

# A Call for a Hearing on Identifying the Fundamental Problem Facing America and its Solution.

*All these hearings trying to find solutions to improve American life have not made any real progress. Would our lawmakers be interested in better results?*

WASHINGTON, DC, NJ, UNITED STATES, June 20, 2018

/EINPresswire.com/ -- Our American

people work hard to make a success of their lives and yet the results are mostly below par simply because the knowledge

that our experts provide is riddled with half-baked formulas. From parents to teachers the vast majority provide the guidance that creates emotionally challenged brains.

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Our lawmakers need to realize that there is this opportunity to transform America and the world from being emotionally challenged to emotional health. Make America great through brain health.”

*Sajid Khan; Humility is the power that generates wisdom.*

Even those who are successful professionally many of them struggle with unhappiness, tiredness, bad relationships etc.

Wisdom education which in its initial stage is wise parenting is about creating an emotionally healthy self-identity! It is about nurturing a humble self-image.

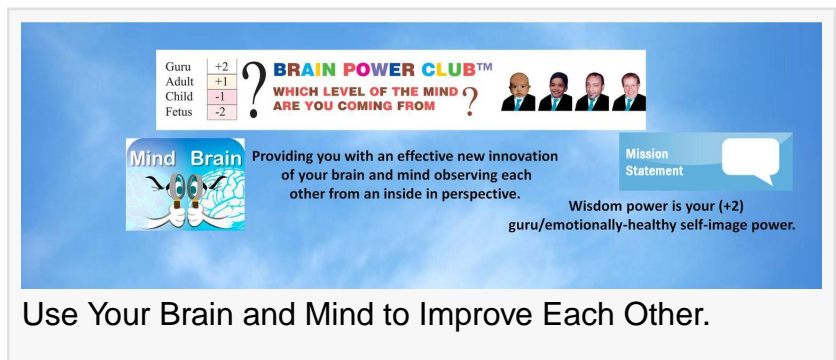
The self-image does not need to be defined. It is the same as when God said, 'I Am Who I Am.' Extremely vague and undefinable. Something not to be dwelt on at all!

What most parents do is define the self-image for their child. Mostly it is in form of a trophy self-image of being the best.

In most cases, teachers have to deal with students whose brains are emotionally challenged as they are powered by, 'I am the best' self-image. Teachers try to handle this problem with half-baked knowledge.

It is the self-image that determines the relationship of the individual with one's own self, others and even with the reality of life. It even determines the relationship between one's own brain generated and mind generated self. It is the self-image that determines one's own moral values, focus, living in the now, happiness, sound sleep, the strength of character etc. It is the self-image that determines the individual's wisdom level.

The self-image is created through the nurturing environment provided by the parents. The self-image level is well established by the time the child is 5 years old. The answer the child gives at age five to the question, 'Who am I?' will be the same that the child will give throughout his life. Thus, wise



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parenting is essential.

The self-image is projected by the brain wiring that is established during the nine months of living as a fetus and then 5 years as a child. The self-image is a function of the [brain](#). If the self-image is to be changed then it is the brain wiring that has to be changed. In other words, it is the brain that has to be healed.

The problem is that our experts do not have a clear idea of the mind and even do not have any clue about the difference between the brain and [mind](#). The brain and mind are treated as one. The brain and mind are lumped together as just the mind. Thus we have mind education for even healing the brain which is a separate entity. Teaching the mind to heal the brain is no more than mind-washing. Mind-washing is like pouring fresh water into a glass that is generating dirty water of its own. The so-called brainwashing is actually mind-washing which leaves the brain to keep generating the wrong, emotionally challenged self-image.

Knowing the exact nature of the mind is not necessary. The self-image is the manifestation of the mind, it is the very face of the mind. Defining the self-image means defining the mind. Measuring the self-image measures the mind. Healing the self-image heals the mind. As the self-image is projected by the brain it is the brain generated self-image that needs to be defined, measured and healed.

Our experts try to change minds when it is the brains that need healing. Our experts are so off the track that even the Dalai Lama is calling for teaching ethics education to our children. In other words, he is calling for changing minds through mind-washing when he should call for healing the self-images from being emotionally challenged to emotional health. Changing a person from ignorance to wisdom is about healing the self-image through brain therapy.

It is a shame that in spite of all the progress in the mind sciences our experts are still ignorant about the true nature of wisdom. Wisdom/emotional-intelligence is the smoke where emotional health is the fire. Thus wisdom is emotional health that springs from an emotionally healthy brain. It is humility that generates emotional health. Thus it is a



Emotional intelligence comes from emotional health.



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humble self-image that generates emotional health. There is a simple trick to creating humbleness generating brains. Instead of creating a trophy self-image of each child is the best, cultivate a zero self-image. I learned this trick from the story of Adam and Eve. Even the Buddha talks about the need for a zero self-image.

'Adam and Eve started off with no self-identity. And as long as they have no self-identity they are living a life of bliss. Enters Satan and he introduces a false self-identity that alters their self-image from being selfless to become selfish. At once how they experience and absorb life changes from wisdom to ignorance. Suddenly all the attributes of ignorance become their way of life. From unconscious selflessness to conscious selfishness becomes their way of life. Selfishness brings with it all its attributes; lust for power, greed, jealousy, anger, fear, worry, guilt, restlessness, impatience, etc. From pure happiness to dejection and frustration become their way of life. Pretension and concealing their true feelings become them, they become deceitful and cheaters. From being wisdom, they become ignorance.' - From the following blog:

Sajid Khan - How We Figured Out Wisdom From the Story of ...

<https://www.facebook.com/BBCFamilyNews/posts/10208353677505792>

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