

Why America is Emotionally and Physically Tired; and Obama's Disease.

/EINPresswire.com/ 4th R Foundation: Why is America and the World so Tired? Especially why are our greatest leaders all so very tired? From Sheikha Moza, Prince Charles, Senator McCain, Tony Blair, to Sonia Gandhi etc.; it is because they all suffer from the Obama disease.

It is the ignored, neglected and undetected emotional baggage in the brain that is the most common cause of all this tiredness.

The most common cause of tiredness is due to our 'emotional baggage belief' of being the best. This is one cause that we as parents erroneously integrate into the physical brain structure of our children. We will be taking a big step in removing so much tiredness from our children's lives if only we did not tell our children that they are the best; and instead took steps to make them become the best.

Consider the Biblical story of Adam and Eve. They were living in total bliss in heaven unaware of their own position, limitations and responsibilities, without any need to worry about their future, or have any ambitions of power or hunger for knowledge. They were blissfully happy with a totally relaxed and happy brain and mind. Suddenly Satan introduced all the elements of fear, jealousy, greed, ambition and their limitations, the chances to disobey and break the laws. Their chance to become god themselves by knowing good and evil drove them to commit evil. Thus Satan introduced evil by telling them their status of being powerless without the knowledge of good and evil.

Similarly by telling our child that he is the best we introduce a personality changing evil that introduces the worst emotional baggage into the brain's physical infrastructure. The child was totally lost in a happy life of living in the now. Becoming aware of being the best raises expectations, introduces an element of status, creates a phony overconfidence, makes the child compare his own self with others. Instead of living in reality the child dreams of being # 1. He expects to come ahead of all others. As this seldom happens in the real world; the elements of jealousy, greed, hatred, anger, confusion, guilt, ambition all become part of the personality. Even happiness gets elusive. We parents instilling the belief in our children that they are the best, is the biggest cause of tiredness in America and the world.

With this 'I am the best' belief the brain gets loaded with emotional baggage which creates an overconfident phony self-image that even when things go right it is still not enough. The

standards of success are so high that it is never enough. Even those who are able to make millions, want tens of millions and those who achieve; want to be billionaires. So they keep on working towards making their phony self-image happy. No wonder even the successful people are tired with over work. Their brains, their minds and their bodies are all over worked.

A good chunk of America should have no reason to be unhappy or tired. They are financially successful, they create the extra income tax for the whole country, they provide jobs for others, they provide well for their families. Yet they are worried about not being #1. Even though these people do not have any other emotional baggage this over confident phony self-image still results in an over worked, greedy, jealous, ambitious, and worried personality.

About 80% of Americans have some form of emotional baggage that is in addition to the belief of being the best. It is their emotionally challenged behavior that creates all this mess in the world; it is also the reason that they are tired.

Then there is PBS-T (Physical Brain Tiredness Syndrome). PBT-S we are renaming as the Obama disease. I figured out that President Obama lost the 1st. debate because his physical brain was over worked and tired. President Obama is over exuberant about his job. His mind and brain enthusiastically focus on every detail of every information that comes his way. He tries to become an expert of everything that matters and much that does not. As a result his mind not only absorbs all this information, he researches and rolls it over. While his mind is active it is the brain that is processing all this activity physically. As a result his physical brain gets tired. Most world leaders have the Obama disease, from Tony Blair and Prince Charles to Sheikha Moza and Sonis Gandhi.

Again when President Obama is asleep his mind is sleeping and his body is resting and his unconscious brain wakes up and, 'sleeps over' the information that the mind has absorbed. The brain chews and digests the day's information and as President Obama's mind has absorbed too much information; perhaps it is too much for any single human brain. The brain not only is active for much of the night; it gets tired and thus it makes the mind tired and disengaged; tiring even the body. It results in a physically unrelaxed and emotionally disturbed sleep.

There are tens of millions of people out there who have the same problem; they have the Obama disease. Their brains and minds are emotionally super healthy and their personalities produce very little emotionally challenging behavior. Yet they strive for over the top ambition for perfection and drive for the best behavioral results. This obsession for being hands on about every detail, over works the brain; which then projects a disengaged mind.

Ultimately it is the brain that does all the physical work. The brain is an organ of the body just like the stomach. Imagine if we kept on eating for days and then gave the stomach some rest. It would make the stomach sick to the bone. Similarly the brain needs rest and relaxation every few hours. It is unhealthy and unwise to work the brain and mind for months and then go on vacation for a few days, and especially to take the work while on vacation is a big disaster.

The Obama disease is the easiest to cure because it is due to unhealthy behavior and not due to the physically entrenched emotional baggage in the brain. Thus just by changing behavior, by resting and relaxing the brain and not over working the mind, the Obama disease is curable. Just as we saw President Obama with an engaged and rested brain, mind and body in the 2nd. debate and he was even better in the last debate. And now his zing is back. All those who suffer from the Obama disease; just by changing their behavior and respecting their brain as an organ they too can have their zing back.

Of course there are others with serious emotional baggage that creates tired brains that will need professional help. A huge chunk of theses too can be cured through existing therapies and we have developed our own therapy that involves both the brain and mind.

We need the help of our news channels to make the Obama disease sufferers wake up to why they are so tired and how easy it is to cure their tiredness. We also need all the help to launch awareness that instilling the, 'I am the best' belief in our children is the most common emotional baggage that we create in our children's brains. We condemn them to a life of over worked and tired brains, minds and bodies. We make happiness a non-achievable goal. We plant the seed of evil, and just like Satan introduced hell for Adam and Eve; we take away the life of heaven on earth for our children. We are worse than Satan for our kids, Satan told Adam and Eve that they could become #1 while we tell our children they are #1.

We also need to use existing therapies to remove this emotional baggage of believing to be the best from the brains of the older populations. We can cure this emotional illness; all we need is the decision at all levels to undo this damage. Governments, NGOs, universities, hospitals and social services etc. will have to pool our resources and take up this massive project to create emotionally super healthy brains free of all emotional baggage.

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