

***Busting the Game  
of the Polarized Ego Mind***



*by Dana Swift*

# Busting The Game Of The Polarized Mind

**Michael Rajnik**



## **Busting The Game Of The Polarized Mind:**

**The Christ Letters** Ellias Lonsdale, Theanna Lonsdale, 2012-12-11 Before she died Theanna then Sara Lonsdale developed a means to continue communication with her husband Ellias Her words from beyond death s doors first appeared in The Book of Theanna an introduction to the many realms of consciousness Now Ellias has gathered and transcribed The Christ Letters a collection of detailed accounts of Theanna s encounters with the Christ presence transmitted at Christmas and Easter time over the course of several years Drawing deeply on the feminine aspect of consciousness and framing her discussion around the astrological qualities of each of the seven classical planets Theanna reexamines the figure of Christ and his teachings exploding the myths imposed on Christ by church based Christianity What emerges is an unusual and inspirational account of the journey each one of us must take from the darkest places of consciousness to eventual resurrection into the light of redemption Not just another account of life after death nor a channeled book in the usual sense The Christ Letters enacts a virtually ignored method of spiritual communication Theanna s principal goal is to make her process available collectively so that from this point on people will discover inside their own strength of being a Christ presence something unexpected and wildly unknown

**Jonathan Little's Excelling at Tough No-Limit Hold'em Games** Jonathan Little, Alexander 'msusyr24' Carr, Rob Tinnion, Matt Brown, Jon van Fleet, 2020-09-17 Excelling at Tough No Limit Hold em Games is a must have if you have ambitions to move up the stakes Renowned poker player and leading coach Jonathan Little brings together ten No Limit experts to provide cutting edge information for the keen student All the authors are established coaches for pocarr com the prominent backing company Pocarr has helped numerous players to climb the poker ladder and succeed at the highest levels in events such as the WCOOP World Championship of Online Poker and SCOOP Spring Championship of Online Poker Success beyond the lower stakes demands a highly specific skill set Excelling at Tough No Limit Hold em Games will show you how to develop this skill set so you can rise to the top of the game Topics include Quick tips for beating the low stakes games Adjusting your preflop strategy When to c bet continuation bet How to defend against c bets Navigating multi way pots Basic ICM Independent Chip Model and advanced ICM Medium stacked final table strategies Strategies to crush live poker Excelling at Tough No Limit Hold em Games is the essential guide for anyone who is serious about wanting to succeed at the high stakes and make a significant income from poker

*Instant European History: From the French Revolution to the Cold War* Robert P. Libbon, 2010-07-28 From the French Revolution to the Cold War this spirited chronicle brings European history to life following the trails of treachery unearthing the dirt on key historical figures and reconstructing dramatic revolutionary battles So if you ve ever wondered why Napoleon s boundless ambition led to Waterloo or how Hitler stalled on the rocky road to Moscow this book is for you Besides uncovering all the juicy facts you forgot from History 101 Instant European History reveals the surprising side of people and events that conventional accounts ignore You ll learn Why the first king of Great Britain couldn t speak English Why the war to end all

wars was followed by another war How the guillotine gave French Revolutionaries a middle class tax cut How a German exile invented the philosophy that made Russia see red      **Undue Hate** Daniel F. Stone,2023-05-09 How to understand the mistakes we make about those on the other side of the political spectrum and how they drive the affective polarization that is tearing us apart It s well known that the political divide in the United States particularly between Democrats and Republicans has grown to alarming levels in recent decades Affective polarization emotional polarization or the hostility between the parties has reached an unprecedented fever pitch In Undue Hate Daniel F Stone tackles the biases undergirding affective polarization head on Stone explains why we often develop objectively false and overly negative beliefs about the other side causing us to dislike them more than we should Approaching affective polarization through the lens of behavioral economics Undue Hate is unique in its use of simple mathematical concepts and models to illustrate how we misjudge those we disagree with for both political and nonpolitical issues Stone argues that while our biases may vary just about all of us unwisely exacerbate conflict at times managing to make ourselves worse off in the long run Finally the book offers both short and long term solutions for tempering our bias and limiting its negative consequences and just maybe finding a way back to understanding one another before it is too late      **Drama, Politics, and Evolution** Bruce McConachie,2021-10-25 This book outlines the evolution of our political nature over two million years and explores many of the rituals plays films and other performances that gave voice and legitimacy to various political regimes in our species history Our genetic and cultural evolution during the Pleistocene Epoch bestowed a wide range of predispositions on our species that continue to shape the politics we support and the performances we enjoy The book s case studies range from an initiation ritual in the Mbendjela tribe in the Congo to a 1947 drama by Bertolt Brecht and include a popular puppet play in Tokugawa Japan A final section examines the gradual disintegration of social cohesion underlying the rise of polarized politics in the USA after 1965 as such films as The Godfather Independence Day The Dark Knight Rises and Joker accelerated the nation s slide toward authoritarian Trumpism      Secrets Of Professional Tournament Poker Jonathan Little,2021-07-21 This new expanded fully updated and revised edition of Secrets of Professional Tournament Poker is a landmark in poker publishing Originally published in two volumes in 2011 and 2012 this was both a critical and commercial success Over the last decade the understanding of poker has changed dramatically and this new edition fully reflects current thinking on the game This book will give readers a thorough understanding of everything they need to know about playing tournaments and Jonathan Little is undoubtedly the person best qualified to impart this information The book is split into seven sections 1 How Tournaments Work This explains why tournaments are a highly profitable form of poker and examines the basic concepts that need to be mastered 2 Playing Deep Stacked This deals with situations where most players have stacks of 50 big blinds or more All situations are dealt with including pre flop and all three post flop streets There is further information on general topics at this stack depth 3 Playing Mid Stacked This deals with situations where the basic stack depth is between 27 and 50 big

blinds These situations are tricky because with the shorter stack players are often going all in This means that very clear adjustments are required compared to the deeper stack strategies

4 Playing Short Stacked This section focuses on play below 27 big blinds Now play is almost exclusively focused on the possibility of players going all in Knowing the correct ranges and plays here is vital to maximise your chances for tournament survival

5 The Late Stages As the prospect of serious prize money looms huge adjustments need to be made How to play on the bubble and concepts such as risk premium and the Independent Chip Model are fundamental to maximising your chance of landing a major prize and they are all thoroughly explained

6 Hand Examples This will test your understanding of everything you have learnt so far

7 Other Considerations You can improve your tournament results by also working on your general attitude and approach This section encompasses all the non technical aspects of playing including learning the mental approach tells and practical tips Jonathan Little has dedicated himself to educating players who are keen to improve their poker strategy and in 2020 he was awarded the prestigious title of Global Poker Index Poker Personality of the Year voted for by the poker playing public As well as being an immensely successful professional player with over 7 000 000 in live tournament cashes Jonathan runs the highly respected coaching site pokercoaching com By interacting regularly with his students he has developed a clear understanding of how to explain important concepts in a language that can be easily understood by players of all skill levels The result is *Secrets of Professional Tournament Poker* the definitive guide to modern tournament play

*Popular Mechanics*, 1983-03 *Popular Mechanics* inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

*The Polarized Mind* Kirk J. Schneider, 2020-05-13 What do a school shooter a corporate swindler and a bullheaded ideologue have in common They all converge on what author Kirk Schneider terms the polarized mind The polarized mind which is the fixation on one point of view to the utter exclusion of competing points of view is killing us personally politically and environmentally Drawing from the standpoint of existential psychology this book details the basis for the polarized mind how it has ravaged leaders and their cultures throughout history up to and including our own time and steps we urgently need to take to address the problem These steps combine contemporary insights with centuries of cross cultural awe inspired wisdom

Twentieth Century Encyclopædia Charles Morris, 1912

**Mother Jones**, 1991

**The Prophetic Generation** Edward Rice, Jane Garmey, 1970

Field and Stream, 1937

**Annual Review of Political Science**, 2010

**The Stars and Stripes Association News**, 1994

**Press Summary - Illinois Information Service** Illinois Information Service, 1983

**Books**, 1933-03

**The Hosiery Examiner**, 1937

New York Herald Tribune Books, 1933

**The Pimp Game** Mickey Royal, 2020-04-08 From the author of *The Pimp Game Instructional Guide* comes book 2 advanced lessons in psychological mastery Techniques of the Secret Societies which dissect and explain how few minds control so many What makes one submit to the will of another

The Resolution of Mind: a Games Manual

Dennis Stephens, Peter McLaughlin, 2014-08-01

### The Resolution of Mind

The resolution of Mankind's social problems ultimately depends on a solution to problems of the human mind. The mind contains your memories of the times you have overwhelmed others and others have overwhelmed you along with the pain, suffering, shame, blame, and regret that accompany these incidents. These memories prevent you from enjoying life in the present moment as they continually pull your attention to the past. These memories are recalled in reaction to your present time circumstances and so are called the Reactive Mind. Resolving the Reactive Mind requires both a technology and its application. It would be useless if a highly skilled, highly trained practitioner was also needed because the technology would be available only to the affluent, leaving the majority of humanity unchanged. Thus the technology of the mind must be usable on either a co-audit basis (people helping each other free themselves of charge stress) or on a do-it-yourself basis.

### What is restimulation?

It is an incident from the past moving into the present, affecting the analytical mind even to the point of cutting out that mind completely. One of L. Ron Hubbard's great discoveries was: If you can get the pre-clear to do consciously that which his mind does automatically, he will regain control of that function of his psyche. So maybe the problem would crack if the person on a do-it-yourself basis were to take things out of his past and bring them into the present and put them back out into the past again and bring them into the present to learn how to do consciously what his reactive mind does automatically to start to take over the automaticity. Then and there I knew I'd cracked it. That had been the missing datum. The analytical part of the psyche can duplicate exactly what the reactive mind can do. The analytical faculty has at its disposal the creative faculty of the whole spiritual being and can simulate, create, bring about, mockup, and do exactly what the reactive part of the mind is doing. Evidently the analytical part of the mind has decided not to do this but it can learn or relearn how to do so.

The next day I got to work on the technique. It was not long before I spotted precisely what needed to be done and this became the first step of the do-it-yourself procedure that is now called TROM (The Resolution of the Mind). I started to apply this to myself, tested it, and found that it did not need any modification. It was right. And it did the trick.

Dennis Stephens

### The book The Resolution of Mind: A Games Manual

is the how-to manual for this technology as developed by Dennis Stephens in 1978. It contains both the theory and practical techniques that an individual can do solo to find and erase the unpleasant memories that compell and inhibit them in the present. In this second edition of the book I have added a detailed table of contents, Glossary, and many notes as editor to clear up some areas of difficulty in the original book.

Sincerely, Pete McLaughlin  
Editor  
September 17, 2014

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