the Human Body

A **Manual** (unfinished)

Additinal Topics

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Worrying

For someone who is in the low energy state, their body is literally under subtle energetic threat. (…) Everything is a subtle burden. Because my body is generating sub standard levels of energy. I am more likely to perceive things in my environment as threatening. (they say that the mind is biased towards fear as a surveil mechanism, but at the very least, (it may actually be because) we may actually be perceiving more threat because the body is in an energetically drained state because of western materialistic culture. disconnect drains energy creating the feeling of 'emptiness' which is even further below loneliness.

Frequently perceiving threat everywhere, subtle forms of paranoia, is actually damaging to the community and interferes with survival. Yet it happens all the time. (For example I feel threatened by a guy giving me a 'weird look'. But he may acutely just 'look weird.' The weird look is a reflection of the persons low energy and not their anger towards me. Low energy looks like anger but it isn't. It's important to recognize that many people are in this low energy state, and make the assumption that most people are not angry at me or offended.)

The low energy state can mean I am more likely to have negative thoughts. the emptiness I feel inside (or the threat mode) gets projected onto the reality around me. I am more likely to view everything with a critical eye. Or an air of cynicism. In many cal sees I am more likely to look for opportunities to show that I am smarter then someone else. my energy is low, so my body is actually in threat mode, my very self worth feels threatened, feeling better then someone else appears to resolve the threat, but it actually does not.

We tell ourselves stories about our reality that have an energetic life of there own.

Everything becomes reaffirmation of a negative reality.

Worrying, negative thoughts, and panic, will actually drain energy. It creates a charge that effects the people around me as well. The low energy state and energy drain of worrying on top of that can aurally (temporally) reduce blood flow and synaptic electrical firings in the brain. (A life of worry can reduce synaptic connections)

Often if something has me worrying. I try to take pauses. Allowing my body to relax. the blood flows though my body and more gets to my brain. I"m able to

make more clear designs. Things pop into my mind that wouldn't have if I was drained by worry.

Enough worrying or negative thinking can acutely distort my perception of reality (which may really be distorted by living an entire life in the low energy state)

It can lead to decreased synaptic firings, this create a sink hole, a tunnel of negative thoughts. bring fieriness decree. fear increases.

the negative thoughts link up to other negative thoughts and close in like a circuit, it feels like a conclusion, but it's foundation is coming from a limited level of body energy, I don't have full access to my mind. (Drawing conclusions out of fear.) (like a computer gone haywire) I can no longer recall many of my own positive experiences. positive memories that might shine the light to the way out.

I start drawing very strange conclusions. Like "a woman could never love me". or "life has no purpose". It comes to me like a 'realization' accompanied by a deep pang of despair. Going anywhere or doing anything feels exhausting, because I project this negative reality onto everything I do. I simulate negative experiences, a negative result, before I even move, and that alone drains my energy.

It is natural for the mind to simulate something before I do it, the struggle here is that my mind no longer has a positive feeling reference point.

The goal is not to eliminate negative thoughts. (there are people in the world that do 'corrective thought therapy'.) this is actually a double negative. I am not removing thoughts. **I replace negative thoughts with positive thoughts and good feeling experiences.**

There are cases where groups of people will gather to discuss why 'life has no purpose'. This can be called Nihilism.

If I asked you weather you wanted to have a life of Nihilism, or to have a life of great sex and or romance, which would you choose? **When I'm enjoying myself, suddenly the question of weather or not life has a purpose doesn't seem as pressing or consumingly important.**

(Can the *intellectual conviction* of a Nihilist be gradually broken down by the charm of a vivacious woman who takes him to fun places? Sounds like a good movie.)

The depressed person may have no motivation about life, but in many cases they have no problem playing video games in a way that is quite engaged, etc. I believe that the best solution is to find a way to create and express that same sense of enjoyment socially.

I believe that finding this social life hang out environment can become just as effortless as playing a video game is for some.

I am supportive and encourage someones talents. When someone is struggling, it seems instinctive to worry about them. However approaching a depressed or social reclusive person with worry and force will create significant negative energy. It will teach them that begin around people is inherently uncomfortable and give them more reason to avoid.

Such negative conclusions "life is suffering" are not completely unfounded, the way we relate perpetuates disconnected and status oriented, not 'already loving' society. And yet, being pulled down by a negate conclusion, it makes it harder to see and receive the beauty and possibility that is all around me. (more description) In a safe society people will never reach this ultimate low. This happens because no one feels safe in relation to each other. Instead of targeting individuals, I can create safety inside the entire group. This is community, the thing we need so much. This felt experience of community, may change the individual forever.

(Understanding the meaning of I 'already belong' will lead to more sexual opportunities. There are people who have 'too many' opportunities for sex. Others who don't have any. We are attracted to the energetically satisfied person out of instinct.)

'Thinking positively' on it's own is not a complete solution. it is important to have friends and relaxed fun in my life, taking practical steps. thinking alone is not a complete solution. It is important not to deny myself unmet needs in an effort to be 'optimistic' about a problem.

Depression

Notice the 'low energy state', or depletion or drain, is not the same as *depression*. In the case of depression negative emotions compile on top of an already 'low energy' state. It is a even lower level of body energy then the typical low energy drained state. An ultimate low combined with sadness, an absence of hope or a reason to have hope.

Maybe 'I' had a few fulfilling times briefly long ago in my life. But because I've never actually experienced a feeling of real lasting fulfillment, *I don't even know that it's possible*. **I have no point of reference.**

Or I no longer know the way back. Maybe I've had a good experience, but I think it is purely about external things, I think my value (my good feelings) is conditional to all kinds of things: success, status, having a beautiful companion, things that become beyond my reach.

I begin to believe that reality is *inherently negative*. "This is just the way the world is and always has been (for me at least)." I might think. "Life is suffering."

The low energy state may actually be the norm in many cultures. Making depression more likely to arise.

Depression and cynicism, It's like living in the Matrix. It's all around me (this fear and low energy) but I can't see it. It's inside me, but I don't know it could ever be another way. To me it just **is**.

When Neo leaves the Matrix. He sees how much suffering is in the real world. When I'm in the artificial world of materialism, like the Matrix, I can no longer perceive the suffering of others (as much), the disconnect, the loneliness, the fear. I see the negative sings of others as a reflection of myself not being good enough, and not of a greater than me suffering. I can't see the fear or social absence that is behind the material focus and other problems that manifest.

I'm -constantly- over focused on either the pleasure cycle, my own feeling of emptiness, or high aspirations that will bring me success and validate my social worth. Notice these high apparitions, when coming form a place of not knowing a already belong, may be nearly as unhealthy as the Pleasure Cycle. The effort, the stress, the social disconnect, of what I think I need to become, is a constant drain.

In the movie, the world outside the Matrix is a barren waist land ruled by machines. They are called the Sentinels. Like mechanisms of fear. Insecurities that have a life of there own. Insecurities gone wild. (Sort of like girls gone wild, but with no sex.)

When Neo sees the suffering of the real world, it is intense. At first he can't accept it. And yet at the same time, somehow the real world feels right, he can no longer turn away from it. Embracing the truth gives hope of curing the emptiness of the artificial life.

(I believe that the mind works through comparison, so I use the power of metaphor in this book. Fun things are more memorable.)

In a room of happy people it is harder to remain depressed. (When my grandma was struggling, we'd fly her over (on an airplane) to the house. she would sit in the living room and read. Her mood would visibly improve (each day) just being around a regular flow of friendly people. In this case not even having to leave the hose to be a part of it.) Even if my conviction that 'life has no purpose' for example, is very strong, in this environment, some of the community energy will still reach me.

My mind has created a reality based on the low body energy perspective. When enough energy reaches my heart, I make new positive memories, and begin to remember positive memories I forgot. Eventually the good feelings outweigh the bad. I no longer fear or project a negative future. The source of good feeling is consistent. Instinctively I seek out health environments and things I enjoy again.

The self empowered solution is to develop a conviction that I will give 'belonging' a shot. I will try it out for two weeks. Going to a few new places. brining a friend with me. trying to make new friends. gathering the friends i already have. finding new relaxed ways to be with them. new ways to have fun. looking for possibility in life. believing in the good. (I can retrain the brain, but it is important to be in environments that allow the heart to feel. I am not solely brain focused. when the bodies energy is too low negative thoughts becomes more likely, fighting off these thoughts can become harder. At times I may physically need to give the heart 'some air' so to speak. a new place or way of being.)

Thrill Seeking

I believe that because of Play or the 'Value of Variety' / like a type of 'energetic adventure', it may be possible to get a **high** even off negative or stressful experiences. (Now I'm picturing the villain from the anime series Full Metal Panic. He thrives off fear. He gets a high off the adrenaline, the feeling of his life being in danger, and the thrill of finding a way out of tight places.) Even putting my life at risk can generate an energetic thrill for many reasons. Electrical charges that stimulate the body. even creating a type of perpetual motion. Thrill seeking. Some (many) people make a living off this. However doing this is not at all sustainable as a primary means of creating energy. It will not creates the highs that inherent belong, receiving community energy, will.

Seeing a negative experience positively I can actually generate a certain amount of energy.

But this does not mean I should willingly suffer or allow negative behaviors to go on.

Greed

Notice that things like greed and insecure thoughts have the same underlying cause. (In my mind vs heart living images) They are both rooted in social absence and fear.

The reason for that is because Greed is a social insecurity. It is based in fear. A phycological complex. Not unlike hoarding. (Like a mental illness. Like the loop of a computer program.) Greed, an extreme (or fully actualized) version of the Pleasure Cycle. I'm filling a void that is never satisfied. (This stuff makes me cry tears of sadness and hope, for people I don't even know.) My energy is drained by my greed habit, and I'm no longer able to feel (perceive) human worth. It's actually quite sad.

For many it's thinking that my status, the love I receive in the community, is conditional to 'having wealth'. People who don't have wealth may also be likely to think this. Like the 'greener grass'. Wondering if wealth will fix problems that are actually caused by not feeling that I already belong, not having secure attachment. However it is important to have enough money to meet basic needs, food, housing, including needs of community and play, and many people to not have this.

For others material things feel 'safer' then people. Like the kid who keeps stuffed animals instead of friends. A material object won't glance at me the wrong way. In other words, they don't feel **safe** with people.

It won't insult or betray me. I believe social fears are often exaggerated by fear, well they are fear, because of fear we take (perceive) things personally that we not indented so, or are a sign of the other persons similar fear.

Notice this is a compassionate view of Greed. And may be more accurate then seeing certain people as 'evil souls'. Greed is a complex that arises out of group love absence and fear.

Note, it may take a lot of community power to resolve Greed, an insecurity of this intensity. (…) We must create safety in the community, in order to allow the

compassion instinct to arise and reengage naturally. (The capitalization is for emphasis)

It's better if I start with creating more safety in the places that I already have it. Before tackling bigger global issues. I start small before I get to people with more intense complexes.

If the greedy person actually felt how good being connected to the community feels, it would be hard to go back to their former life. They would feel intense confusion as the old way of thinking battle with the new.

To the 'socially satisfied' person, living the way of greed would feel like dying. *This is because greed is dying.* Greed is damaging to the body over time. Note, i'm talking about an extreme valuing of material things over people. This is more than occasional indulgence. Valuing unfulfilling material things over people (and over play and creativity), being socially isolated for very long periods of times, not even having fun, just consuming pleasure and collecting wealth, and the stress of maintaining this complex, will deplete my energy and gradually shorten my lifespan. (Thought people who have money in olden days will live longer then people who die of disease. Having money also gives me the advantage of not having to suffer a depleting job. …)

In ancient Egypt they buried pharos in pyramids along with all there wealth and possessions. (sometimes the servants were killed and burred along with them).

Greed is like a tomb full of stuff.

(In the books the Hunger Games, you have the superficial and wealthy society of the Capital. And at the same time, you have intense suffering and poverty right next door in the 11 Districts. The greedy person is focused on improving my social status, so I can't see the suffering my insecurity unintentionally creates in myself and others. I'm not only talking about the suffering of poverty and third world nations. The material focus makes me suffer, and the people directly around me. A materialistic culture creates suffering even in people who want nothing to do with it (wealth and greed), they are also impacted by the loss of community. Pulled into the pattern.

In third hunger games book they heroes begin to rebel against the superficial greedy Capital. However they find they have confusion about their approach to the rebellion. How do they portray their hero? what do they stand for? You could say that the factors that gave rise to the superficial society in the first place exist right there within themselves. As long as they are influenced by fear and unbelonging, such a place could come to be again.)

Notice that Greed and Social Isolation may have many of the same consequences to the body. This book is not a description of a fair world. It's a descriptions of one that isn't. But consider that even the greedy person is suffering. Even in the case of the uncaring (the 'asshole') person who becomes popular and successful, even this person who has it all, may not even be able to perceive and receive the true beauty of the world around them, by in their fear of caring for someone, fear of being hurt or exposed.

However with awareness alone that this exists, there is already hope for a happier world.

Belonging vs
Not Knowing I Belong

If a child is frequently looking at the ground and has a serious or contemplative (or slightly worried) expression this may mean that they don't know they 'already' belong (in relation to people).

The contemplative or slightly worried expression comes from using there mind to earn there belonging, they are trying to think up a way to enter the conversation.

The serious or stoic quality is created by the energetic drain of (a life of) disconnect. Not being connected to the 'already there' social energy current. This person is disconnected from a massive source of energy, they have never felt it, so they don't even know it is there. This 'serious' quality is not a sigh that they "don't care", or don't have empathy. It is a sign of significant suffering.

I am afraid of someone looking into my eyes, because if they do I feel I am supposed to 'offer' them something, an important or funny statement, etc, to show I understand them or to keep them entertained. I am not used to just looking at people. I don't know that I am 'already' valuable.

The child that doesn't not belong is instinctively waiting for signs of admittance from the group. Or spending lots of energy to earn this admittance. Connecting on high energy moments, but not in-between. They may be spending a lot of energy thinking up ways to enter the conversation to earn this admittance. For some (many) it is this mode of 'always trying to 'keep up''. I think that

comprehending the entire conversation and having intelligent responses will lead to the feeling of being loved. I focus harder and harder, but it is always unfulfilling.

This trying to 'earn' my belonging creates the expression where the eyebrows furor together. I am drawing on more brain power, to come up with something clever, to illicit a high energy response form others, but it is stressful.

Instead of just enjoying the conversation. Sitting back and 'Soaking it up'. Just looking at people so they can feel me, feeling me listing to them.

I am trying to earn my belonging. On top of that, others who don't know they belong see this -furrowing- expression as confirmation that they also 'don't belong'. "I'm sorry I must have offended you." They might say.

It's like a **mirror of un-belonging.** (*this is a big phenomena that is happening everywhere.*)

Sort of like a mirror that reflects a part of ourselves we can't see.

I notice one child like this in many families. A child that has no sense of belonging. It is with people, but has no felt sense that it matters.

(They are often identified as having neural disorders when the underlying problem is more basic and heart related (energetic). When I understand that I can relax and receive social energy it enhances neuroplasticity, even in the case of actual brain damage, understanding this relaxed fun way of 'already mattering' while being with others will greatly increase my ability to generate new cells. All healing ability increased. I am now connected to a massive source of energy. Social medicine. It wasn't till very recently in my life that I became aware of this. I wasn't relaxed around people, and I wasn't receiving this natural energy.)

It is difficult to create belonging when even those people who've 'crossed the energetic threshold' into belonging don't understand what actually caused this to happen. It's almost accidental.

In these situations the love instinct was able to outweigh the stress and disconnect in the community, practically by chance. When there is less community it is difficult for this energetic threshold to be crossed naturally on it's own. Many people do, many people don't, the dispersal is almost random. People who know they belong are 1000x more likely to produce children that do. People that don't really know they belong often produce children that don't know they belong at all. Most people fall in the middle. So you have a lot of luck and happenstance influencing the environments and friends people meet and what direction they fall to.

It is possible to 'learn' this (if you read, refer back to, and practice this in different settings) but others may only believe it if it comes about through experience.

The child that knows it belongs is more likely to make eye contact, without any sense that they have to 'earn it'. **It will make eye contact regardless of weather words are begin exchanged.** It may make eye contact with total strangers all the time. It doesn't see subtle negative signs in others as a reflection of itself having a problem. It has a positive feeling reference point of connection, so the negatives do not shake its sense of belonging. It knows that eye contact tends to feel good.

This child listens to its needs. It feels free to have fun while people around and is not self conscious about how it expresses itself. This child will even tune out a stressful person, distinguishing between what it likes and doesn't. If this child is hurt it will express it's feelings.

If the 'not belonging' child is hurt it may not tell anyone. It is used to bearing pain and empty feelings, it believes that others will find its pain insignificant, that others don't care. It doesn't want to burden others with it's pain. It holds these feelings to itself.

If something fun is going on or people sound happy **the child that knows it belongs** will often immediately glance towards them. The child that doesn't 'belong' may feel fear. Eventually they shut off to protect themselves and become socially numb. No fear, but no belonging. (my diagnosis of Haruhi Suzumiya) Social indifference.

The person that doesn't know they belong will get stiff when they walk into a room of people, and may try to avoid eye contact. They feel uncomfortable with eye contact.

They may connect in sudden high energy spirits, over emphasizing high energy because of fear of the the in-between, the negative, the uncertainty. This is deceiving because it looks like belonging but it isn't. On the surface it is happy but the person is terrified of loosing the connection.

They never make it to the other side, they never reach the place of energetic fulfillment and ease with people, so **they don't even know that it exists as a possibility for them.** We spent our live looking for alternative routs to becoming connected.

(I frequently make eye contact with strangers, or am comfortable being in there gaze and with uninominal eye meetings. Nothing bad has ever happened. It has lead to many positive interactions. People feeling safe to share something funny or personal with me.)

(Even after I began to understand that I 'already belonged' with people, I was still meditating for hours every day. Even though my instincts already understood the feeling of belonging, I thought my value to others still depended on the meditation, the original absence based insecurity had compounded on itself, taking the shape of meditation, it was a psychological complex. I call it the 'Enlightenment Ideology'. I didn't realize that a lifestyle focused on stillness with no play was actually draining my energy. I had people in my life, but I wasn't making new friends or having fun. I was very still every moment of those years, and it was actually making me exhausted, not able to attract new people or have fun. I remember having a conversation with a friend, a dancer, "it's like my energy is been mysteriously draining away, but I don't know why" "maybe you have an energy vampire" she said, in all seriousness. I said "I don't know what it could be." We takes about what food i was eating. we talked about the people in my life. she said to eat brown rice. "Hmm maybe, I'm not sure." I responded. "I know if I meditate more I can get my energy back" I said to her. This is the scary part. It was like a blind spot. I couldn't see that the stillness was actually the drain and not the cure.

She said in compassionate contemplation "It sounds like you're tying to *make yourself* feel." I thought 'make myself feel, that sounds like something I would do.' (as in being a bad thing) "I don't know" I said. I was deep in the stillness mindset, it had gone on for years, and I couldn't see out of it. Hours of mediation was adding to the paralysis, a characteristic I already had originally from the energy drain of social isolation. Now I had moved more into the social field then ever before, but I was still holding onto insecurities from my old life, things I thought were giving me an edge, but were actually diminishing my natural presence. Insecurities I didn't know were insecurities, taking them with me at ever turn.)

Arguing

Arguing is the fight response. this is a form of expression and is actually healthy then the 'shut down' sate, the person who has lost emotional relation, also tide to the 'freeze' state. Fight flight and freeze. Being paralyzed, when all solutions seem wrong.

Often we go into fight mode because we feel threatened, in other words, we don't feel safe with others in our lives. I believe that most arguing happens because we don't feel safe with each other, we don't know that we can just feel safe. everyone is in fear, afraid they have done something wrong, we feel we are being questioned, at times our very human worth feels questions, so we lash out to defend ourselves, when the persons who seemed to insult or question our goodness, may not have meant to do so at all. They are afraid and can't see the full picture either. I am afraid, so i am more likely to take things personally that were never meant to be so.

At times arguing can be a type of flirtation and is actually energetically healthier (and more likely to produce relationship) then energetic absence or indifference. I've seen it create attraction. The secure person knows that arguing does not effect there basic worth, their social value. Not that arguing is inherently good. But it's very important to know if there is arguing, that my basic wroth as a human is not effected. (I've seen families that argue produce healthy charismatic children, and ones that try to be 'perfect' produce stoic disconnected children.) The freeze response is more energetically dangerous then the fight response. The fight response (anger) can actually be healthy and encouraging to self expression. (Water Crystal Experiments) The biggest problem comes from an **absence** of community. Not from an action done wrong, "did I do anything wrong?" but from a general something that **isn't there**. It 'isn't there' because I -don't know- that it already -is- there. The natural connection and safety never has time to arise. Ironic. **My constant need to validate myself creates an anxious energy that effectively cancels out or negates my own inherent positive value.** This inherent value I already have is subtle, but important. It's subtle, but it is there. It is calm and consistent. Accomplishing a lot without an effort.

There are times when arguing back is better then being shut down. It shows the other person that I am strong and may even be (is) attractive to the opposite sex. It is better then shutting, down and feeling I don't matter. All humans matter, because of the bodies inherent energetic value.

When we feel safe in relation to each other. When I know that I am 'already good' already safe. then i take much less personally. I can express myself in a joyful way. even if someone insults me, often it is not intention, and I learn not to take the other persons complex personally. That person didn't know they were insulting me. we are all struggling, and we say strange things all the time. I can see how much everyone is struggling now, and I know that most often, people don't mean to insult me and imply that I'm bad, not motivated, etc. **When others treat**

me harshly, this is just because they treat themselves harshly. It is the only way they have ever know to get by. I start to feel compassion for these individuals.

Romance
(Guys meeting girls)

Initially when I am approaching someone of the opposite sex, they may likely be in an 'on guard' mode. Women will be more likely to be 'on guard' because often in our society men tend to be the approaches.

I may see her disinterest and interpret this as 'they don't think I'm cool', but the reason for this disinterest is **actually** that the woman is trying to protect herself, she doesn't feel safe.

There are a lot of ways I can go about a 'pick up', meeting someone:

1. There is the energetic value of my presence when I am relaxed, not trying to 'earn' my approval, or hunting for signs of approval.
2. There is the energetic value of my words. when i am not 'overthinking'. but more light and cheerful.
3. There is the energetic value of being stimulated. People like a certain sense of adventure. In terms of conversation, this is where the linguist (right term?) can use his skills. A good conversation is an adventure from an energetic standpoint. I see conversation as a form of play, self expression. It is important that I relax and allow my presence to hold her attention and not just the words. I don't worry about getting caught up in comprehending complicated topics. The energy is more important.

Often before I even start talking or directing conversation towards her, I've already created safety with the entire group. Your eyes alone have a significant power to do this. The group can benefit your energy.

If she is alone this will still work. I approach with a gentle melodic rhythm, unassuming, not trying to impress. It's not about impressing her, as I thought most of my life, it's actually about making her feel safe. As it is about feeling safe myself. Feeling safe in her gaze, in her presence. Feeling worthy to meet her gaze. Knowing that I am worthy.

Place

Also it is easier to approach new people, meet women, in a place where people tend to gather, a public place, party, farmers market, even a mall, etc. More people will provide more energy, as long as the environmental conditions are satisfying.

Any place is possible, if I create safety between us, but some places are easier to work with then others.

An energetic Wing Man
or Woman

Having someone with me can boost my energetic influence, and thus my ability to create safety with others, and feel good and secure myself.

the Approach

I don't depend on 'signs of approval'. I can just 'hang around'. My presence may befit her, even if she doesn't 'register' it in an obvious away. Often even when the woman likes me she will not be obvious about it, this is because she is protecting herself, she doesn't know that I am safe, so she is afraid to act too inviting.

Even if a girl (person) actually rejects me, a huge part of social proficiency is not begin effected by this. I know that she wasn't interested. But even still, her negative tone is still not actually a reflection of me and my basic goodness. It is often most likely a sign that she is 'on guard'. I know that I am a good person, even if I was turned down. She doesn't feel safe enough to see it.

I find moments where our eyes seem to want to meet. When she **responds** to me, or even to someone else in the group I will meet her eyes, to show I am listening. We are all talking in the group case. Often girls are in groups.

It is important that I don't actually -think- when I meet her eyes. (At least, any thoughts I have are slow, relaxed, not trying to accomplish anything). If I think too much it will actually put stress on me, draw my energy in words. Often I'm -overthinking- because I'm afraid she 'won't be entertained'.

When I take this opportunity to just look at her without thinking she will feel some of my energy. This over time will create safety.

First Hangout / Date

Notice it can be a blurred line. Maybe we meet, where having such a great connection, that we launch into an adventure or date level of intimacy right there.

When i feel the good energy between us feels steady, I ask her "We should get a coffee sometime!" Or "It would be great to hangout some time."

Notice there is no label in this case, as i've tended to go. Defining it as a date can create a kind of pressure, but this doesn't mean there isn't attraction, girls don't like to go too fast. If I'm going too fast for her, it's often equally a reflection of my own fear of losing her, that makes me pushy or controlling. Out of every date that I've been on, I don't think a single one of them was ever called a 'date.' Yet there was kissing, handholding, emotions.

When I comfortable just being in her presence, I am comfortable just hanging out with her, I don't feel I have to constantly impress her or 'keep up' the conversation, that she likes **just being with me, even when she isn't obvious about it on her face.** I remind myself that I am **deserving** (I don't let her expressions tell me that I am not). Even if he expressions seem kind of neutral. I know that I am a voluble person, just being me, my loving soul. Committing to this, this idea that I am already awesome, then it is easier to relax more deeply while in her presence. I am **deserving**. I am comfortable just looking at her. I am comfortable with pauses and silence at times. I don't feel I have to do or be anything to impress her. I am not assaulting her, I simply know that I deserve to look at her. I don't need to qualify myself with something 'important.' I deserve this human connection, is another way of saying that I 'belong'.

She herself may likely have a similar struggle, we are all products of this same age, this time of disconnect. she likely also feels she isn't deserving in the way she relates to people in general. but when you allow this natural face to face looking to happen, it will gradually beginning to feel **good**. her heart has the same feelings and instincts that you feel in you. it is natural and there. you have to relax enough in each others presence to allow it to happen. it takes time. but the feeling grows. I don't have to convince her to love me, or impress her into loving me, gradually she begins to feel it. *looking* at others in general may not be normal for her either, but deep down her hearts wants it, even if it is unfamiliar at first. i see these insecurities even in 'confident' people. few really feel fully safe and deserving of this natural human bond. this natural animal bonding wants to happen, it's in us all, yet isn't not often the way we see reality in the West.

I express myself because it feels good. But there is no effort spent trying to impress. It just feels good to talk. Other times silence feels good. Other times it feels good just to listen. I don't have to worry about what my response will be. Just to go for a walk. Committing to being relaxed can me that sometimes subtle let downs may happen, but in the bigger picture she feels safer with me. If i am always trying to 'keep her happy' then I never actually relax.

There is fun in everything. I find a pleasant enjoyment in the things we do and places we go. Like David Dangelo says everything is an adventure. we go to the supermarket or mall, and it is an adventure. "oh look at this!" "that's cool" "what is that" "that remains me of this." I'm not seeking her approval. I'm just creating a light rhythm of fun. (I don't agree with all of David D, but he's thought a lot about this topic, I agree with some of his insights, others after trying relentlessly with mixed results, I've come to have a different feeling about.)

The talking could be thought of almost as just an excuse to bring us together, like a ruse. On the surface we talk about whatever, and then this energy emerges between us, this bond of safety.

I am comfortable just to be near her. Just to notice my environment. I learn to feel relaxed in her presence. I can look at her, I can meet her eyes. I don't have to 'earn it'. This is actually a natural human thing. Over time we feel safe with each other, increasingly closer.

Soon we are relaxed and she feels comfortable in my gaze, she may be so realized that looking away for too long (breaking the connection) actually feels uncomfortable. This is what our bodies *want* to do.

Personal conversation:

I am comfortable asking her about her life. About what she does. Her dreams. Just asking her simple questions. Knowing this is good, it won't offend her. Follow up questions.
I don't (necessarily) need a 'high' response from her. it's the same thing. any response is good. she's offering me back information. I continue to check back in that I am calm. I can get pretty deep pretty fast like this. You can balance the deep and the cheerful. People like play (a expressive fun or cheerful quietly) even in the hard times, it can bright the mood. but I also show that I am listening, and not dismissing. my eyes show this. It's not about having a 'smart response' it's more

important to simply be there with her over time. To look at her to show I am listening. but not necessarily thinking about anything. it feels good just to look at her. I can find moments where I can 'get away' with just looking at her. with the right balance it starts to feel good for her too and it's scary any more.

I lest to her, I allow myself to be reminded of things in my life, and express them just because it's nice to express something. There is a musicality to my voice. it's not souley about 'what' I'm saying, but just my calm playful quality in general that helps us both relax.

This pacing, this playful or humor quality, this not needing to impress, over time, being with, looking at her without thinking too much, this allows us both to relax in relation to each other. When I am relaxed, I am more likely to notice what she is feeling, feelings she may have deep down but not show overtly. I know what she is feeling behind what she says. I can perceive much more because I am relaxed, emotionally calm, now without the stress of needing to impress or 'keep up' the conversation. Conversation just happens when it wants to. Expressing myself feels good.

Because I'm relaxing, not trying very hard, I notice more, I am more likely to notice things about her: if she is hungry or tired but not telling me, if she want to sit down, if we both could use a walk, etc. These things don't have to do with intellectually impressing her, but they have a lot to do with helping her feel safe.

When I am relaxed and comfortable in ration to her, just looking at her, etc, feeling deserving to look at her, I am more more likely to notice when she may want me to *advance*. Something she may feel but be too shy to tell me. I notice what she is really feeling, feelings she is afraid to show.

When my body and nervous system is relaxed, I start feeling a lot of emotion. I see a bird or a dog or a child and I think 'that is cute'. I see something familiar and I think 'that is cool'. *This seems insignificant.* But to the heart it feels good, and it helps the nerves relax.

Because I'm relaxed, I look at her just to look at her, and because I'm relaxed, as I look I *feel* emotion. I start to feel a lot. She feels my emotion, my presence in and of itself, and she feels a lot of emotion to.

I don't have to try. My feelings are powerful, and now that I am relaxed, for the first time, she feels there power, and I feel the power of her energetic presence as well.

Heart math research shows that when people stay in face to face relation and are in a relaxed state, their hearts actually beat in sync. They enter a state of

'coherence'. One person feels joy and the other person heart mirrors that rhythm, one person feels sadness and the other person heart mirrors that rhythm.

When we are in relation, I may feel like kissing her, and she will feel like kissing me. Within her, she has the same instincts and feelings that I do. I don't have to convince her to kiss me, I don't have to appeal only to her intellect. When she feels safe with me, when her nerves relax, she will feel attracted to me, the instinct is already there. Too often it is blocked by the stress of feeling I am not already good enough, or that I am not deserving.

I can get close with virtually anyone when I understand safety and play.
If there is some reason why she cannot be with me, now or ever, I may already feel great just having the energetic benefit of staying in relation to her, and feeling this comfortable. Doing this with one person, I become more attractive to other people, and feel more comfortable doing it again.

(I once went to the gym with two attractive girls who already had boyfriends, just to be work out buddies, I had no real chance with them, but i realized it felt great anyway, and by the end of the day a girl actually followed me out of the gym into the smoothie place and started talking to me. At the time I didn't know I deserved it.)

When I am totally relaxed being with her and also when looking at her face to face, then I am more likely to notice what she is feeling behind the words she says.
If I ask her to kiss and she says "no, it's too soon…" then I notice that maybe she didn't feel safe yet. But she's not saying that she doesn't like me.
When she doesn't feel safe, it is harder for her to feel attracted to me.

This is making me think about the meaning of language itself. Words can also be a from of play, having an energetic value. It's important to notice the energetic value and not just the intellectual. There may be a 'thread' to the conversation, but often it feels good just to laugh, just to talk about anything at all. so i learn not to get too caught up in complexity, if the priority is safety and play, the social energetic need.

With safety and play, i express myself unembarrassed, i don't have need to impress, i am already awesome, my presence alone, and natural desire to express of the sake of fun, is beneficial for her. even the silence is good, just my presence alone. we relax and allow the feels to naturally arise between us. i am deserving to look at her, I allow her to feel she is deserving of this bond too. the feelings and

instincts are already inside us. we go on a walk together in a fun place, because it feels good, for both of us. We chat, we hang out together. greatly we become closer, feelings become stronger. I ask simple questions. i tell simple stories about myself, but because it feels good to talk, it feels good to relate, it is important that what i say is not important (haha). we relax and hang out, comfortable with face to face, looking away, looking at each other, noticing where the eyes feel like going. being in relation feels increasingly natural. soon we may kiss. we feel safe to tell each other things we've never told anyone. we are so relaxed, so free to express weaver feels good simply because it feels good. We feel safe to feel whoever we want. Safe to gaze. We are in love.

Teasing

I use the word 'teaser' instead of bully, because so much of this teasing or 'putting down' is verbal, or even non verbal. Physical bulling will happen to. But the subtle teasing and bulling is less noticed.

Children will often tease each other as a way of creating status within the group. (The teaser or bully creates an artificial community of status, the attention of insecure people.)

This may make me look more confident, but it is probably because the entire group is insecure. They are looking for a leader.

While victims of teasing and bulling will learn to avoid. making less eye contact. testing creates a false confidence based on hierarchy, dependent on being better then others, which means that I don't know I 'already matter'. at the same time it creates a community of avoiders. people who 'aren't eager' to be insulted, they feel there time is better spent elsewhere. they learn to avoid eye contact. And they loose the beauty and freedom of community and meeting different types of people. Other times these people are terrified.

Adults have their own ways of doing this. Having self worth that is conditional to status, because I think I need this sense of status to have community value, I am often unintentionally or intentionally putting people down in the way I speak and act. (For example saying something like, "If you're not successful, it's because you're not working hard enough". Prioritizing hard work over having an emotional bond.) The younger generations mimic this.

"Look how good a student I am!" one says.

The other then feels bad that they don't have the recognition or right of admittance. So they study harder and harder. But they are never as charismatic and loved as the first child that has a greater sense of belonging, taking time to relax and have fun. The first child is more likely to make eye contact, without feeling a sense they have to 'earn it'. It takes less personally, because it know's it is already valuable.

I'm not blaming adults, they are equally victims of these same global patterns. (The road to hell is paved with good intentions) (**The over focus on competition, materialism, and hierarchy, breeds insecurity. Instead** of making us more skilled and intelligent, it drain community power, draining love and creativity. It creates depression, schizophrenia, crime, etc.) We are like these 'intelligent minds'

racing around inside a society of primitive patterns of fear and trauma (of not belonging). Like 10000 sunken cities beneath the sea. We are all brilliant, yet lost beneath the sea, intelligent, yet afraid just to look at each other. The focus on intelligence actually encumbers us, from having a much more basic animal connection.

"So lonely inside, so busy out there, and all you wanted was somebody who cares." Michelle Branch. This describes Drain and Stress culture, which is born from a lack of safety and play in the community.

If I see the adults and teachers who 'have the answers' as also potentially being insecure, then it is easier to listen to my own feelings and notice if something really doesn't feel right.

Instead of feeling guilty all the time about my 'motivation problem' or my 'social problem'. I learn to love myself. An insecure mind focus intensely on problems and forgets to relax and have fun with others. It tries to solve to problem, instead of knowing that I 'already matter.' We can be conditioned or influenced by society to be overly problem and productivity oriented, which makes it harder to relax, have fun and let naturally enjoyment arise.

(A lot of things I say have a double meaning, in that they apply to both the individual and the group.)

Teasing has energetic benefits, it gives me the support of the group, and when i'm board out of my mind, it can be a form of entertainment. People are looking for anything to do with themselves. **Individuals reep these small benefits, and the community as a whole is depleted.**

These put downs can be very subtle. (I'm picturing young people again now). people may not realize they are even doing it. People want to show that they are smart or with it. It has an energetic quietly of being quick or snappy. Or maybe i'm rolling my eyes. Trying to show there worth, and unintentionally making others look less worthy. Neither party is satisfied. Some feel inadequate, others feel board and alone.

I become socially powerful when I learn to see that these put downs are actually the result of the other persons insecurity and not a reflection of myself. (Notice in the case that the person is actually intentionally insulting me, even then it's still not a sign of **me** having a problem. It's still more a refection of them then me.

Teasing creates a type of trauma, **so I am more likely to see and anticipate negative expressions or dull tones as sings of teasing, like post traumatic stress, often in cases when the person is not actually teasing or thinking low of me**. They man not be thinking about me at all. And yet, weather the person is teasing me, or I just think they are, in both cases, the seeming negative is not a refection of myself.) The fact that other people may seem to 'back up' the one putting me down is reflective of an insecure society. This insecurity is so large and all pervasive that I can't actually see it. That's what's truly scary. When everyone is telling me I'm 'not cool' or 'not smart' 'slow' or 'weird' that seems to give it reality. Like a perfect illusion, I never even know the fear is there. I never notice they are just as insecure as I am.

These energetic lulls and dismal tones (dull eyes, snappy or stressed comments, on and on) that often seem to happen, may actually be the reflection of a larger absence in community. Most of it is not intended.

When I don't respond to the teasing, sometimes I may even feel a sense of compassion or love for the teaser, knowing they are trapped in this paradigm of constantly proving their worth, I rise above the entire paradigm. The instigator sees that I am not effect and that I am actually still energetically in relation with them. **They may even begin to feel an instinctive yearning to be my friend.** by not responding to the attack I create a calm and consistent atmosphere, something unlike anything they've come to expect, that creates instinctive feelings of safety between us.

The 'attack' you could say is a type of bluff, if I know that I am already worthy (already cool and worthy of friends) then the words can't actually hurt me. the words only hurt if deep down I feel I have a problem and don't belong (as many do).

Other times it may be important to tell them "what you're saying to people isn't cool." (…) Ultimately, notice this 'teaser' has never really felt loved.

I can also learn to feel proud of my unusual qualities. This instantly flips me into a 'already cool' status.

If I simply ignore the teaser, they continue to feel inadequate and keep teasing me as (to fill the void inside them) I walk away. But this is much better then feeling like my worth has been hurt.

When I have community (friends) my body is in a more satisfied state, and teasing won't effect me as much. In this place of power it's much easier to have compassion for the teaser. I can create stronger bonds with my eyes alone then the teaser can ever create with there insults.

Gossip

Girls gossip and create drama because it satisfies an energetic need for play and stimulation. Chatting at work does this too. **The need for play is finding ways to manifest itself.** When suppressed it can manifest itself in destructive or subtly harmful ways. Rebellious children is another example. Drama may be invented from undramatic situations for purpose of energetic value. However drama gossip (and rebelliousness) can do harm and spread false roomers and distrust. Yet I can't stop it from happening. The underlying problem is the need for relational play and safety not being met in the community. It instead can expressing itself in distractive ways. When we crate more spaces for safety and play, and or more people demonstrate these characteristics, energetic satisfaction spreads to the community and the absence never gets to the point of manifesting destructive tendencies.

Giving Birth

I believe that high amounts of stress during and before the birthing process can lead to a difficult birth and damage the baby. I don't mean the normal stress of giving birth. But I mean additional stressors, loud notices, glaring lights, blank or boring rooms, frightened people.

And most importantly, If I'm not taking care of myself in general.

If the husband wants to be with his wife during birth process, he should know that just his presence alone is valuable. Just physically begin there. If he feels that he is supposed to 'coach her' doing that may actually be stressful (this is similar too… thinking i need to assert my worth because I don't know I have it already.). It

may be better just to be there and or hold her hand. Remember that your presence alone has inherent energetic value to others as theirs it to you. (Like the girl the guy just wants to 'be with'. Just 'being with' her is what his heart wants the most. It's not as much about the words she's saying. That is inherent worth. Someone can feel that way about you, if you allow it.)

If I don't know that my presences alone has energetic value, then constantly think that I have to prove my worth through talking and action, being a problem solver, **the amount of energy I always spend proving my worth, creates a stress vibe that effectively candles out the positive energies naturally being emitted by my body.** It diminishes the effect of my inherent worth. I never experience my own inherent worth. By constantly proving my worth, it keeps me inside a self fulfilling self perpetuating illusion. I never experience the feeling that I already matter.

"He kept coaching me to 'breath', and I was in so much pain, I just wanted to hit him over the head" I woman reflects on the birthing process.

It's important not to be afraid of stress. At the same time I can take piratical steps to make my life and environment less stressful and more 'fulfilling'.

(Note this is not a complete description of the birth process. These are tips from an energetic standpoint.)

A child may be able to recover (completely) from significant birth damage, in the right environment and right lifestyle. (regenerating sign cant damage may draw on the stem cells within the body, naturally doing this I can completely regenerate significant damage, but the source of this cell regeneration is not infinite, it will take some time off my life span. maybe a year. which isn't a lot next to decades insecure and disconnected ways of living may take off of potential human longevity. (The stem cells in the body can only replicate a limited number of times starting from there beginning in embryo) In modern society + modern medicine benefits we are living longer then we ever have, but if you factor in all the drain and stress it's hard to believe that this is anywhere near our full potential.

Babies

Babies will often cry or shriek seemingly unprovoked, in a seemingly random way. They are calling out for the energetic need. They may be responding to an absence of group or community energy. Or an absence of joy or fun. Or something about the environment, a need for light and color. They are not responding to anything that happened, they are responding to something that didn't happen. Like an energetic starvation.

Understanding the babies needs may help me understand more about my own needs.

We know that toys help our babies. Energetics shows that play can acutely generate and feed the body energy. Forced stillness can deplete it. Energy is motion. We are vibrational creatures in a vibrational world. (vibration is the way living beings counteract entropy, decay, so to speak) I can't see this vibrational world with my eyes, on the surface things appear solid and separate, when they are actually sub-atomically in constant motion, as well as constantly exchanging energy with each other.

Female Body Image

The woman's physical appearance gets her attention. If she gets mixed attention she becomes concerned that her appearance may be off. (She is seeing these subtle negatives as a reflection of herself. However It's less about physicality and more about energy.) So instead she focus more on improving her physical appearance.

However in actuality being concerned with her appearance isn't what made her attractive to begin with.

Her community makes her attractive. It's her energy.

This 'over focus on the surface physical' is another byproduct of seeing subtle negative signs or expressions of others as a reflection of ourselves, why we need a sense of inherent belonging and play.

Absences of belonging and community lead to an energetic drain that influences the bodies development over the course of years. I am cut off from a major source of human energy. The effects can be horrifying, partially in that the cause is not noticed or understood. I develop other complicated or painful solutions to fix problems that arise from something as basic as not knowing I belong.

For every 'beautiful' girl there are 10 (or 100) whose bodes are too energetically depleted to reach physical maturity. This beauty is as much energetic as it is physical. The energy is not something I can force, it has to arise on it's own. This depletion comes from an absence of community and fun. (A 'beautiful soul' tends to physically look better too. There can be exceptions.)

For guys low energy has costs too.
It is unattractive to women and others.

The eyes of a low energy man on a woman is seen as being a 'creeper'

The eyes of an energetically fulfilled person on a woman is exciting. The person is seen as 'cute'. The woman enjoys the attention and feels noticed.

All of this makes sense from an energetic perspective, but not a surface physical one.

Many people find other ways to maintain their energy, art, etc. But it is not (half) as powerful as belonging, having safety in relation to people.

'Working out' (for women and men) will build muscles and burn cells, but it will not directly build community or create inherent belonging. **It is important to notice subtler energetic sources of satisfaction and not overwork ourselves to the point of burn out.**
However enjoying the feeling of attention actually will make you more beautiful. This is actually the feeling of receiving bioenergy. (this biolight energy travels at the speed of light) It is good as long as I'm not stressing myself in order to get that attention.
Getting some of this energy can be as simple as hanging out in places that have people, or a lot of people. Cheep ways to get that boost. I get just a bit more of that effortless glow. If I know I have it, I know it is attractive to others. What I'm telling you sounds like a hack. It almost sounds too easy. Like a strange door I never knew I could open. (like the saying "the eyes are the window to the soul") I spent so much of life thinking I had to work my ass off for success, but it was a

huge misconception, still in saying that I risk offending a lot of people, this way of 'hard work' thinking is very reinforced (this is general advice, but many of these problems have the same underlying cause). But does suffering really lead to happiness? We treat our problems like they come from a lack of motivation, when they actually come from a lack of love, and a lack of feeling safe. Love for ourselves and the community.

This advice applies to men and women alike. A lot of these problems may be rooted in something very similar, the undercurrent of 'not knowing I belong'.

It's true that a woman can be physically beautiful but she may 'hate herself', but I find that these women tend to look malnourished. (Bones develop more fully but skin and muscle suffer.) Not because of what they are eating or how they work out, but because of the energetic drain caused by not knowing they belong in the community. They are disconnected from a source of relaxed free energy.

'Not belonging', for women, can lead to anorexia as well.

(Notice 'Not belonging' doesn't mean that I don't belong. It means that I don't *know* that I belong. It means that subconsciously and instinctive I don't feel I already have worth to other people. *I don't realize the awesomeness that I already am.*)

A guy may tell her that 'You look great' but they may be low on community energy themselves, so deep down she still doesn't 'feel it'. A person tells me that I belong, but deep down I still wonder if I do. I can either choose to believe that I do, I have to decide it for myself. I can look in the mirror and say "you are beautiful." Or if I create safety with enough people, then I will truly feel it. And I can share this feeling with others just by looking at them.

A beautiful woman will get lots of attention, often desperate or needy attention from men in the community that can be (or at least feel like) a threat. (In a community of low energy, we are all in the Pleasure Cycle, and sex is often looked at like a drug of brief pleasure, instead of an expression of love.) All this attention most often will not actually lead to (community) feelings of safety (and the natural relaxed play) that produces belonging.

A secure women can receive all this attention and use it to become even more powerful. People end up feeling lucky or satiated just to look at her or have a brief conversation. She feeds off this attention, and enjoys it.

She knows how and when to cut off neediness, **and** at the same time she is not afraid of it. There may be real possible dangers, but living in -constant- fear of something as basic as the gaze of others is even worse.

Ive seen many 'shy girls' in College come into a feeling of 'social power'. Suddenly they are getting lots of attention from guys and girls, and they don't know why. It actually becomes a good thing. There not used to it, but it feels good. People look to them to be the leader.

This often happens at Camp, and at High School but not as much (College tends to encourage more freedom and diversity of expression), however many environments don't encourage this level of community.

Performing Arts

I am a performer. When I play I play for the energetic benefit to my body instead of the final product, the 'impressive melody'. I notice that the notes on there own improve my mood. I feel how there vibration effects my heart. just play notes that feel good, it's almost '*stupid*' actually. Just enjoying the feeling of a simple notes. Particularly in doing this in front of a few people or many. Because this allows the body to relax, and receive the energetic befit. It doesn't seem like i'm producing anything important to the productivity mind. Yet this simple enjoyment is what allows brilliance to arise naturally on it's own. the body is relaxed, receiving the musical variations, I myself as a vibrational being. it just feels good. I receive the energetic benefit. Trying to produce something 'intelligent' is actually a form of insecurity. Just relaxing and enjoying a few simple cords, actually takes confidence. just enjoying.

If I focus on a final product, an impressive result, i may have an ulterior motive. it create stress, my focus is on creating a brilliant masterwork for the benefit of the audience, yet i myself can't relish and enjoy the feeling of the notes.

When performing in front of a group. Music for example. I notice an energy that flows between me on the audience. It can make you nervous to have all the eyes on you. But that is also a massive amount of energy and attention that you can

reap the benefits of. Relax and allow the energy to uplift you. Notice good feelings that may come from being in front of a crowd.

Pace yourself and perform in a relaxed way. Weather talking, signing, playing interments, performing comedy. Make direct or indirect eye contact with the audience. Notice energy that is built up over time. Don't feel pressure to create 'all the energy yourself', let the group carry you a bit.

We want to feel empowered from within. But if we draw too much on our own inner power during a performance we can strain our voice. Wanting to hit those high or sophisticated notes.

Instead of impressing the audience with an elaborate or clever performance, I pace myself. I am in an energetic exchange with my audience. Even if I don't actually say anything to them. I am aware of the power my voice and human presence alone have to energetically effect.

the **heart** of
Charisma

Confident Assholes, Nice Guys that Finish Last
and Accidental Enlightenment

      Terms like 'confidence' or even happiness, can be misleading as goals, because you **can fake both of them.** It becomes hard to distinguish between the real and the fake. The feeling and the forced. We convince ourselves it is real. On the outside it looks real. This show of confidence can seem appealing, or get seeming results, (people may respond well out of a sense of feeling they should be polite, they feel the fear energy behind it) but it always ends in burnout. In society we value 'being **assertive**'. "Hey you, speak up!". We train people to be 'Confident,' but not to be gentile. We encourage this overtly or subliminally it is implied. Yet this assertive quality involves a kind of self harshness. 'Try harder, be positive' we use our minds, our will power to get things done. We effort and force ourselves into being, into 'confidence' sometimes it even scares people into attention, yet, because we are 'trying' so hard, others can feel that, it sends and 'effortful' vibe of strain that reverberates through the community, the group. Even though it comes from the right intention, this 'assertive' forceful quality can actually scare people away. We do it, we -force- ourselves to be social, because we don't know there is another way, something more ***in-between***.

      This in-between way. It is to learn to relax, to feel safe and light hearted in the presence of others, safe simply being in the gaze of others. Others may seem somewhat indifferent to me, but that doesn't mean I have to effort myself into standing out. to earning there love.
      There is a way to just 'hang out' to just hang around, that is actually quite powerful.
      The key, the scary part, is knowing I have to feel safe to expose the 'low energy' 'flawed' 'un-shiny' self. (as described in the first chapters of the Human body Manual) I have to expose my flaws to be relaxed before others. Sometimes it may seem like I'm letting others down. Like I'm not answering all there *questions.* Yet when I don't feel like I have to be quick and with it, and comprehending complex important topics. I can just let down my guard. relax. I can look at others, without having anything important to say. this takes more courage. yet it's what the heart wants, theres and mine. this allows us to feel safe, it allows connection to emerge.

Once I was getting to know this girl, Jess. It was one of my more successful times getting closer to a girl of this attractiveness. I was at a yoga retreat. I thought she was pretty and walked right up to her. "The food is good here" was my opening line. I just gazed at her, found stuff to talk about, and soon we were having an intimate meal in the grass, talking about philosophers, I just quoted audio books i had been playing on the car ride up here, any excuse to generate some conversation content. We had a few meals together over the course of several days.

Then suddenly she become unavailable. She's avoiding me. She was harder and harder to get ahold of.

It took a lot of courage and assertiveness, and calmness even to try and understand what I even wanted to say, but I got my thoughts together. I thought, well maybe i was never good enough for her, I haven't been good enough for so many girls. but it occurred to me, if it was the case that I was never interesting or cool enough for her, then why did she spend all that time with me, why did i have that positive feeling with her that she seemed to have too?

So I went up to her. "Hey jess, I enjoyed our time together. We were getting along before. But I haven't been able to get a hold of you. From then to now, what changed?" I asked.

And this is what she said "bad vibes. bad vibes. bad vibes!" That was all. It was a shock. And yet, somehow it explained the mystery that had haunted my romantic life, or lack there of.

She was exactly right. …She also told me I was "unconfident." But the irony was that I was *obsessed* with **confidence**. My effort to constantly be confident, to generate important smart conversation to be cool enough, it was darning, not relaxing at all.

What I really needed was not this forced effort, this show of confidence, what i readily need was a feeling of safety, knowing I already matter. to be kind to myself, while being with others. to feel worthy to simply gaze at someone, owning that they themselves might not even feel worthy to gaze at me. To just show up and be with her, to say just enough, to be light and playful, to give it time to allow the body to form on its own. not to use words as the prime means hold her interest. to let the bond form itself. to explode the self that 'doesn't know'. To not feel I have to 'know' something informer to look at someone. to just laugh and have fun because play feels good. play for the sake of play. This relaxed place of safety, safety in the gaze of there, is the foundation that allows charisma to arise.

Terms like 'love yourself' or even 'inherent belonging' are like place holders, for me they are closer to the truth of our nature. They are gentler terms,

describing humans as crates of love, safety in relation, and play. Yet they don't completely describe what goes into this.

Looking at a charismatic person from the outside there can be the illusion that it is their skill with words that is the source of their power with people, when actually the energetic satisfaction behind this is far more essential.

To be blunt many ugly, unintelligent, and also **uncaring** people (assholes) can become socially very successful because of this, this ability to **not care** about negative signals hacks the system and allows them time to receive social energy, putting them in a place of power.

Such is the meaning of the phrase "nice guys finish last". the guy who reaches for the high energy connection, waiting to be accepted, is never able to relax on to the more in-between feeling level that creates safety between people.

But we can have it all, the caring soul and the social magnetism. I just have to relax and receive. I show that I care in a more subtle way. Instead of pumping up my energy to say "yeah!" to show that I am listing or that I agree with someone. I first allow a more calm energy foundation of safety to arise when getting to know someone. **This approach of calmness seems like less, when I have a heart that cares so much, but it is more conducive to safety, it is more sustainable.** I want to show the girl or guy, that I like them. But it is more important that I create safety with her. Eventually this leads to stronger and more sustainable highs.

Socializing begins to feels so good that it becomes instinctive. I seek out people **from a place of wanting instead of a place of 'should'** or from extreme desperation.

These assholes or uncaring people may be the result of emotionally despondent communities. Or from families with an angry or abusive parent. Maybe one parent is loving and the other is abusive. They know the good feelings can happen, but they have to protect themselves at the same time.

They still got the benefit of the community energy (having people around) but it never made it to emotional relation. They protect themselves (from getting betrayed) by not caring. But because of that they never learn how good it feels to care about someone once safety **is** created.

On the topic of the 'unintelligent' man who is socially very successful (and gets lots of women), I am reminded of the book "Brave New World" where if I remember, there is an orderly society of geniuses. The protagonist, he is into this girl. He feels this sense of not quite being loved back, (he's probably only making eye contact if he feels

he's said something intelligent or clever, as his society conditioned). He feels her growing more distant.

Meanwhile, there is a small group of 'wild men' who accidentally fell outside the society decades ago. They have spent generations living in the wilderness. The main characters pick up one of these wild men and try to reintegrate him.

The girl finds she is very attracted to the wild man and she doesn't know why. Soon she is wanting to take care of him, and live with him.

(The main character is probably distraught. Feeling even more clueless.)

…The wild man lives in touch with this feelings in instincts, and has no concept that his attractiveness to others has anything to do with his intelligence. In this case the insecure genius spends all his energy feeding her intellect, but the wild man feeds her heart. It's actually quite simple. But for the genius, it's illusive and intangible.

A 'confident' person may still feel fear, but the avoidant or anxious person feels anticipatory fear, they start having fear well before they actually arrive and meet someone. The mind exaggerates it. They haven't experienced the **good feeling** that naturally emerges over time, the good feeling that is on the **other side** of the subtle dissonance of insecurities. The good feeling that arises over time when I relax and have fun with others. There may be small energetic threats in a social space that can create real feelings of fear, people asking too much of me, needy or insecure people, but these threats a extremely minor, partially if I can learn to disengage form neediness. I seem to let people down at first, but by relaxing into my own rhythm, I give them my much more genuine, relaxed, intelligent, and happy self.

Even if one person is doing this it can be incredibly power. One person who understands safety and play can shift a massive group of people. However the wave dies out, because the individuals in the community see that one person as 'enlightened' and not as a quality already within themselves.

It is better if we find ways to let everyone know that they are 'already' beautiful. And feel less proud of being the 'most' beautiful or successful.

No mater how great the following the individual gains, it will eventually die out, if others don't see it as a quality 'already' within themselves.

Jesus said to "love thy neighbor" perhaps that is the reason so many believe in him even now. It wasn't exactly about him. We need an idol, and yet the idol is within. *(This reminds me, I used to picture a tinny Nora (a girl I liked) in me at one of the more confident times in my life. The idol is within.)* Christianity interprets him as they were able to understand him. they saw discipline and self sacrifice. but

who knows if anyone really understood his message, we interpret it as we are able. yet so many felt it, felt something.

When Darwin wrote the Origin of Species, the theory of evolution, he only used the word 'survival of the fittest' twice, he used the word 'love' seventy two times. Yet 'survival of the fittest' was the notion that took off, that was the level the people of his time were able to interpret him at. Darwin also described all animals as thriving in community and having a natural democratic instinct. In many cases it was not the strongest animals that made decisions, but the community as a whole through a process involving eye contact (alone).

When we unlock the stress that blocks us, we realize that the truth, this natural energy bond, is already 'within' the community.