

Older: [I looked what is more important to me than life itself...](#)

Newer:



Soul Correction: How do you do it?

by [Sophie Benshitta Maven](#) — Tags: [pain](#), [teachings](#), [Curiosity](#), [Discipline](#), [Coach](#) — Category: [Awareness](#), [Raise your vibration](#), [Reclaim Your Power](#), [Soul Correction](#) — August 17, 2016 [edit](#) [Click to comment](#)



[Soul correction](#) is the pivoting point, the fulcrum around which a person can go from gene driven to someone who can become, potentially, an [expanding human being](#).

Said in another way, each person has a particular and typical to their soul correction way that is stuck in a lower way of being.

The most frequent question I hear: how do you fix it? or as one my students said it: "this whole thing turns a lot of corners. I'm not sure i can even recognize all the ways i use it. Nor how to climb out of it."

The answer will surprise you: The moment you are trying to "climb out of it" or "fix it"... you enter a world of [pretense](#).

Both climbing out and fixing are the genes' way of pulling the wool over your eyes. To push back the hidden deeper into the invisible.

Arrrggh... you should say. And you would be right.

So what is there to do?

Simple but mighty hard... Just like it is very hard to observe that you [itch](#), but not scratch the itch.

Feels superhuman, doesn't it?

But ultimately, "superhuman" is what is needed, because what we call human is all genes. And the genes won't give it up easily.

You attack any gene behavior directly, and you drive it underground. You make it wear a different mask, You make the gene win.

The only way to win over the genes is to bring conscious awareness to the hidden.

With an [attitude](#) of curiosity, wonder, and amusement.

- Hm, interesting
- Wow, that's funny!
- Hah, very amusing...

Any other type of attitude is considered animosity, or succumbing to it... and the genes win.

So what do the genes want? They want to be better, more, different than the other, so they can survive better, can have more offspring, be represented more in the gene pool.

Genes want extrinsic values... all of these are extrinsic values below... Human evolution introduces intrinsic values... which have no value for the genes. All humans are inherently schizophrenic because of the pull of the extrinsic and the intrinsic values to two different directions.

These are the "moves" or motivations of the genes (also called by most "ego".)

- Be liked and well thought of
- Be right, and avoid being wrong.
- Look good and avoid looking bad.
- Justify self and invalidate another.
- Explain... tell the whole story
- Dominate and avoid domination.
- Win and avoid losing at all cost.
- And more than anything: avoid being responsible... It is all because... someone else, something, but not it.

If you can bring clarity, [conscious](#) awareness to these manifestations of the genes operating in the hidden... you are on the path to becoming a human being.

NO DOING IS NECESSARY... or more precisely: all doing is counter productive.

Making yourself wrong for the behavior... ditto.

I have a few of my "failed" students in mind... the fixers.

- Your genes express themselves in superiority? Fixing yourself, the act of it, will make you feel even more superior... instead of humble.
- Your genes express themselves in "but I am good!" Fixing yourself will make you continue sit like a spider in the corner of your web watching out for all those wretched people who are bad, bad, bad... while you do nothing useful with your life!
- Your genes express themselves in "I don't need anyone" while you quietly get away with being ordinary, fearful, and wasting a perfectly good life with a perfectly fine intellect.

I could list all the nasty ways the genes live through you. And all the ways you avoid the work, avoid what you say you really want to do with your life, all the ways you lie, cheat, and kill life.

For me to be a good coach, I need to bring the same attitude as the attitude I ask you to bring with your conscious awareness: amusement, wonder, and curiosity.

While all I want to do is squash it... lol.

This is where self-discipline is needed the most.

Anger, hate, even sadness and regret are a sign of unconsciousness, and unawareness... Exactly what helps genes keep the upper hand.

- If you fancy yourself good... seeing that it isn't so will be a big blow at first.
- If you fancy yourself smart... seeing that it isn't so will be a big blow at first.
- If you fancy yourself superior... seeing that it isn't so will be a big blow at first.
- If you fancy yourself a victim... seeing that it isn't so will be a big blow at first.

In fact, all of those are a coverup, [smoke screen](#), to hide something nasty. From the list above. One, maybe all the moves.

But stay with it... and if you follow my instructions, it will be the source of continuous amusement and lots of chuckles.

But be careful that you chuckle at your own, not at others' expense.

Even though, trust me, humans are really funny in their cluelessness.

And trust me, it is much better for me to see that than seeing them stupid, worthless, or a waste of my efforts... which is my genes' main way to express themselves.

Syndicated astrologist, Rob Breznsny says:

Dumb pain is the kind of pain you're compulsively drawn back to out of habit. It's familiar, and thus perversely comfortable. Smart pain is the kind of pain that surprises you with valuable teachings and inspires you to see the world with new eyes.

While stupid pain is often born of fear, wise pain is typically stirred up by love.

The dumb, unproductive stuff comes from [allowing](#) yourself to be controlled by your early conditioning and from doing things that are out of harmony with your essence.

The smart, useful variety arises out of an intention to approach life as a beautiful, interesting game that's worthy of your curiosity.

I invite you to come up with more definitions about the difference between dumb pain and smart pain.

Rob Breznsny's vibration is 200... so he cannot see clearly... But because his vibration is closer to yours, you may be able to hear him better...

And yes, please comment on soul correction, the compulsion to fix, and dumb pain and smart pain. I hope you'll prefer smart pain.

Oh, one more thing...



Portia Nelson, *There's a Hole in My Sidewalk: The Romance of Self-Discovery*

"I walk down the street.

There is a deep hole in the sidewalk.

I fall in.

I am lost... I am helpless.

It isn't my fault.

It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street."

Finally, here are a bunch of pictures so you can see what are intrinsic and extrinsic values.



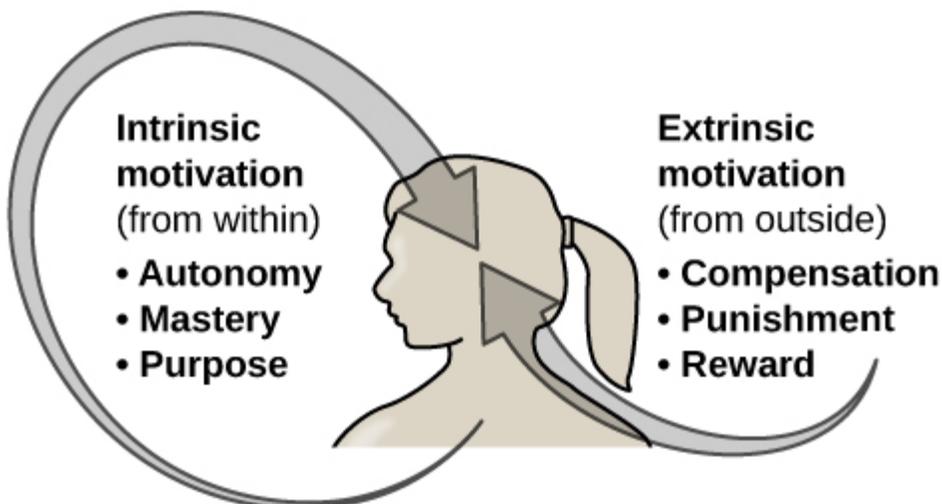
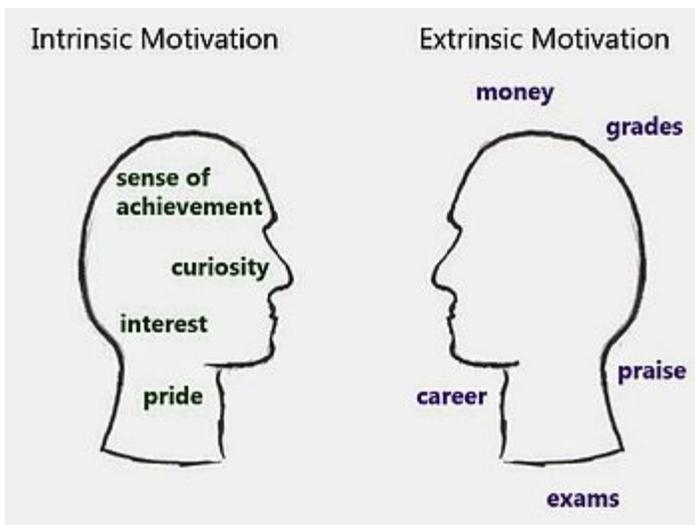
INTRINSIC vs. EXTRINSIC MOTIVATIONS

Intrinsic Motivation

- ★ Acts for the fun or challenge rather than because of external prods, pressures or rewards
- ★ Feelings of satisfaction when engaged in interesting activities

Extrinsic Motivation

- ★ Behaviors performed in order to obtain some separable outcome
- ★ Such as a tangible reward, an avoidance of punishment, or the attainment of recognition, achievement, or approval



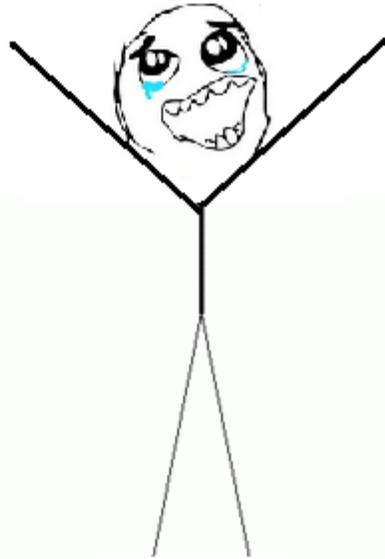
Cause Dissatisfaction



Hygiene Factors

Create dissatisfaction if perceived as inadequate or inequitable. Do not act as motivators however.
Examples: Pay, Job Security, Work Place Conditions

Cause Satisfaction



Motivators

Intrinsic factors such as sense of achievement, recognition, responsibility, and personal growth

Herzbergs Two Factor Theory

Extrinsic Factors

Instruction

- Teaching practices
- Curriculum
- Administrative policies
- Infrastructure and resources

Physiological Issues

- Physical
- Sensory
- Mental

Life Situation

- Socioeconomic status
- Abuse or neglect
- Mobility/transience
- Lack of resources

Intrinsic Factors

Learned Skills

- Vocabulary/Semantics
- Print concepts and sequencing
- Grammar and syntax

Processing Skills

- Visual processing
- Auditory processing
- Processing speed
- Memory

Mindset and Performance Character Traits

- Attitudes about learning
- Intention and awareness
- Self-confidence
- Persistence/ Grit



The pictures should give you insights.

Related Posts:

- [Scams, conspiracies: how your mind makes you dumb, naive, stupid, and a victim](#)
- [You get back what you put in](#)
- [Unless you like yourself, you won't like your life either...](#)
- [You are run by a machine. The machine is put together of genes, and each gene wants its own survival.](#)
- [If you are one of my students who isn't getting better... Or not as fast as you hoped you would](#)
- [The path to the life you want to live is "riddled" with distinctions. A hero's journey...](#)

Category: [Awareness](#) · [Raise your vibration](#) · [Reclaim Your Power](#) · [Soul Correction](#) Tags: [fault](#), [Hm](#), [human being](#), [being](#), [believe](#)