

# MY BIGGEST INVENTION: Emotional Health Quotient (EHQ) (Excerpt From My Patent Application). Please Use This Innovation.

*It is emotional health that generates EI; so when focus is on teaching EI it is like trying to produce the fruit without cultivating the tree.*

RIDGEFIELD PARK, NEW JERSEY, UNITED STATES, March 14, 2017 /EINPresswire.com/ -- CREATION OF [EMOTIONAL HEALTH QUOTIENT](#); AS A FIRST STEP TOWARDS CREATING UNIVERSAL EMOTIONAL HEALTH.

For thousands of years our [wisdom](#) experts have been asking the same old question again and again, 'What is wisdom?'. The answer after all these years is still pretty much elusive because of the very nature of wisdom. Wisdom is a symptom of an emotionally healthy brain. Focusing on the symptom is like trying to understand smoke to understand the fire. Thus teaching wisdom is like trying to create smoke on its own without even knowing that it is generated by the fire. Even when we know what is wisdom we still have to figure out how to become wise.

Too much focus is on trying to figure out wisdom and hardly any on how to become wise; when becoming wise is what is essential and is all that counts.

The tragedy of wisdom education is that our experts are still confused about the functions of the brain and mind. The mind functions in words while the brain in biochemical reactions that are generated by the existing brain wiring. When the mind is taught wisdom knowledge in words, it wants to follow but the brain biochemically filters the lessons based on past fixations. The mind tries to soak up the inspiring insights but the brain's existing beliefs alter and pollute the new knowledge. So all this wisdom (mind) education falls on deaf/emotionally-challenged brains.



You can get rid of your emotional baggage ASAP.

The brain is like a movie projector that projects a self-conscious Self-image. An emotionally challenged brain continuously projects an emotionally challenged self-image and current wisdom education is like instead of repairing the projector/brain the projected self-image is taught to educate itself into wisdom. It is like the movie projector is projecting a black and white image and attempts are made to change the image into color through educating the self-image! Say if the self-image is physically red; can it be educated into becoming blue? It is very clear that creating wisdom has little to do with educating the mind and has everything to do with healing the brain; the source of the mind.

When defining wisdom none of the wisdom experts nor any of the dictionaries will say that wisdom above all is pure/emotionally-healthy love. As love is an emotion; so is wisdom. Even a child knows that love is a function of the heart. The heart is an agent of the brain; as it has 40,000 brain neurons. Thus

“

Our experts are putting the cart before the horse; they are focusing on creating smoke (emotional intelligence); without lighting the fire (emotional health).”

*Sajid Khan, EHQ (Emotional Health Quotient) is needed to fix the ed. mess.*

wisdom is a function of the brain and heart. No wonder all these tens of thousands of books on wisdom do not make one wise; as these books try to teach the mind wisdom; when it is the brain that needs to be changed/healed physically. The focus has to shift to making the brains emotionally healthy.

Our wisdom sages think that wisdom is a body of knowledge that needs to be discovered and taught. So they keep putting wisdom



under the microscope and all they find are the attributes of wisdom. So they try to define wisdom by its attributes. But they miss wisdom as wisdom is much more than the sum of its parts. Wisdom is like a cake and so by describing the cake as sugar, butter and/or flour they totally misdefine the cake! If someone has not seen a cake and is told that the cake is sugar, butter etc.; then how can he perceive the cake and much less understand and experience the cake? Just imagine giving someone sugar and saying, 'Here, have a cake'!



Brain health is the foundation for a happy and healthy life.

Human nature/consciousness is like a bicycle that runs on a mind wheel and a brain wheel. The mind wheel we keep improving and the brain wheel we ignore, neglect and damage without even being aware of the implications. Naturally consciousness is messed up and as a result, all life and society is messed up for the vast majority. Any wonder why in spite of all this great progress in civilization; crime, economic struggles, unhappiness, class, and race divides, are all still stuck in the stone age? It is because our experts try to fix the bicycle of life by trying to fix the mind wheel by educating the mind wheel; as the mind wheel is all they are focused on. It is time to wake up to the fact that the brain wheel has to be fixed directly through brain education; where [brain education](#) for the young is upbringing and is brain therapy for the old.

Sajid Khan - Brain Freshness



Mind Brain

Designer | Nichol

Identify with your mind and with it; heal your brain.

The graphic features the words 'Mind Brain' in white on a blue rounded square background. Below the text is a stylized illustration of a brain with two hands holding a pair of glasses, symbolizing focus and clarity. The entire graphic is reflected below it.

Rather than asking 'What is wisdom', the winning question is, 'What is wisdom made from?'

Wisdom is generated by selflessness. Like wisdom; selflessness is misunderstood as considering one's self as an insignificant zero. Just like zero is not just a number, it is the essential number that has given man the foundation for solid science, the computer age and the web cloud; selflessness is the power that generates wisdom. Selflessness does not stand for putting one's self down as nothing. It stands for being so fully satisfied and confident with one's own self worth that one does not need to focus on the self-being less or more. It enables one to just not focus on one's own self-worth at all and be fully immersed in living in the now. Selflessness provides the unconscious supreme confidence of being equally significant in a world where everyone else is just as precious; regardless of race, color or class.

The face of selflessness is humbleness. We already bring up our girls humble. As a result, our girls are far more emotionally-healthy/wise. We bring up our boys macho. Machoness is the very opposite of humbleness. It is machoness that leads to most of the ills of society from crime to drug addictions, to child and wife abuse, student failures and all the other mess in society. Imagine if we brought up our boys humble; just as we bring up our girls. Both our boys and girls need to be brought up as humble as possible.

Sajid Khan  
4th R Foundation  
2108141808  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.