

IMPROVING OUR WORLD

PEOPLE

Improve people to improve society. This begins with improving thoughts.

Your current and stored thoughts form much of your identity. They also impact every cell, emotion, and action of your being.

You control thoughts that you seek, receive, store, remember, avoid, block, and forget.

Use thoughts to improve.

- Seek and receive healthy thoughts; for example, be selective about TV shows you watch and music you listen to. Avoid unhealthy ones, such as those that are sad, scary, angry, or violent. Also limit exposure to negative news, but be adequately informed. (Society is mainly influenced by repeated thoughts from television. It is also influenced by radio, Internet, movies, recordings, and video games. Some of this causes excessive fear, which benefits some governments, religions, industries, and banks.)
- Make healthy attitudes, emotions, and actions happen automatically by repeatedly storing, and acting on, thought programs (commands).

At times avoid all thoughts of others for a while, and experience only your own thoughts.

Have courage to question everything. Especially question entities that limit freedom to question.

Think for yourself. Independently investigate.

Have an open mind. Be able to consider something without necessarily accepting it.

Learn from diverse sources. Assess them for any bias.

Avoid entities that limit freedom to learn.

Promote love of learning. Learn and teach. Support sources of learning and knowledge.

Be humbled by the vast unknown.

Use facts and reason to reach conclusions.

Know and own yourself. Be aware of, and accountable for, your thoughts and actions.

Have appropriate thoughts and actions. There is a time and a place for almost everything.

Do good. Have good thoughts and good actions.

Practice the Golden Rule. Treat others how you want to be treated.

Do not sin. Sin is to needlessly cause harm.

Obey government laws of your location.

GOVERNMENT

Two-thirds of the world's people are governed by experiments in democracy, from republics to direct democracies.

Since the experiments began, societies changed due to: rapid advances in technology, vast increases in population, accelerated globalization, and mass media's broad influence.

Many experiments are degenerating because:

- the small proportion of society that can afford public election campaigns is decreasing, due to the large and growing wealth gap;
- the cost of using mass media for campaigns is high and increasing; and,
- most voters are influenced by mass media, which is controlled by very few.

Some experiments are becoming police states to cope with growing social problems, mainly stemming from increasing poverty at home and abroad. This change usually starts with increasing government powers of surveillance and law enforcement, as well as reducing people's legal rights.

Use legal rights to improve government: question, learn, inform, assemble, protest, vote, become representatives in government, hold referendums, and conduct boycotts.

Improve government by conducting new experiments. Conduct them first at local levels, and experiment in the most successful at higher levels. Poll the public about results, and publish poll findings.

In some experiments: require term limits for more offices, increase use of councils, and increase use of random selection.

In history's first democracy, people knew that selecting representatives (for social and individual justice) by public elections is easily corrupted. So they randomly selected them (from eligible candidates) for councils and trial juries. In modern democracies, juries are still randomly selected.

People also knew that decision-making by only one person (such as a president) is easily corrupted. So they used only councils. Each council member served as chairperson for an equal time during the council's term.

QUALITY OF LIFE

During the past two centuries, quality of life improved due to advances in technology that improved: agriculture, industry, healthcare, transportation, communication, and information systems. These improvements helped accelerate population growth and globalization.

Rapid growth of large populations now threatens quality of life. Much of this growth is due to ideologies against birth control. Some is due to parents' need to produce many children so that enough survive high child mortality and can help the family.

World population has grown increasingly fast: 1 billion in 1804, 2b in 1927, 3b in 1959, 4b in 1974, 5b in 1987, 6b in 1999, and 7b in 2011.

Vast population growth increases poverty, which can increase: religious and racial tensions, crime, disease, migration, terrorism, revolution, and war.

Impacts of poverty spread as globalization increases. For example, the mass transfer of jobs from industrialized nations to China and India (which had 1+ billion in poverty) reduced long-term standards of living in the industrialized nations. It also increased global prices of some things, as personal consumption rates rose in China and India.

Large population growth benefits:

- governments gaining taxpayers;
- religions gaining contributors;
- businesses gaining cheaper labor and bigger markets; and,
- industries and banks profiting from violent conflict.

Humanely control population growth by:

- increasing awareness of harm caused by overpopulation;
- improving awareness, affordability, and availability of voluntary, preventive, birth control; and,
- reducing parents' need to produce many children, by improving healthcare and increasing opportunities for education and employment.

POWER OF THOUGHT

Make healthy attitudes, emotions, and actions happen automatically by repeatedly storing, and acting on, thought programs (commands).

To consciously store programs most effectively, be in an active mental state of using your powers to: be fully aware (using many senses), question, analyze, understand, feel emotions, use reason, express, and take action; and repeatedly receive, store, and act on programs. Repeatedly hear, see, read, write, say, and remember programs.

To subconsciously store programs most effectively, be in a passive state of using only partial awareness (only seeing and hearing, such as when you watch TV); and repeatedly receive and store programs. You can use programs that are sensed or subliminal (just below sensory perception). While sleeping use audio recordings.

To make effective programs:

- Use short, simple sentences to avoid confusion.
- Use phrases about things happening now, such as *I am, I have, I do, or I feel*. Avoid using phrases about things happening later, such as *I should, I will, or I would*.
- Mention healthy things that you want. Avoid mentioning unhealthy things that you don't want and words about them, such as *avoid, free (from/of), reject, or stop*.
- Avoid using unsure phrases, such as *I could or I might*.
- Avoid using negating words such as *no or not*, prefixes such as *dis, non, or un*, and suffixes such as *less, free, or out*. If you use them, emphasize them; because it is easy to overlook small things that change meanings of big things.

Use thought programming appropriately. Get medical help if you need it.

EXAMPLES

I Improve

I improve by using my powers to be aware, understand, feel emotions, use reason, introspect, express myself, imagine, receive inspiration, use my will, and take action.

I am aware. I understand. I experience emotions. I reason. I introspect. I express myself in healthy ways.

I imagine. I receive inspiration. I use my will. I take healthy action.

I improve by using my powers to seek, receive, store, remember, avoid, block, forget, and act on thoughts.

I seek, receive, store, remember, and act on healthy thoughts.

I avoid, block, and forget unhealthy thoughts.

I improve myself and our world, by improving my thoughts and actions.

I am attracted to healthy thoughts.

Healthy thoughts fill my life.

I accept safe flaws in myself and others, while I improve.

I improve myself.

I improve my powers of learning and reasoning.

I improve my powers of governing myself.
I improve my powers.
My powers improve.
I live and grow, by using my powers.
I do healthy things, by using my powers.
I make best use of my current time and place.
I improve my thoughts.
My thoughts improve.
I improve my attitudes.
My attitudes improve.
I improve my actions.
My actions improve.
I improve my life.
My life improves.
I improve myself and things around me, by using healthy thoughts and taking healthy actions.

I Choose My Thoughts

I choose each thought I have.
I choose my attitudes.
I choose each attitude I have.
I choose my actions.
I choose each action I take.
I choose my thoughts, attitudes, and actions.
I choose healthy thoughts, attitudes, and actions.

I Respond in Healthy Ways

I respond in only legal ways.
I choose how much thought and energy I apply to things of concern.
I spend a healthy amount of thought and energy on things of concern.
I choose my thoughts, attitudes, and actions.
I choose my response.
I respond in ways that are healthy for others and me.
I respond in ways that are appropriate.
When appropriate, I quickly respond using my healthy instincts.
When appropriate, I postpone responding.
When appropriate, I carefully plan my response by doing the following:

- I am calm and focused.
- I assess the things of concern.
- I identify which things I can change.
- I identify which things I can *not* change.
- I identify legal, healthy responses.
- I receive and gather facts.

- I learn on my own and through others.
- I use imagination.
- I receive inspiration.
- I gain different viewpoints of the things of concern and responses.
- I use reason to assess things of concern, assess responses, and identify the healthiest response.
- I consult with good, wise people; and we use reason to assess things of concern, assess responses, and identify the healthiest response.

I Interact in Healthy Ways

I do healthy things for others.

I give others room for safely growing at their own speed.

I give others room for safely making minor mistakes.

I meet good people. Good people fill my life.

I am honest with myself, and I am honest with others.

Through my honesty, I know myself, I learn, and I grow.

Through my honesty, others know me, help me learn, and help me grow.

I help others when it is healthy for them and me.

At times I voluntarily risk harm to myself, when I help others who are in danger.

I feel good when I help others.

I receive help when it is healthy for others and me.

I am thankful for help from others.

I Am Healthy

I have healthy thoughts, attitudes, emotions, and actions.

My health improves through my healthy thoughts, attitudes, emotions, and actions.

I care for myself.

I maintain my health.

I am attracted to healthy things.

I successfully earn healthy things.

I receive healthy things.

I eat and drink healthy things.

I breathe in healthy things.

I do healthy exercises.

I am in balance.

My body stores only a healthy amount of energy.

My body has a healthy form.

I respect, love, and care for myself.

I receive respect, love, and care.

Respect, love, and care fill my life.

I fill my current time and place with healthy things.

My life is filled with healthy things.

I Learn and Grow

I enjoy learning and growing.
I am attracted to people who grow.
People who grow fill my life.
I learn from diverse, honest sources.
I learn by myself, and from others.
I view mistakes as ways to learn and grow.
I learn and grow from mistakes.
I *avoid* making mistakes.
I *avoid* repeating mistakes.
I learn and grow by using my powers.
I love learning.
I grow from learning.
I learn and grow all of my life.
I am humbled by the vast unknown.
I receive knowledge and wisdom.
I live and grow in my current time and place.

I am Protected

I protect myself in healthy ways.
I protect myself.
While I protect myself, I acknowledge my current time and place.
While I protect myself, I forgive others for their mistakes.
I *avoid* harmful people and things.
I *protect* myself from harmful people and things.
I am *protected* from harmful people and things.

I Am at Peace

I am aware of my thoughts, emotions, and actions.
I acknowledge my current time and place.
I am part of my current time and place.
I know my current time and place.
I have a healthy amount of concern about things.
I am *free* from excessive fear.
I am *free* from excessive speculation.
I am *free* from excessive worry.
I am *free* from excessive regret.
I am *free* from excessive resentment.
I am *free* from excessive pain.
I am at peace with myself.
I am at peace in my current time and place.
I experience peace.