

## 4th R Foundation: What is Emotional Intelligence and How it Can be Taught.

/EINPresswire.com/ "Who am I?": The Most Important Question Connected to Emotional Intelligence that we Need to Answer Correctly to Understand Emotional Intelligence and Master Life.

With our changing life circumstances the answer to this most fundamental question keeps changing. There are broadly speaking one of four levels of answers for each individual person as follows:

1) Premature brain/mind (-2), it is mostly brain at this early stage. In the womb the fetus experiences love, warmth and security day in and day out 24-7. The fetus gradually develops a omnipotent and omnipresent self image. It considers itself as all reality. The answer to the question at this -2 stage is, "I am the one". It is with this feeling of not just being the center of the universe but being all there is that the new born infant begins life. If post natal life is happy the child pushes the feeling of, 'I am the one and only' deeper and deeper into the unconscious and begins to enjoy its new life of total dependency with gay abandon. The brain and mind continue developing humbly towards a wise self image. If the after birth life is painful then the brain clings to 'I am the one and only' just as a deposed king continues to feel like a king. The mind however grows up confused and angry. Those whose brain gets stuck at -2 manifest themselves as dictators, tyrants, thugs and real evil individuals. For others even the mind cracks up and they become emotionally ill. -2 individuals are either criminals or emotionally dependent on society. Both become a burden on society. It is the severe emotional baggage self image of being the one and only that drives life. Emotional intelligence at this level is the most unhealthy. It causes the most harm to society. It effects all the other three levels. This -2 emotional baggage generates a -2 emotional intelligence which projects a -2 self image.

2) Immature brain/mind (-1), it is a mixture of brain and mind depending on the quality of upbringing. Those who experience a loving and happy childhood continue to grow towards maturity. Others who experience a painful childhood feel they are the best and that they deserve the best and so they try to get what they think is due to them by hook or by crook. They develop a corrupt brain and mind. The self image of those who are stuck at this -1 level is, 'I am not the best right now but I deserve to be'. This level -1 brain/mind fears the law but tries to break it when ever they feel they can cover their tracks. Whole countries are stuck at this -1 level. It is the self image of deserving the best that derives life. Emotional intelligence at this level is a big drain on all society. This -1 emotional baggage generates a -1 emotional intelligence which projects a

-1 self image.

3) Mature mind/brain (+1), it is mostly a well developed mind with the brain still stuck on, 'I am #1, others are not as good'. This self image of being #1 and of others not being as good is lovingly created by otherwise dotting and responsible parents. The mind at this +1 stage feels frustrated, confused and angry that after all the hard work and all the accomplishments one cannot find happiness and satisfaction. It is because the brain wants more and more. As the person becomes more and more successful the brain's own hunger for more success expands even further. The +1 self image leads to greed, jealousy, unhappiness, frustration, restlessness, tiredness etc. The majority of Americans are stuck at this +1 level just due to a simple American tradition to brainwash our children into believing that they are #1. We do most of the upbringing in a super healthy manner except for this huge folly of loading the brains of our children with this emotional baggage of they being the best. As a result the American population is over worked, frustrated, tired and has such high drug addictions, divorce rates, alcoholism, child abuse, crime, Wall Street greed, busted budgets and bankruptcies etc. In fact the majority of man made messes in America stem from our defective self image of thinking our individual selves as #1. This +1 emotional baggage generates a +1 emotional intelligence which projects a +1 self image.

4) Super mature mind (+2), it is all mind that powers the +2 self-image-less pure self. The brain at this stage is like a limb of the body just like the hands or feet, it is totally at the beck and call of the mind. The emotional baggage free brain projects a super mature emotionally intelligent pure self. At this +2 stage the answer to the question, "Who am I?" becomes, 'I am my pure self', I am #2 while everyone else irrespective of caste, status, creed or gender is #1'. This +2 emotional-baggage-less pure +2 mind generates a +2 emotional intelligence that projects a +2 pure self.

IT IS CLEAR FROM THE ABOVE THAT EMOTIONAL INTELLIGENCE IS A FUNCTION/PRODUCT OF THE EMOTIONAL BAGGAGE WHICH PROJECTS THE SELF IMAGE. EMOTIONAL INTELLIGENCE STEMS FROM THE PHYSICAL BRAIN AND THE PHYSICAL BRAIN CANNOT BE CHANGED THROUGH REGULAR EDUCATION.

The self image is a product of the presence or lack of emotional baggage in the brain. The quality of emotional intelligence is determined by the level of the emotional baggage in the brain. Thus to create the pure self we need to create an emotional baggage free brain that will generate +2 emotional intelligence that will project a pure self.

What we need first is a massive wake up call to all new parents and teachers to learn how to avoid creating -2, -1 and +1 brains and minds; and second they must be shown how to create pure selves.

For those who are older and are stuck at the lower brain levels we need to use all available therapies to enhance their emotional intelligence by purging their brains of emotional baggage and thus changing their self image. The -2 self image is almost impossible to change; perhaps in

the future we will develop medicines or surgery to remove their massive emotional baggage. The -1 self image is difficult but not impossible to change. The +1 self image, the majority self image in America is the easiest to change. Instead of watching our fellow +1 Americans struggle with their +1 self image we should introduce reeducation brain/self-image therapy classes for them.

Emotional intelligence education is about removing the emotional baggage that physically powers the -1 and +1 brains. This emotional baggage cannot be removed by the current way we teach emotional intelligence. Currently we try to change the emotionally challenged brain through teaching, preaching, persuading, through carrots and sticks. It does not work because the emotional baggage cannot be removed through the current education system of persuading. The emotional baggage can only be removed through brain therapy as it is physically integrated in the brain.

The brain is a physical machine that at the lower levels will continue to produce selfishness, greediness, anger, restlessness etc. just like a nitrogen producing machine will continue to produce nitrogen even if one tries to get it to produce oxygen. The sooner we wake up to the physical nature of the emotional baggage problem the sooner we will realize the road to a real successful emotional intelligence education. Only an emotional baggage free brain will produce super mature emotional intelligence.

Emotional intelligence education is not about teaching emotional intelligence. It is about changing the self image into the pure self; which means removing the emotional baggage from the brain; which boils down to changing the brain physically.

It is the emotional baggage that shapes the answer to the question, 'Who am I?' for the majority of Americans and all America pays the price; it need not be this way anymore...Emotional intelligence education is about creating super mature brains that are able to unconsciously say, "I am my pure self".

The practical and effective benefits of our findings can be verified by using our Self Image Therapy. Please google the following:

Self Image Therapy. – brainwizard

<https://brainwizard.wordpress.com/.../self-image-therapy>

[www.24-7pressrelease.com/press-release-service/293491](http://www.24-7pressrelease.com/press-release-service/293491)

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