

## HISTORY OF THE GENIE SEMINAR

**The Genie Seminar** is a newer interactional method of education to teach and learn the mental skills, i.e. “strens”<sup>1</sup> we require to survive and thrive. During each seminar, small doses of the required strens that elevate our thinking are presented via a script, audio, video, or short live presentation. A group facilitator is prepared through simple pointers to lead the participants in a safe productive discussion. Members may volunteer to facilitate the seminar. Each meeting will address one or more of the critical basic strens required to establish a newer way of thinking (**ANWOT**) Einstein told us we require to create sustained world peace. Once the essential core content is covered, the genie seminars serve to introduce original strens of the members own creativity, those proven by others to be effective, or the repeat of core curriculum strens. Members bond, provide mutual support, trust, and friendship in the course of meetings. These important secondary benefits sustain continued participation. The genie seminar is intended for lifelong participation as a means to fulfill universal wants and needs: acquiring practical skills, social engagement, mental stimulation, emotion and moral-spiritual support, comradery, belonging, security and fun.

As has been effectively demonstrated in Alcoholics Anonymous (**AA**), more experienced members assume responsibility for planning and sustaining meetings. Individuals familiar with the core strens serve as mentors to newer members. Behavior is learned in conversations, especially intimate groups.<sup>2</sup> When a person teaches, the teacher often solidifies an understanding of what is being taught more than the person being taught. While AA and its Twelve Step program are honored, the essential Genie curriculum is the 7plus2 formula that accentuates ANWOT and The Golden Rule. Strens that further support happiness, unconditional love, and peace are unlimited. The EC continues to identify those strens proven effective and offers its extensive collection as content suitable for Genie seminars.

**The core EC curriculum** is designed to teach the skills that sustain four universal wants and needs: happiness, unconditional love, peace, and abundance when we create the first three. The essential skills provided via “*the 7plus2 formula*” consist of the seven simple word changes, “*word-switches*,” that create a newer way of thinking and two love-creation skills that teach The Golden Rule. A single physical train track switch has the power to change the path and destination of an approaching train from its predetermined path to the direction and outcome preferred by the engineer. Similarly, a mental word-switch provides us the power to redirect the energy of the predetermined way we think to a preferred path and outcome. The seven word-switches that constitute the “7” of the 7plus2 Formula are sufficient to elevate the predetermined problem-causing instinctive and traditional way we think to the puzzle-solving common sense portion of our human brain.

The seven word-switches that create ANWOT position us to learn the “2” part of the 7plus2 Formula: the two most powerful, yet still secret love-creation skills that teach The

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<sup>1</sup>stren = any concept, idea, knowledge, wisdom, or experience that builds mental strength

<sup>2</sup>See articles on Differential Association by sociologists Edwin H. Sutherland and Donald R. Cressey

Golden Rule.<sup>3</sup> The recent application of the scientific method enlightens us to evolution, the updated story of who we are and what is our mission. Evolution reveals the secret of survival to higher levels of sophistication; it is *Reciprocity*. Each unit must direct energy for the benefit of the larger system of which it is a part; failure to do so results in extinction. The principle of reciprocity is expressed in human language through various iterations of *The Golden Rule*. This “Rule” embraces our highest moral-spiritual intentions: unconditional love, forgiveness, justice, empathy, compassion, and all those conceptual values that make us humane.

The 7plus2 formula is easy to teach and learn. Most individuals can make these core skills automatic and effortless through consistent practice in 30 days, more or less. The rapidly experienced benefits of ANWOT and The Golden Rule are sufficient to create the wonderful life we want and need. However, most individuals will be inspired to deepen and sustain their skills by lifelong participation in the Genie seminar.

Traditional education emphasizes the skills to make a living. The Educational Community (**EC**) curriculum focuses on the strens that create a meaningful life: happiness, unconditional love, “enough” physical sustenance, and peace. We make ourselves mental-spiritual wealth (**MSW**) millionaires by collecting enough strens. MSW millionaires consistently experience a meaningful joyous life even when the world does not cooperate. Material-physical wealth millionaires accumulate money, titles, and power but they often lack the sustained joy and love attained through spiritual wealth. Material wealth can be one means to better education but is not reliable of its self to create the qualities needed for a wonderful life experience. Happiness, unconditional love, and peace that are the true source of abundance are uncommonly taught during the standard 12 years of schooling and it is difficult to find courses that effectively teach the 7plus2 skills.

### **The Inspiration for the Genie Seminar:**

I awakened to the power of the Genie seminar from a number of sources, the most recent of which came from a friend. He told me his son was required to repeat the history course he solidly flunked. Upon doing so, he received an A+. Puzzled by such a complete turnaround, dad asked his son for an explanation; it was easily provided. The first teacher lectured on the facts that had to be memorized and correctly reproduced on the exam. The teacher in the make-up course introduced the history and invited a discussion on the practical applications to today’s challenges. The change went from boring to “skin in the game.”

That story solidified other sources of inspiration. On a number of visits to self-help residential drug treatment programs, Synanon and Daytop, members regularly assembled for “The Seminar.” A resident introduced a topic such as “love,” “common sense,” “happiness,” “values,” etc., often with a story or some illustrative quotation written on a chalk board. Residents alternatively expressed how the topic related to

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<sup>3</sup>The love-creation skills, *Emotional self-endorsement* and *The reasonable best test of self-worth*, are explained in the book *Seven Word Switches to Happiness, Love, and Peace*, p. 29-42, and links found at [www.peace.academy](http://www.peace.academy)

their personal life. Among the greatly diversified residents, two types of individuals stood out. The “A” group came from deprived, abusive homes where survival meant adapting to hardships unimaginable to the “B” group. These kids would perform poorly on any standard I.Q. test but they had street smarts to survive in an environment where the “B” group would be cannibalized. The “B” group from privileged homes were better educated, verbal and would score high on standard I.Q. and academic tests. Bored with traditional education, they discovered the drug scene as a more satisfying endeavor. What was of interest is how each member enthusiastically engaged in the seminar and with one another.

I credit a third confirmation of the effectiveness of the genie process of education through my career in psychiatry. Jerome Frank, M.D., Ph.D. was my most important mentor during my three years residency training and thereafter. In addition to seminal books on the causes of healing and the causes of peace, he wrote the first text on group therapy,<sup>4</sup> so I was introduced to the effectiveness of group process. During my two+ years military assignment at the Federal Narcotics prison and “hospital” in Lexington, Kentucky, I conducted several group sessions daily with inmates, primarily young adults. I continued conducting groups in later years providing me experience with thousands of individuals to recognize the power of what I now label a “Genie Seminar.” Participants share their most intimate thoughts and compare wits to find creative practical solutions to real here-and-now challenges.

Through the opportunity to learn what worked on their journey to well-being, I recognized similar themes. Essential ways of thinking brought desired results. The thinking that kept individuals consistently stuck in negative outcomes was also identified and noted. I have organized this collection of positive and negative skills into an easy to follow system containing the proven skills that comprise the “*Genie curriculum*.” The combination of the Genie process and the stren content provide a newer effective learning process. The mental skills that empower us to attain our highest level of expression are learned easier, faster, more effective, sustainable, and with greater personal satisfaction through Genie Seminars than the traditional lecture process or just self-study.

During my two years of military assignment at the Federal narcotics prison/hospital I was granted the opportunity to oversee a residence housing 30 inmates with diverse backgrounds. The program featured Genie Seminars. The “behavioral studies” focused on understanding what we are, why we become who we are, and how we can assume responsibility to change what doesn’t work to get what we want. Residents named this building “The Educational Community.” One of my jobs was to visit “the hole” each morning and make a disposition for any inmate who had been put in solitary confinement. Common offenses included fighting, having a weapon, abusing a staff member, homosexual attack, etc. Not a single disciplinary incident occurred with the residents of our building.

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<sup>4</sup>*Persuasion and Healing*, 1973; *Sanity and Survival*, 1967 and 1982; and *Group Psychotherapy* with Florence B. Powdermaker, 1973

Upon completing my military service, I was recruited to develop a substance abuse treatment program in Hartford, Connecticut. With the support of the Commissioner of Mental Health, the legislature passed a statute that allowed substance abuse counselors to become State employees based on life experience instead of academic credentials. Many of the inmates from the Lexington program attained successful careers which may be attributed to the effectiveness of the Genie seminar.<sup>5</sup> DARTEC (*Drug Addicts Rehabilitated Through the Educational Community*) was created in the State treatment program. It combined professional staff and street experienced counselors including “graduates” of the Lexington program. A third Educational Community program in a private practice setting that offered regular Genie seminars also demonstrated multiple benefits.

The Educational Community recommends the Vistar method of group interaction. The simple directions quickly prepare the facilitator to conduct a safe productive Genie seminar. The Vistar method was developed over 30 years by Ron and Victoria Friedman to help individuals elevate their conscious awareness. Additional guidance is available through their website, [www.vistarfoundation.org](http://www.vistarfoundation.org). Here are the basic instructions to facilitate a genie group:

1. A facilitator presents the topic; an assistant facilitator may be designated.
2. Individuals raise their hand to be called upon.
3. Speak on the topic; express what is meaningful.
4. Cross talk and questions are not permitted during the seminar.
5. Contributions are informally limited to 2 minutes but individuals may speak multiple times during the seminar.
6. Meetings are designated 1 to 1 ½ hours but may be whatever the group agrees upon.

The Genie Seminar, like the Vistar group, focuses on member’s creativity. It differs in that a stren is provided at the beginning of each seminar in the form of a script, audio, video recording, or story until the essential units of the curriculum that teach ANWOT and The Golden Rule are completed. Thereafter, the designated facilitator may choose a stren from the curriculum, another source, or one of their origination.

Consider these advantages. The genie seminar ...

- has been effective within multiple venues: prison, hospital, private practice.
- content offers the universal evergreen skills that people want and need
- inspires creativity through the power of group problem-solving
- content can be upgraded and modified to suit any audience
- promotes continued participation by creating immediate benefits in a comfortable enjoyable setting

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<sup>5</sup>See Peter’s testimonial at [www.lovingmenow.org](http://www.lovingmenow.org), “Press” link. A senior counselor in the DARTEC program subsequently linked up with a Boston psychiatrist to develop what I believe became the world’s largest treatment program for delinquent youth, Elan. He ran for Governor of Maine twice, became a millionaire, and received commendations from the Maine legislature related to Elan. Such stories give credence to the effectiveness of the newer educational method.

- provides the lifelong education and support required to sustain new habit patterns which become automatic and effortless while negative ones atrophy from disuse.
- can be made available anywhere, anytime, to anyone at little or no cost. The high fees of experienced educators and motivational gurus exclude most people from adult continuing education.
- can be conducted in multiple existing locations: a home, library, hospital, religious buildings, schools,<sup>6</sup> business/corporate office meeting room, and even by conference calls which are now available free.
- offers ordinary people the experience and benefits of becoming a Genie group facilitator; expert knowledge in the subject is not required.
- inspires the creativity made possible when multiple persons apply their problem-solving energy to any issue.
- over time builds trust, friendship, companionship, belonging, and mutual support; benefits which may be equal to or greater than the educational content.
- has been effective within prison populations and as a means of restorative justice. Education and limit setting is replacing prison and other forms of punishment as a preferred means to manage behavior offensive to society.
- CAN BE MADE RAPIDLY VIRAL TO CIRCLE THE WORLD BY THE DOMINO EFFECT TO BECOME WORLDWIDE. Genie groups fulfill Einstein's solution to make our world a happy loving home and prevent the imminent catastrophe predicted by our most knowledgeable citizens.

### **Why is ANWOT and The Golden Rule the focus of the Genie seminars?**

The answer is important because knowledge strengthens our resolve to proceed to succeed. The discovery of evolution just 150 years ago by Darwin and others through the scientific method verifies these two skills are necessary for humankind to survive and thrive. The new “our” story reveals we are more than static human beings. We are a work-in-progress with a mission to transform ourselves from high level animals, i.e. static human beings, to dynamic humane becomings. The driving force in the evolution of species to higher levels of function is the need for component units to direct the products of their energy for the benefit of the whole. When units take and fail to contribute to the system of which they are a part, extinction is the outcome. A cancer cell or single failed organ deals a fatal blow even when all other units or organs cooperate.

Reciprocity is expressed in current human language as various expressions of The Golden Rule. The animal brain's way of “thinking” is not equipped to recognize the humane unconditional spiritual values embraced and practiced as *The Golden Rule*. Practicing The Golden Rule is within the capability of our emerging genie *self-organ* but only with physical maturity and education in ANWOT. Updating “his” story (history) to the newer “our” story provides the scientific verification of who we are and our collective

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<sup>6</sup>The State of Connecticut recently authorized 50 million dollars to build a new school at the site of the Sandy Hook massacre. Virtual conferences via Zoom and similar free services easily bring people together from any place.

mission to elevate the way we think to higher levels of mental-spiritual function. The new story of evolution provides knowledge that is verifiable anywhere and everywhere, anytime and every time to anyone and everyone who is educated to apply the scientific method, i.e. common sense. Our advancing level of evolution that is connecting individual tribes into a single interconnected system requires that we put The Golden Rule into universal practice.

**The “his” story (history)**<sup>7</sup> that currently dominates our thinking is supported by faith in the authority of instinct and tradition. The current dominant version of us tells us a masculine force, *God*, magically created everything 6000 years ago in six days; all living creatures on the sixth day. “He” selected several males at various times and places to communicate His will and back it up with muscle power and a warning that disobedience would lead to eternal damnation in a very unpleasant place while obedience would lead to everlasting bliss. Over time, various rituals have been devised to please God, receive favors and avoid punishment, such as prayer, bargaining, sacrificing, killing, guilt, showing allegiance to His preferred tribe, etc. His story tells us we are in a struggle between good and evil and the mission of the “good” side (our tribe) is to dominate at the peril of all other tribes. Historically and currently, earth houses multiple tribes, each with ideologies asserting the right to reign supreme. Many proliferate weapons with unprecedented destructive energy and some claim that it is their moral right to use them to attain their tribal goals. Future forecasters and the updated “our” story warn us that our current way of thinking is leading us to unprecedented human catastrophe.

**The recent discovery of “our” story** is verified by the scientific method; it is the most important event in our history since the creation of life on earth. It documents that we have evolved from a single cell capable of duplicating itself and progressing through multiple levels of sophistication to life with 50 trillion cells and multiple inter-related specialized organs. Over 3 ½ billion years, most new life failed to adapt and became extinct. Scientists observe that the driving force to sustain each emerging level of life is reciprocity, the ability of individual units to direct the product of its energy for the benefit of the larger system to which it is a part. The symbol we commonly use to label the direction of energy to benefit our *self* and others is “*love*.” “*Hate*” is the symbol that identifies the direction of energy to the detriment of one’s self or another. Reciprocity is expressed in today’s common language through various iterations of “*The Golden Rule*.” Modern versions include “*Love our self with the abundance that overflows to enrich the world*.” and “*What best works for me and you (us and them; my tribe and your tribe) for now and the future?*”

Through billions of years the increase of complexity, sophistication of species was accomplished by adaptation through trial-and-error. The animal brain has evolved in our most complex species within the last billion years. It is prewired at birth to mindlessly manage the internal machinery of trillions of cells and complex organs with phenomenal precision. However, this older portion of our human brain has limited capacity for abstract reasoning. Its senses, consisting primarily of eyes, ears, nose,

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<sup>7</sup>The essay *The Story of Us* is a fuller account of who we are and what is our mission.

tongue, and skin detect what is superficial, local, and current. “Local” means our self, family, and tribe. The animal brain processes external data into two categories based on superficial characteristics, “*either/or*” – *us (our tribe)* or *them (not our tribe)*, *safe or dangerous, good or bad (“evil”)* and so on in the way a sorting machine will mechanically separate large apples from smaller ones. Two-category thinking leads the animal brain to the intention, “My way is the only right way.” This explains why our ancestors filled our language with patriotic, religious, and political tribal symbols that focus on our differences. Tribal symbols direct love energy to one’s own group but prejudice, bigotry, and harmful confrontation to non-tribe members.

*Either/or* thinking was adaptive for our ancestors who lived in a savage environment where each tribe had to compete for scarce resources. They were not equipped to create better alternatives. The whale, the lion, and the hawk kill to survive and protect their kind at the peril of non-tribe members not because they are evil, but because they lack our puzzle-solving *self-organ*. Competing to dominate is their only means to survive. The tribal symbols of our ancestors enabled them to survive as their ancestors did. The power of emotion that has guided behavior over a billion years is located in the hardwired intentions and traditions of the animal portion of our brain.

Let’s nickname our cerebral cortex, the latest to evolve specialized organ, our “genie *self-organ*” and “freedom organ” to emphasize its function above its anatomy. Properly educated with word-switches, the *self-organ* becomes our magic wand to grant what we need to survive and thrive. Now consider the common sense explanation.

We are distinct among all life because our humanmind combines intelligence, imagination, and wisdom to apply the scientific method, i.e. universal common sense. Our newer brain is equipped to sense near and far; deep and wide; and past, present and future. It recognizes similarities to solve-puzzles. By adding universal symbols, i.e. “word-switches,” to tribal symbols, the power of imagination discovers and applies conceptual knowledge to create the short and long term sustainable outcomes we want and need. The 7plus2 Formula redirects energy from the animal *either/or* brain to elicit our evolving *self-organ*’s higher level *both...and* way of thinking. Universal unconditional love is added to tribal conditional love. The problem-causing sentence, “*My way is the only way*” is transformed to the universal problem-solving question, “*What works best for me and you, for now and the future?*” Domination through “*Survival of the fittest*” and “*Might is right*” is transformed to “*Cooperation and collaboration for mutual gain.*” The prevalent absolute goal to attain *material-physical* wealth is transformed to the higher intention of attaining *mental-spiritual* wealth. *He who has the gold rules* is transformed to *The Golden Rule* to express our highest universal spiritual Truth – *Love our self with the abundance that overflows to enrich the world.* The Golden Rule embraces unconditional global love, forgiveness, kindness, justice, compassion, humility, empathy, cooperation and collaboration for mutual gain, and all those non-material conceptual Truths that provide us purpose and meaning, that identify us as *humane becomings*. ANWOT elevates the animal brain’s *love of power* supported by instinct, tradition and great leaps of faith to the *power of love* supported by the scientific method.

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Symbols empower us with the sophisticated use of imagination. Imagination expands our ability to conceive of nonphysical conceptual reality lacking in animals: viz., universal love and hate, altruism and greed, worry and optimism, resentment and guilt, laughter and tears, heaven and hell. Our animal brain has attained the magnificence of coordinating 50 trillion cells and multiple organs to work together for the benefit of the whole system. However its external sensors and limited capacity to engage in imagination cause it to crudely sort information into two “either/or” categories. Like our sorting machines that separate big apples from small ones based on superficial qualities, our animal brain divides data into separate categories: us (our tribe) or them (their tribe), safe or dangerous, good or bad (evil), right or wrong, war or peace, on and on.

Whereas our older animal brain is equipped with sensors to detect what is superficial, near, and now, our emerging *self*-organ can be educated with symbols to imagine every dimension and create mental motion pictures. Our human brain adds excellence in conceiving and managing nonphysical conceptual reality (spirituality) to our animal brain’s excellence in perceiving and managing physical reality. Our newer brain, educated with appropriate symbols, allows us to recognize similarities above differences. It pieces data together based on likeness to solve puzzles. Symbols provide us a new mental second signaling system to switch on our primary physical action system. Our new puzzle-solving organ enables us to join fate and circumstance, nature and our nurturers, instinct and tradition in determining our destiny. WOW! We have the opportunity, responsibility, and burden to assume responsibility for who we are and what we are to become.

The scientific method is our *self*-organ’s tool to continuously expand our knowledge of reality, both physical and conceptual. Conceptual reality Imagination allows our genie *self*-organ to add *both...and* conceptual thinking that connects data to the animal brain’s *either/or* way of processing of data that divides data: includes good and bad, love and hate, altruism and greed, worry and optimism, resentment and guilt. The power of knowledge enables us to join nature and our nurturers to assume responsibility for our destiny, the destiny of our loved ones and all that is about us. The greater our scientific knowledge of cause and effect, the more power we yield. The greater the power we exert, the more we accelerate the speed of change. Our new powers can be used constructively and destructively, with wisdom to bring about what we want and need, and with stupidity to bring about what we don’t want including in the extreme, our extinction. The speed we are growing our power is at levels beyond our wisdom to control it.

The scientific method is the ability to use imagination to perceive what is common to anyone and everyone, anytime and every time, anywhere and everywhere and link (process) the data together to discover reality (Truth). Usually the pieces of a puzzle have one solution that is attained as we correctly fit the pieces together. The new story of evolution was discovered by putting pieces of knowledge together to reveal we are humane becomings on the growing edge of evolution with a mission to elevate

ourselves to higher levels of function. We require a newer way of thinking that enables us to expand our perception of conceptual reality to the level of the animal brain's excellence in managing physical reality. ANWOT positions us to conceive ("see") non-physical reality. Thereupon we attain the freedom to apply our new power wisely, stupidly, or any degree in between.

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The newer Story of Us has been met with extreme resistance and is still unknown through most of the world. Einstein's discovery of  $E=mc^2$  that predicted nuclear weapons capable of ultimate destruction has received wide interest whereas his most important insight to attain sustained peace has been ignored: ... *a new type of thinking is essential if mankind is to survive and move toward higher levels.*<sup>8</sup> However, a small number of thought leaders echo Einstein's insight: Ervin Laszlo, Margaret Mead, Teilhard de Chardin, Barbara Marx Hubbard, Jack Canfield, Marci Shimoff, Marshall Rosenberg and Neale Donald Walsch stand out among others who tell us we cause our problems because of the way we think. "Stinking thinking" is commonly heard in Alcoholics Anonymous meetings as a root cause of problems. Knowledge that the way we think is the precise means we cause our major problems is wonderful news because it positions us to determine what we must do to solve them.

The 7plus2 Formula is the easiest, fastest, most effective and enjoyable way to elevate the capital of our intentions from our animal brain to our newer puzzle-solving "genie" organ. Acquiring the skills of ANWOT and The Golden Rule is the solution to our BIGGEST puzzle:

**Why do we fill our world with fear, hate, scarcity, and war when we want happiness, unconditional love, abundance, and peace?**

**What does evolution tell us about education?** The undisclosed cause of the puzzle revealed by the discovery of evolution is shocking: **The approved established way we educate our citizens worldwide is the root cause of our biggest problems!** Every person is taught a patriotic, religious, and political symbol that divides the world into two categories. The problem and the common sense solution can each be identified and summarized in one sentence. "*My way is the only right way.*" dominates our way of thinking. The puzzle-solving sentence expresses The Golden Rule, "*What will make things better for me and you (us and them), for now and the futures.*" Our collective mission is to elevate the capital of our intentions from the older "animal" brain to our newer conceptual puzzle-solving human brain.

"Our" story tells us we require a newer way of learning to learn. The traditional educational format of lecture or rote learning followed by examination to test the student's retention may be effective to educate the undeveloped humanmind, especially for the three r's: *reading writing, arithmetic*. During our formative years, our new brain rapidly adds to the animal brain we inherit by mimicking what our nurturers and culture

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<sup>8</sup>The New York Times; May 25, 1946

expose to us. This is why it is easy to master our native language but difficult to master a new language once our genie *self*-organ attains physical maturity.

The newer *Story of Us* provides the scientific verification that the survival of humankind requires that we modify our means of education by adding the Genie type seminar to the pedantic method that dominates our method of teaching. Our task is to elevate the capital of our intentions from the older “animal” brain to the newer “genie *self*-organ.” Once we free our evolving brain from domination by our animal brain and equip it with symbols to add conceptual *self*-consciousness to consciousness we may become our own person. Imagination is our magic wand to provide *self*-programming, *self*-mastery, mental freedom, thought control, and make us powerful directors of constructive and destructive energy. ANWOT is our means to join fate and circumstance as a partner to assume control of who we are and what we choose to make of ourselves.

Tribal symbols will remain loyal to animal brain mentality until we popularize newer symbols that awaken us to the power of universal moral-spiritual Truth. Emotion will continue to trump the common sense solutions of our emerging puzzle-solving human brain until we add universal symbols that create ANWOT. Our emotional dependence on the authority of instinct and tradition block us from a startling common sense revelation: Our dominant education is rooted in the animal brain’s dichotomous way of managing data. The animal brain is hardwired to resist change. Patterns successfully repeated over long periods become habitual. Letting go of tribal prejudices that have proved over time to sustain life and have been reinforced with emotion can be expected to be suspicious of mere common sense. Traditional methods of education effectively express the perspective of “his” story. Tribal symbols sort meaning into two categories. Newer symbols that expand “his” story to “our” story accurately reflect our connectedness to one source and to one another, and the need for cooperation for mutual gain above harmful confrontation to assert dominance. The secret of solving the BIGGEST puzzle – filling our world with happiness, unconditional love, abundance, and peace – is revealed when we compare the intentions of our hardwired animal brain with our emerging *self*-organ.

**Call to Action:** Humanmind requires education with ANWOT symbols to attain *self*-mastery, *self*-programming, *self*-responsibility, mental freedom from dictators, thought control, and make common sense common among our repertoire of behaviors. Symbols provide us the power of imagination to employ what we call “*cognitive rehearsal*” or “*no-trial learning*.” We imagine alternative solutions and apply common sense to forecast their outcomes before acting. This is the basis of prevention – making a predictable harmful future event a non-event by redirecting mental energy to a preferred course of action.

Our ancestors’ creation of sophisticated patriotic, religious, and political symbols 50,000 years ago was a marker event for the growth of imagination, morality, and spirituality that favored **tribal** allegiance, and fear and suspicion to “not our tribe.” When unconditional universal love, The Golden Rule, was introduced a mere 2500 years ago, it was initially mocked and punished according to the prevailing intentions of our

“animal” brain to sustain the life cycle – *survival of the fittest* and *physical might is right* . The scientific method, i.e. the growing application of common sense, has made us so powerful that we increasingly partner with fate and circumstance as directors of our destiny. Our *self-organ*’s intelligence and creativity, still dominated by our dictatorial animal brain, has brought us to a crisis point due to our discovery and proliferation of weapons with ultimate destructive power. Unlike conflicts in the past where defeated tribes recover, experts tell us unleashing our new weapons offers little chance for recovery. Presently there are sufficient nuclear weapons on immediate release status to erase civilization within 30 minutes. They can be unleashed by the act of a single person or a mechanical error.<sup>9</sup> We are on a rapid course to make our species the first to deliberately make ourselves extinct. Let’s awaken ourselves to the practical preventive solution that is rapidly slipping by us.

Our genie *self-organ* is capable of conceptual abstract reasoning. It can apply the scientific method to verify the validity of mental-spiritual Truth, i.e. The Golden Rule. However, our higher brain is born a *tabula rasa*, an unwritten on tablet, requiring several decades to be educated or programmed. The content we are provided is crucial in determining the humane qualities that define who we are and what we stand for, i.e. our intentions. Our older animal brain is prewired, ready to function as CEO from birth. It will continue to demand allegiance to its tribal intentions until we educate our creative *self-organ* to assume responsibility for our destiny. We each begin life with the prewired intentions of our animal brain to repeat the life cycle of our tribe. We have been provided the challenge, opportunity, and the burden to evolve to higher levels than species that precede us. The current task is: Can we learn to learn the higher level conceptual Truths that are supported by common sense and discovered through the scientific method?

**What skills are we to teach ourselves?** Beyond the essential 7plus2 Formula to rapidly learn ANWOT and The Golden Rule, The EC recommends the Genie Seminar as the preferred way to teach our citizens the essential knowledge required to maintain and elevate the well-being of our diverse humanity: (1) The seven mind-freeing, life-changing, world-saving vocabulary of word-switches that create ANWOT; (2) The Golden Rule, the two secret *self-endorsement* and other skills that create an abundance of unconditional love; (3) The Mental Freedom Control Panel: the two consistently productive choices among the eight available to our freed will; (4) Strens – the collection of knowledge, concepts, wisdom, and experiences that build mental-spiritual strength; and (5) Essays convey universal knowledge and values supported by common sense (the scientific method). Stren essays pieced together, like letters of the alphabet, elevate us to a higher level of conscious awakening. The asymptote introduces a new universal symbol that accurately mirrors our newer story. The Genie seminar is the most effective method to teach mental-spiritual wealth.

The Genie seminar is the teaching process best suited to transfer the capital of our intentions from our animal brain to our genie *self-organ*. We have the opportunity to

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<sup>9</sup>The documentary, *On the Brink Domsday (1997)* – *You Tube*, 50:32 documents a number of times we have been within seconds of nuclear holocaust. It is highly recommended.

choose our future and that of our loved ones. Shall we continue to act as greedy fools? Do we awaken to the “once in a lifetime” choice to make our world the home we want and need? What is your decision? Remember, no decision is a decision!

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The Genie Seminar (b.) offers multiple benefits not provided in our dominant means of education (a.).

1. Cost of education by thought leaders
  - a. Professional teachers, dedicated facilities, printed materials, etc. are expensive. Most of our world citizens are excluded.
  - b. The Genie Seminar is available at little or no cost. It can be provided in homes, libraries, business and religious facility meeting rooms, etc. at little or no cost. Facilitators are unpaid committed individuals who require no expertise in the content and can easily follow the directions to conduct a safe productive meeting. Content is available free on the Internet at the EC and other websites.
2. Focus of adult education content
  - a. Making a living; become a material-physical wealth millionaire; marketing a product for material gain.
  - b. Making a happy meaningful life; become a mental-spiritual wealth millionaire; marketing mental-spiritual skills that create ANWOT (a newer way of thinking)
3. Sustainability
  - a. Primary education is traditionally 12 years stressing the 3 “r”s during our formative years when creative thinking is limited; for most individuals continuing education ceases or is focused on skill training related to a commercial product; formal education in happiness and love creation is neglected
  - b. Ongoing adult education instantly provides what people want and need to sustain Genie group(s) participation – conceptual spiritual values are emphasized that create happiness and love-creation; co-creation of problem-solving adaptive skills; mutual support, fellowship and companionship; sharing a common purpose of making our world a better home for all. The genie seminar is easily adapted to primary education.
4. Content
  - a. Usually job related to maintain or increase material-physical wealth and status; emphasis on traditional assumptions and tribal mores re meaning and purpose
  - b. Focus is on understanding and problem-solving current issues; values and mental-spiritual wealth emphasized; meaning, purpose, and life’s mysteries are continually explored
5. Content
  - a. Traditional education teaches allegiance to patriotic (viz. flags), religious, and political symbols that divide our world into us and them; tribal symbols are supported by authority to establish the intention “My way is the only right way.”
  - b. The Genie seminar content introduces a new universal symbol and multiple newer global symbols that elevate our thinking to convey our connectedness and need for cooperation for mutual gain
6. Universal intention

- a. The “older” animal brain: **He who has the gold rules**; *my way is the only right way; might is right; survival of the fittest; eat or be eaten*, etc.; competition, *speed and greed* are supported.
  - b. The “newer” humanmind: **The Golden Rule** – *Love our self with the abundance that overflows to enrich the world (modern version); Reciprocity; Love my neighbor as myself; Treat others as I want to be treated*, etc.; cooperation, *wise creeds and good deeds* are supported.
7. Universal intention
- a. “Older” animal brain: blaming others and our self (guilt); “*There is one right way, my (our) way.*” Based on “either/or” thinking, our side is consistently right (“good, Godly) and the other side is consistently wrong (bad, “evil”)
  - b. “Newer” humanmind: problem-solving; “*What will make things better for me and you (us and them) for now and the future.*” Reciprocity, unconditional love, and The Golden Rule.
8. Support for Truth of content
- a. Authority: Parents, teachers, tradition, prophets, dictators, “God” provide content that is to be mindlessly accepted and ruled correct by their assumed authority, great leaps of faith, and/or “personal” sense.
  - b. Common sense: There is a facilitator who introduces the topic and each participant is a co-creator in the education and problem-solving process to expand knowledge and wisdom. The scientific method considers data that is commonly available to everyone, everywhere, every time, by “common” sense to arrive at like conclusions.
9. Historical Perspective
- a. Our dominant history is based on “His- story”: promotes masculine energy; win-lose often harmful competition to assert male dominance; *my way, the right way; might is right; eat or be eaten; muscle power controls mental power*
  - b. History is based on “Our story”: feminine energy and perspective is balanced with masculine energy and perspective; unconditional tribal love; nurturance of progeny to reproductive maturity; “our story” replaces “his story” to guide our present and future intentions; mental-spiritual power trumps material-physical power
10. Intention/Goals
- a. Self-preservation; competition for scarce material resource; domination via win-lose mentality
  - b. Global-preservation; cooperation and collaboration for mutual gain; creative problem-solving to make scarce resources available; establish win-win mentality
11. Mission
- a. Emphasizes the benefits of allegiance to one’s national, religious, and political tribe; allegiance to us vs. them; increasing escalation of imbalance and proliferation of weapons with ultimate destructive power that offer no second chance
  - b. Emphasizes the benefits of allegiance to our global tribe; we are all “us”, “them” is gradually made non-existent; universal symbols are added to tribal symbols to benefit all tribes and solve the BIG puzzle. As we recognize we are now an interdependent world, we become all “us” and “them” gradually is non-existent.

12. Special benefits during adult and especially senior years

- a. Limited educational opportunities are provided in our traditional education system
- b. Genie seminars, once established, become a sustaining tool for life-long mental stimulation. In addition to educational content, they provide emotional support, fellowship, and companionship. Because they are self-conducted, they are available at no cost and therefore inclusive of individuals who could not afford fee-based education. The viral spread of genie groups by the domino effect as modeled by AA is easy to envision.

SUMMARY: Much of our dominant education originates from our animal brain mentality where data is processed into two categories: either us (my tribe) or them (their tribe), safe or dangerous, good or bad (evil), innocent or guilty, etc. Education relies heavily on authority. As we shift the capital of our intentions to our newer creative problem-solving cortical brain, we support solutions to new challenges through the scientific method, i.e. common sense. We expand our awareness of higher conceptual mental-spiritual values, our connectedness, need for cooperation and ANWOT education. Mental-spiritual wealth exceeds the value of material-physical wealth. Social intercourse to sustain reciprocity is recognized to be as important for survival of humankind as reproduction through sexual intercourse. The popularization of the Genie seminar is practical, evergreen, affordable, effective, fun, and can be rapidly spread by the domino effect. It is our best hope to change the problem-causing way of thinking “My way is the only way” to the puzzle-solving newer way of thinking, “What will work for me and you, for now and the future.”

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The genie seminar offers a newer powerful interactive process for collective co-creation of effective lifetime education in the skills that make life wonderful. Bonus benefits of the genie seminar include fellowship, spiritual and emotional support.

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Congratulations. You have come to the forever free college level education in the 4 HELP skills that we require to make life wonderful. HELP is an acronym for Happiness, Enough, Love, and Peace. You are invited to participate in lifelong education in the universal skills that matter. We do this by regular participation in genie seminars.

**The Genie Seminar** is a newer powerful lifelong interactive process to rapidly co-create the collective co-creating education to rapidly co-create the mental-spiritual HELP skills we require to make life wonderful. Bonus benefits of the genie seminar include fellowship, comradery, fun, and spiritual and emotional support. We do this by providing all educational content materials that include four books, recordings, videos, and group learning in genie seminars. Begin by learning the 7plus2 Formula. ....

As you experience the benefits of happiness, love, and peace you will want to pay these skills forward to loved ones and others as you contribution to make our world the happy, safe, loving home we want and need. Sharing your new mental-spiritual wealth with others will be one of your life's most rewarding experiences. Join Einstein's World Peace Army where your mission will be to pay forward the universal wisdom that leads to helping one another for mutual benefits and surpasses our present intentions to compete to dominate others.

Here are the actions steps to proceed to succeed:

1. Learn the 7plus2 Formula: go to [www.peace.academy](http://www.peace.academy). Click on button for 7plus2 formula. Seven easy word "switches" and two relatively secret love creation skills will enrich you life with happiness, love, and peace. Simply listen to Brad Shepard's recording for 30-60 minutes/day and practice the simple steps. Most persons experience dramatic change within 30 days of regular practice and the newer way of thinking will become automatic and effortless with continued use.
2. Join a genie seminar where you will participate with others who are dedicated to making our world the happy, safe, loving home we want and need. Co-create

with others to solve the most important puzzles we face and experience new skills as you discuss the most important wisdom of world class thought leaders.

3. Become a role model example of ANWOT that others will want to emulate by asking for HELP
4. Pay your new skills forward by one or many of the following actions you can take:
  - a. 7plus2
  - b. book
  - c. genie seminar
  - d. Einstein's arr
- 5.

popularize the 7 plus 2 Formula (ANWOT and the Golden Rule) and make our world the happy, loving, safe home we want and need. While the Formula provides the content that works, the genie seminar offers the process to rapidly educate our global population. The Genie Seminar functions somewhat like AA (Alcoholics Anonymous) with the addition that each meeting features one or more of the basic strens (word switches, universal success principles, wisdom) that teach what we require to survive and thrive ... ANWOT and The Golden Rule. Simple instructions are provided so that any member may facilitate the meeting by introducing the topic and encouraging the discussion that calls forth each members creativity. In addition to the critical educational content, the genie seminar provides lifelong emotional support, comradery and enjoyment in a fun, wholesome setting. The Seminar is suitable in homes, schools, religious and business settings, prisons, virtually via the Internet, and just about anywhere with limited or no cost. The genie seminar is described in the 7plus2 Formula book at [www.7plus2formula.org](http://www.7plus2formula.org); Chapter 8, pp. 115-128 and elsewhere. Recorded genie seminars are available on our web sites for educational use.