

The FRONTAL LOBES SUPERCHARGE



by Neil Slade

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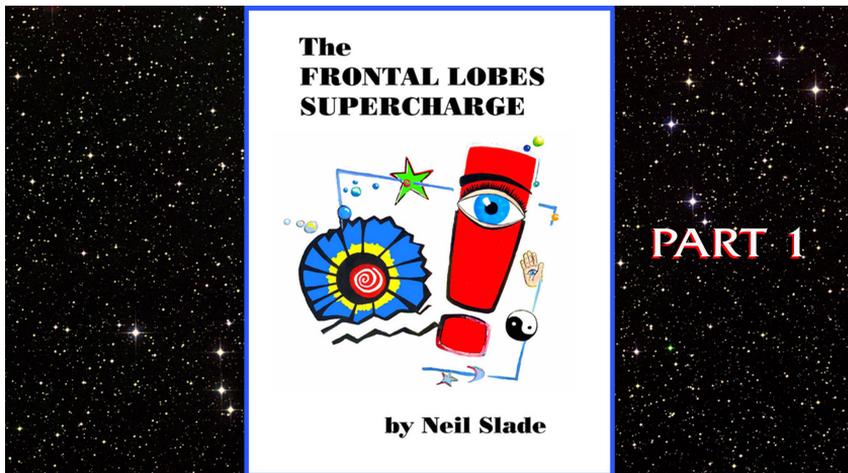
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TD Lingo
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The Frontal Lobes Supercharge

Turn on incredible creativity, intelligence, pleasure, and even paranormal abilities as easy as clicking on a light switch!

The Frontal Lobes Supercharge is an easy to use do-it-yourself manual for turning on untapped areas of each and every person's brain- "the other 90%". Author Neil Slade presents his revolutionary lessons with methods and exercises proven under scientific investigation and daily "real- life" applications.

The Frontal Lobes Supercharge outlines the basic principals of how the human brain works, guides readers how to sharpen their everyday "regular" mind, and most importantly how to access higher modes of advanced frontal lobes circuits. This can additionally turn on such "hidden" functions as pre-cognition, clairvoyance, clairaudience, telepathy, telekinesis and can allow the ability to communicate with non-ordinary physical and non-physical intelligences and entities.

Neil Slade is a composer, musician, author, artist, and was assistant to Brain and Behavior Researcher and former NBC television personality T.D.A. Lingo for 11 years at the Dormant Brain Research and Development Laboratory. His music has been heard by millions in his PBS movie soundtrack for "Still" and as music for the Kodak United States Traveling Exhibition. He has given concert performances at such places as The Gerald Ford Amphitheater and The United States Air Force Academy. Slade also maintains an extensive Internet Web site- **The Amazing Brain Music Adventure at www.NeilSlade.com** All of his books are recommended reading by *Bloomsbury Review*, national book review magazine.

The
FRONTAL LOBES
SUPERCHARGE

BY NEIL SLADE

[www.Neil Slade Music and Books](http://www.NeilSladeMusicandBooks.com)

Denver, Colorado

THE FRONTAL LOBES SUPERCHARGE

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Neil Slade Books, Film, and Music
Denver, CO 80206
n @ neilslade. com (no spaces)

The Amazing Brain Music Adventure

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FOREWORD

The purpose of this book is simple: Teach you how the human brain works and how you can make it work better, up to levels you may have never thought possible. The information contained herein comes from the research of brain and behavior scientists as well as other kinds of brain explorers from all over the world. I have tried to present it in a way that is easily understood and simple to grasp, motivating, and hopefully, entertaining.

You can drive a car and keep from crashing it- and yet you don't have to know how to take every single nut and bolt apart to do this. As long as you know a few of the basics like where to put and turn the key, where to put gas, how to steer, and how to park, you can keep going smoothly.

And so it goes with the brain.

If you want to drive your mental-mobile around successfully, you *don't* have to be a brain surgeon. But you *do* have to know a few of the basics about how your brain works and how it is connected.

Sadly, learning about the human brain and how it works is probably the most neglected portion of our education, especially given the brain's supreme role in our lives. These days medical science has made it possible to replace just about every single part of your body with either a mechanical device or a transplant. Not so with your brain.

You are inseparable from your brain in this lifetime. For all practical purposes, you *are* your brain.

As we grow up, in school we are taught how our circulation works, how our stomach digests food, how to exercise our muscles, how to write proper English sentences, and how to multiply nine times nine. But practically no one is taught how the brain works.

It is absolutely incredible to be facing the year 2012, with first graders being trained to operate computers, and yet no one is showing kids how to properly operate the most magnificent computer in the universe. Remarkably, it can be taught in kindergarten.

If you don't know much about how the human brain works or how it is put together even at the most rudimentary level, you won't be able to keep from continually denting it up and will never get it up to blissful cruising speed.

This book is carefully designed as a basic driver's manual for your brain. Life is the road test.

Are you ready to tune-up your mind?

HOW TO USE THIS BOOK

Everything good takes time, and so it is with getting your brain to work the way you want it to. After you have read through this book don't put it up on a shelf to collect dust. Leave it sitting around where you can thumb through it from time to time. Keep it next to your bed and review a few pages before you go to sleep at night. Do this until you finally understand what is really going on inside that fantastic thought machine of yours.

Click on any underlined text to open a related web page, audio or multimedia file. There are many right-brain video, image, audio, and music files in this version that help you to understand what is going on. If you need a player (if your device doesn't automatically play), try the VLC player for free <https://www.videolan.org/vlc/>) When asked to open or play, choose the VLC player. VLC works on every device.

The information in this book will be absorbed by your mind without you “trying hard” to learn it. Although you must make a little effort to understand this new information, the relaxed mind works the best and learns the fastest. (Also see brain book volume: *Have Fun: Anti-Rules for Life Learning, and Everything Else*).

Do the brain exercises and games when you're ready to move ahead into a remarkable place you've truly never been to before. Results will start immediately and will continue as long as you do.

And don't give up until you've hit the jackpot!
Don't give up until you've Popped Your Frontals!

PROLOGUE

A wild mountain man, screaming. He started me on this brain stuff.

I write this sitting at an old redwood desk looking out an old picture window facing east. I am 10,000 feet up in an old mountain cabin with aspen and spruce trees everywhere. I look down on gray and white clouds enveloping the tall rolling green valley in front of me. To one side of the cabin is a huge three-hundred foot tall granite cliff. Across the valley off in the distance looms 14,000 foot high Mt. Evans. One-hundred miles downrange is Pikes Peak.

The scenery from this vantage point in the Colorado Rockies is stupendous.

I am at the Dormant Brain Research and Development Laboratory near Blackhawk, Colorado.

My journey here began twenty four years ago. I was watching TV late one Saturday night in Denver, half asleep, and flipping through the channels. On a local progressive public educational station I stopped to watch a group of people talking about their brains and their experiences while in the mountains at a unique wilderness laboratory.

The leader of the group was a wild looking guy wearing faded blue jeans. He had long hair and an Abe Lincoln style beard- no mustache. What especially caught my attention and totally woke me up out of my drifting slumber was the frank manner in which they described outrageous and unusual things, routinely happening each day up on the mountain.

They described their experiences of fantastic and intensely pleasurable events. They found creativity pouring out of their heads, effortlessly, like water from a faucet. Their enthusiasm and their own amazement seemed genuine, and I found it immediately contagious.

They all agreed that the key to all of these things was learning how to turn on uncharted regions of their brains. If what they were saying was true, my own brain must have been “on hold” for most of my life- My experience at the time was nothing like this group of brain explorers.

After the movie ended, the leader of this group appeared with an interviewer for a live segment. This time the brain man wore an outdated city suit and he spoke with a great deal of enthusiasm and animation, joking more than occasionally. I guess he wasn't too concerned with fashion up there in the woods.

His name was T.D.A. Lingo, and he gave out an address to which people could write to him for more information regarding the school and facility where the previous documentary film I had just watched had taken place.

Being intrigued by this combination of science, nature, and non-convention, I wrote to him and soon received in my mailbox a letter with typewritten information about the “Brain In Nature Course” held every summer in a pristine wilderness forest, forty miles west of Denver.

I also read in his reply that according to the latest neurological science, the human brain had infinite potential, and that most of this potential remained untapped. Hence the name of the facility, “The Dormant Brain Research and Development Laboratory”. It was kind of a funny name, but I understood the point.

For the past twenty-five years, Lingo had directed a brain study facility and school. The main purpose of the program was to discover why human neurons remained so “unused”, and what methods would activate new neural growth, new behaviors, new types of problem solving, new types of intelligence, and so on.

Sure enough, I discovered for myself during the following twenty-four years of work in this subject area that despite current and popular

misleading arguments to the contrary, humans *do not* use all of their brain potential all of the time, no more than we use all of our potential muscle strength all of the time. The common folksy idea that “we only use 10% of our brain”, although not literally correct, remains a perfect metaphor for representing the infinitely untapped potential existing in every human brain.

It is as if each of us has been given a blank brain check, and no matter how much we spend, we can never run out of funds.

Directions and a map were enclosed in the letter for visiting. It sounded like fun and an adventure! And so the following weekend I drove up. The trip was up a two-lane paved mountain highway to a dirt road turnoff, and then five more miles up a narrow steep gravel road. The journey physically ended miles from civilization at ten-thousand feet elevation. But it was just the beginning of my brain education.

My first experience at the lab was unforgettable. The first thing that happened was that I was scolded by the director for not reading the directions carefully. I had expected to be welcomed with open arms, but instead had Lingo yelling at me for coming up on the wrong day!

“You didn’t read the instructions,” he emphatically insisted. “Visitors are allowed on Sunday, not Saturday. Hrumph!”

Embarrassed, and maybe insulted, after a few minutes I was none the less encouraged to stay put, as long as I was already there.

Lingo’s history and the evolution of the facility turned out to be quite amazing and like nothing I imagined it would be. And, I had a front row seat (on a little wooden stool next to the wood stove). Lingo’s colorful story unfolded with himself as a spearhead infantry scout for General Patton’s army in World War II. He experienced the horrors of war from the front lines.

On his return home after the end of the war, Lingo attended the University of Chicago earning his bachelors and masters degrees in

behavioral science and neared completion of his doctorate degree. His horrific experiences during the war drove him to ask but one question: “Why must I go to war and kill my brother?”

To this, his school and professors had no answer.

But one professor’s advice was this, “If there is an answer to that question, it’s *up here*,” pointing to his own gray head. “The answer has got to be in the human brain- but the research hasn’t been done yet in akademe. You’re going to have to build your own research center if you’re going to solve that riddle.”

So, Lingo dropped out of his doctorate program and started to scheme about how to put together his own research lab. Unfortunately, to do that, one needed money, and Lingo had none. But he *could* tell a good story.

He decided that if there was a fortune to be made in a hurry he might just be able to do it in show business. Twenty-five years later he would wink, “Yep, I bought this mountain and built this place with just a guitar, three chords, and nine folk songs!”

Lingo started out playing the local joints around Denver and eventually landed a spot on Groucho Marx’s Hollywood television game show, *You Bet Your Life*. He wore buckskins and played the part of a back woods mountain man to perfection.

It was during his appearance on Groucho’s show that a New York producer spotted him. “I know a good phony when I see one!” the mogul observed. “And that son-of-a-gun is a great one!”

So, Lingo was quickly summoned out to New York City and was immediately signed to do a summer replacement show on NBC network television. He hosted a weekly program in which the new 1956 fad of folk singing was featured. Popular entertainers like Burl Ives, Pete Seeger, and Woody Guthrie were featured and performed with him. The network paid him \$2000 an hour for this lucrative play.

On the last show Lingo looked straight into the studio camera lens and asked the million viewers watching, “If anybody out there has a mountain to sell- call me.”

And sure enough, as soon as he got off camera someone from back home in Colorado did call him. At the end of the summer he took grocery sacks full of money- and ran. He gave one to the IRS, and with the other he bought Laughing Coyote Mountain.

Soon he began to axe timber and build log cabins. For the next thirty-five years, from 1957 until 1993, Lingo would dedicate himself to exploring brain and behavior science. He and the staff he assembled examined every bit of scientific research and philosophic literature on the subject. They ran their own short term and long term experiments with hundreds of subjects and students.

The environment of rugged mountain wilderness provided an environment conducive to a total focus upon the self that could never be replicated in any city. There was no electricity, no TV and movie entertainment. There were no nearby four-lane highways to get away from it all. You *were* away from it all- to face only yourself, your mind, and your brain.

Until the very end of the lab's existence, it remained remarkably absent of electrical power lines or even running water. It was just you, the hand water pump, a wood stove, and your own central nervous system.

Lingo's experience, observations, and the inevitable brain lab records grew and grew. The log cabin structures were crammed full of file cabinets. The books lined the walls from the stone floors to the ceiling rafters eighteen feet up.

In the end, Lingo and his group discovered mechanisms to release startling new intelligence, creativity, and pleasure inside the human brain. His conclusions were original and were unmatched by any other research establishment.

Foundation findings were always the basis for Lingo's science and observations. But he went beyond the conventional wisdom of his time. He connected the dots where others didn't even perceive the dots.

Eventually, many of his then controversial discoveries have been ultimately supported and corroborated decades later with findings by

scientists elsewhere. Originally rejected by the establishment, even what was once considered unrealistic or outrageous claims have now been validated by other researchers around the planet.

After my first visit to the lab in 1981, I spent the six years running back and forth between my own home in Denver and the forest brain lab station. My own personal experiment with my own brain and my own life was guided by the work done at the Dormant Brain Lab. This took the form of exercises (as presented in this book), general note and journal keeping, analysis of activity, and periodic consultations with the director, eventually working as his primary assistant in a variety of capacities.

I was at times humbled and perhaps humiliated by my education. This began on the very first day when I had an old galvanized bucket placed over my head and told to repeat, “Me Me Me Me **ME!**” as Lingo banged on the outside of it with his fist. This was the standard lesson for teaching a student what the reptilian portion of the human brain was all about. It was a temporary blow to my ego, yet typical of my brain lab experience and a highly effective demonstration I will never forget.

Other times the results of my work have been absolutely breath taking, such as sitting on the peak of Laughing Coyote Mountain with the clearest possible perception of everything around me, breathing in a fifty-thousand square mile view of the earth circle with the most incredibly heightened senses and awareness.

At the brain lab I learned to go far beyond my own physical limitations, tested by pulling hundreds of thirty foot long firewood logs down the steep wooded slopes.

(Also see here: <https://www.neilslade.com/photos/9.html>)

This directly translated into a new awareness of how far I could go with anything I might address in my life.

Once my lessons in brain self-control began, I began to feel the most powerful positive emotional experiences of my life. This might be fantastic and tremendous feelings of waves of energy coursing through my

body, or indescribably and spectacular feelings of unity and balance. Strangely enough, these were often triggered by simple daily activities; hearing a piece of music, walking among the trees, just sitting on my sofa at home, or perhaps just discarding a useless notion I had in my head for a long time.

When I began my “brain investigations” my emotional state and creativity might have been compared to a plugged up toilet. But since learning the basic methods and fundamentals and basic mechanics of my thought-motor from the angle of hard science, undeniable brain physiology, and the lab’s own discoveries, I have accomplished much for myself.

I have written, arranged, and recorded ten albums of original music, including a complete symphony for full scale orchestra; established my own music teaching business, side stepping the 9 to 5 minimum wage slave labor syndrome (25,000 private music lessons taught to date); written eight books; begun a successful music and book publishing business; created a web site which gathers a half-million hits a month; and tweaked my social relationships, transforming them from disastrous in pre-brain-know-how days to harmonious and highly entertaining among friends, co-workers, and strangers.

The simple ABC’s of how the human brain works has had nothing short of a miraculous effect on my daily life.

The crux of the program at the brain lab hinged on voluntary control of a trigger site within the brain that has a measurable effect on pleasure, intelligence, and creativity through its regulation of fight or flight and fear responses. This brain site is actually a tandem set of matched organs inside the mid-brain, and is called *the amygdala*.

When a person learns to voluntarily “tickle their amygdala”, i.e. control this and other areas of their brain, a person eventually experiences a peak experience nick-named by Lingo “Frontal Lobes Transcendence”, “The Big Brain Bang”, or “popping your frontals.”

This type of experience might be compared to the “popping” release of the pressure inside one’s ears upon an airplane ride or at high altitude- an immediate release of a consistent annoying sensation into blessed relief. In the case of a frontal lobes pop, the release is of major emotional and intellectual blocks, dilemmas, and frustrations. The experience is undeniable and life changing.

For me, my first big brain bang occurred on September 11th, 1987, (a date I won’t ever forget), while sitting in the control room of a recording studio absorbed in a musical project. This kind of experience was the last thing on my mind at the time. It came as if an unexpected blast of sunshine through thick clouds.

What is such an experience like? Imagine you are an explorer on a ship in the 15th century, and you’ve been on a boat lost in the middle of an endless ocean for what seems like an eternity. You’ve been going on and on and on and everybody anticipates that you are going to fall of the edge of the planet into oblivion....

Then all of a sudden, out of nowhere- you see land!!!

Well, that’s something like what it feels like to pop your frontal lobes, only it’s really happening, and it’s happening to *you*.

Some person’s have compared their first big brain bang to feeling as though they are flying through the cosmos at the speed of light, or perhaps feeling the power of a train blasting through their skull-pleasurably so- at one-hundred and fifty miles per hour. The variations of reports are as varied as different persons and their individual personalities. In every case, it’s a milestone in one’s life of immense magnitude.

After one’s first frontal lobes big bang (and they keep happening), things are never the same again. As valuable as they might have been, my

college education as well ten years of meditation and yoga practice never prepared me for that mind blowing experience.

This intense peak experience was common to many who went to the brain lab and participated in its summer program and beyond. I am certain that the emotional and perceptual changes that occurred among lab participants can be found to extend into measurable quantities of creativity and intelligence using standardized testing methods, although this would pale next to one's own personal experience. Lingo reported such in his own testing.

This book began one summer day when I was faced with a 300 mile drive home across the state of Colorado from Durango east to Denver. Mountain radio station reception was poor in the narrow twisting valleys and so I "tickled my amygdala" for a solution. My brain radar led me to a flea market sale and a used one dollar cassette recorder which I then bought.

On this tape recorder I began dictating every basic principle I had learned through seven years experience as a student and eventually as T.D.A. Lingo's assistant at the brain lab in the years that followed. The manuscript spontaneously poured forth from my memory circuits and into the microphone while I steered my car through the beautiful Rocky Mountain canyons.

Nature is smart. Your brain wants you to survive. When you use more of your brain's potential- specifically utilizing the most advanced parts in your creative and cooperative frontal lobes- your chances of survival in this world skyrocket.

Sustained long term pleasure and reward are how various receptor sites in the brain motivate and reward you for advanced frontal lobes thought production.

It's free and legal.

That's what this book is all about; all the fun, pleasure, and success you're going to have turning on the best part of your brain.

Have fun!

-Neil Slade,
Ninth Edition
October 2020

1.

WHAT IS “POPPING YOUR FRONTAL LOBES”?

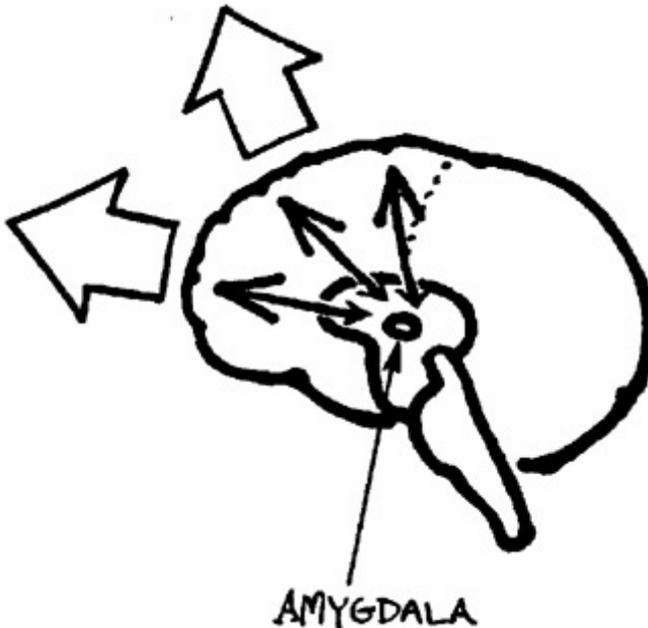
Think of the most fantastic, exhilarating, or happiest moment of your life. Got it?

Now multiply that feeling times a hundred. Or a thousand. Or ten-thousand. Or a million. That’s what it feels like after you “pop” your frontal lobes. *For real.*

To pop your frontal lobes you

Click your amygdala forward.

This sends energy all the way through your brain.

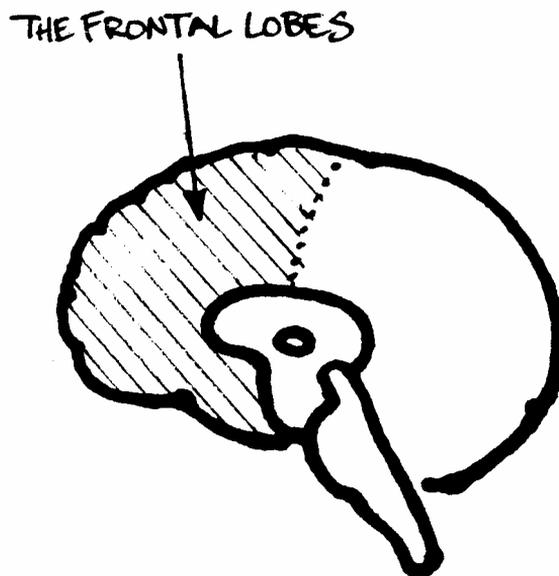


“Whoa!” you say. “The best day of my life times a million! Impossible!”

Well okay, let’s examine this “popping” phenomenon in another more plausible fashion that shouldn’t be too hard to accept.

Imagine the most fun you’ve ever had, or more to the point, the best *feeling* you’ve ever experienced. Got it? Now imagine figuring out how to feel this feeling once a month, every month. That’s not too hard to accept now is it? How about once a week, every week? How about every day for the rest of your life? Mmmmmmm.....Wow! Yes.

When you learn brain self-control, you “pop” your frontal lobes.

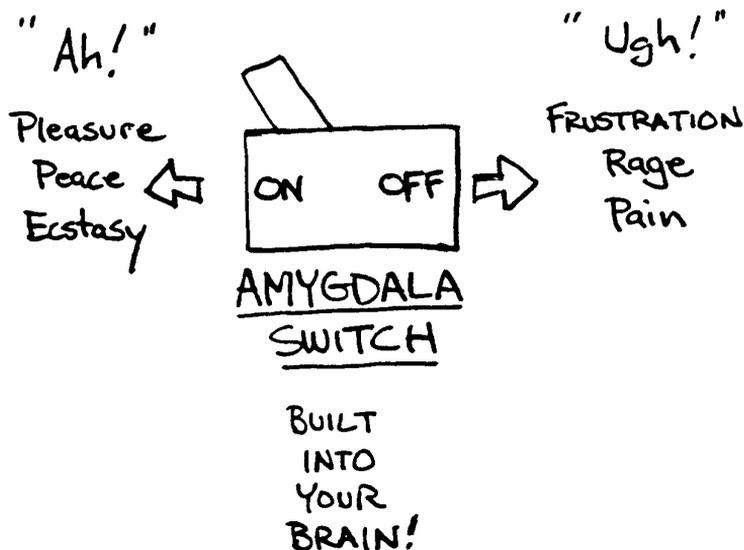


This is an honest-to-goodness physiological brain function. Both the intensity *and* the frequency of pleasure that you experience as a result becomes your reality. And that it is just the tip of the iceberg.

The **frontal lobes** are the most advanced part of your brain. It is the part of the brain most developed in humans, absent to a greater extent in other apes and lower mammals. Grab your forehead above your eyes with your hand. Everything underneath your hand, the front 1/3 part of your brain is your frontal lobes. Where a chimp or gorilla skull is slanted back from the eyes, a human skull goes straight up from the eyes. This is where your human brain's frontal lobes reside.

The frontal lobes are that part of your brain responsible for **Creativity, Imagination, Cooperation, Intuition, and Logic-“CICIL”**. The frontal lobes are the part of the brain used for new problem solving, synthesis of new and abstract ideas, concepts of time, and planning.

The amygdala is the part of your brain that can be seen as a master click switch that controls whether your frontal lobes are turned on or turned off, and whether you feel pleasure or pain in the emotional part of your brain.



It is somewhat like the light switch on your wall. But this amygdala brain click-switch is connected to your frontal lobes. **By “clicking” your amygdala forward, you “turn on” your frontal lobes.**

Clicking your amygdala forward allows electrochemical activity to occur from the base of your brain all the way through to the most advanced part of your brain, the frontal lobes. Your *brain* lights up. We can literally see this on brain scans as neuro-chemical activity intensifies with increases in frontal lobes processes.

In addition, clicking your amygdala forward causes automatic sensations of pleasure and peace of mind to freely occur.

“Clicking your amygdala backward” has just the opposite effect.

“Frontal Lobes Transcendence” is the addition of increased frontal lobes activity to the point where only positive pleasurable emotions are felt, where positive emotions win out over negative. This is a result of a higher perception of reality and a more successful mode of operation for the individual in her/his environment.

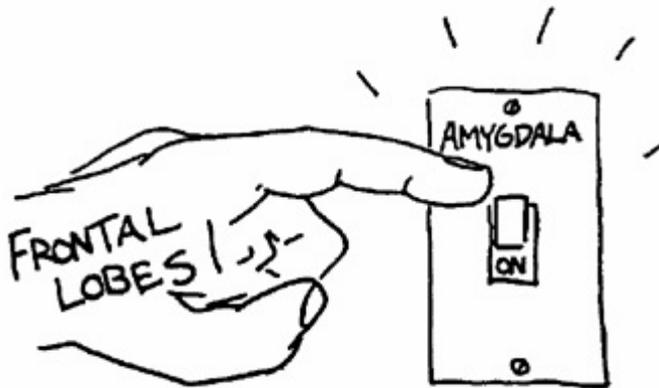
By continually controlling the amygdala you tap into perpetual and unlimited creative-intelligence-pleasure.

Clicking your amygdala forward is simple and very easy once you understand how your brain works and recognize the process of clicking forward. It has been there since the day you were born. Waiting.

Frontal Lobes Transcendence is like turning on a Perpetual Positive Emotion Machine inside your head.

It is the smartest part of your brain tickling the “goody spot” (pleasure centers) of your brain whenever you like.

It’s free, and always right there at your neural fingertips.



Frontal Lobes Transcendence is made possible by *effortless effort*-increased use of the brain potential already existing inside your own head, potential that's easy to access.

Your brain will run like an efficient, quiet, cool-run, natural machine. You feel good more and more of the time and your ability to function and solve problems is tremendously enhanced.

Frustration, anger, fear, pain, and other negative feelings are reduced and disappear once you “pop” your frontal lobes. As you learn how to see forward with your frontal lobes you will drive around negative emotions in your brain, like you drive around obstacles in the road in your car. Just as a child learns how to walk and outgrows falling down, you will outgrow falling down emotions once you learn some basic facts about how your brain works.

Learning how to click your amygdala forward will greatly enhance your ability to concentrate on your goals, think clearly, and act more intelligently in your own behalf and for others.

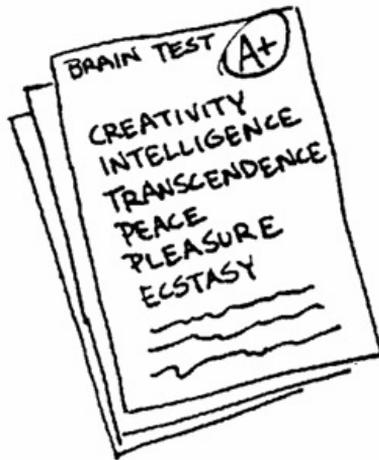
As you pop your frontal lobes circuits open and connect dangling wires in your brain, you transcend, rise above and beyond, and eliminate the bad feelings and the perceived problems of life.

The location of pre-existing neural circuits for intense pleasure and exceptionally peaceful states of mind in the brains of mammals and all human beings was first established in the scientific community long ago by brain researchers Jose Delgado of Yale University, James Olds and Peter Milner of the Montreal Neurological Institute, and Dr. Robert Heath of Tulane University Medical School, among many others.

Your brain has been pre-programmed at birth to experience all kinds of pleasure. Turning on these hard-wired circuits is just a simple matter of learning how to self-stimulate these areas by thought and behavior processes.

The ability of persons to control their amygdala and experience limitless frontal lobes pleasure responses was proven by a 30-year study by brain and behavior researcher T.D.A. Lingo at the Dormant Brain Research and Development Laboratory in Blackhawk, Colorado. Between 1957 and 1987 over three-hundred and nine students and test subjects along with hundreds of additional part-time participants were involved in long and short term brain education, behavioral, and thought modification programs.

This book consolidates and presents the most crucial information and techniques developed by Lingo for his original study and research program as well as further new information gathered since 1989 by this author from thousands of private lessons, and tens of thousands of Internet web visitors, giving daily feedback to methods discussed and shared via reports and publications.



Frontal Lobes Transcendence is akin to other experiences common throughout the world in all cultures known historically as nirvana, satori, Samadhi, kensho, enlightenment, and other variously defined “one-with-the-universe” peak rapturous experiences that have been reported for thousands of years.

Only now has recent scientific investigation made it possible to pinpoint the actual specific areas inside the human brain involved in this kind of experience and the kinds of thought processes which control and turn it on. This new additional scientific information makes it far easier to understand, define, describe, cause, and teach this phenomenon.

No longer does “transcendence” or peak experience need to be an accidental occurrence reserved for fasting saints. Any person can now trigger this natural brain response with a bit of self-direction and a few brain facts under the hat.

Many other self-improvement programs promise increased intelligence and elevated mood by various methods, sometimes at great monetary or other expense. This includes positive thinking exercises, hypnosis, exercise, drugs, or diet. There are virtually limitless suggestions out there supplied to achieve one’s goals and happiness. Popping your frontal lobes is different from any of these things. It is a permanent change

in the perception of reality that takes place in the inner circuits of your brain, and not from a generic commercialized set of instructions. YOU control your brain. YOU diagnose and prescribe your own set of customized brain prescriptions. You SELF-control your brain based on your own observations, from the inside out.

Brain self-control is the simplest and most essential process behind any self-improvement technique at the most basic level. By learning how to click your amygdala forward, you open up your mind and brain to infinite combinations and possibilities, independent of any physical restraints, body condition, space limitations, or special equipment. It is the purest expression of self-improvement.

Frontal Lobes Transcendence is an automatic thought process habit in which anything and everything available is used as positive brain-life-energy-fuel-nourishment. You click your amygdala forward, and your brain pops clear. You tickle your amygdala and nothing stands in your way. It's just like when your ears pop in an airplane or when driving over a high mountain road. - but it's more incredible!

Ahhhhhh! Brain Pop!

How long does Frontal Lobes Transcendence last after you pop your frontal lobes open?

Once this event occurs in your brain some positive aspects last forever, kind of like learning how to ride a bike. It is a permanent change in the way your brain functions. A related phenomenon has been shown to occur in laboratory animals, and is known as "kindling".

Frontal Lobes Transcendence permanently eliminates major negative emotional problems such as long term depression, feeling unloved, or living a life without meaning. Negative emotions are reduced, some types altogether eliminated, and replaced by continuous positive emotions and feelings.

Regular increased use of your frontal lobes creates a life that is continually rewarding, enjoyable, peaceful, flowing, stimulating, and breathtaking. You can't help but see your life as an amazing 24 hour a day

event. Clicking your amygdala forward becomes an Automatic Creative Intelligence Pleasure Habit, a real positive addiction with no adverse side effects.

Who or what causes your frontal lobes to pop?

It is done by YOU and YOUR BRAIN, without special equipment, without cost. It's free: There are no dues, and you can learn from a friend. What a deal!

Frontal Lobes Transcendence *does not* mean a non-stop chatter inside your head. It allows you the freedom to think or space out as desired, without jeopardizing your existence. Your brain work-space becomes a smoooooth operation. Your brain stops squeaking and clunking around. You can finally *really* relax- Ahhhhhh..... That's better.

Your frontal lobes expression of genius creativity and super intelligence is completely personalized to you, to your needs and desires. You will not be required to become an atomic physicist, nor will you be forced to compose two hour long symphonic overtures (although you could if you wanted to).

You may choose to express yourself in any way you choose: A genius friend, a super intelligent mom, a brilliant bus driver, or whatever your calling in life is. You will become a genius at enjoying life, whether it is in the appreciation of the simple things in life or in the enjoyment of complex and diligently pursued skills.

Exactly how long does it take to pop your frontal lobes?

With conventional thinking, it will never happen. Detractors and skeptics will frown at you, call you a fool and insist that "*It's not possible.*" This is not something being reported by your daily newspaper. Not yet anyway.

Using other methods of study and traditional practices such as standard meditation, chanting, hypnosis, or some other kind of self-improvement flavor of the month, popping your frontal lobes may or may not occur after many years, decades, or a lifetime of work, if it happens at all. Sorry. Nobody knows.

On the other hand, the results of the Blackhawk Brain Lab study group show that by the addition of learning a little bit of basic brain facts and anatomy will allow the full blown frontal lobes pop “Big Bang” transcendence phenomenon to occur on the average of three to five years after the beginning of study. Some students who were particularly receptive and diligent experienced a peak brain pop experience in as little as two weeks. Although the eventual full-force (pleasurably so) “Big Bang” is the most intense, life changing, mind blowing experience reported, it was regularly preceded by all kinds of ever increasing “pre-pops” of various intensity, and most every brain lab participant experienced some level of benefit.

Positive effects at one level or another are reported by most people immediately upon beginning self-amygdala stimulation using the clicking forward technique presented in the exercise section of the book. **You won’t have to wait.**

A full range of responses from slight to very intense occur for most people who begin clicking forward and/or engage other brain exercises. These responses include: Increased positive emotion; heightened sensory sensitivity of all types (fill in the blank, folks, this book is rated all ages); improved social interaction; improved scholastic and work related performance; and paranormal and extra-sensory occurrence. Something happens at one level or another for everybody who takes the time to learn a little brain and click forward into their frontal lobes.

What will you choose; never, maybe, or sometime soon? What will you choose for this one chance at life?



2. BASIC BRAIN PARTS

Clicking on your frontal lobes is just as easy as clicking on a light switch or turning the key in your car. But you must first learn a few brain basics and learn how your brain is wired- this is the key to successful and smooth running every time. Have you taken brain driver training yet?

This section of the book will explain how the various parts of your brain work. After you first study this section, you will move towards brain self-mastery by doing the easy brain games and exercises located later on in the text. *Knowing how each part of the brain operates and differs from the other parts is crucial to supercharging your brain power, so don't skip any of this basic information- it is crucial.*

The 4 basic brain parts you need to know about are:

The Reptile Brain

The Mammal Brain

The Frontal Lobes and

The Amygdala

Okay, to help remember these parts first copy those names down with a pencil- (Yes, you can cheat and turn back the page).

Good. Now you have to test yourself. Close the book and say the name of each of these four parts of the brain. Don't go to the next page until you can do this. Get these four simple parts of the brain memorized. Everything depends on this first crucial step. Check your memory now. Go!

The human brain is 3-brains-in-1.

It is a “triune” brain.

Tri-une:

3 in 1

.

The triune brain is a description of the human brain as discovered and defined by Dr. Paul MacLean, formerly of the National Institute of Mental Health and director of the Laboratory of Brain Evolution and Behavior. Decades later after its initial inception, it remains a most useful model of the way the human brain works.

Although no model is perfect, and there are a new things under our hat regarding interpretation of this model, for our purposes of brain self-control education it is a nearly perfect teaching tool.

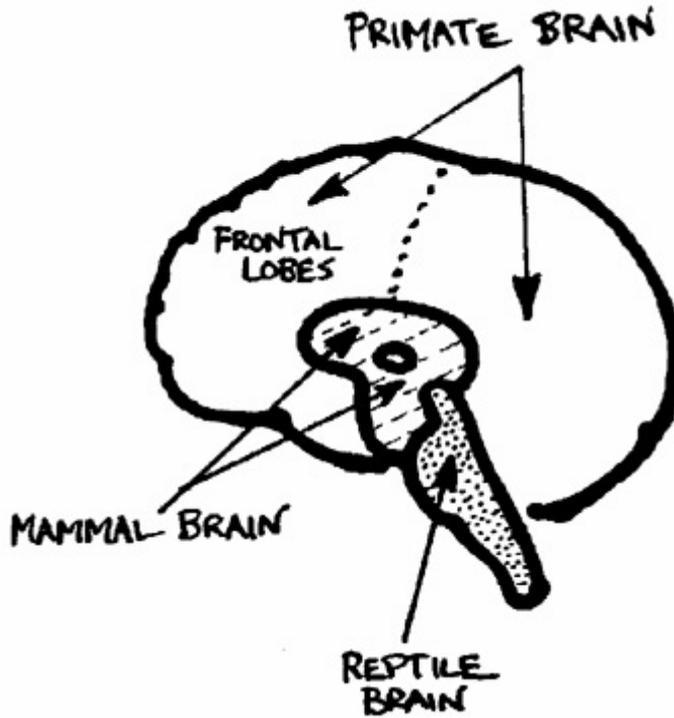
The human triune brain is three brains all interconnected, yet each part has its own distinct function.

The human brain is made up of:

- 1) The innermost core brain and stem called the **reptile brain**.
- 2) On top of this is the **mammal brain**, or limbic system.
- 3) Surrounding these two parts is the **primate brain** and **frontal lobes**.

The reptile brain and mammal brain make up a very small portion of our total brain volume.

The largest part of the brain consists of the primate brain, of which the entire front portion consists of the frontal lobes, and pre-frontal cortex. The primate brain all together makes up about 5/6 of the entire brain area and contains the vast majority of brain cells.



THE REPTILE BRAIN

The reptile brain is that part of our brain which is in appearance and function like the brains of snakes, lizards, turtles, extinct dinosaurs, and other reptiles. It allows us to function on the same level as those animals. It is evolutionarily the oldest part of our brain.

The reptile brain computes **basic survival**. It regulates the primitive functions of our behavior and body such as **self-defense and counter-attack** mechanisms, and the automatic “flight or fight” response.

The reptile brain is involved in regulating your heart rate and breathing. The reptile brain computes:

100% Competitive Consciousness.

The reptile brain is as emotionless as any cold blooded reptile and merely **reacts** with the environment. It computes primal thought concerned only with the individual organism's self-survival and primal instincts.

The reptile brain computes “me me ME!” type behavior.

THE MAMMAL BRAIN

The mammal brain is also known as the old mammal brain - The paleo-mammalian brain also known as the limbic system. It adds on to the primitive reptile brain core the processes of **emotions, social behaviors and basic nurturing.**

Together with the reptile brain, it resembles the brain of other mammals and allows us to function on the same level as mammals such as dogs and cats.

When we feel “good” or “bad” the mammal portion of our brain is that part of our brain crucial to computing these feelings, emotions, and sensations.

The mammal brain computes childlike play behaviors- reptiles do not play.

The mammal brain computes various social behaviors and family behaviors. It allows individuals to interact productively with others. Reptiles don't raise their young. They lay their eggs and split- "Kids, you're on your own". By contrast, mammals nurture, raise, and teach their offspring: "Let me help you son..."

How do we know this? When certain portions of the mammal brain are destroyed, this inhibits or eliminates the ability for interactive and social behavior. Social behavior is enhanced when other parts of the mammal brain is stimulated.

The mammal brain (reptile brain survival plus mammal brain behavior skills) produces a mixture or equivalent balance of:

50% Competitive Consciousness

50% Cooperative Consciousness

What happens to a friendly dog when it is denied food, confronted and threatened with unfamiliar circumstances or competition? Think about it.

It clicks backward into its reptilian brain reactions.

So it is with our cooperative furry friends, when a mammal confronts new or unfamiliar situations and difficulties it reacts competitively in order to insure survival. A mammal brain goes back and forth between reptilian self-defense/counter-attack behaviors and higher mammal social cooperative behaviors- *without self-choice*.

A mammal brain flicks back and forth between reptilian reactions and social cooperative actions like a loose broken light that flicks on and off in a strong wind. It experiences pleasant emotions when things in the environment are going smoothly, painful and negative emotions when things get rough- and not much control over either.

Just like before you learn brain self-control.

THE PRIMATE BRAIN and THE FRONTAL LOBES

This is the bulk of the human brain. It is what we usually envision when we think of the brain inside of our head. It is the big wrinkly part of our brain, the outside covering around the inner reptile brain and mammal brain core.

The primate brain is that part of the brain that allows us to function on the same level as other primates such as chimpanzees, gorillas, orangutans- and beyond. The additional size of our primate brain, most notably in the frontal lobes, allows us more complex human behavior beyond that of lesser apes.

The frontal lobes are the most advanced part of the brain. In humans it is proportionally larger than in any other animals. The human frontal lobes truly set us apart in behavior and thinking from all other primates.

The primate brain is also known as the new mammal brain or neo-mammalian brain. It computes higher refinements of old mammal brain thought and behavior. It takes social, family, emotional, and play processes to a much greater and complex expression.

The advanced primate brain in human brains computes things like **language, music, art, math, and refined motor skills.**

The entire front portion of the primate brain, the frontal lobes, compute **creativity, planning, foresight, imagination, concepts of time, synthesis of abstract ideas, and insight.** The frontal lobes allow us to be concerned with things entirely outside ourselves and our immediate environment. It is the human frontal lobes which allow us the potential for the highest level of reason, organization, and complex behaviors among all animals. The frontal lobes compute:

100% Cooperative Consciousness

The frontal lobes see “cause and effect”, and process thoughts and actions based on this. Frontal lobes cooperative consciousness is awareness of the connectedness of the total environment, things and people. It sees beyond the mere surface of things.

The frontal lobes predict and solve the problems of life before they happen. Frontal lobes thought processes go way beyond pure reptilian brain reactions. The advanced ability to predict and solve problems in the human frontal lobes is responsible for the *transcendence* experience, and frees one from old problems.

That’s what *transcendence* means- to rise above.

You can transcend, with the most advance part of your brain.

That’s what *frontal lobes transcendence* is all about.

Frontal lobes transcendent thought production does not shut off necessary reptile brain functions such as eating, self-defense, blood circulation, or breathing. Your frontal lobes *do* solve threatening problems of survival instantly or *before* they occur in a way that results in the least amount of negative stress.

Happiness is literally bringing the emotions of the mammal brain and the conditioned reflexes of the reptile brain under the control of the watchful eye of the frontal lobes. Use your frontal lobes enough and you will eliminate vast amounts of negative emotional stress and negative reflex last-resort reactions.

If a child can learn how to stop falling off a bicycle, you can learn how to stop falling off a nicely balanced pleasurable state of mind.

Whoopee!

3. THE AMYGDALA and CLICKING INTO CREATIVE COOPERATIVE INTELLIGENCE PLEASURE

Inside the mammal brain, a part of the mammal brain, is an organ called THE AMYGDALA.



There are actually two amygdalae in your brain, one inside the left hemisphere of your brain and one inside the right hemisphere. The primate brain and the mammal brain are in fact divided exactly in half, into two separate, although connected, right and left halves called hemispheres.

Each amygdala resembles somewhat the shape and size of a small nut, a walnut perhaps. The name amygdala was taken from the Greek word meaning nut or almond. Each amygdala is located about one inch inside your head from the temples, halfway between the outside corner of your eyes and ears.



Tests on animals and humans have determined what happens when the amygdala is activated and stimulated. Amygdala stimulation has been done in the laboratory using micro-surgical electrical connections. Other sites in the brain have been explored in this way and also by using naturally occurring chemicals found in the brain. Doctors have also been able to pinpoint how specific areas of the human brain function by actually talking with conscious patients during brain surgery. As they painlessly probe around and stimulate the brain doctors are able to ask the patient what they are experiencing.

More recently, various types of brain scanning instruments show researchers how the amygdala is related to specific brain processes, emotions, and behaviors.

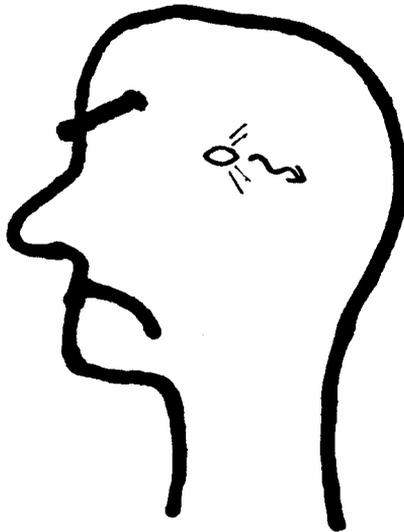
Electrochemical processes used in experiments merely mimic the same type of activity that naturally occurs in your brain.

You stimulate and control your brain, including the amygdala by consciously directing thought.

The amygdala can be seen as a “click switch” that turns on either reptile brain self-defense/counter-attack emotional pain or allows frontal lobes intuitive intelligence pleasure.

Here is our general behavioral model: “Clicking the amygdala backward” causes discomfort, paranoia, fear, rage, and emotional pain: negative nirvana and anti-transcendence. The amygdala clicks on automatic fight or flight response when the individual perceives a threat, and quickly alerts the brain: “Fight, run, or DIE.”

CLICKING AMYGDALA BACKWARD

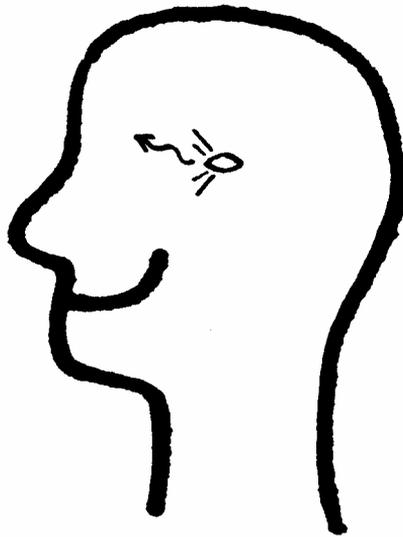


A laboratory cat with its amygdala clicked backward will panic in terror at the sight of a mouse. Even a little bitty baby mouse.

Similarly, a human being with his amygdala clicked backward will have outbursts of violence, rage, paranoia, and will feel, as one test subject said: “as though I’ve just missed being hit by a car!” We can easily see this in laboratory brain stimulation experiments.

“Clicking the amygdala forward” allows pleasure and peace of mind: The transcendence feeling.

CLICKING AMYGDALA FORWARD



A laboratory cat with the proper brain stimulation will calmly observe, play, and coexist with the same mouse it considered lunch only moments earlier. Genius cat curiosity replaces killer instinct when its amygdala is tickled forward.

A person with their amygdala tickled forward will report feelings of pleasure and harmony. Clicking the amygdala forward causes frontal lobes cooperative intelligence pleasure behaviors and overrides the “killer instinct”.

I.e., when the amygdala is NOT clicked backwards into defensive behavior, the frontal lobes can process all kinds of creative and productive pleasurable work. Observe the creativity and fun of humans when left alone to play:

Frontal lobes are free to shine.

Creativity bursts of joy happen.

When your reptile survival mechanisms are relaxed, you can have fun with life. In experiments, rats, cats, and primates preferred direct stimulation of their brain's pleasure centers, like the septal area and other related areas over everything else offered to them including powerful drugs, food, and *more*. Human test subjects were able to give direct descriptions of their experience of similar internal brain stimulation. One patient labeled it as "turning on my goody spot!" Septal area stimulation (nearby the amygdala) produced the most intense physical pleasure, at times equal to one half hour or more of the most intense experience.

By merely modifying behavior, thought, and attitudes, ordinary persons have been able to stimulate their brain for intense physical pleasure for virtually unlimited periods of time, without electrical connections or drugs. This has been thoroughly demonstrated and documented by medical researcher Dr. Alan P. Brauer of the Stanford University and Medical Center and the Stanford Department of Psychiatry and Behavioral Sciences. (Look it up, grownups.)

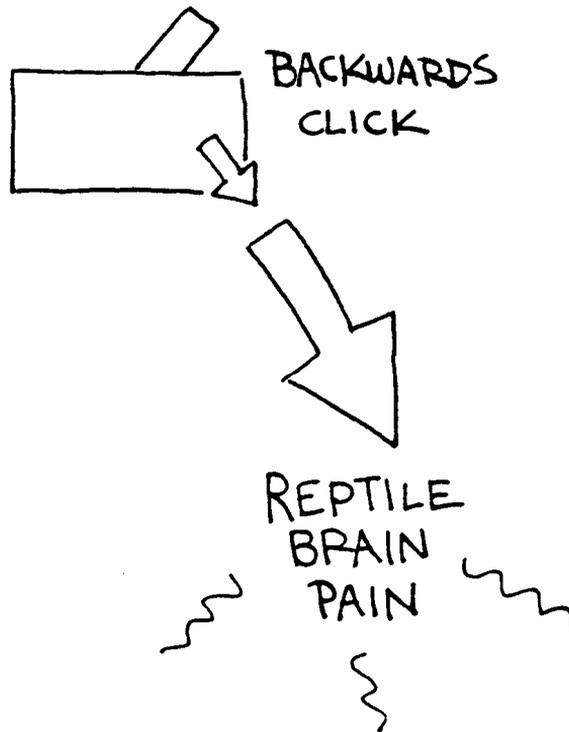
But not if you are clicked backward.

The moral: Use frontal lobes cortex areas to over-ride backward amygdala click. Tickle your amygdala forward for life enjoyment.

By examining the reactions of test animals and humans, we can draw the see the relationship between specific brain area stimulation and its resultant behavior and emotional response:

When your amygdala is clicked backward and you experience emotional negativity and pain, you are computing only reptile brain behaviors.

REPTILE BRAIN = PAIN

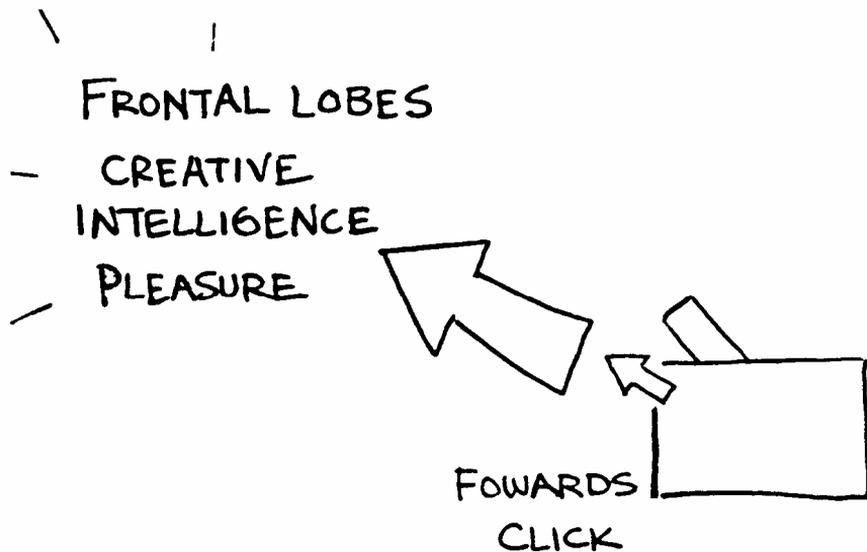


The emotions of fear, anxiety, boredom, loneliness, loveless-ness, and meaninglessness are the result of *excessive* reptilian brain processes in which the frontal lobes processes have declined to produce nil positive emotion.

A human brain that is not using enough frontal lobes and only has its reptile brain running is like a car with only one piston in the engine firing. This is a very rough ride. Creativity, intelligence, logic, and higher intuition have come to a screeching halt.

Conversely, when your amygdala is clicked forward you experience emotional pleasure, and you are computing frontal lobes thoughts and behaviors.

FRONTAL LOBES = PLEASURE



The emotions of excitement, companionship, love, and meaning are result of sufficient frontal lobes processes that override reptilian brain insufficiency.

You feel good when you are creative, socially responsible and interactive, productive, imaginative, intelligent, and smoothly coexisting-existing with your environment.

How OBVIOUS.

When you have taken care of all basic survival needs as the result of successful planning, logical thought, intuitive hunches, and foresight-all frontal lobes processes- you can *really* relax, and experience pleasure and peace of mind.

If you **tickle your amygdala** forward you get the equation:

Creativity + Cooperation + Intelligence = Pleasure.

Pleasure is the result of frontal lobes creative cooperative intelligence.

If your **amygdala is clicked backward** you get the equation:

**Non-thinking + Reactive Behavior +
Self -Defense/Counter-Attack = Pain.**

Pain and monotony is the result of non-thinking reptile brain reactions.

Prove to yourself the connection between the reptile brain and pain:

Think of a recent emotional or even physically painful experience. Were you uncreative, isolated, not thinking ahead, causing or being subject to self-defense or counter-attack behaviors?

Now, think of a recent pleasurable experience:

Were you being creative, enjoying friendship and companionship, imagining a positive future, experiencing cooperative support?

Can you see the frontal lobes pleasure connection?

Congratulations!

Of course, we all experience positive “down time”, all by ourselves with the brain on idle speed, on hold, just enjoying doing nothing. But this is the result of previous frontal lobes activity, **coasting** down from the top of a mental hill. When we put our brain on pleasurable “space out”, our amygdala is actually clicked forward as a result of planning, trust in the ability to let go in a safe environment vacation.

This can be contrasted with a very temporary reptile brain hiding away, a last resort numbing into unconsciousness with a reality hangover later on. Get drunk and forget your problems. But that’s always just a temporary brain fix.

There’s two ways to shut down: Power down frontal lobes leisure time, or reptile brain computer crash, head in the sand.

Often people make the mistake of linking our gratification of food and enjoyable physical behavior as a reptilian pleasure response: primitive functions giving pleasure. This isn’t quite true. *It is the addition of frontal lobes development of these basic activities that brings us joy.* We could live on rice on water, but it wouldn’t be much fun. A really pleasurable meal takes planning and careful thought. Pure reptilian brain

expression in these areas is strictly limited and momentary at best, violent and depraved at worst.

Reptile brain gratification is quite shallow and instinctual, and merely serves to provide a very basic level of existence by itself.

If you are a human, you must factor in human smarts, or you are just running on one cylinder.

A state of contentment as provided by the frontal lobes is quite different from drop-out apathy. Isolationist apathy is computed by the self-centered and limited vision nature of the reptile brain. You can only have so much fun by yourself. Frontal lobes intelligence depends on social and cooperative behaviors, including species interaction.

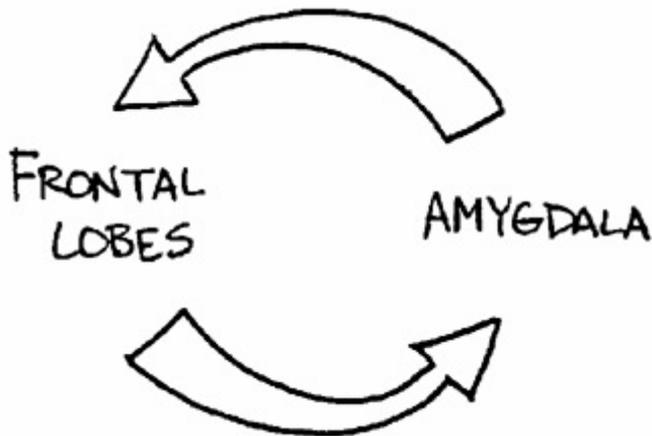
Yep, two, three, a dozen, a hundred or more brains is better than one in the end.

Frontal lobes behaviors are like mountain climbing rope support networks and allow a long lasting and high level of enjoyment. It took a lot of people to get to the moon, it wasn't a solo expedition. Higher species with bigger brains combine for a greater good and faster progress. On the other hand, reptiles do nothing together except make little reptiles.

Frontal lobes thought production does not make a person oblivious to dangerous or threatening situations. **Your frontal lobes allow you to stay a step ahead of the game.** You are able to more intelligently act in your own best interest.

Frontal lobes logic and intuition allow you to outsmart and make an end-run around others' reptilian behaviors. Your frontal lobes abilities of foresight help you to best defend yourself in advance, and help you to avoid unproductive and unnecessary confrontations. You joyfully outmaneuver reptilian limited skills and shortcomings with your advanced creative cooperative intelligence. Your frontal lobes help you to see the future outcome of your actions instantly, and provide you with the best strategy for smooth operation.

By clicking your amygdala forward you cause additional activity to take place inside the frontal lobes. This keeps you out of trouble and makes even further and more effective stimulation of the anterior amygdala possible: You make a creative pleasure inertia snowball!

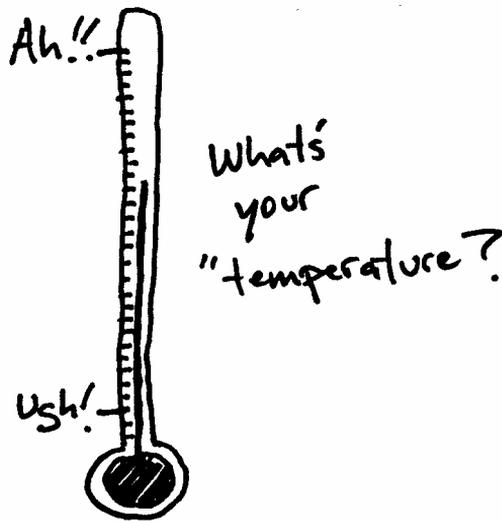


The development of higher than average intelligence and then further on towards genius creativity and super-intelligence is directly related to frontal lobes processes.

Negative emotions as a result of reptilian thinking causes what educators call “down shifting”. This is the response to discomfort, pain, and threatening environments. The individual is forced to shut off higher thought processes and downshifts to non-thinking reactive behaviors in order to just survive the moment.

By consciously and continually keeping the amygdala clicked forward into pleasure and trust, by both teacher and student, the individual keeps open higher and more efficient learning processes. Advanced thought remains uninterrupted and much greater levels of creativity and intelligence are the result.





The amygdala is a combination on-off switch in your brain. It is a master thermostat in your brain house, just like the thermostat on your living room wall. It controls the flow of energy while at the same time indicating to you the “temperature” of your brain.

The amygdala will tell you what part of the brain is being used through its emotional feedback system. It will allow the brain to click forward into frontal lobes creative intelligence pleasure (like turning on the comfy heat) or it will remained shut off into reptile reactive pain (Somebody forgot to turn up the thermostat.)

Surely, the amygdala can click forward or backward accidentally from outside stimulation. For example, we know that the amygdala has direct connections to the olfactory nerves in the nose. Smell a pleasant smell, and the amygdala clicks forward into pleasure. This can happen by just wandering into a rose garden by accident or from walking by a bakery on your way to work. However, we can purposefully seek out a garden of

wonderful smells. In such similar manner our foresight and planning clicks the amygdala forward- and it is a conscious decision.

Your amygdala will click backwards into fight or flight when you see a snake in your path. For that matter, your frontal lobes intelligence can allow you to avoid trails popular among snakes.

But beyond this, training and foresight can control how your react and your cortex can overcome the limitations of basic reptilian brain reactive behavior and emotions.

Although your emotions of survival come into play for your benefit, you need not be a victim of them and you can act in your best interest. You can back away from your “snakes”, take appropriate intelligent action, or mostly avoid them altogether in the first place through intelligent planning

Your cortex can clearly control negative amygdala function to a large extent by planning, foresight, logic, and other higher cortical processes. Knowing every molecular detail of all the neuropathways involved is not necessary to do this, however. You can learn to consciously control your amygdala and brain, simply and easily.

By using the very highest powers of understanding, creativity, foresight, intuition, cooperation, intelligence, and planning- available only in your frontal lobes- you can see, use, and feel all the events in your life as positive, enjoyable, and growing experiences.

Your advanced intelligence intuition keeps your amygdala clicked forward with permanent pleasure frontal lobes power. No other part of your brain can take every lemon and turn it into deliciously sweet lemonade and lemon custard pie.

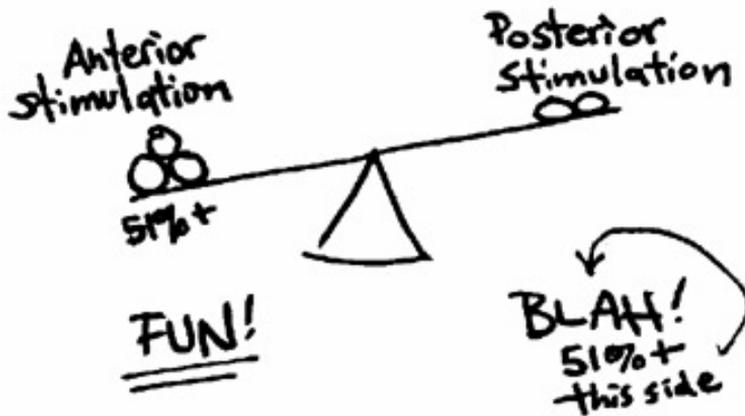
But tickling your amygdala and keeping it clicked forward absolutely requires frontal lobes activity.

This fantastic genetically encoded brain bio-mechanical relationship between the frontal lobes and amygdala pleasure gives unlimited motivation for people to grow well beyond conventional wisdom and common low-level reptilian thought and behavior. This motivation is the built-in responses of pleasure and peace of mind triggered by stimulation of brain pleasure sites as a result of increased creativity, intelligence, and cooperative behavior. The self-motivating circuitry promoting advanced thought in the brain is *stunning*:

Your brain automatically rewards itself for advanced thinking and behavior and discourages non-thinking and behavior.

↑
important fact

Happiness can be seen as a function of having more anterior brain stimulation than posterior brain stimulation. All you need is 51% of your brain stimulation to occur in the front part of your brain- the advanced frontal lobes- and your midbrain emotions teeter-totter into enjoyment.



YOU can tickle your amygdala, and self-click your amygdala forward with practice and get your frontal lobes positive pops transcendence for endless fun!



OR



Do you want to learn how to click your amygdala forward?

YES

MAYBE

NO, well I dunno

what's for supper first?

AS SOON AS I
get a raise

did you pull the
plug on the iron?

what is the $\sqrt{498.7}$

how good is it again?

You control your thought processes and stimulate your brain in exactly the same way as you move your finger. You think “Finger move this way,” and with a little practice your finger moves the way you willed it to move. Your thoughts and emotions are just nerve cells doing things, sending messages to other nerve cells in your brain. You think “Brain, figure this out, do this,” and with a little practice your brain lights up, electrochemical processes happen.

You can cause SPECIFIC brain processes to occur, by knowing what you want. Biofeedback monitoring techniques and yoga meditative skills have repeatedly shown that we can control brain wave patterns, body temperature, blood pressure, pain sensitivity, and a host of other body processes once thought uncontrollable.

In exactly the same way, causing increases in creativity, intelligence, and pleasure is similarly possible. It’s a piece of cake! It simply involves use of your brain’s built-in emotional biofeedback system.

Developing continuous frontal lobes neural pathways is like making a path across a field of tall weeds. At first there is no path. You walk across the field and a slight imprint is made-



Walk the same way a few times and eventually a trail begins to emerge. After enough time no effort is needed to push aside the weeds except to continue walking along this path of least resistance, which you created out of habit. In the same way, **frontal lobes amygdala click becomes effortless effort out of repetition. It becomes largely *automatic.***

The frontal lobes pleasure response is built into the brain of every living person. This pleasure connection is as much a part of the physiology of the brain as your nose is a part of your face. It is merely the reaction of your brain to frontal lobes stimulation, just like sneezing is a reaction to tickling your nose.

You can trigger this pleasure reaction by a process similar the priming the carburetor on a car engine.

You prime a cold engine and get it to start when it hasn't been running for a while by putting a little fuel right in the carburetor. This gives the engine a boost, and then it will automatically send fuel where it needs to go once it gets running. In the same way, you can get your frontal lobes running by consciously directing stimulation right at the amygdala click starter button. After you do this a few times your frontal lobes pleasure intelligence runs itself.

You first tickle your amygdala consciously. When it becomes a habit, your amygdala clicks forward automatically!

This brain priming process causes momentum of creative intelligence through positive emotion feedback. In other words...

**Use of your frontal lobes makes you feel good automatically-
That's how your brain is hard wired.
Once you recognize this fact as it's happening
and feel the reward of advanced thinking,
you want to do it again and again.
The momentum builds.
Finally, creative intelligence pleasure becomes
an automatic habit
from sheer pleasure of repetition.**

What that happens hold on to your seat! You take a quantum leap and go on the trip of your life! Frontal Lobes Brain POP!!!!!!!!!!!!!!

4.

HOW YOU START TO CLICK YOUR AMYGDALA FORWARD

By now you've got to be wondering "All right already, how do I click forward?" There are many ways to do this, but here's a very simple method:

Imagine you have a feather and that you can reach inside your head to your amygdala switch and tickle the front part of each amygdala. This thought causes the switch to click forward and sends energy to your frontal lobes. Done.

In the exercise section of the book there will be many more clues to get you going. But in the end, how many ways do you need to know how to click a switch on? You just click it! Click! You click forward from dumb reptilian non-thinking reactions forward into Creative-Imaginative-Cooperative-Intelligence-Logic frontal lobes. The real fun begins!

Perhaps it's like shooting an arrow to hit the bulls-eye, and you have to know if you're shooting at the right target. We grow up with TV advertisements telling us the target is "Over here!" Our parents tell us the target is "Over here!" Politicians telling us it's "Over here!"

But the ultimate target is in your brain and in your mind. A little practice is necessary to go straight ahead and hit the bulls-eye. And as in any skill done well, it's a puzzle in which you have to know a few things at once. Like driving a car, you've got to put gas in the tank, learn how to steer, know where the ignition is, what road signs mean, and so on. You're getting there!

The number one question when people are learning how to click their amygdala forward is "**How do I know if I'm doing it right?**" **Answer: You feel good.** An honest deep down good. This fact is so ridiculously simple most people fly right by it.

When you click forward you don't necessarily begin hearing celestial music, see angels descend from the clouds, or get an instantaneous flash genius idea (although people commonly report these kinds of things down the road after they practice brain self-control for a while.) When you click into your frontal lobes, you click into a relaxed easy state, often completely silent with no distracting internal dialog. It's like coasting downhill on a bike, just a smooth effortless glide. When creativity, ideas, flashes of insight, and new perceptions come, they just zip in without you having to grab or pull them in.

The main difference between feeling good *before* brain facts and *after* Amygdala Awareness is that once you know how your brain is wired up, you have infinitely better conscious control over accessing the "Feel Good" and creative-intelligence-pleasure experience. This is a *huge* leap in awareness that will pay infinite dividends over and over and over as you keep consciously clicking forward.

When you begin playing with your amygdala click switch, for most people the results are subtle at first. Pleasant insights, little tinglings inside the head, a smile on your face. You may not feel any physical sensation at all, only a wonderful pleasant "whoosh" as negative thoughts are erased from your awareness like a messy chalkboard that is wiped cleaned. Only occasionally do people feel a sudden earth shattering lightning bolt from the blue when they start out. But you never know.... Something spectacular could happen inside your head at any moment.

The results of clicking your amygdala forward are accumulative. As you click your amygdala forward you are literally creating new neural connections in your frontal lobes, creative new nerve pathways which form new awareness, new ideas, and new solutions in your brain. As more and more current flows into your advanced frontal lobes, the pleasure feedback loop to your brain's pleasure centers increase. You feel better and better. It all adds up.

Eventually you may experience those lightning bolts from the blue once or many times. One person described this as "Feeling like a

freight train blasting through my head- pleurably so.” Eventually you will be able to control certain types of Big Brain Bangs to occur at will.

Clicking your amygdala and opening up your frontal lobes is just like learning how to play a musical instrument: You start out playing Twinkle Twinkle Little Star, and if you stick with it long enough you’re playing Beethoven, Bach, or something else pretty amazing. But if you’re not enjoying Twinkle Twinkle at the beginning, you are missing the whole point- enjoy and appreciate where you’re at. Like the wise man said, “Be Here Now.”

One interesting thing you will notice as you go along is that all kinds of strange things start to happen when you least expect them. You start knowing things are going to happen before they do- and then they happen! You can swear that you start reading peoples minds, communicate and pick up communication without saying anything. You get things you need without trying- they seem to land in your lap out of nowhere. You start witnessing strange and unexplainable things, like slipping into another dimension outside the experience of “normal life.” This is **SPONTANEOUS ESP**, and **SPONTANEOUS PARANORMAL ACTIVITY** (SESP, SPNA). Automatically.

All these things are evidence that you are starting to create new circuits and use those pre-existing circuits in your brain, the dormant areas of your brain that connect you to what everybody else is calling “paranormal” and “extra-sensory”. These are just senses that most people have turned off and filtered out because of cultural conditioning. At the beginning stages of clicking your amygdala forward these pre-pops are signals to you that you are headed in the right direction. Don’t get too stuck on these things, they’ll keep happening until they become “normal” for you. Just keep clicking forward.

To click forward at will you’ve got to know what it feels like and what it actually is. A good way to learn this is to compare clicking your amygdala forward with clicking backward. The contrast between the two clarifies the issue, and how to go the way you want to go.

CLICKING BACKWARD

When you are confronted in life by:

New circumstances

Unsolved Problems

Competition from others

Your first automatic reaction is to click your amygdala backward into reptilian self-defense behaviors and stay there until the threat has passed.

Clicking your amygdala backward is felt as anxiety, fear, pain, and discomfort. This results in the “fight or flight” response in your body and produces negative stress. Keeping your amygdala clicked backward for long periods of time produces suffering, premature aging, high blood pressure, headaches, a lowered immune system, chronic fatigue, and other dis-eases.

CLICKING FORWARD

Clicking your amygdala forward allows you to harmoniously coexist with your environment, survive, and make progress towards those goals and skills of your choosing.

Clicking your amygdala forward into frontal lobes is felt as pleasure, love, exhilaration, peace of mind, or any combination of the above. The speed, degree, and permanence at which your amygdala is clicked forward can be controlled by an individual’s understanding of brain bio-mechanic basics, and the skill of brain self control (that you are learning now).

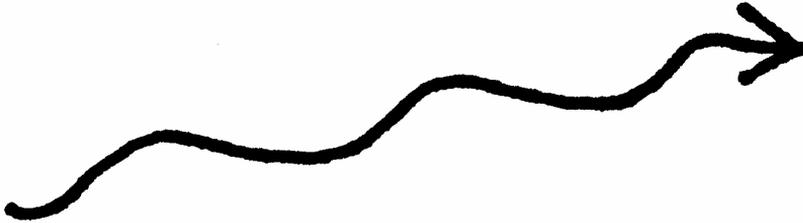
You have the choice-

Will you click backward into automatic reptilian self-defense and counter-attack? Old reactions?

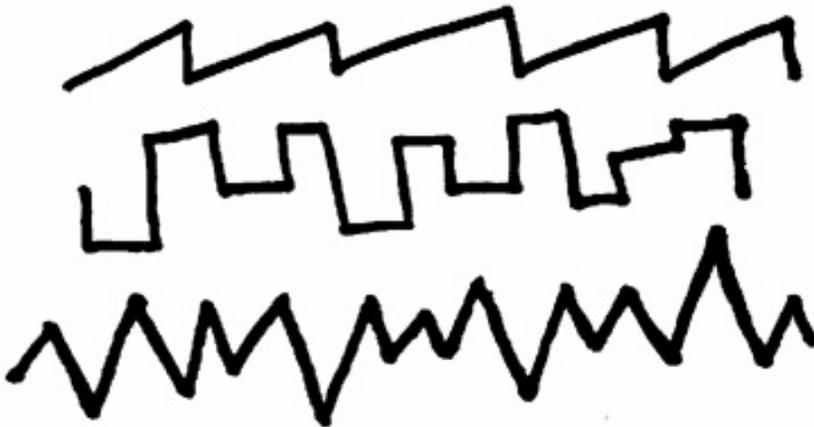
Or

Will you tickle your brain forward into thoughtful frontal lobes cooperative creative intelligence and New Thinking and solutions?

Frontal lobes thinking results in a smooth flow of thought and action, like a sine wave.



By contrast, conventional reptilian life experience can be ragged and jarring, like a square wave, saw tooth, or triangle wave pattern.



Reptilian brain awareness is limited to the immediate vicinity.

Frontal lobes awareness extends far beyond what is only obvious to the limited five senses. It can anticipate events before they happen and see the cause and effect of actions far down the time line.

Reptile brain thinks “me me me”.

Frontal lobes think “thee”. The earth, the water, the sky, *the other guy*.

Reptile brain thinks “all alone”.

Frontal lobes think “all around”.

Reptile brain perceptions are nearsighted, limited, and egocentric.

Frontal lobes perceptions are far reaching and encompassing.

Reptilian brain confrontations lead to winners vs. losers and losers and losers. Frontal lobes cooperative intelligence makes possible “everyone wins” celebrations.

The reptile brain is not capable of re-computing new information in different ways. It runs entirely off of instinctual, old, and genetic pre-programming. The reptile brain can only bump into a wall and then turn around. It makes the same mistakes, it plays the same old songs over and over and over again.

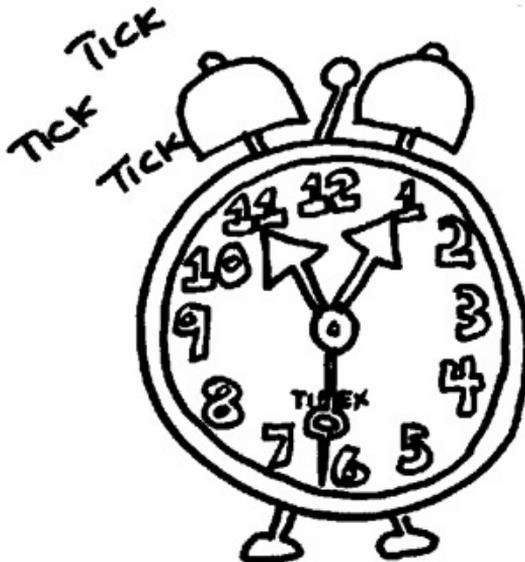
The frontal lobes can learn from experience. The frontal lobes and primate brain can store and re-compute an infinite amount of new information, and use it in a limitless variety of new ways and situations.

Reptiles lay eggs. The reptile brain computes EGGS behaviors:
Ego Greed Grab Suck

The frontal lobes compute egoless, loving, giving, growing behaviors.

Frontal lobes solutions are stable by bending like a
willow
branch
in the
wind
of
time...

Reptilian brain solutions are temporary and unstable like a time bomb, or like a pressure cooker building pressure to blow UP!



A number of people were given various mental exercises, and then the rate at which their brains used up glucose (brain fuel) was measured. It was found that the better a person did on the tests; the *less* glucose energy was required.

Conclusion: Intelligence and creative problem solving uses *less* energy than lack of intelligence and creativity.

Using all of your available brain power is like putting wheels on your problems and rolling them away, instead of dragging them around. Do you have energy to spare, or are you “wasted”?

5. WHY DOES THE AMYGDALA WORK THE WAY IT DOES?

Emotions involve a complex interaction between various neural pathways in the brain. In reality, the precise “location” of pleasure and pain is not necessarily localized in any specific brain spot in isolation. Although we can scientifically cause pleasure or negative emotion by stimulating a given spot within the brain with electric wires or injections, in life the brain really works by its intercommunications from one brain region to another.

Certain hot spots within the brain like the amygdala are crucial. We can look at the amygdala and other limbic structures like a junction box or gear shift that maintain the proper allocation of appropriate emotions to given situations and behaviors.

Why does the amygdala allow pleasure with frontal lobes activity, and pain with lack of frontal lobes activity and excess reptile brain use?

This is how the brain encourages individual and species survival.

The frontal lobes and primate brain contain far more nerve cells to handle information than the rest of the more primitive brain areas alone. The frontal lobes can handle long-term complex survival problems in a variety of situations. The reptile and mammal brain are much more limited in their ability to handle survival concerns both in problem solving ability and storage of information. It is therefore in the individual’s best interest to utilize the higher functions and greater learning capabilities of the more advanced frontal lobes.

The amygdala and limbic system -your emotional brain thermometer- indicates to you which part of your brain is being used and to what degree.

Frontal lobes processes include logical and intuitive perception of future events. This precipitates a smoother and more efficient progression of activity. This efficiency of resultant behavior lends to an increased ability of survival for the individual. The brain says “Yes! Go this way, this is working great!” with the reward of limbic system mid-brain pleasure sensations in tandem with frontal lobes perception.

Intelligent “smart” thought and behavior is indicated by mid-brain *pleasure*.

A human being lacking sufficient frontal lobes usage will experience confusion, boredom and pain through their inability to survive. The brain screams, “This is not working!! Ugh! This is horrible!!!” Each individual is reminded of her/his personal brain potential through this inescapable emotional feedback.

Non-thinking “dumb” thought and behavior is indicated by emotional pain.

We are hard-wired for survival feedback. Thank you Mother Nature.

The brain very efficiently encourages individual and species survival by self-rewarding evolved thinking. It discourages retrogressive non-thinking with discontentment.

Tuning into your limbic system emotional thermometer is the key to making use of this fail-safe feedback system.

When you really know and remember the difference between frontal lobes thought and behavior and reptile brain thought and behavior- and understand the built-in feedback system inside your brain indicating such- you can then control your amygdala with a simple thought:

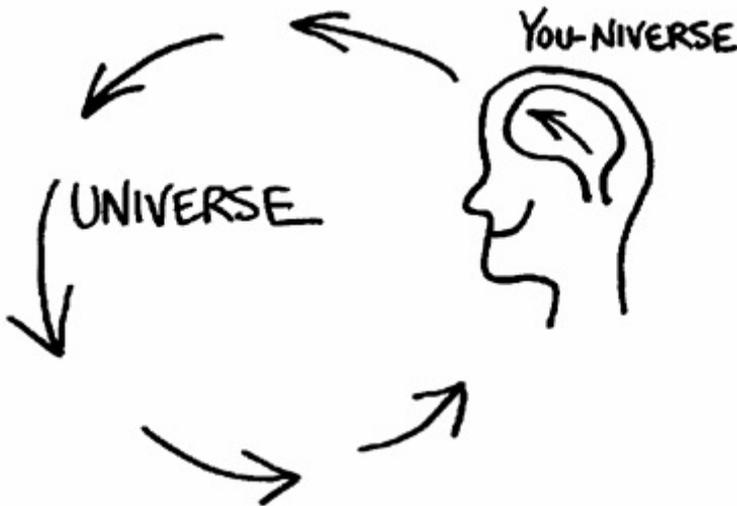
“CLICK FORWARD” - and then IT CLICKS.

BINGO!

6.

OTHER FRONTAL LOBES THOUGHTS

Transcendent experience is seeing the big picture, going beyond yourself. It is completing a cycle of energy flow and awareness from universe-to self, *back out-to universe*.



Some persons live off and draw in the positive frontal lobes nutrition of others. This is to be lovingly appreciated and expected of infants and individuals that have not yet had the time or opportunity to grow up into full brain maturity.

But mature frontal lobes behavior requires a balance of give and take- energy output equals energy input.

Without proper guidance, individuals who are inadequately loved and informed end up as collapsing energy systems- as in the black holes of outer space- in which everything that gets near them is sucked in forever

and nothing ever comes out again. These are the all too common “unsolvable” neglected and ignored problems of society. These individuals are living vacuum cleaners in which the energy flow is backwards towards “me me me” exclusively.

Multiplied by thousands and millions, this ultimately creates the age-old problems of war, epidemic disease, economic collapse, and famine. The only cure, as obvious as the color of the blue sky, is frontal lobes behavior- Advanced Intelligence.

By being aware of and helping those things outside yourself to survive you create additional symbiotic relationships. Those things outside yourself in turn help you to survive as it is in their best interest. “You scratch my back and I’ll scratch yours.”

When cooperative intelligence and social intelligence is extended to encompass the total planetary environment- trees, birds, frogs, lakes, streams, stars, clouds, air, all 7 billion humans- then it creates a human species safety net. Human frontal lobes intelligence is encouraged and supported by Mother Nature. She will be partners with intelligent human consciousness and spank bratty humans that don’t behave.

Informal experiments have shown that the state of mind of individuals or groups of humans can have a direct and immediate influence on weather patterns, wind and cloud formation, and the health of plant and animal populations. Prediction: Future research and experiments will make the connection between human consciousness and weather patterns incontrovertible. (We’ve already played with *that* around here!)

Cooperative awareness and action that goes beyond nearsighted instinct is computed solely by the frontal lobes. Frontal lobes take one past mere short-term survival. This translates into a longer life span for you and a longer life span for the human race. Continuous awareness of that which is outside the individual and seeing the big picture can only be accomplished through frontal lobes neural circuits.

Bi-direction Human De-evolution

The human brain is unique in that it can take a reptilian idea such as “I will destroy you”, and partially click this thought forward in to the frontal lobes temporarily while still maintaining a negative flow backwards into the reptile brain: “Here’s *ten creative ways* I can destroy you!” The negative frontal lobe developed thought is then re-clicked backwards again where it can create catastrophes of nuclear proportions. You already know lots of historic examples of this. A good analogy of this process would be driving a racecar backwards. It is possible to gear a car this way, but you won’t win any races.

The frequency and intensity of positive emotional experience is proportional to the quantity and quality of frontal lobes activity. Use your frontal lobes a lot, and you will get a lot of pleasure. Refuse to use your frontal lobes, and you will get a pain in the neck.

A “false transcendence” will occur if an individual is not able to distinguish between true frontal lobes behaviors and reptilian behaviors. A person may feel that they have transcended their negative emotions, yet, if over time there is the inevitable collapse of positive emotions this will prove lack of understanding about the nature of brain function.

Temporary amygdala tickling will cause temporary fun and pleasure. The proof is in the pudding of reality.

When your brain sees itself and recognizes how it works, it can scratch its own back and click the amygdala forward at will and as a matter of self-trained automatic response. A plant grows a seed which grows a plant which grows a seed which grows a plant- A frontal lobes thought tickles the amygdala which causes a frontal lobes thought which tickles the amygdala which causes a frontal lobes thought, etc.

Humans have an unlimited capacity to learn. Unlike computers, no human brain has ever said: “Hard drive full.”

Some shortsighted brain researchers have unfortunately claimed that the idea that we only use 10% of our brain is an "urban myth". The same people may say that "We use all of our brain all of the time," but this is a patently a misleading statement.

A simple look at brain scans will show us that the brain modulates dramatically from one moment to the next in regards to its activity and usage.

Further, to say we use all of our brain all of the time says nothing about the potential of human intelligence, creativity, and problem solving. Such a statement is actually far less useful than the notion that we only use 10% of our brain, because it implies that we have reached our limits of brain potential.

The brain has INFINITE potential. At least Nobel Laureate Sir John Eccles thought so, and said as much in public.

Strong evidence of unused brain potential and brain dormancy arise from observation by doctors and scientists in cases where *very* large portions of brain tissue are missing. Many cases exist in which persons with no more than a fraction of a normal brain tested with average or above average intelligence. You could *literally* shine a light through their head.

Neurosurgeon Alexandre Luria performed numerous ablation procedures removing large sections of the brain and frontal lobes with minimal impact in normal function. There are standard surgical procedures in which an entire hemisphere of the brain is removed with little long-term impairment of mental ability. One known and publicized patient of this operation went on to become a medical doctor himself.

Common personal perceptions of unavoidable emotional pain and failures can be linked to a brain that is not moving towards its untapped infinite potential. When our life mobile moves slowly and painfully forward it is because nine out of the ten spark plugs and cylinders in our mental motor have been disconnected!

Connect the other nine spark plugs and

clearly contradict and disprove the obsolete dogma that one cannot grow new brain cells beyond birth.

When Einstein's brain was examined after his death it was found to contain a larger number of glial cells than what is typically found in the "average" brain. The glial cells make up the "white matter" underneath the cerebral cortex, which is the outermost 1/6 of an inch layer of gray matter of the brain.

Animals that are raised in enriched environments with toys and activities grow more glial cells in response to greater brain stimulus and demonstrate physical proof of the ability to grow more intelligent and creative.

The function of the glial cell body is not strictly understood, but it is believed to play a role in supporting the activity of the cortex. It is a "silent" area of the brain (no direct response to surgical stimulation). Is it possible that this silent layer also plays a fundamental role in intuitive and paranormal intelligence and creativity- abilities that most individuals tune out and ignore? My intuition tells me, "Yes." I would venture that science will eventually prove my educated psychic guess correct.

Popular culture has bought and sold the notion that a person can become quite comfortable and happy via materialism. The more stuff you have- fancy cool cars, dream lovers in the most fashionable clothes, a new house or several, plush furniture, the newest gadgets, mega-function personal computers with 3-D virtual reality, etc. etc. etc.- the better off you'll be. Modern society is built upon the notion that life satisfaction comes from having a lot of stuff.

Materialism is as addictive as any drug. We become dependant on ever-increasing quantities of goodies as boredom sets in with the old junk. Instead of a society that values self-creativity, process, and services, we value charms, baubles and knick-knacks. New things and the temporary excitement and happiness they bring are often a substitute for the positive feelings that we lack inside our own brains, a substitute for the

basic happiness that is a product of service to others, creativity, and frontal lobes behavior.

One of the prices we pay for endless addictive material consumption is pollution and depletion of resources.

With knowledge of the brain's bio-mechanics the focus of satisfaction is shifted from external gratification to an internally produced state *at the point of perception - the brain itself*.

The above concept is a primary reason why brain self-control may remain a huge secret for years to come. When individuals realize the source of contentment and happiness is in their own brains, this will reduce the dependence on money, products and merchandise to achieve fulfillment. It will shift the balance of power in our culture.

You won't hear much about how to get your own brain power on conventional commercial radio, TV, and print any time soon: Brain self-control is bad for reptilian greedy Billionaires and their commercial empires.

Human happiness is a neurological reaction inside your brain that can occur without any expense to the environment and as a totally harmonious process with nature. Happiness is not dependent on any particular external condition, but is the result of electrochemical programs inside your brain that you can control.

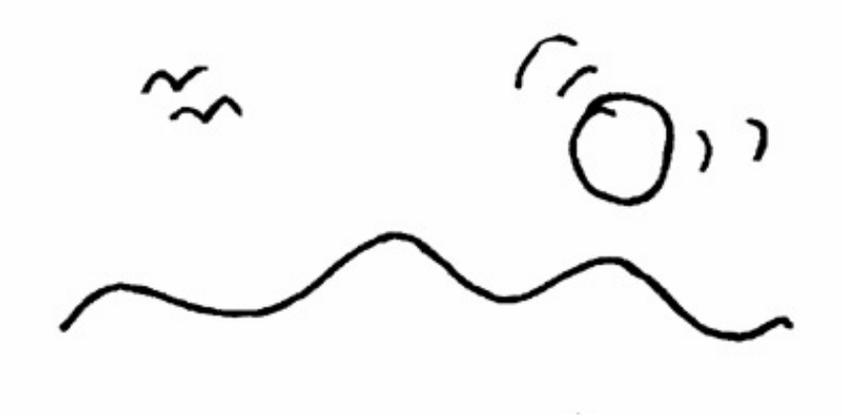
Human happiness happens *at* the human brain. It occurs not on your TV set, but on your personal brain set. You are the director, the camera person, and the audience of your own 3-D life movie.

Recognizing the self-transcendent capabilities of your brain is "Cutting all bonds with one quick blow of the sword."- Ancient proverb.

"Passing through the gate where there is no gate."- Another ancient proverb.

"The Solution" has always been right where "you" is.

Popping your frontal lobes and getting your frontal lobes transcendence is the whole world turning right side up. It is looking through a clean windshield that has been dirty for eons. Everything is the same, but everything will be changed.



By learning how your human brain works, and using what you learn, you eliminate the cause of frustration and pain and replace these with the positive emotions of love, enthusiasm, and meaningfulness.

Life becomes an infinitely interesting game with the universe.

7. POPPING YOUR FRONTAL LOBES

How To Pop! Your Frontal Lobes in 5 Easy Steps:

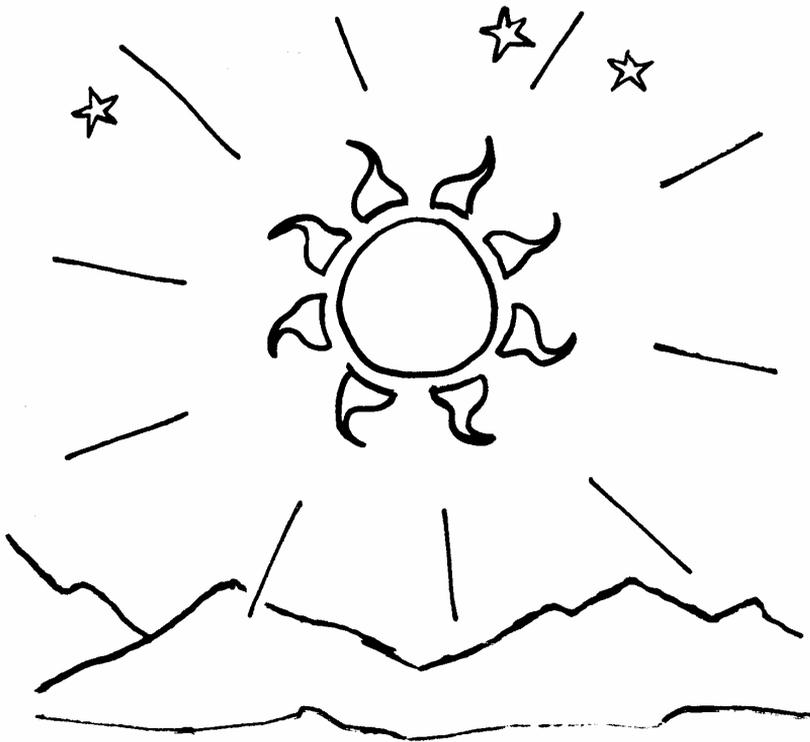
- 1) Learn these important parts of your brain and what they do:
 - a) Reptile Brain
 - b) Amygdala
 - c) Frontal Lobes
- 2) Know the difference between clicking your amygdala forward and backward.
- 3) Practice tickling your amygdala forward. (You know, tickle the front part of it with a feather).
- 4) Practice the other brain exercises and games. Have fun exploring and doing this.
- 5) Keep doing it until you hit the jackpot-

POP YOUR FRONTAL LOBES!

By practicing the brain activities defined as frontal lobes processes and by familiarizing yourself with these by doing the brain games and exercises in this book, you make your frontal lobes thoughts and behaviors habitual and stronger. This means more frontal lobes at play, and you feel more peace of mind, clarity of thought and pleasure.

One day everything you have learned about your brain will all fit together in a most incredible way. It will be a moment in your life so remarkable, a quantum leap of awareness, that things will never quite be the same again. Your amygdala will automatically click forward-

You cross the border, and suddenly you are in a new land...

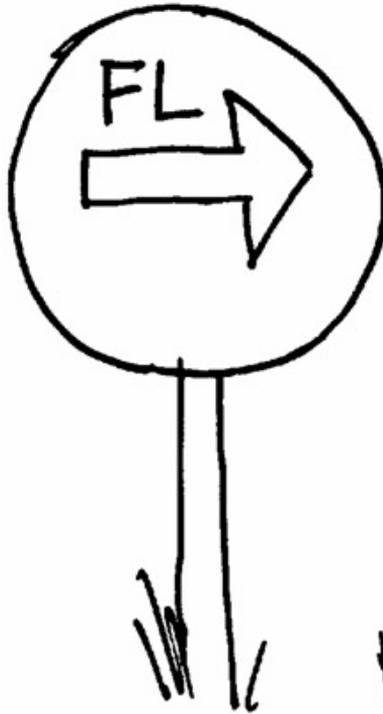


When you “pop” your frontal lobes it will be the most amazing realization of your life. It will be like meeting your true self for the first time. Your frontal lobes pop will be quite unmistakable, and unlike anything else you’ve experienced.

By practicing brain exercises that specifically tickle your amygdala and result in increased frontal lobes activity, you will get progressively increasing numbers of frontal lobes pre-pops, insights, pleasant tinglings in your head and body, and momentary ecstatic experiences that will encourage you and lead you towards further progress.

Your brain will automatically guide you towards a “Big Bang” full-blown frontal lobes !POP! once you get the basic operating system understood and can recognize the signposts along the way.

The signposts guiding you toward full frontal lobes creative intelligence pleasure are the basic brain facts contained in this book. Study them until you can explain to someone else how the human brain works yourself. Come on.... it’s not that hard! It’ll be the most fun you ever had!



Follow the signs to your frontal lobes!

In order to tickle your amygdala forward and activate your automatic fail-safe frontal lobes response circuit you must be able to instantly recognize even the most subtle nuances of triune brain behavior. You must be able to discriminate between frontal lobes intelligence and reptile brain non-thinking reaction instantaneously.

Once you have this ability you can easily tell if *you* are using and experiencing reptile brain pain or frontal lobes intelligence pleasure. If you actually *know* what your brain is and what it is doing, then you can let it do what you want it to.

If you don't know what your brain is doing, *good luck! You'll need it!*

8. BRAIN GAMES and EXERCISES

Now that you've done your preparatory study of that fabulous thinking machine above your eyebrows, it's time to start playing with it. Practice and play your brain games while

As you wake in the morning,
Driving your car,
At work,
At home alone,
Out in the country,
Waiting in line at the supermarket,
Filling up your gas tank,
Riding the bus,
Walking the dog,
Eating a snack,
Brushing your teeth,
Being romantic,
As you fall asleep at night in bed....

Every activity is a great opportunity to see how your brain is doing things and how you can learn to do "it" better. You'll be amazed at how much you have relied on old reptile brain habits and how much farther you can go with your frontal lobes. The more you **play** with your brain, the faster you'll learn how it works and the faster you can tickle your amygdala and get your frontal lobes transcendence !POP!

The perfect way to test your knowledge of your brain is to teach your family and friends how the human brain works and to share some brain games with them.

Did you get the facts right?

If you just read through this book and just read these brain game exercises they won't work. You must CHEW or it'll all go right through you. This means DOING the lessons, not just reading them.

You may be familiar with variations of some of these activities from other sources, but having an easy reminder of all systems in one book is enormously helpful and will keep you on track.

Happy to be of service.

The first Brain Games teach you the basic principals of clicking on your frontal lobes. These will help show you the more obvious ways of staying clicked forward against all the obstacles of conventional wisdom and the status quo of knowing nothing about your brain

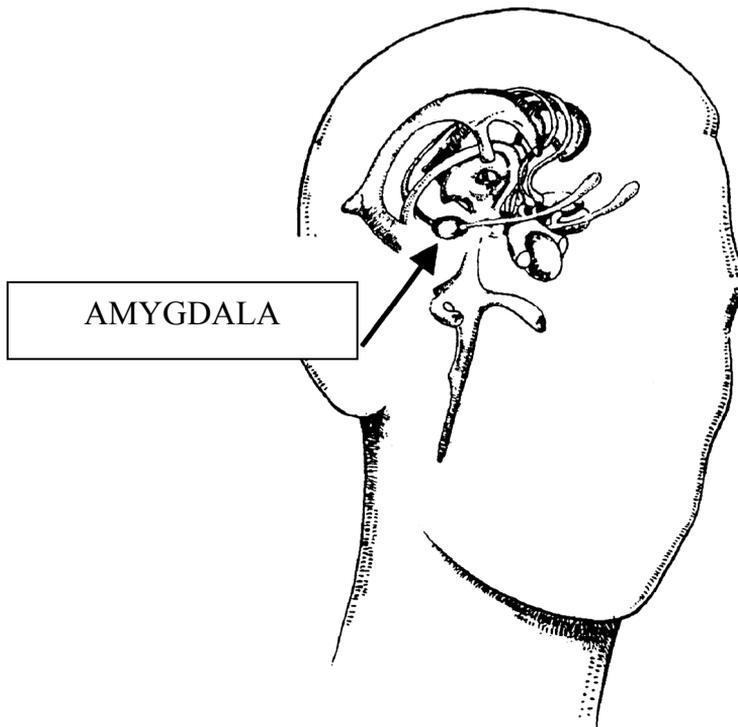
In later sections of the book, through the stories and other essays, these basic ideas are re-coded into less rigid yet more complex presentations that will take you even further.

Here we go.....

WHERE IS MY AMYGDALA???

Okay, just in case you've missed it earlier in the book, just to be PERFECTLY CLEAR, here it is one more time: There are two tandem amygdala organs in your brain: One inside the left hemisphere of your brain and one inside the right hemisphere. The primate brain and the mammal brain are in fact divided exactly in half, into two separate, although connected, right and left halves called hemispheres. Each brain hemisphere gets its own amygdala switch.

The amygdala resembles the shape and size of a small nut, an almond or walnut perhaps. The word amygdala and the word almond both come from the same Greek word. **Each amygdala is located about one inch inside your head from the temples**, about halfway between the outside corner of your eyes and ears inside your brain.



Knowing the approximate location is good enough. You will find exactly where it is by doing the following games and exercises. What you are after is effect and results: When you do the exercises and get results- Voila! You have found your amygdala in the best sense. Here's a drawing (previous page) that shows you the left amygdala and some other brain structures as well. Each amygdala is attached to the olfactory bulbs (sense of smell nerves) which look like antenna growing to the front. You can find real photos and a brain connection map on this web page: www.neilslade.com/chart.html

Brain Game #1 THE NOSE KNOWS

Your nose is connected to your amygdala. Look again at the preceding drawing chart of the brain- Your nose is connected to the olfactory nerves that in turn plug right into your amygdala. This brain wiring is a remnant of our prehistoric ancestors, early mammals like prehistoric monkeys, dogs, cats, moles, pig-like creatures. Before there were big human frontal lobes, there were noses. Although a mammal couldn't reason out where danger lie ahead beyond where sight, touch, or hearing would allow, these earlier mammals had *great* noses and senses of smell that could detect treasure or danger *miles* away. The nose was the most advanced brain radar warning alert system for these simple brained creatures.

A smell that said "Food on the other side of that big hill" relayed a simple message of survival enhancement and the rudimentary pleasure emotion in the amygdala that went with it: "Go towards nice food smell! Yum!" Thus, furry amygdala is clicked forward.

A smell that said "Big dangerous hungry bear down the trail past those trees" or "Stinky old rotten dead meat full of poison bacteria- not

good to eat” relayed a message of threatened survival and danger, and the rudimentary fear emotion in the amygdala that went with it. “Get the heck out of here! Yow!!” Thus, four legged amygdala clicked backward.

See how the amygdala works? Mother Nature is a genius.

As humans brains evolved out of less complex structures and into more complex rational computing machines it still retained these primitive structures and the glorious amygdala nose connection. Later, when humans developed their frontal lobes along with the logic, intuition, and potential paranormal abilities, that new part of the brain was connected to the amygdala indicator. However, the human nose-amygdala connection still works and can most effectively demonstrate- instantaneously- what amygdala clicking is at the most basic level.

Easiest Amygdala Click:

This demonstrates some sure-fire amygdala clicking. It is temporary, but it will make perfectly clear what amygdala clicking is basically about.

STEP 1: Go put your nose in the kitchen garbage. Be creative, and find something that smells REALLY bad. Put your head in the toilet or some equivalent. Well, okay, maybe not the toilet. Otherwise, I'm not kidding. You want to really get this clear in your mind. **NOTE what your EMOTION repulsion meter says, how you *feel* mentally.** Put the book down *NOW* and do this so you'll NEVER FORGET. Go on... Come back when you're done. No cheating. The worse the smell the better... Do not turn the page until you do your homework! I'll wait here...

Did you do it? If not, what are you waiting for?!

Go on!

Okay, you are on the honor system. I trust you.

Pretty awful "bad feeling" in your head, right? Not exactly what you would consider a fun, enjoyable activity, eh? Nothing you would look forward to doing again?

Perfect! **That was a good click backward.** You clicked backwards into reptile brain self-defense, flight or fight, non-thinking reactive reptile brain circuits. Blech!

STEP 2: Now go smell something you really like: A flower, your favorite food, a perfume you especially like, or your dog (Hey, I *like* how my dog smells). Come back when you're done.

Come on, make this a real experience. No turning the page until you get back. This is a DO IT book.

Did you do it? What a difference, huh? It felt good. All of life should smell this good. Great!

That was a FORWARD CLICK. You controlled the click. You caused it to happen on purpose. And you did it *consciously*. You *chose* to click your amygdala forward. Congratulations! You can do it again. Go ahead! It is that simple. Plain and simple. It couldn't get any simpler. People miss it all the time!

Could you feel where that "good feeling" is located in your brain? Maybe it was *your whole brain*. That would be nice.

Wait a minute, you say, "This is so obvious!!" OF COURSE IT IS! You've been walking around with this switch in your brain since the day before you were born! Well DUH.

You just didn't know why, what, where, or how. This is vastly important.

NOT SO GREAT: Being a lower mammal with an amygdala that you have no control over, that clicks forward and backward depending on the environment and outside influences.

INFINITELY AMAZING: Having *frontal lobes that allow you to CHOOSE*, to plan, to create, to click your amygdala forward whenever you like- this makes all the difference in the universe. Say:

“Thank you universe, for my frontal lobes!”

Now, the REAL TRICK is clicking forward without sticking a flower up your nose, clicking forward when things look bad, when your mother is screaming at you for not taking out the trash, after you drive your car into a fire hydrant. You have to know what tickles your amygdala forward and what clicks it backward, regardless of what surprises the environment has waiting for you.

You have to be able to TURN ON YOUR FRONTAL LOBES "CICIL" circuits anytime, anyplace:

CREATIVITY-IMAGINATION-COOPERATION-
INTUITION-LOGIC

That task is little harder, but not much. All the rest of the book explains how.

This is brain self-control. **You mind and brain will be no longer completely at the mercy of outside forces. What a relief already.**

Once you get your nose out of the mental garbage pail and into the flower bed things start flowing more smoothly, little magic surprises pop up, your frontal lobes circuits will build and

build and

BUILD, and

BUILD, until one day...

KABOOOM!

MMM!!!!!!

POP!!!!

!!!!!!

Your frontal lobes !POP! and it's like you just discovered Cuba
and realized

"The Earth Really ISN'T FLAT!!

Oh my GOSH!!! THIS IS

AMAZING!!!

%*+#^@!*Z^()#*=\$!#&!"

Okay, calm down.....Let's go on.

Brain Game #2 FEATHER TICKLE CLICK



Imagine you have a feather. Tickle the front part of your right amygdala and the front part of your left amygdala. Or left then right, or both together (it doesn't matter). Whooooosh! Ha ha ha! *Click!* That's it!

“Tickling” your amygdala AUTOMATICALLY causes it to click forward. This thought process will quickly and automatically put you into your frontal lobes via your frontal lobes **IMAGINATION** circuits. Massive creativity, cooperative energy, intuition, logic will quickly follow. It's the fastest way that you can start clicking forward that we've found.

Keep tickling until you get the desired results and long lasting positive emotional feedback. The effects are progressive and accumulative.

It is important that you know your basic brain facts for this to work, otherwise your incomplete logic and incomplete comprehension of WHY this works will revolt against such a simple method.

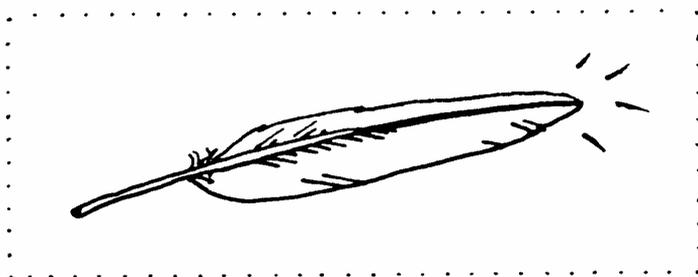
Clicking forward is VERY simple. That's why you use a feather and not a sledgehammer. It burns less calories than flipping a light switch. *Click!* Imagine your amygdala is a toggle click switch, and click it forward. *Click!* By clicking on your imagination, you instantly send electro-chemical brain energy to flow forward through your amygdala into your infinite potential frontal lobes. These simple IMAGES of tickling or clicking your amygdala forward turns the ignition key and starts the

frontal lobes engine. It primes the pump. It's the match the lights the fireworks fuse.

The biggest mistake you can make is to think because this is a simple process it is not powerful and that it won't bring you the big results you're looking for. Not so. Ultimately it only takes pushing one button at the end of a launch sequence to fire a rocket ship to the moon.

Clicking forward is like watering a plant. Simple. You just remember to put water on the little seed or tiny plant. The sun shines and it grows and grows. One day it's a 20-foot tall tree! You relax under the shade and eat the delicious apples... *Ah! Nirvana!*

It's the same thing getting your frontal lobes to POP! and getting your Frontal Lobes Transcendence Big Bang. But brain branches grow much faster than tree branches. It starts with just a simple drink of "water-thought". Begin by feather tickling your brain. Your brain will naturally and effortlessly lead you onward to your own mind music garden. Your frontal lobes know how to do it.



Copy, cut out, and color—
then tape up all over the place
to help you remember
to click forward.

Remember, do all your Brain Games or your pleasure circuits won't grow into fantastic forests. Just start and go through the games one at a time. It's that easy.

And tickle your amygdala every time you think of it.

Brain Game #2 B **POWER PRIMING** **High Energy Amygdala Click**

This is a potent meditation and visualization. Sit and do.

Think of the entire universe. See the universe as energy systems all interconnecting: Electrical, light, magnetic, gravity, chemical, and physical. This network of energy fills and makes up the entire universe. Everything is touching, bouncing off, and moving everything else. All of the energy is moving all around you and has landed right at your very feet, even from trillions of light years away.

It has indeed.

You are in a vortex, and all of this universal energy is flowing towards you and ends up right at your toes. Wiggle your toes. The energy focuses and funnels down, and like a big cosmic soda straw enters at your feet where you are standing or sitting right now. The energy flows up through your legs, up your body, and into your hands. Do you feel something?

Hold up your hands. All the energy is concentrating at your index fingers. The tips of your fingers are aglow with concentrated cosmic energy. You can image them glowing. Remember E.T.?

You then raise your index finger tips to your forehead and touch right above your eyebrows. Like a lightning bolt spark charge

connection, the energy jumps through your forehead and lights up the right and left amygdala click switches. The connection is complete- The energy immediately and automatically flows into and throughout your entire forehead and frontal lobes. ZAPPPPPPPP!

This is not your imagination- this is REAL. Look around. There is nothing is ordinary about “ordinary” reality. Can you see it with Frontal Lobes Vision?

After you do this a couple of times, *do it without actually moving your hands or fingers up to your head*. Send the energy directly up from the ground into your amygdala and forward to your frontal lobes. The first responses you get from this universal energy flow method may be very subtle. Or you could experience bolts from the blue. Experiment to see what will intensify your results.

Try this visualization or any method like feather tickling when you find yourself reacting back into reptile brain non-thinking reaction, like when caught in a traffic jam, bored, waiting in line, or in an argument with someone. You *can* neutralize your negative emotions with a forward click creative intelligence.

Can you then *evolve into pleasure?* Further into *ecstasy?*

Imagine that!

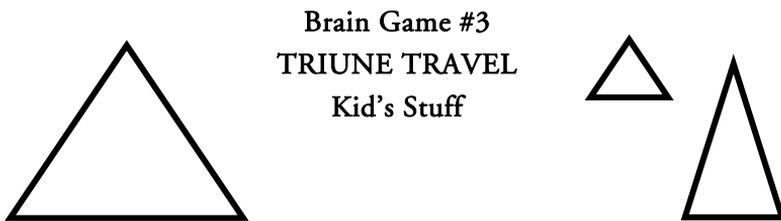
Try clicking forward while doing an already enjoyable activity for spectacular results. Multiply, accelerate, develop, and lengthen your experience towards limitless potential. How much fun can you really have? How good, how efficient can you make it? You are going to be surprised with a little practice.

Tickle your amygdala and watch what happens.

Now that you’ve learned how to click your amygdala forward and start up your frontal lobes, all the following games and exercises will *SUPERCHARGE* them, accelerate, and multiply your results. Clicking

your amygdala is like shifting the gear shift forward on your car. Playing Brain Games is like putting your foot on the gas pedal- you take off!

One of the biggest problems in initially learning brain self-control is remembering the essential basics. The following exercises are designed to reinforce your knowledge of the basic brain parts and their function, and help establish them in your mind for good. They are purposefully created to be simple, easy to grasp, memorable, and easily teachable to grown-ups and children as well. These games will take some time to do, but will get you thinking and keep you from forgetting how your brain works. Don't underestimate the potential of these innocent looking games. The extra effort put into these so simple activities will pay back enormous dividends.



Find a tricycle and take it for a spin. Go down the sidewalk, when nobody is watching if you're a grown-up. The littler the trike and the more memorable the ride, the better! Fall down and go boom! Wheeeeeee! Or find an adult tricycle.

While riding think up important "threes": Triple scoop ice cream cone (go get one)...A three ring circus (go see one)...Albert Einstein, Albert Einstein, Albert Einstein (become one).

Get some paper and draw a bunch of triangles. Use crayons. Go crazy. Go to the library and look at pictures of pyramids. Why is the triangle used in building structures? Build a triangle tower out of Popsicle sticks and gum.

This silly exercise is a good one. Why are you doing this?

- Reason #1: To remember your TRIUNE BRAIN. *Three* brains in one-
 - 1) Reptile Brain
 - 2) Mammal Brain
 - 3) Primate Brain
- Reason #2: Children learn more and faster than adults because they insist on making a game out of everything and they can't stop playing. By playing and having fun while learning you get out of your stiff reptile brain. Play behaviors circuits you forward into your more advanced mammal brain play-intelligences.

Eventually, life becomes One Big Enjoyable Game as you zap into your frontal lobes and finally realize what they're there for.

Brain Game #4

REPTILE REPERTOIRE

Go to the zoo. First, stop and see all of the reptile exhibits- turtles, snakes, lizards, alligators, and crocodiles. Spend a good long time, maybe hours, observing them, soaking it in. Skip all the other animals until you've seen all the reptiles.

Observe the emotional lack of expression on every reptile you see. Are there any frowns or smiles? Do you see any behavior beyond those of basic survival?

After you've spent time with your reptile un-friends, check out the other animals. Can you tell when these more complex animals are clicked back exclusively into their reptile brains? Fighting over food, mates, or territory? Can you tell when the other animals have clicked

forward into their more advanced social and playful mammal brains and limited frontal lobes?

Can you hear the different sounds that are produced by different parts of an animal's brain? Can you see the change of expression and body posturing as the different parts of an animal's brain is used?

Now- *look at the humans in the zoo.*

Check out what humans are using what part of their brain. Which humans are clicked into their frontal lobes? Which humans are so obviously clicked into their fight or flight, basic survival.

Pretty scary, huh?

Brain Game #5

FRONTAL LOBES TREASURE HUNT

Go to the library. (And go to this one too!) Look in the card catalog or computer system and find other titles and videos under "Brain". Have fun, there are thousands of them.

Specifically, find in one or more of the books the story of Phineas Gage. Look up the story of Francis Farmer and Dr. Walter Freeman.

Go to your local medical school library. Find books on the brain and the amygdala. Skim them. Look at the pictures. Absorb the information telepathically.

Read about the human mind and brain. The prize is: activating your frontal lobes.....!POP! WHOOOOSSSHH!

Brain Game #6

ALMOND AMYGDALA ART

Go to the supermarket and buy some raw almonds. Also get a red and a blue colored broad tip magic marker. You can borrow these if you are a starving musician or other creative type.

Shell the almonds if they are unshelled. Color one half of the almond blue, and the other half red.

Blue anterior almond amygdala represents peaceful pleasure from a forward click. Red posterior almond amygdala represents painful rage from a backward click. You can use food coloring instead and *really* digest this information. For goodness sake, don't eat the magic marker almonds. That would not be using your frontals.

Give your almond amygdala out to your friends, tape them up on your refrigerator, leave them on your car dashboard, put them on your desk at work- and then *remember* your internal click switch choice when you see your almond amygdala.

You can choose now.

Which way will you click today?

Brain Game #7

CLICKER LOCATOR

Here's a good way to show a friend where their amygdala is located, and a good way to reinforce your own knowledge.

Imagine you are balancing a golden almond or a diamond almond on the tip of each of your index fingers. Hold your fingers up in the air and point at the blue sky and stars as you do this. Continue pointing up and take your thumbs and place them in your ears with your other fingers spread apart and your palms facing the front. The golden diamond almonds are magically balanced on your fingers and won't fall off. Go look in the mirror. Wave your hands.

Next, with your thumbs still in your ears, take your third normally nasty gesture finger and touch the outside corners of your eyes. Bring your diamond pointer fingers down so that they rest on your temples right halfway between your other two fingers. Pretend you are installing the two precious golden glittering diamond almonds inside your brain. They are your glowing shining bright, dual click switch thermostat brain thermometers.

Your amygdali are about one inch inside your temples, one on each side. This is literally where it's at.

Show some kid where his amygdala is this way.

Show your mother.

WARNING!!

Avoid the Dead Genius Syndrome. This is what happens when only one half of your brain, either the artistic right hemisphere or the logical left hemisphere clicks forward into frontal lobes genius but the other side gets left behind and starves.

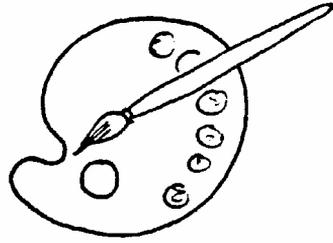
For example: Mozart's right side musical brain was clicked *way* forward into incredible creativity, but his left hemisphere financial, business, practical living side was disconnected. His money woes and lack of practical foresight helped *cost* him an early death at age 35.

Van Gogh could see and paint with his visual frontal lobes like no other. Yet his rational faculties and organized living skills suffered, and he ended his own life in tragic confused pain escape. He only sold one painting in his life.

Perhaps Socrates knew his left brain poetic language and philosophy too well. His right brain look-out intuitive brain was unplugged and he fell victim to the death *sentence* of his reptilian enemies. Logical to the end.

Survey all of your left AND right brain skills. Keep in touch and practice both of your right and left brain game exercises. Grow into 100% *Balanced* Brain Power.

Brain Game #8
REMBRANDT EYES



Go to the art museum. ([And try this too](#)) and this www.JuliaPainting.com) Walk around and look carefully. Pick a painting that you especially like. Pretend that your finger is a paintbrush. In the air in front of the painting begin to trace brushstrokes with your finger. Go slow and carefully if your painting has a lot of detail. Go fast and energetic if your painting is abstract or wild. Dip your imaginary finger paintbrush onto your easel or paint pot as you trace different colors. Kids can do this for hours. If you are embarrassed and people are looking at you like you are crazy, paint with your eyes and leave out moving your finger physically although it's good to still imagine you have a brush.

After the museum go for a walk and find a pleasant scene to “paint”. You could pick a spot while sitting at an outdoor restaurant table. Choose something in the park. Make a “still life” at home. Trace and paint the 3-D real life objects in front of you using your mind and finger brush. Really look. Really SEE.

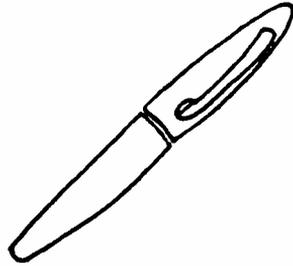
Go around the outlines of everything you see. Fill in the details and fill in the background. Pretend-paint people, trees, fences, cars, buildings, bottles, flowers, shapes, clouds, stars, ordinary everyday objects, you name it. If you wish, find an empty picture frame and “fill it in” as you are looking through it to your model scene.

Most everyone is usually too busy to really *see* the world. This game will exercise your right brain visual cortex frontal lobes and your brain's occipital regions and all the brain connections involved in visualization to new heights. Pretty soon your perception of visual reality

will take on new dimensions that you were never even aware existed. You will see things that everyone else is missing. You will begin to see things like the great artists. You might even be inspired to try your hand at painting *with paint* sometime!

Work your visual brain, deliberately and systematically.

Brain Game #9 LEFT BRAIN LIFE LIST



You'll need a couple of civilizations great inventions for this one: A pencil or pen and some paper. Also, get a three ring notebook to keep your list in, so you'll be able to add sheets of paper as you go along (See Brain Game #10).

This is one of the most important Brain Self-Control activities, and most often neglected. Don't neglect it. Your Pen is your Wand. (See *Niles Abercromby and The Book of Wands.*)

Write at the top of the first page:

"I need:

- 1)
- 2)
- 3)
- 4)

(etc. as many lines as needed)

Fill in the blanks, adding or subtracting more lines as you go along. Make your list of things you think you need to be happy and experience total enjoyment of life. Be honest. Get ambitious. Anything is legal here. Don't be shy. You might want to find a good safe private place to keep your notebook. Don't throw it away, *ever*, even if your ideas and notions change. It's fun to see where you've been after a lot of lists years later.

Every time you make a list include another page or section that you title "How I will get what I need". Copy your need list one item at a time and fill in your best ideas for getting what you need, or simply how you will receive them:

- 1) I need.....
I will get it by:
 - a)
 - b)
 - c)
 - d)

Make weekly lists, monthly lists, yearly lists, lifetime lists.

This Left Brain Life List will get you ORGANIZED and turn on your left brain frontal lobes circuits of planning, foresight, logic, as well as other areas of your brain. It will also put you in touch with emotional pleasure motivation centers that may have been repressed and neglected. Get charged up!

DO THE LIST, start NOW.

Brain Game #10

BEST FRIEND JOURNAL

Here's a VERY important brain game, often overlooked for its obvious simplicity- even when it's printed right here in this book of brain games. Pay attention please...

Get a regular three ring notebook that takes loose-leaf paper. You can use the same one for your Left Brain Life List. Get a big package of three-hole paper. Pretend you are writing a letter to your very best friend. You can tell this friend of yours anything at all. Whatever is on your mind put it down in writing. Stick it in your notebook. Put the date at the top of each entry. **Write until you have nothing left to say** (or just before you get bored with yourself). Keep your notebook in a safe place. But write! Create! Write!

Get the juices flowing so you don't keep any thoughts bottled up and clogging up your thinking system. How do you make room for NEW ideas and thoughts? By letting the ones you have out of the bag- out of your noggin. You express your ideas in a concrete fashion with your Pen Wand.

If your old thoughts are just stuck inside your head, your brain becomes like a backed up drain. Flush them out! Move on! Putting things down on paper is the perfect way to keep track of good ideas and to keep fresh ideas circulating through your frontal lobes.

You don't have to write only "good" stuff either. Got a complaint? Mad as a hornet? Write it down. Use a bold stroke. You'll be amazed how good it feels to let out steam this way.

You are your own best friend. Use this journal as a planning guide, an intellectual and emotional outlet, and a creative treasure chest of ideas. Maintaining this journal will cause massive interaction between the left and right frontal lobes, memory, and emotional brain circuits.

Brain Game #11

DREAM JOURNAL

Keep your notebook by your bed. The first thing as you wake up in the morning, write down as much of your dreams that you can remember. Shorthand is okay to speed things up. Don't get a drink of water first, dreams slip away faster than butter on a hot windshield.

Later, as you're buttering your toast, you can begin to figure out what were your dreams telling you. Some dreams you'll understand instantly. Others you'll have to mull over for a long while, perhaps several days or longer. That's why you write them down.

Dreams serve multiple functions. They are a valuable feedback mechanism relating ideas to us that we are not aware of during normal waking consciousness. We may be too busy running around and miss something important that we need to know. Or we may be filtering out information because of excessive reptile brain function. During our day while clicked into basic survival modes, our brain diverts creative, intelligent, and psychic neural energy from our frontal lobes back into our reptile brain. At night while we sleep, asleep and safe in bed with our defenses off, all of the bound energy that is trapped in various reptile brain circuits is free to flow forward into our frontal lobes. This helps create dream images and computes coded dream messages which are immune from reptile brain interference.

Precognitive messages are common during sleep once you tune in to your nocturnal movies. Your dreams will help you pinpoint clever solutions to problems you face and will warn you of dangers ahead you can't see clearly while awake.

One key to vivid dreaming is to stay in bed. If you are able to, put your alarm clock in the basement closet. Brain researcher T.D. Lingo used to say that one test of frontal lobes transcendence was This: If you still had an alarm clock, you still had some work to do on yourself. A good portion

of REM sleep, when dreams occur, happens late in the morning just before you get up. Stay in bed until you feel like you're rested and want to get up. Don't feel guilty about staying in bed. Lots of dreaming is good for you and you'll have plenty of information to use.

In addition, dreams fulfill a role in letting us experience things that we have a psychological need for but are not getting in waking life. In dreams we can go anywhere and do anything. Dreams allow us freedom from restrictive social conventions and limitations of money and time. As you click on more and more of your frontal lobes, your dreams will become fantastic and exciting trips into limitless experiences. You'll easily trip in alternate realities and parallel You-niverses.

At a certain point your frontal lobes will trigger dreams that have a quality about them that is as real- and then even *more real* than your waking experience. You won't believe this is possible until it happens, and then there's no denying it.

Then you will experience "real time dreams" and lucid dreams. In this state of consciousness you become aware that you are in an alternative reality in which anything is possible and even under your control. You can then experience anything you choose, from flying like a bird to walking on the moon. You may have communication with heavenly spirits or telepathic communication with alien entities. These kinds of dreams are often so amazing and intense that your earthly physical body suddenly wakes up from sheer astonishment. Absolutely write these kinds of dreams down- they are very important and will give you guidance for years to come.

Brain Game #12

GENIUS MIND GAZING

When the mind is clear, open, and relaxed it works the best. An “empty” mind is receptive to creative problem solving and fun intelligence expression. If your mind and brain are busy with all kinds of stuffing and if it’s cluttered up with typical chatter, you’ll never hear the delicate signals of true creativity, advanced intuition, and paranormal radar.

The value of a vessel is in its emptiness. Without the empty hole in the middle of the hub, a wheel is useless. If your brain is continually talking to itself with this thought and that thought, it can’t hear the rest of the universe and everything the universe is trying to communicate to you. So, you’ve got to learn to be quiet once in a while.

The brain has vast “silent” areas in the primate brain and frontal lobes that are beyond simple explanation and definition of function. When surgeons stimulate these mysterious parts of the brain, unlike in other mapped regions, nothing specific happens.

Brain researcher T.D. Lingo made an educated guess that these parts of the brain are big neural blackboards and vast blank canvases for thought. These are our working spaces, the stages where anything can happen. It is for room to grow and expand consciousness. These silent areas are for experimentation, for processes beyond regular mundane thinking.

Genius creativity and super intelligence intuit knowledge in such silence and emptiness. Many great creators and thinkers used silence and space for their work. Beethoven walked through the quiet woods to relax and be alone. In this way he was inspired and was receptive to the creation of his wonderful melodies. Edison made it a habit to take several catnaps each day and received his insights and solutions in dreams or while dozing off. Archimedes made a great scientific discovery lounging in a hot bath-
“Eureka!”

Meditation is one way to access the great wide-open creative and intuitive places in your brain. But many people have misconceptions about what meditation is, what is required to meditate, and what the practice actually is. In the simplest terms, meditation is simply focusing the attention on one thing. Meditation is not a religion, it is not inherently religious: Meditation is not any *specific* practice at all. It may be utilized as a part of any given cultural practice, but meditation itself is not to be confused with any ideology whatsoever. The greatest value of meditation and probably why it has become linked with various spiritual activities is that the effect of meditation in all its forms is to bring calmness, contentment, and ultimately increased happiness to the individual.

The goal of meditation is have the mind become inseparable with the object of meditation, be it a candle flame, a word, a prayer, the breath, a tree, or anything else. When one meditates, it releases the meditator from all other thoughts- restrictions, troubles and worries. It is a cool down of the brain and allows a kind of deep conscious rest that even sleep cannot provide. It is like erasing a cluttered up blackboard in the brain. It frees stuck neuron-circuits, and allows the formation of new pathways and re-routing of signals and ideas.

The latest research has broadened the definition of meditation. It has been found that a great range of meditative types of activities all have the same effects on the brain and body. One can go for a quiet walk, sit in a peaceful back yard, listen to a soothing recording of music, or simply sit in a quiet room and empty the mind of all thoughts-All of these passive activities bring similar results.

This is Genius Mind Gazing.

A vast amount of medical research and literature documents the affect of Genius Mind Gazing on the human system. The positive effects on the body include lowering high blood pressure, strengthening the immune system, slowing the aging process, lowering the risk of heart attack, and other healthful benefits. Genius Mind Gazing improves

productivity, problem solving, and creativity. It reduces all kinds of mental stress, and helps to alleviate anxiety and depression.

INSTRUCTIONS:

Do this when you have enough energy to stay awake. You want to be able to receive intuitive and creative signals from your brain should they occur. To open your genius space, sit in a comfortable quiet place. Close your eyes and simply think of nothing. Space is the place.

You can pretend that you are at your most favorite spot in the universe, real or imagined. Relax completely, but don't lie down. You want to remain conscious in this practice. Sleep is another activity that will bring a different set of results. If you inadvertently do fall asleep, try again another time.

You can go for a walk along a quiet street and think of nothing. Let your mind go blank. Don't let thoughts of what you are supposed to do about so and so interfere with your space-out time. Let everything go. Enjoy your Genius Time Out. If you get a thought floating by, just observe it, let it go and think of nothing again. Don't be concerned with what appears on the TV screen of your mind, just relax and let your thoughts drift by like clouds in the sky, unattached.

If you like, follow your breath by counting each inhalation: (in) "1", (out) "2", (in) "3"... Go up to 10 and start over again at "1". If you lose your place (it happens all the time) just start at "1" again. No big deal. You are not taking a test.

Don't worry about getting wrapped up in any thoughts. Just let your thoughts pass on by and think of nothing again. You might want to pretend that your mind is a chalkboard. When you get a thought, just take the eraser and wipe it off. Let your thoughts go as quickly as they happen and go back to the nice quiet peaceful space.

SOUND and WORD

Traditional use of repeating words, sounds, or phrases are suitable for Genius Mind Gazing. This is typically known as prayer or mantra, and

can be dependable and useful. One big advantage of using ancient sayings is that they not only allow proper calming of the nervous system and efficient use of the brain, but also are perceived as a technique that has stood the test of time, and this may accelerate and improve effectiveness. You simply repeat the phrase as often or for as long as desired. It can be done out loud, or better yet, silently.

Many mantras from the East have been used for thousands of years and practitioners will attest to their attributes of bringing health and prosperity. A few of the more well know mantras include “Om”, “Aum”, “Nam myoho renge kyo”, “Om mani padme hum”, “Gate gate para gate, para sam gate bodi swaha” (To pronounce: all a’s are pronounced “ah”; e’s as in “hey”). The above mantras are general and multi-purpose. Others exist for specific purposes, like “Har har har har, wahe guru, sat nam, har hari”, which is for bringing financial prosperity.

The people who sponsor Transcendental Meditation classes have over many years done a considerable amount of work verifying the effects of meditation on individuals and also on the community in which meditators live. There are numerous studies which show positive and desired effects on both. However, regardless of the claims by the T.M. business that the results of T.M. are something apart and special from other forms of meditation, this is clearly not the case. Transcendental Meditation is simply common mantra meditation with the mantra supplied at a commercial fee.

Christian, Jewish, Muslim, and most other religions all seem to have suitable prayers that can be repeated for the same Genius Gazing effect. If these work for you (just check what your amygdala thermostat is telling you), fine, go with it. Some experts on the subject of meditation by mantra or prayer will attest that the oldest Tibetan and Sanskrit language mantras are most suitable and preferable over modern languages because of an inherent pleasing and natural sound in the syllables. The given reason is that the resonance of the ancient languages has a better “vibe” and is actually better in tune with the resonance of the physical body. For most people, these older mantras have no personal religious connotation

and there will be no conflict with any existing religious belief or lifestyle. Individual experimentation will indicate which works best for you.

If you decide to use a mantra or prayer, pick *one*, and stick with it for a long time to see real results. Don't change your mantra like underwear. Practice it like you would a single musical instrument.

However, it must be remembered that although prayer and mantra can be used as a method to help access the frontal lobes and supercharge it's functions (as in other games), *it is not a substitute for the simple act of clicking the amygdala forward.*

One can meditate or say prayer, and it is still possible to circuit back into the reptile brain. How many wars have been fought with both sides claiming God on their side? How many cults and religions have prayed their way into destruction? The answer is obvious.

You click forward first and then your mantra or prayer energy can move forward into your CICIL frontal lobes where it can work the best.

“YOU” and THE PERFECT PEARL

Genius Gaze on a perfect pearl inside your brain.

This pearl is your mind.

By seeing your mind as a sparkling pure pearl- more pure than any real pearl could ever be- you will be clicking into the most advanced regions of your frontal lobes. This is a very powerful method. You can keep this image in your mind at any time and place and in any situation.

“Seeing the Pearl” will help you solve the riddle of who “you” are- be prepared for a very big frontal lobes !POP!

The purest aspect of the mind is exactly this: The true mind is an un-tarnishable thing that is separate from any thought whatsoever.

Realize the answer this eternal riddle and you will be far on your way:

Who are you?

Are you your thoughts?

Not quite. Your *thoughts* change from moment to moment, yet *you* remain the same. “You” are still there observing all these flickering thoughts. Who is this person watching your thoughts???? This is the real you- pure awareness, that sparkling untouchable pearl. Watch the pearl.

You see the world and the universe through the windshield of that incredible incomparable machinery of your brain- the mental-mobile that you drive twenty-four hours day.

But you are not the car.

If you are not your thoughts and instead just pure Observing Awareness- how are you different from others? Is this “you”, this deep observing and watching awareness different from the awareness of another individual? Another animal? A tree? A rock?

Concentrate on knowing whom this person that you identify as “I” is. Experience may be varied, thought may be infinitely varied, but how many variations are there at this deep, deep level of “I”?

How many “I’s” are there out there?

Or is there only one “I”?

Good question to think about.

Try any method of Genius Mind Gazing for ten minutes once or twice a day. Increase the time as desired or needed. But any of the above methods accomplish as much as expensive meditation courses or getting hooked up to expensive or complicated biofeedback gadgets or brain machines. Genius Mind Gazing will help you develop and stay in your frontal lobes, and supercharge them.

Brain Game #13

ENDORPHIN ELEVATORS

Endorphins are chemicals produced inside your own brain that function as naturally occurring stress reducers, mood elevators, and pain killers. When you take a narcotic drug or painkiller it acts through the action of its molecules plugging into the already existing receptor sites in your brain. Synthetic drugs are merely a substitute for the drugs naturally manufactured by your own system. Your own endorphins are much more potent than man-made drugs, perhaps one hundred or more times as powerful.

Certain types of voluntary activity and thought processes will increase the amount of endorphins your body and brain produce. By doing certain activities and internally producing increased amounts of endorphins, you become more resistant to negative stress, feel happier, and can better deal with any pain. All of your thought processes will then work better and more efficiently. The level of how “high” you get from

your own brain endorphins depends on the amount of endorphin producing activity you do and the consistency of your activity.

The types of things found to increase endorphin levels in your system are regular exercise and regular Genius Mind Gazing activities. Occasional or sporadic activity produces little or no increase in endorphins.

To catch a ride on your own endorphin elevator begin practicing the type of physical exercise that best suits your needs, lifestyle, and interest. Physical exercise such as walking, running, aerobics, bike riding, fencing, martial arts, or dancing serve this purpose well providing the practice is regular and of twenty minutes length. Walking with a slightly raised heart rate is a particularly safe, easy, and convenient endorphin elevator for persons of all ages.

The Genius Mind Gazing methods works well for raising endorphin levels when it is done consistently every day for ten to twenty minutes.

The ancient practice of hatha yoga is a very strong and effective method for positively altering your body and brain chemistry. The art of hatha yoga has evolved over several thousand years and is especially effective in maintaining the health of muscles and internal organs. It is not a religious practice and is compatible with any faith, or for that matter an atheistic viewpoint. It is simply a systematic series of postures that simultaneously strengthen and stretch muscles and massage internal organs to promote healthy blood flow. It is much less likely to cause negative exercise trauma as many other forms of exercise can possibly cause, as yoga movements are generally thoughtful, slow, and smooth. It can be practiced indoors or outdoors in the smallest of spaces and requires absolutely no equipment, special shoes, or clothes. It incorporates many of the same aspects of open minded calmness which are present in endorphin producing Genius Mind Gazing, so you get a double whammy of effects.

Go for an endorphin ride! Get involved with a regular practice of one of the Endorphin Elevators. Keep track of the change of your emotions and physical comfort levels over a long period of time and write this in your journal book. You will notice a pronounced improvement in your ability to click forward into creative and intelligent behaviors even under particularly stressful situations. Once you begin popping your frontal lobes your Endorphin Elevators will take you to further higher levels of performance and enjoyment.

Brain Game #14

FRUIT 'N LOBES

This is actually an advanced brain game of great simplicity. When you start sharing brain basics with other people you double the force of your amygdala clicking. This is an easy and fun way to teach others about their brain, good for your friends, and good for you.

Go to your refrigerator and get an apple. The apple provides you with a very handy analogy for the size, location, and function of your triune brain parts.

Cut it in half. Look at the seeds. The hard tiny seeds are like the small, hard-nosed innermost reptile brain. Tough and programmed with essential genetic material, the seeds provide the tree with a means of basic survival and reproduction, just like our own reptile brain.

Next, cut out the core of the apple. This fibrous, less tough part is like the softened behaviors of the mammal brain. The seeds nestle in the core, like your reptile brain nestles inside the mammal brain. Together, the seeds and the core make up only a small fraction of the apple, as the mammal brain and reptile brain make up just a fraction of the entire human brain. In the same way that this part of the apple leaves a bitter taste in your mouth, the reptile and mammal brain thoughts and behaviors *alone* don't leave a very good taste in your mind either.

The biggest, most colorful part of the apple- the juicy pulp and bright colorful skin- the delicious, fun to eat part, is like the big delicious thinking primate brain and frontal lobes! This is where most of the good stuff is. Mmmmmmmmmmm good!

This brain food game is a delightful and convenient way to show both adults and children the basic construction, function, and relative position and approximate size of the different triune brain parts. It will teach via a potent combination of visual, olfactory, touch, and left and right brain activities. It's whole-brain game you can eat.

Brain Game #15

MIND MOVIE RE-RIGHT

Often when people begin clicking their amygdala forward and circuit into their frontal lobes, they find that results are temporary. After a few initial pre-pops or inspiring frontal lobes tidbits, you might find yourself sliding back into old reptilian emotions and reactions. This indicates that there is some subconscious programming that needs to be rewired inside your brain. This brain game takes care of all of that once and for all. It is a permanent fix.

T.D. Lingo developed the general outline for this valuable frontal lobes tool at the Dormant Brain Lab and called it the "Self-Trauma Drama". Although it shares some of the same elements used in other psychotherapies, in particular its roots with Jacob Moreno's "psychodrama", it is unique in utilizing important aspects of brain physiology that add considerably to its effectiveness. It also adds a couple of steps that are missing in therapies everywhere else.

The Mind Movie Re-Right is a very potent game with enormous potential for personal growth. Take it easy with this one to start. After you

have become familiar with the procedure you will be able to fly through the process.

The purpose of this game is to clean out unpleasant and traumatic memories that keep you clicked backward into reptile brain pain through un-conscious neural reactive programming. **You consciously uncover forgotten events and you neutralize and change a negative event memory into a positive memory, one that you create with your frontal lobes.**

Your brain responds to a “created memory” in nearly the same way that it responds to the memories of an actual event. For example, experiments have shown that to a certain degree, experienced basketball players who practice *in their imagination only* show an almost identical improvement in scores to those who spend the same amount of time on the court. By re-programming neural memory circuits you are able to change negative thoughts and behaviors into positive frontal lobes and behaviors and have a real effect on your perspective and experience.

Emotional pain occurs when the flow of consciousness is short-circuited by negative reptile brain behaviors. If you learned to process certain kinds of information with just your reptile brain and its limitations, you got it “wrong”. You’re stuck with the unpleasant memory that goes hand in hand with reptile brain non-solutions. Your Mind Movie Re-Right shows you the problem, what you missed, and how to do it right. You succeed in your new memory, and feel GOOD about yourself. Whew! Ahhh!

Do this game alone at home first where you can really let go and get into it. After some practice you’ll be able to “watch” your movie anywhere, click forward, and nobody will be any the wiser except for the resulting big grin on your face. As you clean out and click your mind movie memories forward, others will come up to take their place. When you’ve cleaned up and released 51% of your negative subconscious

memories, the balance of energy will automatically tip over and flow into your positive neural circuits-

!POP! Transcendence.

When all else fails, this brain game really gets the job done.

IMPORTANT NOTE: When re-righting a trauma memory, go through ALL of the steps before quitting in each session. Don't leave an episode unresolved. If you don't have time to finish this activity at one session, pick another time when you can complete it all in one sitting.

Mind Movie 1 ORIGINAL PLOT

Step 1: Get comfortable and relaxed. Close your eyes. You can sit in a chair, lie down in bed, or sit in the bathtub to start with.

Remember an unpleasant or painful memory. See the whole event take place with your mind's eye exactly the way it happened, in real time. You can speed up the movie after you've done this plenty of times. *Hear* the sounds of the event. *See* the action taking place. *Feel* the emotions you felt. *Experience* that negative event as if it were happening all over again. Adjust the intensity of this re-lived experience according to your present tolerance. Don't force anything on yourself, but let the movie run itself for you while you pay attention as best you can. Catch the details as if you are right there. You ARE right there as far as your mind is concerned. For a supercharged effect, say the words you said and the words that were spoken to you. Yell, scream, pound on the floor. Act it out! You can do this in your car with the windows rolled up in a deserted parking garage if necessary to avoid attention.

You are now FULLY in touch with that stubborn memory thorn. The first hurdle has been jumped. Good work!

Mind Movie 2
SLIGHT IMPROVEMENT PLOT
Rambo's Revenge, or Adult Defense Lawyer

Step 2: Now you start the movie over again but with a change in the story line. This time you've got the world's best and toughest lawyer with you acting in your SELF-DEFENSE. You are now able to click back into your most reptilian self-defense counter-attack mode. *You are clicking backward here on purpose.*

You stand up for your rights!! You tell 'em off!! They can't do this to you! You or your powerful lawyer really give 'em hell this time and put everything straight, no fooling around! The judge gives your enemies life behind bars! Or (if you choose)...

It's Rambo's Revenge! You've become the meanest, dirtiest, most powerful reptile revenge machine around! KABOOMMM!!!! You have destroyed your enemy *completely*, whether it is your car (it wouldn't start like it should have), the TV (rotten reception of your favorite program), that nasty guy at work, your boss, that driver that pulled in front of you, whatever or whoever is causing you trouble. No contest here, you VAPORIZE your competition and your enemies!!!! Awesome.

Now, this is *IMPORTANT*: Check your emotional level when you are done with this step. Does your mind emotion meter read "0" (zero) emotion left when you are done?

The purpose of this step is to eliminate and RELEASE the negative emotional energy associated with this trauma memory. Step 2 gets the hurt out of your system. You finally get revenge! You survive! **Do Step 2 until your emotion meter reads NO NEGATIVE EMOTION LEFT in this memory module.**

You may have to do this step more than once to totally clean out a negative memory. It may take several days or even months in which you do this step 5, 10, 50, or 100 times before there is no negativity left in this event. Or it might happen after the first time. Be honest, you can't lie to yourself and get away with it.

DO STEP 2 UNTIL YOU ARE **BORED** WITH THIS PARTICULAR MOVIE MEMORY. Really get done with it. You decide.

What a relief!!!

Mind Movie 3 TRANSCENDED NIRVANA PLOT

Step 3: Now that you've released your neural circuits' negative charge for this particular movie, you need to move energy in your brain *forward*. **Zero emotion is nothing, it is not transcendence.** Temporary reptilian revenge is not a permanent high. It is just basic survival. By running the movie ONE MORE TIME and changing the memory into a positive one and creating a pleasurable alternative story line, you energize your brain and move forward into your frontal lobes. This is *real* fun. Step 2 removes the chains that bind you. Step 3 is *flying*.

Start your Mind Movie again from the beginning. This time see, do it the way it should have been done, could have been done with *100% loving, cooperative creative intelligence intuition from all*. See the gentle caring motions, *hear* the pleasant and soothing word, the singing melodious sounds, *feel* the wonderful energizing, uplifting, ecstatic emotions.

“Ahhhh! Yes! This is the way it's done! Home at last!”

Do Step 3 until you feel +10 Perfect Positive EXHILARATION.
Mmmmmmm! Life is good!

Step 1 finds the problem in your brain memory circuit board. Step 2 disconnects the incorrect circuit. Step 3 reconnects the right connection, moves the energy forward and your frontal lobes light up!

Step 1 you find out you are in the wrong suburb- Blahnapolis. Step 2 you backtrack down to where you made the wrong turn in the road. Step 3 you cruise down the superhighway and arrive at Transcendence City. Now, Frontal Lobes *Supercharge*...

Mind Music 4 VICTORY PARADE!

Step 4: Imagine yourself in Your Own Victory Celebration.

You made it, congratulations!! See yourself riding down Main Street in your shiny convertible, or walking, or riding your bicycle and at the head of the celebration. Everybody is out celebrating and cheering your frontal lobes victory. People are tossing rainbow confetti out of windows, bands are playing, there's dancing in the street! Everybody is delighted things worked out so beautifully! Hurray!!

There is a HUGE smile on your face!

Mind Movie 5 MIND MOVIE AWARDS

Step 5: You did a great job, a fantastic job on your Mind Movie Re-Right. So good, in fact, you win a Mind Movie Academy Award.

Reward yourself! **Don't just imagine this part- REALLY DO SOMETHING NICE FOR YOURSELF!**

Go for a walk in the park. Get yourself a big fat brownie or ice cream. Take some time off, take a long soothing hot bath. You name it! You deserve it!

This concludes your Mind Movie Re-Right. Don't leave out any of the steps including the last ones- they make all the difference between similar trauma re-programming therapies and this proven and tested Brain Lab Supercharge.

It may seem a little complicated at first, but do it a couple of times and you'll have it down easy. Do this game as frequently and as much as you feel necessary to work out the stubborn blocks that keep from staying clicked forward.

Here's a summary of the procedure one more time:

MIND MOVIE RE-RIGHT

- 1) **ORIGINAL PLOT:** You re-view the way a negative event originally happened.

- 2) **SLIGHTLY IMPROVED PLOT:** Adult Lawyer/Rambo's Revenge, you defend yourself, get even, and neutralize negative memory emotion.

- 3) **TRANSCENDENCE PLOT:** You see and feel it with frontal lobes love intelligence and create positive memory emotion.

- 4) **VICTORY PARADE:** You reinforce and experience cooperative energy celebration.

- 5) **MIND MOVIE AWARD:** Reward yourself for a job well done.

All right. Now that you've learned all your basic brain info and some basic brain games, following are some more advanced essays to contemplate to further Supercharge your frontal lobes.

9. GO FLY A KITE

Go to your local toy store and get a kite. I just bought a nice kite. It's got fractal images on it, very psychedelic. Very cool design.

For two dollars and fifty cents you can get a kite that'll last for years.

When we're born, as infants and then as small children, we are automatically connected to very intelligent, creative, pleasurable, and intuitive parts of our brain. It's only as we grow up that cultural and social conditioning messes up our natural brain connections to our advanced frontal lobes. We *learn* to constantly click back into our reptile brain. The un-evolved state of the general population forces us to click back into heavy defenses day to day, moment to moment. We get so used to defending ourselves from a constant barrage of non-cooperative thinking and battle that we quickly believe that this is the normal way to be. Thus, we have conventional states of mind in masses of the population in which creativity, intelligence, pleasure are rare things. At least much rarer than it should be.

Observe children, especially young kids five or six years old. They're *HAPPY*. To them, the world is a fun magical adventure. The world is a place without limitations and boundaries. It's only the grown-ups who impose boundaries upon the limitless fun of children.

Of course we need to learn that there is *real* danger out there. But very often the boundaries that are imposed upon us have nothing to do with being physically in danger. The limitations that are imposed upon us from very early on have more to do with what is socially acceptable. For no reason we are told we shouldn't eat our food with our fingers. And we shouldn't fart in public. And we are roped in with thousands of other restrictions and rules that we must learn to be socially acceptable.

And over the years as we train ourselves to rein in our spontaneous behavior to conform to social conventions and expectations, we lose contact with those parts of our mind and experience that are magical, that are creative, that are intuitive. By the time we graduate from high school we have lost touch with what it really means to be creative, intelligent, and intuitive. These things have become a mere shadow of our former wondrous child infinite abilities.

The way to correct this problem as adults is to go back and directly click into childhood behaviors- like flying a kite.

I just walked into the Wizards Chest toy store and bought some super duper 30-pound tension kite string. It's important to have good string. A common mistake people make is that they buy cheap string. A kite is only as good as the string you get.

Flashback: One of the most fun times I ever remember is going to the park with my dad and flying a kite. He got me one of these Styrofoam kites that looked like a bird with wings. It was great! It was the coolest kite. Unfortunately, at one point the string broke and the kite went flying off into the distance without me. Dad understood. He bought me another kite.

Flash forward: I'm headed to the park now, Sundial Park, with a great view of the mountains, and open vistas. I've got my new fractal pattern kite and my reel of string. The greatest aid to creativity, intelligence, and pleasure is SPACE. Space *is* the place. Space is where it's

If you want to tap into infinite cosmic intelligence you've got to get out of your little closet. So I head to the park. When was the last time I went to the park? Too long ago!

Ah, here I am at the park. Big blue sky, wide open spaces. My mind becomes as big as the sky, as big as the giant field of grass. I can see sixty miles away, further if you count the sun. All is all right.

I'm opening up my string- waves of gleeful anticipation of getting out in that field with my kite.

Wait... this kite string... they don't make it very easy to unravel. I really feel sorry for any little kid who tries to get at this kite string... he's gonna be screwed. Some stupid adult didn't know how to package this stuff!

Okay, I finally got the string package open.

A nice breeze outside.

Flying a kite is a good analogy for tapping into cosmic intelligence and supernatural paranormal abilities. You let go, and let the wind do it. It happens, without your ego doing it. Forces outside yourself, beyond yourself fly your kite. Paranormal abilities are just abilities that as adults we've lost touch with. Kids- more than adults- are much more sensitive to things like ESP, pre-cognition, telekinesis. Adults, through the process of social and cultural conformity, lose touch with these abilities and dismiss them when they happen.

flying! Everybody needs to fly a kite!

Adults, when they try to tap into paranormal abilities-

YOW! My kite just broke! My brand new kite... it just tore! Ow!

Good thing I've got a spare one in the car. A spare Yogi Bear Kite. Got it for twenty-five cents at a garage sale. Never pass up a good twenty-five cent kite.

(Five minutes later)

Okay, I got it up- it's up there, it's out there, it's flying. Yea!!

Yea!!!

Anyway, adults think that by doing unnatural, weird, complicated exercises they're gonna turn on paranormal abilities. That's kind of like trying to fly a kite by running, by creating a breeze running along the ground. I suppose you could fly a kite this way, but it's sure a lot of work.

The real way to fly a kite is to *let the wind blow*. If there's wind, your kite flies. If there's no wind, well, you just fly your kite another day. ESP and paranormal abilities, they work when they want to work. Otherwise, you're just running around all the time.

The surprising thing is, is that when you take this kind of attitude towards your advanced frontal lobes supercharged abilities, they work all of the time. When you need them, they're there.

People who try hard to make their paranormal frontal lobes super abilities work- all their hard effort gets in the way. Frontal lobes intelligence requires *effortless effort*. The key to turning on your frontal lobes super circuits is effortless effort. Just like flying a kite. You just put your kite in the air and the wind blows and your kite flies. And it's great.

Ah, that kite looks great up there, hanging in the sky, loopin' around.

When you're in the middle of the park, you hear this drone of traffic and city noise in the background. You realize how important is to get out of that rat race from time to time- heck, you need to get away for some time *every day*. In the middle of the day, middle of the week when you should be doing something "important" you need to get out doing something equally important at the park, seeking space.

I heard a story about all of the different nationalities that live in Hawaii and why the population there is so diverse. When the Portuguese first came to the Hawaiian Islands, the only other people there were the native islanders. The foreigners decided that they were going to build

plantations, and so they tried to recruit the native Hawaiians to work on the plantations.

The native Hawaiians looked at the Portuguese like they were out of their minds, because they wanted the natives to go work on the plantations ten hours a day. The Hawaiians were used to a lifestyle where they did their work, and they did their fishing for a few hours a day, and the rest of their time was spent with their family, and making art, swimming, and just enjoying life. The Portuguese couldn't convince the Hawaiians that working on the plantation was a better way to live.

So, the Portuguese had to bring people from other parts of the world to come work on the plantations. And this is how the Hawaiian population became very diverse with many different nationalities.

When one goes to the island of Bali in Indonesia, the native population is very similar to how the original Hawaiian population must have been. The people spend a few hours a day doing regular "work" and the rest of their life is spent doing their art, doing their dance, doing their music, and enjoying life. This is the purpose of life- *enjoying life*.

In America, we forgot what the purpose of life is. We go to our nine to five jobs, which most of us can't stand, so that we can fit into our culture and do those things that our society and culture deems is appropriate. We work too hard so that we can afford to buy all the material things we believe we need to be happy.

We lose touch with all those things that come to us naturally. We spend our time *working*- WORKING- to pay off our car, to pay for our cable TV.

While all we really need to do to experience pleasure is go get a decent kite, some string and head to the park. WhooooooHooooooo!

Now the wind is really starting to blow. And when the wind really blows you need to put a tail on your kite. So, I'm headed to the car now. I need to get a tail on my kite. 'Cause it just crashed! Ha ha ha!

Hey, now the one thing about kite string is that now they make these big round spools to wind it up. I really recommend one of these big spools, otherwise the string can bite into your fingers and you can get one heck of a string burn. Plus a big fat spool with a large diameter center winds up faster. When I was a kid they made string winders that kind of resembled fishing reels, but you don't see those any more. I'll have to make my own.

Now in my car, I happen to have some tape and a scarf. I'll see if I can tape this scarf to my kite and make a tail, 'cause the wind is really blowing now.

Oh well, my jury rig didn't work. My scarf is too heavy, so I'll have to go home and get some regular cloth for my kite tail.
What's the moral of this story?

If your kite is too heavy it's not gonna fly. Lighten up your load.

If you're trying to access your frontal lobes super powers and super mental abilities, you can't be weighed down with too much mental baggage, or your frontal lobes will never get off the ground.

10. LITTLE TAPE RECORDERS

I like gadgets. I especially like little gadgets. Things like tape recorders and little pocketknives, things that fit in the palm of your hand. One of the various ways I'm writing this *Frontal Lobes Supercharge* involves using one of these things- this little teeny tiny micro-cassette recorder, not much bigger than a pack of cigarettes.

I've carried it around for weeks, capturing spontaneous thoughts and reflections. You're reading my thoughts right now.

I must have a half a dozen tape recorders at my house... no, probably more than that. All different sizes and shapes. Several portable ones. But this is my newest one, and my smallest one.

I like it because I can put it in my shirt pocket or in my pants pocket and it doesn't feel like I'm lugging around some big object. It's probably got more in common with a pocket watch than a tape recorder.

It's also got this interesting feature where it starts recording when I start talking, and it shuts off when I stop talking. It's magic!

When I wrote my first book, the original *Frontal Lobes Handbook*, I was faced with an eight hour drive from Durango, Colorado to my home in Denver. Rather than sit in my car and be bored, I talked to my tape recorder. There aren't too many radio stations you can hear well on a trip through the mountains, and I didn't have too many music cassettes with me either. So, here's what happened....

My intuition led me to stop at this garage sale at this little grocery store just as I'm getting started on my drive. I started walking around looking at all the different knick knacks, and I spotted this little hand held tape recorder. "Ooo, neat." It was only a couple of bucks, so I bought it.

I didn't plan on finding and buying a tape recorder. I just stopped to get a bite to eat. Somewhere in my brain I got the Brain Radar message: "Stop at grocery." Then, "Take a look at garage sale". Little whisper guidance of "Go this way." Lo and behold- the little present was waiting for me, ready to transform my long drive alone into a creative opportunity.

It changed the entire course of my life.

Some silent circuit deep in my brain brought me and this little tape recorder together. I recognized this lonesome little device sitting on the Junk-For-Sale table as a found treasure, but only after something outside and beyond my conscious mind had led me to it.

The **BIG MIND** was smarter than my personal ego oriented **LITTLE MIND**. Big Mind beyond limited five senses knows things that my eyes and ears have no possible way of knowing.

Everything that's out in the universe, The Universal Energy System, or just The Universe- it's all a big bank of knowledge and data and things and everything you can think of and imagine. You connect with this big bank with the "ATM" of your frontal lobes: **A**utomatic **T**ranscendence **M**achine.

During the eight hour drive, I "wrote" the original Frontal Lobes Handbook. It was more like taking dictation from vast memory banks inside my brain.

I guess I'm just one little tape recorder talking to another.

Give up "I do everything myself" and you connect with a system much larger than yourself. You find things you need and can use on every corner, when you least expect it.

11. THE NATURE OF PSYCHIC ABILITIES

Every person's brain contains pre-existing circuits for paranormal and extra-sensory abilities, easily turned on just by clicking your amygdala forward and turning on your frontal lobes. Just have fun and you'll get to them.

Everyone is familiar with the regular 5 senses: Touch, taste, sight, smell, and hearing. Yet almost everyone at one time or another has had an experience of extra-sensory perception. Perhaps it was a hunch that proved right, a feeling that something bad was going to happen that did, thoughts of a friend or loved one followed by a sudden phone call or letter, or perhaps knowing what someone was going to say before they said it.

Brain Radar is knowledge of something we knew that we shouldn't have any way of knowing- except that we did.

Normally, these extrasensory moments are few and far between, if they ever happen at all. Usually we shrug them off as *coincidence*, since they defy any rational explanation. However, a closer examination of this phenomenon from the perspective of brain function, at long last gives us a beginning explanation as to what these other *silent senses* are, and how they work.

At Colorado's Dormant Brain Research and Development Laboratory directed by renegade researcher T.D.A. Lingo, 1957 through 1993, subjects reported a distinct increase of [extra-sensory abilities](#).

First, these subjects performed a daily routine of various brain exercises and meditations designed to simply increase the amount of general creative, intelligent, frontal lobes processes. This ultimately resulted in greater emotional satisfaction and pleasure.

Lab students and subjects eliminated mental and emotional distress due to past emotional and mental traumas and difficulties. Many

people came up to the program to find help in dealing with particularly troublesome emotional or personal problems, and the summer course was designed to directly deal with such personal problems in the most direct and efficient way.

Accordingly, as subjects increasingly performed frontal lobes thought processes and behaviors and eliminated negative mental hang-ups, so the reported incidence of extra-sensory and paranormal activity increased. Those subjects who experienced the most pronounced levels of change, known at the lab as “popping your frontal lobes”, reported *routine* occurrences of extra-sensory experience.

Lingo calculated that there are at least five “silent” senses associated with increased frontal lobes activity. It can be hypothesized that in the same way that each of the five normal senses are localized in various regions of the cortex, it may be that the five additional paranormal senses are localized in the frontal lobes. At the very least, the frontal lobes are involved in the brain’s neuro-pathways to these extra-sensory abilities.

The known silent senses appear to be as follows: **telepathy**- knowing what another person is thinking, **pre-cognition**- knowledge of future events, **clairvoyance**- remote vision, **clairaudience**- remote auditory sense, and **telekinesis**- moving objects without physical contact.

Our five regular senses are *passive*. They are not controlled so much by our will to use them, rather, they are in a standby mode all of the time. We don’t will our eyes to look, they just see when there is something to see. We don’t turn our ears on so much as they hear what sounds there are to hear. Our senses come to our aid effortlessly and without us having to switch them on, somewhat differently than the way we use our fingers and arms and legs. Our regular senses are just there when we need them.

Similarly, our extra-sensory senses work in exactly the same way: Passively. Why should they work any differently?

Obviously, these silent senses are much more subtle, and lay back in reserve for those times when our regular senses are not able to guide us in our efforts for self-preservation and survival.

When our regular senses are for the most part shut off during sleep, it allows the quiet extrasensory abilities to come to the forefront in dreams and in that lovely short period of semi-awake awareness before getting out of bed, the “Morning Pre-Consciousness”.

The purpose of our regular senses is straight forward, to aid us in survival. Each one of our regular senses is designed to help us more efficiently cope with our environment, to aid us in making it to the next day, in achieving our survival needs and goals. Every part of our human body evolved, or at the very least serves a function to contribute to our growth and existence. If somewhere in our brain there is a skill which enables us to see a future event, or read another’s mind, that skill, if it is like every single other skill we have, has a primary purpose in contributing to our very survival and existence.

ESP is not merely another parlor trick.

Perhaps, those who attempt to bend spoons with their mind might be compared to a person who would attempt to propel a sailboat with his own breath. In the time it takes a psychic to bend a spoon with his mind, most people could bend two dozen with their fingers. The telepathist who can read a person’s mind and tell them what city they were born in, could learn not only that but *reams* of personal information by merely by asking questions out loud. Those who confuse proof of extra-sensory abilities with magic tricks are missing the entire point of why such abilities exist altogether.

If you want to drive a nail into a piece of wood, why use your shoe, when you already have a hammer in your hand? **Paranormal abilities have their true place in assisting an individual when the regular, commonplace senses fall short or are not available.** Nearly everything we need to do can be handled perfectly well and quite

efficiently using our taste, touch, sight, hearing, and smell, along with an easily accessed imagination, intelligence and logic.

If one studies cultures that have been familiar with psychic powers for centuries, like certain Tibetan or Indian societies, stories and documented cases of masters who have acquired such powers are common. But if one looks further into these accounts, another fact becomes clear: The use of such extraordinary powers is not overly encouraged, nor encouraged for public demonstration and exhibition. The yogi masters repeatedly state, that when your practice becomes advanced, you will get various psychic powers, known to ancient yogi's as *siddhis*. And, when you get these powers, the standard advice is "Don't use them."

A constant barrage of telepathic messages would be uncomfortable to say the least. Nobody would have any privacy.

Doctors have a word for one variation of perpetual voices in your head- schizophrenia. Ever enjoy a book or movie where you know in advance how everything is going to turn out? Not much fun, is it? Imagine if you knew everything that was going to happen in advance. Pre-cognition to the max might result in a BORING LIFE.

Besides that inconvenience, according to quantum physics there *isn't* one particular future- there are infinite possibilities and parallel universes, all residing next to each other simultaneously.

The universe has a good reasons for keeping some of its secrets. Be glad.

Nevertheless, when we are in a relaxed, non-threatened cooperative frontal lobes state, some additional data may be picked up by our brain using neuro-circuits designed to handle subtle advanced intelligence information that will increase our ability to survive, learn, and function.

There is a strong similarity between regularly available frontal lobes processes and the more advanced paranormal perceptions:

- Pre-cognition is a refined sense of imagining the future.
- Telepathy is a refined sense of feeling or predicting what another person might think, going beyond one's ego and self-centeredness. Normally this is a common empathic frontal lobes thought process.
- Clairvoyance and clairaudience are the next extension of the frontal lobes ability to create abstract thought in imagery and sound, building upon simple sight and hearing.
- Telekinesis is the application of energy forces even more subtle than those we now manipulate with electric wires and broadcast antennas using more common and present levels of human creative intelligence.

It is obvious that if paranormal abilities are an extension of frontal lobes thinking and behaviors, then the absence of frontal lobes thinking and behaviors will reduce the occurrence of such abilities.

When an individual is clicked backwards into their *ego-centric* reptilian brain- thinking and behaving in competitive behaviors, flight or fight behaviors, non-creative, non-imaginative, negative emotional states- then all extrasensory abilities will be reduced to a minimum, or become non-existent. Person clicked backwards into his reptile brain is existing inside a self-centered reptilian eggshell.

Conversely when an individual is clicked forward into advanced frontal lobes *cooperative* behavior, relaxed, creative, imaginative, positive emotional states- then all extrasensory abilities will be allowed to come forth, routinely and effortlessly, extensions of normal brain perceptions: The frontal lobes are concerned with phenomenon outside of self, and universe.

Thus, if you want ESP, first click your amygdala forward and stay in your frontal lobes. (Also see [Music For ESP](#) research study,)

12.
WHY NEGATIVE PSYCHIC POWERS WON'T
WORK
(You've got nothing to worry about....)

QUESTION: Once someone begins to access higher powers of the frontal lobes, can't that person then use these powers for destructive and evil purposes?

ANSWER: Probably not.

If a person were to use telepathy to cause harm to another, that same telepathy would insure the evil doer to feel the other person's pain as well. Ouch!

If a person were to use pre-cognition to cause harm to another, that same pre-cognition would cause the evil doer to instantly see the future karmic repercussions of his actions against himself. Yikes!

If a person were to use telekinetic energy to harm another, Newton's law still works: Every action has an opposite and equal reaction. The evil doer would get an *instant* good reactive kick in the pants seat. Umph!

The part of the human brain that connects to self-centered, attack, harm, and kill actions is the reptile brain, the most basic and "dumbest" part of the brain. This is the brain's **Little Mind**.

The part of the brain that connects to intricate paranormal abilities is the advanced intelligence frontal lobes. This is the brain's **Big Mind**.

Paranormal abilities are highly complex skilled activities, like driving a car, but even more sophisticated. A person trying to control complex paranormal abilities with his self-centered dumb reptile brain is like a five year old kid trying to drive a six speed Ferrari. A little kid might accidentally be able to start the car, run over a couple of people, but by

fifty yards he'll crash it into a fire hydrant and it'll be all over. He certainly couldn't go on a hundred mile trip down the interstate.

Only sensitive, socially super-conscious, "We're in this together" frontal lobe intelligence can utilize complex paranormal neurocircuits.

These circuits, ego-less and tapping into the multi-person community, operate on multi-person multi-event energy, not from puny selfish self-centered single person energy. **If you want to access The Big Super Conscious Mind, you have to think of everyone else besides just yourself.**

Well big Duh.

Of course you can cause physical harm to a person using regular actions. But negative "psychic" voodoo works only if the victim believes in it and knows about it. The victim's own mind and conscious is the culprit here. Otherwise, it serves only to vent the practitioner's frustration.

Insane Experiment: Make or get a voodoo doll, for someone you want to harm. Don't tell them. Stick pins in it. What happens to them? What happens to *you*? Please don't poke yourself in the eye.

(Okay, this is not really recommended research).

Once a person clicks backwards into egotistical, selfish, or destructive reptile brain behaviors, he shuts off the forward flow of energy into ego-less community frontal lobes skills. When a person thinks "me me me" he blocks out the rest of the universe, where all the telepathic, future-telling information is to start with.

Water and oil don't mix.

You can't walk forward and backward at the same time.

MIRROR

A Fairy Tale for All Age Kids

(click above for soundtrack)

MIRROR'S GIFTS

Once there was a beautiful girl whose name was Mirror. Mirror had crystal clear eyes that could see across incredible vast distances of time and space. Her vision was so clear that she could see things floating on clouds for the future to come, and things long hidden behind gray stone walls far into the past.

Mirror had gentle fingers that could comfort the sick with a mere touch. Old brittle bones would become like willow branches, and aches and pains would dissolve like honey in a cup of hot chocolate. Mirror had a voice more melodious than even the most beautiful of songbirds. When she sang, all of the busy ants stopped their work to listen, and even the fish became very still so that they could hear below the waves in the blue pond.

A most wonderful thing about Mirror was her creative nature. She had a wonderful skill of transforming ugly, discarded, and unwanted things into the most astonishing and priceless treasures. Mirror would buy rags from a poor peddler and sew them together into magnificent garments which would glow with a heavenly sunflower aura of yellow and gold, worthy to be worn by true kings and queens (and invariably given to the most ordinary looking people).

Mirror would take dirt swept into the street by merchants, sprinkle it over a garden, and with her blessing would emerge radiant purple and orange fruit singing of the sun and earth- such incredibly sweet

songs that people would travel from miles and miles around just to hear and see these miraculous vegetable beings.

Mirror could teach the blind to see with the pores of their skin, and she could teach the slow and stupid to perform advanced trigotometrical calculational analysis. With a smile she could transform monsters of the dark forest into saintly helpers, and with a wink of her eye she could judo flip hardened criminals into trusted baby care center managers.

Mirror was some girl!

THE AH-MIG DOLL-AH

The thing that allowed Mirror to do all of her precious work was a tiny little almond shaped pendant that hung on a chain near her heart. She called this pendant her Ah-mig Doll-ah. The little almond Ah-mig Doll-ah was not made of anything in particular, so it seemed. Sometimes it looked like it was made of jet-black obsidian, smooth as glass. Sometimes it looked like it was made of crystal, so clear you could read a microchip design through it. Sometimes it shone with all the colors of the rainbow, ever shifting and twirling like the colors on a soap bubble. Sometimes it looked like an exquisite piece of pottery inscribed with intricate Indian and Mexican designs. And at other times it even seemed to change shape and it resembled a little globe like the green earth with blue oceans and white clouds.

The way it worked was like this: Whenever Mirror was ready to do something, she felt light pour from her heart until it filled the tiny Ah-mig Doll-ah, and from there it flowed first to her eyes and then to her lips, and then to her fingers. And the gentle light flowed to whatever it was she was looking at, speaking to, or holding. And Mirror's gift would stay with that person or thing until after time unraveled the threads that held its very atoms together.

A SHORT LONG HISTORY

As to where Mirror got the almond Ah-mig Doll-ah that hung on the chain near her heart, she could not say. As far back as Mirror could remember (and indeed she could see back very, very far), she had always had the little almond. Her mother once told her a little sparrow dropped it in her lap when she was a baby. She wondered if her mom was making up a story.

All of Mirror's family (she had ten brothers and sisters; four younger brothers, five older sisters, and one younger baby sister named Iris), all of her relatives (ninety-six cousins, thirty-six aunts and uncles), all of her friends (too many to count!), and even people she did not know were grateful of Mirror's gifts and the generosity of her spirit, whatever the source of her talents were. She had her beautiful almond Ah-mig Doll-ah, and that was that!

THE VISITORS

One day several visitors came to Mirror's village. Mirror's village was called Daynewb, which stood for "Every day is a new beginning" in the language of Melodialiv, which is what the Daynewbs spoke, or more accurately, sing-sung.

The visitors, who were very ornately dressed and soft-spoken, had heard of Mirror and her talents from far away. The visitors' home was so far away, in fact, it was even out of the range of Mirror's keen vision. This *was* then a very long, long way off.

The strangers said that they came from a big, big metropolis they called Moredumb. They did not elaborate on the meaning of the name Moredumb since there seemed to be somewhat of a difficulty in exact translation. It meant something to do with drilling and I.Q. and

satisfaction, or something like that. Anyway, word of mouth to ear to mouth to ear made its way across the great distance to Moredumb and these scout messenger visitors were sent to investigate any such rumors. The visitors were delighted to find that the stories of Daynewb and of Mirror and her gifts were indeed true.

For Dreesal, visitor number one, Mirror took an old broken twig and fashioned it into a stunning and beautiful cane that she painted with dragons and leaves. When Dreesal walked with the cane he could climb the steepest hill in town with complete ease. The dragons would scare away all of the annoying bugs, and the leaves would shade him and fan the perspiration from his brow.

For Wexall, visitor number two, Mirror took a cardboard matchbox and created a music box out of it. She sung into it the loveliest songs of birds and trees, of the wind and rain, songs of the grass fields and of the forest brook. Wexall was overjoyed when he opened up his little music box and heard all of these glorious things.

For Boxcar, visitor number three, and Speediwon, visitor number five, Mirror rubbed their tired feet, and their warts and blue corns disappeared instantly.

Lessmind, visitor number four, quickly left for home, as Mirror said that she had a hunch he had left the iron or stove or something on back at his house (it was too far away to tell exactly for sure). She made him a nice take-away lunch.

The visitors from Moredumb stayed on for a week at The Sprouted Leaf, the local inn. Then one day, they all came to Mirror while she was alone in her small cottage. She had felt strangely and uncomfortably sleepy that morning, and had just laid down for a short nap. Dreesal and the others walked up her stone path and rang the glass and brass bell that hung from a post outside her door. The bell made a light twinkling sound. Mirror rose from her bed and welcomed the strangers in, making them all a pot of lemonberry grass tea. Everyone sat

in her kitchen around a polished mahogany table with swirling carved legs of Heavenly Blue Morning Glory vines.

“Our wondrous and fantastic city,” they said to Mirror, “is a place of limitless opportunity with silver streets that gleam in the moonlight. We have translucent trains that will take you one hundred miles in the blink of a fly’s eye. We have future-computeristic telephones that allow you to touch the person to whom you are speaking, and 3-D television receiver-cones that allow you to speak to the person you are looking at. And our entertainment is unsurpassed anywhere in the galaxy. Plays and musicals, comedies and tragedies so real and so well acted you’ll feel like it’s really happening!”

Mirror was getting more impressed with every description the visitors gave of their exciting and infinitely interesting city. She had not actually traveled very far outside her own village, and as miraculous as her daily life was, she was a bit curious about what else was out there. Mirror began thinking it might be fun to return with Boxcar and the others to Moredumb.

“I think I would very much like to go live in Moredumb for a while,” said Mirror, her eyes opening wide. “But I’m a bit worried about leaving all my friends here. I’ll be missed, and I will miss my friends as well,” she said to her guests.

“Speediwon replied with the utmost confidence, “Oh, you will make *more* friends in Moredumb! And we can give you a bigger and more luxurious place to live, *greater* responsibilities, and *more* reward for your so obviously incredibly valuable talents!”

Wexall added, “And you will never be bored because there are *so* many millions of different and fascinating things to do! You will do *more* for *so many more* people, as we have ten million billion people in Moredumb. Our needs are great for a blessed soul like you in our city!” And it was this, the promise of greater need and appreciation that made up Mirror’s mind to go to the fantastic city of Moredumb and live there for a while.

THE JOURNEY

And so it was on a breezy sunny day in July that Mirror packed her things and left her quiet little village of Daynewb and set off with the visitors on the way towards Moredumb.

At the village airstrip, everybody had been gawking at the blimp from Moredumb since the day it arrived. It looked like a cross between a blob of fluorescent green jello and a ruby chimpanzee. It was to be a rapid journey, sort of. The visitors promised a quick flight on the Moredumb Superdupersonic Airblimp just across the Jetsetter Stream that bordered on the far side of the Milky Way Wrapper Galaxy. Of course, the time and distance was all relative, depending whether you were in the air or on the ground. From Daynewb, one would need an ultraviolet long wave oscillating telescopic microscope to see where the airblimp flew off to. It was off into a whole different dimension of thought!

Inside the flying machine to the airblimp passengers, the distance traveled only seemed like thirty feet or so. Mirror and the traveling visitors walked to their reclining bucket seats, sat down for no more than the time it takes to make instant butterscotch pudding, and then got up and walked back out down the airblimp steps again!

The airblimp had descended below into a misty red haze, lit up with a kaleidoscope of intensely colorful moving lights and patterns. Mirror stepped off onto the landing platform where they had arrived and was overwhelmed by the spectacle of amazing images and extrasensory cookout that lay before her.

THE MOREDUMB EXPERIENCE

Moredumb was more than Mirror could have ever imagined. She had Laser Lasagna for breakfast, Eighty-eight Bean Stroganoff with luminescent avocado leaves for lunch. Every night there were two sixteen course neutrino candlelight dinners with *unlimited* deserts- and no

waiting! Anything Mirror wanted was instantly available with free home delivery, no tipping necessary. And the people were so friendly and polite-everybody smiled constantly!

Everything Wexall and the others had said about Moredumb seemed true. The buildings, the lights, the streets- it was a visual sonic man-made wonderland of wonderlands.

Before long, Mirror began sharing her amazing talents and gifts with all the new people she met. Drove of needy people came and blessed her for her energies. She was fantastically popular beyond her expectations.

But suddenly one day, something unexpected happened to the tiny almond she wore and cherished.

At first, Mirror felt a gentle tug around her neck. As she was quietly sitting one afternoon, the Ah-mig Doll-ah started to hop and down on its chain as if it were trying to get attention. Mirror was so startled that she let out a gasp, "Ooh!" The pendant had never done anything like this before, for as long as she could remember.

But as it turned out, this was only a brief and temporary disturbance. The Ah-mig Doll-ah settled down after a few moments, and by later that day Mirror had gone back to her new life.

Mirror continued her adventures in the big and bold city. She marveled at the strangely silent electric flying taxis that mingled with the tall sleek skyscrapers. She often wandered for days through the cavernous galleries of the Museum of Modern Vibrating Science and Art. Mirror made more and more new acquaintances every day. She saw more and more wondrous sights with each passing hour.

Before she knew it, much time had passed and Mirror had been in Moredumb for nearly a year, longer than she had ever planned. One evening she was combing her hair in front of her optically corrected solarized cosmetic calendarized bathroom mirror. She glanced at the tiny almond charm around her neck. What she saw *this* time, more than

startled her. The Ah-mig Doll-ah was rapidly changing colors and form, and each form itself was different than she had ever seen it before. The jet-black obsidian was now muddy charcoal gray. The crystal clear glass was becoming cloudy, the rainbow soap bubble began to fade behind a milky blue smoke. The fragile pottery form began to crack and chip. And lastly, the little globe with the blue oceans and white clouds became dark with little speckled lightning storms and volcanic eruptions.

Mirror was shocked and didn't know what to do. She grew faint, and fell into bed, staying deeply asleep until the next day when things seemed more or less normal again.

THE NEW MIRROR

It wasn't too long after the remarkable and unusual transformation of her precious Ah-mig doll-ah that Mirror noticed a change in her talents and gifts as well. She found that somehow the quality of her creations and skills had changed direction along with the people who came to see her each day.

Instead of music boxes and instruments that played the songs of the earth, her music boxes began to play the latest spaghetti sauce TV commercial jingle. The gorgeous wooden flutes that she wondrously fashioned from useless broken broom handles ended up playing selections from the latest Top 140 hit songs (These were frequently about a broken hearted man, woman, or parakeet, depending on the cultural background of the singer.) She saw across the vast distances of the Moredumb skyline only to focus on gigantic animated neon beer billboard towers. And the old brittle bones of the aged that she healed with that ever so tender touch turned into the coiffured front paws of miniature French poodles from the Moredumb Home for Orphaned Pedigrees.

Mirror found herself changing old worn out neckties into new tires for her neighbor's Turbo Lamborghini. She would transform the dust from the back of old TV's and radios into bacteria inhibiting foot powder.

And really most amazing of all, instead of one word coming out of her mouth, another word would come out unexpectedly as if of its own accord! Mirror would want to say “beauty” and out would come “beautician”. She would try to say “mountains” and out would pop “Gortex Insulation”. Mirror would mean to say the word “sunset” and out would come “Sunset Strip”. It was quite a surprise, to say the least (which came out “extended lease option”), to hear these things from a voice once known for its melodic splendor.

Many more weeks went by and Mirror began to see that her tiny almond Ah-mig Doll-ah was continuing to change. For most of the time it now resembled a mirrored ball, like those seen in 20th century disco dancing halls. Things were getting a bit too odd, even for highly tolerant Mirror, and she decided it was time for a little change.

AROUND THE SILVER CITY

(click above for soundtrack)

Mirror asked her city friends where she could go nearby for a short but badly needed escape from the intense-city of Moredumb. Lessmind, who fortunately long ago got back home in time to unplug his soldering iron before it melted a hole through his toaster oven, suggested a trip up north to Popcorn, a scenic little hideaway nestled on the coast. Many of the more well to do holographic golfing pros had their vacation villas there. Popcorn was also known for its spectacular Natural Plastic Lined Cliffs, and its artistic-theory community.

So, taking Lessmind’s advice, Mirror stepped into her newly purchased mini-motor home and headed up route 1001. Mirror would have correctly taken the right exit and arrived that afternoon at Popcorn, was it not for a cruel trick of cosmic playfulness: It turned out that she was momentarily distracted by an attractive young circus clown passing by in a polka dot convertible, and she became entangled in one of those confusing Moredumb traffic double loop cloverleaf turns. She found

herself lost on the infamous Infinity Interstate 8, known in some circles as the Holey Ghost Highway. Instead of going north to Popcorn, Mirror ended up in an incomprehensible traffic jam going at one mile per hour, south.

Mirror spent many frustrating hours on the hot and swiftly decaying pothole ridden Holey Ghost Highway. She finally decided that it would be best to abandon her mini-motor home at the nearest available roadside rest station, and try to find an elevated hydrogen train to just go back to her suite in the center of the city. She parked her little rolling motel and went off on foot in search of the nearest train ramp.

She found herself walking through a part of the city that was very unfamiliar. It looked colorless and dingy compared to the spotlessly shiny part of Moredumb in which she normally lived. To her even greater dismay, she soon learned that Moredumb had but two infrequently running coal fired buses running in this part of town. And they were nowhere in sight.

Mirror grew very hot and tired waiting for a bus to come along. The air was thick with an unpleasant burning smell. Instead of flowers and grass lining the street to gaze upon, there were shreds of wrinkled paper plates and cigarette filters. Thinking that it might be better to just try and walk the long distance to the city center, Mirror turned her feet in the direction that she thought pointed back.

Her vision was getting fuzzy and her sense of direction wasn't very keen. Strange and disturbing thoughts entered her mind, try as she would to remember the positive nature of things. She felt too intimidated by the many unsmiling faces in this neighborhood to ask for directions.

This part of Moredumb looked very different from the parts that she was familiar with. Gone were the multidimensional blinking advertisement signs. Gone were the free sparkling mineral water drinking fountains on every corner. Gone were the familiar 36 Naturally and Artificially Flavored Sandwich franchises.

She cautiously moved down the street, a slight tremble in her step. Suddenly, a bent-over old man in a tattered flannel suit and crinkled hat came right over to her. She stopped dead in her tracks. He opened one eye wide, paused for a frozen moment, and finally spit out in a high voice, “Got any spare crackers, young lady!?”

Mirror, totally flustered by this unexpected situation, automatically reached into her pocketbook and pulled out a credit card that she offered to the man at full arms length. He clicked his teeth together, grinned widely, took the card from Mirror daintily with his fingertips, tipped his hat, and shuffled away. Mirror didn’t know what to think.

She walked further. The sidewalk beneath her feet heated the bottom of her waterbed-sole shoes. At last, out of desperation, she went up to several unknown-substance chewing teenaged boys who were leaning on a bent up and rusty old fashioned car. Puzzled at the neglected condition of their vehicle in this city of modern miracles, Mirror inquired, “Excuse me, but where is your sports hovercraft?” And, “Do you think I could get a lift home, please, very much?”

The teenagers chuckled to themselves. Then one with spray painted sneakers replied in a slow monotone, “Yaba daba doo, yaba daba doo, Flakestone vitamins are good to chew, yaba dabo doo...”

Mirror blinked, tilted her head, not sure of what they were trying to tell her, said “Oh,” and then scurried away.

She continued walking, nervous, lost, and unsure of anything anymore. Mirror passed by a storefront, the paint peeling away from its plastered front. A rickety wooden cart sat next to the door, filled with a few old tomatoes and yellowish squash-like things. A woman with a stained khaki apron came out from inside. Mirror turned towards the woman and said, “I’m lost and hungry. Um, do you have any organic electric kiwi fruit?”

The woman scratched her head then shook it slowly, squinting at Mirror with a suspicious stare through one eye. “Nothing like that here,

honey,” said the storekeeper, and then cautiously turned around and walked back into the dimly lit shadows of the store.

Mirror encountered many other puzzling and unfamiliar scenes throughout the rest of the long day and into the evening. She eventually found a few plain things to eat at a newsstand, and eventually found her way back in the direction of her own neighborhood. She wondered, “Who were these strange people that nobody mentioned to her back in downtown Moredumb? Why did they have to live this way? How did such disarray and dilapidation exist beside the wealth and splendor of the Moredumb she knew?”

Finally, with the help of a stray green and white striped anti-gravity flying taxi and a spare rocket flare she kept in her back pocket for such emergencies, Mirror eventually found herself back home in her air-conditioned suite, just as the artificially enhanced sunlight broke over the cityscape horizon.

A VISIT TO THE DOCTOR

The next day Mirror gazed upon herself once again in the optically corrected solarized cosmetically calendarized aluminized bathroom mirror. She had, not just bags, but “suitcases” under her eyes. Her hands had inexplicably grown bigger in the palms, shorter in the fingertips. Her ears heard the ringing of cash registers. Mirror looked down at her left foot. It had become swollen, probably from her long hike on the previous day. “Hmmm,” thought Mirror, “Perhaps I should see a doctor.”

Mirror made an appointment, and the next day went to the office of the world renowned Doctor Why, specialist in every known condition of man, woman, or beast. Doctor Why did a series of extensive and time-consuming medical tests on Mirror, using all of the latest gadgets and techniques. At the end of all of the test taking he looked at an inch-thick

stack of print-outs, and then looked at Mirror, peering above the rim of his quadrifocal glasses.

He pursed his lips and then said, “It is merely a conjunction of the rectilinear abscess functions, resulting in a conglomeration of spatial and hemotomic patomics. Nothing to worry about, since there is nothing you can do about it except pray and take these pills.”

Doctor Why pulled a little orange plastic bottle of medicine from his coat pocket and handed it to Mirror. She then went home, and became very medicated. By evening, everything was looking very hazy, even more so than before, even though Mirror actually believed everything looked just fine to her. She soon was able to admit that the swelling in her foot seemed, at least partially, to go away. Sort of.

Mirror’s long stay in Moredumb and present life was taking a direction very different from the future she had envisioned as a small child. Her life was now considerably different from some hazy memory of a lifestyle in far away.... whatever that place was.... Dabnewt...or....*what was it?*

She was taking the little pentagon shaped pills that she got from Doctor Why, that incidentally came in convenient choco-malt, strawberry-raspberry, Filet Mignon, and other mouth watering flavors, and it diverted her attention from using her little almond shaped Ah-mig Doll-ah. Mirror had by now become so distracted by the sweeping grandeur and awesome cosmopolitan multiplicities of Moredumb that she completely forgot about the quiet little village where she came from, and her old way of life.

TAO TEI

(Click above for soundtrack)

It was one night, when eating out at one of the city’s one-hundred and fourteen different Neo-Hunan restaurants that Mirror was

seated in a plush dark red Naugahyde eating booth. She was *almost* enjoying the Mandarin style hot, gooey, and spicy deep dish Moo Gai Pan Chow when she felt this odd rapping on the top of her head.

Suddenly, plopping down in the seat right in front of her was an odd looking gentleman. He had on a funny shimmering blue pillbox hat with different colored feathers attached all around the edge. His coat was covered, collar to long tails, with beautiful embroidery of mountains, stars, trees, streams, and a big waterfall right on his shoulder. Mirror could swear the water was actually moving on his coat, and that the stars were twinkling. And it seemed that she could actually hear some sweet starry music coming from around this stranger.

The man quickly introduced himself to the startled girl.

“I am Tao Tei,” he said in a soft but confident voice. “Some of my friends just call me ‘T’. I’m visiting your highly unusual and interesting city of Moredumb for a short while. Do you mind if I *join* you?”

“Of course... um... please do...” said Mirror, a bit confused by Tao Tei’s abrupt appearance, but Nevertheless happy to have some new company.

Tao Tei asked Mirror all about herself, what she could remember any more anyway, and listened carefully to her current situation and obviously confused condition. He sat for a few moments in silence, methodically observing Mirror from head to toe, inside and out. After Mirror had gone on for some time, it was Tao Tei’s turn to speak.

“From where I come from, far outside this city, I am considered an observer of the nature of things. The people pay me to look at them and give my reflection. For you, I will also tell you what I see- for a very small favor.”

Mirror thought about this for barely a moment. She was definitely interested in what this man had to say, given his appearance and general vibe. Plus, she still kept hearing this twinkling, starry sound and wondered to herself if he had a little music box hidden in his pocket somewhere.

Mirror smiled a big smile and replied, “Of course, I would very much like to know what you see! What can I do for you in return?” she said.

Tao Tei paused for a second, looked around, smiled a tiny smile, and blinked. Then he leaned forward and whispered up close, “I need a bit of sadness.”

Mirror thought to herself (“What an strange request!”) and then spoke, “How can I give you that? What can you do with a bit of sadness?”

Tao Tei answered as if this were a very obvious thing. “Sadness can be *very* useful, don’t you know? Just remember to call me on a day that you have some sadness, and I will come to you and put it in a wooden box to take home when I need some rain.”

Tao Tei’s face glowed with a contented grin and added, “If what I see and say about you is the truth, and if truth only asks one day of sadness in return, truth is giving you a very good deal! Don’t you think?”

Mirror had a bit of trouble making sense of any of this, but her present predicament with her messed up Ah-mig Doll-ah, her out-of-whack gifts, and the rest of her presently jumbled existence was enough to have her agree to buy this stranger’s services. She agreed to the agreement.

Tao Tei said “All right then...” He took several long deep breaths, held his hands up like radar dishes facing Mirror, and then proceeded to relate his eye opening observation right there at the table.

“In the midst of all this extraordinary elaboration of Moredumb, you have forgotten who you are and what you can be.”

“You have a body that is made not of man, but a body made from the oceans and the earth. You have a soul that cannot be earned, bought, or sold, but a soul that is as free as the clouds skipping on the sunlit sky. You have a heart that is made not of hammered gold, or of manmade trinkets, but a heart that sings of the birds and of the brooks.”

Tao Tei closed his eyes and tilted his head to one side, then continued, “Your essence is to reflect whatever you surround yourself with. Surround yourself with iron and concrete and you will vibrate in

harmony with that, and become that. Dwell on the petty interests of mankind, and your nature will become self-indulgent and limited in scope.”

“However, surround yourself, watch and fill yourself with the vastness of the universe and the infinite sky above your head, and you will become more powerful than any person on earth. You will see and reflect the unlimited energy that powers trillions of stars, and you will be as one with the force that moves all the seas and rivers. Observe the mountains as they tower high above the wide plains, and you will tower high with your knowledge. Play in the open fields of grass and snow, and dance among the wild flowers and fruits, and your five senses will forever be satisfied as the bounty of nature is greater than could ever be manufactured by man.”

Mirror became perfectly still at these words, aware as if she were waking from a long disturbing dream. Tao Tei spoke more slowly, and said,

“You have forgotten your given name. By simply remembering your name, you will turn the key to infinite wisdom, joy, and grace. Always remember...”

“Mirror, I am.”

THE CLEARING

Tao Tei smiled ever so softly and said, “Remember to call me when you have sadness for me to take.” He stood up, handed Mirror a slip of paper with a number scribbled on it, shook her hand, bowed, and left quietly.

Mirror felt a great sense of clearing in her head at hearing Tao Tei’s magical words. Her inner eyes opened up, and she remembered Daynewb, and the kindness of the trees and fields, and all of the people that she knew back there. Her clear vision returned to her as she sat, and she could see further than ever before.

Mirror returned to her suite in the middle of the city, looked around, and felt very sad. For in all of Moredumb there was only the artificial sun, the prefabricated walls, the neon starlight, and the constant drone of air filtration machines and motor scooters to see and hear. She cried many tears of manmade loneliness.

But then she remembered that her sadness belonged to Tao Tei. She pulled the little piece of paper from her pocket, and at once called him so that he could pick up his payment, which he was delighted to do.

In almost no time, Mirror heard a knock at her door. It was Tao Tei holding a small wooden box under his arm. He bowed, entered, sat down, and told Mirror to place her palms against his. At once the sadness flowed out of Mirror’s body into Tao Tei’s palms. He then opened up the plain wooden box, and briskly rubbed his hands together above it, as if

washing something off with invisible water. He replaced the lid, kissed Mirror on the cheek, said “Thank you,” and went on his way hardly saying another word.

Mirror felt purified and light as a dandelion seed parachute. With a long sigh of relief, she quickly arranged all of her things and prepared to return at long last to her true home in Daynewb.

* * *

As her airblimp ship took off into the sky, Mirror looked down on the great city of Moredumb, not in judgment, but in appreciation. The airblimp landed at Daynewb, and as she passed through the village she was struck by a new feeling of perfect balance within herself and with the ground she walked on. The fields and the flowers, the birds and the tall trees all sang to remind Mirror of her true wondrous self-nature.

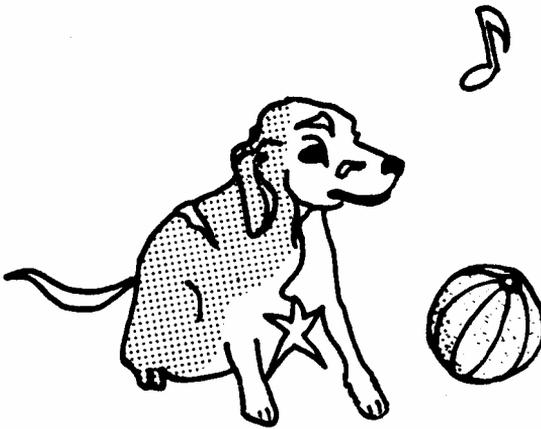
All of her family and friends rejoiced at her return. Mirror’s talents and gifts were greater than ever before. Now, merely the thought of her kind voice healed the sick and comforted the needy.

The kind deeds and melodies that Mirror now sang brought even greater happiness to all the people she knew. And even the little ants stopped in their paths to listen at least twice each day.

THE ENDLESS

INTERMISSION

FLSupercharge continues...



One must not spend too much time reading, or typing, and LIVING IN THE LEFT SIDE OF THE BRAIN. You will never pop (or continue to pop) your frontal lobes that way. So, I am therefore going to look at a bunch of trees today and take the dogs, Tammy and Willo, for a nice walk.....

P.S. That's Homer and his cantaloupe up there.

Okay then...

15. HOW MUCH BRAIN DO WE REALLY USE?

["It is a myth that we only use 10% of our human brain."](#)

It is common to hear this statement, alarmingly even from people who label themselves as "scientific". In actuality, such a comment as above is more misleading itself than the so-called myth of unused brain potential.

Think.

You no more use 90% of your brain potential than you use 90% of your muscle potential all of the time. To say that we use all of our brain, would be like saying Arnold Schwarzenegger as a 90 pound teenager reached the pinnacle of his muscular development.

You no more use all of your brain all of the time than you use 100% of your lung capacity sitting at your computer keyboard.

You no more use all of your brain all of the time than you use all of your car all of the time- that you always drive at the full potential of your car, that you always drive at top speed, that your trunk and seats are always filled to capacity, that you have even figured out and employ every manner in which you could use your car- absurd!

To say that we use all of our brain ignores the fact that you keep losing your car keys all the time.

To say that we use all of our brain ignores the fact that you couldn't remember where you left your car in the parking garage- even though this is well within your brain potential.

Sir John Eccles has stated his feelings on the infinite potential of the human brain, and he won the Noble prize.

Such a statement that "We use all of our brain all of the time" or "It is a myth that we only use 10% of our brain" are both misleading and

unhelpful uninspiring skeptical crumbs with barely a grain of truth- As well as not even being accurate statements regarding usage of the human brain.

Humans have an unlimited capacity to learn. Unlike computers, no human brain has ever said: "Hard drive full." A simple look at brain scans will show us that the brain modulates dramatically from one moment to the next in regards to its activity and usage. Here it is then, on the screen of Functional MRI machines and PET scans, incontrovertible evidence that we do not use all of our brain all of the time.

To say that "We use all of our brain all of the time" says nothing about the potential of human intelligence, creativity, and problem solving. Such a skeptical rebuttal of the vast potential of the human think-machine implies that we have reached our limits of brain potential- probably the most harmful dead end notion of all. We haven't even gotten close.

Our frontal lobes have been culturally and socially lobotomized. At this stage of evolution, we are simply still Apes With Pencils.

That's actually very good news.

So, as it turns out, to say that "We only use 10% of our brain, only 10% of our brain potential"- this is actually infinitely optimistic.

To say that we only use a small part of our brain is a reasonable and thoughtful perspective of the unlimited possibilities that reside inside our craniums.

"HOW MUCH BRAIN DO WE USE?"

Essay by T.D.A. Lingo

"The human brain is only 10% functional, at best. The first to outline this theory, later proved a fact by others, was Australian Neurology Nobel Laureate Sir John Eccles. (Lecture: University of Colorado, University Memorial Center Boulder, July 31, 1974.) "The brain indicates its powers are endless."

In England, John Lorber did autopsies on hydrocephalics. This illness causes all but the 1/6th inch layer of brain tissue to be dissolved by acidic spinal fluid. He tested the IQ's of patients before and during the disease. His findings showed that IQ remained constant up to death. Although the disease destroyed over 90% of brain tissue, it had no impact on what we consider to be normal intelligence.

Russian neurosurgeon Alexandre Luria proved that the 1/3 bulk of frontal lobes are mostly dormant. He did this by performing ablation (removal) experiments on patients. He gave physiological and psychological tests before, cut out parts and whole frontal lobes, the re-tested after.

His conclusion: Removal of part or all of the frontal lobes causes no major change in brain function, (admittedly change in mood alteration). The frontal lobes

are mostly dormant, asleep. (Luria, A.R. "Frontal Lobes and the Regulation of Behavior." In: K.H. Pribram and A.R. Luria, Editors, Psychophysiology of the Frontal Lobes. New York, and London, Academic Press, 1973).

Finally, the human brain contains 100 billion neurons or more, mostly in the outer layer of brain cortex. The function of these dominant cells is fairly clear. But the brain also contains at least an additional 120 billion glial cells. Aside from some secondary nurturing of neurons, the primary function of the glia is not clear. What big bang miracle awaits mankind within these mysteries?

Today, most would agree without argument that the potential of the human brain is infinite. Thus, to state that a person uses 10%, 5%, or even 1% of their potential brain capacity (infinity) is overly generous.

The point is this: There is no dispute among honestly rational experts about the latent potential of the human think box. There is only friendly dispute about how much and what still awaits us, patiently to be self-discovered between each set of ears. Hence, the wisdom of intuitive folksay was correct:

"The human brain is only 10% functional." John Eccles thinks that number is too high. "How can you calculate a percentage of infinity?"

16.

CLOUDBUSTING

(take link above for web page)

Of all of the various demonstrations of dormant brain power, there is one simple demonstration that is among the most powerful I have ever run across. Try it, and the way you think about your brain will be changed forever. But first...

When trying to teach people that there are vast untapped resources in every human brain (mine included, of course) I often run across stubborn resistance, or indifference. This comes as absolutely no surprise. One of Sir Isaac Newton's primary laws of motion states, essentially, that what is at rest tends to stay at rest, and what is moving, keeps moving. This law equally applies to the movement of thought inside the human brain as well.

"Thought" is the movement of electric charges and chemicals inside the human brain. Since hardly anyone is taught how vastly dormant the human brain is, much less taught the many techniques to activate one's brain out of this huge dormancy, we can say the much of population's human brain is at rest. In general, the population is highly resistant to new ideas, i.e. movement of thought where it hasn't occurred before.

A perfect example can be seen at your local post office. Many post offices have drive up mailboxes, and many of these are located on the passenger side of the vehicle. In other words, when a person drives up to one of these outdoor mailboxes, which is bolted to the sidewalk, the slot for the mailbox sits outside the window on the side opposite from the driver.

If you are in the United States and driving an English car with right hand steering this isn't a problem- you can just roll down your window and pop the letter into the mail slot from right behind the steering wheel. But here in America, where the driver sits on the left side

of the car, unless the mailbox is bolted down in the middle of the street, it requires to driver to MOVE away from the steering wheel in some way to use the box and mail his letter.

Since there are no PUBLIC INSTRUCTIONS posted anywhere on how to do this, nor are we taught in school how to make use of these drive up mailboxes, it requires an additional 2% of creativity in figuring out how to do this most efficiently. But unfortunately, out of every ten people who drive up to these perplexing devices, for five of them, that is 2% too much.

If you really want to see for yourself how dormant the human brain is go stand outside near one of these drive up mailboxes. See how many people drive up right next to the box, put on their parking brake, get out of their car, walk around and squeeze in between their car and the mailbox to put their letter in the slot.

I have even seen people in brand new fancy cars with electric windows do this. How many passenger-side broken windows can there possibly be?

Another wonderful example of common brain dormancy can be found on nearly every six-lane street in America. These are the kind of streets that have three lanes going in one direction separated by three lanes going the opposite direction. On any given day, during a time of high traffic, cars will be backed up by the dozens, one right after the other: In the center two lanes. The right most lane will have no traffic in it at all, despite the fact that there will be no required right hand turn.

For that matter, drive to a highway on ramp where a traffic jam is clearly visible for a good distance before getting on the ramp. It may require looking up from the pavement, or perhaps even turning the head 15 degrees to note what the traffic is like on the highway. Sure enough, you will observe car after car get right on the ramp, travel fifty yards, and come to a dead stop as they immediately add to the congestion.

No matter that side street routes empty of a traffic jam abound.

So, we are not necessarily talking about accessing areas of the brain that are so deep we can't even describe the mysterious workings. We are talking about waking up from a perpetual dream state in which we miss things right in front of our collective nostrils, too dumb to lean over just a little bit.

Of course, once we can admit to this level of sleepy mindedness, we can then move on to truly unfathomable dormant areas of the brain. These are the paranormal and extrasensory talents of telepathy, precognition, telekinesis, and clairvoyance, and more.

Skeptics and purveyors of conventional wisdom-inertia look at these kinds of untapped abilities as un-provable or merely as fantasy. Trying to show that the mind has powers beyond simple explanation to these people is, well, like trying to move a big rock that has been in the same place for a few thousand years.

But for a person such as yourself, who has gotten as far as to read a book like this, the following experiments should supercharge your opinion of the powers of your own mind pretty quickly.

The following demonstration-games are remarkable, yet easy and fun. They are extremely valuable in that they indicate what truly incredible abilities await us, waiting to be utilized inside each and every brain. They indicate how close these abilities are, how near to our reach. - And how we have not even been made aware of their existence. They can inspire us.

Ready?

Okay, hold on to your hat...

HISTORY & TECHNIQUE

I was fresh out of high school when I first read *Yoga, Youth, and Reincarnation* by Jess Stern. It is the account of a skeptical journalist who spends several months learning and practicing hatha yoga. His investigations and practice transforms his life and the way he perceived reality.

The book gives a detailed account of one yoga teacher who routinely practiced manipulating cloud formations in the sky as a method of demonstrating the powers of the mind, powers that nearly everyone is unaware they even have in dormant areas of the brain.

Cloudbusting is something I learned to do myself, and was able to teach friends almost instantly. You will also be able to do this yourself, quickly. When you do, a hitherto unknown part of your frontal lobes will be activated. Nothing will seem quite the same again.

Here is what you are going to do: Go outside on any nice day. You want to pick a day in which there are common cumulus clouds in the sky. These are the medium or big size white puffy cotton candy type clouds, i.e, soft, fuzzy edged clouds. You want to pick a day where there is a good amount of blue space visible between the clouds, about a fifty-percent area of blue space to clouds.

Pick a day when there is no wind. Wind interferes with this process, and makes your job pretty much impossible. Obviously, if the wind is blowing, how could you claim to make a cloud disappear on your own?

If the cloud cover is too dense so that the clouds are gray, or too high this won't work either. After all, you are not Thor.

Find an area where you won't be distracted or disturbed. If people are watching you, or if there is a lot of noise around you, it will ruin your concentration.

If you feel like you are under pressure to perform, forget it. You need to be calm and undisturbed. Remember, the frontal lobes perform

best when you are relaxed. That's when special abilities are unleashed.

What you are going to do is vaporize specific clouds in the sky that you choose and pick at random. Here is how you do it:

1. Sit or stand in an open area where you can see a big clear view of the sky. Make sure you follow the previous requirements.
2. Tickle your amygdala. Click it forward to send energy towards your frontal lobes. Maintain a positive and open state of mind. If you are in a negative and/or closed state of awareness, forget it. This won't work if you are utterly convinced it won't. Breathe slowly and deeply, but totally relaxed and naturally.
3. Pick out a specific separate cloud or a section of cloud apart from a bigger cloud. Start with small ones close by, directly overhead. Ideally, pick one that has other clouds next to it or surrounding it, so you can compare your efforts. Visualize energy flowing from your frontal lobes out towards the cloud, and visualize it vaporizing and disappearing from the sky. You can visualize that you are increasing the heat in the vicinity of this cloud, causing the water vapor to evaporate. Don't think hard. Don't try hard. Focus, then let go.
4. Remain unattached to your results and efforts, as if you really don't care whether or not this works. Relax, let the energy flow, and wait. If you strain, grit your teeth, tense your muscles, or mentally make effort it just interferes with this process. Remember that you click your amygdala forward with a feather, not a hammer. This is really easy to do, easier than walking up a flight of steps.

A cloud that you can cover with your outstretched hand will take approximately five minutes or less to completely vanish. Your chosen cloud will vaporize, and surrounding clouds, no matter how close they are,

will generally remain completely unaffected. You can vaporize bigger and farther clouds as you practice.

The first time you do this, and it is likely to work the very first time, you won't believe your eyes. Then after you do it again, a few more times, or on different days, you'll understand how amazing your brain really is. Of course you'll want to show this to your friends, but if you get up tight and nervous, it will trip you up. Detachment is the key word here. Let it happen.

If you try it to prove a point, that you are special- alas, you are then clicking backwards into competitive consciousness, and you will probably fail.

Normally, paranormal abilities are not at the whim of our ego. We can't use ESP and the like for tricks and parlor games, especially if we are trying to prove something. But for some reason, Cloudbusting is one of those things that our brain allows to do most any time we feel like it when the pressure is off. Perhaps it is in the completely harmless nature of the activity that allows us to do it with such ease and predictability.

Be aware that after you zap a couple of clouds, you may hear a voice in the front of your brain telling you that "Hey Joe, it's time to go do something constructive now", and this ability will probably shut down. You can't fool your frontal lobes. You can't spend too much time goofing off busting clouds, and fend off genuine un-productive guilt.

Our true purpose in life is not to demonstrate that we have super powers. It is to survive and help the planet to survive. The most advanced part of your brain knows this.

This activity is so far out of the realm of conventional thinking that most people who actually get around to trying it don't have a built up pre-conceived resistance to it, and are successful right off the bat. Unfortunately, if one hasn't taken the time to clear up the general state of one's brain with some good brain self-control, even when it works, it comes as such a shock that many people can't handle the realization that it brings. And it stops. Inertia. But that's not you, right? Good!

Note: After I posted the above instructions on the Internet I received this email:

"Hi Neil--

Wow! I haven't heard anyone talk about this for about 30 years! Way back when, oh, I must have been 15-16 or so, someone told me about this. And it is done exactly as you describe. It seems that I have made clouds disappear, get bigger, and with practice, even take special shapes! I've told others about this, and their general comment is along the lines of "Yeah. Sure. Heard any good jokes lately?"

Pretty cool stuff. I haven't done this "Cloudbusting" for some years. There was always a peculiar sensation involved when you suddenly felt that you were in tune. And the center of the sensation always seemed to originate just posterior of the temples. Must have been clicking for years and never even knew it!

Later,
Mary B."

After a guest spot on a national radio talk show where I described the process, the host received thousands of messages from successful novice cloud busters over the following week. Most of these people were complete skeptics to start. I continually get verification of this phenomenon from all kinds of people, including one memorable professor with a PH.D. in physics who initially thought the idea was completely insane.

Spin a toy top. Put in its path a speck of sand or brush against it with your fingertip. The slightest bit of interference sends it spinning off in another direction or sends it crashing down. It doesn't take much.

Whether or not Cloudbusting is a actually process of breaking up clouds by directing unfathomable brain-thought energy, or whether it is a matter of pre-cognitively and repeatedly correctly selecting those individual clouds in the sky that will vaporize before all the others around it- either way, it's a pretty special talent.

Wild Prediction: In the future, when enough people are clicking forward, every town and city will have an emergency "Clicking Department" right along with the regular Fire Department. When a big storm, tornado, or even hurricane comes along, this Clicking Department will get together and with advanced frontal lobes psychic brain power divert the destructive storm off in another direction.

Heck, why wait for the government to do this- do it yourself with a couple of friends next time you see the weather alert on TV.

INVENT YOUR OWN BRAIN-POWER GAMES

After you've tried Cloudbusting, click your amygdala forward and find some yet undiscovered method of demonstrating the powers of your frontal lobes. However, if your game hinges on manipulating material things, especially things of value, you'll probably have a very tough time. It appears as though our brain has its own set of rules as to what most of us can manipulate with our mind alone.

"Selfishly Get Rich Quick" is not a frontal lobes skill.

Affecting games of chance, lottery numbers, and the like seem to be out of bounds, and believe me I've tried! I have yet to hear of anyone winning the lottery either out of deliberately affecting the outcome or from pre-cognitive picking the winning numbers. There certainly have been enough lottery drawings around, and you would have heard about someone doing it. Every psychic in the world would be a millionaire if this

were possible. Stories of people having a feeling or having a dream about winning a contest or lottery is not unheard of, but that is completely different from deliberately manipulating the outcome.

We have also heard of professional gamblers, many of whom are banned from casinos because of their ability to win at games. But this demonstrates the degree at which they either cheat, or have become proficient at their “sport” not proof of psychic powers over games of chance. The frontal lobes cooperative and empathic circuits go hand in hand with extrasensory perception, and to put it simply, our higher consciousness won’t let us have an unfair advantage over others in this way. We can cheat, but we’re forced to use lesser reptile brain skills to do it.

Apparently there is one borderline skill you can try at home, which just falls short of cheating to make money. This is affecting the toss of a coin with your mind. The process is simple enough:

1. Get a penny, a piece of paper, and a pencil. Pick a predetermined number of coin tosses to test your ability.
2. Mark two columns on the paper, to keep track of which way the coin lands, Heads and Tails.
3. Click your amygdala forward to stay in positive, open frontal lobes circuits. Relax completely, take a passive attitude. Regulate your breathing, and keep in slow and steady. Pause between tosses, don’t rush this.
4. Always visualize the coin landing HEADS UP for a few moments before each toss. Always start with the coin “heads up” to help you visualizing using your head! Remember that the energy is flowing out of your head, not down to your “tail”.
5. Toss the coin, let it land on the table or floor only, not on the

back of your hand. You want to keep extraneous movements at a minimum. Keep track of the outcome.

Although the odds of each individual coin toss are always 50% one way or the other, it is possible to increase the number of “heads up” results with a bit of relaxed concentration. If you are making bets on this one, you are sure to lose. Competition always kills the paranormal circuits.

Compare the results when you are not following any of this procedure. You’ll rarely get an exact 50-50 distribution of heads to tails results, but in general it will be fairly evenly distributed. Statisticians will give me a hard time on this one, I know. Hey come on, loosen up- let’s have some fun!

If you can increase the percentage of heads up results consistently by ten or twenty percent or more, in my mind this goes beyond being an interesting coincidence. This game can be interesting, frequently works well, and is worth investigating to test your own powers of creative thought.

17. BRAIN RADAR

www.BrainRadar.com

Once you begin to routinely tickle your amygdala forward during your daily activities, your Brain Radar will kick in.

Brain Radar means being in the right place at the right time. Brain Radar is the paranormal ability to know when you are about to make a mistake, waste your time, go in the wrong direction, or hit an obstacle that will delay your plans. Brain Radar gives you feedback that you are going the right direction.

Brain Radar does not depend on any amount of rational thought or spoken messages given to you. It is a higher form of intuition processed in your frontal lobes that additionally supplies you with some kind of visible or auditory warning signal that guides you away from a collision, or guides you towards a productive, life enhancing activity. It is just like seeing blips on a radar screen.

Animals like bats, dolphins, and whales are able to emit high frequency sounds that scan the area in front of them, and allow them to catch food and avoid obstacles. Your frontal lobes also emit an even higher form of brain radar waves that allow you to see things far in your future, so you can catch those things that will enhance your life and avoid those things that will ruin your day.

Increased use of your frontal lobes changes your perception, not only in the way that you think about the things you see, but actually in how you see things. Anthropologist Carlos Castaneda wrote about his teacher Don Juan Matus who explained to him this ability and refers to this as “Seeing”. Seeing allows an individual to perceive not only the surface appearance of things, but to see beyond the physical attributes and perceive with a higher sense. This allows one to instantly recognize the deep interconnections between all things and the forces that move and

control our universe. This too is your Brain Radar.

As you turn on your frontal lobes you will perceive that you are indeed intricately connected with everything else in the universe, literally. We are all a part of the same ball of wax. Many years ago a friend remarked to me “When I see a stranger do something weird or something I don’t understand, I always ask myself, “Why did *I* do that?”

Another wise person put it to me this way: “We’re like projectors. Your eyes are like the lens of a movie projector, and you are constantly projecting what you see and experience. What you see, is what you are projecting.”

Of course, many people will never admit to this amount of involvement in the world. This would mean assuming a certain degree of responsibility for all of the bad stuff out there in the world, and responsibility for all the bad things that happen to themselves as individuals as well.

T.D. Lingo once commented to me that most people refuse to transcend because it requires admitting, “I made a mistake”. The reptile brain won’t allow this, since it is the egotistical center of the universe. However, the reward of taking frontal lobes responsibility is control and the means of changing what is wrong, inside and outside.

No one said popping your frontal lobes meant being perfect. What it really means is going beyond the boundaries of self. As you do that, you see more and more, a little more each day that your experience at every moment is the result of the energy you are putting out. It’s the time tested notion of Karma; that you generally take in what you put out. Frontal lobes thinking accepts the hard reality of The Golden Rule.

Of course this brings up the issue of “Well, what did this tiny baby do to deserve what happened to him? What did these people do to deserve their terrible fate?” This is not an easy question to answer, and it is not the purpose of this book to explain the balance of nature and the entire mysterious scheme of the universe. You will figure out plenty of these mysteries perfectly in time.

Be concerned with those things that are happening to you, what

you can do about it, what part you are responsible for, and all the unexplainable unfairness in the world will eventually be made very clear, and at the very least, it will be taken for what it is, and for what you can do to improve it.

As you click your amygdala forward and activate more of your frontal lobes, your sensitivity soars. You become more aware of peripheral sensations that every one else is missing. Your brain leads you to hidden treasure. Your brain radar turns on.

POSITIVE BRAIN RADAR

Brain Explorer Ruti Mor was walking out of her classroom building at Metropolitan State College, Denver. Routinely, she had run into a small group of male students waiting outside her classroom building. A number of these had consistently been a nuisance to her, giving her a little more attention than she wanted.

Typically, she had automatically clicked into reptile brain self-defense, fear circuits, flight or fight response, and walked out of her way to avoid another unpleasant encounter. This is not hard to understand, and perhaps a reasonable and safe way of dealing with the situation. This particular day, however, she decided that this was letting an unpleasant situation re-occur over and over and continue, and that it was time to transcend this unwanted reptilian scenario.

One day she decided to tickle her amygdala forward. She deliberately turned on her frontal lobes C.I.C.I.L. neuron-circuits. This instantly allowed creativity, imagination, cooperation, intuition, and logic to predominate. Instantly, her fear vanished, the male students were no longer a threat to her, and instead of walking completely around the building to get to her next class, she walked calmly straight through the crowd.

For her, a great relief and a seemingly perpetual problem was

solved with one quick click into the frontal lobes.

After she passed the small crowd, her ears picked up the sound of PAPER, under her foot. When you click on the frontal lobes, peripheral sensitivity increases ten fold- you hear, smell, and see things everyone stuck in their reptile brain are totally unconscious of. She looked down, and there was a \$20 bill.

She picked it up, and looked around at all the other students around her.

"Did somebody drop this?!" Ruti asked.

"Not me," said one.

"I didn't," said another.

Everybody shook their collective empty reptile brain, searching their pockets. Ruti pulled her own wallet out to check if the \$20 she had put in there that morning had somehow fallen out.

Nope, still in there. That new \$20 hadn't fallen out of her pocket. Imagine \$20 lying on the ground, unclaimed in full view of a group of needy, loitering college students for more than 2 seconds. Impossible. Imagine someone asking, "Does this \$20 belong to anyone?" and nobody claiming it. Where did this money come from?

Why did no one else see it until Ruti zeroed in on it?

Here's what happened: Advanced brain circuits automatically compute available resources to enrich your life and enhance your survival. Your frontal lobes brain radar picks up the signal. ZAP!!! Ruti clicked out of fearful, negative emotion, flight or fight reptilian brain and into frontal lobes positive emotion cooperative, intuitive brain and she is instantly \$20 richer.

The universe rewards intelligence for advanced thinking. You click on your frontal lobes and life works better. [You get free stuff](#). You get what you need.

All the other students milling around were tuned into another reality entirely. The money appeared/materialized/transported magically for Ruti who was tuned into its existence via the natural abundance of

frontal lobes consciousness. Nobody else saw it because their dormant circuits limited reptilian brains had filtered out its existence. They were busy with common junk thought.

Open your frontal lobes and suddenly you see, hear, and are witness to realities everybody else misses entirely. Your brain says, “Go this way.” Maybe you’re not sure why, only that it feels right. Your path clears. Sometimes this includes a nice \$20 bill.

I needed to get some new speakers for my music business. I was currently using some very large oversized PA speakers to monitor and play music in my living room, and I wanted a reasonably sized yet high quality system. But for myself, like most professional musicians, money was a problem in acquiring this equipment. In any case, I went to the store, and using a credit card bought a set of speakers that I thought would work.

I brought them home, and one of the speakers was not working properly. For me, having one of the speakers being messed up right out of the box was a sign. >>>Radar BLIP. It was a visible omen, an in-my-face indication not of my doing that I was not going in the right direction. A broken new speaker was not just a coincidence this time, it was telling me something.

I could have returned the speaker for another good one, but I listened to this external signal indicating to me “Wrong reptile brain decision”. I returned the speakers to the store, confident that something else was in store for me. There was a BLIP on my radar screen, and I paid attention.

Two days later I went out to my car to visit my mother. It was Thanksgiving. I clicked my amygdala forward sitting behind the steering wheel. I instantly remembered the time my brain teacher Lingo had said to me, “Remember to be thankful for all the good things you have, even when you don’t have everything you want. This is using your frontal lobes.”

I said “Thank you” for a list of things, for what is a truly

miraculous life. I felt happy and good, down deep. For some unknown reason at that point, I decided to turn down the alley (which I hardly do when heading out to Mom's). Positive silent radar. Brain said, "Go this way."

Halfway down the alley, I came to an abrupt stop. Sitting next to a dumpster, for the trash man to take away, was an unwanted perfect pair of JBL monitor speakers.

I put them in my trunk, drove home, and plugged them in. They were exactly what I needed. JBL's are among the best speakers you can buy. There was not a scratch on them, and they worked perfectly, and still do to this day.

Brain Radar will guide you. I've just given a few small examples. You will witness much more important examples for yourself.

Just click your amygdala forward, and you will automatically circuit into positive pre-existing Brain Radar circuits that were installed in your brain before the day you were born.

NEGATIVE BRAIN RADAR

Clicking your amygdala forward will not only guide you towards good things in life, it will guide you away from bad things. You will automatically start picking up radar blips when you are about to make a mistake or waste your time going down a dead end.

This isn't to say that once you pop your frontal lobes you aren't going to make any mistakes. Frequently, we learn and benefit from errors that we make. Often we don't know which way to go until we go the wrong way. Everybody makes mistakes. But often, we can avoid errors and speed on our way towards our goals and get straight on track. Here is where negative Brain Radar is beneficial.

In the preceding example about the speakers, the broken speaker coincidence was actually an example of a perceived negative radar signal. It was sensitivity to a physical indicator, a signal indicating that a better

decision could be made. In that case, it was a negative on keeping the speakers- another more beneficial path was available (finding the free JBL's two days later).

Negative radar will draw your attention to an activity that on the surface you may think is the right thing to do, but upon further inspection, or later experience, you find that it is wrong. Commonly this kind of awareness is labeled "omens".

But unlike an omen- a specific thing with a standardized interpretation- negative Brain Radar is an uncomfortable feeling you observe inside your brain, and often in regards to your perception of an external stimuli.

For each person, and at each individual event, the signals may be quite different. But the one thing that will be common is that something external will get your attention and signal to your internal frontal lobes that you need to reconsider your actions, and make a change. For example:

On one occasion you may decide to surprise visit a distant friend, and upon entering your car you may have your attention drawn to the annoying crow making a racket on the telephone wires above you and for no apparent rational reason. Radar BLIP. "Caw caw caw! Pay attention!" You pause, think "Hmmm," return inside and call your friend on the phone. You find out that they are out of town for the weekend, and your twenty mile drive over would have been a total waste of time.

One afternoon I had two errands to do: Make an important bank deposit and pick up some software for my computer that was on sale. Both the bank and the computer store were only blocks away from each other, and since I was very anxious to get this new toy for my computer, I thought that I would go there first, and then stop at the bank.

I got on the highway and had my plans all set to turn off at the next exit, and go straight to the computer store. I said to myself excitedly, "Oh boy, this is fun, I can't wait!" Suddenly I heard the sound of an ambulance siren, and a few moments later a noisy ambulance with flashing lights screamed by. Internally: BLIP BLIP BLIP. Brain Radar was

automatically signaling to me.

I am always sensitive to sirens, be it police cars, fire trucks, or ambulances. They are my psychic helpers. I immediately thought “I am making a mistake, this is no coincidence, this is synchronicity. What is it?”

I looked at my watch. The bank was closing in ten minutes. If I went to the computer store first, I would miss making my deposit and bounce several checks. The siren signal tripped on my brain radar and saved the day, and about \$50 in overdraft fees.

When you click forward and perceive the world through your frontal lobes, there are no barriers between you and everything else out there. When you click backwards into your reptile brain, it is like being encased in defensive armor, having a tough battle-ready insensitive skin, being locked inside a hard turtle tank shell. Your sensitivity is reduced.

We are constantly being fed feedback by the universe. When you keep your brain open to all the communication of the universe you truly hear all the sounds, see all the sights, feel all the sensations which your brain is picking up. You have more information to guide you to where you really want to go, because at some level it all has to do with you.

There is no rational explanation to why the sudden appearance of a police car might make you pause and think twice. (Except of course to check how fast you might be driving!) How could a crow on a telephone line have anything to do with your afternoon plans? Why would a broken and flashing street signal make you reconsider the trip you are making the department store to buy a new gadget?

You could be thinking about doing something and suddenly hear pleasant church bells ringing, and then you feel completely confident and you go straight ahead and do it. You might be considering an important job decision inside your head and a passing stranger smiles and waves to you, so you decide to take the plunge. It doesn't make any rational sense at all. It never will.

How could things out there that have nothing to do with you and

your life really have everything to do with you!?

What is really happening is this: External things grab your conscious attention in ways that subtle silent perceptions often cannot. Perceptions that you have no words for, perceptions that are beyond sense and logic often needs to be translated to a recognizable form. In other words:

Extra-sensory information picked up by your Brain Radar is conveyed to your conscious mind in symbols it can understand; Bells, sirens, police cars, friendly strangers, crows, the sun suddenly coming out from behind a cloud.

These omens and spirit flags are high frequency information that is beyond your conscious perception, and are instantly being transformed into a lower frequency you can hear and see. It is the smartest part of your brain ringing the alarm clock to wake up the sleeping part of your brain.

When your Brain Radar first starts working, you will see or hear the alarm go off dozens of times before you start to trust it. You'll get an intuition, you'll get a signal guiding you one way- and you will ignore it. And then you will discover your mistake, and think "Why didn't I pay more attention and follow the signal?!"

You will do this over and over again, for *this is how you will test the validity and the trustworthiness of your brain radar sensitivity.*

Of course, this can be taken to the schizophrenic extreme, where paranoid thoughts lead you to believe that everyone on the phone at 7-11 is talking about you. Don't worry. For most everyone, Brain Radar will just kick in every once in a while because you will be doing okay most of the time anyway.

Brain Radar is a powerful meter in your bag of brain tools. You will occasionally see the BLIP BLIP BLIP of your Brain Radar and know that you need to follow the directions of your intuitive frontal lobes ESP. Be alert to your Brain Radar and things will go smooth for you, and you will avoid many costly mistakes and benefit from many gracious

opportunities.

Tune into your powerful Brain Radar, and sure enough, one day,
!POP! go your frontal lobes.

18. MORNING PRE-CONSCIOUSNESS

Now we come to a rather interesting time of day. It is that period after dreaming, and just before waking up completely, while you are lying in bed. It is Morning Pre-Consciousness.

It is the delightfully sweet finish to a night of rest and dream adventures, in which you can reflect on the dreams you just had and on the day about to come. It is an extremely useful time once you become aware of it, and an interesting one in that many of your pre-cognitive frontal lobes resources are at their peak.

In Morning Pre-Consciousness you have full awareness of self, yet it has more in common with out-of-body experience than with normal waking consciousness. You are aware that “you” are there, but during this time, your ego is still asleep. The part of you that filters and shields you from true self-reflection and self-honesty is off guard and slumbering.

This is the most astonishing thing about this time: You cannot lie to yourself during Morning Pre-Consciousness. In this regard, it is not only extremely pleasant, but it is enormously and honestly useful.

Naturally, anyone who awakens to the brash and ruthless ringing of an alarm clock will not even be aware of this state. You miss it altogether and skip right from dream to “Get up!” To experience Morning Pre-Consciousness you must allow your body to awaken naturally, gently, and gradually, and be able to linger for as long as you feel is right.

When you first tune in to this precious time, you may pop in and out for just a few short moments. But as you circuit more and more into frontal lobes during the day time, you will naturally slip into Pre-Consciousness before dawn, and drift comfortably, absorbing whatever truthful messages and valuable insights it has for you.

Before you go to bed each night, reflect on or ask yourself a simple question several times. During the night, your brain will work on the honest answer for you. You may get the answer in a dream. Or, even more likely, as you slip out of dream and into Pre-Consciousness the next morning you will hear the answer that will guide you in the right direction. You may be aware of solutions that have eluded you thus far. You may be given a pre-cognitive warning flag, or be given a lead towards hidden treasure. You may hear the perfect analysis of the night's dream.

By just being aware of this fantastic facet of your mind, and by asserting the smallest amount of desire and will to make use of it, you will readily access Morning Pre-consciousness and activate yet another amazing area of your brain.

19. THE FRONTAL LOBES ZONE

You are traveling in another dimension, where all the rules of time and space are forgotten. You meet and communicate with intelligences outside regular physical existence. The boundaries between reality and imagination dissolve. You travel into the future and back into the past as easily as you travel to the grocery store. You enter realms where all of your widest dreams have come true.

You have entered The Frontal Lobes Zone.

Your brain is your television set to INFINITY. What ever it is that you are interested in, no matter how weird or out-of-the-ordinary, it's going to be your brain that takes you there.

If you are interested in actually doing things like communicating with other intelligences- say from another galaxy- or perfecting your telepathic abilities, this is all within reach of your frontal lobes. You first work with these things as visualizations, and then bring them into being as your frontal lobes zero in on making the necessary connections in your brain.

The simple reactive parts of your brain, the reptilian complex and the emotional parts of your brain, the mammalian complex, are not at all capable of these higher, subtler functions. These parts of your brain along with the discouragement of slow-witted conventional thinkers will convince you that these kinds of things are not possible. In order to utilize the other five silent senses- telepathy, pre-cognition, clairvoyance, clairaudience, and telekinesis- you have to first switch on your own frontal lobes.

Your brain is a kind of radio receiver, picking up broadcasts from all kinds of universal radio stations. Just as our earth sends out an infinite variety of light, radio, and thought transmissions out to the rest of the universe on wavelengths we haven't even discovered yet, trillions of

uncountable solar systems and their various inhabitants out there also send their messages out- some of which reach us. Even though these signals may be weak, they are detectable.

For example, scientists can construct relatively simple radio telescopes that are capable of detecting background radiation from The Big Bang of so many billions of years ago. Now *that* is a weak signal! Your brain has more neural connections than there are grains of sand on all of the beaches on this planet. It is a much more sensitive and sophisticated computer data-processing device. You can use it to pick up all kinds of transmissions, as long as you tune and point your brain antenna to the correct frequency and direction.

To deliberately tune in UFO's, alien souls, activate telepathic and pre-cognitive neural circuits, it's just a matter of choosing the channel you desire, and clicking on those circuits in your brain responsible for those activities. Normally your frontal lobes are on emergency stand-by all the time. If you tickle your amygdala during the day, you'll pick up whatever extra-sensory data you need. However, if you want to deliberately concentrate on one of these extra-ordinary skills and supercharge your sensitivity for some reason, there are a few things to consider. Your sincerity and your need will be tested to the max.

Also be warned: When you start tripping out in time and space and contacting beings that don't live in the pretty cottage next door, you'll certainly want to be clicked all the way forward. If you only click halfway forward, you won't be able to filter out any negative or destructive forces that you are unfamiliar with.

There are all kinds of powerful energies and potentially harmful beings out there. Open the floodgates without the full protection of your frontal lobes and you could get sucked into wasting years of your life, and worse. If you pick up frontal lobes extra-sensory info and then click backward into your reptile brain gutter afterwards, it could be like winning an airplane ticket and then having it fly it into a cliff.

You can receive all kinds of information, pleasant and unpleasant. Your frontal lobes will minimize and neutralize the amount of negative

data your brain picks up. However, remember that your frontal lobes paranormal transmitting abilities will only work if you are doing something that is life enhancing. (See Chapter 12). If you are merely playing games, or attempting voodoo, these powers shut off. These abilities only work as part of a sincere higher purpose.

PROCEDURE:

1. To start, close your eyes, and sit in a comfortable chair. Later you'll be able to do this any place or any time. Choose what you are going to do: Examine or project/cause future scenarios and the options to arrive there, communicate with other intelligences, utilize paranormal healing functions and visualizations, or whatever else.

2. Tickle your amygdala forward. This will keep you centered, safe, and tuned into productive life enhancing alternative reality channels.

3. Create in your mind's eye the desired outcome. If you are receiving information, this will get the process started, like pulling the starter cord on your lawnmower. Once you get the process begun using your will, then information will continue to flow into your brain from outside of your brain by itself. If you are projecting frontal lobes energy from yourself to outside yourself, just let it keep flowing until you are finished.

4. Take note of any incoming images, voices, or especially non-verbal feelings. Pay attention!

Now, just like anything else, it will probably take some time before little green men actually come knocking at your back door (are you really sure you want this?), or you start giving your super-market shopping list to your wife via telepathy (it might be easier to just write it out on paper). And, there are no guarantees. Don't be surprised if you get something different than what you expect. Be willing to make whatever changes need to be made.

I spotted my first totally bizarre and unexplainable UFO and took a picture of it after going to the trouble of locating and hanging out with another well known UFO contactee. This person actually came to my house one day and showed me the marks on his skin, and how the tissue underneath the top layer of his skin glowed florescent orange under ultraviolet light.

This was not a hallucination, swamp gas, a blimp, or anything else I might have misinterpreted. By 2010 his case, consisting of dozens of sightings, shared with hundreds of other people around him, is the most scientifically well documented UFO case in history.

There are indeed ways to access other dimensions. You may also want to continue at www.BookOfWands.com and read about the Unusual Tools you might use as keys to open the New Doorways To Other Worlds and Otherworldly Travel by Unconventional Means. *The Book of Wands* is based on literal accounts of true events of this nature that happened to me over a thirty year period starting from my first visit to the Dormant Brain Lab up until the present.

Another good source for scientifically studied para-normal activity (although not extraterrestrial, but rather strictly Earthbound) is The International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) at <http://www.issseem.org>

Contact with other intelligences off-planet and off in other dimensions less common than your corner convenience store are indeed real possibilities, if you are sincere, and if you can discriminate between fact and hoax. There are boni-fide pockets of intense extra-dimensional and extra-terrestrial activity on this planet, and you may seek these out and sit in the middle of this stuff if it interests you to journey outside of conventional experience.

Nobody learns how to play Beethoven piano sonatas in one day, and if you expect to bend spoons with your mind in one afternoon, well then, you're just an impatient first grader and nothing is going to happen.

But, if you are a reasonable person with a little self-discipline and an open and active mind, be prepared for some extraordinary experiences.

Experiences by over 309 test subjects at Colorado's Dormant Brain Research and Development Laboratory from 1957 to 1993 and beyond have shown that by learning a few simple brain facts along with sincere and dedicated amygdala tickling will yield remarkable results which run the rainbow of psychic and extra-ordinary realities.

Typically, your brain will tempt you with some instant gratification results at the beginning of your efforts to keep you going. Your sincerity, maturity, and effort will yield you big rewards over time.

20. HUMAN ENERGY FLOW

A simple summary of human brain energy flow:

The human body is an energy conduit. “Universal Energy”- the myriad of forces moving around in the universe- is touching you and flowing into you like it is everything else. This energy has been called many things by many people: Chi, Life Force, Cosmic Consciousness, The Holy Ghost, the name doesn't matter.

Energy enters your body. It flows up through the feet from the ground, it enters in through the senses and into the skin, and it even enters through inter-dimensional doorways in levels more subtle than the physical body. It first moves inwards and upwards up the spine towards the brain. It enters into the reptile brain where we first compute basic survival. If allowed to get past this sentry point it then goes and up and out into the mammal brain for higher perceptions and processes. If basic emotional needs are met it then reaches a critical point at various limbic system brain organs- the amygdala gateway.

This amygdala sentry gateway either blocks and reverses the energy back down to re-compute "me me me" reptile brain energies or it is sent further forward to compute creative cooperative intelligent expression where it flows out to re-connect with Universe.

If the flow stops at the individual and never moves past the reptile brain and lower mammal brain the life-force-energy and consciousness becomes like a stagnant pond, or like a balloon that just keeps getting bigger and bigger until it ruptures from the pressure. Brain short circuit, the fuse blows. Clogged pipes blow up.

When one is able to keep the flow going out and send it forward into the frontal lobes and further through into Universe, the energy flow is like the continuous fresh flow of a stream, a refreshing clean air breeze.

This creates happiness and health- Completed circuit.

Life Circle.

The level of energy passing through is unblocked and can increase to infinite levels of awareness and potential.

Suggestion: Go with the flow, forward.

21.

A TRUE BRAIN STORY, REALLY!

(click above for soundtrack)

I was watching TV the other night when suddenly, it ate me.

I found myself in a baffling complex maze of wires and jolting electro-connections. Peering from within the glass enclosed box, I now gazed back outside where I once was, confronted by a pulsating orb of cosmic energy. Where was my true self now?!!!!

Suddenly, There IT was! Beyond a gaseous cloud of racing electrons, dancing in a field of vacuous ether, stood alone, gaping, sucking, breathing, a dense- *unbelievably* dense mass of sparking axons and dendrites, firing off an infinite number of machine-gun-like thought sapphire bullets of love consciousness...

It was MY BRAIN!!

Then I saw her, flittering above my pre-frontal cortex, gently touching and caressing my ganglia with her fingertips. The Mind Music Faerie! Softly she whispered in my ear...

"Click click click that happy switch, from the back to the front of frontal lobes... La la la la!"

I was enchanted and was overwhelmed with her beauty.

"Yes," I said, "I truly *love* you and want to spend eternity with you!!" I moaned.

She held my face in her tender arms and kissed me first on my left temple, then on my right temple, then on my third eye, and then slowly, deeply on my lips. I swooned in a caramel of delight.

But, then! I heard this little, scratchy noise far off in the distance, disturbing the bliss that enveloped me. It slowly increased in intensity, shattering the peace that the frontal lobes faerie had given to me. She

began to disintegrate. "NO! NO! NO!" I screamed, "Don't leave me NOW!"

And then they appeared- Rodents, lizards, snakes, monsters, hideous hallucinations of paranoia and fear, and greed. I was face to face with a vast army of vicious YUCK!!

They joined claws and spidering appendages, and sang in awful piercing unison in a horrible and annoying shrill toneless dirge...

"We all live to eat your mind!
Crawl up your spine!
Turpentine!
We all live to ruin your life!
Rats and Mice!
LICE!!!!"

Hypnotized by their insidious chant, I failed to notice that a large Death Adder had slowly, secretly entwined itself stealthily around the very core of my being. As the creepy crawly army had been singing to me, the cosmic creature had positioned itself, in a gesture a defiance to all that was good in the universe.

The ADDER was the SUBTRACTOR. It was the Yin of Yang. It was the YUGO to the LOTUS- *it had to be!*

As the army sang the word "LICE" the adder began its final strangle hold of execution and the coils of entropy tightness squeezing the very life breath out of my soul, as Shiva herself had commanded.

Just as I felt the last trace of my inner being evaporate into the ultimate nothingness of the great void, I felt the subtle presence of the little brain faerie by my earlobe.

She whispered to me, "Quick! Tickle the front part of your amygdala! These monsters have nearly gotten you with there ridiculous antics! They are merely mind garbage created by your very own primitive

reptile brain! Quick! Click! Click *Click your amygdala forward before IT'S TOO LATE!*

YES!!! I remembered what my grandfather told me long ago- "My dear child, remember that your brain is nothing but the TV screen on which you watch the big program in the sky. If you don't like the show, just click the clicker, and change the channel!"

And with that faint memory, I CLICKED MY AMYGDALA FORWARD!

The heavens at once parted! The snakes and mice and lice and rats and monsters blew apart as if they were indeed made of nothing more than stale cigarette smoke!

I heard bells and celestial love songs again! I WAS FREE!!!

So now I find myself on the couch, dreaming creamy dreams, nymphs and wood elves playing hide and seek in my bathroom. Ever cautious, yet confident that I will forever remember what the faerie said to me...

"Click it, Baby! Click it!"

EPILOGUE

From 1957 until 1993 T.D.A. Lingo operated his brain and behavior facility 40 miles west of Denver, Colorado. The facility began first as a camp for under-privileged kids. In the mid-1960s the facility changed and expanded into an adult brain and behavior study and research center, fulfilling Lingo's post graduate dreams.

Lingo died of natural causes in August 1993, at which point the brain lab ceased operation, and the land was given to his relatives.

The work of the brain lab to teach all persons the Fun-da-Mentals of Brain Self-Control has been continued by this author without pause since 1982.

All of the buildings have now been removed by land developers and no trace of Lingo's presence or work on the mountain remains.

To date (now 2020), most of Lingo's ideas on brain function relating to amygdala and frontal lobes function have been corroborated by recent scientific investigation. The brain lab work continues today with education, additional reports, and printed, video, and audio publications through the following:

THE AMAZING BRAIN ADVENTURE

www.NeilSlade.com

www.BrainRadar.com

n @ neilsladse.com (no spaces)

A literary detailed history of The Dormant Brain Lab and my own personal involvement with the lab may be found in:

SECRET OF THE DORMANT BRAIN LAB

www.BookOfWands.com

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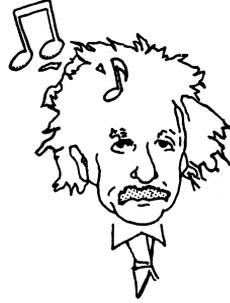
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In The Book of Wands, Niles Abercrumby Jr. III, is a quirky and eccentric music teacher who quickly shows disdain for the world of public school teaching and sets off on his own to tutor kids and adults with The Niles Abercrumby School of Music, Arts, and Other Stuff (NASOMAOS). Shortly upon creation of his self-employment endeavor, he hooks up with a crazy renegade scientist who runs a remote wilderness Brain Laboratory, the legendary D.A.T. Stingo, who is responsible for opening the door for Niles to The World of Unusual Tools and Otherworldly Travel by Unconventional Means. And that's just for starters. PAAHHNNGG!!

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Audio Book coming soon!

Brain Book #1

THE FRONTAL LOBES SUPERCHARGE

The *must have* Brain book- EASILY explains in detail how you can turn on your own pre-existing brain circuits (they're waiting in there ready for you to click 'em on, folks...) for super intelligence, genius creativity, pleasure, and even start tapping into your ESP. For real. More fun than is usually legal. Highly recommended by *Bloomsbury Review* acclaimed national book review magazine- and everyone who has read it as well. This book is the result of over 35 years of laboratory research, yet easy to understand and very enjoyable. Illustrated with complete "brain self-control" instructions, gives you the brain basics, frontal lobes games and exercises, stories, and more. A great book for anyone wanting to know how their brain works- and "how to make it work the way the way *you* want it to". Softcover, 8 1/2" X 11" large format, 212 pages. Includes Brain Interview CD. \$19.95 includes postage. !POP! color cover. Also Download and Audio Book

Brain Book #2

BRAIN MAGIC

This workbook is the sister and Brain Book follow-up to *The Frontal Lobes Supercharge*. It is a great series of easy to follow NEW as well as re-cal;ibrated and improved time-tested fun and practical daily frontal lobes activities that will WHOOOOSH! your brain into Fantastic Frontal Lobes Creativity, Intelligence, Sensitivity, ESP, and Awesome Pleasure. After listening to the feedback from *thousands* of Brain Explorers and readers of previous brain manuals, and have further created, refined, and focused simple methods to put you in better charge of the infinite potential of *your* brain. BRAIN MAGIC supplies you with a step by step, mind opening - life changing - perspective shifting activity per day that will FOREVER alter your way of looking at reality and the world you live in. Contains handy Brain Systems Survey and Graph to keep definitive track of the daily progress you make. You'll want to share this book- and get copies for all your friends. BRAIN

MAGIC also includes newly edited and improved convenient reprints of your favorite Amazing Brain Music Adventure web site articles (You won't have to drag your computer around- books are nice!) Softcover, 8 1/2" X 11" large format. \$17.95, includes postage. *The Frontal Lobes Supercharge* above is recommended first for new-comers to "brain". Incredible an mystic color cover. Also Download

Brain Book #3

HAVE FUN Anti-Rules For Life, Learning, and Everything

Else

You heard Neil suggest this one on the internationally famous ART BELL Radio Show to additionally help you in understanding how to click on those hidden/dormant/magical areas of your brain. Neil says, "Everything I have learned in my own 23 years of brain exploration and teaching is presented here in the clearest and easiest to understand way I can think of!" 35 ANTI-RULES of learning- ories, lessons, brain pointers- FUN!!! 90 page large format (8 1/2" X 11") with 40 large illustrated pen and ink drawings you can color yourself and turn on your own creative juices (yes, *especially* grown ups like you). Highly recommended by *Bloomsbury Review* acclaimed national book review magazine. A very entertaining, non-technical, witty, yet overwhelmingly informative book that will show what it means to turn on your advanced Frontal Lobes and do and learn anything faster, better, and WAY more pleausrably. Simply presented with neuro-physiology kept to a bare minimum. Practical and practically foolproof. \$15.95 includes postage. Whimsical color cover. Also Audio Book.

Brain Book #4

COSMIC CONVERSATIONS Book and Music Set

This new book goes back to the source material, examining hundreds of original essays and reports by brain and behavior researcher T.D. Lingo. Neil adds substantial updated commentary and annotations to these original reports and called it COSMIC CONVERSATIONS. This is for people who have already read the earlier books, and have a basic

understanding of "amygdala clicking", triune brain basics, and standard methods of brain self-control. This book has all the scientific references, and goes deeply into the 35 years of research methodology, technical aspects, and philosophy of this new brain work. COSMIC CONVERSATIONS also combines the FANTASTIC ENERGY of BRAIN MUSIC! Included with this book is the newest Brain Music Album of wonderful original instrumental acoustic guitar music performed and recorded by NEIL SLADE and ERIC VINCENT. This music is designed to lift your brain potential and production further than you've ever gone before- as only Brain Music can. Music on digital CD. Your own autographed copy of COSMIC CONVERSATIONS will be sent to you Priority Mail included in the price of \$19.95 for BOTH the book and music album, includes postage. 8 1/2" X 11" large format. Beautiful color cover.

Brain Book #5

SELF TRANSCENDENCE WORKBOOK

This is the original 42 lesson- originally hand typed on a manual typewriter- guidebook used every summer at T.D.A. Lingo's annual Brain in Nature Course at the Dormant Brain Research and Development Laboratory (held 1957-1987). If you want to turn on all your brain's infinity circuits and turn off all that noise in your head, this book explains, one lesson per day, tested and proven methods how to do it. Although this text is thoroughly scientific and intelligent, Lingo certainly had his own way of putting things! This is the heavy artillery, be prepared. Effective and proven in over 35 years of dedicated behavior and brain research. *NOT FOR KIDS*, UNCENSORED, and DEEP. Softcover, printed from original mountain mimeographs. (*"The Frontal Lobes Supercharge" is required reading first, otherwise this will be too difficult.*) \$15.95 includes postage.

AUDIO BRAIN BOOK CD SETS

The Frontal Lobes Supercharge Audio CD Set

Remember how you LOVED having a book read to you as a kid? Now you can listen to author Neil Slade read the complete and unabridged Numero Uno Brain Book to you in a way that nobody else can, this is the BEST Fun- Educational- Stimulating- convenient! ZOOOOOOM your brain with 5 ½ hours of incredible, brain info and stories **on five** CDs. Listen ANYWHERE, and Supercharge Your Brain on the go, in your car, on a plane, jogging, anywhere. You also get the 70 minute BONUS Introduction to Brain Magic CD, making six CDs total. This is the REAL deal, like private Brain Lessons, \$19.95, postage included. Smart and Smiling

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20 CDs and 1 DVD- Get a tremendously satisfying and enlightening 23 hours of Brain Audio Book and Brain Music CDs and a DVD. This includes the Frontal Lobes Supercharge Audio 5 CD set, The Brain Lab Talks 3 CD set, the Bonus Introduction to Brain Magic CD, the Have Fun Audio Book, plus all 9 Brain Music CDs listed previously. Also includes the hand- autographed Neil Slade Zow-X mini-poster and the AN AMAZING BRAIN ADVENTURE DVD, with 5 hours of video and audio material including the MIRROR Brain Feature film. Each CD comes in a rugged, cool clear scallop shell case. All of this, only \$56.94, postage included. Brain Nirvana now at your fingertips.

SUPER BRAIN LAB TALKS Audio CD Set

For more than a decade, Neil Slade presented a series of public talks, classes, and presentations featuring Brain Lab director T.D.A. Lingo. These talks introduced and helped people to understand the focus and the ongoing groundbreaking and pioneering work of the lab during the years 1957-1993. Here are three inspiring and historical presentations; the director himself explaining super BRAIN self-control in a way that no one else can, or has yet. One-of-a-kind recordings from Slade's personal archives, available nowhere else.

You can now hear these incredible presentations and hear the history, the science, the philosophy, the methods You are THERE. This set contains one studio presentation, and two live lectures at Colorado State University and the University of Denver.

Three hours on three audio CDs with additional introductory material. This set also includes the BONUS Introduction to Brain Magic CD, making four CDs total, and over four hours listening education and BRAIN ENJOYMENT. Available only here, priced perfect, for true Brain Explorers like you, \$12.95, includes postage.

HAVE FUN ANTI-Rules AUDIO BOOK SET

2 CDs- This is the complete and unabridged audio of the ridiculously enjoyable Have Fun book. If you are a parent, teacher, student, professional, or any other kind of human- you need this! Only \$12.95, postage included. Read by the author.

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BRAIN MUSIC CD's

These new CD re-masters are the best possible, no noise, high fidelity, state-of-the-art editions of these albums we offer to those Brain Music fans who want the VERY BEST listening experience at a very reasonable price. Each CD is a SINGLE album described below.

BRAIN MUSIC is made to quickly shift your consciousness/awareness through the natural advanced power of music. Certain kinds of music by virtue of non-repetition, harmonic content, and newness of sound stimulates your brain in ways ordinary music just cannot do. All of our Brain Music meets this criteria. You pick the kind of energy/consciousness shift you want to click into by virtue of the Brain Music you listen to. No simplistic subliminal messages necessary here... Scientists are proving over and over that certain kinds of music makes your brain feel and work much better. Great Brain Music does FAR more than any electronic drone, hypnotic message or mindless new-agey stuff could ever accomplish. This music takes decades, even a lifetime of hard training, thoughtful work and dedication to produce. This is the real thing.

BRAIN MUSIC CDs

Brain Music #1 Relaxing Classical/Modern Piano Solos
PIANO IMPRESSIONS FROM ANOTHER DIMENSION

Brain Music #2 Stimulating Classical/Modern
Orchestral with Jazz, Double Feature
THE PEOPLE'S SUITE FOR SYMPHONY ORCHESTRA
with The TAO OF JAZZ

Brain Music #3 Cool Modern Electric Keyboard
MIND MUSIC

Brain Music #4 Pop/Rock with Saxophone Selections
TIPPY

Brain Music #5 Pop/Rock
AMYGDALA BRAINBITES

Brain Music #6 Modern Fusion (Electric Jazz Group)
INVISIBLE MUSIC

Brain Music #7 Acoustic Guitar Duos Plus
COSMIC CONVERSATIONS

Brain Music #8 Story, Humor, Music (Double CD Set, \$10.95)
FREE DIRT

Brain Music #9 Guitar Duets
THE BOOK OF MAGIC

NEIL SLADE BRAIN MUSIC SITE

COSMIC CONVERSATIONS features Neil Slade and Eric Vincent on acoustic steel string and classical guitars, with some added surprises! 12 tracks, over 43 Minutes, Maybe the BEST Brain Music recorded yet! Absolutely flawless and outstanding sound quality, recorded fully digitally. This music is getting GREAT reviews by everyone. Brain Music will help your brain do things ordinary music can not, will not, and does not do. You and everyone you know will LOVE this CD- and so will your brain- no doubt about it. CD comes in a unique clear scallop shell case. SPECIAL!!- \$7.95. Includes 1st class postage.

MIND MUSIC CD This is the timeless BRAIN MUSIC *SuperCharge* for your Mind/Spirit/Brain/Body. Phenomenal World Class musicianship here, jazz/classic electric keyboards delightfully seasoned with a bit of flute and sax. Pure Brian Music Power, sophisticated and energetic, Mind Music plugs your brain into the Essential Universal Music Vibe Connection. You will love listening to this CD in the car, at home, entertaining your guests and friends. Maybe just the best instruMENTAL music you'll ever hear! \$7.95 in a cool clear scallop shell case, includes 1st class postage.

INVISIBLE MUSIC Holy Moly!! Year 2000 COMPLETE DIGITAL RE-MASTERof this INCREDIBLE Electric Jazz Album. VERY melodic and wildly enthusiastic musical energy. TURBOCHARGE your brain with this really FUN and ENERGETIC modern record. Invisible Music (and isn't ALL music really invisible?) is a perfect blend of way-out space age instrumentation with classic acoustic instruments- the best music this side of Venus! Flutes from Europa, Saxophones from Pluto,

pianos from Vienna, synthesizers from Mars, drums, bass, even a little singing ("You Cause A Nuclear Reaction Inside My Heart"). Music for a Brave New Universe. A blast! NOT for Squares! Features many GREAT musicians- Comes in a cool clear scallop case. \$7.95, 1st class postage included. 3 Tune Streaming Sample Click This! (This instant streaming web sample much lower quality than CD) "This new re-mastered CD sounds GREAT!

AMYGDALA BRAINBITES CD Once again back by popular demand, with a brand new Color-Cortex label (see the sample right here..), and a NEW SONG not on the cassette, this PURE POP/ROCK BRAIN MUSIC CD will have you humming and bopping along in no time. Teenage Brain Revolutionaries Sarah Rubow and Ruti Mor join Neil for some of the catchiest, most melodic yet intriguing original Brain Pop/Rock music you will ever feast your ears on! Electric guitar, drums, bass, synth- Don't be OLD. Get ABCD! Comes in clear scallop shell case. Just \$7.95 includes 1st class postage.

PIANO IMPRESSIONS FROM ANOTHER DIMENSION is thoughtful and playful piano solos recorded on a 9 foot Baldwin concert grand. Many of these compositions appear on other recordings here, but these are the original pure classical renditions on keyboard. Makes you SMARTER and more EFFICIENT as you flow and connect via the CLASSIC COSMIC INTELLIGENCE MUSIC CHANNEL. Suitable for any listening environment, dinner, work, driving, etc. This tape is good for relaxation and/or refreshing the brain. Years of music listening, for just \$7.95, includes postage.

TIPPY This is the second great Brain Pop/Rock with Instrumentals album, and it covers a LOT of territory. A really FUN bunch of truly catchy tunes- you'll be singing along instantly- segues into some truly memorable masterpieces of melodic ingenuity, then seamlessly transforms into some AMAZING saxophone goodies. 45 minutes of Pure Musical Bliss, electric and acoustic guitars, drums, bass, synth, and sax. "Your voice is so COOOOOL!" -Michelle P. a satisfied customer. Only \$7.95, 1st class postage included, you'll groove along to this album into the next century- Everybody LOVES Tippy!

THE PEOPLE'S SYMPHONY plus The TAO of JAZZ Double Feature CD This CD teams up two distinct albums- Parallel Universes you might say- with wonderful new digital remasters of the original master tapes and a bonus track. The first is a complete orchestral suite, *The People's Symphony*, featuring members of the Denver Symphony and other professionals, along with detailed digital synthesized orchestral parts. This recording has toured the U.S. as part of a Kodak photograph exhibition and premiered nationally as the soundtrack for a PBS documentary to rave reviews. The conclusion of the symphony will blow your mind-and click your amygdala forward big time. Also includes a couple of extra chamber music compositions. Beethoven, roll over.... This CD then switches gears to *The Tao of Jazz* for complimentary acoustic traditional jazz arrangements of some Slade original favorites, featuring Neil plus three incredible jazz musicians. The combination of classical symphony music followed by great jazz, makes for an extended pleasurable Brain Music Sensation! Just \$7.95 includes 1st class postage, quite a brainy good deal!

FREE DIRT Story and Music TWO CD SET. Funny stuff here- This CD is a MAJOR IMPROVEMENT over the cassette due to state-of-the-art noise reduction. This is The WORLD'S FIRST Autobiographical Musical CD Book! It tells the story of Neil's STRANGER THAN FICTION YET TRUE LIFE OF MUSIC between the ages of 5 and 21. FREE DIRT is a humorous collection of stories, and the *actual music* that was created from the unusual circumstances of growing up an unconventional mind in a conventional cowtown (Denver). Features dozens of talented and BRAVE musicians! Warning!>>>> WILD AND WEIRD! This music is truly THE OUTER LIMITS- yet REALLY cool and HIP. If you are a boring, uncreative person with no SENSE OF HUMOR, forget this!. If you are truly CREATIVE, INTELLIGENT, and LIVELY- this IS for YOU! 2 CD's \$10.95

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PO Box 6799
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