The Basis of Death-causing Addiction and Life-giving Empowerment
Jazz Rasool, www.energydiamond.com

The Reptilian v Mammalian Brain Functions

The part of our behaviour that is linked into the more ancient or reptilian part of our brains is associated with reactions, instincts, desires, wants, preferences and impulses.

The higher part of our brains functioning is associated with more conscious behaviours such as considered responses, conscious intentions, affinity for genuine empowering needs, attention to priorities and marshalling resources to address critical urgencies or imperatives necessary for empowerment.

The respective behaviours between Mammalian and Reptilian brain functions are highlighted below.

<table>
<thead>
<tr>
<th>Mammalian Brain</th>
<th>Reptilian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response</td>
<td>Reaction</td>
</tr>
<tr>
<td>Intent</td>
<td>Instinct</td>
</tr>
<tr>
<td>Need</td>
<td>Want</td>
</tr>
<tr>
<td>Priority</td>
<td>Preference</td>
</tr>
<tr>
<td>Imperative</td>
<td>Impulse</td>
</tr>
</tbody>
</table>

We are in an empowering flow when our higher, mammalian brain behaviours guide our faster reptilian brain behaviours.

We are in a disempowering flow when our faster reptilian brain behaviours guide our higher, mammalian brain behaviours.

When we are in a disempowering flow,

- Unconscious reactions become what we think are our considered responses
- Misguided instincts are mistaken as our conscious intentions
- Distorted and even corrupted desires or wants become delusions of genuine needs
• Preferences are given false importance as priorities
• Disabling impulses are given critical, urgent or an imperative status

When we are in an empowering flow,
• Considered responses become our reactions
• Conscious intentions become instinctive
• Genuine empowering needs become our desires and wants
• True priorities become what we prefer to address
• What actions are critical, urgent or imperative for growth become our default impulses

My writing on how mammals and reptiles relate triggered me writing a fictional story about snake charming.

The story alludes to the possibility that sometimes, as we change as human beings, what once protected us can come to be seen as a danger to our growth with others. Either we continue to allow it to influence us wherever we go or we must influence it to change for the sake of its survival and our growth. The moral of the story is that our genuine needs for growth must always take priority over the historical conditioning of our impulses.

Grace

In India, within a small village, a poor farmer and his wife are struggling to live as well as feed their starving baby boy.

One day a tiger wanders into the village looking for food for its cubs. The villagers raise the alarm but the tiger manages to get into the farmers house and grabs the farmer’s baby and runs back into the jungle towards the hiding place of its baby cubs. The child’s mother and father chase after the tiger with some armed villagers but the tiger gets away. The father and mother return to the village distraught vowing to return every day to the jungle and find the child.

On the way back to her cubs the tiger encounters a King Cobra snake which lashes out at her. The tiger drops the boy and runs off into the jungle. The snake probes the baby and finds it unharmed. The snake chooses to protect the child from that moment on. The infant accepts the snake’s protection and for the sake of survival even copies the snake’s defensive behaviour.

Many years pass and the infant matures to a young boy.

After a few more years the boy has almost become a man. Around this time the father and mother, who have been looking for him for years, discover him and the snake. Frightened for the child’s safety they start to attack the snake but the child gets in the way to protect the cobra who has been his guardian for so long. The child’s parents see the child’s love for the snake and instead throw a sack over the cobra and place it gently into a basket placing a lid on the basket. The snake struggles in the basket and lashes around. The mother says to the child that the snake can always be honoured in this way for the service it has performed and can always be called in the event the child ever needs protection again. Returning to his home village with father and mother following, the young boy finally becomes a man.

Every day, from that day forward, villagers from miles around would come to visit the village square and hear the man playing his charmed flute and watch the cobra emerge in a state of loving bliss.

31st August 2009
Whether we have challenges in our lives or opportunities depends on how much we are attending to our needs over our wants or how *gracefully* we are living our lives.

Living gracefully involves fostering the things that must stay in our lives that can help us grow and weaning ourselves off what prevents us from growing and letting go of unnecessary impulses and desires.

**Being gracious to yourself.**

An aspect of being graceful with yourself is about attending to needs and imperatives that empower you over impulses and wants that lead to disempowering you.

**Being gracious to others.**

An aspect of being graceful towards others is about helping them to attend to their needs and imperatives that empower them over your impulses and wants or theirs.

**Energy Diamond Coaching is about being gracious in a way that is guided by compassion and which leads to empowerment.**

When you are attending to your impulses in preference to your empowering needs you are effectively living life without grace. Similarly when you pursue your impulses, or encourage others impulses, over the possibility of empowering acts for those people, you are lacking in grace or not being gracious towards them.

What we choose to let go of and what we choose to keep in our lives depend on two things, our *needs* and our *wants*.

1. **Needs**
   - Stretch us and others.
   - Address growth challenges and pain. Encourages necessary growth.
   - Go through and beyond comfort zones.

   Attending to our needs involves focusing on our *priorities* and the things that are imperatives for us to manage in order that we become more empowered and facilitate others being empowered. Priorities keep us moving in life and often, as they stretch our capacity, take us out of our comfort zone. They can even take others out of their comfort zone as they are stretched by your growth. As such priorities address the pain that can come with growth challenges whether the challenges are our own or belong to others.

2. **Wants**
   - Avoids stretching us and others.
   - Postpones/Removes growth challenges and pain. Encourages unnecessary rest.
   - Keeps us and others in comfort zones.

   Attending to our wants focuses us on our *preferences* and is a result of being attracted to following our *impulses* and desires. Preferences tend to keep us where we are, in our comfort zone and tend to lead to us to focus on pleasure, avoiding growing pains. They also make us avoid confronting others and tend to let others stay in their comfort zones and not face up to their growth challenges.

**Addiction**

It is possible for us to *want* something that we *need* and it is also possible for us to *need* something that we *want.* Wanting something we genuinely need is healthy. However if you arrived at a point where you feel you *need*
something that is simply a desire, an impulse or a hypnotic want, then you are at the first stage of becoming addicted to what you want.

A third possibility includes needing something that is a genuine need. This is where we have made it a priority, an imperative, to address a need that empowers us. This of course is healthy.

A final possibility is us wanting something we want – a vicious circle of unmet desire followed by satisfaction of that desire followed by an even greater, ever more addictive desire.

People fall into addictive patterns most often when they lack the ability to distinguish what they really need over something that they impulsively want. In contrast, people flow into empowering patterns of growth when they actively and clearly distinguish between their preferences and priorities and they focus all their energy into desires that attend to their priorities.

**Harmony between wants and needs is what flow is about.** The more unconscious you are, the more your preferences will take over your priorities. The more you act through conscious, priority based intentions rather than unconscious want-driven impulses the more empowering flow you will generate for your life to take you to fulfilling its purpose.

Whenever preferences and priorities are aligned, it indicates you’re in a state of flow. Flow doesn’t necessarily mean you are flowing towards your purpose. You could be in a river swimming against the current. You’re moving but going against your natural flow. This happens when you make your preferences, desires and impulsive wants into your priorities and start mistaking them as genuine needs that serve your empowerment.
Which question below do you answer yes to the most often? Your answer indicates what you are predominantly driven by.

Do you want what you need? Driven mostly by wanting to address Priorities
Do you need what you want? Driven mostly by needing to address Preferences

It is possible to fuel both Preferences and Priorities. What we fuel determines whether we end up in a state of addiction or empowerment.

Using wants to fuel wants = addiction
Using needs to fuel needs = empowered life

The table below gives an overview of the relationship between wanting and needing our wants or needs. It shows the outcomes for favouring pursuit of preferences or priorities.

<table>
<thead>
<tr>
<th>Need</th>
<th>Want</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthily needing what you genuinely Need</td>
<td>Mistakenly needing what you Want</td>
</tr>
<tr>
<td>Unconsciously wanting what you Want</td>
<td></td>
</tr>
</tbody>
</table>

In the table above, with a given motivation, wherever need is the last word or has the last word, that's good for empowering flow.

<table>
<thead>
<tr>
<th>Type of Pursuit</th>
<th>Pursuit of Priorities</th>
<th>Pursuit of Preferences</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Outcomes:</td>
<td>Outcomes:</td>
</tr>
<tr>
<td></td>
<td>Empowerment or enlightenment</td>
<td>Addictions &amp; obsessions,</td>
</tr>
<tr>
<td></td>
<td>Necessary challenges – serves growth</td>
<td>Unnecessary challenges,</td>
</tr>
<tr>
<td></td>
<td>Life becomes enabling</td>
<td>Life of downwards cycle – suppressed growth,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leads to disability.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Driving forces</th>
<th>Drive: Conscious Enabling Intention</th>
<th>Drive: Unconscious Disabling Expectation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Creates new energy</td>
<td>Drags old ‘baggage’ energy from the past into the present leading to stagnation of the future.</td>
</tr>
<tr>
<td></td>
<td>In the present to nurture the future.</td>
<td>Allows old wounded energy to Open up past and Close up any possibilities for a new future.</td>
</tr>
<tr>
<td></td>
<td>Allows healing energy from the present and future to bring Closure to the past and Open up the possibilities for a new future.</td>
<td></td>
</tr>
</tbody>
</table>

In the table of wants and needs there is an indication of how each opens up or closes up the past or future.

These ‘Driving Forces’ are discussed in the next section.
Driving Forces

The Pursuit of Priorities successively

1. Brings closure to past issues
2. Brings vitality to what you are currently doing
3. Reserves energy for future challenges and opportunities
4. Empowers others with your surplus energies

The Pursuit of Preferences successively

1. Chains your energy to past issues
2. Drains your current activities of energy
3. Spends energy that needed to be reserved to address future challenges and opportunities
4. Props up others lack of strength and awareness at the expense of your energies

These dynamics are best visualised if your life is represented metaphorically as a funnel. The following pages illustrate these dynamics in some ‘Life Funnel’ diagrams. These illustrate the causes behind the challenges and opportunities within the coaching points identified by the LifeScan profile and utilised in Energy Mapping assignment of tasks. These also illustrate the typical pathologies that are observed in counselling and psychotherapeutic sessions.
(A) Open Future with energy leaking into a Past lacking closure.

(B) With Energy Diamond coaching
Challenges are addressed and Opportunities are taken advantage of.
This leads to more closure brought to past and a more open future
and a rising tide of internal energy.
Empowering Others
Life with Closure of Past and Openness to Future.
Fresh Energy surplus to your Life feeds another person's Future.

Disempowering Others
Life Open to old energy from Past and Closed to new energy from Future
Old Baggage Energy from your Past leaks out of your life and fills up someone else's life.

Colluding with someone at your expense
Life with incomplete Closure of Past and partially Open to Future.
Fresh Energy feeds your past habits and through them leaks out of your life to feed another person's Life.

Someone siphoning off your rising Energy
Life with Closure of Past and Openness to Future.
An 'Energy Vampire' steals Fresh Energy meant to nurture your Life.