel respected in the job being done;
- 2) To feel un-bored, intensely interested, in the job being done;
- 3) To feel comfortable/curious/imaginative/friendly with Work Mates;
- 4) To be rewarded properly.

Each family has a dominant parent who leads the way so that the family avoids hunger, poverty, disease, and unhappiness. The boss of the Work Family makes the complex decisions which keep the customers coming in so that profits are made and salaries are paid. The work comes first. It must. But after that, human needs come second. They must be satisfied. In the intelligent, humane Work Place, company needs and personal needs are balanced. Harmonized. One helps the other.

## **The 4-Needs Tools**

1) Ding-Ding Bell. When you feel a lack of respect, or misunderstood, or stressed, tap the small dingCding bell in the office. Whoever is first to ask you, AHey Hawk! What's buggin you!?!@--so that you can vent your brain pressure and get back to the Job with clear thinking--gets to pick out a toy or a candy from the love bowl we keep filled in the office. (What kind of a second bell or sound can be whacked to say, AHelllooooo...I just feel happeeee workin todayyy!?, or, AGood MORNIN!! Twitter twitter chirp chirp--you should know what happened to last night! ! !A?)

2) Blackboard. Whenever you feel uncomfortable or tense with another person's talk or behavior or attitude and can't quite put it into words, scribble your feeling on the blackboard in the toilet. This will get the talk started so we all can relieve the increasing stress.

3) Corkboard. Each Monday fill out a 3 x 5 card:

AThis week I need from you Work Mates." Your itemized needs will indicate your deepest churnings and will allow others to adjust their needs to yours. This will decrease stress and increase harmony.

4) Family Meeting. Let us share a short, formal, weekly session to explain personal problems in the Job and to stimulate consensus solutions. Let us plan greater Job security and personal growth. This re-integrates each diverging individual into converging Work

## Family harmony. The 5-Growths

- 1) Physical--health & pleasure
- 2) Intellectual--learning nurtures curiosity and imagination
- 3) Emotional--transcending negative moods into positive joys
- 4) Spiritual--transcending ego into the mysteries of life
- 5) Family--trust, cooperation, support, help, sharing, peace

The to improve brain function and to increase neural efficiency is via the 5-Growths. This causes you to zoom. To soar.

Because so few people have transcended into whole brain power, all people are under stress. The stress is caused by the genetic drive; by the genetic intelligence forcing growth. But the stress causes pain. Pain causes defenses. Each of us has developed defenses against the inside pain and the outside pain. These defenses create our basic personality. A personality is an armor of defense mechanisms protecting the individual against repressed inner pains remembered from childhood and expressed outer pains felt in the adult world. Simply by self-releasing one's own self-defense mechanisms and discharging the repressed child pain memories, this newly freed energy self-circuits into the dormant frontal lobes and self-releases the Anirvana, born-again@ transcendence. The work to self-release one's own self-defense mechanisms, to discharge repressed child trauma memories and to experience transcendence can be done in the Work Place; on the Job. It can be done without diminishing work production efficiency. It can be done to increase work production efficiency.

- 1) What physical self-therapy and growth can you create for your Self while doing the Job?
- 2) What intellectual learnings can you discover to improve your personal growth while improving your production on the Job?
- 3) What emotional deepening and widening can you practice while enriching your personality toward your Work Mates?
- 4) What spiritual discoveries do you make between your Self/Job?

5) What kind of Work Family are you forming with Work Mates?

## The 6-Deaths

1) Confusion

2) Pain

3) Fear

4) Lovelessness

5) Meaninglessness

6) Hopelessness

The 6-Deaths cause a child to repress the memory of each trauma behind a self-defensive quirk. An iron mask. The child grows into an adult. Rigid. The adult displays a personality of complex, self-defensive quirks used to cover up the memory of each child trauma. An iron body. When 2 such rigid, self-defensive personalities collide with each other, they cause conflict and stress. Robot clanking robot. If the collision takes place in the business office, the professional work is injured. War. But if the cause of the conflict and stress is cured, the professional work is enriched. (Yea!) Do this homework into your 6-Deaths only at home because it is too emotional and too disruptive and too snotty to do in the Work Place.

## Self-Diagnosis

1) What memories do you still hold from childhood of confusion, pain, fear, lovelessness, meaninglessness, and hopelessness received from parents?

2) Write these down in your self-therapy notebook. Putting a trauma on paper releases it from repressed, unconscious hiding, where it poisons all other good thoughts and good emotions. Writing brings it up to conscious awareness where it can be discharged more easily. Like stomach gas.

3) Interview (with tape recorder?) parents and relatives who can tell you about still deeper, unconscious traumata from earlier ages.

**Act-I:** Act-out a chosen trauma memory precisely as it happened. Relive the episode. Re-be

your child. Re-ex-perience the pain while your parent dominates you and creates the injustice which hurts you. Use full emotion of screaming, crying, vomiting. This transfers the trauma from shallow intellectual understanding to deepest emotional knowing.

**ActCII:** ActCout the episode again, but this time your child dominates your parent with your total adult intelli-gence, selfCconfidence and anger. This satisfies your need for justice. Revenge.

**Act-III:** Act-out the episode again, but this time teach

your parent to do everything right and lovingly to you.

Forgive your parent. Give your parent love. Salvation.

Redemption . Re-birth.

## **The 7-Steps Into the Right Hemisphere**

In a right-handed person, the left hemisphere of the brain dominates the personality and controls life. The left hemisphere computes the speaking of words, logical analysis and straight-line reasoning from A to Z. The right hemisphere is mostly dormant. If it can be awakened, it computes non-verbal, artistic, intuitive, dancing, flowing, non-linear love patterns. The left hemisphere is the druc~eside of the brain--the survival side. The right hemisphere is the fun side of the brain--the pre--transcendence side, the child playsie funsie gamsie side. The genius side. The right hemisphere can be self-released in the Work Place.

The method is to pour 1 minute of child playsie funsie gamsie into your right hemisphere and it will pump back 1 hour of artistic, scientific-inventive, intuition-insight problemCsolving. It is like priming a farm pump. You pour in a little water to get it started and it gives back to you a lot of fresh water. The human brain simply works that way.

The 7-Steps work when they are based honestly upon the 1-Principle, 2-Goals, 3-Empathies, 4-Needs, 5CGrowths, and 6-Deaths. Do the 7-Steps without threatening or injuring the Job; without irritating or insulting the private integrity of others.

- 1) What parts of the Job can be done backwards, up-side-down or in-side-out as child wit to dissolve boring routine into interest?
- 2) Which tools of the Job can be transfigured via imagination into which

toys to play which special games following which esoteric rules?

- 3) Which home toys can be brought into the Work Place to increase production efficiency along with self-therapy and self-growth?
- 4) Which games are best played silently and privately? Which can be shared with Work Mates? With customers?
- 5) How can the Work Place be transmuted creatively into Play Place to increase work production, efficiency and happiness?
- 6) How can a Work Mate be transcended into a Play Mate?
- 7) What is the 7th question~~

## **The 8-Creativities**

- 1) Speech Learn a new word from the dictionary every day and use it on the Job in as many clever ways as possible. Listen to a tape recording of your voice.

Control your diction magnificently. With charming, subtle way can you radiate your telephone voice without being phoney? What does elocution mean? How can it enliven an office? Which drama character can you enter and be naturally through a day?

- 2) Intelligence. Share a new knowledge each day. An idea, a phrase, a wisdom, a newspaper paragraph thumb-tacked to the corkboard. Discuss books at lunchtime. Create a study group to study a single book systematically together.
- 3) Art. Share an exciting, life-enhancing art form each day...a picture, a poem, a sculpt, an oration, a flower, a music, a dance created from the Job.
- 4) Emotion. Invent artistic ways of communicating emotional insights into Life on the Job. Design a pegboard with each hole a gradation of emotions into which each individual puts her/his color pegs. How can different colored strings increase the message? What other toys and art forms can you invent from your right hemisphere to communicate more humanistically into

the left hemispheres of office robots?

- 5) Etiquettes. Which ones can you invent for each routine office function and emotion? To dissolve boredom? To flee with glee? Create, formalize and practice an etiquette which dissolves a stress confrontation into a smiling withdrawal and reCapproachment with grace and dignity.
- 6) Rituals. Which ones can you invent for each day of the work week, work month and work year to enrich the status, dignity and nobility of each Work Mate? What formalized, automatic system can you invent like Boy Scout Merit Badges, to motivate Work Mates to pursue learnings and growths which are respectfully rewarded and genuinely honored?
- 7) Lunchtime Beauty Walk. City is not Life. Primal nature is Life. Life is the ultimate meaning. Each day is reborn into a higher truth, beauty and goodness if a new wonder of primal nature is contemplated in awe. A tree. A flower. A blade of grass. A snowflake. Contemplate totally. Meditate. Open your deeper reservoirs of sensi-tivity and enthusiasm. It circuits forward toward dormant frontal lobes; toward transcendence.
- 8) Telepathy. It is genetically encoded into each brain-Cin the dormant frontal lobes. Play with it. Such play automatically opens the circuits. Observe telepathic Acoincidences@ happening. Practice zapping messages toward each other in cooperative flow. Try auras. Try clairvoyance. Try pre-cognition. Accept the free gift of your normal paranormal powers.

## **The 9CCriticisms**

What are your 9-Criticisms of your Work Mates? Your Work Place? Be kind. Be gentle. Be constructive, not de-structive. Remember the 1CPrinciple.

- 1.
- 2.
- 3.
- 4.

5.

6.

7.

8.

9.

What are your 9-Criticisms of your Self? Your hopes, your dreams, your successes in Life?

1.

2.

3.

4.

5.

6.

7.

8.

9.

What are the 9-Criticisms your Work Mates probably feel toward you?

1.

2.

3.

4.

5.

6.

7.

8.

9.

By anticipating these criticisms you can change your personality and re-start personal growth into finer emotional maturation to be more harmonious with others. Dare you share this sheet with a Work Mate to create a Soulmate?

## **The 10-Harmonies**

- 1) Re-birth into self-transcendence
- 2) Inner peace floating wisely and whimsically above petty trivia
- 3) Perpetual child curiosity and imagination
- 4) Perpetual sensitivity, wonder, awe, spontaneity, enthusiasm
- 5) Growth of personal intelligence with genetic intelligence
- 6) Soulmating
- 7) Love family
- 8) Social intelligence teaching community transcen-dence
- 9) Life work of social significance and interresstinng-ggggness
- 10) Honored old age, secure retirement, perpetual learning, love, death

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