



Evolve now or Fall behind

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Abstract

The beginning or cause of failure, mediocrity or high performance is much to do with how well we know ourselves, our emotions, our fears, habits and beliefs. This paper is to do with the effects of burnout and the innate survival and self-protection intelligence that prevents us from repeating the behaviour that got us into burnout. Called the 7th Intelligence, this intelligence is an incredible survival mechanism triggered at the moment of the burnout crisis. It is capable of blocking any past or new intentions with a lethal accuracy and surgeon like scalpel. Its purpose is to preserve the life force and to block as much as possible the mass production of destructive cortisol brought about by long-term persistent high stress. This is to stop self-destructive behaviours and give the brain a chance to stop the poisoning of cells and begin the process of growing new brain cells to sustain a new and very different life.

Keywords: burnout, subconscious intelligence, fear management

Someone somewhere said:

“Life is a persistent struggle.” “The

best we can do is to do our best.”

“To know the universe first know thy self.”

A major cause of this persistent life struggle is the fact we know little about ourselves and certainly little about how to use our brains in the best way possible to do our best.

This fact is far worse for the majority, than perceived by any standard. All but a few brilliant minds, the majority of mankind have and are struggling because for thousands of years we have been striving to succeed while using the most limiting conscious thinking. Nature gave us a much more powerful tool to use. Did the ancients know about it? Was it deliberately kept a secret? Or were we just not looking at what was hiding in plain sight.

At any level, the conscious mind is now overloaded, under serious stress and for those living in high stress situations; burnout is a major risk and that risk is growing fast. This all points to another fact that the way we use the conscious mind is fast becoming redundant.

Inbuilt redundancy is now under attack in Europe by consumer organization to alert the public to exactly what they are buying and why their purchases breakdown so quickly. Designed-in failure was first developed by American manufacturing after WWII to kick start a deflated economy by creating more jobs to make more short life consumables that needed to be replaced more often than their built to last forerunners. This is industrial and political evolution and we live with it to this day. As an evolutionist, I nonetheless struggle to understand how the human brain as we know it; evolved, therefore; who or what is responsible for this inbuilt redundancy of burnout. An alternative view is this. Is it that we are only just learning how to use our brain and shift out of first gear, where we have been stuck for the past sixty thousand or maybe six hundred thousand years. Whatever the answer, it is clear to me that the conscious mind has outlived its effectiveness. Not that we can live without it. Now is the time to evolve into using the subconscious brain

for our daily work and take the pressure off the conscious mind, thus; shut down on high stress.

No one, no thing, no dangerous animal, no play ground bully, no toxic manager or boss causes stress. We - you and I, we create our own stress by virtue of our beliefs and perceptions. A simple evidence of this is how one person regards another or a situation as dangerous and frightening and therefore stressful. Someone else feels or perceives that same person or situation as likeable and a pleasure. The idea of stress does not enter their mind, quite the opposite. You may regard fear as a terrible thing from which you recoil. This is a result of your own stress perception invariably based on a lack of adequate information or a previous related trauma. I have learnt to take fear as a positive guiding friend helping me to see how better to go forward to my goals or objectives. That can be, new learning, new strategies or a new direction. That sense of fear rapidly develops into encouragement, strength and confidence. Sometimes it is not fear, rather that a project will just not move forward as planned no matter how much money is thrown at it. The message is the same. It is a sign to step back and examine what is not working and why. What could change in the plan, strategy or direction that would be easier, perhaps

requiring fewer resources and that would produce a better-finished outcome.

The initial stress reaction is not the problem; it is the stress hormones it causes the body to produce that accelerates the stress process, which then leads to so much long-term brain and thus performance damage. Stop that initial stress from developing and you stop stress dominating your life. We all have the tools within our subconscious brains to do this. It is a matter of discovering what is there and how best to use it. Although this research will continue, the doors of understanding have been opened wide. All you have to do is drink of the fountain of knowledge. Albert Einstein said; *“Any fool can know, it is understanding that really makes the difference.”*

Stress Occurs When the Limits of Performance Exceed Ambition.

The conscious mind clearly has a finite limit. Therefore; the advantages are the subconscious mind has infinite capacity. Stress is not something the subconscious mind knows. Stress occurs when the limits of performance exceed the potential of goals or ambitions by conscious perceptions. The subconscious mind has infinite potential therefore stress is not in its game plan neither can it arrive by happenchance. Via its associated

intelligence centres such as intuition and telepathy, with certain reservation, it is capable of communicating and interacting with all knowledge and information within this world and universe. When we begin to recognize how to interact our conscious minds with the subconscious powerhouses of innate healing intelligence, 7th sense survival and protection intelligence, emotional intelligence, abundance intelligence, memory intelligence, subconscious ambition intelligence, implicit brain intelligence and conscious and subconscious creative intelligence, we break through invisible boundaries into another universe of performance and that is performance without damaging stress.

In the beginning of my study of the mind for over forty five years - my interest was in how the innate healing system worked and when it stopped working – why. Twenty-five years later when I was stopped in my tracks by burnout, I quickly realized I had to let go of everything I had created to enable myself to move forward into a better future without high stress. Eventually I began to recognize and then understand the presence of one of the most important and powerful self-protection and limiting processes the brain has.

7th Sense; Innate Survival and Protection Intelligence.

I labeled this survival and self-protection intelligence, 7th Sense Intelligence because like 6th sense it is related to subconscious intelligence, which gives guidance from areas lacking in the source or origin of rational information. 7th sense Intelligence is functional 24/7 from birth to death though mostly completely ignored. Once the life survival aspect has been woken up and activated, it is like a Genie let out of the bottle. When it is fully activated, there is no going back. It is so powerful and so well programmed, it will self-destruct your life force before allowing itself to be switch off. It is so sensitive, it instantly reacts to the slightest hint of us trying to go backwards and do what we did before, which switched it on. That includes just simple thoughts of recovery. 7th sense is all seeing, all hearing and the ultimate Big Brother control system.

At first sighting, 7th sense intelligence becomes super active by virtue of the emotion of fear. Fear seems to be a negative intelligence for most people. During my research I came to regard fear as a trusted friend; no longer the enemy. I found the emotion of fear was an intelligence that warned me that I was missing important information concerning

my current actions or intended objectives. Therefore, fear can be better regarded as a checking intelligence to help us to achieve our goals; not a paralyzing or destructive intention to stop us indefinitely or make us vulnerable to our worst perceptions and fear emotions.

As an out of control habitual entrepreneur, burnout and 7th sense intelligence stopped me in my tracks. Yes I was running all the thinking strategies possible to build my stress levels to the point of self-destruction. The following burnout was a four-year permanent traumatic experience that never fully goes away. However; it was my earlier research into how the mind works that not only saved me but pointed to my way forward. At that time I did not know about the 7th sense intelligence. It was only many years later that I understood this subconscious intelligence existed, also how to recognize it and how to use it wisely.

This considerable shift in perceiving the deeper meaning of fear was easy to make once I taught myself to find and understand the intended intelligence or information of any particular fear emotion. Initially I found fear was intended to stop me from further action until I had found what I was missing. Learning to respect fear intelligence as a positive guidance, it becomes logical that when working

dynamically with the fear and its best intention, rapidly the fear turns into confidence. I doubt this is ground breaking knowledge. The question is how many people actively think in this way. After explaining how fear works on the mind and perception, many people agree it is logical. The frustration is, why they still will not use this powerhouse of support but return to reacting to fear in all the old habitually limiting and domineering ways.

As I said above, 7th sense intelligence it is something I became aware of in the process of moving forward out of serious burnout. As the reader will discover the two words “moving forward” are critical to healing the damage done to the brain by burnout or more precisely cortisol poisoning of brain cells.

I will come back to the importance of using the words “moving forward” after looking at the usual word use of recovering or recovery. Recover or recovery is related to going back to what one had before. For example; recovering good health, after an illness or accident. As it happens and briefly alluded to above, this is the worst thing one can do in healing burnout. This is, unless you go back to “day one” and start your life all over again but with the awareness of what not to do to protect yourself from high stress and burnout.

As it happens attempting to recover one's prior status or behaviour patterns, is the very action that triggers the 7th sense survival and protection “want to but cannot syndrome.”

The “want to but cannot syndrome” is directly linked to a desire to “recover” where you were before the burnout. Thus “wanting to,” activates the 7th sense intelligence to prevent you from doing again as you had so ably done to cause the burnout of millions of brain cells and much more damage to body muscle tissue cells. Constant stress flooding the body and brain with buckets of stress hormones leads to enormous damage. The way the “want to but cannot syndrome” works, is to initially follow new ideas for recovery. Just as you believe you are on your way again, your 7th sense intelligence turns your mind into a soft, soggy foggy mess or it feels like being hit by a sledge hammer, violently knocking you sideways into last week resulting in catastrophic mental and physical exhaustion that last for three days or more. Having gingerly emerged from this beating it may be followed with wrong thinking that leads to errors, doubt, fear of failure as well as other limiting emotions. All of which leads you into another dead-end cull-de sac of confusion and another failure to follow through with your initial plan for your recovery. Soon you learn the

safest thing to do is to stay quiet, think as little as possible and sleep as much as you can. The purpose of understanding and managing 7th sense intelligence, is to break the stress and cortisol cycle. When high stress happens in a permanent way and prolonged length of time, sufficient numbers of brain cells are damaged; causing memory loss. Then thinking pathway are disrupted or destroyed sufficiently to cause you major thinking problems or block you from developing creative ideas.

This disruption leads to frustrated also sometimes irrational thinking, resulting in an increase of errors and mistakes, which in turn creates more stress. Thus the stress cycle continues to increase and accelerate.

The importance of the words “moving forward” or “progressing” denote a desire to move as far as possible away from what one did to create the burnout. Though I accept this is yet another strange observation, it is as though your 7th sense intelligence recognizes your best intentions and rewards you for good behaviour by aiding your new way of thinking. Hence, 7th sense intelligence is a powerful Big Brother but evidence suggests it is not the best in itself, at the detail of your forward planning. At this point forward planning is important. In, which case, the more one

knows about thy self, personal development and how to look for your solution; which is invariably staring you in the face; the better. Yes, because everyone is unique so your solution is specific to you and you alone. This is why successfully moving forward away from the limiting effects of burnout and as quickly as possible; one needs specialist support of this kind.

Thus, in this way I have found that working with the way the brain likes to work best is the right or better solution for the “moving forward” part of healing burnout. In twenty years of experiencing and studying burnout, I understand how to build new brain cells and thinking pathways; yet I am not convinced one can ever heal burnout completely. Thanks to 7th sense intelligence the only option is to move forward away from the past and the lesson of burnout is a constant reminder of what you have to do.

Burnout is a process of threatening the reason for being, for talent, for creativity and for so much more. Therefore, once a life, relationship or career threatening trauma to the body or brain is established, the 7th sense intelligence never forgets and never misses the smallest repeated threat of you doing that again or even thinking in the same way as before. The slap in the face and

kick in the butt is this. If you want a life again, you had better start respecting and taking notice of your 7th sense and a bunch of other subconscious intelligence centers.

THEY HAVE BEEN EVOLVING FOR THOUSANDS OF YEARS. - THEY ARE THERE TO HELP YOU. - DO YOURSELF A FAVOUR - SO PLEASE STOP IGNORING THEM.

One of the principle goals of healing burnout is to recognize the causes of burnout. Most likely this will indicate one was living a life that worked against one’s latent creative talents. Very often burnout victims find their healing is deeply imbedded in an artistic or quite different creative outlet. It is something they played with from time to time but never took seriously or simply feared the consequences of taking the risk. Did I mention – “staring you in the face?”

There are many books waiting to be written about burnout and how to move forward after the crisis. So often many people believe they are suffering from burnout. In reality they are at the overwhelm stage, which is serious enough but a warning to STOP – CHANGE and quickly before the real career stopping damage is done permanently. The great problem is that few people know how to help them.

The Solution is in Thinking with the High Performance Subconscious Brain.

Learning to protect against stress and to think with the subconscious mind is the only logical way forward. Learning to or continuing to use the brain in the wrong way for this superfast, built in redundancy, high performing world, is a sure recipe to eventually block your life and potential. Thinking patterns are certainly driven into a stressful way of thinking as soon as school gets seriously underway. To protect against high stress and all the bad it brings us; learning to consciously think with the subconscious brain, really has to start as young as possible. The best place is to start at school and that of course is provided there are educators trained more in the arts rather than the science of using the brain in the most effective way.

Thinking and performing with the subconscious brain is far from new. There are natural leaders in all walks of life who use and know of its power though they may not understand how it works. For them it is a case of, “If it ain’t broke don’t try to fix it.”

As long as there have been star athletes and high profile sports champions, those people were consciously using subconscious brain, high performance thinking strategies. Today those or

improved subconscious thinking and performance strategies are used by all athletes, professional or amateur game players of every genre. If you have or have not seen the film, *The Legend of Bagger Vance*, take a look at it. The essence of the film adapted from a true story during the American depression, exquisitely explains the difference that occurs once we begin to use the subconscious brain. This is especially under otherwise stressful high performance moments or competition. For modern performance without high stress we have to learn to get the conscious mind out of the performance equation. When that happens that is the moment we release the subconscious powerhouse of real performance that blows the competition right out of the ballpark.

7th Sense Intelligence is just one of many mind strategies within Neuro-fault Protection at MindPower Recognition. The primary stance is to first teach how to bypass existing and new stress and stressor factors and then find a client’s unique performance solutions. The advantage in this is the client ceases to be stressed before the important elements of training and coaching for performance. Therefore; their conscious thinking is clearer and relaxed. Consequently, the coaching sessions can get to deeper issues quickly and effectively, which moves minds into

sustained high performance with a more profound feeling of self-confidence without stress. Then with guidance the person adds in more subconscious automatic high performance strategies. This is to rise to sustained high performance without the conscious mind intervention of thinking it knows how to perform.

There is however, another powerful intelligence, which I have called Subconscious Ambition. This came to light in my research into what are the thinking patterns behind high performers and natural leaders. Then came an understanding how Subconscious Ambition is also linked to 7th Sense Intelligence.

Subconscious ambition; as it says; is a number of subconscious performance programs that are hard wired into a newborn child's DNA. Subconscious ambitions can be negative and blocking through life or can be forward driving; positive success programs and we have no idea where the inspiration and drive comes from, hence the term of natural leaders.

There are a few methods for exposing and unraveling Subconscious ambitions, mostly for the purpose of finding the limiting ones in order they can be disconnected and replaced with

something designed to be more supporting. While some Subconscious ambitions come pre-packed in our DNA bundle we also have the capability to add new ones. These can be either positive or limiting. My research so far suggests these mostly occur up to perhaps ten to fifteen years of age, although they can occasionally happen at a later date.

Creating a new Subconscious ambition invariably happens in a matter of a few minutes or even just a few seconds. The thinking patterns that create the Subconscious ambition usually occur spontaneously. The positive ones tend to be supported with intuitive intelligence. In these cases, the process can be just a matter of a few seconds. Those that take a longer time to create are invariably the negative Subconscious ambitions. A caveat to this is the negative aspect is more related to unnecessary struggle to achieve objectives and often with a lot of reinventing the wheel psychology. These can start their life cycle as conscious ideas and perceptions dominated by a fear of having to achieve by conventional methods. The cause of this seems to be at a time a young person first becomes aware of their strengths, especially of unconventional creative thinking rather than conventional guidance to do or think in the way they are told. It is hardly

surprising how this type of Subconscious ambitions may lead to Maverick life styles, particularly if there is a long term scarcity of parental guidance concerning forward planning, the future and how best to get there.

This is not necessarily bad or negative. Mavericks can be high performers who naturally develop subconscious thinking strategies to overcome the performance hurdles of a non-establishment learning and development background. Because they are not indoctrinated with old, limiting and redundant thinking patterns, they may often solve an impossible problem in minutes not years. This demonstrates why in many cases outdated school and even university environments and learning methods can be a limiting factor to high performance in many people. Instead of trying to consciously find solutions, Mavericks give a problem to their subconscious brain and then make sure not to interfere with conscious thinking. This is the exact process taught to sports or business high performers. The downside and why Maverick performers had better have back-up, is because of jealousy. For this reason a Maverick's life strategy has the habit of making more enemies than friends. When an enemy happens to be a powerful professional body and in their

way, a Maverick may have to change direction or strategy. The paradox is that Maverick performers appear to be lone riders, even if they actually employ or manage many people. But look carefully and you might just see Tonto or his shadow somewhere in the background.

To have a deeper understanding of the power of the subconscious mind, the common pitfalls and how to use it better for high performance, look for Robert Denton's latest book:

“High Performance After Burnout”

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