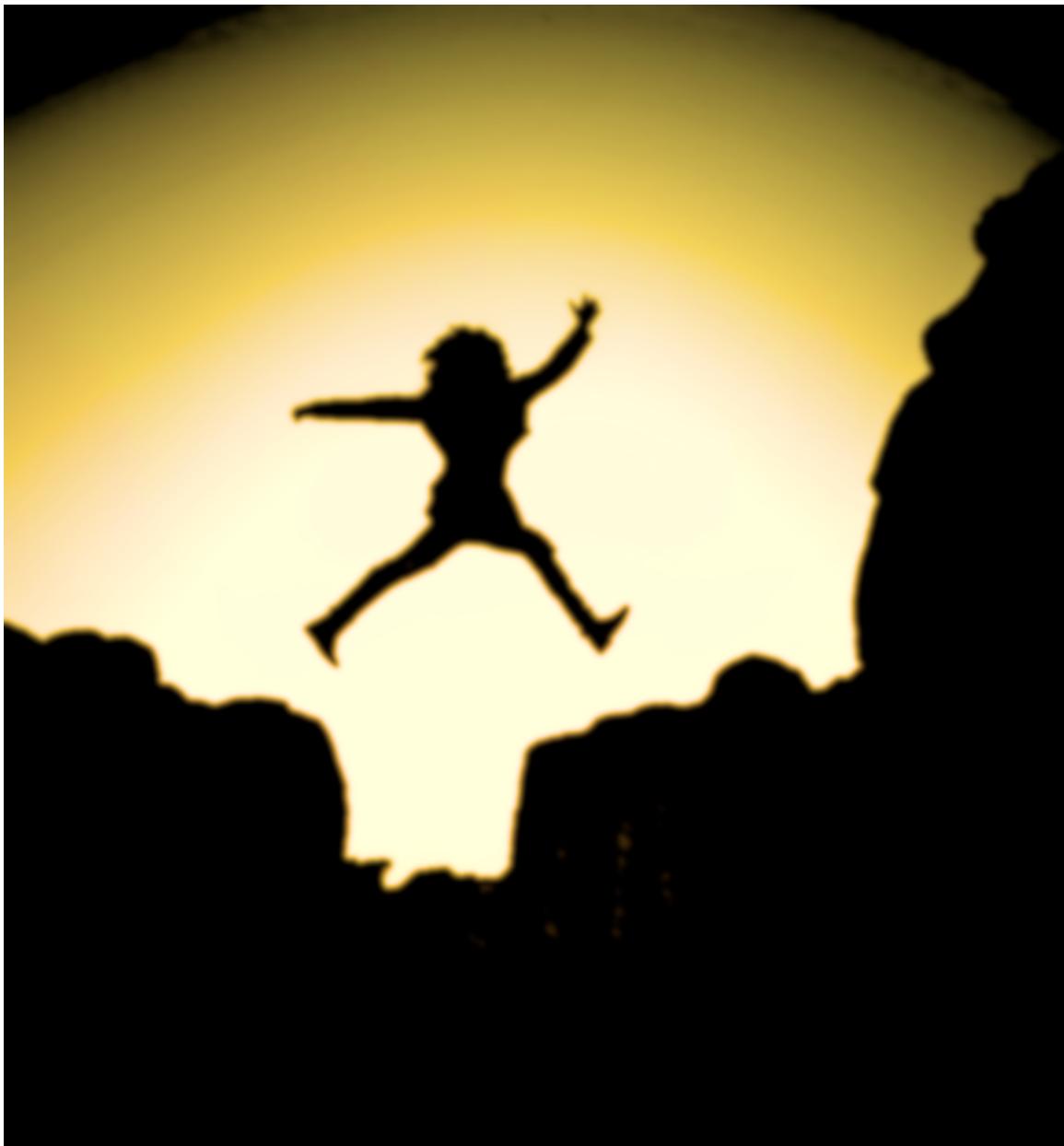


THE JUNGLE TIMES TRANSCRIPT
On Courage and Confidence
September 14th, 2024



Music Intro

Podcast #19 – On Courage and Confidence

Welcome to The Jungle Times Podcast. I'm Lawrence Poole and this is Episode #19, and it's called *On Courage and Confidence*.

This is Part Three of my series on creative SELF-empowerment. Last time, I told you about the need to expand *your sphere of awareness*, that metaphysical field of energy which contains our awareness.

I told you that your sphere of awareness can be made to grow - regardless of the content it might contain. I also gave tips on how to protect yourself from the bad and stupid people who surround you.

Well, as difficult as it may be, even the stupidest people can choose not to be. In his book 'Origins of the Modern Mind', Professor Merlin W. Donald of Queen's University, a psychologist, neuro-anthropologist, and expert on cognition explains how this can occur because consciousness participates in a larger mind.

Doctor Donald says only a part of our mind is inside of us. There is another, much larger portion that is outside of our body. That larger sphere of awareness contains the *cultural mind*. Without a cultural transmission of data, we would grunt instead of speaking; we could only relate to one another in basic ways and would spend most of our time struggling for food and shelter.

Sometimes the personal mind contributes to cultural awareness, but Donald says culture most often leads while our personal minds follow. Culture imposes its views and its language on us, but without our individual contributions, the collective mind would be diminished.

It seems that without culture, our mind turns inward and remains undefined and reactive to its environment. Any individual can connect to the larger awareness as if to an abstract world.

This idea that individual minds are shaped by a larger mind that is outside of us is not new. In 1962 Thomas Kuhn wrote a book called *The Structure of Scientific Revolutions* in which he described the process in science research.

Kuhn, a science researcher, called the "effect of paradigm" his discovery that saw people in scientific practice explore the laws, theories, and applications related to science-fact. He explained how researchers who attended the same schools and learned from the same books, share the same mindsets about data they are studying, and thus they face the same limits, and react in similar ways.

Kuhn saw the difficulties that scientists have in recognizing unexpected data from outside of their paradigms. He found that their neural paradigms impaired their ability to recognize new information to such a degree where the data remained completely invisible to them.

A few years later, Willis Harmon of Stanford Research Institute, expanded on Kuhn's discovery by defining neural paradigms as "*...the basic way of perceiving, thinking, valuing and doing, all of these associated with a particular vision of reality.*"

Then, in her best-selling book *The Aquarian Conspiracy*, journalist Marilyn Ferguson popularized the idea that people share larger social paradigms. Explaining a framework for thought, Ferguson explored shifts in paradigm America is experiencing in education, health, politics, and human potential, offering us a synthesis to explain those aspects of reality.

From the Greek *paradeigma*, meaning a model or an example, my use of the idea describes *the lens through with which we see the world*.

In Episode #3 of the TheJungleTimes podcast, I explained 4 conditions that transform normal situations into complex ones and described 9 principles of self-management found in Nature. These *compel* us to seek personal power.

Then, in Episode #4, I explained how an infinite potential is available to each of us... except for how we are connecting the neural paradigms in our brain. Well, we can shift paradigms... we can change our mind to then create a beautiful life for ourselves.

I often described myself as the luckiest man on Earth! After all, who gets a second chance. My life before my accident was not that good. When younger, I felt oppressed and that made me aggressive, but I worked hard to break out of it. I was raised well, even going to a private school but, at 6 foot four inches tall and rather skinny, I was awkward and self-conscious.

I started to fill out after I joined the Navy. After that I found a successful career in Sales & Marketing and, looking back, I admit that I was thicker than a post back then. My accident changed all that thought, as I described over several episodes of this podcast. Death confirmed my faith in God and introduced me to what I call my *Holy Guardian Angel*.

More importantly, the realization instilled in me a desire to become a better person. My HGA introduced me to the formula - *Ego + Identity = Persona* => Empowerment wherein *Ego* describes my essential beingness: My physical body, emotional range, and intellectual acuity. *Identity* is how I see my true self via my spiritual and creative pursuits. I'll identify with what my doings and my not-doings. Being a butcher, a baker, or a candlestick maker, for example, will forge those identities to the doer. And then *Persona* is my public image, or the personality that I show to the world.

Self-empowerment encompasses my belief in my capacity to navigate life's challenges, to make meaningful decisions, to shape a better future for myself, and to manage needed changes positively.

Facing my future as a severely disabled person required courage. American psychologist Rollo May explained 4 kinds of courage that every adult is expected to develop. You can understand the essence of courage, by knowing that the word comes from the old French word "coeur" - which means *heart*.

You develop courage as you travel on the path of your heart ...and stick to it - despite the impositions, challenges, difficulties, and/or disabilities.

Rollo May called the first kind *physical courage*, describing it as somewhat less than the *shoot 'em up* adrenaline shown by superheroes on the big screen, and more like every single parent who takes up the challenges of caring for children, or a disabled person who overcomes his or her physical limits in a largely inaccessible environment.

Physical courage is holding down two jobs and then coming home to cook, clean house, supervise homework, make sure the laundry is done and spend quality time with your kids, among many other chores. Sleep might come later. Physical courage is also smiling through pain, facing bullies, and overcoming personal demons - like being shy, scared, or insecure.

Next, May next suggests that we develop *moral courage* - describing it as the strength needed to right a wrong, or champion a cause. Because we have a natural resistance to change, social activists and leaders who propose new ways of seeing or doing require plenty of persistence, and inner strength.

Those qualities are related to moral courage. People who give their time to a volunteer organization as an example, or who run for political office, or teach or preach, the officers who serve and protect us, who heal and help us, all these people need tons of moral courage.

Dr. May described the 3rd kind of courage as *social courage*, describing the strength needed to negotiate the relationships we want with persons we'd like to be with or places we'd enjoy living in. It means climbing the hierarchy and take our rightful place in the social order.

Adolescents who face the dating scene for The first time will be well served by developing *social courage* as soon as they can. I remember being a teen and finding that many of friends were mortified at the idea of chatting up a girl or dating, or even going to a dance. My sister is not only attractive, she's a year younger than me - so I never thought chatting with girls was an issue.

Asked by my friends what made me so smooth when facing women, I always answered them: *"All of us - boys and girls, men and women - feel somewhat shy and awkward a lot of the time. We need to move past it. When you ask a girl out on date, and she says 'No!' - all that means is 'Ask someone else'."*

I told them that if they stand on a busy street corner and ask every girl who walks past on a date, when 50 say No! you need to recognize that you won't care when you're on that date with # 51. The only limit is when you QUIT!

So then, social courage begins with the premise - *"Men and women may be created equal."* - but it continues with - *"By the fruit of their labour, they'll become Good, Bad, Stupid, or Powerless people."*

As it's a jungle out there, you need to develop social courage so you can successfully navigate your way through life and forge ahead!

In my teens and twenties, I had a lot of girlfriends. After I was paralyzed and nailed to a wheelchair, two neighbours of mine approached me to ask: *“How come you’re always with good-looking women?”*

I deciphered what they meant and recognized that people can suffer relationship problems all their lives. That saddened me. A lot of men just don’t know how to approach women... and many of them only hope for a prince to come along and charm them.

As the building in which we lived had a restaurant on the ground floor, I suggested they buy me coffee and I’d tell them what they wanted to know.

After capturing their attention, I explained A) That I love women. (B) That I like listening to them tell their stories, and as these stories are only revealed over time, I need to be patient. (C) Also, I only comment their stories where appropriate, and always to their advantage. (D) Finally, with the strategy of a fisherman with many lines cast in the sea, I let Nature play its course.

They both insisted that they loved women too... but couldn’t tell me why other than their flagrant sexual references. No subtlety. No finesse.

I think they got my point - which is - get serious about that subject and develop social courage.

Lastly, Rollo May describes *creative courage* as the strength needed to self-express. To be yourself, to speak with your unique voice, you must develop the courage to be creative. (I’ll put a link to a free copy of Dr. May’s book in the description to this Episode of the podcast.

<https://archive.org/details/the-courage-to-create.>)

I learned that living on the path of my heart meant adjusting my *doings* and *my not-doings* so I could rise above being reactive. I defined a plan wherein I managed 7 levels of need: I had to focus on filling physical needs with a good diet and exercise. I’d manage myself so lower emotions - fear, anger, despair, and the rest - did not get a hold of me.

Resonating to love is a challenge and my complete paralysis from high on my chest was burden enough. I wanted to manage my intellectual life by devoting myself to filling Nature’s *Survive and Prosper* Law, and I wanted to find a creative intent.

God's law has NO exceptions... and it requires us to master altruistic self-interest as its management principle. That may seem easy, but I know 99.99% of every species who ever lived on this Planet are extinct today because they could not obey the law.

I had to synthesise my quest so living in the now would give me joy. That meant changing my direction to connect with Creator's INTENT. From that day on, I woke every morning to only do what I wanted. I've lived this way for the last 45 years.

I braced myself to incorporate two ideas into my persona: 1. Self-discipline and 2. Strategic thinking. The first - *self-discipline* - is the control that is gained by working at something when it is difficult. Then, *strategic thinking* should stimulate your curiosity, refine your research skills, help you ask good questions, enhance your problem-solving abilities, and improves your decision-making.

As these benefits manifested into your personality, you'll be amazed at how your luck will change.

I'll share a few anecdotes with you after a short break but, in the meantime, give thought to how you see yourself - *Are you courageous? Do you take risks to step out of your comfort zone? Are you on the path of your heart or do you have other considerations for your priorities? Do you accept that Nature requires us to overcome the limits we might have?*

Keep listening and after the break, I'll tell you about how to live with courage and then explain how to develop self-confidence so you don't have to worry about things ... so you enjoy your future no matter what it might hold.

I'll be right back...

INTERLUDE

Hello again. I was talking about courage and how it's a need if you want to transcend your limits, or to right wrongs, to forge relationship, or to express yourself creatively. I said developing courage comes from travelling through life on the path of your heart... and remaining there despite all the hardships.

Weeks after surviving my ordeal after hitting a metal pole on the TransCanada Highway at 130kmph in an automobile, I was often told by medical personnel that I had a lot of courage, but I always corrected them to insist what compelled me to not give up the ghost was loving my little girl - who was 6 years old at the time. I was in tremendous pain... but I recognized in my death experience that it was love for her that brought me back from death.

Confidence will follow the development of self-esteem. Confidence is linked to your capacity to attain objectives, but it starts with having the self-esteem required for you to even set those objectives.

In Episode #5 of this podcast, I explained how love can be expressed as 5 magnitudes of energy. A magnitude determines a size in relation to other sizes in the same kind. When selfish love is measured as magnitude 1., it measures the positive energy one receives from another person. A magnitude two energy is reserved for romantic love, or love shared, this because symbiotic love includes the positive energy of two people.

Self-esteem is love at magnitude 3, because it accounts for the energy required to love 24/7. Love is measured as spiritual law at magnitude 4, because the measure includes energy's actions and all those reactions. Then, love becomes magic at magnitude 5, as it adds a willful intent that relies on the Action/Reaction equation. Magic is the art of causing change to occur in conjunction with a Creative Intent.

Next, you'll develop confidence when you fix your attention on keeping to the path of your heart. Understanding self-confidence requires that you distinguish between confidence as a personality trait and the confidence you need to complete a task.

To develop confidence as part of your personality requires that you do the right thing despite receiving criticism or being doubted or mocked. When you lack confidence, you tend to manage your affairs according to what others think or believe. Being confident allows you to take risks and to push ideas a little further to improve things. A lack of confidence forces you into a limited comfort zone that avoids taking risks.

A person with confidence easily admits to his or her errors because he or she learns from them. When you lack confidence, you'll tend to hide your mistakes or hope to fix them before they are discovered.

Confident people don't wait to be congratulated when completing a task or doing good. Confident people also graciously accept compliments and praise but remain genuine and humble. A lack of confidence forces people to boast and brag with impunity, to sing their own praises.

Maybe the most important attribute of natural confident people is that they will delegate authority and empower the members of their teams. People who lack confidence want to control others and limit their access to important information and responsibilities.

There are 5 ways to build up your confidence

1. Act - Do something, do anything... but keep doing it no matter how you feel. If you ask my grandsons what the key to success is, they'll happily tell you it is PRACTICE. We build confidence as we stop worrying about results, to focus on simply doing our level best... and then improving. Any result can be corrected and improved. Leaders must act... to adjust.

The road becomes visible after we take the first step. People who lack confidence suffer a form of anxiety that tends to hold them back from acting, to focus on threats or risks, not on the process.

2. Choose your focus - Where you focus your attention will determine your emotional state, so choose your battleground well.

Do you pay attention to the majority, or to one person in the front row who appears disinterested. In other words, you should fill your mind with positive thoughts by remembering successes rather than failures. Being

intentional not only reduces your anxiety, it allows you to focus your efforts on tasks that help build confidence, not to destroy it.

3. Adopt a lifelong learning mindset: As your attitude toward learning and growing makes a difference, you should make it a major resolve in life.

You need to believe in positive change. People who adopt a lifelong learning mindset believe that they can add to their talents and abilities. Conversely, folks with a rigid mindset tend to believe their talents and abilities are limited — they either have them or they don't.

If you have a fixed mindset — that is, if you believe your abilities are pre-determined by genetics, then you're not going to engage in the commitment that learning requires. Studies on neuroplasticity tell us that anyone, at any age, can learn to change. We can learn to be more confident — but not with a rigid mind.

4. Learn to deal with anxiety: Anxiety is corrosive to confidence, so reframe yours so you experience *excitement*.

It is possible to control anxiety by not allowing fear to overwhelm us, or by treating it as an alien force. Rather we can choose to see it as challenge, as a form of energy that we can harness.

Our brain reacts to anxiety in the same way it does excitement. If faced with a situation that makes us anxious - like a difficult conversation for example - we need to adopt an «*I accept this challenge*» mindset.

Change your frame of reference to *I'll do my best...* instead of suffering with the idea that *something terrible is going to happen*. Choosing your language allows you to transform anxiety into positive energy. Help yourself by repeating: *This excites me*.

5. Affirm your values

Define what you stand for. Let others know how you feel about things, what you believe in and how you will honour those beliefs.

Consciously working at building up your confidence pays off by increasing your capacity to lead your life, this as opposed to reacting to life's events and circumstances. As we live in Jungle Times, you need to be prepared, you need courage and confidence.

Think about it. All be right back.

INTERLUDE

Hello again. According to experts, effective leaders require a balance of technical skills, emotional intelligence and, often overlooked, a ton of self-confidence. Having self-confidence fosters a positive view, empowering you to take risks, to persevere through challenges, and to manage stress effectively.

Also, having self-confidence allows you to acknowledge setbacks and doubts which are seen as parts of the human journey. For leaders, building self-confidence is more than a belief. It involves the ability to confront challenges, to make decisions, and to inspire others.

Self-confidence can serve as a guiding force in managing complex situations and it emphasizes the importance of an authentic leadership.

Persistence is the indivisible link to the development of courage and confidence. It's a key personality trait as identified by psychiatrist C. Robert Cloninger, in his book *A Psychobiological Model for Personality*. Cloninger says that persistence supplies the capacity to remain motivated, resilient, and goal-driven, in the face of challenges and difficulties.

To be persistent Doctor Cloninger suggests we work to achieve worthy goals. A worthy goal can be anything that contributes positively to our life.

As a personal example, I'll tell you something about my own life. Aside from having had a traumatic car accident, of surviving death, of becoming the only researcher on Earth who treks jungles in a wheelchair, and other several things I can claim with pride, let me inform you that I'm also an elite player of a game called Candy Crush. Currently played by more than 250 million people on seven continents, I play against the 100 top players chosen by the game managers.

My history with the game tells a little about persistence. I celebrated my 65th birthday in the hospital, for the first of what would be 5 major operations. Given the circumstances, my daughter bought me an iPad to celebrate the passage, and she installed Candy Crush, assuring me that it would help me pass the time and get over my immobility.

I learned how to play and became enthusiastic about the game as I discovered that it was known for developing *pattern recognition*, a vital

aspect of strategic thinking. The game consists of solving complex puzzles by eliminating symbols in a determined way.

As soon as you solve a puzzle, you graduate to a higher, more complex puzzle. There are about 10,000 levels to be climbed, and the game adds new ones every week. Complexity increases as symbols are added, more layers on the grid, modified moves, bonuses offered, and other twists and turns are introduced.

I played the free games I was allowed a couple of times a day. Devotion and considerable effort allowed me, some 2 years later, to reach level 1250. At that point, the battery on my iPad was giving me problems so, as the device was still under warranty, Macintosh replaced it with a new model - BUT *I lost all my progress and had to start again.*

I decided to start over because I noticed that my *pattern recognition* abilities had truly been enhanced. I started again and it took me several years to reach level #5250.

My no-longer-new iPad was running out of memory, so my wife suggested I register with the Candy Crush app to save my progress, then buy a new one.

Unfortunately, while registering, I clicked a wrong button and erased my progress instead of saving it. So... I bought a new iPad, downloaded a new Candy Crush app, and started playing at Level #1... again.

This time I registered as a player of Candy Crush Royal, a more complicated version with better graphics, and it automatically saves my progress as I climb levels.

I am today playing level 4750 in the new game, and I'm designated as an elite player. The community managers advise me that - while the average player climbs about 40 levels a month, I currently climb 400 levels a month. Allow me to tell you that my ability to recognize patterns - like political lies, economic trends, science theories, competitions, and Nature's laws, etcetera - is phenomenal.

At any point over the last years, if I'd gotten discouraged and quit playing the game, I would have sabotaged my development of that important skill.

Self-esteem is linked to our capacity to give value to life, it does this by compelling us to invest in our *structural capital* - that is our talents and abilities, our client capital - that is what we invest in those persons who are apt to consume, and to contribute to our structural capital. Self-esteem also allows us to also invest in our creative capital, that is our unique way of developing our talents and abilities and our relationships.

To develop confidence, first discern whether you need confidence as related to completing a task, or confidence as a personality trait.

Task related confidence comes from apprenticeship and practice of that task. The more you do it, the more confidence you will develop. The latter - confidence as a personality trait - requires that you take risks. This is easy when you are following the path of your heart. You'll tend to take more risks if you focus on what you'll gain instead of what you can lose.

The Jaguar-kings of ancient Mexico believed that we humans only have 4 natural enemies we must vanquish so we enjoy a successful life: *Fear, Clarity, Power, and Old age*.

Our first enemy is Fear because, if we run away from it, our learning stops. We defeat this enemy by embracing lifelong-learning and taking a next step. Then take another step and, after a while, fears will begin to retreat, and give way to courage.

Fear will then be replaced by our second enemy: Clarity.

Clarity dispels fear, but it also imprisons us as we no longer doubt ourselves - even if we continue to exist in a cruel world. We might think we can do anything we want because we see how things are, but that false sense of security attracts predators. A time will come when we understand that clarity is only a relative point of awareness, and we then we'll replace it with cautious confidence. Then we can use that to confront our third enemy: Power.

Power is an enemy in the sense that we can mistake power over others for the personal power that comes from developing inner strength. The dangerous thing we'll do is try to acquire power from an outside source. That gives us a false sense of invincibility that compels risk-taking.

You'll hardly notice this enemy closing in on you. Suddenly you've lost the battle because you've turned into a cruel and capricious person. You have no command over yourself because you did not appropriate the correct way to develop inner strength. You can defeat power as your enemy by defying its allure. Understand that acquiring power without self-control is a mistake. With that knowledge, you can develop *personal power* and thus defeat your third enemy.

By then, you'll be near the end of your passage on Earth and without warning, you'll have to confront your last enemy: Old Age.

This is the cruellest enemy of all. We can't completely defeat death, but we can continue our fight for life. You'll need an unyielding desire to overcome old age. Remember what Shakespeare tells us in his play Julius Caesar: "*A coward dies a thousand times before his death, but the valiant taste death but once. It seems to me most strange that men should fear it, seeing that death, a necessary end, will come when it will come.*"

If you lie down and forget the wisdom you learned from life, you will succumb to death, and lose the final battle. The desire to retreat or retire from life will overrule any acquired wisdom.

If you manage to fight illness, stress, and weariness, you can fully confront your death and not venture into that great darkness quietly, then you can be called a planetary angel as described in Episodes #17 and #18.

You can dream of a better world, by claiming ONEness with Creator's INTENT.

I'll stop here and affirm that courage and confidence can be acquired by anyone who is ready to do the first work: *We'll remember that the supreme commandment is to love God first, and then our brother as ourselves.*

Please tune in next time for Episode #20 when I tackle the subject of *conspiracies*. We live in jungle times and this predatory/prey environment makes for very strange bedfellows. Learn how to handle with the dangerous and the crazies out there. I am sure you'll enjoy the presentation as I'll explain everything you need to know on this very tricky subject

Folks – awhile back, a subscriber wrote to tell me that she gets a lot from my podcast by reading the Transcript while I animate the Episode. She says

new ideas are easier for her to learn this way. If you want to try her learning technique, download a FREE copy of this Transcript from my website at www.TheJungleTimes.com.

If you enjoyed this Episode of the Podcast, please tell your friends about it, give it a positive review, and subscribe to my Channel.

If you didn't like it, please write, and tell me why not.

Thanks for listening... I'll see you next time. Adios amigos.