



Embrace Your Potential

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General coaching, finding your passion, overcoming self defeating thoughts amid career guidance. *Leaving your comfort zone and transitioning to your growth zone.*

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A brief outline of what the world may be transitioning into

Are we becoming a nation of narcissistic cowards?

Not long ago before the advent of social media, people appeared slightly more polite and cautious as to their wording, who they insulted and what thoughts were publically vented. This is because there were consequences, usually involving a reprimand, explanation or forthright in person conflict. Prior to the emergence of technology, disagreements were settled at dawn with cutlasses' that in all probability involved a barrel and a piece of lead that would undoubtedly send one rival on a premature visit to their creator. Unfortunately in contemporary times there are a plethora of barriers that protect perpetrators and predators with little control resulting in encouraging disrespect, solidarity and entitlement.

Regrettably the bureaucratic system is frequently utterly uncooperative towards those on the receiving end of manipulation, pricing, bullying and baseless disregard. Leverage, anonymity, greed and an inability to consider other people's feelings have generally led to a troupe of uncaring, self absorbed weaklings regardless of vocation, gender or wealth. Their only way of negotiating is with a verbal sledgehammer. Subjugation, intimidation and coercion is not only limited to schools, gatherings and businesses, but likewise extend into personal and online avenues alike. However the common thread is that those dispatching this tyranny mostly experience little to no penalties and cannot effectively be challenged due to obscurity, threats of dismissal, harm, withdrawal of assistance or the dispatcher possessing influence along with the support of a majority (e.g. a herd mentality). One can only wonder what precipitates this aberrant behaviour, perchance originating from their younger years including a lack of constructive tuition as to beneficial principles regarding themselves and others. Then again perhaps some are more easily predisposed to drama, violence and addictions through their compromised DNA.

Incessant hate mail and blatant contempt especially when reinforced by a congregation of similar spineless malingerers is capable of wreaking havoc with a person's mind and ego resulting in extreme



frustration, embarrassment and a worst case scenario - suicide. Especially during ones emerging years where self-worth, character and important ideologies are being developed. The complexity arises when persecution and disruptive commentary infiltrates our minds incorrectly swaying our ideals and motivation whereas subconsciously convincing us as to the merit of useless and damaging accusations. One must always remember, these are not accurate proclamations and must be discarded as you would trash in a dustbin. The good news is that this ingrained burden is most definitely able to be modified due to a term called cognitive flexibility or “Neoplasticity” (ability to transform our brain) whereby we are able to renovate these oppressive and often subconscious thoughts through intentional actions and deliberation. The drawback is that changing a habit or any self defeating beliefs can take some time but with persistence positive and sensible adjustments, transformation may more often than not materialize.

As to those throwing abuse from the rear of a monitor or phone, I guess we could in a somewhat contemptuous manner, feel sorry that someone’s life and character is so flawed that they have to resort to this form of attention in order to inflate their ego and grab a tad of attention in their somewhat inadequate existence. Although I do believe a face to face engagement would perhaps be an interesting experience and learning curve for them. Imagine how effective social media would be if more people encouraged, complimented and consistently shared motivating posts intended for those who deliberately make an effort instead of seeking out conflict and finding fault.

Apart from ones immediate environment that possibly has contributed to this primordial egocentric behaviour, the larger backdrop for instance a countries directives, values, leadership and what is condoned most certainly also play a role towards learned conduct. The dilemma is that unacceptable inclinations are all too often opportunely attributed to our archaic ancestry, provocation, medication and other extenuating circumstances, all conveniently designed to justify the deplorable, insensitive actions.

Our closest primate relative, the chimpanzee is around 98-99% genetically similar to us humans yet there are distinct morphological amid consistent behavioural differences that allow us to anticipate primitive characteristics within their species. Not so with humans. That 1% difference, while (although not limited to) allowing the development of a larger oversized frontal cortex has also permitted us to strategise and ruminate more abstractedly. Although we are all outwardly comparable, there are unfortunately lurking within that grey matter and conveniently disguised, some very dysfunctional thoughts and primeval driving forces that have not been suitably contained or mindfully



controlled. The problem is that more often than not it's rather difficult to interpret what is driving another person or the abilities to consciously/innately react loitering inside their minds. This is because we all look so alike, often with happy outward dispositions, all covering for a host of sadness, trauma, abuse and anger regardless of wealth, race, gender or faith.

Nonetheless there is no excuse to maltreat, criticize or harass another person who has been minding their own business, whereas certainly cannot be vindicated through free speech, provocation or some other suitable orchestrated justification. If anything our advancement ought to have allowed more empathy, support and contemplation however it appears to have elicited the opposite in many cases. There is often no thought as to ones actions toward another person, especially when hiding behind a screen or administrative barrier where consequences are practically nonexistent and thus unable to mitigate behaviour.

Regrettably people lives are frequently controlled by the number of likes, comments and inflammatory observations which in turn drive them to disguise their authentic existence and post remarks that provoke controversy and boosts their self-worth, at the same time providing a tad of excitement in their mundane lives. In other words this renders them devoid of any thought concerning another person.

Prior to any response, always place yourself in the recipients position and ask yourself whether you would be content to be spoken to, made fun of or mistreated in the manner you are contemplating. You may just push them over the edge where they decide there is nothing more to live for or their anxiety is directed to family, other motorists and employees. One kind word, smile, motivation, recommendation or acknowledgement alongside a tiny gift is able to make the world of difference just when someone may need it the most. In their darkest hour you could well be the spark that sways them away from a dreadful decision and reiterating that they are not as worthless as they perhaps consider themselves to be, together with providing the much needed impetus to persevere.

So as a parting word, always deliberate over the impact of any commentary before replying, posting or arguing. Whatever you are prepared to say, be

NATION OF COWARDS

It's so easy to argue from behind a screen
When you cannot be legitimately seen

Throwing abuse from miles away
Means karma undoubtedly will have its day

So be careful what you do and say
As shortly you might be someone else's prey

Cowards and weaklings are a suitable description
For someone who's in need of more than a prescription

Repercussions unquestionably are what is lacking
Often as a result of on-line backing

A harsh penalty will indeed moderate disrespect
Supporting in turn a delinquents cerebral disinfect

You may consider yourself incredibly brave
Although you are as heroic as a critter in a grave

Remember sticks and objects may shatter your bones
But words are likewise as deadly as stones

So be nice, compliment and inspire
All of which will assist a person's cognitive rewire



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legitimately willing to articulate it to the beneficiaries face. Furthermore everything in life ought to involve a fair trade, although this repeatedly is lacking especially when someone considers themselves brave and **beyond reach**.

An excerpt (below) from the book 'understanding fear, failure, mistakes and success. Other excerpts available at www.pagesofdiversity.com

----- Originally it was thought our body would wither due to inactivity whilst our brain and head might enlarge on account of cerebral overload. However with AI and the future intellectual requisites needed to sustain a life devoted to a display monitor without having to overtly and in person talk, empathize, ruminate or mindfully negotiate, it's perhaps unlikely this will ever manifest. Take note when next you are in a dialogue with someone and consciously notice the angle of discussion and if there is any courteous interest in you, your health, hobbies, family or what you have been up to. Or is the conversation steered only to themselves? Always be hyper vigilant of continuously adjusting the discourse with the aim of showing relevance to the opposing party, thus ensuring you don't fall into the same parasitic trap where you are gleaning value at the sole expense of someone else.

Ears may nevertheless significantly diminish or remain as mere ornaments resembling remnants of a long distant past owing to the fact implants, wireless micro-chip speakers and audio links will supersede the requirement for discernible external cartilaginous attachments on the side of our head. Eyes on the other hand, could well enlarge or protrude as with chameleons in addition to becoming narrowly focused and short sighted thanks to continually observing a system based primarily on a binary code located not much more than thirty centimeters away. As with the above anatomical modules, vocabulary and certain linguistic or neural pathways possibly too will notably alter. Speech, spelling and reflection might moderate with conversational ability weakening to the odd selfish unintelligible murmur, whereas our attention will predominantly be determined by algorithms and further manipulations that are able to dominate our imagination. The move towards an interminable interaction within a virtual world of cyberspace may well eventually isolate and detach society from reality where fantasies, arguments and approval are all

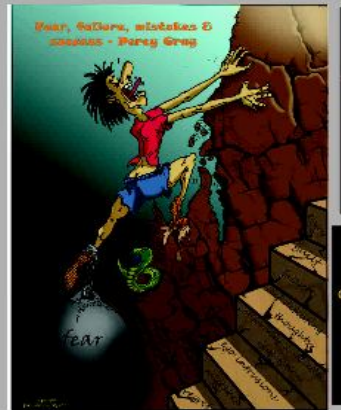


maneuvered within the metaverse according to the **users** preferences, supposed benefit and most importantly revenue. Our fingers until we are able to willfully convey thoughts and intentions via integrated nano-technology that have been interfaced with our psyche, will perchance be the only repeatedly exercised constituents of our being.

Covers and accompanying blurbs below and free excerpts from each book available through the same web site www.pagesofdiversity.com

www.embraceyourpotential.co.za General coaching, finding your passion in life, overcoming self defeating thoughts amid career guidance. Let embraceyourpotential.co.za assist you in becoming the best you can. George Bernard Shaw when asked on his deathbed what he would do if life could be lived over again replied, 'I'd like to be the person I could have been but never was.'

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 FEED THE RAT - Percy Gray Notes, observations, tales and explanations from an atypical life of entrepreneurship. The first in a quartet of self help/inspirational guides and anecdotes towards success, wealth, happiness besides fundamental ingredients in navigating our planet. Includes a new updated chapter on property rentals and investments.	FEED THE RAT Notes, observations, tales and explanations from an atypical life of entrepreneurship. The first in a quartet of self help/inspirational guides and anecdotes towards success, wealth, happiness besides fundamental ingredients in navigating our planet. Includes a new updated chapter on property rentals and investments.	 ESCAPING THE LABYRINTH Over five decades of essays, lessons, elementary components and anecdotes towards happiness and a purposeful life. A practical guide and testament to traversing life in general. The second in a quartet of life skills and self help guides.
 FEAR, FAILURE, MISTAKES & SUCCESS - Percy Gray Four often misunderstood phrases motivated by society's inability to pursue ones authentic intent. So many folk are living a meaningless life with misconstrued interpretations of what our existence ought to entail. A follow on from 'Escaping The Labyrinth' and the third in a quartet of self help/personal growth publications.	FEAR, FAILURE, MISTAKES & SUCCESS Four often misunderstood phrases motivated by society's inability to pursue ones authentic intent. So many folk are living a meaningless life with misconstrued interpretations of what our existence ought to entail. A follow on from 'Escaping The Labyrinth' and the third in a quartet of self help/personal growth publications.	 OUR NEXT GREAT TRANSITION AND EXCURSION - Percy Gray Is our departure a definitive and often fearful conclusion to a limited stay on planet earth or could this be an exciting adventure into another realm. A candid and often humorous look at some possibilities. The fourth in a quartet of personal development books.

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