

# Chapter 1

## The Set-Up

Our childhood finally explained! We each begin our world tour as a baby who emerges with no opinions, judgments, preconceived ideas or notions. Everything is all new all the time. Our infant brain operates only in delta wave patterns up until the age of two. The delta wave experience is one of only being able to take information in, while not being able to put information out, to actually communicate the way a baby desires, which leads to frustration. It is similar to emotional water boarding, or reminiscent of a bad relationship.

The first two years are when the hardware and hardwiring programming of the human mind entrenches. This is where the trouble starts, because as of yet, no one knows the authentic nature of the child. Adults, intentionally or not, instill their beliefs on who they think this child is, and what this child should believe. There is no getting around the programming, it's nature's way. All we can do as adults is be cognizant of these facts and adopt an informed way of working with and being with the babies.

Further complicating matters, from ages two to seven, the child moves into theta waves. This is where our imagination

comes into play, along with non-filtered hypnosis, meaning we are highly susceptible to suggestion. Therefore, direct programming continues. It is then that we learn to develop our characters and the roles we will play. In part, it is like a computer, a lot of garbage in and garbage out.

From here, we humans move into the development of alpha wave patterns, which is the beginning of consciousness. This happens between the ages of seven through twelve and is considered pure learning, where our unique self-expression bumps up against vast forms of opposition. Remember how much fun that was? Adaptive skills are now developed and honed in order to try to fit in with others. We began to become who we are not.

Arriving at the age of twelve and moving forward, the ability to focus consciousness is referred to as beta waves. This is when we get acquainted with stress and worry about the past or future, peer pressure, quality of performance, being judged, and all the other fun things that freak us out! Plus, the only coping skills for this are the ones we learned from birth to age seven. We are only as good as our character development and role-playing that we learned in those first seven years.

This is sometimes referred to as, “the little duckling’s imprinting syndrome.” We have seen ducklings following mama duck around, and learning how to be grown-up ducks; how to eat, swim, and honk. Imprinting is how most of nature rears its young. We are no different, and by the age of twelve, our imprinting has become deeply etched as neuropathways into our little brains. These become the foundation of who we think we are, and who we have been told to be. We observe and copy – monkey see/monkey do. Children observe adults, and who knows who and/or what else – doing, saying, behaving hypocritically, and otherwise. All of which is downloaded as

*THE WAY.* These become our personality traits, based on our experiences, as we perceived them.

Our individual self-identity program records the opinions of others verbatim. Remember, there was no developed mind in which to filter, or the facilities to form, opinions of our own. We are hardwired to agree. Also, the programmers' intentions are undetectable while we are in theta, thus the goading techniques to get Junior up and running can cripple him for life. "You'll never amount to anything...what's wrong with you...who do you think you are... you're pathetic ...you can't do that, you're a girl not a boy or, you're a boy not a girl, so act like one," and other such demeaning comments often produce long lasting negative results. While the programmers' intentions were to empower us as children, to give us the strength and tools to take life on, what they really did, however, was give us every reason to become inhibited and hide.

A false self-identity is created through others' opinions of us. Now we know why we worry what everyone is thinking about us. This leads to people-pleasing and all the dis-empowering experiences where we feel that we have fallen short or failed. Now we've become inhibited, and we hide due to the fearful beliefs; or we hide from our perceived experiences that we may not be measuring up to our peers, or others' expectations and standards. Low self-esteem happens where and when we lose our authentic self. Every emotional injury we receive results in another piece of our authentic self that must be hidden away and ultimately forgotten. Beginning to see a pattern?

The conscious mind is home to our individuality, our creativity, and our hopes. It is also the source of our positive thinking; while the subconscious mind is where all of our instincts, habits, and programming reside. The subconscious is also where all of our experiences are

recorded and played back. Thus, we are living a version of other people's lives based on their programming and perceptions. For millions of years people have been programmed, by people, who have been programmed, by people who have been programmed, and so on. So, the good news/bad news is, we have been misinformed about who we are as individuals.

We are of the hive mind until we separate ourselves from the hive. The separation is not easy. Most of our decisions, actions, and behaviors depend on the part our brain activity where approximately ninety-five percent goes beyond our conscious awareness and includes our current programming. We are consciously aware approximately five percent of the time, making it a challenge to break away from the hive. One of the many issues of being one among the hive mind is that a huge portion of our fellow hivers are actually crab people. Crab people have a crab mentality.

### **Crab mentality - Wikipedia, the free encyclopedia**

**“Crab mentality**, sometimes referred to as **crabs in the bucket**, is a phrase that describes a way of thinking best described by the phrase “if I can't have it, neither can you.” The metaphor refers to a pot of crabs. Individually, the crabs could easily escape from the pot, but instead, they grab at each other in a useless “king of the hill” competition, which prevents any from escaping and ensures their collective demise. The analogy in human behavior is that members of a group will attempt to “pull down” (negate or diminish the importance of) any member who achieves success beyond the others, out of envy, conspiracy or competitive feelings.”

The crab people are everywhere and we do not want to be within their grasp! Believe it!