

Forget Hollywood, Become Your Own Super Hero

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How bad is it? How bad do you want what you don't have? How bad do you want to have the good life that others have and you don't. If you are a prisoner, in jail, what do you want? If you are angry and mad at everything in the world, what do you want? If you are alone, hiding in a room never wanting to see the light of day, what do you want? If you are in poverty, living in filth, dirt, with never enough food or warm clothes, what do you want? If you are sick and in misery, what do you want? If you are depressed with nowhere to turn but death, what do you want? If you are on drugs or alcohol and your life is in ruins, what do you want? If all you do is go to work day after day after day with nothing to bring home, what do you want? If you are literally in jail or figuratively imprisoned within your own mind, and hate your life..... if you can't understand how to free yourself from your own poverty, mental anguish, and violence that are the iron bars that have captured your life of joy and freedom..... if you are a person wasting away in the gutter, without a home or friend needing to change your life then maybe you are ready to join the knights of old in their quest for honor, wealth, justice and freedom. If you are an athlete needing to win, or an artist needing to express or if you are a dancer ready to fly and to take a step on your own quest for success, empowerment and self-determination and being, then maybe you are ready to escape your worldly limitations and join the warrior knights of the future, the Jedi Knights.

We have evolved to be joyous beings, to enjoy life and to enjoy work. Some people have figured this out. They are writing their own story and you don't exist. If you really want to change and have, and do and be a different character in your own play. You have to act. You have to do something to change your life. You have to intend another existence, life, and story. What do you want? Use the misery and hardship of your unwanted existence and take a step and determine what you want, do, or intend to have, today. Today, find something that will make you feel just a little bit better. Find something that lifts you just a little bit..... something....

I was mentally insane with delusions and voices flying around my head. I was crying out for God to kill me. I blacked out and awoke with a rope in my hand to make it all end when a voice asked me, "Can you go on?" I got myself back into a mental hospital and stayed alive. I blacked out and awoke in a padded cell. They doped me on medications and I spend hours and days just walking the hospital halls. When released, night after night, I walked the deserts around El Paso until I ended in jail picking a fight

with the biggest man in the cell. A voice wanted me to stay alive and continue my madness in hell. I said, "I can." Another voice asked me "What do you want? Can you find something for yourself, today, under these miserable conditions, for yourself that will make you feel a little better, make you feel a little less pain? Can you do something for yourself today? And can you do it again the next day? And the next?" I said yes, "I can go on."

From 1979 to 1996 I kept 'going on'.... for or over 15years I searched for a path to free me from my own mental hell. Now, over 20years later, I am writing this to give you hope. I found a path, a way out of hell. I am happily married. I am happily retired. I am still learning how to enjoy life, but I am enjoying life. I found that success means bringing a "healthy attitude" to life and to the daily, moment to moment decisions, especially to the choices that are made on what to think and dwell upon. I found that a healthy attitude means having the desire and intention to choose ideas, thoughts, beliefs, concepts, awareness's, deductions, reasons, dreams, and imaginations that *feel good*. I found that people who are successful enjoy life because they have made a decision to focus on what feels good. I found that success and having what you want means learning how to feel better. I found that health and well-being are dependent upon focusing upon what feels good and that mental health absolutely depends upon the ability to focus upon what feels good. I found that problems occur when 'what feels good is good' attitude does not get out of the lower, reptilian brain, the part of us that evolved first, a kind of "if it moves, eat it" mentality.

The success of our teachers in life, whether they are our parents, teachers and other students in school, religious leaders, or bosses at work, or the powerful academia, political, and business leaders who set the stage for our lives, their success is in their ability to empower others with the skills and abilities to think and to feel good, and, to move thought and debate up into the mammalian brain. Here, 'what feels good, is good' mentality can evolve into broader and greater awareness of both short and long-term consequences, and, decision making and action can mature into greater complexity and imagination. And, 'what feels good, is good' can have a compassionate foundation for existence.

For those who have are not enjoying their ride in life and for those who can't comprehend how anybody can say "it's all good", may I recommend that you start using your emotional system as it has evolved to be used. You will get to a place where, "Yea, I *can* understand how it is all good". It is very unfortunate that the most influential people in a person's life may have imparted a 'impoverished' attitude of life. But attitudes can change. The brain can grow new circuits of understanding and awareness, and,

provide you with new abilities to meet the challenges of life, if you put in the effort. When I came to the point in my life when I understood that ‘where I am, is not my fault, but it is now my responsibility’ that is when life started getting better for me. It takes effort. But if you have the desire to improve and empower your own life, start using your emotions and understand that if a thought doesn’t feel good, it’s not. If what you are doing in life doesn’t feel good, it isn’t good, for you or anybody around you. You have to become your own ‘super hero’.

Life can become good! Here is a psychology and therapy for anyone to use. If you or you know someone whose life hasn’t been improving with the ‘help’ they are getting...Here is what worked for me. I know it can work for you. Become your own super hero and save yourself: <http://emotional-evolution.com/>.

Because every super hero needs their own mental super powers, <http://emotional-evolution.com/cognitive-emotional-therapy/> tells you how to get them. This latter section deals with the nuts and bolts that you can use to rebuild your own life into something wonderful, a life that you can enjoy and where you can actually feel good most of the time. The whole paper can also be downloaded for you to dwell upon at your own pace and convenience (check the menu bar). Good luck! “Life is a state of mind” (from the movie ‘*Being There*’). Make your state of mind one you like. It all can start with an intention to do something to feel less bad, today. With this one step, to do something to feel less bad, you will learn that you do have a power.....not the power of a victim, but the power of a warrior, of a warrior knight, of a Jedi Knight.

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