Building Lives 1st Teams & Safety Nets

By Jim Myers

Imagine someone living in the future, around the year 4025, reading messages written in the current political environment of America without any understanding of who Republicans, Democrats, Conservatives, or Liberals were. Obviously, we can't imagine it because we know nothing about what life in 4025 will be like. However, today scientists and many scholars know more about what life was like when the books of the Bible were written than any of our ancestors. Thanks to television and the internet, people around the world now have access to that information 24 hours a day.

We use the **Linguistic Model** to remember to do two very important things:

1. Anchor messages we explore to time periods and places they were written.

2. Identify Sources, their time periods and places, and Receptors (the intended receivers of the messages).

BHC Linguistic Model

A word is a symbol or group of symbols with an attached bundle of associations, which are a product of the Source's culture, historical time period, geographical location, and personal experiences.
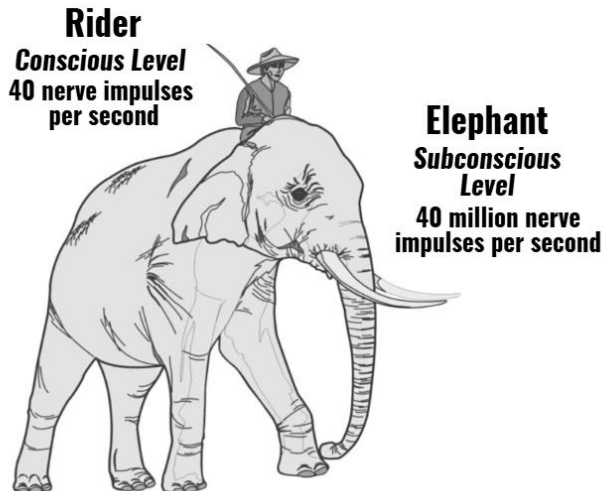
Guard Against Ethnocentrism

"**Ethnocentrism is believing our culture is the center of the universe**. It is using what we have experienced as a starting point for thinking about and judging other people using our culture values, ideas, rules -- and our institutions are right as well. It is **the tendency to believe that our ways are right and those without our ways are less right**."[1]

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[1] *Ten Questions: A Sociological Perspective* by Joel M. Charon © 2013; pp. 132, 134.

Why We "Explore & Discuss" in Teams

How to Ride Your Elephant

Rider
Conscious Level
40 nerve impulses
per second

Elephant
Subconscious Level
40 million nerve impulses per second

We use the "**Rider and Elephant Model**" to remind us how human brains function. In a newborn only the **subconscious level** (elephant) is functioning. It can process up to 40 million nerve impulses per second. The first breath automatically boots up the elephant.

The elephant to totally ethnocentric because its primary responsibility is **SURVIVAL!** It does this in two ways: not dying and creating new humans with its DNA code.

The Rider is the conscious level which is only able to process up to 40 nerve impulses per second. When it comes to information processing, the elephant is one-million times faster. The Rider is responsible for speech and critical thinking.

In everyday life, long before your slow Rider even knows a decision needs to be made (and many times the Rider never knows), the superfast Elephant has already made the decision.

Unless you have been trained in Cross Cultural Communications, your elephant is making most of your decisions. **As a matter of fact, the elephant contributes 95% of your cognitive activity**.

Our Bubbles of Rightness
Individual Bubbles of Ethnocentrism!

My Beliefs are the Center of the Universe.

My Beliefs are the Center of the Universe.

An issue may be a "belief" to a Rider, and "survival" to an Elephant.

The Rider and Elephant are two parts of **one biological process**, which is now called "**The biology of beliefs**. Stomachs process solids and liquids that enter through the mouth. *Brains process information that enters it through sensory organs – eyes, ears, nose, tongue and skin*.

Our "specialized biological receptors" are created by the genetic instructions of our DNA. Each creature only picks up on "*a thin slice of the world that actually exist.*"

- Our eyes can only perceive visible light, which constitutes only a tiny fraction of the electromagnetic spectrum — less than one ten-trillionth of it.

- In the blind and deaf world of the tick, the signals it detects from its environment are temperature and body odor.

- For bats, it's the echolocation of air compression waves.

- For the black ghost knifefish, its experience of the world is defined by perturbations in electrical fields.

These are the slices of their ecosystem that they can detect. **_No one creature has an experience of the total objective reality that really exists_**. Each creature perceives only what it has evolved to perceive. **And presumably, every creature assumes its slice of reality to be the entire objective world**. Why would we ever stop to imagine there's something beyond what we can perceive? Despite the feeling that we're directly experiencing the world out there, the realities we are experiencing are ultimately created in the dark confines of the skull. When it comes to allocating brain-processing power, brain maps are governed by competition within the it for precious resources and the principle of "**use it or lose it**."

> **Our brains build maps of the environment that help us understand the world around us**, allowing us to think, recall, and plan. These maps not only help us to, say, find our room on the correct floor of a hotel, but they also help us figure out if we've gotten off the elevator on the wrong floor. Neuroscientists know a lot about the activity of neurons that make up these maps -- like which cells fire when we're in a particular location. But how the brain creates these maps as we learn remains a mystery.[2]

Dropping into the world with a half-baked brain has proven a winning strategy for humans. We have outcompeted every species on the planet. None of those enterprises were genetically encoded. Our DNA sets up a dynamic system that continually **_rewrites its circuitry to reflect the world around it and to optimize its efficacy within it_**.[3]

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[2] https://www.sciencedaily.com/releases/2025/02/250212134710.htm
[3] *Livewired: The Inside Story of the Ever-Changing Brain* by David Eagleman (pp. 3, 6-9).

How "We Explore & Discuss" in Teams

This guideline lays the ground rules for functioning as a **Lives 1st Team**. Each person agrees to do the following.

1. Include all facts in their Belief Systems.

2. Allow other members to examine and question his or her beliefs.

> **BHC Primary Guideline**
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> *My Belief System will be large enough to include all facts, open enough to be examined and questioned, and flexible enough to change if errors or new facts are discovered.*

3. Change beliefs if errors in their belief system or new facts are found.

The Three Primary Sources of Social Problems Today

1. Ethnocentrism that is not understood leads to rejection, anger, and violence.

2. Brains building strong maps for Cyberspace that conflict with the Real World.

3. Problems created by isolation which causes which led to changes in the brain and cascading problems. Without strong Safety Nets survival becomes increasingly more difficult, especially for those without money.[4]

Benefits of participating as members of **Lives 1st Teams**.

1. More accurate meanings for ancient writings.

2. Increased awareness of ethnocentric factors and the Rider and Elephant.

3. Ability to consciously strengthen cyberspace immunity systems.

4. Consciously build brain maps with accurate information about the Real World.

5. Build and strengthen Lives 1st Relationships and Safety Nets.

You are ready to function as a member of a Life 1st Team!

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[4] https://www.verywellmind.com/the-impact-of-social-isolation-on-mental-health-7185458