

Heart of Gold



A Guide To The Practice of Kindness in an Age Of Selfishness,
Lack Of Connectivity and "Global Cooling"

by **Keith Scott-Mumby MD, MB ChB, HMD, PhD**

Heart of Gold

A Guide To The Practice of Kindness in an Age Of Selfishness,
Lack Of Connectivity and "Global Cooling"



For more information about the Heart of Gold Project,
Spiritual Growth, Eternal Life and Deep Consciousness, visit:

**www.Supernoetics.com and
www.ScripturesInTheMaking.com**

Copyright © 2020 by Keith Scott-Mumby ALL RIGHTS RESERVED

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright holder.

Disclaimer

All content within this book is commentary or opinion and is protected under Free Speech laws in all the civilized world. The information herein is provided for educational and self-learning purposes only. It is not intended as a substitute for psychiatric, clinical psychological or professional advice of any kind. Dr. Keith Scott-Mumby MD assumes no responsibility for the use or misuse of this material.

In no event shall the author, Professor Keith Scott-Mumby, be liable for any consequential damages arising out of any use of, or reliance on any content or procedure contained herein. They

are for mutual enhancement and do not constitute a professional advisory level of understanding and skill.

Always consult your own licensed medical practitioner if you are in any way concerned about your mental health. You must satisfy yourself of the validity of the professional qualifications of any health care provider you contact as a result of this book.

Otherwise, enjoy this book and may your life improve forthwith.



Introducing the author:



Keith Scott-Mumby MD, MB ChB, HMD, PhD

Dr. Keith was born in the UK and went to medical school in Manchester, England (degrees ChB and MB are the British equivalent of an American MD). He now resides in the USA, where he is a naturalized citizen.

Dr. Keith has been at the cutting edge of alternative and holistic medicine for over 40 years. He was known in the UK and Europe as the world's "Number One Allergy Detective" (*Sunday Mail*, 1990), because of his pioneer work in the field of food and environmental allergies. He is author of 25 books, to date.

Throughout the last 40 years Dr. Keith has maintained a strong interest in spiritual experiences, deep consciousness, self growth and humanism. In 1994 he founded what is now known as Supernoetics®, an advanced science of mind and Being (from the Greek *noetikos*).

Heart of Gold is a medical doctor talking to you and explaining how kindness will enable us all to live longer and be happier. Better pay attention!

“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

Henry James, (1843-1916), noted American-born English essayist, critic, and author.



Heart of Gold: Introduction

I was taking my morning walk, the ear buds plugged in and listening to a music playlist called 1970s (pop music). After a few rousing oldies, Neil Young began singing "Heart of Gold" and I

started listening a little more attentively (especially when it got to the line: "And I'm getting old"!)



Neil Young, as he was then

I want to live,
I want to give
I've been a miner
for a **heart of gold**
It's these expressions
I never give
That keep me searching
for a **heart of gold**
And I'm getting old

Suddenly I realized I have been searching out the concept of a heart of gold for almost a lifetime. I'm 75 years old in a matter of weeks and I still have NOT given up! In the 1960s and 70s we thought we could change the world. We DID change the world. But not enough, I fear. Drugs swept upon the stage, people went crazy, crime exploded (there's always a market for forbidden substances; didn't prohibition teach us that?)

Meanwhile the Vietnam war was dragged out on the public media and we became inured to pain and violence, as killing and real-life murder were featured graphically on the small screen. Who can ever forget the moving footage of Quang Duc, a Buddhist monk, who burned himself to death on a Saigon street in June 1963, to protest alleged

persecution of Buddhists by the South Vietnamese government. John F. Kennedy said in reference to a photograph of Duc on fire: "No news picture in history has generated so much emotion around the world as that one".

But then there was also 1968 news footage of a South Vietnamese general summarily executing a Vietcong leader, unashamedly, in front of the TV camera. We had reached a level of public brutality that made Humankind seem like savages or animals.

And as for the poor 9-year-old girl, Kim Phuc Phan Thi, running screaming down the road after being drenched in burning napalm: it's probably the most iconic war image of all time...



*A South Vietnamese plane accidentally dropped its flaming napalm on South Vietnamese troops and civilians.
The terrified girl had ripped off her burning clothes while fleeing.*

Is that not the most comprehensive, though vile, summary of the whole process of war: young and innocent people hurt and killed, Nature raped, the Good Green Earth stripped and violated? I shudder to recall some of this. And of course, there was plenty more.

War Is Never Kind

The world seemed a sadder, crueler place. In truth, it was probably no more hideously violent than in the past. In the first half of the twentieth century there was the mindless slaughter of millions in World War One and the brutal cruelty of the Nazis and certain sections of the Japanese military in World War Two.

We began to hear the phrase "total war". It meant the slaughter of civilians, as well as combatants.

The only reason I feel I can share this last horror with you is that Kim Phuc Phan Thi (still known as the napalm-girl) moved to Canada, made a recovery of sorts, and in 1992 she was named a UNESCO Goodwill Ambassador. She attributes the switch to Christianity to have helped her conquer hatred and fear.

It had begun on a small scale in the 1914 - 1918 war; it flared in the bombing of Guernica; progressed to the firestorms in Dresden and elsewhere, killing hundreds of thousands; finally culminating in the unspeakable act of detonating atomic bombs over cities filled with non-combatants and that were not, in any sense, military targets.

The world will never be the same, alas.

Then, by the end of the millennium, terrorism had darkened our world. Hooded or masked figures would leap out of anonymity and start shooting hostages or blowing up car bombs in crowded streets. These cowardly "warriors" favored soft targets. They would rarely tackle fully armed troops; just women and children; shoppers and students; old folk and hospitals.

My Small Contribution

Well, recently I have been working on a major healing gift for Mankind and now you have it: **"Heart Of Gold"**. It's about being kind, it's about doing the right thing, it's about being caring, being honest, being courageous, being intelligent about things, actually... it's about having a heart of gold!

What's in it? Well, for one thing, The Golden Rule and The Platinum Rule

Everyone (I hope) understands the so-called "Golden Rule". It appears in all the world's religions and philosophies. It is simplest stated as: "Treat other people as you would want them to treat you," or "Do unto others... etc."

It's brilliant and simple in its logic. Why should you get special treatment if you are not willing to accord it to other people?

Even kings, queens and presidents have to acknowledge this one. Bloody and heartless rulers only last a certain time and then they are busted. And their first reaction when carried off

So, here was the great irony: the generation who coined the term "Make love, not war," was the first to see full-blown killing on TV. It became sickening nightly fodder. But we could always change channel and watch a comedy, or an old romantic movie. We, the generation of peace, had become hardened and uncaring.

to the dungeons is usually screaming for the mercy that they would not show to others.

Another way of looking at the Golden Rule might be: treat others how they would want to be treated, rather than how you want to be treated!

But there is a better twist to the Golden Rule, which Harvard professor Tal Ben-Shahar has christened "The Platinum Rule": ***treat yourself the way you'd like others to treat you.*** The Platinum Rule may be far more important than the way that you treat others, because inevitably the way that you treat yourself determines the way that you treat others. Be kind to yourself, honor yourself, and you'll find you do it automatically with others.

In the converse, individuals who are hard on themselves, bitter and self-critical, rarely make good travelling companions in life. They carry their self-hate poison deep inside but inevitably it spills all over the highway!

The Two Most Basic Needs

Back in 1965 psychiatrist William Glasser MD pinpointed what seem to me to be among the most fundamental of all human needs. These must be honored. These are the basis of Glasser's "Reality Therapy":

1. The need to love and be loved.
2. The need to feel that we are worthwhile, to ourselves and to others.

I think these should always be borne in mind and others helped to become secure in these needs or be helped in adopting them.

As Glasser pointed out, although the two needs are separate, a person who loves and is loved will usually feel that he or she is a worthwhile person and one who is worthwhile is usually someone who is loved and who can give love in return.

But there is an important caveat, with which I agree wholeheartedly: to be worthwhile, we must maintain a satisfactory standard of behavior.

That's what my **Gentle Person's Guide To Good Behavior** is about... (section 3 of Heart of Gold)

The final rule, #20, and perhaps the most non-negotiable rule of all, goes as follows:

Choose Love, Always.

In all situations, interactions, negotiations, encounters, plans or decisions, choose love. She is your friend. She is your very nature. You ARE love. To act against love is to deny your humanity.

Love to many may seem the soft option, something nice, warm and fluffy, into which we can retreat when we are hurt. But love, real love, is a tough warrior, resistant, hard as adamant, and cannot be hurt. When love is present and breathing, all will be well. Trust that.

You might think me naïve. But if someone doesn't think naïve thoughts, then only the selfish and cruel thoughts will survive.

With love to all,

Prof.
Still searching for a Heart of Gold!



Section 1. The Practice Of Kindness

*The quality of mercy is not strained.
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blest:
It blesseth him that gives and him that takes.*

Shakespeare, *The Merchant of Venice*, Act 4, scene 1.

These famous lines are the start of a powerful speech given by Portia while disguised as a young man, Balthazar. It could just as easily be read with the word kindness, instead of mercy: ***the quality of kindness is not strained. It droppeth as a gentle rain from heaven...***

Professor Harold Fisch, formerly of Bar-Ilan University, has argued that the words spoken by Portia were probably influenced or derived from Deuteronomy chapter 32:2, "My doctrine shall drop as the rain, my speech shall distil as the dew; as the small rain upon the tender grass, and as the showers upon the herb."

In another famous Biblical source, we can also see the power of kindness at work: "Though I speak with the tongues of men and of angels, and have not kindness (variously translated as charity or love), I am become [as] sounding brass, or a tinkling cymbal." [Corinthians 13:1]

In other words, notwithstanding highfalutin language and pretensions, life without the trait of kindness is just empty rattle and noise, heartless and without meaning.



Shakespeare had a soft spot for those who were merciful or kind. He considered it a befitting quality for kings and rulers, more so than their crown.

However, let's not lose sight of the crucial point made by Shakespeare, which is that kindness (mercy) is twice-blessed; it benefits both the giver and the receiver.

The practice of kindness is modern feel-good psychology, not just a religious admonition. Kindness is the self-nurturing option!

That's not to say we can get away with being insincere; offer ersatz kindness, to harvest good for ourselves. Pretended kindness, which is tempered with self-interest, is dishonest and in the end becomes mere labored courtesy. That's not what I want to write about.

I'd rather start from a different place, which is that kindness is a fundamental human trait. Piero Ferrucci, in his lovely tract *The Power of Kindness*, makes the point strongly, that we not only exhibit kindness, humans are hardwired for it: in a sense we are kindness itself. "We don't have to do anything to be kind, because we already are kind," he says.

Would that were true, as written. And I'm not saying it isn't. But surely it becomes harder and harder to find people who instinctually behave in a kindly way, in order to study them! The world seems to have become a tougher place, colder, harsher. Ferrucci speaks of "global cooling", meaning distancing and loss of human warmth.

What scientific studies have been done tell us that kind people are healthier, feel happier, live longer and have greater success in business. So there are great benefits to being kind.

But it has to be real kindness; sincere feeling towards others. Manipulative kindness does not work; it's a false currency. "Heaven save us from the fakes—self-interested politeness, calculated generosity, superficial etiquette..." Ferrucci says.

I highly commend Ferrucci's book. It says almost everything worth saying about kindness. Cliff Johnson, in *Science of Mind Magazine*, says of it: "If ever there was a time in the world that we could use this book, it is now." His Holiness, The Dalai Lama praises it. And the Dalai Lama is worth quoting: "My religion is kindness." What more is there to say, really?



Social Darwinism. Ugh!

Violence, bullying, greed and selfishness have now been glorified by a respectable scientific term: it's called social Darwinism, after Charles Darwin's model of "survival of the fittest". Social Darwinism has been used to justify imperialism, racism, genocide and social inequality at various times over the past century and a half.

Today, Mankind is facing a stark choice: the path of social Darwinism, using greed and grab, selfishness and violence against others. Or the path of kindness.

Many scientists, psychologists and biologists insist that social Darwinism, first championed by the 19th century philosopher Herbert Spencer, is the winning strategy. Nature is a kill-or-be-killed trial of strength, they claim. They do not take account of guilt, regret and bad feeling, of course!

But why should we listen to such talk? Their model of evolution is just plain WRONG! They won't admit it, but the proof is out there. They just sidestep the problem of the huge elephant in the room: according to all the archeological remains ever found, there has been no evolution; not as Darwin described it! New forms just spontaneously appear. Take the giraffe: no intermediate remains have yet been unearthed, showing giraffes gradually evolving longer and longer necks.

There were giraffe relatives with short necks. Then, abruptly, there were long-necked giraffes; very long-necked giraffes. There was no "natural selection" of favored variants. No in-betweens.

Biologists, who have been forced to confront this fatal anomaly, named the phenomenon "punctuated equilibrium". There has been no gradual change, just long periods with no change and then—bang—a new species, with new features. It isn't supposed to be that way.

Actually, a little natural selection does occur. But not enough to save Darwinian "evolution". It's a dead theory. For one thing it rests on random chance; no humans have lived long enough to be able to prove variants are merely random and not pre-programmed.

Even more fatally, there has not been nearly enough time for random chance plus tiny incremental changes to produce all the billions of species inhabiting our planet.

Now I am not a Creationist, meaning a Christian believer that "God" made everything. But I do hold that intelligent design, meaning life and consciousness played a part in shaping our world, is the only possible explanation for the prodigious growth and diversity we see today.

So we can set aside Darwinism of any stripe as a "proven" and inescapable part of life and living. It is not relevant. In other words, there is plenty of room for kindness as a life-affirming trait. It's a better model than violence and aggression.

The Bishop's Candlesticks

"The Bishop's Candlesticks", a play by Norman McKinnel, is an adaptation of a section of *Les Misérables* by Victor Hugo.

In McKinnel's play, a convict breaks into a bishop's house and demands food, threatening the bishop's life in the process. The bishop offers him not just food and shelter, but his sympathy too. Instead of being grateful, the convict steals a pair of candlesticks, the bishop's prized possessions, and escapes. He is soon caught and arrested by a sergeant, who presents him to the bishop. The bishop, however, claims to have given the candlesticks to the convict as a gift and insists he be released. This simple act of kindness restores the convict's faith in humanity and convinces him to go back to leading an honest life.

It is a very touching story. The lesson is that criminals cannot be reformed by punishments and ill treatment but by love and kindness. It's a core of my philosophy that everyone is basically good. But circumstances can so twist a man or a woman that they become wicked and use very bad solutions to get what they want.

Desperation will make devils of us all. Kindness will make an angel out of a beast.

The one criticism of this sweet story is choosing a bishop as the main protagonist. It implies that only a man of the cloth, or a deeply religious person, is capable of expressing such kindness. I hold that to be false. Kindness is simply a choice, not a career!



Kindness Is Not Weakness

No sir! Many people think of it that way. Some even fight to put one over on others, as a sort of macho standpoint. It satisfies some primaevael craving, presumably. I just shake my head sadly and think how miserable they must be: that sort of behavior will not attract love, or trust, or sincere companionship. They will not be helped when their hour of need comes. It's almost like living in an intellectual quarantine!

Nevertheless, be sure to differentiate between acts of kindness and being used a doormat by others. Stand up for yourself! You can be kind and

assertive when others attempt to profit from your kindness.

You don't have to be a Goody Two-Shoes. But if, once in a while, someone really needs a slap or a soft punch, why not do it the British-Irish way and shake hands and buy him or her a drink afterwards?

Violence is not part of the code. But prevention of harm is, and you may see from the next section, **2. *The Rational Of Kindness***, that NOT to act to prevent harm is just as much of a violation as to attack someone without reason.

It isn't About Money

We don't all have to be generous beyond our means. Kindness does not imply we should drop a ten dollar bill into the tin cup of any and every street beggar. We do not have to give away all our worldly goods to charity and live on what my dear father used to jokingly call "fresh air and excitement".

But we do have to grant that some individuals are sorely in need and may, as in the candlesticks story, turn desperate. We can be kind to such individuals. We can grant them their place on earth. We can even help out. It's a choice.

There is a curious thing I've noticed over the years: people with the least money are often the happiest. Perhaps it's because they don't have any ambitions. They don't see the prospect of ever being rich and so relax and stop striving. It could be a whole movement for kindness and good!

Not that I am preaching poverty is good. We all know that saying that when poverty comes in the door, love flies out the window. I am just saying that wealth and success don't necessarily lead to happiness.

In this context, I can't help sharing words that I love by Professor of Environmental Studies and Politics at Oberlin College Emeritus, David W. Orr: "The plain fact is that the planet does not need more successful people. But it does desperately need more peacemakers, healers, restorers, storytellers and lovers of every kind. It needs people who live well in their places. It needs people of moral courage willing to join the fight to make the world habitable and humane. And these qualities have little to do with success as we have defined it."

These are the qualities of kindness, I believe.

The “Christian Communism” I Saw

When I was a (very) young man, I took a short season of being the doctor on a remote Scottish island. One evening I was invited by some of the menfolk to join them in a fishing trip (just a small row boat). They seemed to know exactly where to find the fish. I pulled up about a dozen myself. In no time we had the whole of the bottom of the boat ankle deep in flapping, slippery forms.

Next day, I noticed a curious thing: when I went on my visits, every household on the island of sixty or so souls, had a fish. They had been distributed by the men and everyone shared the bounty. The old folk, in particular, were noticeably happy. I think it was more than just getting free food. It was the security and delight of knowing they were cared for and cared about.

I have since seen such sociable acts described as “Christian communism” (not to be confused with

the political dogma of current “Christian communism”). Obviously, it is far kinder than the harshness of doctrinal Marxism, which is supposed to be about sharing but, in reality, is about the elite few grabbing everything for themselves and pretending it all now “belongs to the people”.

This was real communism: everything shared and nothing really owned. It was truly “of the community”, as it should be.

Of course this is not a unique Christian boast and, indeed, hardly a general Christian way of living anyway. But some supposedly “primitive” peoples still live by these terms of reference. Kindness and sharing is, for them, the only way to survive. We must work together, to get each other through the hard times.



Trust

We have to be able to trust one another. Imagine this scenario, which confronted my wife a few weeks ago. She was travelling with heavy luggage. A kind man offered to help carry her cases to the top of the stairs (the London Underground system was never designed for world travellers—the are few elevators!) The dilemma was, is he trustworthy? What if he just took the cases, went ahead and then vanished with them?

That would be a pretty despicable thing to do, but we do know that drug addicts, for example, are desperate people when needing money for a fix. Desperation and kindness do not sit easily together.

All was well. There are decent, caring, kind people out there and he was one of them.

More recently than that, she was queuing at the post office with a parcel. It was a long queue and a hot day. It was a lot to endure, just to ship one small parcel. So she hit on the idea of asking the man in front to put her parcel forward with his. It had already been paid for and stamped.

“Do you trust me with your parcel?” the man asked with a laugh.

“Yes, I do,” said my wife. “But do you trust me? You’ve got no idea what’s in that parcel. It might be a bomb!”

“Oh, I think I trust you,” was the reply. He was very kind and undertook to post the parcel for Vivien.

It’s a simple lesson: we have to be able to trust each other, in order for kindness to flourish and grow.



Lying Is UN-kind

If trust is critical, it follows therefore that lying is not being kind. You deny the person the right to form a proper, intelligent response. You can make a person flounder or seem very foolish, by lying to them. They don't know what's going on. They have been denied the facts, the truth. No wonder their answer comes out silly, unpleasant or destructive even.

If you want your spouse, lover or partner to look foolish and act out of character, tell him or her a bunch of lies then stand back and laugh! But it's not funny really and is NOT kind in the least. It makes you the brute. He or she will sense there is something wrong but will not know what or how to put it right. You cheated him or her of that opportunity. It's a bit like putting out someone's eyes and then laughing at them running around bumping into objects. Horrible metaphor: but think about it.

People who habitually treat others this way (men and women) become very hard, defensive and filled with complaints about the way others treat them badly. But you cannot tell routine lies without damaging yourself. You will make yourself unloving and unloveable.

One of the things that's wrong with the world today is that lying has become endemic. Apart

from very few trusted close acquaintances, how do we know who is telling the truth and who isn't? Government propaganda is based in lies.

But big business is just as bad.

Thing is, lying is a kind of cowardice. There is something liars are not willing to face up to. Instead of running rings round the other person with falsehoods and baloney, why not work out what it is you are afraid of and deal with it!

And beware of so-called "white lies". They are still lies and will lead you into a trap. If you pretend to your husband that you like soccer or tennis, and fake interest when a match is on TV, you will find yourself having to make more and more elaborate excuses to keep the illusion going.

It can lead to a nasty jolt when he finds out that not only did you not share his passion, but you were being dishonest all that time. A double whammy.

And resist the temptation to tell him you didn't really like his favorite sport, just to "prick his bubble" or "teach him a lesson". It would be a very unkind thing to do—YOU dug the pit in which you find yourself.

It's Something You Do!

So, in the end, kindness has to be seen as an action. We talk about “being” kind. We should put the emphasis on DOING kindness.

There are plenty of opportunities in every day life to demonstrate our commitment to a world of universal kindness. Seize these opportunities at every turn and enjoy taking action with as much gusto as you would tackle a glass of champagne, or your favorite sports events!

Why not make yourself a list of gestures and work through it? Here are some suggestions, which can adopt or adapt:

- Give your bunch of flowers to someone who looks sad or challenged, rather than take it home and put it in a vase for your own pleasure.
- Let someone pull ahead of you in traffic, instead of trying to be competitive.
- Scribble the words “Choose Kindness” anywhere legal and not damaging (not graffiti). If there is any doubt, write it on a piece of paper and post it!
- Organize a clean up party. Get people together to remove eyesores and trash from a public space.
- Make a point of talking to someone who looks lonely or left on the side at a party.
- Send someone who deserves it a “Thank You” card!

- Pay for coffee and pastries for everyone at the office one morning (without implying everyone should take a turn at doing the same).
- Offer to collect groceries for someone, while you are at the store.
- If someone believes something is nice, take the time to listen and share.
- Give a spontaneous cuddle to someone, somewhere (anyone, anywhere!)

Beyond that, be creative. Think up things you know will give you a buzz. It'll lower stress and help life seem less selfish and unfriendly.

Finally, be kind to yourself. You have loved someone, been kind, have sometimes healed wounds, taken on a challenge, made a space more beautiful... Never doubt the preciousness of these acts. Each one makes a difference, no matter how small.

Remember the inspiring words of William James (1842 – 1910), the “Father of American psychology”.

I am done with great things and big plans, great institutions and big success. I am for those tiny, invisible loving human forces that work from individual to individual, creeping through the crannies of the world like so many rootlets, or like the capillary oozing of water, which, if given time, will rend the hardest monuments of pride.

Let's Keep The Movement Going

In the 1980s we had the glorious days of Anne Herbert's **Random Acts of Kindness and Mindless Beauty**. People were paying for everyone else's coffee in the line; putting money into someone else's expired parking meter; handing their lunch packet over to a hungry looking street dweller; stopping to say to a pretty girl "Do you mind if I stare a little?"; collecting litter and putting it in the trash bin, while on a morning walk; buying a rose and giving it to a stranger, with the words, "I appreciate you."

We need friendly connection like that; more today than ever before. The world is grown harsher, more selfish and far less friendly.

February 17th is the official annual Random Acts of Kindness Day but of course, random acts of kindness are beneficial any day of the year! The website: <https://www.randomactsofkindness.org> has plenty of inspiring ideas. Check them out!

If you'd like to try a FREE Kindness Unit with discussion task cards, a self-reflection quiz, a mentor text list, kindness activities page, a Random Acts of Kindness Journal, a character trait poster, kindness awards, and detailed teacher notes, go to [teacherspayteachers.com](https://www.teacherspayteachers.com). TpT were named one of the top 50 Most Innovative Companies in the world in 2019, and awarded the #1 spot for the education sector, by Fast Company. Get your bundle here:

<https://www.teacherspayteachers.com/Product/Character-Education-Kindness-Freebie-Caring-Freebie-Kindness-Freebie-1936559>

Go for it!

Kindness, remember, is a two-way traffic, it is "Twice-Blest": ***It blesseth him that gives and him that takes.***

Let's DO kindness!



Section 2. The Rationale For Kindness and a "Heart of Gold"

I have published my "12 Zones of Responsibility" (R-Zones), or the **12 Channels of Being**, elsewhere and often. I make no apology for repetition.

This thought structure is one of the most powerful properties in Supernoetics®. It gives life and breath to certain important principles, such as rationality, ethics, good and bad, wise and stupid, sane or insane and, yes, kind or unkind.

Any property which has such wide applicability must be close to the core of truth—and indeed, we in Supernoetics® feel that is so.

What are these "12 Zones of Responsibility"?

These are channels of living energy; spiritual dimensions, if you like; zones in which we

manifest our life force. You can think of this conceptually like a transparent overlay, which we can place across our lives, and see which spots, channels or zones are flourishing and which appear stunted, or needing extra attention.

Without these R-Zones we lack clarity in what we are doing, what challenges we are facing and, indeed, who we are. Most importantly, we have no quick path with which to respond honorably, intelligently and successfully. Life can so easily become a muddle.

There are twelve channels or zones in all—but that is not to say we should spend 1/12th of our time on each. That's crazy and wouldn't work. You will soon see why.

Let's list them...

Channel #1 The Inner Sense of Self.

That means your internal world of thoughts, emotions, memories, beliefs, your passions and dislikes, your personality traits. How you think of

yourself and your relation to All That Is. It's quite spiritual.

Channel #2. The Outer Sense of Self.

How you dress, cosmetics your use, what car you drive, which books you read, your selfies, playlists, blogs, etc. Are you neat and tidy? Messy but comfortable? Your Facebook page and other

social media would all encompass an outer sense of self. What does the world see when it looks in your direction?

Channel #3. Romantic Sexual Love.

There is always that very significant “other”, with whom we enjoy the deepest intimacy. Their special status we give the term “romantic”. It is not necessarily sexual at first, but generally it is heading in that direction. Even a flirt, or philanderer is working in this channel. All aspects of mating play, tease, sublimation (substitute sex), with or without procreation or contraception, belong in this channel. And, of course, today, one must acknowledge that some individuals find sexual fulfillment with a lover of their own gender (homosexuality is still channel #3).

Channel #4. The Genetic or Protoplasm Line.

Here we acknowledge our responsibility in respect of ancestors and progeny. It’s about the protoplasm line, running backwards in time and forwards, through our children, grandchildren and subsequent progeny, which maintains our place in the world. Even someone who never marries or has children still has a channel 4: there must be parents, grandparents, etc. That’s a family, even if all deceased and gone. And in the Confucian tradition, North American Indian tradition, and many others, the grandfather figure looms large in a person’s psyche.

Channel #5. Your Place in The World.

What are you here for? What have you done? What are you planning to do? The important question for channel 5, that which defines “your place in the world”, is not how much money did you make, or how many kids? The real question is: what will be present here in the world, which would not have been here, if it were not for you? It needn’t be skyscraper high in build, or a dazzling invention that saves a billion lives. Those who live quietly but spread their kindness and wisdom around them also have a huge impact on the world.

Channel #6. Tribes and Communities.

There is an accepted working definition for a tribe, which is just enough people together that it is possible to recognize all of them. That engenders familiarity. In practical terms, it’s about 120 people or so. Any more than that, we would call the association a community and these can stretch up to thousands or tens of thousands of individuals. The key point for a community is that all members share certain common traditions, beliefs, language maybe, and similar unifying ideas that together make them feel unique and somewhat different from other groups at large.

Channel #7. Humankind.

Moving outwards (and upwards) from Channel 6, we come to the larger issue of Humankind as a whole. We are involved—or should be—because if Humankind goes down, we go down with it! Mankind is one of the glories of Creation: in the words of Shakespeare, “What a piece of work is a man, how noble in reason, how infinite in faculty, in form and moving how express and admirable, in action how like an angel, in apprehension how like a god, the beauty of the world, the paragon of

animals!” [paragon: a model of excellence or perfection. Merriam-Webster’s Dictionary online] Woah! Hold on a minute. Are humans not also irrational, destructive, violent, greedy, stupid, selfish, mean and cruel? Yes, all of those too. Whatever the failings and paradoxes of human behavior, we are a part of it and we have a responsibility to improve it. This is one of our major R-Zones.

Channel #8. The Biosphere.

The biosphere means all living things; everything which is alive on planet Earth: viruses, bacteria, fungi, plants and animals (OK, a bit of doubt about viruses). We are part of that too and dangerously close to trashing it. What the fools exploiting our environment for selfish gain seem incapable of understanding is that if it goes, we go... but they go too! It doesn’t matter how rich you are: if there

is nothing to eat, nobody to talk to, no doctors or nurses, no transport, no books or entertainment, and of course no sex, so no offspring... basically no future whatever! It would be grim. You are as good as dead—and will be too, in a very short space of time. Such an utter wasteland is not survivable.

Channel #9. The Physical Universe.

This is the end of the line, in terms of material reality. Zones 10, 11 and 12 are all about mind and spirit. This final material zone is a very big one! It’s billions upon billions of galaxies, each with billions of stars, floating in a space that is so infinitely vast that it is almost unimaginable. We call it the universe, meaning there is only one such. But modern advanced physics and math

seem to make things pretty clear: there is probably an infinite array of universes out there, with an infinite number or YOUS, cycling in the infinite depths of time. Yes, this may be the final material zone but it also puts us firmly in touch with the nature of our being and the vastness that we call “mind”.

Channel #10. History, Thought, Language and Knowledge.

Notice this zone is made up of conceptual ideas. And also keep in mind that information is NOT knowledge. Information is just data—dust in the computer banks, not software, capable of running algorithms! But this is an important human level. It's about humanness in a way. History is a concept; a thought form. True there are plenty of historical artifacts lying around in the physical, some very old. But that's then; this is now, as the saying goes. Remains of the Cathars in southern France will not bring them back. The way the

Cathars survive to this day is as spiritual history. They are alive and with us, as an idea. Not surprisingly then, history takes on a sacred nature for many tribes and peoples. It is the concept of them and their existence. That includes me and others like me, by the way: I'm unashamedly British in origin and we had a proud and powerful effect on the world, for such a tiny island nation. Heck, we have even given our language to the world (disputed by France to this day!)

Channel #11. The Non-Material World, Spirits and Other Realities

Awareness of the possibility and diverse implications of the soul, or spirit forms, such as are endowed with energies to visit and impact on us here, both as carnate and discarnate "entities", is part of our 11th Channel. We ourselves, of course, are embodied spiritual entities. As Teilhard de Chardin wrote, "We are spirits having a human experience and not humans having a spiritual experience."

Here we enter the theatre of shamanism, ghosts and other realities (so-called).

We recognize entities and consciousness particles, which are not necessarily independent beings but certainly "think" and are aware. Science's usual term is alters (meaning "others"). Torrents of papers and books attest to this phenomenon, even if you are unfamiliar with it.

According to physicist Russell Targ, there is no longer the possibility of any reasonable doubt, that phenomena such as ESP exists [The Reality of ESP. A Physicist's Proof of Psychic Abilities, Quest Books, Wheaton IL, 2012, p. 12].

Science itself is predicting, instead of contradicting, the possibility of multiple universes, our own doppelganger in other realities and the validity of conscious intention in changing physical reality. What was a concept, a dream from former times, is no longer a metaphysical construct but it's in the world of advanced physics.

Channel #12. The Highest Spiritual Abstraction.

Energies directed to connection with the Creator of the Universe or Primal Consciousness are never wasted! It doesn't matter what you call this Channel (providing you leave others alone and let them call it whatever they want). In Supernoetics® we make no quasi-religious pronouncements—the 12th Channel is arguably the most important Channel but it is an entirely personal matter.

In fact the best expression for what we are dealing with here—avoiding provocative religious words and intellectual strangle markers—is “highest spiritual abstraction”. That sums it up nicely for me and I would ask you to start sharing this frame of reference, rather than get into

religious territory with discussions involving Supernoetics®.

The idea that you can condense down the essentials of Channel 12 to a few statues or “holy” images and a ritualized frozen text from the past is unspeakably nonsensical; yet that is the basis of all religions.

If there were such a “person” as God, he'd laugh his head off at the actions and attitudes perpetrated in “His” name.

If you want to use the word God, I think it best said that God is a state of Being, not a vindictive, grumpy, misogynistic, busybody in the sky.



It's Only a Model!

So that's the Supernoetics® "12 Channels of Being" (formerly the "12 Zones of Responsibility" or R-Zones).

One of the first things to say is that this is merely a convenient model. There are numerous other ways to divide up a person's life. But 20 to 50 channels would become overwhelming, onerous, difficult to remember and not very practical. Similarly, too few (animal, vegetable and mineral

for example, or me-versus-the-rest) is rather pointless. There has to be enough channels or zones to shed light on the complexity of living and engagement.

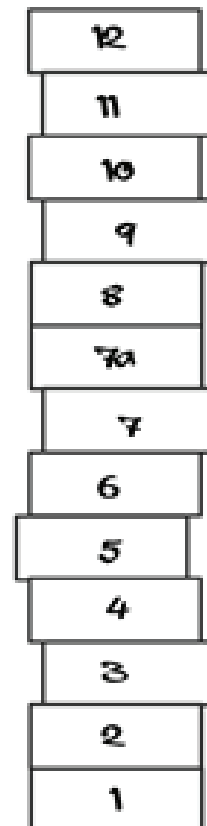
These 12 channels or zones have been very carefully thought out and tested, to benefit you most. All aspects of living are covered here, making it unlikely you will ever have to revise or add to them, once you understand them.

Some Graphical Representations

Several attempts to lay these out diagrammatically have met with varying degrees of success. The obvious starting place is as a stack:

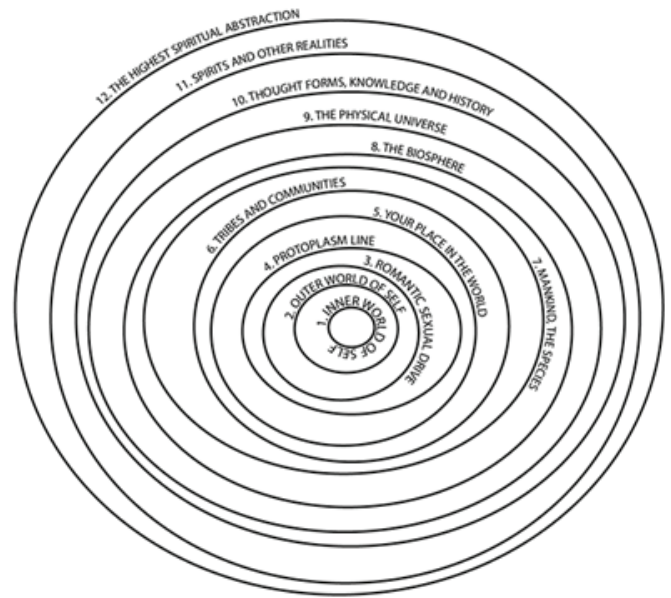
Thus the Second is above the First, the Third over-rides the Second - and so on, with the Twelfth at the top and giving purpose and meaning to it all.

This is a schematic only but from it can be inferred that, taking Life as the overall issue, one's self is not as important as the family and future generations; these in turn are not as important as the group, or the species; which in turn is not as important as all life forms; and so on. There is quite a persuasive logic to this.



Outward From The Centre

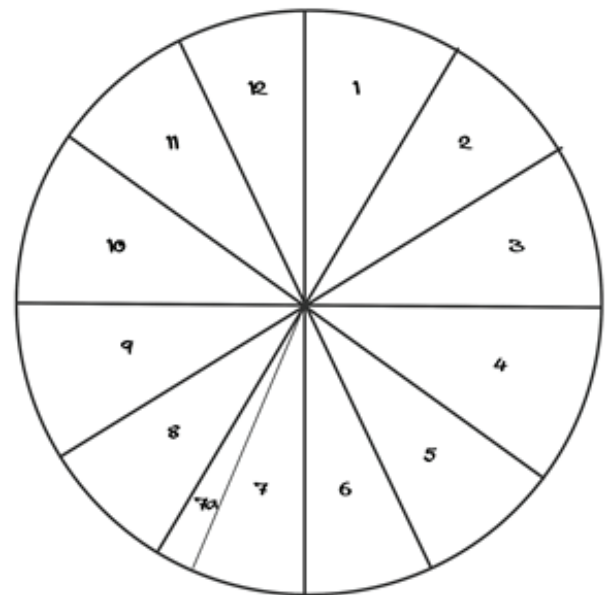
Not everyone would see it that way, however. An alternative view is to see the domains as concentric circles. The First is contained within the Second, the Second within the Third, the Third within the Fourth, and so on.



A Wheel or Clock

Perhaps the best insight can be gained from using the model of a wheel, rather like a clock face. The First gives effect to the Second, the Second gives to the Third and soon, round and round the wheel, the Twelfth leading back to the First.

This is the best way I can think of to remind ourselves that the 12th Channel is really the source of our self; our view of the 1st is derived from whatever meaning we ascribe to the 12th and from this flows all others. It becomes sacred. Thus everything stems from the 12th Channel - or the 1st - depending on the line of reasoning you use. The 12th Channel is really an image of the 1st and vice versa.



The circular argument itself is a rather nice and tidy logic. As if there was no beginning or end. But the sequence of movement and growth is what it is all about.

So Why Is The 12 Channels Model Useful?

Understanding the many aspects of life, we can make far better decisions as to what is good or bad behavior; what is moral and immoral (right and wrong); what is sane or just plain crazy.

Basically: goodness, sanity, rationality, kindness and fulfillment lie in producing the maximum benefit for the maximum number of individuals in the maximum number of channels.

You might think this sounds just like the writings of English philosopher John Stuart Mill (1806 – 1873) and you would be right. Mill wrote about ***“the greatest happiness” principle: the most good for the most number of people.***

Mill in turn got this notion from an earlier English writer, Jeremy Bentham (1748 – 1832), who called his philosophy “Utilitarianism”, because it

expressed the best or most useful way of doing things. Bentham is amusing, because he invented a hack he called “felicific calculus”! Sounds weird or mathematical but not so: felicific is just an old-fashioned word to do with happiness (Latin: ***felix*** = happiness; woman’s name Felicity). The calculus part just means you count up the FORs and AGAINSTs (PROs and CONs) and then make a decision based on the numbers!

Put simply, Bentham said this: “it is the greatest happiness of the greatest number that is the measure of right and wrong.”

Using the 12 Channels model, we can do the same: an action is good, rational, kind, worthy or ethical, according to the most good across the most Channels of Being!



Being Kind

You will see at once that the 12 Channels model gives us the absolute definition of kindness! Instead of having to agonize over whether an action is right or “nice”, or proper, or kind, one simply makes a decision based on the estimation of effect.

Who is going to get hurt (if anybody) and who is going to benefit? (if nobody benefits, it could not be considered a rational act!) Usually it is easy to see what makes the most sense and benefits the greatest number of people or creatures.

It is only kind, surely, to contemplate committing acts which benefit the most individuals. Even if someone gets hurt in the process, if the majority benefit, it may still be a kindness to carry out the act, as planned.

Euthanasia might suddenly make sense, in terms of reduced suffering. Not only is the patient no longer in pain or misery but their friends and family too find comfort in the fact that suffering and grief for all is at an end.

Finally, it needs to be pointed out that *inaction* is also an act. Sometimes doing nothing (inaction)

has dire consequences and the damage is not mitigated by the perpetrator claiming, “I did nothing.” To fail to act, when there is a clear need to do something to prevent hurt or damage, is an unethical and unkind position to take.

So if someone is starving and needs help... and you do nothing... that is an ACT of unkindness. It's also unworthy because you would want to be helped if you were the one in a position of suffering or loss.

Walking away does not relieve us of a duty of care; it just means we failed our test of humanity. Be kind. Spread it everywhere you go. Treat people right and people will respond with kindness. Try to take advantage and you will trip yourself up, sooner or later.

Yes, read that again: YOU will trip YOURSELF up sooner or later. Our bad acts are limiting and disempowering, no matter any self-serving belief to the contrary [see *Clean Hands vs. Mean Acts*, which follows].

Be good. Be kind!

Section 3. Clean Hands vs. Mean Acts

Let me talk about mean acts. This isn't a technical term but it is a phenomenon well-known to us all: behaving badly, with or without justification or excuse, which hurts others, causes damage or compromises integrity.

Truth is, it's not so much the hurting others angle that bothers us, apparently, so much as the being ashamed of admitting what we did. The reluctance to tell, the embarrassment, the guilt or the shame is what singles out these acts. These are the moments of low self-esteem and marked discomfort.

Consider for a moment the definition of mean. I scooped these particular definitions together from several online dictionaries:

Mean: *Adj.* unkind, spiteful, or unfair. *synonyms:* unkind, nasty, unpleasant, spiteful, malicious, unfair, cruel, shabby, foul, despicable, contemptible, obnoxious, vile, odious, loathsome, base, low.

Yikes, that's pretty unpleasant stuff! Trouble is we know, despite trying to kid ourselves, that these acts could be all of those things.

But now look at a related word (not a derivative though):

Demean (like de-mean): *Verb.* to lower (oneself) in dignity, status, or character; to humble; debase, discredit, devalue, degrade, mortify, cause a severe loss in the dignity of and respect for (someone or something).

Buried in the juxtaposed definitions is an important truth: *if we commit mean acts, we de-mean ourselves.* You need to know this. It's a crucial truth.

Sure, we may hurt others—not always, it's true. But *we always hurt ourselves.* We sell ourselves short, we create ignominy, mortification, loss of dignity... pick any phrase you like from the list above.



All of this is well documented in Buddhist theory: the idea that your actions will come back to haunt you, if you goof up (*karma-vipaka*). I always view Buddhism as a brilliant psychology, rather than a religion. There are so many key insights into the spiritual world and why people act as they do. Basic Buddhist texts should be required reading for those from all religious persuasions!

However, the peculiar ancient Indian (Sanskrit and Pali) words and labels are off-putting for Westerners, so I won't be going there.

The bottom line is that decent behavior is required to live a happy and fruitful life. You get

Inaction Is Just As Bad

Note that failure to do something we should do is just as damaging as doing things we shouldn't. A lot of people mistakenly believe if they do nothing they are being holy, moral and proper.

Wrong.

The Biblical story about the Good Samaritan is something that translates into any world language. A man we suppose to be a Jew is beaten and robbed and left for dead. Instead of coming to his aid, a priest and a Levite (a member of the Jewish tribe of Levi) hurry past and ignore the victim. They do nothing to help!

Finally, a Samaritan stops and assists the man. He cleans the victim up, puts him on an ass and takes him to a place of safety. The Samaritan is the only person who measures up to his responsibilities as a compassionate being. The word Samaritan has now entered our language as a watchword for kindheartedness and effective rescue action.

nothing by cheating, lying, crime, cutting corners and abusing others. You damage your spiritual worth.

The myth that it works in your favor is heavily entrenched in American society today. But it's all an illusion, furthered by Hollywood, which loves to depict smooth, successful criminals as really cool characters.

As if!

They are not happy and the only reason they hang around in bunches is not friendship but that they surround themselves with others they can (in the main) trust not to shoot them!

Many people miss an important part of this story, which is that Jews and Samaritans are supposed to despise each other. Yet the only person to stop and help the victim was a sworn enemy! It's an amusing and instructive irony and makes a great parable, even if you are not a Christian.

Of course the folly of the inaction in this story is that there may come a time when we need the assistance of others. We would expect... no, even demand... their help. But are we truly willing to act according to that expectation? Will you pay up front, helping others, without the known certainty that you will get paid back? Usually, we are reluctant or outright unwilling.

So we sow the seeds of meanness and selfishness wherever we go, but insist that others treat us with generosity when our turn comes. It's plain hypocrisy.

The Pull-Away or Loss Of Power

There is a lot of moral emphasis on doing the right thing. There are rules and codes galore, to keep us in line, to censure and condemn us if we “sin” or transgress.

Supernoetics® does not do guilt, blame, moralizing or other stupid control mechanisms. We do what is right because it IS RIGHT! It’s the best thing to do in the circumstance and will ultimately get the best outcome. That’s being smart, not sanctimonious!

Without that confidence, it seems we are quick to give ourselves a hard time. Regret leads to inactivation and withdrawal.

This pull-away, or dis-engagement effect, leads to a significant loss of ability. It means we withhold our powers. Not good.

Guilty secrets and withheld mean acts are a kind of offence against the self, as well as against others. This is the original meaning of the word sin, by the way. It comes from the Hebrew word meaning to miss.

It doesn’t mean to commit something wrong; it simply means to miss, to be absent—not on the job as a spiritual being!

The root word means forgetfulness; it has nothing to do with what you are doing. The whole thing is whether you are living consciously (mindfully) or just working on automaticities.

We see the “missing” angle in a number of English words: misconduct, misfortune, mislead, etc.

The opposite trait, or virtue, is thereby you are doing something you are fully alert to—what Gurdjieff calls self-remembering, what Buddha calls mindfulness, what Krishnamurti calls awareness, what Kabir has called surati. To be there!—**that’s** all that is needed, nothing more.

So here is the ultimate Supernoetics® teaching of right and wrong, good or bad: **be there!** You are supposed to be an impossibly powerful, almost infinitely wise, non-material being. Well, act that way! Fulfill your role... It’s a version of “showing up”.



The Being Is Bold, Wise and Kind

There's a funny theme in the movie *Conan The Barbarian*, starring Arnold Schwarzenegger. In it, his love interest Valeria keeps shouting the battle cry: *Do you wanna live forever?* Meaning don't be afraid of dying courageously; we all die in the end, anyway.

I would adapt that to addressing good behavior and yell: *do you wanna be an immortal Being?*

Or do you just want to be a jackass, who commits dumb acts of theft, revenge, hurt, cruelty and violence? Do you want to be what you were created to be? Or do you want to end up a stupid low-life, that can't come up with better strategies than dishonesty, cupidity and lies?

It's actually impossible to misbehave, do harm and commit mean acts, if you are present as a theta being. You can't do wrong! When a person does something harmful, it is usually unintentionally, or from mistaken information, an irrational calculation, in pursuit of a higher goal.

In Supernoetics® we hold that the true Being, the

valid self, does not knowingly commit evil. Every thought, emotion and behavior is valid in context somewhere. You just have to know the context and then crazy, even wicked, things start to make sense.

Of course there is always a better way to do things, rather than cause harm. I find with my 1994 "Pattern Breaker" that if you can show the individual a better way to get the outcome they are seeking, they will happily adopt it.

That way a wrong pattern can be switched to rightness!

It's an absolutely core precept of Supernoetics®, that the Being is good. It (you!) is wise, loving, caring and so—ultimately—intelligent.

Doing what is right is *integrity* (from integrated, or whole). A person who persistently errs, transgresses and commits mean or dishonest acts will quickly reach the point of *dis-integrity*. In other words disintegration: the person will literally fall apart. It's kind of horrible, but true.



Keep Your Hands Clean

"Clean hands" is a metaphorical term for no vile acts to stain them. There is a doctrine enshrined in law called the clean hands doctrine or, sometimes, the dirty hands doctrine. It is an argument in which a defendant argues that the plaintiff is not entitled to obtain an equitable (fair) remedy because the plaintiff is acting unethically or has acted in bad faith with respect to the subject of the complaint—that is, with "unclean hands".

This is a matter of protocol, characterised by novelist Alan Patrick Herbert in *Uncommon Law* by his fictional Judge Mildew saying, "***A dirty dog will not have justice by the court***". [Herbert, A.

P. *Uncommon Law* (1st ed.), 1935, Methuen]

We need to keep clean hands, if we are to be entitled to justice and fair treatment. It is a living principle.

Only if we all behave properly is everyone safe from nasty tricks and harm.

This has nothing to do with Christian ideals; teachings from the Koran; Buddhist philosophy; ancient Vedas; or any other religious set of DOs and DON'Ts. It's plain, simple observational psychology. This is what happens to people.



Clean Hands In Piloting

Nothing is more pathetic than the tendency to commit acts that we know are wrong and which rebound and hurt us, followed by gnawing guilt and regret that we did what we did, compounded by the tendency to hide our involvement and responsibility, so that healing and release cannot take place.

You would think that we would quickly notice the connection between feeling bad and doing wrong! Seems not. But we are soon on the defensive.

Observant individuals will have noticed that people with a guilty secret can become very nasty. Or when a point of shame (POS) is activated. Good pilots (counselors) must be alert to this phenomenon and jump on it immediately. Get the client to own up or progress will be seriously derailed.

There are various protocols for this in the piloting canon. None of them are to be used accusatively. In fact I like to remind people of a rather fun book: *Erewhon* by Samuel Butler (1872). The title is Nowhere spelled backwards (well, nearly). It's a fantasy land in which those who commit crimes are shown every sympathy, sent get well cards, given fruit and flowers, etc. just like today's sick patients! (Oh yes, and those who are sick are punished! Everything is backwards or inverted in *Erewhon*).

It's a great joke by Butler. I mention the book because we should perhaps be more sympathetic to those who commit crimes. After all, they punish themselves pretty hard with hurting (yes, even pedophiles).

The point is that every major religion has noticed the benefits of the confessional. It unburdens the troubled soul. It's a relief to "get things off your chest". If you doubt that, you should try it. But true confession can only take place if there are no repercussions that would inhibit a person. It's a fully-formed principle and in Supernoetics® we fully conform to its sanctity and value. ***Don't judge or criticize anyone you are helping. Just listen.***

The point is not whether a given deed is or isn't approved by you, by others, or by society at large; it's whether the individual feels guilty and uncomfortable about a questionable act.

As I said, we are often our own harshest judge and cruelest punisher.

The whole question of right and wrong behavior is very fraught. Conformity is often the poorest, most destructive choice, although popular. You need to be able to step outside of collective think. We could say that integrity is a matter of the first Channel Of Being; whereas congruity—behavior that fits and is appropriate—is a matter for the Second Channel, because that's what people see outwardly.

This touches on a bigger question: are your behaviors consistent with your beliefs?

So, coming to behaviors, let's take a look at a rational code of conduct, something I call ***The Gentleperson's Guide to Good Behavior...***

Section 4. The Gentleperson's Guide To Good Behavior

Centuries ago, in Britain, to be a gentleman (or gentlewoman) went far beyond the simple gender statement it makes today. It was a recognition of important social status. More than that, it was accepted that upper class people, the toffs, were somehow more easygoing in their manners and interactions than coarse, ordinary folk. They followed an elaborate code of

etiquette which meant (supposedly) that they didn't rub each other up the wrong way and cause unnecessary friction. All the 'best people' behaved well and were polite, at least on the surface.

In other words, they were by disposition gentle with each other!



Mr. Darcy and Eliza Bennett, polite self-control on the brink of bodice-ripping!

Most of this elaborate code of behavior is lost to us now; it was mostly phony ritual anyway. But it is worth re-visiting the idea of being a gentleperson. Nothing wrong in that. So what kind of code of manners and decent behavior can we compile, by thinking things through intelligently?

We could start with three long-standing favorites, which cover a lot of territory:

- 1) Do not kill or harm others
- 2) Do not steal or take what is not yours
- 3) Conduct yourself honorably in all that you do and say

Manners

But what about manners? I see manners as agreed, comfortable styles of speaking and acting towards other people. It doesn't really matter what you think, or what's in your heart. You only show outwardly what's easy for others to accept. This is a simple rule for not hurting other people.

Most civilized people would take each of these as a given. Of course 2 and 3 are pretty dispensable, according to many corporate and low-life elements (let's throw in the bankers too; they are serious criminal fraudsters that are right now threatening the very fabric of civilization).

Fortunately, most of us "get it" and see the need for these simple basics.

It isn't phoney to cover up your negative opinion of someone. It's not even a courtesy; it's downright logic. YOU might be the screwball, buddy! So tone your language down and act respectfully.



The Golden Rule and The Platinum Rule

Everyone (I hope) understands the so-called “Golden Rule”. It appears in all the world’s religions and philosophies. It is simplest stated as: “Treat other people as you would want them to treat you,” or “Do unto others...”

Another way of looking at the Golden Rule might be: treat others how they would want to be treated, rather than how you want to be treated! But there is a better twist to the Golden Rule, which Tal Ben-Shahar has christened “The Platinum Rule”: treat yourself the way you’d like

others to treat you. The Platinum Rule may be far more important than the way that you treat others, because inevitably the way that you ***treat yourself determines the way that you treat others. Be kind to yourself, honor yourself,*** and you’ll find you do it automatically with others.

In the converse, individuals who are hard on themselves, bitter and self-critical, rarely make good travelling companions in life. They carry their self-hate poison deep inside but inevitably it spills all over the highway!

The Two Most Basic Needs

Back in 1965 psychiatrist William Glasser MD pinpointed what seem to me to be among the most fundamental of all human needs. These must be honored. These are the basis of Glasser’s “Reality Therapy”:

3. The need to love and be loved.
4. The need to feel that we are worthwhile, to ourselves and to others.

I think these should always be borne in mind and others helped to become secure in these needs or be helped in adopting them.

As Glasser pointed out, although the two needs are separate, a person who loves and is loved will usually feel that he or she is a worthwhile person and one who is worthwhile is usually someone who is loved and who can give love in return.

But there is an important caveat, with which I agree wholeheartedly: to be worthwhile, we must maintain a satisfactory standard of behavior.

That’s what my **Gentle Person’s Guide To Good Behavior** is about...

The Non-Negotiable Rules Of Behavior

1. Show Kindness and Respect to Others!

Honor the person's Being. Acknowledge their presence if nothing else. Smile, remark or otherwise let others know you see them, as they see you. The slightest head nod is often sufficient. Try to be warm, even with strangers. Remember the lovely greeting among the Navi people in the movie Avatar: "I see you!" It acknowledges a person's being and it is one of the finest gestures you can make. It honors YOU too.

2. Be A Good Listener. Allow the other person to speak in equal share and listen to what they have to say. Listen sufficiently before you try to talk. Being in any kind of relationship with people (business, family, love etc.) affords them the right to reasonable communication. This right includes the entitlement to be listened to, so walking off in a huff is actually a violation of Rule 1. Only when communication has become toxic are you required to shut it down, to avoid further hurt (see Rule 5).

3. Never Tell A Person What YOU Think Is Wrong With Them. You will always be mistaken and it's conceited. You know the kind of thing: "Your problem is you can't deal with women" or "Your trouble is you just want to play the victim." There are millions of these put downs and they serve no useful purpose. Trashy, inadequate therapists do it, to try and make themselves seem clever or important. You must not. In Supernoetics® you are instead required to open the topic with a questioning approach: use the

Socrates' method! "Tell me how you feel about women..." or "What did that look you gave me mean?"

4. Be Observant Of The Effect You Have On Others.

Recognize when your communication is painful to another person and STOP! Say something else. Despite the widespread acceptance that it's OK to be nasty just because YOU are feeling upset, it achieves nothing; solves nothing. Nobody has any right to splash around hurtful or negative emotions. However everyone has a right to refuse to listen to bad communication loaded with unpleasant emotions.

5. Never Make Nothing of A Person.

That means never say or imply to a person 'you are wrong'. Say, 'I don't agree with you there' or 'I see it differently' (it might be YOU who is wrong!) Remember that attacking something the person said, thinks or believes is equally bad. "That's crap," may be your point of view. But it demeans the person who holds it to be true.

Similarly, avoid insulting words and phrases, like "Stupid bitch," and "Douchebag". They are demeaning to the speaker, as well as the target. Why not make yourself a list of "reasonable" insults? Write the down and learn them... Not nincompoop and blockhead but more like "You need to shepherd your facts more carefully," or "I don't think you are thinking quickly enough for this conversation." Or even more edgy: "Your lack of knowledge is encyclopedic".

6. Gossip Is A No No. Never discuss a person in pejorative terms if they are not there to defend themselves. Never pass on critical remarks about another, unless you know it to be absolutely true from first hand experience. Even then, limit it only to those who need the facts for their own safety. Passing on destructive gossip or inflammatory judgments on another, especially when these turn out to be untrue, is a species of evil and recognized as such in all decent codes of behavior. You wouldn't want others to do it to you, therefore it is a violation of The Golden Rule.

7. Don't Try To Deal With Important Matters With Persons Who Are Tired, Ill, Hungry Or Otherwise Distressed. Wait for a better moment. Especially never try to take advantage of someone in such a condition. When we are near shut-down in biological terms, we cannot do our best work as spirit beings, nor easily seek the most advantageous outcomes. Wisdom and caring are our duty. We need to be refreshed and alert to do our best in these key endeavors.

8. Don't Use Sex To Punish Someone Or Gain Favors. Never use your position over a person to gain sexual advantage. Don't use sex, or the withdrawal of sex, to punish or hurt someone in a relationship. This also means do not force sex on a partner who is unwilling, just to punish him or her. Rape is a crime in almost all countries anyway. But that's not the point—it is wicked and destructive to the humanitarian values of care, safety and cherishment.

Also, don't use sex to solve problems. Honestly repair the break and then enjoy intimate loving sex afterwards.

9. Be Open, Honest and Fair With People. Do not use lies under any pretext, including little white lies. Figure out what you are scared of and deal with it; then tell the truth. If others make a mistake in your favor, give it back. If something you have done is not satisfactory, replace it, repair it or refund in full immediately.

10. Hold To Your Undertakings, Once Made. Complete what you begin. Deliver what you promise. Do not let people down; you don't know to what extent they are relying on you and to not perform might be a disaster for them. Your reputation will soon stink if you are known as not reliable or trustworthy.

11. Don't Respond To Bad Emotions With More Bad Emotions. If you find someone is upset or disturbed, you may choose to help. Just remember not to share in the disorderly emotions. Be kind, efficient and effective. That is far more use than sympathy. **Similarly, Don't React To Bad Behavior With Bad Behavior.** It's very impolitic to do what other people are doing around you, especially when you know it to be wrong. Better to stand out from the crowd and keep your own space.

12. Never Conceive of Revenge.

Revenge, as Mahatma Ghandi once remarked, is like swallowing poison and waiting for your enemy to die! Revenge and “getting your own back” is spiritually numbing, stupid and, above all, ineffective. HURTING OTHERS DOES NOT BRING SATISFACTION. That’s an illusion.

But it is also to ignore one of the fundamentals of wise living, which is what you give out, you get back (what goes around comes around). When someone does something bad to you, you were a participant. YOU invited the trouble. You played the game and pulled their reaction towards you.

Truth: nobody retaliates or hurts one who shows them love. If you live by love, people will not target you. There will be nothing to revenge. It all heals. Love is the ultimate healing.

[NOTE: self-defense is not revenge, it’s survival and we are all entitled to retaliate when someone threatens or attacks us]

13. Be Tolerant Of Children.

Children are not “little adults”. They have their own way of rationalizing and doing things. They are highly creative and intuitive, but inexperienced and ignorant (unknowing not stupid). Punishing a child for being “naughty” is oppressive, foolish and hypocritical, for who was not sometimes a naughty child?

a) Instead, teach him or her a better way each time. Show them by example the good behavior is its own reward and bad behavior always has a negative side. There is no “getting away” being bad.

b) Self control (not self-annihilation) is a way of living that must be learned and practiced. Emotional control does not mean being a plastic soulless doll. The opposite: it means being a rational and caring human being.

c) Shouting at a child and using threats is child abuse and will carry lifelong consequences. Using non-physical punishments, such as withholding food, warmth or affection is even WORSE. Don’t do it.

14. Tolerance. Respect a person’s religious beliefs and never attack their spiritual path, no matter how strange. Just NEVER. Is that clear? Everyone has a right to their own view of things. Religious intolerance has probably been the single biggest cause of wars, strife and hatred. It remains true, of course, that no-one has the right to force religious teachings on another. It happens but never be part of such spiritual hijacking. OK?

15. Don’t Use Or Advocate Violence. It has a nasty habit of escalating. World War I cost millions of lives and started with just a single shot in the town of Sarajevo. Do not even advocate violence, except in defense of property or life. According to Confucius, ‘He who strikes the first blow admits to losing the argument’.

16. Don’t Try To Beat Someone Else Down. Just don’t rush to pass others, get to the head of the line, grab the nearest parking space or otherwise seek to disadvantage others by being aggressive and selfish. Remember, what you give out you get back! Show courtesy and allow others first place, even if not every time. The warm satisfaction is a pleasant thing to enjoy.

17. Win-Win Always. Make sure all transactions benefit all participants in some way, so there are no losers and no winners. Give added value, where possible, without jeopardizing yourself. Play the biggest games you can, in which the maximum number of people stand to benefit. Now that's courage!

18. Never Make Another Person The Butt Of Humor. It can be mortifying to an individual to be laughed at by a group. This applies even if the person is not present; word may get back to him or her. It isn't kind to get laughs at the expense of others. Humor is a fine and valuable thing but when used to attack or discredit people, it can be cruel. It's a version of bullying, which is vicious and cowardly.

19. Be Careful About Touching Others. Touch is a tricky subject. I've labeled it *The King Of All Communications* but it very easily misunderstood. Don't shun touch (because it is magical), just be sure you understand where the

other persons sits in respect of being touched. If there is any doubt, touch only the hand and lower arms. Shoulders and back are possible but be careful indeed.

20. Finally, And Perhaps The Most Non-Negotiable Rule Of All: Choose Love, Always.

In all situations, interactions, negotiations, encounters, plans or decisions, choose love. She is your friend. She is your very nature. You ARE love. To act against love is to deny your humanity.

Love to many may seem the soft option, something nice, warm and fluffy, into which we can retreat when we are hurt. But love, real love, is a hardy warrior, hard as adamant, and cannot be hurt. When love is present and breathing, all will be well. Trust that.

Those who violate love, or act to spite her, have surrendered their dignity, their worth and entitlement to be called human



The Right To Courtesy And Fair Treatment

To all of the above, you might also add these points, suggested by my colleague Peter Shepherd of Trans4mind.com:

Without Being Discourteous, Each One of Us Has the Right to...

- Say no to a request.
- Not give other people reasons for every action we take.
- Stop others from making excessive demands on us.
- Ask other people to listen to our point of view when we speak to them.
- Ask other people to correct errors they made which affect us.
- Change our minds.
- Ask other people to compromise rather than get only what they want.
- Ask other people to do things for us.
- Persist in making a request if people won't respond the first time.
- Be alone if we wish.
- Maintain our dignity in relationships.
- Evaluate our own behaviors and not just listen to evaluations that others offer.
- Make mistakes and accept responsibility for them.
- Avoid manipulation by other people.
- Pick our own friends without consulting our parents, peers, or anyone else.
- Let other people know how we are feeling.

When Criticizing Others...

- Make your comments specific.
- Attempt to provide the person with some valuable information.
- Help them to understand exactly what needs to change.
- Be sure the criticized behavior can be changed.
- If the person can do nothing about the problem, you will probably just make things worse by being critical of it.
- Use firm and business-like communication.
- Speak calmly and try not to let your emotions dictate the conversation.
- Try not to shame, humiliate, or blame the person.
- Give the person a reason to change.
- Inform them of any benefits which might come out of acting on your suggestions.
- Avoid criticizing someone in public.
- Time your criticisms well. Wait until the person is in a reasonably good mood.
- View constructive criticism as helpful feedback not punishment.
- Positive change should be your goal.

I think you will agree that the world will be a delightful place and meeting our fellow men and women would be much "gentler", if we all respected each other in these several ways. It's

very important to inculcate these manners into your children and get them to incorporate this improved design of living part of their psyche.

Now Take Action

For the next seven days, make a really big effort to respond to others only within these guidelines. Judge the result. You'll find it to be very healing; others around you too, will be happier.

If it suits you (it should if you did it right) make a resolve to live that way for the rest of your time on Earth! Be a gentle person, an aristocrat of good manners and breeding... Build it into your emotional genes!

New Scriptures Colony

If you enjoyed Heart of Gold, you will find much to entertain and enthrall you at the Supernoetics® main site: www.supernoetics.com You can sign up there for a whole series of uplifting articles and super-workable life hacks, mailed to your inbox every week.

Also, why not consider joining us in search of genuine New Scriptures? It's a collective project, with devotional overtones (but emphatically non-religious and non-denominational), in which we are seeking spiritual principles to guide us in a modern world.

www.ScripturesInTheMaking.com

We do not denigrate existing scriptures but take the view these are over 2,000 years out of date, written by men who knew nothing of computers,

cars, television, smartphones, medicines, social media and all the paraphernalia of 21st-century living.

It is vital we update our experience and strategies, which were evolved for small warlike, desert-bound tribes and serve little today, except to create divisions among Humankind. The world is too far advanced and too crowded to allow such a them-and-us mentality.

So even if the term "New Scriptures" seems a bit arrogant to you, please forgive us. It is that we are tired of hatreds, war and intolerance, tired of the injustices, tired of watching children suffer and perish and sickened by the loss of Mother Nature's benevolence, not because we consider ourselves "chosen by God", or any other divisive posture.



Rather, we think of ourselves as smart humans, able to figure our way past most problems and get good—or at least better—outcomes, without having to disadvantage others to do so.

Plus, it's no secret, that we do get a bit of help from "the folk upstairs"! (get it?)

Now you have shared the **Heart of Gold**, you will understand what we are trying to do:

- If a new and better life means anything to you
- If leaving the world a better place for our progeny is important to you
- Protecting our planet's heart and soul from further depredations in the name of commerce
- harmonizing with Nature instead of conflicting with her, and

- Filling the world with abundant LOVE and JOY...

If any or all of these things are important to you, then you may be ready to come on board at The New Scriptures Colony:

www.NewScripturesColony.com

We welcome you with open arms... The Colony is starting small, but remember the thrilling words of US anthropologist, Margaret Mead (1901-1978), who said:

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

