

The Duality of Man

Ok so we talked about in the lesson on "The Mirror" about how the qualities and flaws in others which you are judging most harshly are probably the exact things you need to achieve your dreams.

I want to delve a bit deeper in to this and show you exactly how this works in real life.

Our brains are very simple (on one level) binary calculators. Every new interaction you have, every new situation you find your self in it runs past your idea of **self** to determine if this new experience is something your should like and enjoy or something to run away from. Is it for you or against you.

Ok let me give you a quick example.

Think about a wall street banker lighting a cigar with a 500 dollar bill and then think about a young woman doing yoga on the beach in Bali.

Notice your reaction to each.

Think about a hugely obese man eating a hot dog with ketchup dripping down his chin. Think about a young good looking man eating a salad.

Notice your reaction to each.

Think about a busy Los Angeles cityscape and a forest scene straight out of "*The Lord of the Rings*"

You will have noticed how you a sense of one being right and one being wrong. For some people these reactions will be very strong.

A typical one which drives high emotion is the wall street banker vs the yoga teacher.

Most of us think the wall street banker is wrong and that the right thing to be doing is sitting on the beach meditating and doing yoga.

I bet you the young lady in your imagination thought this...I also bet she's pretty skint and constantly worried about money.

What you need to realise is that NONE of these things are inherently wrong, in fact one cannot exist without the other. The **ONLY** way you can ever be wrong is to believe one of them is right.

So if your the yoga teacher try and shift your scales so you appreciate money a bit more...move the scales closer back to balance. That way you can enjoy mediation and have money.

Ok so moving back to our original point.

The problem comes when this binary calculating machine we call our brain attempts to define **the self**.

The only way it can do this is by choosing a side. As soon as we define "I am" you also define "I am not." Now when we view the self as static, this causes some HUGE problems.

Imagine if you've defined yourself as "*I am fat.*" This makes it more likely you'll stick to your tribe and hang about with other overweight people, who tend to hang around in places where, you

guessed it, there is plenty of access to food and probably not a lot of exercise which will reconfirm their belief in their static self.

At the same time it has made this definition is has also defined the self as *"I am not thin."* Now we know that there is a huge amount of pressure to *"be authentic"*, to *"stay true to who you are"*, to *"just be yourself."* So when we define ourselves in this way as a static self which is incapable of change, we are simply forced to accept the fact that we are fat and get on with it.

If we instead realised the self is constantly in flux, constantly evolving and we can change this direction simply by rearranging rocks, we can either choose to take charge of that evolution or allow the whims of the universe to control it for us. The ONLY answer and the key to success in life becomes to take charge of that evolution by invoking the master algorithm of:

Beliefs > Actions > Results > Feedback

and asking the ONLY question which really matters, ***"Who am I becoming?"***