Module 2: Your Divided Mind

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Chances are, you’ve heard the name Sigmund Freud, known to the world as the father of psychology. He was among the first to propose the idea that there are unconscious thought processes happening outside of our conscious awareness. In all honesty, Freud was kind of a weirdo and he definitely had some strange ideas, most of which modern psychologists have since rejected. What has not been rejected, however, is the concept of unconscious mental processes. These are thoughts or perceptions that occur outside our conscious awareness.

In the last twenty years, our understanding of the human mind has significantly improved. Cognitive science has actually proven that our minds are actively and continually processing information outside of our conscious awareness. As controversial as Freud’s theories were in the late 1800s, we now realize he didn’t come close to understanding the magnitude and scope of unconscious mental processes.

There are a number of psychologists and cognitive scientists who have dedicated their research to figuring out how to explain the dual nature of the human mind. Their findings suggest that we have an organic, holistic way of perceiving patterns and relationships among things in our world. Additionally, we have a more analytical, focused, and logical way of thinking and perceiving our world.

Now, before we delve into this very important topic, let me invite you to put on your seatbelt and come along with me for a ride. I’ll admit some of this stuff is rather complicated—and, at times, can feel a bit mentally challenging. But, let’s be honest. You’ve chosen this material because at this point in your life, you realize you haven’t exactly been lucky in love.

Well-meaning friends keep telling you there are plenty of fish in the sea, yet time and time again, just when you think you’ve landed a catch, you reel in your line only to find a piece of garbage on the end of your hook. You may be thinking, “Gheez. I’ve already worn myself out trying to find the love of my life (or, at the very least, a decent guy to spend a Friday evening with!) So far, I’ve come up empty handed. I’m already exhausted. How much more do you expect me to take!?"
Fair enough! I understand that your search for Mister Right has left you tired and frustrated. You may be feeling a bit overwhelmed by the psychological jargon I’ve introduced thus far and wondering what on earth you’ve gotten yourself into. But if you’ll bear with me, I promise it will all be worth your while. Understanding how the brain works is crucial to changing how it thinks. Remember, I want to teach you how to fish and in order to do that, you need the right bait. Keep reading. You’re well on your way to learning how to use your feminine intuition to change your dating life from fizzle to sizzle!

When it comes to the divided mind, researchers have attempted to name our two very different forms of mental processing in hopes of simplifying the process of identifying and discussing them. They’ve come up with names like “Level 1 Processing” and “Level 2 Processing.” And, because the left lobe of the brain has a tendency to be more involved with analytical reasoning, this type of thinking has been called “Left Mode.” The more holistic, right-brained style of thinking, of course, has been called “Right Mode.” Only now are we beginning to understand how simplistic the widely accepted “right brain versus left brain” idea has been for the past several centuries. This theory got us going in the right direction (no pun intended) in studying these concepts, but it has proven to be rather limited in explaining the totality of the magnificent happenings that occur in the brain.

My favorite way of talking about these two different modes of mental processing was borrowed from a computer programmer named Andy Hunt. In my opinion, not even the most brilliant PhD has been able to come up with a model for capturing the essence of what’s going on in the human mind better than Andy. During his own musings about the way his brain works when he’s trying to write code for complex computer programming projects, he came up with a fantastic way of making sense of a very complex topic.

Because Andy thinks about computers all day, it’s only natural that he would come up with a theory using computer parts to explain the inner workings of the mind. Essentially, Andy figures we each have two different CPUs operating inside our brain. (CPU meaning “computer processing unit”). A CPU is the hardware within a computer system that carries out the instructions of a program by performing the basic input/output operations of the system.
Andy refined his mental CPU model by naming one CPU “L-Mode,” which is short for Linear Mode. The second CPU he named “R-Mode,” which is short for Rich Mode. Both of these types of computer processors are extremely valuable. We would not be able to function properly if either one of these elements was missing.

Linear Mode (L-Mode) allows us to use our powerful logical reasoning process to focus on and make sense of small pieces of data at any given time. Think of L-Mode in terms of a straight line that gets you from A to B. Rich Mode reflects the greater depth found in the nonlinear, intuitive and nonverbal form of thought. The reason I like the term Rich Mode (also called R-Mode) is because it best describes the richness and intensity the unconscious mind is capable of.

To better explain these concepts, which may seem confusing at first, here is a side-by-side comparison of the two parts that make up the divided mind.

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<thead>
<tr>
<th>Linear Mode (L-Mode) Logical:</th>
<th>Rich Mode (R-Mode)</th>
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<tr>
<td>L-Mode is based on well-defined reasoning</td>
<td>Intuitive: When operating in R-Mode, you realize things without having to strain your mind.</td>
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<tr>
<td>Rational: L-Mode focuses on a few facts and then makes a conclusion</td>
<td>Non-rational: R-Mode allows you to reach a conclusion or awareness without following a logical pattern of reasoning</td>
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<tr>
<td>Analytic: L-Mode looks for step-by-step sequences in search of order and meaning.</td>
<td>Synthesizing: In R-Mode, things come together as a pattern that reveals function or direction.</td>
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<td>Verbal: L-Mode thoughts typically manifest in the form of words</td>
<td>Spatial: R-Mode tends to use spatial, non-distinct relationships in the form of unconscious thought.</td>
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| Temporal and Digital: With L-Mode thinking, the sequence of things and literal numbers matter in calculating and understanding how things fit together. | Holistic: R-Mode conceives an entire situation at once without linear steps or
Labeling and Conceptual: The L-Mode type of reasoning tries to categorize things and label information rather than seeing it and experiencing it in raw form.  

Non-verbal: In R-Mode, thoughts often emerge as pictures or sudden insights without words.

You may not realize it, but you are already familiar with the analytical, L-Mode style of thinking because you've been practicing it since you were five-years-old. L-Mode is emphasized in our school system and is used to teach children, teens and young adults. Basically, L-Mode takes in a few relevant facts and focuses on them –almost obsessively—in hopes that they will reveal useful and practical information. In some situations, this type of thinking is appropriate and very effective. With relationships, however, L-Mode doesn't work well at all……but we'll come back to that later.

The truth is, you need L-Mode to get things accomplished. This particular CPU allows you to think sequentially and form realistic plans for accomplishing goals. R-Mode gives you great ideas and insights, but none of those ideas will go anywhere without the sequential, analytical and methodical L-Mode kicking in. This is what Larry the Cable Guy would call the “Git ‘er done” side of the brain! Because L-Mode is so powerful, we focus most of our learning and mental strategies on developing this type of cognitive ability in schools and universities.

I truly believe, however, that society is on the verge of recognizing the intrinsic value of the R-Mode type of thought process. We're not there yet, but I look forward to the day when “the powers that be” begin deliberately developing R-Mode reasoning skills. It’s quite possible that within our lifetime, school children will begin to learn some of the techniques I am going to teach you in these instruction materials. When it does finally happen, I think R-Mode will allow a total shift in consciousness and awareness for people everywhere, making the world a better and more beautiful place.

Until then, as Gandhi once said, “You must be the change you wish to see in the world.” Because you are a forward-thinking individual who wants to become the best
woman she can be, you began to search for a way to change yourself. As a result, you came across this material way before it’s time. When the rest of the world is just beginning to catch on to this philosophy, you’ll be way ahead of the game!

R-Mode! What is it good for? Absolutely Everything!
Let’s talk a little bit about the value R-Mode offers to the once very L-Mode oriented person. R-Mode provides intuition. It realizes there is a forest, while L-mode only sees the trees. R-Mode allows us to see the bigger picture and have an intuitive understanding of what’s going on in the world around us. It gives us greater and deeper insight into situations that can not be understood through a strictly linear thought process.

An unfortunate example of extreme L-Mode thinking manifests in the highly complex disorder of Autism. One of the bizarre features that seem to characterize severe forms of the illness is an excessive dominance of linear thought, which eclipses Rich Mode thinking. This was noted by a long-term researcher who studied children afflicted with Autism. Many of these children were so acutely tuned in to the non-relevant stimuli in their environment; they became unable to complete even the most basic tasks. This type of stimuli included random noise, bright colors and even the slightest physical human contact.

For example, during the research study, observers noted that children kept getting lost going down the same hall way they had visited every day for weeks. They became disoriented by something as simple as the manner in which shadows would fall across the hallway floor. Because the sun was in a slightly different position than it was the last time they visited the research facility, it would cast different shadows along the corridor, causing the entire hallway to seem different. It has since been proposed that a lack of R-Mode thinking is what caused them to become so distracted by these slight changes. They focused so intently on the exact data entering their mind, their own thought process prohibited recognition of the larger pattern. The result? They got lost in spite of their amazing capacity to catalog and store seemingly insignificant pieces of data.
An R-Mode deficiency is also proposed to be a factor in explaining why many children with Autism (or the closely-related affliction Asperger’s Disorder) have difficulty recognizing faces and facial expressions. This is one of the most puzzling symptoms of the disease. We take for granted that we are able to recognize the people we know when we see them. People with Autism and Asperger’s do not always have this luxury.

There are probably hundreds of people in your life or on television whose face you immediately recognize. What’s more, you can recognize them when they get a different haircut, change their style of clothing, gain some weight, or show up at a location where you have never seen them. When you think about it, this is pretty amazing! But try to describe your closest friend or favorite aunt using words. You will fall short every time. Brown hair, blue eyes, short, big ears, small forehead, freckles, slender....... In spite of your most sincere effort to paint a verbal picture of this person, someone who doesn’t know them wouldn’t be able to pick them out at a crowded airport. That’s why the realm of R-Mode is so profound. It fills in the blanks when verbal facts and precise data just won’t cut it.

While we’re on the subject, facial recognition software has reached a level of accuracy and efficiency so useful, it is being employed by the FBI. Here’s how it works: you enter a person’s photo into a computer program, which then scans, say, the thousands of faces entering the stadium at the Super Bowl. If the person whose photo has been entered walks through the door, the computer will make a match. This type of programming is so precise because it uses a process of pattern matching based on complex mathematical computations. The angles and shadows that form the overall pattern of a person’s facial characteristics are what allow the computer to make a match if and when it happens. The FBI uses this software when they are looking for known criminals or trying to identify terrorists in crowded venues.

Today’s computers are now capable of producing the level of high speed processing needed to operate this kind of technology. You, on the other hand, were naturally “programmed” to perform these kinds of tasks instantly and effortlessly. You recognize faces without any conscious awareness that you’re even doing it. That’s how powerful the R-Mode process is. It operates using an organic form of mental
calculations which detect patterns. Whether you realize it or not, recognizing someone’s facial characteristics is a simple matter of R-Mode pattern recognition.

Here’s another great example of R-Mode: You’re watching a movie or television show. You recognize one of the actors, but you can’t place him right away. Try as you might, you simply cannot remember where you have seen him previously. This has happened to me more times than I can count. I see an actor, I know without a doubt I have seen him before, but for the life of me –I can’t remember where.

Here’s what’s happening......my R-Mode CPU allows me to instantly recognize a face. Then my L-Mode kicks in. It looks for factual data contained in my linear life experience so I can remember where I have seen that face before. Typically, I am frustrated by my inability to instantly remember where I’ve seen a particular actor before. Without any contextual clues, it’s hard to trace linear patterns of factual memory and find where this person’s face fits in. Here’s where things get really interesting. After a few moments of conscious effort to remember, I give up and allow myself to be drawn back into the experience of the movie as it unfolds. At some point later on, during the movie, (and in my experience, sometimes even the next day) I suddenly remember where I’ve seen this person before. **The realization emerges without conscious effort.** I had long since given up my attempt to discover the answer using the L-Mode focused search. But that’s where R-Mode picks up the problem and goes to work.

**R-Mode searches everything. It has the ability to search every memory you’ve ever created throughout the duration of your entire life.** That particular mental CPU runs all day and all night, searching every piece of data stored in your unconscious memory. R-Mode and L-Mode can be compared to RAM memory and long-term storage memory on a computer. The amount of RAM (random access memory) in your computer determines how much data it can use while running programs. Long-term memory storage, on the other hand, determines how much total data can be packed away for later. Your computer can pull information into the RAM and use it to run a program, but it can’t use all of the memory your computer has available all at once. **So here’s what happened as I watched my movie.** My conscious mind identified a desire and an intention to recall something. As my conscious mind enjoyed the movie, my unconscious mind was busy sifting through heaps of data far too
immense for my conscious mind to analyze –its own facial recognition software, if you will. When I became aware of a match, the part of my brain called the reticular activating system alerted me to a sudden connection. When new information was available relevant to something I had previously been concerned about, bing! Instantly, I had my answer. This association manifested in my mind as *oh yeah, I remember now, his name is fill-in-the-blank and he was in such and such movie. Great flick!* You see, as long as I was consciously using my L-Mode CPU, I was suppressing the power of my R-Mode CPU. When I finally gave up on my intentional mental search, my R-Mode CPU went to work. It began sifting through the mental associations I have with the overall image of that person’s face, in addition to anything associated with the concept of movies or television shows.

Note that because R-Mode does not function using words and language, when I finally figured out the riddle to the actor’s identity, there was simply a sudden awareness rather than a sentence in my mind explaining where I had seen the actor’s face before. Immediately after that thought, my conscious mind made sense of it with a subsequent sentence. In later training modules we will talk about the significance of this kind of realization. You will learn to purposefully tap into the capabilities of your R-Mode CPU for insights that will guide your dating life.
Interesting Side Note:

What is the Reticular Activating System?
The Reticular Activating System (RAS) is a set of interconnected nuclei (clusters of neurons with a joint purpose) in the brain responsible for alerting our attention to relevant stimuli. RAS also helps us move between sleep and waking brain states.

Have you ever noticed what happens when you buy a new purse or pair of shoes? You suddenly see the same purse everywhere you go. Every woman you pass on the street clicks by in the exact same pumps. Did everyone go out and buy these accessories the same weekend you did? Of course not! You may be a trendsetter who’s always ahead when it comes to fashion, but unless you’re Vera Wang, no one’s following your lead that quickly! Nevertheless, you have to admit, it’s kind of strange how, all of a sudden, many of the women you see happen to be wearing your shoes, carrying your purse. That’s your RAS at work.

Once you buy that pair of shoes, they become particularly significant in your mind. Your brain then catches a glimpse of them when a woman turns the corner and clicks her heels on the concrete as she sashays down the sidewalk. Or, you might see your purse on the shoulder of a woman across the parking lot as you walk up to the entrance of the mall to buy a new dress to go with your new purse and new shoes. Your RAS has labeled these items as having something to do with you. So, naturally, your mind brings them to your conscious awareness when your unconscious thought process notices them in the stream of information flowing through your senses and into your brain.

Have you ever noticed how you can be deep in thought during a conversation in a crowded room, but instantly notice when someone behind you mentions your name in casual conversation? Once again, this is your RAS at work. It’s just one of the many ways you can be sure your brain is paying attention to a whole lot more than you
consciously realize. How, you may be wondering, did your brain know only to listen to that one word at the very second the person mentioned your name? It didn’t. What you don’t realize is that your brain was listening to all the words in all the conversations all around you. It simply just alerted you when something was said that related to you personally. You see—you are more amazing than you think!

Before we move on, there are two very interesting things I want to point out about the actor recognition analogy. First, it’s important to recognize that I somehow knew I had information somewhere in my mind relevant to this person even though I couldn’t consciously access the information.

You experience the same phenomenon when you have a “tip of the tongue” experience. Someone asks you the name of that woman former President Clinton “did not have sexual relations” with. You can’t consciously recall her name right away, but you can sense that it is just on the verge of your consciousness—or, as the saying goes—on the tip of your tongue. You even know it starts with an “L” and has three syllables. But you just...can’t...quite...reach it!! It can be an agonizing feeling. Then, it comes to you. Lewinski!

How does this work? How could you possibly know that you know something without actually knowing it? How does your mind know that you know Lewinsky’s name without actually being in touch with that information? Somehow, your conscious mind knows what letter her name starts with without having access to the name itself. Why?!?

This is yet another mystery that reveals the inner workings of the R-Mode of information storage and retrieval. A few minutes into the conversation about Clinton’s affair, you suddenly interrupt your friend, startling them with a shouted outburst of excitement. “Monica Lewinsky! It’s Monica Lewinsky! Sorry, I just remembered and it was bugging me!” It usually pops into your mind when you stop trying to force it and get distracted enough for your R-Mode CPU to go to work and sift through the necessary mental files.
The second interesting thing I want to mention is that you have a lot of information in your mind that is accessible only to the R-Mode of processing. This information is not stored logically and sequentially in a useful pattern that would be accessible to your logical, sequential, linear mind. In fact, the more mental energy you force into an analytical search, the less likely you are to be able to access the information. Using L-Mode to search your memory or reach for intuitive understanding is like using binoculars to see if you’ve filled your cereal bowl with enough milk. The binoculars aren’t the problem, they are just the wrong tool for the situation.

Here’s another analogy that may help you see how your analytical mind gets in the way of your intuition. It’s like trying to remember what a chocolate chip cookie tastes like by studying the ingredients in the recipe. The whole is greater than the sum of the parts. Your R-Mode data storage stacks away information as a whole picture in the context of interconnectedness with other ideas and information. In other words, reading about flour and baking soda won’t give you any idea of what the cookie will taste like once they are combined with other ingredients and baked at 350.

In fact, using words to explain how R-Mode works is kind of silly and almost altogether useless. I might be able talk around an issue long enough for you to get the “flavor” of what I mean, but your understanding won’t come together in a word. I mean, really, are there even words in the English language that can convey the delicious and delectable nature of the iconic chocolate chip cookie? I think not! This kind of recognition can not be bottled up or written down for later reference. You just know and simply understand the essence of cookie-dom. When you think about chocolate cookies in the future, you won’t remember the eggs and milk you used to make them, but will remember how wonderful they are.
Interesting Side Note:

I’m confused. Is Intuition Fast or Slow? Because of the varied examples I have given so far, you may be wondering if intuition is a slow process that requires more time than the linear mode of thinking. The answer to this question is somewhat imprecise. Your intuitive mind provides you with very fast answers and very slow ones. I know it is difficult for your linear, sequential style of thinking to accept that answer, but it really is true. I’ll try to shed some light on the situation.

Consider the enormous engines that combine forces to propel the largest commercial transportation vessels across the ocean. It takes many weeks for merchandise to travel from China to the shores of the United States because of the great distance involved and because a ship of that size simply cannot move at high speeds, even with very powerful engines.

Suppose I asked you, “Are the enormous engines on those gigantic freighters fast or slow?” Your first instinct might be to answer, “slow.” (After all, your purse and shoes are on that boat, making their way to the warehouse of your favorite designer and taking entirely too long to get there!) But then you would catch yourself, realizing the power of these engines far exceeds that of the much smaller engines found on superfast speedboats known as “cigarette boats.” If you placed a giant engine on one of those cigarette boats, it would sink almost immediately. But let’s say the cigarette boat could somehow remain afloat with the incredible power of the freighter engine aboard. The speed of that tiny boat’s propeller might transform it into a vessel that could operate faster than an airplane!

Here’s my point: asking if the freighter engines are fast or slow is the wrong question. The engines are powerful, which gives them the ability to run fast or slow, adapting to the task at hand.
Let’s apply this analogy to your R-Mode CPU. Is it fast or is it slow? Wrong question. R-Mode processing is powerful enough to slowly move through tremendous mountains of data when the answer is buried deep in the recesses of the unconscious mind. If given a lighter task, (more like the cigarette boat) R-Mode can provide instant recognition, seen in situations where you slam on the brakes before you have time for a single conscious thought regarding the deer that jumped out in front of your car. When a waitress approaches and you instantly recognize she’s had a bad day, R-Mode fed you that information, not a logical sequence of analysis regarding the slight frown on her face or the way she dropped her hands to her sides as she approached your table.

What we just talked about is only true in a metaphorical sort of way. Your rational, L-Mode of thinking wants to know if R-Mode is fast or slow. The truth is, R-Mode doesn’t work fast or slow. We just use these words as a close approximation to help your L-Mode reasoning mind as it tries to fit an understanding of the R-Mode CPU into its linear model of the world.

In reality, the confusing but true answer is, “R-Mode does not think. It does not move fast or slow. It is a form of awareness of patterns. It is recognition. It is the transfer of information into a form that L-Mode can understand that makes it fast or slow.” If you’re scratching your head and saying, Huh? Don’t worry. You don’t need to understand the speed with which your mind operates in order to be able to tap into the useful qualities of intuition.

Whew! You made it to the end of Module 2! I’m proud of you….you stuck with me and got through some very complicated material. You learned that your mind is divided into two very powerful parts. You discovered that your brain, in many ways, works like a computer. You became educated about L-Mode and R-Mode and got a basic overview of how these two very different types of thought processes can work to your advantage. You found out that R-Mode represents your intuitive mind and that it is largely undeveloped due to societal conditioning. You also gathered some very valuable insights into how tapping into your R-Mode mind will benefit you in your daily life.
Okay, now let's move on. We've still got a way to go, but you can feel good knowing that you're one step closer to becoming an R-Mode master.

Let's proceed to Module 3 – Your Mind Knows More Than You Do.