

HARDWIRED FOR WAR



A Workbook
To Help Students Understand What Creates Conflict

20 Helpful and Creative Lessons

by
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with Adryan Russ

Based on the internationally acclaimed, award-winning
Youth Peace Literacy Books

“As the eagle was killed by the arrow winged with his own feather, so the hand of the world is wounded by its own skill.”

— Helen Keller

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**This workbook is dedicated
to young people
who want to stop conflict in the world.**

Introduction for Teachers

My suggestion to you about using this workbook is that you go over it in the classroom with your students to make sure that they understand what is being said and how it relates to the lessons you are teaching them from the curriculum *Hardwired for War*.

Also please read the “Introduction To Young People” so you can help them understand the meaning of how conflict is created and unknowingly. It is also important to explain that the clip art may be disturbing but it’s not meant to frighten them. The intention of the clip art is to get beyond the censorship of the intellectual mind to a deeper place in them that evokes a sense of intelligence at another level. The images are not trying to glorify violence, as do most video games and movies they see and they not are trying to sentimentalize violence either, by giving it a Romanized “positive” view of how we think they should act peacefully.

Instead the lessons and clip art are designed to help them look at the fact of violence, as it is, without any form of judgment so that they can see it as it happens in their minds and hence in the world.

It is this nonjudgmental awareness – proprioceptive learning – that can bring an end to the type of conditioned thinking that emanates from the old primitive brain’s need for survival – what it mistakenly thinks will provide this, but is paradoxically actually preventing it.

Students are welcome to check boxes, or not — to write whatever they think, and enjoy the images provided. The intent of the Workbook is to help students learn to think for themselves.

Introduction for Young People

This workbook is intended to help you understand what creates war. As you will see in these lessons, war is caused by a malfunctioning mechanism in the old brain, fighting to steer us into a dead-end mistakenly called “Survival.” It’s like a mechanical defect in our computer-programmed brains that has got a short circuit in it, and therefore keeps on creating conflict without knowing it’s doing it. This may sound very unusual, but as you look over the Workbook and the Curriculum with your teacher, you will begin to see this disturbing error in how we keep struggling towards — and preventing — our own survival.

If it’s true that our old brain is creating conflict by trying to survive in this mixed-up way, then we have to look at this error from a totally different viewpoint than we have in the past. You may think that this is a very difficult thing to do, but you will be amazed at how simple it is to correct this error in our primitive old brain’s mistaken way of surviving. It seems difficult because the conflict we are looking to correct seems hidden from us, yet it IS us. It’s like looking for your glasses when they are right on your nose and you’re already looking through them.

So people don’t generally see this. Instead, they say conflict is out there in the world, that they created the war on us and in order to stop this conflict we need to get revenge on them, since they started it. But this type of confused thinking — blaming others — only gets us further and further away from the source of it inside ourselves. In fact, we have unknowingly carried on with a mistaken way of survival that’s actually preventing us from seeing the falseness of it. Or they rush to the experts and say, “Tell us, please, what the answer is!” But they don’t realize that conflict is not “out there,” and it’s not a problem to be solved. And that there is no authority that can give us the answer that will stop this. We don’t realize that we have been thoroughly conditioned to robotically react in this mixed-up way that keeps creating conflict.

Most people believe that war is unavoidable and unresolvable, that war will always happen because it has gone on for thousands of years. But this incorrect type of thinking is looking at war as “out

there” in the world — somewhere outside us. We think that it’s beyond our ability to do anything about it, that only “experts” can bring an end to war. But they haven’t, for we still have war.

**We’ve been unaware of the fact that the source of war
is in ourselves, in each and every moment,
in the way we have been conditioned to think and act.**

The old brain is used to this way of survival because its habit is to think in a very simple, primitive way based on protecting us from harm. And this creates a very powerful force that prevents us from thinking sensibly. The old brain is deeply convinced we need to act this way for our group to continue to live. Although it’s not working, our brain continues to think it’s working. It avoids seeing this inner error. Even though it’s untrue, this powerful force pushes the old brain to react in this primitive way, convincing us not to look at what it’s doing. It defends its own ignorance by getting us to look outside instead of inside. It wants us to ignore our mistaken survival reactions, because this would undo its false sense of security in its supposed “correctness” and to the old brain this means the end of our group’s continued existence.

Do you know what this means? If we are unaware of a malfunction in the primitive old brain that’s causing conflict because it is trying to survive in this mistaken way, then it means that war is no one’s fault. No one “out there” is to blame. There’s no reason for revenge. It’s just a biological error in the old brain that each one of us is unaware of. This is an entirely new view. Up until now, we blame the other: they are the bad guys, the enemy, the terrorists. So we glorify ourselves: we are the freedom fighters, the heroes, the patriots. But all this is based on they and we. Therefore, each one of us is continuing this destructive separation according to our own mistaken survival needs.

So how are you going to find out if this is true? Are you going to ask the “experts” for answers to the problem of conflict? And are you then going to think about it and think about it? Or are you going to look for a solution out there in the world? Or can you see the source of it in yourself, right here and right now?

Enjoy this adventure in finding the roots of war buried deeply in our old brains. See if this is true or not. Because if it is, then war can end in that immediate insight into what's preventing peace.

(Special note: If anything you just read seems difficult to understand please ask your teacher or your parents to help you.)

— *Dr. "T" Webster-Doyle*

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Children's Bill of Rights and Responsibilities For a Bully-Free Society

<http://www.atriumsoc.org/empowerment.php>

My Rights and Responsibilities

- ☐ I have the right to not be bullied or physically hurt and the responsibility to learn ways of resolving conflict peacefully.
- ☐ I have the right to not be called hurtful names and the responsibility to understand what would make me want to call others hurtful names.
- ☐ I have the right to not be picked on because I do not belong to a certain group and the responsibility to understand what it means to belong to a "group."
- ☐ I have the right to not be made fun of because I am "different" and the responsibility not to pick on others for what I have been taught to think are differences.
- ☐ I have the right to not be bullied because of race, gender or culture and the responsibility to educate myself about why this happens.
- ☐ I have the right to not be bullied because of my physical appearance and the responsibility to not pick on myself for what I think others may think of me.
- ☐ I have a right to not be teased because I am not as smart as other people and the responsibility to educate myself to be as intelligent as I can be.
- ☐ I have a right to not be bullied because I am not as athletic as others and the responsibility to find other endeavors that give me a sense of well being.
- ☐ I have the right not to be bullied me because I am smaller or weaker and the responsibility to find ways that will strengthen me.
- ☐ I have the right to learn the skills to understand and handle bullies without hurting or being hurt and the responsibility to teach others these skills so they will not get bullied.
- ☐ I have the right to protect myself from harm and the responsibility to use these skills humanely.

Every child everywhere has a basic right to be treated with respect
and the responsibility, in turn, to respect all others.

We ask you to support this Children's Bill of Rights and Responsibilities for A Bully-Free Society and encourage all those who live or work with children to help them live in a safe world that is free of bullying, caused by prejudicial conditioned thinking.

Lesson 1

WE ARE LIVING IN A DREAM



My Brain



Planet Earth

**There's a war in my brain.
Could it be the reason we have war on Planet Earth?**

**If I can stop the war in my brain,
will I no longer need to fight any war on the planet?**

- 1. Do you ever feel a fight going on inside you?**
 - ☐ Yes! It's like a thunderstorm in my head.
 - ☐ My stomach churns and I want to punch someone.
 - ☐ I get lost inside my head and can't concentrate.

- 2. Do you think the fight inside you is triggered by a fear?
By a person?**
 - ☐ There are people I know who make me want to fight.
 - ☐ Things happen that sometimes make me scared.
 - ☐ Sometimes the fight inside me is with my self.

- 3. Do you think we fight for a good reason?**
 - ☐ Yes! I get angry, and I have to let it out.
 - ☐ If I don't fight, people will walk all over me.
 - ☐ Fighting makes me feel safe.
 - ☐ When our country goes to war, it's to protect us.

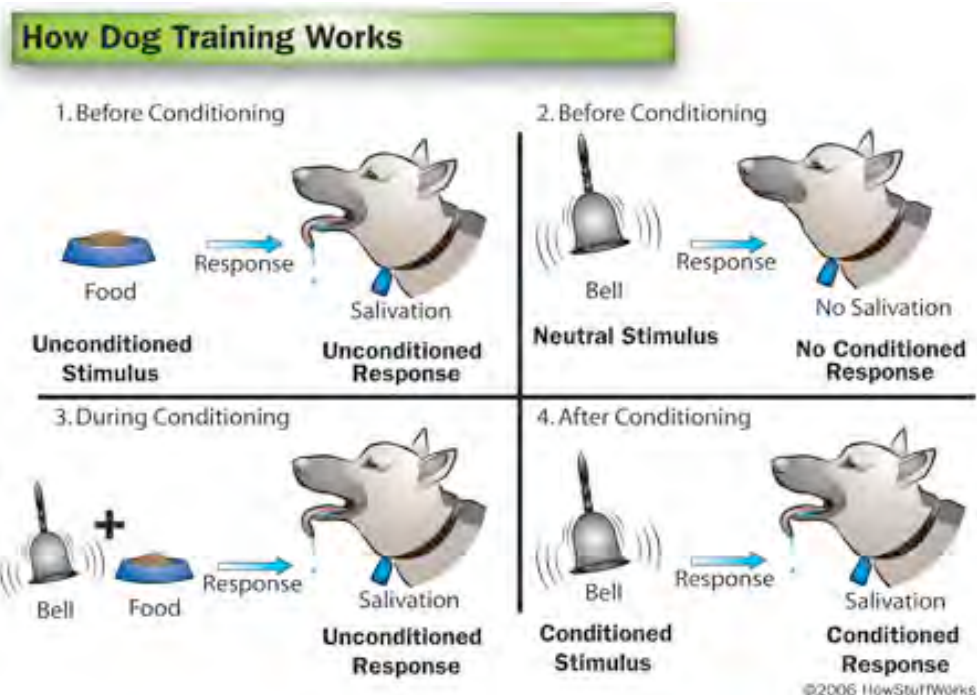
4. Do you think our brains are “conditioned” to think that fighting and war are good for us? That war protects us?



**“Repeat after me:
War is good! Fighting is good!
If we go to war, we will be safe!”**

PAVLOV’S DOGS

Remember how Pavlov’s dogs were “conditioned” to salivate every time Pavlov rang a bell, when they knew that food was on the way?



**“The bell is ringing! That means food is coming!
I am conditioned to drool! Woof!”**

- ☐ Like Pavlov's dogs, we, too, "salivate" at the ringing of a "bell."
- ☐ For example, when I fear certain actions by other people, it's as if they are ringing a bell to activate fear inside me.
- ☐ I "salivate" by instantly feeling a need for reckoning, retribution and revenge. I want to become Darth Vader and fight!



"You don't know the power of the dark side!"
— Darth Vader (from the feature film *Star Wars*)

- 4. Do you think it's possible that we've been "conditioned" to live inside this delusion of war being good for us?**
- ☐ It's what I've always been taught.
 - ☐ When our President goes to war, it has to be for a good reason.
 - ☐ It's hard to believe war can be good for anything — or anyone.
 - ☐ How can war not be good for us when we do it all the time?
 - ☐ The way I feel is that if war is a dream, then:

4. **Is it possible that our thoughts, automatically, deeply connect with the idea that war is good for us, because we've so often been told that it is? In other words, are we hardwired for war?**



**"I've been hardwired for war!
I need to fight!"**

- ☐ Wow. I guess I'm hardwired for war. My brain is like a machine!
 - ☐ It's like I'm plugged in to an automatic brain implant.
 - ☐ I'm mesmerized by an ongoing nightmarish movie in my mind.
4. **Do you think we should always automatically believe everything that we're told?**
- ☐ No, but some ideas seem universal and timeless.
 - ☐ No. People used to believe that the Earth is flat!
 - ☐ Yes, we need to believe our elders and our leaders.
 - ☐ I always listen to people, but I like to check facts myself.
4. **When we want to fight, or go to war, is it possible that our brain, like a machine, is malfunctioning? Does our brain malfunction every time we want to go to war?**
- ☐ It looks that way, doesn't it? People killing each other?
 - ☐ We've been fighting wars for centuries; that's a lot of malfunctions!
 - ☐ We are not born wanting to go to war; wars are started by humans.



**“I need to fight to survive.
I need to protect my group.
If I don’t fight, we may be attacked!”**

- 4. When humans were cave creatures, our primary instinct was to survive. Life was full of physical threats. If human creatures didn’t protect themselves against each other, they themselves could be attacked. This was because they all needed to have enough to live, but there was very little to share. Today, we have fewer physical threats, but do we still respond to a threat as if it were physical? Do you do that?**
- ☐ Yes, someone called me a name I didn’t like, and I felt threatened, so I tripped him.
 - ☐ A group I belong to was put down by a news reporter, and I wanted to punch him.
 - ☐ My family has beliefs that are sometimes criticized by other groups, and although their criticisms are not physical, I want to hurt them back, physically.
 - ☐ One time I responded (or wanted to respond) physically when I felt threatened. What happened was:

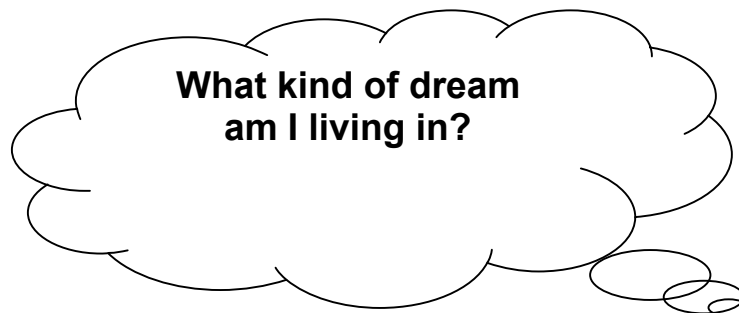
There is a comfort we feel when we belong to a group — especially a group of people who think and believe as we do.

- ☐ Celebrating our ancestors' holidays makes me feel comfortable.
- ☐ My after-school program makes me feel that I belong.
- ☐ Playing sports gives me a sense of belonging.
- ☐ I'm comforted by my family.
- ☐ My favorite group is:

5. When I get into a conflict situation in today's world, I know that I need to:

- ☐ Think on my feet, and not get physical.
- ☐ Realize that if a conflict has developed, somebody is scared of something.
- ☐ Recognize the fear, understand why it's there, and figure out an intelligent way to deal with it.

**We humans are hardwired for war.
We are hypnotized into believing war is the right thing to do,
but the truth is that war is a nightmarish trance
that it's time for us to wake up from.**



**Stopping the fight
begins with you and me.**

A simple tug of war...

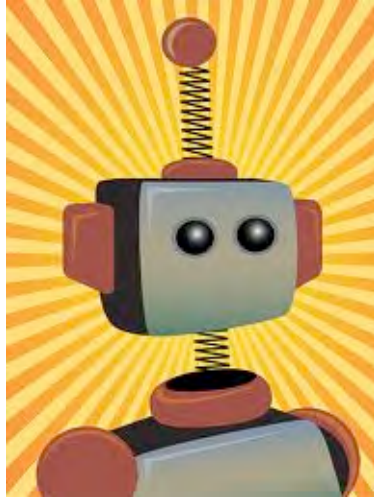


...can kill people.



Lesson 2

SILENCE IS A WEAPON



**“I will follow orders.
I will do what I’m told.”**

**There are lots of people, whom we respect,
who tell us what to do, how to act, and what to say.**

**I’ve been taught to do what I’m told, which I think I sometimes need!
But are there times when I should be asking questions first?**

- 1. Am I like a robot if I just do what I’m told and don’t ever ask questions?**
 - ☐ I’ve been taught to stop for a red light, and I always do it! I should, shouldn’t I?
 - ☐ I’ve been told to brush my teeth after eating. I should, shouldn’t I?
 - ☐ My parents tell me to respect my elders and do what I’m told. That’s the right thing to do, isn’t it?
 - ☐ The way I feel about this is:

2. The best way to understand a situation, or other people, or even our selves, is to think for ourselves, and ask questions.



- ☐ When I ask questions, it's as if there are many doors I want to open — to find out what's inside.
- ☐ Each one of my questions is a key to understanding something that I don't understand — for example, why someone I know is different from me. If I don't ask questions, I'll stay inside a cloud of confusion and never know the answers.
- ☐ I could talk with someone who is different from me about how different we are. By talking, perhaps we'll discover something new — or maybe find that we're not that different after all.
- ☐ The first thing I want to ask a certain person is: *(Write your question here.)*
- ☐ Okay, now I'm going to ask my question — and open a door!



- ☐ I see how silence can be a weapon. If I don't ask questions, I can wind up not understanding someone or something, and a misunderstanding can sometimes lead to a disagreement, or fight.
- ☐ I'm ready to practice a game called "I Look. I Ask. I See." All I do is pick something or someone I want to learn about.

I look: *(Pick something or someone to look at. Write down what that something is, or that person's name, here:)*

I ask: *(Decide what question you want to ask that person, or who you want to ask about that something. Write it here:)*

Now, go ahead and ask!

I see: *(When you get your answer, write it here:)* I see....

2. **This is called the art of creative discontent. You can decide not to accept a fact until you've checked it yourself!**



Who? What? Where? When? How? Why?

3. **Let's practice asking questions! Let's create some ourselves. Are you ready? Below is the first word of each question you can ask. Just fill in the question – any question you want!**



Who



What



Where



When



How



Why

4. Did asking these questions make you think about anything you haven't thought of before? What, for example? (Use the space below to fill in what you're thinking.)

5. Anytime we have a conflict inside us, or we feel a fight coming on, we can ask ourselves questions that can help!

6. On the next page you'll a Conflict Examination Tree, where you can ask yourself all kinds of questions about a fight you feel inside you. Do you have one inside? Are you ready to ask?

Ask yourself:

SYMPTOMS: There's a fight inside me. What are the symptoms?

CAUSES: What are the possible causes of the conflict inside me?

UNDERSTANDING: What is my understanding about this conflict?

PLAN: What can I do about this fight to prevent it from going on?

MY CONFLICT EXAMINATION TREE



SYMPTOM(S):



POSSIBLE CAUSE(S):



WHAT I UNDERSTAND IS THIS:



MY PLAN FOR PREVENTION OF THIS CONFLICT IS:





7. **Is there a conflict you have with a group?**
If so, what group?

- ☐ Yes.
- ☐ The group is:
- ☐ The conflict is:



8. **Is this because you belong to a group that is somehow different from this group?**

- ☐ In some ways, yes.
- ☐ Very different.



9. **How is the group with which you have conflict different from the group you belong to? (Use the space below to write.)**



10. **Do you see your group as better in any way than the other group? If so, how?** *(Use the space below to write.)*



11. **Do you think it's possible that you identify more with your group because you feel more comfortable with your group — perhaps because you feel protected by your group in some way?** *(Use the space below to write.)*



12. **Can you see how perceiving your group as better than another group immediately creates conflict — in your mind, and in the world?** *(Use the space below to write.)*



13.

When we feel in conflict with another person, or another group, it's a sure sign that we're scared of something! What about the other group scares you? (Use the space below to write.)



14.

What is it about that group that triggers conflict inside of you? Use your Conflict Examination Tree to take a good look at what triggers that conflict! (Use the space below to write.)



15.

Is it time for you to wake up from this dream of “difference” between your group and another group? Is it time to explore similarities instead of differences?

There's nothing wrong with belonging to a group!

**There's a problem only when we believe
our group is better than another!
That creates a struggle.**

**Anytime there is a struggle between two opposing forces,
there is conflict.**



A Small Conflict



A Large Conflict

Lesson 3

A SLEUTH FOR THE TRUTH



**I've been taught: "The truth is out there somewhere.
And if I just keep looking, I'll find it!"
But maybe "The truth" is in the one who is looking.
Is it insight?**

**My brain is my command center.
It stores information and sorts it out.**

**It's time to check my sorter,
to make sure it's collecting material intelligently!**

I need to be a sleuth for the truth!

- 1. Our five senses give us messages about the world around us. By seeing, smelling, tasting, hearing and touching, we learn about people, places and things. They are our body's Input Center.**





Smell: The scent of food baking lets me know dinner is almost ready!



Hearing: When I hear a fire alarm, I stop and wait to hear where it's coming from.



Touch: I enjoy my sense of touch when I put my hand on something soft.



Taste: When chocolate melts on my tongue, I know it's a good day!



Sight: When someone looks suspicious, I know it's a sign to be careful.

☐ My favorite of my five senses is my sense of:

☐ The reason it's my favorite is because:

But there is a sixth sense!

Our sixth sense is associates with sight.

Sight, looking out: When someone seems suspicious, I know it's a sign to be careful.

Sight, looking in: When some thought seems suspicious, I know it's a sign to be careful. We can call this "insight" — a sixth sense. It's an "in the moment" awareness of your thoughts — a check on your thinking to see whether or not your thoughts are correct.

- ☐ When I meet someone new, and I think, "She's different from anyone I've ever met," my Inner Computer takes in all the information via my five senses. My Inner Computer compares this person to all other people I've met.

My sixth sense can tell me if what I'm thinking is prejudiced by what I've been told about her.

- ☐ Some information we sort the same as other people; other information, we sort like nobody else.
- ☐ The way we think is the same, but the content is different because of our own personal experiences.



**"I am receiving that person's smile.
It reminds me of someone I used to know."**

2. Your brain is your Command Center. It stores information and, based on the information you gather, you make decisions and take actions.

- ☐ If I am taught to think that my survival depends on fighting, I will fight.

- ❑ If I learn to think that my survival depends on thinking, instead of fighting, I will think before I fight — and maybe not fight.
- ❑ If I learn to understand that my survival depends on “insight” — on being aware of what thoughts may cause me to want to fight, I will see this before I fight, or maybe not fight.



- ❑ Conflict comes from conditioned thinking that's hardwired in my biological brain. It says I ought to fight for my survival, and my group's survival, if people in other groups frighten me.
- ❑ This can create an “enemy” in my mind of “the other.”
- ❑ There are also lots of emotions that live in the middle of my brain. Sometimes I not only think I have to fight, but also *feel* I should fight. This happens when thoughts of “the enemy” trigger this feeling, and make the thoughts feel real and, therefore, make me more convinced that the thoughts I have are true.



- ❑ Sometimes I can't seem to control my instinct to fight, and then later, I'm sorry.
- ❑ Sometimes the instinct to fight is very strong, because what I think *and* feel trigger my wanting to fight.
- ❑ When that happens, I know that my brain's Command Center needs work.



**“Hello? Calling Brain Command Center.
Is anyone there? I’m sleuthing for the truth!”**

- 3. Your brain sometimes cannot tell whether you are living in a dream or living in reality. You have to check!**

**(Five Senses + Sixth Sense Insight)
INPUT CENTER**



**(Brain)
COMMAND CENTER**



**(Thoughts and Actions)
OUTPUT CENTER**





4. Here are ways our brain is LIKE a computer:

Both use electrical signals to send messages
Both transmit information
Both have a memory that can grow
Both can do logical tasks
Both can change and be modified
Both can be damaged



5. Here are ways our brain is DIFFERENT from a computer:

Your brain needs nutrients for power.
What nutrients do you think it needs?

Your brain can independently come up with new ideas.
What's a new idea you can come up with today?

The brain is capable of imagination.
What are you imagining right now?

The brain is capable of insight. What are your thoughts
telling you right now?

The brain is better at interpreting the outside world.
How do you perceive the "outside world"?

There is no “off” for the brain.

Does your brain shut off at night when you sleep,
or does it make you dream?

**Your brain is a miraculous thing,
don't you think?**

6. **Because our brain senses information, gathers it and sorts it, we are able to make decisions and take actions based on what we as human beings need to survive. Sometimes what we think will help us survive actually will prevent survival!**

**That's always our #1 goal:
To survive!
Physically. Mentally. Emotionally.**



7. **But what about our idea of what we need to do to survive? Is it accurate? How do we know?**
8. **Are we hardwired to the illusion that the best way to survive is being part of a group, competing with other groups?**
9. **Are we hardwired to the illusion that the best way to survive is only through our group — that we are safe only within our group?**

- ☐ My brain is full of so much information that sometimes I can't keep it all organized.
- ☐ My brain has lots of offices in it! One office deals with school, one with home, one with people I know, another with food, an office for my problems, an office for things I want to see and do, another with things going on in the world, and more.
- ☐ I know that, like a computer, sometimes my brain malfunctions.
- ☐ Every time I feel a conflict coming on — between my parents and me, between a friend and myself, or between different nations in the world — I know that there's a brain breakdown going on.



- ☐ It makes sense to me that to stop wars in the world, people need to stop the wars in their brains — because that's where it starts — in the way we've been conditioned to think.
- ☐ To stop a war in my brain, I need to become aware of when that spark goes off inside my head.
- ☐ I also need to UNDERSTAND those wars in my head and figure out why they are there.
- ☐ I'm ready to understand the conflicts in my head — the ones that create conflict in the world!

Conflicts In My Life



One conflict I have between a friend and myself, is:

- ❖ The reason I think we have this conflict is:
- ❖ One way I personally could possibly prevent this conflict is:



Another conflict I have, between my family and me, is:

- ❖ The reason for our conflict is:
- ❖ I could take some personal responsibility for this conflict by:



One conflict I see nations having with others is:

- ❖ The reason for this conflict is:
- ❖ One way they could prevent this conflict from happening again is:

The Way I Identify

- ❖ A group I belong to is called:
- ❖ The purpose of this group is:
- ❖ I psychologically and emotionally identify with this group, because:
- ❖ Do I think this group is better than any other group?
 - ☐ Yes, because...
 - ☐ No, because...
- ❖ The way I think this group protects me is:
- ❖ I'm beginning to learn that the most intelligent group in the world is the one we all belong to: the human race on Planet Earth.



**“Just thinking this
makes my brain function magnificently!”**

Lesson 4

THE ONLY THING TO FEAR IS FEAR ITSELF



**“If I put my head in the sand,
I won’t have to see what I’m afraid of.”**

What is fear?

We know when we feel it, but where does it come from?

**U.S. President Franklin Delano Roosevelt said,
“The only thing to fear is fear itself.”
What do you think he meant by that?**

1. Do you ever feel afraid?

- ☐ Yes! My stomach starts to churn.
- ☐ It makes me feel like I want to run somewhere, fast.
- ☐ When I’m scared, I get angry and I want to fight.

2. When was the last time you felt afraid? What scared you?

- ☐ A person I know.
- ☐ A person I don’t know.
- ☐ Something I saw in my neighborhood.
- ☐ Something I saw on TV.
- ☐ What scares me most is: *(Write something here:)*



3. When you felt scared, what did you do?

- ☐ I ran away.
- ☐ I couldn't move, I was frozen.
- ☐ I hid.
- ☐ I got angry and fought with someone.
- ☐ What I actually did was:



4. Why do you think we feel fear?
(Feel free to write anything you like to respond to this question.)



5. Do you think that our fear can teach us something? Is there anything you've learned from being afraid? If so, what did you learn?



6. One way to learn how to handle your fear is to really look at it, to understand what it does to you — inside your brain, to your senses, to your body, and your powers of observation. Which of the following most resembles you?



**“When I’m scared,
my powers of observation fall apart.”**



“When I’m afraid, I fight.”



**“When I’m frightened,
I start asking questions,
and think things through.”**

7. **When you are in conflict, or feel a fight coming on inside you, it's a sure sign that you're afraid of something — a thought, a feeling, an old memory, a person.**
8. **When you see two people in conflict, you can bet that both are scared of something.**
9. **We all are capable of creating conflicts — small ones between you and your parents and friends, or big ones between nations with opposing ideologies.**
10. **Is there a conflict in your brain right now? What is it?**



How do I meet friends after school and still get my homework done?



How do I get out of chores I'm supposed to do?



What can I do to avoid running into that bully again?

My personal conflict is:

11. What about this conflict of yours makes you afraid?

- ☐ I'm afraid I'll look dumb.
 - ☐ I'm afraid I'll look like a weakling.
 - ☐ I'm afraid someone will not like me.
 - ☐ I'm afraid I'll get hurt.
 - ☐ I'm afraid people will make fun of me.
 - ☐ I'm afraid a bully will hit me.
 - ☐ I'm afraid terrorists will harm me in some way.
 - ☐ I'm afraid, if I speak my mind, people will think I'm crazy.
- ☐ I'm afraid:



Resolving conflict depends on understanding that what you may have been taught to think, act or say may be “conditioned” — it may be an unquestioned habit based on fear.

I've been conditioned to think:



Most of our conditioning is based on fear — the fear of losing something, or of not surviving in some way.

I'm afraid of losing:



When fear surfaces, we lose our confidence. We get hurt. We get angry. And then we lose control of our selves.

One time I lost control of my self was when:



This is how wars begin. The people of one country feel hurt, angry, fearful, disgraced or mistreated by people of another country. Each group sees the other as “the enemy.” They declare war on each other because they are separated by different views of themselves —and each other.

That happened with the country:

**How we communicate
depends on how we think.**

What do you think this child is saying to the other child? Write it!



- 12. When we are surrounded by people we feel comfortable with, our brain, in its isolated group consciousness, often gives off endorphins, which are chemicals in the body that provide a feeling of well-being.**



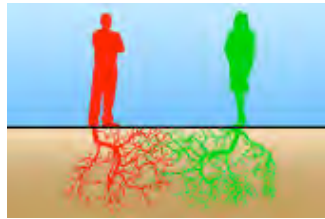
- 13. We often feel these endorphins when we're excited about something, or after some healthy exercise, like running a 10K.**

- ☐ When I'm with my group, I feel a strong sense of well-being. That's probably because I'm with people I know.
- ☐ When I'm in a group of people I don't know well, I feel out of place, and I do not feel comfortable. It's almost as if I'm with "the opposition," or "a competitor," or "an enemy" — or "them" instead of "us."

14. What is an enemy?



- ☐ An enemy is a person, creature or group that is perceived as threatening, and therefore inspires a strong emotional response.
- ☐ An enemy is someone who makes me angry, envious, afraid, frustrated, distrustful,
- ☐ When there is a full-fledged war on, between nations, or factions inside a nation, an enemy is perceived as whoever is on “the other side” of the disagreement.



We sometimes tag people an “enemy” when they are rooted in thoughts and actions that are different from ours.



Sometimes we can become our own “enemy” when we are torn between two rooted thoughts.

In fact, the concept “enemy” is a dream — a complete falsehood, based on our confused view of what it means to survive. The only enemies are the ones we humans create – in our own minds, and in the world.



What enemy did you create today?

A person I think of as an enemy is:

One way I could change that thought is:

An action I could take to change that thought is:

What President Roosevelt meant by “The only thing to fear is fear itself” is:

Congratulations on your good work!

Lesson 5

MY DRIVE TO SURVIVE



**“Am I in a trance?
Does my drive to survive mean I have to fight?”**

**When I get angry or upset, why do I want to fight?
Is it because I’ve been “conditioned” to react this way?
If so, how did I get conditioned?**

1. What is conditioning?

- ☐ It's psychological training to think and act in certain ways.
- ☐ It's something we inherited from ancient human creatures.
- ☐ It's what my parents tell me to do.
- ☐ It's the things my teachers want me to learn.
- ☐ It can be all of the above.

2. Some conditioning is positive and some is negative.

- ☐ We are conditioned to eat and drink. Is this positive conditioning?
Does it help us survive?
- ☐ We are conditioned to brush our teeth after eating, so our teeth don't decay. Does this help us stay healthy?
- ☐ If we are conditioned to believe that some people are better than others, is this positive conditioning, or does it create conflict?

3. **There are three forms of conditioning.**



Biological. We are biologically conditioned to need food, water and sleep. This is positive conditioning we do not have to think about. We are born with it.



Physical. Getting our bodies in shape takes work. We have to condition our bodies by exercising. Once our muscles are conditioned, exercises get easier, sometimes even effortless.



Psychological. This is conditioning of the mind – behavior taught over and over until it becomes a habit. We think about it when we first learn it; then hardly at all — like stopping for a red light.

4. **Do you think all three forms of conditioning are positive?**

- ☐ All biological conditioning is positive; we need food, drink and sleep.
- ☐ Physical conditioning is positive; we need to stay in shape to be healthy.
- ☐ Psychological conditioning can be positive or negative.

5. Do you think we all have a **Zombie Zone** in our brain – a place in our psychological conditioning that falls into a nightmarish dream, so we do not understand that whatever we are thinking, saying or doing is causing conflict?



**“I don’t like you,” says the Zombie Zone.
“You are different from me.”**

6. Do you think we all have an **Enlightened Zone** in our brain – a place in our psychological conditioning that has an understanding of our selves and other people?



**“You sure are different,” says the Enlightened Zone.
“I can’t wait to hear where you come from.”**

7. I once met someone very different from me. When we met:

☐ I thought:

☐ What I said was:

☐ What I did was:

8.



The last time I was in my Zombie Zone was when I:

I knew I was in my Zombie Zone, because:

The thoughts, feelings and beliefs that put me there were:

9.



The last time I was in my Enlightened Zone was when I:

I knew I was in my Enlightened Zone, because:

The thoughts, feelings and beliefs that put me there were:

10. Do you think there is certain information in your brain that puts you in either your Zombie Zone, or Enlightened Zone?

- ☐ Yes. I think I've been conditioned to hit back if someone hits me, and that sometimes puts me in my Zombie Zone.
- ☐ Yes. When I get scared, I go instantly into my Zombie Zone and start acting a little crazy.
- ☐ I was once made fun of by some students. Because it hurt my feelings, I decided I would never make fun of other people.



Information in my brain that possibly puts me in my mindless Zombie Zone is:



Information in my brain that possibly puts me in my aware Enlightened Zone is:

11. We are all creatures of habit. The problem with some of our Zones is that we get stuck in patterns we've been living in for years and, as a result, we don't take the time to look and see what else is out there!

Let's take a look!



Habits I Have That Are Positive!

- ☐ One super habit I have is:
- ☐ Another one of my great habits is:
- ☐ And still another terrific I habit I have is:



Habits I Have That May Need Rethinking!

- ☐ One negative habit I have is:
- ☐ Another one of my habits that needs rethinking is:
- ☐ And still another have of mine that could use help is:



Do you think that we humans get into conflict with each other because of habits we have that we may not even be aware of?

- ☐ Yes! I'm trying to learn to be more aware of my conditioning.
- ☐ Whenever I feel conflict, I know I'm scared of something, so now all I have to do is figure out what I'm scared of!
- ☐ I see how my drive to survive can get me into conflict.



12. Have you heard of “ethnocentrism”?

- ☐ Yes! It's the belief that one ethnic group is superior to any other ethnic group.
- ☐ Yes! It's crazy, because we are all human beings who belong to different groups, but there's no one ethnic group that's “better than” or “more superior to” another group.



- ❑ Ethnocentrism is making false assumptions about others' ways, based on our own limited experience.
- ❑ When we make "assumptions," rather than gather facts, we aren't even aware that we are being ethnocentric.



- ❑ When we make "assumptions," we don't understand that we don't understand!
- ❑ Since we have not experienced everything there is to experience in the world, we are ALL ethnocentric. We all have our group preferences — without the impossible knowledge of knowing ALL groups!

This could be the reason for our lack of understanding of cultures different from our own.



Good work!

Lesson 6

CAUGHT IN THOUGHT!



“Does understanding require awareness?”

**Is negative conditioning the cause of conflict?
If so, I need to take a good look at my conditioning!**

**The battles I fight — with myself and others —
don’t need to happen if I learn more
about my thoughts, feelings and actions.**

1. Is there a battle you had to fight this week? What was it?

- ☐ Yes! It made me very upset.
- ☐ I couldn’t stop thinking about it.
- ☐ Here’s what the battle was about:

**3. What do you think was the cause of that battle?
Was it based on negative conditioning of some kind?**

- ☐ The cause of that battle was:

- ☐ The negative conditioning that caused it was:

4. **Do you think the negative conditioning is based on some fear?**

☐ Yes! The person I had the battle with was afraid of:

☐ Yes! I was afraid:

5. **Conflict is a struggle that grows out of opposing forces.**



Such forces can be inside you.

For example, you know you have homework, but you've been invited to attend an event you'd really like to go to.



Such forces can be outside you, between you and another person. For example, you and a friend disagree about how a situation should be handled.



Such forces can be between your group and another group. Maybe the two groups have different opinions about how a game should be played.

6. To prevent war in the world, we need to learn how to resolve the little wars that start in our brain.



7. The key is to be aware of negative conditioned thinking — as it arises. And when it does arise, to undo it by NOT acting on it.



“Act on it!”

“Don’t act on it!”

8. Do you know what it means to be “in the moment”?

- ☐ It means to experience something right here, right now.
- ☐ It means not worrying about the past or the future – just being in the present.
- ☐ The last time I had an “in the moment” experience was (*write what happened*):

Experience!

Experience is based on what's happening to you right here, right now, in the moment. It can be an exciting moment, or a scary one. When something happens in the moment, you gain insight, by looking inside yourself.



**“I see! I see what my brain is doing! It’s making me want to fight.
I can stop it by not acting on it.
I now know that the highest form of action is inaction!**

**In the moment, when we need to act, rather than re-act,
insight is what helps us survive.**

**Insight is immediate!
It can help you handle any conflict-ridden situation
that comes from a negatively conditioned reaction!**



I can brainstorm a positive action!

9. What positive actions would you take for the following situations?

- ☐ My father said I get no allowance this week, because I didn't do the chores he asked me to do.

My positive action would be:

- ☐ My friend got angry with me, because I called that friend a very bad name.

My positive action would be:



- ☐ Two country leaders got together to talk about a cease-fire, but one of them insisted that the cease-fire be put off.

My positive action would be:

- ☐ The work I do would be much easier if I could use a new computer program that's out. However, it costs \$500, and my parents have said, "No."

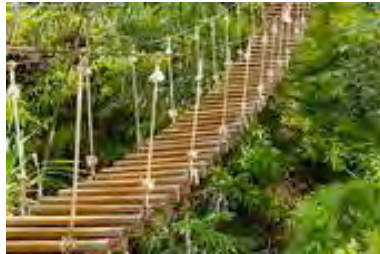
My positive action would be:

- ☐ There's a bully who keeps annoying me. I'm scared to tell anyone because I think the bully will hurt me if I do.

My positive action would be:

10. Do you think that understanding requires awareness?

- ☐ Yes. In order to understand another person, I have to be aware of that person's culture, background, and/or interests.
- ☐ Yes, I need to be sensitive to other people's thoughts and feelings.
- ☐ I like when people understand me. When they don't, I know that they are not being aware.



Challenge. Every day we get the opportunity to face a challenge — an invitation to the mystery of doing something new. This dares us to face what lies before us and to participate in a new adventure.



Discovery. Once new and different possibilities fill our minds, we begin to make discoveries — sometimes surprising ones — that come simply from looking closely at the world around us.



Awareness. Our discoveries lead us to new awareness — things we've not been aware of before. Our sharpened minds fill with new questions — sometimes questions that have no immediate answers. Some of the most exciting questions are not always answerable — they give us the opportunity to explore what they are pointing to.

**In a nanosecond (one-billionth of a second!)
we can find ourselves in the middle
of an in-the-moment experience.**



**Understanding what makes us react instead of act
is what AWARENESS is all about.**



**“I think that acting based on my own thoughts
is going to be better than re-acting based on someone else’s thoughts?”**

**What it takes is ONGOING AWARENESS
of how my thoughts have sustained a conflict.
So, I have to keep on BEING AWARE!**

11. Here are ways I plan to practice being aware.



- ☐ I will keep my eyes open and see what kinds of conflict seem to be happening in my school.
- ☐ I will listen to arguments among people in my family and among my friends, and pay attention to what seems to set them off.



- ☐ At events in my community, I will take note of differences people have and try to think of ways to resolve them.
- ☐ I will keep asking questions about people, places and things rather than assume I know everything about them.
- ☐ There is a group I belong to. There has been conflict in my group, and I plan to tune in to what the reasons might be.



- ☐ My favorite way to practice AWARENESS is:

Congratulations on your ongoing awareness!

Lesson 7

LIVING IN THE PAST PROLONGS THE DREAM



**Living in the past is like living
inside a still life painting.
Everything may look beautiful or comfortable,
but everything is stagnant.**

**Do you sometimes live in the past?
Do you think about happier times than now?
Do you think about painful things from the past?**

- 1. When you see the news on television, or read about wars in newspapers or magazines, do you sometimes wonder what the people are fighting about?**
 - ☐ It's usually about land, or property, or politics.
 - ☐ It has to be important, because people are killing each other.
 - ☐ Sometimes I'm not sure what they're fighting about.
- 2. Do you think that whatever they're fighting about is about something that happened today?**
 - ☐ It's never about today.
 - ☐ Some countries have been fighting the same battles for decades.
 - ☐ Most of their fighting is about something that happened in the past.

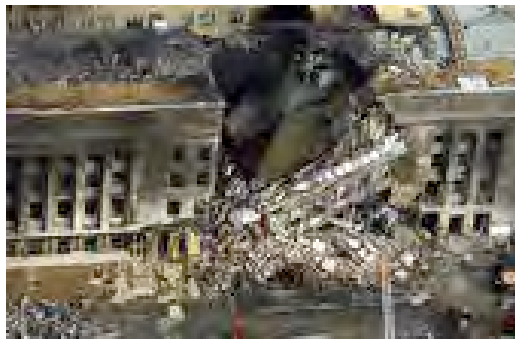
3. Why do you think people continue to fight, sometimes for years, over something that happened in the past?

- ☐ They don't know how to stop.
- ☐ They are afraid to stop.
- ☐ They believe what their ancestors believed.



4. How do you tell the difference between a freedom fighter and a terrorist?

- ☐ Depends whose army you are fighting in.
- ☐ A freedom fighter is on my side; a terrorist is on the other side.
- ☐ I see them both, and I can't tell the difference.
- ☐ There is no difference. We are all human beings.



**People of Afghanistan would say this is the work of freedom fighters.
People of the U.S. would say that this is the work of terrorists.
What do YOU say?**

5. Do you think that both freedom fighters and terrorists are afraid of something?

- ☐ It's all about the drive to survive.
- ☐ Terrorists want their way of life to survive, or improve.
- ☐ Freedom fighters want their way of live to survive, improve.
- ☐ There is an image of threat in all of their minds.



6. Do you think that, in our own lives, we are like the freedom fighters and terrorists — that we feel threatened in some way, and feel we must fight to survive, just as cavemen felt when they would encounter a saber-toothed tiger?

- ☐ Yes, but we don't have to fight tigers!
- ☐ We get just as scared to have to fight a bully!
- ☐ We feel psychologically threatened instead of physically!
- ☐ In today's world, I feel threatened psychologically, physically and emotionally – every day!



- ☐ The way I feel threatened is:



7. **Would you like to live where there is no threat, no bully, no war, no conflict of any kind?**

- ☐ Yes, I would!
- ☐ No! Life would be too boring.
- ☐ That place does not exist!

**Actually, that place does exist — or can exist.
That place is inside your mind.**



**“My brain is a powerful thing!
It can free itself of conditioned thinking
through just being aware of it,
and not doing anything about it!”**

8. **When people are in conflict, they think they need to do this to survive. What they are not aware of is that this way of thinking is what’s keeping them from surviving!**

9. The conditioned, habitual image we have of “the enemy” is continually reinforced in our brain over time. So we have a biological self-defense blueprint of “enemy” that we put together, like a puzzle.



“Where is my enemy piece?”



“There it is!”

10. Somehow, holding on to this image of our so-called “enemy” makes us feel protected. And because we keep reinforcing it, it continues to exist.
11. Does this mean that our brains are hardwired for war?
- ☐ I think it does!
 - ☐ We inherited this image at birth, so we are definitely hardwired!
 - ☐ I have to become more aware of myself in conflict situations so that I do not continue to prolong this image!

**It's like being a puppet,
with someone else pulling the strings.**



**We are “puppeted” into believing that what our brain is doing
will guarantee our continued existence.**

But, in fact, is it actually threatening our existence!

**Our brain is like a corrupt computer disk.
This kind of thought is a virus that's killing us!**

I SEE CONFLICT!



“It's his fault!”

“She started it!”

We need to:

**Look at conflict as soon as it arises!
Pay attention to it in the moment!
Do not react out of it.**



“ I see it!”

**If we remember this,
the conflict will have no place to go!**

**When we can SEE through differences that separate us,
we instantly become free of them!**



I SEE WHAT HAPPENED!



“He thought I meant something else!”

“She was actually right! I wasn’t listening.”

A GROUP I BELONG TO:

- ☐ Some underlying ideas or themes that run through the group I belong to are:

- ☐ The way this group’s ideas develop is:

- ☐ The way that the group’s ideas and ideals are related to my personal views are:

- ☐ My group’s beliefs about class and belief systems are:



- ❑ The way my group sees itself when compared to other groups is:

Remember:

**What we may perceive as “wrong” in our culture
may be perceived as “right” in another culture.**

**When we look at people through the eyes of peace —
eyes free of conditioning —
we all look the same.**

Lesson 8

DOES MY PAST INVADE MY PRESENT?



**“I’ve got some psychological baggage.
My past is a heavy load.”**

**From early childhood,
we carry around psychological baggage.**

**This baggage consists of things
we’re trained to believe all our lives —
rules and regulations, traditions, values, customs, beliefs.**

Let’s explore our nature and our nurture!

- 1. Our “nature” is based on our genetics — our biological history — what comes to us naturally.**
 - ☐ Yes! I’m naturally athletic — fast on my feet and flexible.
 - ☐ I get my eye color from my mother. That’s natural.
 - ☐ People say that I look a lot like my dad.
 - ☐ My parents both have brown hair, and so do I! That’s genetics!

2. Our “nurture” is based on our experience — environmental factors, including how we’re brought up and what we’re taught.

- ☐ Yes! I’ve been taught to always speak my mind.
- ☐ I learned early on to not upset my father.
- ☐ The things I’ve learned have created a lot of baggage I carry around that I’m sure does not come from nature!



3. Some people believe evolutionary factors limit our ability to decide things for ourselves — that there’s a part of us that still acts and reacts as early cavemen did.

- ☐ I definitely have my caveman days!
- ☐ Sometimes I want to beat up on something or someone.
- ☐ I like to live out in the wilderness. Does that make me a caveman?



4. Maybe you got green eyes from your father and blond hair from your mother, but where do you get your talent for singing? For being good at mathematics? For any special ability you have? Did you learn these, or do you think you inherited them via your genes?

- ☐ Some characteristics I definitely inherited from my parents.
- ☐ A lot of things I do I learned from adults and kids I see every day.
- ☐ A lot of things I think and do must have come from outer space, because no one in my family thinks the way I do!

5. **Sometimes we confuse what we get from nature with what we get from nurture.**
6. **Actually, our innate, natural qualities and our personal nurtured experiences combine. They produce both our physical being and how we think and act.**
7. **This is why some people believe there are evolutionary factors that limit our ability to decide things for ourselves. They say that we behave in ways we are “naturally” and “hereditarily” motivated to act — no matter our environment or upbringing.**
- ☐ I agree. I think that’s why some people can kill others – no matter how much they’ve been taught that killing is wrong.
 - ☐ I got angry one day and — now that I try to remember that day — I think I went completely outside my body for a few seconds, because I punched a good friend of mine when he said something that hurt my feelings.
 - ☐ I think fighting is in our human DNA, and it gets control of us sometimes.
 - ☐ I think it’s next to impossible for humans to evolve peacefully because we cannot overcome instincts we were born with.
 - ☐ I think my brain needs re-educating. I’d like to transcend my “combat” brain.



Doctor: “I suggest a brain re-training pill so you stop fighting immediately.”

8. **One or two ways I think I could re-educate my brain are (*write whatever you think*):**

- We are biologically programmed to survive. It is an instinct.
- We join groups we believe will protect us and ensure our survival.
- We create enemies because we think doing so protects us.

**But creating an enemy
is an evolutionary error in the way the brain
has been hardwired for survival!**

Our brain did this a long, long time ago, because it thought that it needed to do this for its continued existence. There was just so much foodstuff for one group, so anyone from another group would take what the other group needed for its survival.



So “they” — the other group — became a competitor and therefore an enemy for what “we” — our group — needed to have in order to survive.

Creating an enemy is an error because this instinct continues when, now, in today's world, it's no longer necessary.



Cave Man



Gang Man

But we have not changed this thinking because it's been conditioned into our brain for so long that it still thinks it IS necessary. So we still go on taking too much for "our group," at the cost of other groups' welfare.

- ☐ Yes! I can see how we do this today!
- ☐ One way I've seen this happen is: *(write anything you wish):*

**Enemies exist only when they keep being created
for what we mistakenly think is necessary for our survival!**

**We can change this!
This can change if we become aware of it in our selves!
This is called "insight" — seeing in —
Looking at the conditioned thinking
that keeps this mind-set locked in place.**



**“Yes, these girls are supposed to be my enemy,
but I like them – we have lots of things in common.”**

What keeps this fear of the enemy in place is deep-rooted, ancient habitual thinking that’s like hardened cement in the brain’s genetic structure.

It is encrusted with ways of thinking that have become rock-solid over thousands of years, based on being afraid of other groups that pose a threat to “our” survival.”



**“Look! A brain cemented
in fear of an enemy!”**

Are we forever stuck with this fearful warlike thinking that is encrusted in our genes since it has been around for thousands of years?

- 9. So, what can free us from this deeply imbedded, locked-in conditioned genetic pattern — this pattern that teaches us that survival depends on having an enemy?**

10. Do we really NEED to have an enemy to feel safe and secure — to survive?

- ☐ No! Enemies just create conflict.
- ☐ No! An enemy just makes me feel nervous – and UNsafe.
- ☐ I feel most safe when I have no enemies.



11. Is insight what can free us — by simply being aware of, by observing, this conditioned thinking as it arises in our brain — instead of acting out of it? Is this enough?

- ☐ I don't think it's enough.
- ☐ I'm not sure if observing takes care of it.
- ☐ Yes! Simple insight stops a fight before it starts!



**“I need to look inside —
and create bridges
instead of enemies.”**

12. Does insight do something in the brain to change the genetic rock-hard pattern we've been talking about? If combat is actually in our genes, what can change this?

- ☐ Insight can change our genetic pattern, but I think it's going to take time.
- ☐ In order for this to work, EVERYONE would have to be willing to change the pattern, and that's not going to happen.
- ☐ It would be great if EVERYONE was willing to change the pattern, but I can't change anyone but me — so that's where I would start.
- ☐ I know there's combat in MY genes. I've experienced it coming out when I've been really upset or angry. But I'd like to find a way to get rid of combat — in my genes, and in the world.

13. Have you heard of epigenetics?

- ☐ Genes are units of heredity in our bodies that normally reside on a stretch of DNA and create a code of who and what we are.
- ☐ Epigenetics is the study of changes in gene activity that do not involve alterations to the genetic code, but still get passed down to at least one successive generation.
- ☐ What this means is that what's encoded in your genes can change due to certain things that go on in your life.



Gene in DNA

- ☐ Here's how it works: Every organism, including humans, has a genome that contains all the biological information needed to build and maintain a living example of that organism.



Human DNA strand

- ☐ The biological information contained in a genome is encoded in its DNA, and divided into units called genes.
- ☐ An “epigenome” sits on top of each genome in the body, and these epigenetic marks tell our genes to switch on or off.

14. Do you think it's possible that an epigenetic mark can switch off the “combat” gene?

- ☐ Wow! I don't know, but if so, that would be great!
- ☐ I'd like to see an explanation of how to do that!
- ☐ I'm ready to switch that combat gene off right away!



Human Genome Strands

- ☐ Environmental factors such as diet, stress and prenatal nutrition can leave marks on our genes that are passed from one generation to the next.

- 15. Is this what happens with fear of the enemy? Can it be passed from one generation to another?**
- ☐ I'm thinking, yes!
 - ☐ If diet and stress can leave marks on our genes, I'm guessing that fear of the enemy can, too.
- 16. The big question, then, is: is it possible that an intelligent education — one that questions our conditioning, both psychologically and biologically — can be created that stimulates a genetic change in our deeply held pattern for violence and war? Can the brain heal itself through awareness of its deep-seated fears?**
- ☐ I think it can!
 - ☐ Not sure about my brain, but I'm ready to start observing.
- 17. What effect do you think epigenetics can have on us over time?**
- ☐ I think this means that our human DNA can change.
 - ☐ I think this could mean that because of epigenetics, people's memory could be improved from one generation to the next.
 - ☐ I think this could mean that because the world we live in today has so many powerful changes, that human genes might be forced to make changes that could both benefit and harm humanity.
 - ☐ I think this could be a good thing – we could create a more intelligent environment in the world that alters our deeply engrained pattern for violence and war.
 - ☐ I also think:

**Are you ready to learn more
about our amazing brains —
what they do
and what they have the ability to do
that we haven't yet tapped?**

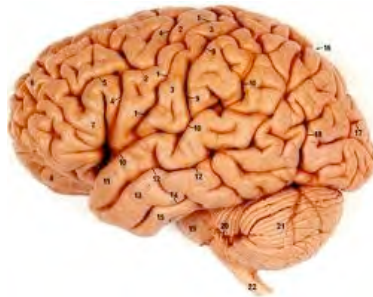
- ☐ Not sure if I'm ready, but I'm willing to give it a try!
- ☐ I am ready!



Brain Lighting Up with Insight!

Lesson 9

UNDERSTANDING CAN CREATE FREEDOM



Old Brain



Brain Getting Work Done!

**From the time we are born,
our brain is in a continual state of learning —
about ourselves, people and things around us,
and the world.**

**As amazing as our brain is,
it's not always good at adapting to present-day circumstances,
because it gets stuck in old patterns.**

- 1. The information that's put into our brains is like an old floppy disk with information about the culture we live in.**
 - ☐ Yes! I've been told what to do and how to act!
 - ☐ Yes! I've been told who is a threat and who isn't.
 - ☐ Whenever I feel threatened, my mind and body are ready to fight for my survival.

- 2. Because of our drive to survive, my family and I belong to certain groups that protect us in different ways.**
 - ☐ Yes! Community groups!
 - ☐ Yes! The friends we spend time with.
 - ☐ There are lots of cult groups you hear about on TV and read about in magazines and newspapers. The people seem to spend time only with their own people – probably to feel safe.

3. **When confronted by a potential conflict, due to what we believe is a threat, our combat-equipped biological brain wakes up!**



Brain being bombarded by old-brain conflict.

- ☐ Yes! We go off along the same road to war we've always taken.
- ☐ I've inherited this path from generations before me.
- ☐ It's all due to our drive to survive.

**We are born with genetic programming
that encourages us to fight.**

As we said in Lesson 8, it's an evolutionary error!

**Should we attempt to do something other
than what this conditioning motivates us to do?**

- ☐ No! We should do what we are taught to do.
- ☐ Yes! We should clear timeworn ways of programmed thinking out of our heads and let in some fresh ones — otherwise, we'll always be hardwired for war.



Brain being programmed with some frightening ideas.

- ☐ What I think we should do about conflict is (*write whatever you wish*):



4. **There is a theory that humans evolved with what we now call an “old” brain – which convinces us to fight or run away whenever we feel threatened.**
5. **As we evolved, we developed a “new” brain, one that can produce images that are very convincing to the old brain.**

Neanderthal & Cro-Magnon Skulls



“Keep me safe!”

**“I see you’re right!
I will keep you safe.”**

6. **However, our old brain demands that we stay secure and survive, and our new brain is influenced by our old brain to provide that security.**

7. **One of the ways our old brain convinces our new brain of this is to make sure we belong to a group. For example, people who live in the United States of America are in a group called Americans.**

- ☐ Americans feel that it's good to belong to this group.
- ☐ Being an American is a good thing.
- ☐ Being an American is a bad thing.
- ☐ It's good until Americans see themselves as "us" and see others as "them."
- ☐ Some people in other countries see themselves as "us" and see Americans as "them."

This creates instant conflict!



"Yes, I belong to the Longbeards!"



"You Longbeards better stay off Baldhead property!"

8. **When one group puts itself into competition with another – which was true of cavemen and is still true of modern-day businesses bent on getting the most for themselves and their group — there is conflict.**



"Yes, I'm the CEO of the Lancelot Company!"

"You Lancelots better stay out of our Bazooka territory!"

9. **Understanding of other groups' thoughts, feelings and beliefs can put an end to conflict before it begins.**

10. **A teacher named Jiddu Krishnamurti once said:**

**“You and I can see what creates wars,
and if we are interested in stopping wars,
then we can begin to transform ourselves,
we who are the causes of war.**

**If we had no belief but good will,
love and consideration between us,
then there would be no wars.”**



**“Those kids in Liberia
look just like me!”**



**“That French company’s philosophy
is very much like ours.”**

11. **Which of the following do you think is true:**

- ☐ Without knowing myself, there is no peace.
- ☐ To put an end to outward war, I must end war in myself.
- ☐ War stops only when we realize its that its danger comes from the way we have been conditioned to think.
- ☐ War stops when I realize my responsibility.
- ☐ War stops when I do not leave it to someone else to resolve.
- ☐ Conflict can end when our psychological conditioning — that causes human greed, envy ill will and possessiveness — is understood.

Peace can come about
only when we understand what prevents it.

- ☐ I am the world, and the world is me.
- ☐ I accept as true all of the above.
- ☐ I also accept as true *(write anything you wish here)*:

Understanding can create freedom!



“Understanding is the key to peace.”

Here are a few levels of understanding I have today:

I understand:

I understand:

I understand:

I understand:

I understand:

Congratulations on your developing understanding!

Good work!

Lesson 10

IT ONLY TAKES A MOMENT!



Planet Earth

**We humans have a common motivation — to survive.
The problem is that all of us who live on Planet Earth
have different ideas about how to survive,
and some of those ideas don't help us survive at all.**

**There are many ways we strive to survive —
within our family, among students and staff at school,
in sports competitions, participating in our artistic endeavors,
as citizens of our country, and all of our hopes and dreams.**

**What we have yet to understand
is that stopping the conflict inside us —
which is THE way to survive —
only takes a moment!**



1. Let's continue to explore how we can learn this.

- ☐ I'm ready!
- ☐ I know I need to learn this.
- ☐ I'm wondering if I need to learn how to get rid of my bad conditioning.

2. None of our behavior to instinctively survive is either bad or good. It's just conditioned behavior instinctually programmed into us — so that we can continue to endure!



3. We just need to understand — ourselves and one another. So, let's begin with a question: What are factors you think create conflict — in you, and in other people? *(Write what you think:)*



4. What are some factors that *sustain* conflict — keep it going, year after year, decade after decade?

- ☐ The fact that we don't know how to stop it before it starts!
- ☐ The way we insist on doing things our way!
- ☐ The way I see people sustain conflict, including myself, is: *(Write whatever you think:)*

5. What kind of conditioning do you think creates conflict between groups?

- ☐ Our drive to survive!
- ☐ Thinking that only we know what's right!
- ☐ My hardwired-to-conflict brain!
- ☐ Psychologically relying on a group that is not open-minded.
- ☐ The conditioning that creates conflict for me is: *(Write whatever you think:)*

6. What kind of awareness do you think you need in order to deal with conflict situations in your life?

- ☐ An awareness of what upsets or angers me.
- ☐ An awareness of what triggers my feeling afraid.
- ☐ An awareness of what's sparking anger in another person.
- ☐ An awareness of how conflict affects me, and people around me.

- ☐ A personal awareness I need to develop is: *(Write whatever you think:)*



Are We Priming Our Brains for Violence?

7. When we are exposed to so much violence on TV, do you think we're setting up an environment that physically changes our brain — by making it “good at” thinking violently?

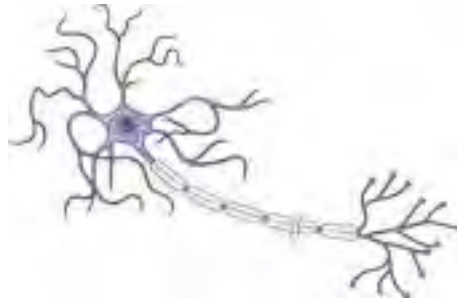
- ☐ No! The human brain is what it is – we can't change it.
- ☐ Yes! I think it's possible.
- ☐ The times are changing, and so are human beings. It's part of our evolution.
- ☐ The world does seem more violent than it's ever been.



8. **Are we increasing the possibility that the next generation of children will inherit a brain that's physically adapted to warlike thinking?**

- ☐ The world does seem more violent than it's ever been.
- ☐ I think this could cause changes in the wiring in our brain.

9. **The nerve cells in our brain get input and then create “dendritic” branches (extensions that conduct impulses) that spread through the brain.**



10. **As long as stimuli come in to a certain area, there's more branching.**

**If the stimuli stop,
the cells stop branching!**

**Our cells remodel nerve endings and receptors —
and form NEW connections!**

So, should we continue to create dendritic branching
for violent thinking,
or should we attempt to create dendritic branching
for understanding?



“I’m all for understanding.”

- ☐ I’m ready to prevent violent thinking by understanding.
- ☐ Do we do it with knowledge we already have?
- ☐ Do we do it with positive affirmations?
- ☐ Do we just promise to stick to positive conditioning?

We do it with Proprioceptive Learning!

**Proprioceptive learning has nothing to do
with knowledge or positive affirmations!
It cannot start in our brain, which is already wired.
It has to start in another way — more creatively!**

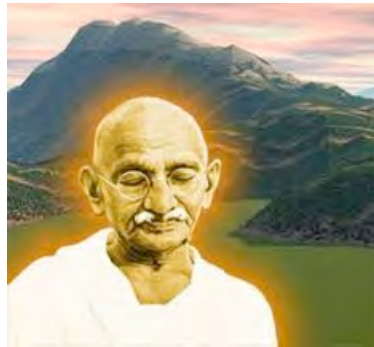
**Here’s an example!
Proprioceptive learning came the moment
that the astronauts saw Planet Earth for the first time from outer space.
Can you imagine that moment?**



- ☐ I'm guessing that they saw land with no boundaries, no fighting, no wars.
- ☐ Any preconceived notions they had about the Earth must have disappeared in that moment.
- ☐ Their view of Earth obviously gave them an awareness that nobody else had ever experienced.
- ☐ From a distance, there was nothing but peace and quiet.
- ☐ In one moment, they all saw one view — the same thing, at the same time.
- ☐ Staring at that beautiful globe from so far away, they likely achieved awareness of the fact that this is our one and only home, on which we all must live together.

11. For centuries we've attempted to end conflict by using thought and knowledge.

- ☐ Yes! I've heard a lot of "experts" talk about how to end conflict.
- ☐ Some really great motivators have tried to get us to think in new ways — Mahatma Ghandi, Dr. Martin Luther King, Jr., and others.



- ☐ They were inspiring!
- ☐ But we are still fighting wars!

12. For ages, people have believed that knowledge, at the primary prevention level, can remove suffering caused by human conflict.

- ☐ My brain is challenging that thought right now!
- ☐ Thought interferes with understanding conflict. Thought makes conflict a problem to be solved — makes us believe that there's an answer, out there, somewhere.
- ☐ The key to understanding is not “out there.” It's not a problem to be brought about by thought. The key is actually right here — inside us, through being aware of what is actually occurring in thought itself that prevents learning.
- ☐ The old primitive brain does not want to “rock the boat” of its conditioning. “Why change anything?” asks the old brain. “We're fine. We've always been fine.”
- ☐ The conditioning coming from the old brain, in its drive to survive, sees any challenge as a threat to its safety.

13. Proprioception is like a sixth sense. We use it when learning any new skill, like a new sport or art. Or learning what creates conflict. Attention is required. It's a skill.



- ☐ Yes! I need to give attention to my fears with my need to feel safe!
- ☐ My new brain likes to help my old brain to be safe, but it can't because it doesn't see what's happening in the old brain. It thinks it's helping by creating solutions to fix it, but this type of thinking prevents seeing what is actually happening.
- ☐ What is actually happening is that my old brain lulls my new brain into thinking everything's fine. These thoughts seem to make me feel safe, but they are false thoughts.

- ☐ As soon as I see through these false thoughts by giving attention to them, I really feel safe, and my old brain's false drive-to-survive brain shuts down.
 - ☐ What I need is for my whole brain — old and new — to wake up from the dream that provides the false sense of security it gives me!
 - ☐ This waking up through attention is what gets my old brain and new brain to work together in a more creative way — by giving attention to what is happening and not trying to make it a problem to be solved.
- 14. Proprioception helps us be attentive to the difference between our primitive old brain's misguided instinct for survival and our "in the moment" internal insightful sensitivity. They're both there!**
- 15. Does freedom from the old brain's malfunctioning "drive to survive" happen with this insight?**
- ☐ I think it does!
 - ☐ I'm not sure.
 - ☐ Anytime I catch my brain malfunctioning — it's helpful!
- 16. How will you know it's happening? Through thinking about it, or seeing it as it happens?**

I think (*write whatever you like*):

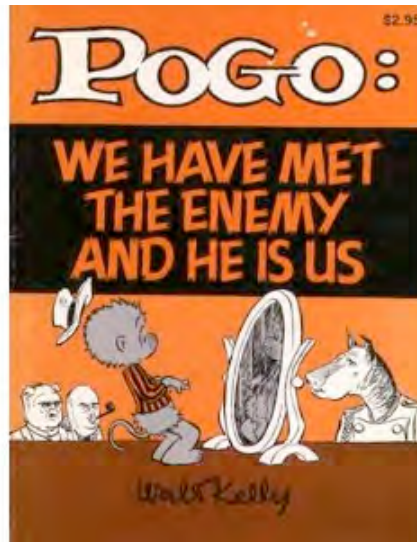
**Military personnel sometimes say,
“We had to fight — to kill the enemy — for peace.”**



Is this an ancient-instinct comment?

- ☐ It might be ancient, but I’m feeling it today.
- ☐ It’s a crazy statement – very contradictory and confusing.
- ☐ Definitely part of the ancient brain.

Write your own, insightful, in-the-moment response to this old-brain statement. (*Write whatever you like:*)



Cartoonist Walt Keller^{*} said this:

What does the statement “WE HAVE MET THE ENEMY AND HE IS US” mean to you? (*Write whatever you like:*)

**With the right kind of education
our biological programming can be seen for what it is.**

**All we need is the awakening of intelligence —
to awaken from the dream.**

^{*} Cartoonist Walt Keller (1913 -1973) who had a long-running daily American comic strip that was distributed by the Post-Hall Syndicate. Set in the Okefenokee Swamp of the southeastern United States, the strip often engages in social and political satire through the adventures of its anthropomorphic funny animal characters.

Lesson 11

IN THE EYE OF THE BEHOLDER



What you see depends on who you are.

A short man is different from a tall man.



But those two men might seem similar if contrasted with a woman.



A man and woman may appear different.



“She and I are not alike!”



“He’s nothing like me!”

But, by comparison with a chimpanzee, they might appear more similar.



**“I look a bit different from them, don’t I?
I’m a lot cuter.”**

1. **Such is the case with conflict situations. When we look at them with a new eye, we often find similarities that go beyond differences.**
 - ☐ Yes! Whenever I see two people argue, I think, “They’re really saying the same thing, but in a different way.”
 - ☐ When countries go to war, I often wonder why I can see that they’re scared of the same thing — but THEY can’t see this.
 - ☐ I enjoy having proprioceptive moments — those moments when I instantly SEE why a conflict or disagreement is happening in the way I am conditioned to think — when I’m aware of my thought process, and have insight.
 - ☐ A proprioceptive moment I recently experienced happened when *(Write whatever you wish:)*

2. **Think about a conflict situation you were in, or one you witnessed.**



- ☐ What was the conflict situation?
- ☐ Who was involved? Someone you know? Someone you don't know?
- ☐ What was the problem?
- ☐ What was your first clue that a conflict was going on? What symptoms of conflict did you see?
- ☐ What would you say was the cause of the conflict?
- ☐ Did you learn anything from this conflict situation? What did you understand about what was happening?

- ☐ Did you understand everyone's perspective in this situation, or do you think you understood only one side?

- ☐ If you had the opportunity to witness the conflict situation again, do you think there's anything anyone could do to prevent the conflict? What, for example?

3. Most people look at conflict as a problem that needs a solution.



- ☐ Yes! I use whatever knowledge I have from previous conflict solutions to resolve my present conflict situation.
- ☐ However, my knowledge of previous situations never seems to help me.
- ☐ It's tough, because every conflict situation is different.
- ☐ I wish I could prevent a conflict situation rather than have to try to find a solution.

4. **Looking for a solution requires us to rely on knowledge we have.**



“I’ve got a whole lot of knowledge!”

5. **But any knowledge we have postpones immediate awareness!**



“I have knowledge but not about my current situation!”

6. **We have to, instead, deactivate our biologically programmed knowledge pattern, so we can open our brain to immediate awareness!**



“I see what’s creating conflict – right now!”

7. Opening our brain to see what is actually happening in the way I have been conditioned to think can be challenging, because we are biologically and genetically compelled to stay on the old path!
8. However, today, with increasing globalization of our hearts and minds, different cultures are coming together more and more.
9. People are learning to overcome their self-centered thinking and to see human society from a broader, more inclusive perspective.

☐ Yes! I see this happening in the world.

☐ One way I see it happening is *(Write anything you wish)*:

**We need to pay attention to
in-the-moment proprioceptive instincts —
and not react to ancient ones.**

That is what survival today is all about!

10. The way we achieve this is by participating in dialogue. Dialogue happens when we give close attention to all that's happening with the actual activity of thought, which is the underlying source of our general suffering. All of this takes place along with the meaning of what one is learning about the activity of thought.

☐ Yes! Dialogue means that when we talk with each other from the awareness of our conditioned thinking, a new creative understanding emerges.



“Your Words + My Words = Our Words.”

- ❑ Yes! When everyone pays attention to the feeling of words — and not just what's happening in our own minds — a meaning can emerge that everyone shares.



“Our words have overlapped.”

- ❑ Yes! In a dialogue there is no competition. Everyone wins!
- ❑ It's tough today keeping worldwide communities understanding one another.
- ❑ Because the world population has grown so big, we've lost the ability to maintain a common consciousness — even though we now have the Internet and other technological innovations that can help us do this!
- ❑ We need to think together — as one community, one world.
- ❑ We need to listen, dialogue, not form any judgment — we need to understand.



We can email someone thousands of miles away
and get an instant response.

We can post a notice on social network sites
and reach thousands of people at once, inside of a few seconds.

Surely we can also reach a level of understanding
in a few seconds, too!

Dialogue allows us to look at, and understand,
what gets in the way of “real” communication —
conditioned thinking —between you and me,
between different organizations,
and between nations of the world.



Let's keep dialoguing!

11. **Remember! Dialogue is different from discussion. It allows us to look at, and understand, what gets in the way of “real” communication.**



- ☐ Something I think everyone needs to dialogue about — regarding conditioned thinking — is *(write anything you wish)*:

☐ What I would like to dialogue about the conditioned thinking I'm now aware of is (*write anything you wish*):

☐ What I have to say about this issue that comes from conditioned thinking is:

☐ What I understand about this issues is:

Good work!

Lesson 12

UNITED WE STAND — DIVIDED WE FALL



**Do these fighters look the same to you?
What could they possibly be fighting about?**

**Is one of them a bully?
Which one?**

1. **Do you think it's amazing that, in our everyday culture, we can sing, dance and play together with no problem, but when it comes to talking with one another about things that matter to us deeply, we often get into a fight — sometimes with violence?**
 - ☐ It's not amazing at all. That's how we humans are.
 - ☐ Our human brains are not as evolved as we think they are.
 - ☐ Yes, I am amazed. We should be able to talk without fighting.
 - ☐ What really surprises me about fighting and bullying is (*Write whatever you like*):



2. We live in a world where bullies sometimes rule.

- ☐ I think we human beings were born to bully.
- ☐ It's in our DNA — we are a violent people!
- ☐ I would like to see far fewer bullies in my life — and in the world.
- ☐ If we can prevent people from becoming bullies, we all have a better chance of survival.

3. Let's make an attempt to understand bullies. How do you think a person becomes a bully?

- ☐ A bully becomes a bully because, at some time in his or her life, he or she was bullied by someone else.
- ☐ This person may have been bullied by a family member, a fellow student, a friend, someone in the community — anyone.
- ☐ Yes, I have been bullied. What happened to me is (*write whatever you wish*):

- ☐ Yes, I have BEEN a bully. What happened is (*write whatever you wish*):

- ☐ Our environment is very different from the environment of ancient cave people. Ours includes television, media, social networks — all of them bombarding us with information — a lot of it from people we don't know. We can be bullied online, or by the media.



4. What are some ways you've been bullied by:

- ☐ **Television:** I feel bullied when I watch:

- ☐ **Commercials.** I feel bullied when I see:

- ☐ **Social networks.** A social network bullied me by:

- ☐ **Videogames.** A videogame I've played did not feel like playing. It felt like going to war. I felt bullied by:

The reason all of these media make me feel bullied is:

- 5. Sometimes the media report stories in a way that makes us feel we have to take some action, or think in a certain way.**



“There’s a rumor brewing that....”

African American leader Malcolm X once said: “If you’re not careful, the newspapers will have you hating the people who are being oppressed, and loving the people who are doing the oppressing.” What do you think he meant?

I think he meant...



“These people fighting for better wages are starting to get violent.”

6. **Are you aware of any time you felt pressured by a news story to think the way the reporter thinks, or take some action? When did this happen to you? *(Write whatever you wish.)***

7. **Why do you think newspapers, magazines, news and other television broadcasts might distort the truth or slant some situation? What do they have to gain from doing this? *(Write whatever you wish.)***



“People call me Pinocchio. Not sure why.”

8. **Do you think this might have something to do with pleasing advertisers or campaigners? Or sticking with a group? Being afraid of something or someone? *(Write whatever you wish.)***

9. What perspective have you gained from a TV show, news broadcasts, a situation comedy or action adventure, a soap opera or reality show?

- ☐ I learned that winning is everything.



- ☐ I learned that families, like mine, often fight and don't understand each other.
- ☐ I learned that news broadcasters sometimes broadcast news when they don't yet have the facts.
- ☐ I learned that finding the truth in a crime situation takes time, and there's always a lot of speculation that proves nothing.
- ☐ I've learned that violence is rampant — it's everywhere — around the world.



- ☐ I learned: *(Write anything you wish.)*

10. Do you think that constant exposure to anything can create a change in the brain?



- ☐ The human brain has gone through changes since the beginning of mankind, so, yes, I do think a change is possible.
- ☐ I hope it's possible! We humans need some work!



11. Do you think that being exposed to the tremendous violence on TV, in films, in videogames and in life can physically change our brain — by making our brain skillful at thinking and acting violently?

- ☐ I think that's very possible.
- ☐ One thing that has not changed since the caveman is that we humans are still violent people.

12. Some research by brain scientists has shown that this could be true — that we have become a more violent society, due to our daily exposure to violence — in our neighborhoods, on videogames, online and in the news.
13. But we have also been learning that looking at conflict as something that's bad — and looking at peace as something that's good — also causes conflict.
14. The reason is that this kind of thinking causes a division between opposing forces — the good always trying to overcome the bad.



**What we need to see
is that trying to change our behavior
by telling us “such-and-such is right,”
“such-and-such is wrong,”
or something is good, or someone is bad,
just doesn’t work.**

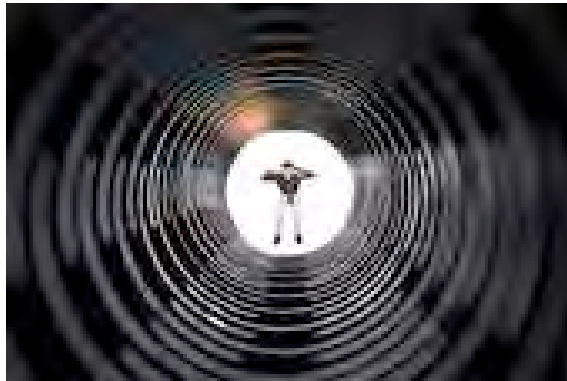
**We need to think for ourselves!
When we unconditionally accept information
that so-called “experts” feed us —
without checking on the truth ourselves —
we are surrendering to authority.**

**Shouldn’t we, like detectives,
always check the facts in any situation?**

15. Sometimes we're brought up to strongly believe that certain thoughts and feelings are the only ones that will bring us security, safety and happiness.

☐ Yes, that happened in my family when:

☐ Yes, I tried to convince a friend of mine that:



**There's nothing wrong with believing something,
as long as it doesn't give you tunnel vision,
so that you don't ever look at the possibility
that there may be another way of thinking, acting or living.**

Look at the poster on the next page.



What is this poster saying to you?

- ☐ It's saying that if I want action in my life, I should join the U.S. Marine Corps.
- ☐ It wants me to believe that the action the Marine Corps has to offer is positive and exciting.
- ☐ It's saying that this marine looks happy and strong, and that if I want to be happy and strong, I should join the Marine Corps.
- ☐ This soldier is reaching out to me, asking me to join him in seeing the world.
- ☐ This soldier is reaching out to me, asking me to help him fight a war.
- ☐ What this poster says to me is:

Congratulations on your new awareness!

Lesson 13

IS THERE SAFETY IN OPPOSING FORCES?



Them

Us

**Conflict is a struggle
that grows out of opposing forces.**

**Conflict is also
a symptom of fear.**

**When fear arises in us,
it's our brain attempting to deliver us a message
that we need to be aware of.**

- ☐ Some scientists say that what we do every day — the ways we think and respond to our environment — what we learn and what we pay attention to — all of this shapes our brains.



- ☐ They say that this not only changes how our brain functions, but also causes physical alterations in our neural wiring systems. Our neural wiring system is how messages are transmitted and received by different parts of the brain. (For more information, see: <http://faculty.washington.edu/chudler/cells.html>)
- ☐ Some scientists agree that whenever our brain cells are activated — by seeing something, talking, or solving problems — those cells start to change. They take in more chemical energy and re-do our nerve endings and receptors.
- ☐ So the theory is that if you spend 24 hours a week watching TV and military videos, this activity becomes part of how you are influenced to think.



1. **Do you watch much violence on TV or videogames on a weekly basis? How much do you watch?**
 - ☐ I never watch those shows.
 - ☐ Sometimes I watch them, for the drama.
 - ☐ I watch a lot — for the excitement.
2. **Do you feel these shows influence your life? In what way?**
(Write whatever you like.)

3. **Do you think the kind of school shootings that have happened could be a result of this influence?**
- ☐ It's possible.
 - ☐ It's a long shot.
 - ☐ Like monkey see, monkey do — violence sees, violence does.
4. **What makes you keep watching?**
- ☐ I get caught up in the some of the stories.
 - ☐ I'm addicted.
 - ☐ I'm amazed by the technical effects on TV and in movies.
 - ☐ Sometimes I think I can learn a few things about how to protect myself if I were ever in such situations.
5. **Do you think we should watch more educational shows instead — such as the National Geographic channel, or PBS' great performances?**
- ☐ I watch those shows, too. I like a variety.
 - ☐ Those shows don't interest me.
 - ☐ I like to be entertained, but not in that way. I need action.

The Media — Do They Help Us?

**The media are about information —
how it's provided, controlled and sold.
How aware are you of the media?**

Early examples of information transmission are smoke signals, beacons and reflected light signals.

The first media miracle was the invention of the printing press. Before that time, there was no way to print books, magazines, printed communication of any kind – except for handwriting. Shakespeare wrote all his plays by hand.

From printing press, to telegraph, to television, to the Internet — we have always relied on the media to inform us.



First Printing Press



More Modern Press

Then came the telegraph. It was a device for transmitting and receiving messages over long distances. Messages were sent by a telegraph operator using dots and dashes of Morse code. This then led to the development of the newspaper industry — then came radio and films, which together created the concept of mass entertainment.



Early Telegraph



Railroad Telegraph

Next, came the telephone...



Vintage Telephone



Land-Line Telephone

Then, television, which became important commercially and politically.



Old Television



LCD-TV

The Internet has changed everything. There are no national boundaries. We have become a global village. Information can be delivered in seconds. We want our information as soon as we can get it, and most of the time, that means right now.



Computer and Cell Phone

Today, you and I are information providers, and information receivers. Information is pretty much out of control.

- 6. Every day we are bombarded with information — some of it is intelligent, helpful, and fun. The media can give voice to positive organizations and to people who need help. We can know instantly what's happening halfway around the world, which is both exciting and remarkable.**



7. **Unfortunately, some of this information is uninspiring, incorrect and lacks knowledge. We can be misinformed by distortions. So, we have to learn how to tell the difference.**

8. **I think the role of the media is:**

- ☐ To simply report the news.
- ☐ To offer their point of view on the news.
- ☐ To speculate on possibilities until the truth is known.
- ☐ To find the truth and report it.
- ☐ What I think is (*Write anything you wish:*)

9. **I think our role, with regard to the media, is:**

- ☐ To listen to our inner voice.
- ☐ To not believe everything we hear.
- ☐ To ask questions before settling on an opinion.
- ☐ To be aware of possible misinterpretations and wrong opinions.
- ☐ To stop and think.
- ☐ To question anything that taps into my suspicions.

**Conflict is a reality to be seen in our brains every moment.
If we do not SEE it happening to us,
there is no way we can understand it.**



**So, become AWARE of any interface situations on the Internet
that trigger a conflict inside you!**

10. What's one thing you believe you can do to make yourself more aware of conflict when it's inside you?

- ☐ I need to listen to my inner voice.
- ☐ I can make myself be more self-aware.
- ☐ I need to question things that are asked of me.



- ☐ I can ask myself if something I'm asked to do is the right thing.
- ☐ I can talk with my family about this.
- ☐ We can talk about this in our school classes.

- ❑ We could start a Global Association of Students and schedule meetings to discuss this – in our classrooms, at home, and via the Internet around the world.
- ❑ We could also: *(Write whatever you think:)*



**The philosopher Lao Tzu once said,
"The key to growth is the introduction of
higher dimensions of consciousness into our awareness."**

How do you interpret this? What does this quote mean to you?
(Write whatever you wish.)

Congratulations on your ever-growing awareness!

Lesson 14

IS “THE ENEMY” AN ILLUSION?



“I’m red.” “I’m blue.”
“We must be enemies.”

**What is an enemy?
Is “the enemy” real? Does it really exist?**

**What happens in the world, and in your life,
when everyone outside your group becomes a “threat”?**

1. How would you define “enemy”?

- ☐ An enemy is a person I don’t like.
- ☐ An enemy is someone who hates someone else.
- ☐ An enemy fosters harmful intentions against someone else.
- ☐ An enemy is an adversary, or an opponent.
- ☐ An enemy is a nation we’re at war with.
- ☐ An enemy is a prejudicial view, based on fear.
- ☐ Some people see the enemy as the Devil, or Satan.

- ☐ To me, an enemy is *(write whatever you wish)*:

2. Do you have any people in your life you consider an enemy?

- ☐ Yes! Someone at school.
- ☐ Yes! Someone at home.
- ☐ I always have enemies when I play videogames.
- ☐ No. I don't have any enemies — that I know of.



3. You don't have to say this person's name, but if you do feel you have an enemy, how did this person become your enemy? What happened?

- ☐ We had a disagreement.
- ☐ We got into a fight.
- ☐ Someone told me that this person was from a country that was a threat to my country, which I didn't like.
- ☐ What happened to me personally is:

4. Were you told by someone that this person is an enemy, or did you formulate this picture of “enemy” in your own mind?

- ☐ My parents told me that this person is our enemy.
- ☐ I watched a news broadcast and decided this person is an enemy.
- ☐ When we're at war, we always have an enemy.
- ☐ What happened to me personally is:

5. Do you think there's anything you could do to change your perspective of that person, so that this person is NOT an enemy?

- ☐ No. Absolutely not. Never.
- ☐ I can't think of a way. Maybe, someday.
- ☐ I'd be willing to ask this person some questions – if this person would be willing to listen and talk.
- ☐ What I would like to do is:



6. **Sometimes we believe we can spot enemies by the uniform they wear.**
- ☐ That used to be true.
 - ☐ Today, it's no longer true. Potential enemies are undetectable.
 - ☐ In school, some kids create enemies out of others who dress differently, just because they look different.
 - ☐ The way I spot an enemy is:



7. **For years, some people have believed that why we go to war is “conditioned” thinking — programmed into us out of fear by others who have lived before us.**

- ☐ I think that’s true.
- ☐ No, the desire to go to war comes from people acting violently.
- ☐ Yes, we are a violent people, and war seems to come naturally to us.



8. **Today there seems to be some evidence that warlike behavior IS inborn — that we come into this world already having it, because our ancestors had it.**

- ☐ That’s terrible. I hope it isn’t true.
- ☐ Wow, that makes us seem that we can’t control our own behavior.
- ☐ It’s hard to imagine a baby being born who is violent — they look so innocent.
- ☐ I think it’s true. We definitely have violence in our human makeup.
- ☐ The way I personally feel about this is *(write whatever you like)*:

9. **Is it possible for us to bring to an end this conditioned, inborn biological course of action, as well as the thoughts and actions we are subject to that are based upon it?**

- ☐ I hope so.
- ☐ I think we can — we can do anything.
- ☐ We have to be aware of it as it happens in us — remember proprioceptive awareness?



10. **Some research shows that when kids “swim” online with whales, they believe that they have swum with them — for real. Have you ever had an experience like this?**

- ☐ No, never.
- ☐ Yes! doing stuff like that online is very involving. I always believe I’m there.
- ☐ Yes! When I play war videogames, I believe I’m really fighting.

11. **Can it also be true that when you play video war games, you believe they are so real that you believe you’ve actually fought in a real, live battle?**

- ☐ I have a great imagination, but I don’t go that far.
- ☐ Well, it feels like a real battle, but I can tell the difference.
- ☐ I have to admit — I do believe the battles I fight are real. I can’t seem to help it.
- ☐ It’s exciting to fight a videogame battle — maybe because I know I’m not really going to get hurt.
- ☐ I get caught up in the videogame battle so much that I need a few minutes, after playing, to feel I’m “back.”

12. If this is the case, do you think this could inspire you to fight in a real war?

- ☐ Well, it feels like a real battle, but I can tell the difference.
- ☐ I have to admit — I do believe the battles I fight are real. I can't seem to help it.
- ☐ Yes, playing these games could inspire me to join the military — I like the idea of fighting for my country.
- ☐ Fighting in a real war would scare me to death.



Do you think “The Enemy” is an illusion?

- ☐ Did you know: There are soldiers based in Las Vegas who man armed drones that have flown 7,500 miles to and over Afghanistan, killing people they don't know who are “the enemy” — people they have never seen or know but have been told they need to kill because they present a threat to their country?
- ☐ They do this on what look like video game monitors, except it's real. The drones, which are un-manned, can strike with precision with no cost to American lives. Planes can see the “enemy” from up to nine miles above their target.



Unmanned Air Vehicle (UAV)

- Soldiers are told that the country relies on them to do this.
- When the soldiers step into this situation, they are IN the fight. But all they see is the bomb exploding on a screen. They do NOT see the consequence of the button they have pushed, because they are not there – where the bomb has exploded.



- Nearly half of these veterans have said that these deployments, killing people they don't know thousands of miles away they call "the bad guys," have strained their relationships with their families.
- While 60% said they benefit financially from serving in combat zones, they use such words as "lousy," "eye opening" and "nightmare" to describe their experience.

13. Can you imagine benefiting financially for killing people you don't know, thousands of miles away, because you were told they are "bad guys"?

- ☐ It happens in the movies all the time.
- ☐ I never thought about it being actually true.
- ☐ It's tough to imagine.
- ☐ The way I personally feel about this is *(write whatever you like)*:

14. The U.S. Army built a \$13 million dollar Army Experience Center that featured videos and war games for kids age 13 and above to play. They posted unidentified recruiters at this Center to “answer questions” and hopefully intrigue young people to join the Army.



15. The Army used adrenaline rush in the games to encourage kids to want to join and do this kind of “work” for real. This was their 21st century soft-sell on recruiting.
16. Protesters uncovered the Army’s intentions and shut down the Center. They claimed that kids playing war games were tricked into believing that they were unbeatable and could become heroes by joining up and serving. Do you agree?
- ☐ Sure. Everyone wants to be a hero.
 - ☐ I can’t imagine believing you are unbeatable, no matter where.
 - ☐ My kind of hero isn’t one who shoots a gun.
 - ☐ I don’t think anyone should hope to be a hero.
 - ☐ I personally think *(write whatever you wish)*:

**So, what do you think? Is “the enemy” an illusion?
Are enemies real, or are they creations of the human mind?**

**What inspires people to want to kill other people?
Read this story about a boy named Timur.**

THE LITTLEST WARRIOR

His is a face any mother would be proud of — a hint of freckles, alert brown eyes and a ready smile. But in war-torn Sarajevo, located in Bosnia, in southeastern Europe, 11-year-old Timur Kekovic is growing up too fast.

A courier for the Bosnian defense forces, Timur packs a sawed-off shotgun. Shells ring his waist. A tear-gas pistol and wooden-handled knife are strapped to his side. He says he'd kill if it was necessary. A Bosnian military spokeswoman, speaking on condition of anonymity, said she knew of no soldier younger than Timur or of any policy barring children that age from joining up.

On Sunday, Timur laid his shotgun on a table in the library of his former school to tell his story. He sleeps with his gun, he said. When he leaves the house for the day, his mother tells him to be careful. Timur is proud. He is also angry and confused.

When the first barricades went up in Sarajevo this spring, Timur's father took him out to help defend the city. His brothers, 20-year-old Aladin and 16-year-old Elvir, are on the front lines. Three months ago, Timur also took the oath.

"I was excited," he said. "It made me feel good."

The war has dragged on since then. Timur says he doesn't miss school much — he mostly liked only music and sports, anyhow, but would rather be at the seaside swimming. Instead, clad in a khaki beret and green military jumpsuit, he scurries through the streets of Sarajevo to pass messages back and forth among the soldiers. When he is not carrying messages, Timur answers the telephone or cleans weapons.

His school friends also help in the war effort, digging bunkers or carrying water or food for the soldiers. But they envy Timur.

"A lot of them are making pistols and guns like I have out of wood," he says.

Timur also had another school friend, Zoka Repic. "He was a good friend," Timur said, "Usually, when I didn't have money, he would buy me something." But Zoka left with the Serbs, who are Timur's enemies, who fled Sarajevo when the fighting started, and "now his father is sending us grenades," Timur said, "from a Serb position north of Sarajevo."

Zoka called from another Serb-held town, Vogosca, a couple of days ago.

"He asked me how it is here," Timur related. "I said it's fine, we're all shooting at each other."

Is Zoka still his friend, he was asked, since they were on opposite sides of this conflict. Timur only lowered his eyes and shrugged. What would happen if he met Zoka on the front line?

"I would kill him," Timur said.



17. **What do you think of Timur's response? Does it surprise you?**
(Write whatever you think):

Congratulations on your independent thinking.

Lesson 15

IS A “HERO” A FALSE IMPRESSION?



What is a hero?
Is a hero an illusion? A made-up character?
Why do we need heroes?

1. **The Dictionary defines “hero” as a person of distinguished courage or ability, admired for brave deeds and noble qualities. Do you agree?**
 - ☐ Yes! A hero is someone who acts beyond the call of duty.
 - ☐ A patriot is a hero because he defends our country against our enemies.
 - ☐ People who save other people’s lives are heroes.
 - ☐ I think police officers and fire fighters are heroes.
 - ☐ A hero is someone I admire.
 - ☐ I think we’re all heroes at one time or another.

 - ☐ For me, a hero is:

2. Do you think that the existence of heroes has anything to do with the existence of enemies?

- ☐ They are opposites.
- ☐ If we have enemies, we have to have heroes — and vice versa.
- ☐ We wouldn't have heroes if we didn't have enemies.

3. Can you name someone you know you consider a hero? Someone famous? Or someone in your hometown?

- ☐ Yes! A hero I know of is:
- ☐ The reason I believe this person is a hero is:

4. Because a “hero” usually arises from a conflict situation where there is some kind of “enemy,” we humans tend to create warriors, tribes, battalions, armies — to protect ourselves.



Egyptian Warriors



Belgian Warriors

5. Sometimes it looks as if we would rather fight than work out our differences.

- ☐ Working out differences is hard!
- ☐ Talking about beliefs is not something my family does.
- ☐ I can fight better than I can talk about what I think.
- ☐ I'd rather talk than fight any day!

**Once we SEE and UNDERSTAND
what we do that creates conflict,
we can free ourselves of our conditioned thinking.**



“I see that I’m angry with you, but I can’t seem to stop myself.”

**Free of our conditioned thinking,
it’s likely that our actions will change.**



“I’m glad we talked about this. I’m much calmer now.”

**Free of our conditioned thinking,
we would not have enemies.
And if we don’t have enemies,
perhaps we also won’t need heroes.**

6. Heroes and enemies often arise from situations that are abusive in some way.



An abusive situation I know of that created an enemy, in my mind, happened when:



This situation arose out of fear.

The fear was:



A scary situation I know of that created a hero in my mind happened when:



This situation arose out someone stopping to think and take action when no one else would. That action was:

**If we believe that we — as an individual, or as a country —
have an enemy,
we say,
“That person, or that group of people, is my enemy.”**



**Because we have named this person
or group of people as “enemy,”
we believe that they, in some way, can harm us.**



**So, we ask ourselves,
“What can I do to protect myself from this enemy —
so that I can survive?”**



What do we do?
We create a hero — someone who can save us.
We create a Freedom Fighter
to fight “the enemy” and protect us.



7. What’s the difference between a Killer and a Freedom Fighter?

- ☐ A “killer” usually kills one or two people; a “freedom fighter” might kill thousands.
- ☐ One fights for his or her country; the other kills for personal reasons.
- ☐ No difference. They both kill people.
- ☐ A killer can go to jail for years — sometimes for a lifetime. A “freedom fighter” might be called a hero and given medals.
- ☐ Freedom fighters are heroes; they protect us.
- ☐ Freedom fighters are sent to war to supposedly protect us, but their actions generally bring about more war rather than peace, because their actions create enemies.

8. Is a “hero” or “patriot” a fantasy we’ve dreamed up to protect us? Is it only a figment of our imagination — a make-believe world we’ve invented to feel safe — from our so-called “enemy”?

- ☐ I think:

9. **Can heroic patriots bring about peace? Or are they, by their identification with a fragmentary nationalistic view, the enemy of peace?**



- ☐ When the U.S. broke from England in 1776 and became a new nation, they fought a war. So, for a long time, there was no peace.
- ☐ Heroic patriots may think they bring about peace for some people, but they never do, for they only separate people and therefore continue to promote war.
- ☐ When any group of people raises a national flag, they instantly separate themselves from the rest of the world.
- ☐ Separation causes conflict — so, yes, they become the enemy of peace.
- ☐ It's hard to believe there would be anyone, or any nation, that would be “an enemy of peace.”
- ☐ Every nation claims that it wants peace — but they all seem to feel that they have to fight a war to get it — which doesn't make sense!



10. **Do you think that our need to feel safe and sound creates a programmed way of living that makes us act like a robotic war machine — AND that we are not aware we are acting this way?**
- ☐ Yes! We ARE a war machine. There's rarely a time in our history when have NOT been fighting a war.
 - ☐ Some people are aware that we act this way, but I think they are a minority.
 - ☐ I think people SEE that we are acting this way but don't want to take the time and energy to try to change things. Or just don't know how.
11. **Do you think it's time for people all over the world to UNDERSTAND our differences and SEE how humans have been divided by organized beliefs?**



“Yes, from all over the world — and beyond!”

12. **Do you think that creating a hero — a patriot — is the result of having created an enemy? So, therefore, creating a hero or patriot creates conflict?**



- ☐ No! We need patriots. And we need to recognize enemies.
 - ☐ Yes! Creating a patriot creates conflict. A patriot sets him- or herself apart from those who are not patriots. Any such separation causes conflict!
 - ☐ A hero creates less conflict than an enemy — but it all depends on who sees the person, or group, as either enemy or hero!
13. **Do you think it's time for us to SEE how we create warriors, battalions and modern-day tribes — and learn how to “undo” them?**
- ☐ I am ready.
 - ☐ It's definitely time.
 - ☐ I'm going to spread the word.
14. **One of the best ways to begin is to look at some patterns.**

PATTERN OF CONFLICT

- Something has scared me.
- I want to survive!
- To survive, I must join a group (physically or psychologically).
- The group is my hero, and will protect me from harm.
- All people outside this group are a threat – an enemy.
- Result: Conflict!



PATTERN OF WAR

- People of one country feel threatened by those from another country.
- They are afraid of that country.
- They think “the other” country is “bad” or “wrong.”
- The “other” country becomes an enemy in their minds.
- They feel they must defend/protect themselves against this enemy.
- They decide they need warriors.
- Result: No choice but to go to war!

15. How do these patterns get started?

- ☐ They begin with fear!
- ☐ The fear triggers our survival instinct!
- ☐ Our survival instinct inspires us to join a group!
- ☐ The group, physical or psychological, becomes our hero!
- ☐ Anyone not in our group becomes the enemy!
- ☐ Conflict!

Our hero has been created by us!
So, our hero is our own creation, our own illusion!



A Pennsylvania Army Experience Center

After almost two years of glorifying the “Army experience” and U.S. wars through video and war games, the Army Experience Center at Franklin Mills Malls announced its shutdown. The Center had dozens of video game computers and X-Box video game consoles with various interactive, military-style shooting games. The facility had sophisticated Apache helicopter and Humvee simulators that allowed teens to simulate the killing of Arabs and Afghans.

The Center was the site of several protests of hundreds of people, with more than a dozen arrests. Those arrested were acquitted by a Philadelphia trial judge.

Former US Army SSgt. Jesse Hamilton, now a member of Iraq Veterans Against the War, stated, “By portraying war as a game, the AEC glorified violence to our children As a combat veteran, nothing makes me happier than to know that the AEC will no longer have the ability to corrupt our children’s minds...”

**Theoretical physicist Albert Einstein once said,
“Peace cannot be kept by force.
It can only be achieved by understanding.”**

What do YOU think?

Lesson 16

IS WAR A DREAM, OR A REALITY?



**What is a fact?
Is it something that actually exists?**

Is war a fact or a dream?

**Faced with the reality of war,
what happens to the image of it that we create?**

1. **When our country goes to war, we dream of glory, don't we?
Does anyone want to even think about the reality of war?**
 - ☐ Yes, of course, we dream of glory — we want to win.
 - ☐ War does not make me have dreams of glory; it gives me nightmares.
 - ☐ War is terrifying; it can maim you for life, ruin you psychologically, or kill you.
 - ☐ When the reality of war meets years of our conditioned response — which is that our soldiers are heroes and we need to continue to send them off to war — there is conflict.
 - ☐ Since we don't want to feel conflict, we conjure up dreams of glory.

2. What is an ideal?



- ☐ It's a conception of someone or something that's perfect.
- ☐ It's a standard of excellence.
- ☐ An ideal is something that exists only in our imagination!
- ☐ Achieving an ideal is truly hopeless.
- ☐ Believing in an "ideal" creates conflict!
- ☐ Ideals put human beings into opposing beliefs of better and worse.

- ☐ For me, an ideal is:

3. All our lives we're taught that safety and security lie in identifying with some kind of group or clan — and that this guarantees our physical survival — food to eat, clothes to wear and shelter to protect us.

- ☐ Yes, this concept has been built up for thousands of years.
- ☐ This kind of thinking is built into our body's cells!
- ☐ Information like this is stored in our computer-like brains!



4. When confronted by a potential conflict, due to what our brain supposes is a threat to its authority, our biological primitive brain awakens. It's the brain that's equipped for combat, and it quickly kicks into gear and sets itself to fight its perceived "enemy."



"I'm ready to fight!"



"I'm ready to fight!"

5. This disk is continually loaded into our brain, even though it doesn't help survival. It used to, but in today's world, we keep allowing our fears and our conditioning to keep us going to war.
6. Our brain is maladapted — not able to adapt to what's necessary for our real survival — which is UNDERSTANDING and INSIGHT! It cannot tell the difference between a REAL threat and an IMAGINARY threat.



7. It reacts mistakenly to the image of a threat that the disk has been programmed to say, which is that there's an enemy "out there" who wants to harm us, by taking away what we need for our way of life.

8. So, if we can see that this conditioned image — since it's false — cannot harm us, such **AWARENESS** helps us to not be controlled by this.
9. If we do **NOT** see this, then our conditioning seems real, and the image of the danger of an “enemy” stimulates this primitive program into action — and off we go to war!



10. Our false ideals are presented as the proper image to conform to — that we are somehow the “chosen” ones. But if we see ourselves as “the chosen ones,” this sets up the image of those who are **NOT** the chosen ones — “the other.” So we begin to see others as “them” and to see ourselves as “us.” Them vs. Us.
11. We wind up falling into the trap of ethnocentrism — judging other cultures by the standards of our own culture, which we believe is superior.



“Our people are the most beautiful and intelligent.”



“Our people are the most beautiful and intelligent.”

12. These ideals create superiority and arrogance — which creates a separation between human beings and, therefore, creates conflict.
13. Are these ideals necessary for each group's survival?
- ☐ It's good to have ideals – to work toward something.
 - ☐ No! These ideals are a source of conflict, which prevents survival!
 - ☐ These ideals trigger the old primitive brain's survival mechanism!
 - ☐ We keep thinking we're being threatened when we aren't!

Take a look at the image below.
What do you see?



THE TRUTH

Soldiers carrying guns are trained to kill. They may also be killed.

THE IMAGE

Soldiers carrying guns look powerful and heroic.

What I see is *(Write whatever you wish:)*

The Questionable Glory of War

14. What is the glory of war? Is there glory? If so, what is it?

- ☐ Soldiers are sometimes honored for their service.
- ☐ I wonder what kind of honor that is – being honored for killing.
- ☐ It's not like winning a football or martial arts trophy.

15. Faced with the facts of war, what happens to the image of glory?

- ☐ It pretty much disappears.
- ☐ It has to be tough getting an award for military service.
- ☐ I'm guessing soldiers must feel conflict when awarded in this way.

**What creates peace is understanding.
What prevents it is hardwired conditioning.**

A Special Note: Although this Workbook speaks out strongly about the appallingly fanatical Japanese military's operations during and especially at the end of WWII, its author wants to sincerely acknowledge having had great admiration and respect for the Japanese culture and people for many years. The Japanese military during this time were not the most fanatical of warriors, for history has shown us that this form of horrendously violent behavior has gone on for centuries in all areas of the world. The war was not the fault of the majority. The extreme minority, the same as in every nation that has gone to war, caused the Japanese obsessively driven military campaigns. What happens is the few start it; then the biological brain "kicks in" and the rest follow — because they are hardwired to do so.

That said, the Japanese military may be the best examples in recent history that show extreme patriotism. Many Japanese soldiers, who were set to man suicidal torpedos at the end of World War II, said it was an honor to die for the glory of their nation. This soldier, smiling happily, died soon after the photo was taken, after he crashed into an American warship.



16. What is he so happy about?

- ☐ He was obviously conditioned to believe he was acting honorably.
- ☐ It's an insane kind of conditioning — to commit suicide in this way.
- ☐ It's the same kind of conditioning that was instilled in the terrorists on the planes that crashed into the World Trade Center in the U.S. on September 11th, 2001.

17. The Japanese term for this “act of glory” is “Kaiten” — literally translated as “return to the sky,” “turn toward heaven,” “reverse destiny” or “change the world.” Brainwashed by these ideals of national glory, soldiers willingly operated miniature submarine torpedoes and suicide craft built by the Imperial Japanese Navy at the end of World War II to protect Japan from who they thought were their enemies.

- ☐ Anyone piloting these torpedos was assured of certain death.
- ☐ The extreme peril facing Japan after the loss of its Mariana Islands in June 1944 led to unquestioning acceptance of the pilot's death as an inevitable consequence of “Kaiten” or “Kamikaze” use.
- ☐ Kaiten pilots were all men, aged between 18 and 20. In the event of their death, their families were promised a large monetary reward.
- ☐ Because of the wartime economy and political climate, it was thought that there was little choice but to volunteer for Kaiten duty.



18. This matched Japan's plan for Kamikaze pilots, who flew suicide missions by crashing their planes into U.S. Navy carriers. "Kamikaze" literally means "God wind" or "Divine wind."



19. The island of Otsushima, situated in the Inland Sea, was used as a training site for these acts of war. The Kaiten Memorial Museum is now situated in this location.



Japanese soldiers who were part of the Kaiten program.

The reason for kaiten, in the words of one pilot who later died in training, is:

"There was no other way but to use this type of weapon to counter imminent defeat. . . . Our fleets could not go anywhere without being detected by the enemy radar."

A kaiten pilot said, "The last things soldiers wrote while on these missions showed they were at peace with the world."

20. The tradition of suicide instead of defeat, capture and perceived shame was deeply entrenched in the Japanese military culture.

- ☐ I guess “deeply entrenched” means “conditioned.”
- ☐ That’s how they were conditioned, so that’s what they believed. I understand that.
- ☐ Their patriotism seems perverted, and it’s a horrifying way to die
- ☐ What I think about kaiten is *(write whatever you like)*:

21. Most people are conditioned to not see this kind of conflict and are not aware of it in themselves.

- ☐ I have always seen conflict as something that is “out there” — outside myself, so I believed there was nothing I could do about it.
- ☐ My concept of what we need to do to be safe and secure is changing.
- ☐ I can see that our biologically conditioned, hardwired need to identify with an ethnocentric ideology is destructive, and does not make us secure at all. Instead it creates differences.
- ☐ I also see that having different cultures is beautiful. Understanding each other’s cultural differences creates harmony instead of conflict. It’s fun to go to other countries and see things and customs different from mine.
- ☐ The way I feel about cultures different from mine is *(write whatever you wish)*:

SOME CULTURES OF THE WORLD



Borneo



Karen Tribe



Masai Culture



Thailand



Peru



Korea



Japanese Children



Can you guess where this woman comes from?



Who is this man, and where does he come from?

So many wonderful cultures!

Lesson 17

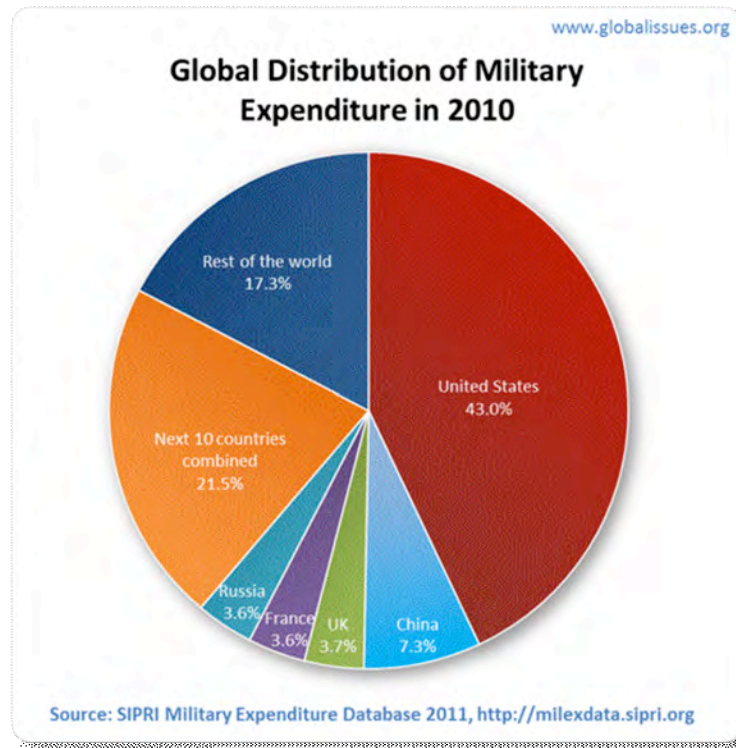
WHAT PREVENTS PEACE?



1. **Counting the Cold War, the U. S. has been in a continual state of war for more than 60 years.**
 - ☐ That's a long time to be at war.
 - ☐ How can there be this much war when everyone wants peace?
 - ☐ Some people believe war is good for the economy, that it prevents the U.S. economy from slipping into economic depression.
 - ☐ Aren't we in an economic depression anyway?
2. **War has substantial costs.**
 - ☐ The government buys tanks, fuel, trucks, clothing, bullets, guns, parachutes, helicopters, airplanes, drones and technology for war.
 - ☐ It also pays soldiers to fight and kill; these men and women are not doing their normal jobs at home.

The United States tends to pay more for military expenses than any other nation on Earth.

Here is the distribution of worldwide military expenditure for the year 2010.



In 2010, the U.S. paid 43% of military spending in the world, while China paid 7.3%, the United Kingdom 3.7%, France 3.6%, Russian 3.6%, the next 10 countries combined paid 21.5%, and the rest of the world, 17.3%.

**War not only costs money — it costs lives —
lives of people from the U.S.
and lives of people from any other country involved.**

3. Do you believe that a certain kind of thinking is doing us in?

- ☐ No. It's important for us to think this way — to maintain the standards we've always lived by.
- ☐ Yes! We keep repeating the same old ways of handling people who are different from us, and we keep getting the same reaction — anger, frustration, and war.



4. Is this kind of thinking dividing us — creating more and more differences among us?

- ☐ Yes! No matter how hard countries seem to want peace, differences seem to grow.
- ☐ The wars I see on television, happening in countries around the world, seem to be the result of people living in poverty, not getting what they need to live decent lives.
- ☐ Many wars are caused by dictators demanding to rule people who want to be free.
- ☐ Many wars are caused by people who were the victims of war decades ago, but they cannot forgive or forget.



Civil War soldiers

5. What do you think prevents peace in our minds?

- ☐ Anytime we create a difference between ourselves and someone else, we prevent peace.



- ☐ Anytime we see other people as “the enemy,” we prevent peace.



- ☐ Whenever we allow robotic thinking to rule our brain, we prevent peace.



- ❑ Whenever we allow people we know to think ethnocentrically and do not challenge their thinking — we prevent peace.



6. Trying to bring about peace seems to only create more conflict. Why do you think that's so?

- ❑ Because traditional ways of trying to bring about peace are based on the same kind of thinking that created conflict in the first place!
- ❑ Because we continue to belong to groups that have ethnocentric ideologies that separate people, and these ideologies are based on conditioned ideas.



- ❑ One of those ideas is that in order to have peace and security, we have to psychologically IDENTIFY WITH a group.



“This group keeps me safe.”



“This is the only group I want to keep me safe!”

☐ I think the way to bring about peace is *(write whatever you think)*:



In the story and movie “The Wizard of Oz,” we learn by the end of the story (and the movie) that the Wizard is not a giant wizard at all, as he appears in the above photo.



**He’s actually an ordinary man who operates a console of wheels and levers while speaking into a microphone.
He hides behind the scenes, pulling strings, controlling people like puppets, to get what he wants.**

In our world today, there are many “wizards” out there attempting to pull our strings and get us to do what they want.

It’s our job to be AWARE of them and to SEE what they do.

**“Since wars begin in the minds of men,
it is in the minds of men that the defenses of peace
must be constructed.”**

**— UNESCO Constitution
(United Nations Educational, Scientific and Cultural Organization)**



**If you were invited to a Peace Conference,
what elements would you bring to the table?**

- ☐ I would say that, in order to have peace, we must (*write whatever you think*):

Lesson 18

THE ROAD NOT TAKEN



**“Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.”**

— *Robert Frost, poet*

1. The poem above talks about having to face two roads — two choices — and having to choose one, or the other. Have you ever felt torn between two choices? For example, you have to do your homework, but you also would like to get out and have some fun with friends?
 - ☐ Yes! Every day!
 - ☐ Yes! Between watching TV and playing videogames.
 - ☐ Yes! Between speaking my mind and staying quiet.
2. Do you wind up doing what you’ve always done, or do you sometimes decide to try something new?
 - ☐ Doing what I’ve always done feels safe.
 - ☐ Doing something new often attracts me.
 - ☐ Doing something new can get me into trouble.

3. **When you get into a conflict of some kind, do you act the way you always act — or have you tried something different?**



- ☐ I always do what I know. It doesn't always help, but it's what I know.
- ☐ The last time I tried something different, it didn't work, so I went back to doing what I always do.
- ☐ I like to look at what other people do in conflict situations — to see if what they do can work for me.



4. **We humans are creatures of habit. We do what we are conditioned to do. We are conditioned by everyday behavior — doing things the same way all the time, by what we are told to do, and by what feels safe to us.**

- ☐ Yes, I always opt for what feels safe.
- ☐ I want to survive everything — my friendships, my family relationships, my classes, my life!

Did you know that we are biologically compelled to think, say and do things we've always done – because that's what we've been programmed or trained to think, say and do?



“I’ve been biologically programmed to eat!”



“I’ve been biologically trained to be in a safe place!”



“I’ve been biologically trained to fight!”

5. Have you ever been in an emergency situation, where you discovered you had to do things differently than you normally would?

☐ Yes. My emergency situation was:

☐ The way people responded was:

☐ One thing I did differently was:



6. Do you remember the tragedy of September 11th, 2001, where in New York City, the Twin Towers of the World Trade Center were demolished by airplanes flying into them?

☐ It was hard to believe.

☐ So many people were killed.

☐ People helped each other.

7. An emergency situation sometimes causes us to go beyond our conditioning. People tend to help each and other and do things they might not think of doing in their usually daily lives.

- ☐ Yes! I heard about a woman who lifted the side of a car to help her child who had been run over!
- ☐ Firefighters run into a fire when everyone else is running away from it.
- ☐ In an emergency situation I witnessed, an unusual thing that happened is *(write whatever you wish)*:

8. Do you think that we have to wait for a state of emergency to see beyond our conditioning? Can we go beyond it now?

- ☐ I think we should look into it now.
- ☐ I think we can go beyond our conditioning now — we just have to see when it's not needed.
- ☐ I'm ready to unfold new awareness — and aim for the road not taken.



9. Emergency situations cause people to get out of their mechanical robot thinking and act — instead of react.

- ☐ Yes! I'm tired of freezing and running away out of fear, and fighting because I'm angry.
- ☐ I'm read to hone my awareness and act instead of react.
- ☐ I see that my conditioning will change if I develop my level of understanding.
- ☐ I understand that insight emerges from a simple, clear observation.



- ☐ I see that when we see conflict-in-action — and recognize it as such — we have begun to stop it.
- ☐ When we see two people arguing about something that appears to be important to them, but we know that, in the scheme of things, it's not something to fight about — we have gained insight.
- ☐ When we have gained insight, we are waking up from the dream!
- ☐ One time I gained insight in such a situation was (*Write whatever you wish*):

My New Road!

Here are the steps you're about to take on your new road to understanding and insight. Are you ready?

- ☐ I think I'm ready.
- ☐ I'm never ready.
- ☐ I'm very ready!

MY SIX STEPS!



STEP 1: I SEE SOMEONE WITH WHOM I AM IN CONFLICT!

I usually freeze, fight or run away from this person.



STEP 2: I FEEL THREATENED!

There's a voice in my head saying, "Go away! Don't do this!"

Get out of here! Protect yourself from being hurt!

Whenever I talk to this person, I am put down, criticized, upset and angry.



STEP 3: STOP!

I ask that voice, "Why do I feel threatened?"

Am I afraid? What am I afraid of?

Is the threat real, or have I imagined it?

Should I do what I've always done — even though it never seems to help?



STEP 4: I WANT PEACE!

I tell that voice, “ I have to go outside the imprisonment of my old conditioned way of thinking!” I want peace, but I can never get it. This primitive way of reasoning in my head has a different idea of peace than what makes sense.

Why is that?

Isn't peace – just peace?

Isn't peace the same for everyone?

What if it isn't?



STEP 5: I DO NOT ACT ON MY FEAR!

I let go of my drive to survive.

I have insight!



STEP 6: I TRY SOMETHING NEW!

I take the road not taken! My behavior changes!

My Conflict Situation

Briefly write a conflict situation of yours here:

Now, apply the six steps to your situation. Tell yourself:

- 1) I see someone I'm in conflict with. It's:
- 2) I feel threatened by:
- 3) STOP! I feel threatened because:

I feel scared because:
- 4) I want peace! To achieve it, I have to go outside my old way of thinking.
- 5) I do not act on my fear! I let go of my drive to survive and try something new! What I do is:



**What are they saying to each other?
Fill in their bubbles!**

10. **How important is dialogue — among us, among your family and friends, among people in your community, and in the world?**
- ☐ It's very important!
 - ☐ Talking is better than fighting.
 - ☐ If people had more dialogue, there would be fewer wars.
11. **How important is non-action — that STOP moment we need to take in order to “dis-identify” with our old conditioning that’s had a hold on us?**
- ☐ I think that STOP moment is the key to changing conditioning.
 - ☐ If we all would just STOP before fighting, freezing or running away, we could prevent conflict.
 - ☐ I’m going to use that word — STOP! — every time I feel a conflict coming on. Maybe that will help me ask myself why I feel threatened or scared.

**The key to unlocking our biological hard drive’s control
is to ask questions.**

**Rather than questions based
on old knowledge and conditioning,
they need to be questions that lead to
INSIGHT and AWARENESS.**

Lesson 19

PEACE CAN HAPPEN IN AN INSTANT!



**In a heightened state of attention,
I can achieve peace instantly.**

1. **When a conflict situation arises in the moment, and you are at the primary prevention level — in that STOP moment — which is the only place where you can prevent that conflict from moving forward, how does intellectual knowledge help you?**
 - ☐ It doesn't.
 - ☐ It can't.
 - ☐ Insight and awareness are the only things that can help me.
2. **Is any knowledge you already have going to help you in this moment?**
 - ☐ No.
 - ☐ Only the knowledge that my knowledge won't help me.
 - ☐ I have to be “in the moment” — and aware.



3. **What do you think it takes to put yourself in a “heightened state of attention” so that you can prevent conflict when it happens?**

Write whatever you think:

**Every time we act on a thought,
we have the potential to create either war or peace.
Which will you choose?**



When we feel no fear, we have no enemies!



The enemy is a dream we've created in our brain.



“Wake me up from that dream!”

- 4. Think of a person you've long considered “different” — an “enemy” or an “opponent” of yours in some way. It could be someone you know, someone you've seen from afar, someone you've never spoken with, or someone you feel sure you never would want to get to know.**
- 5. Write down five things about that person that are positive:**
 - (1)**
 - (2)**
 - (3)**
 - (4)**
 - (5)**

6. Write five things about that person that are like you.

(1)

(2)

(3)

(4)

(5)

7. Did writing these down alter your perspective of this person? If so, in what way? *(Write whatever you like):*

8. Did doing this make you feel less conflict with this person? If you were feeling afraid of this person, are you feeling less fear? *(Write whatever you like):*



9. **Does feeling less fear affect your thoughts about yourself as well? *(Write whatever you like):***



**All things are understandable.
If we just look, it's there for us to see.**

**Our biological brain has a built-in self-defense mechanism
that tries to prevent us from reaching this understanding!**

**It does this because it thinks it's protecting us.
Anything it perceives as getting in the way of our survival
is a threat — an “enemy” to our welfare.**

**Even insights into how this old brain reaction is not working
and, therefore, not protecting us — is perceived as a threat,
Because it's not ensuring our survival as it's supposed to do.**

10. Have you ever seen something as “good” that someone else saw as “bad” — or vice versa?

- ☐ Yes! I like videogames, and my parents think they’re awful.
- ☐ I think war is bad for us, but there seem to be a lot of people who think it’s good.
- ☐ Good vs. bad creates enemies.

11. Can you see how trying to eliminate the “bad” would force us to suppress our selves in favor some idealized state of being?

- ☐ Yes! But my parents and teachers try to eliminate “bad” in us all the time!
- ☐ Yes. Whenever I work at being “good,” I feel I can never measure up to it.
- ☐ I don’t want to be “bad” but I think nobody’s perfect.



“Can I measure up?”

12. Do you think that trying to be good — to be an “ideal” person — causes conflict in you?

- ☐ No. I enjoy working toward an ideal.
- ☐ Yes, because it forces me to think I have to be better than I am, so I never feel I’m doing anything right.
- ☐ Rather than trying to be “good,” I think it’s best to focus on being more aware and insightful.

**Aldous Huxley,
the author of the book, *Brave New World*, said:**



**“What is absurd and monstrous about war
is that men who have no personal quarrel
should be trained to murder one another in cold blood.”**

What do you think about this quote?
(Write whatever you think:)

Congratulations on your new awareness!

Lesson 20
WAKING UP:
NO IMAGE! NO ENEMY! NO WAR!



“Most honest combat vets will tell you, perhaps not eloquently but in their own way, the same thing: essentially that combat is in our human DNA and demands to be exercised....The question is, can we humans evolve peacefully, or will we succumb to instincts we can’t transcend?”

— *Quote from former Marine Corp helicopter pilot
In Vietnam*

1. This ex-Marine is telling us that we are hardwired for war. What does he mean that “combat is in our human DNA”?

- ☐ It means that we’re born to fight, that we have to go to war because we are biologically conditioned to do so.
- ☐ It means that fighting is an instinct we can never be free of.
- ☐ This scares me — that I will have to go to war because I’m programmed to do so.
- ☐ I don’t believe this, for I am free to make my own choices.
- ☐ This might be true, but I’ve learned in this workbook that we can be free of this instinct if we learn to be aware of it.

2. The intent of this workbook has been to help us see how we humans are hardwired for war.

- ☐ We've learned that we have conditioned thoughts that begin at our biological base.
- ☐ They come through the brain's emotional center and create fear, which affects our thinking, and causes us to act on these thoughts.
- ☐ This survival mechanism works well if we are being attacked by a dog, or have to jump out of the way of a speeding car.
- ☐ But when a fear-provoking image — about others we may consider a threat to our group's way of life — mistakenly triggers this old-brain survival system to prepare for a fight — we get into trouble.

3. This fear from this IMAGE of “the enemy” causes us to carry out the demands of our conditioning — like the Wizard of Oz behind a curtain, pulling our strings, making us feel like puppets.



“I need to run away!” “I need to fight!”

- ☐ It's important for us to know the dangers involved when this kind of conditioning rules us.
- ☐ It's important for us to know some good questions in a dialogue that can unlock this hardwired program's hold on us!
- ☐ This hold it has on us does NOT provide the safety we've been brought up to believe we are getting.



“What’s causing me to feel conflict?”

- 4. The right questions are like a virus protector. They keep us from continually breaking down and repeating actions we’ve learned but actions that do nothing to help us.**

- ☐ When the right questions are asked, there’s an opportunity for AWARENESS and INSIGHT.
- ☐ With such awareness and insight, we set up the STOP moment we need to remind us to not act on what has just happened.
- ☐ This STOP moment keeps us from automatically reacting from this unsafe kind of conditioning.



- 5. Imagine that you are in some conflict situation. What is it? Write what image you see. Then write who or what you see as “the enemy.” Then, write what you see is the conflict.**

The image is:

The enemy is:

The conflict is:

- 6. Now, ask some “unlock the hold” questions — questions that come from your instinct and awareness, rather than from old habits and conditioned thinking. Are you ready?**



Question 1: What questions do you need to ask to understand this conflict?

Question 2: What is the fear you feel in this situation? Do you need to look at it? What do you think it is? Is it based on a threat of some kind? An image? Is the image real?



Question 3: What do you perceive to be the conditioning that's triggering this fear?

Question 4: Was there an action that sparked the fire?

Question 5: Do you think the conflict triggered a survival instinct? If so, what kind?

Question 6: Is there a group involved with this image? What group?

Question 7: Do you see signs of ethnocentrism — is someone valuing one group over another?

Question 8: What insight have you come to in this conflict situation?

Question 9: Do you think this conflict was a result of our ancient biological survival mechanism that's part of our inborn genetic conditioning, or do you think we could comprehend the situation, based on awareness, where a different outcome would emerge?

Question 10: What is the image we need to recognize in this situation? We need to begin to understand by identifying the image!

**Experiencing is based on what's happening to us in the moment.
In this world of experiencing
we are able to wake up and recognize the conditioning
that keeps us from being safe.**

7. **There are 196 countries in the world today. Each one has a flag.**
- ☐ I didn't realize there are that many.
 - ☐ That could mean that there are 196 different ways of life!
 - ☐ I wonder if it's ever possible for all 196 countries to view the world in the same way.
 - ☐ I'm guessing that they all want peace – but probably have different beliefs about how to achieve it.



A World of Many Nations and Flags

- 8. There are more than 6,000 different languages in the world.**
- ☐ I guess that means that we can't talk with each other.
 - ☐ If we can't talk with one another, how will we reach an understanding with one another?
 - ☐ It's hard enough to reach an understanding with my family, whom I know. How can people around the world achieve it?
 - ☐ We humans are very separated!
- 9. The fragmentation of the human race, by its very nature, creates conflict, because there are so many different groups in the world.**



The United Nations Flag

- 10. Even the United Nations is somewhat of a contradiction. “United” means whole, and “Nations” means fragments. Can fragments become whole, or by being fragments do they continue to create conflict? The UN consists 192 member countries that can never unanimously agree on anything. So, how can they ever work together as a whole?**
- ☐ They’re no different than my community!
 - ☐ Sounds like they’re just like my family.
 - ☐ They need to see that trying to create harmony between separate systems of belief by wishful thinking doesn’t work. Just to say, “Love one another” or “Be kind to all people” or say “Be tolerant” only creates an illusion of harmony!
 - ☐ What works is actually seeing the fragmentation in one’s thinking that is preventing peace. In that awareness, the divisions that create and sustain conflict end.
- 11. Having different cultures can be beautiful, but our biologically conditioned, hardwired human need to identify with a divisive ethnocentric ideology — for security — is destructive.**
- ☐ Yes! Different cultures are fascinating!
 - ☐ As long as we can all get along.
 - ☐ There’s no need for a culture different from mine to be an enemy.
 - ☐ We do need security! How do we achieve it without being divisive?

I want to be a Global Citizen!



The Earth Flag

**The Earth flag shows us that we are all one —
not ideally, not by wishful thinking,
but actually since we share the same earth.**

**In this Earth flag you will see that there are no borders,
no made-up barriers, nothing separating us from each other,
based on conflicting conditioned thinking.**

This is what the astronauts saw when they went out into space.

- 12. How does each of us become a global citizen, living under a one-world flag?**
- ☐ I'm not sure we can.
 - ☐ We can have our country's flag and also the one world flag!
 - ☐ We need to wake up from the dream of being divisive!
- 13. Have we learned what the dream is all about? Have we learned the only true enemy is created by us?**



World War II ends! Everyone celebrates!

- ☐ The dream is believing that people different from us are our enemy.
- ☐ The dream is the belief that our community, our state, our country, our way of thinking is better than any other.
- ☐ The dream is our ongoing belief in threats that don't need to exist!
- ☐ The dream is our belief that the enemy is everyone but us and that war is started by someone else!
- ☐ The dream is *(write whatever you think):*

14. The truth is:



**“What am I doing?
Gotta get the war out of my head!”**

- ☐ The only war there is, is the war in your head! If you stop the fight inside you there won't be any fighting outside you!
- ☐ Wake up from the illusion created by your biological brain in its drive for survival because of what it thinks of “the enemy,” which it believes presents a threat to your physical wellbeing and that of whatever group you belong to! It's wrong!
- ☐ We have met the enemy — and he is us!
- ☐ War will never stop until we all learn to stop the fight inside us.
- ☐ Stand up to the challenge, and stop the fight inside you!
- ☐ Today, to stop the fight inside me, I will (*write something exciting*):

Wake up from the dream!

**No more image!
No more enemy!
No more war!**



“Everyone wins! War is over — forever!”