

An Open Letter To Our First Lady Ms. McCray.

First Lady Ms. McCray's efforts on mental health are bearing fruit. Faster progress can be made if efforts are made to cure the emotionally challenged brains.

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/EINPresswire.com/ -- New Yorkers and the world are lucky to have in the First Lady Ms. [McCray](#) a passionate champion of mental health for all. Her efforts are bearing fruit but much faster progress can be made if the missing brain factor is taken into account.



Know and Harness the Difference Between Your Brain and Mind.

“

As long as the brain and mind are lumped together as just the mind and the mind is not clearly defined; not much will change.”

Sajid Khan

There is a monumental blunder that our experts continue to make. They lump the brain and mind as just the mind when these are two separate entities. I have reviewed your ThriveNYC literature and your formulas are continuing to make the same mistake.

What the current fixing approach does is try to coax, teach, threaten, punish, reward, preach, change, persuade, manage etc. emotionally healthy behavior from the mind. It amounts to 'mind washing' when what is required is brain healing. As long as we continue to keep trying to improve the mind even when it is the emotionally

challenged brain that needs healing life and society will remain as problematic as ever.

I have worked out a simple formula: the mind is the smoke, where [emotional](#) health that stems from a healthy brain is the fire. Creating emotional health will generate a healthy mind effortlessly. Thus focus has to shift from trying to change minds to healing brains.

Please consider the fact that there are 44,000 books on [happiness](#) and not one makes you happy. It is because all these books try to educate the mind about happiness but when the brain is wired for unhappiness then what can the mind do. It is the same story when our leaders give moving speeches to change minds.

Every man made ill of society is emotionally challenged behavior that stems from emotionally challenged brains. Yet our experts try to educate minds to cure the ills of society. The mind itself is a symptom of the brain so our experts try to cure the symptom. No wonder nothing changes.

In your ThriveNYC literature, there is no mention of the brain and that it is the brain that is sick. Consciousness consists of two wheels - the brain wheel and the mind wheel. It is the brain wheel that is defective and yet it is the mind wheel alone that efforts are directed towards fixing. As a result, America is an emotionally challenged society and it will remain so until the missing brain factor is taken into account.

Today our Black Sisters are #1 in education, simply because they are brought up humble. As

wisdom is none other than humility. Our Black Brothers are not doing so well because they are brought up macho. Just bringing up our Black Brothers humble will change the Black community.

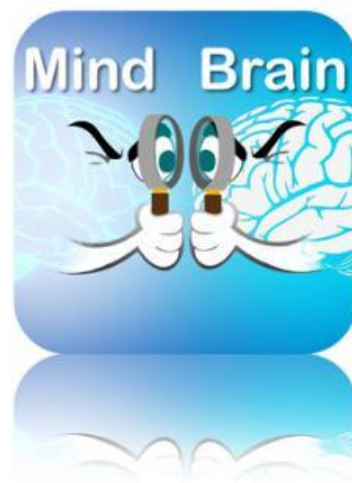
It is interesting that you believe that art is a necessity that advances progress. I have an art project with this same goal in mind. The brain and mind are lumped together as the mind. The difference between the brain and mind and their relationship is confusing that needs to be clarified. The brain is a limb, like the hands. It should be fully controlled by the mind. Yet in the majority, it is the brain that controls the mind. To awaken the world we need to make a sculpture that shows the two as separate objects. And for self-improvement we need to show the mind and brain observing each other where the mind is the self, healing up the brain. I have applied to the Park Commissioner to approve my brain and mind sculpture. Please help.

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Wisdom education is brain cleaning education.

Sajid Khan - Brain Freshness



Designer | Nichol

Our Education System Has Cutting Edge Mind Education While Brain Education Is Under the Radar Screen.

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