

Aftermation™ - "There is always a positive to embrace from one's past"

There is a phrase "Hakuna Matata," in the East African language of Swahili that was made famous in a song for the Disney movie, *Lion King*. According to *Wikipedia*, yes, I use *Wikipedia*, the song, it means, "No worries!" In Swahili it translates literally into, "No Problems," or "No Trouble."

That is what I want for you! That is what you want for you! It's even what I want for me! Of course we do! To do that though, it is necessary to take a page from the movie, *Forrest Gump* where Forrest-Forrest Gump's mother tells him, "You've got to put the past behind you before you can move on."

These are all incredibly wise and true words. The past is the past, and we have no control over it - or do we? There are positives and negative's in life. In DotsDoConnect™ we learn about the Dots and Holes. We learn more about our past. We look at the choice of confronting it to put sustainable peace in our future vs. putting the past behind us the way many of us do by metaphorically, "sweeping it under the carpet," or hiding it away from our emotions, and thus our memory.

Aftermation™ the 2nd Eye to the new science of Human Mechatronics™, is an adaptation of Affirmation. Note the difference in spelling. The latter deals with being thankful for the present. The new word Aftermation™ is about being thankful for the past.

We humans are built with an incredible brain. In Human Mechatronics™, we talk in simple terms, about how the complex hippocampus plays a major and vital role in long-term and defiant memory. Unless you can come to peace with the past, the past will always resurface to bite you back - somehow or other! Hidden deeply inside our brain those memories are sub-consciously compartmentalized into what we think is safe and protected. The virus that can attack our mind out of nowhere is a trigger; a trigger that we do not see coming and can suck the life out of us emotionally. If we have however, consciously come to terms with our past, the rest of our brain/mind will defend our hippocampi, amygdalae, and overall Limbic System, and take charge of our *Fight or Flight* feelings for our own good. If we have not come to terms, we are at the mercy of our mind's immediate reaction.

I created Aftermation™ to offer a positive extension to even the deepest pain possible. We all live a life unique to our "selves." Yes, there are many similarities, many almost identical. What makes them different from each other is our own brain - our own mind. There are no two minds that are exactly the same. What we have experienced is relative to our self and our feelings.

I have never experienced the following level of pain but if you have been brutalized, raped, abused, or anything of the like, and you are here today, reading this message, then you are a **Survivor**. Feel strong because of that. I cannot even start to appreciate what thoughts have entered your mind. What I can and will say, is that I am proud of you for surviving! **That, is an Aftermation™**. Say it, **"I am a Survivor!"** What you have had to live through was not fair.

You still may feel trapped; physically and/or mentally. Yet, you have lived through that pain, and here you still are - reading this. Do not lose site of the fact that although you may very well be in pain still, at this very moment, you are alive and incredibly strong for being able to survive to this day. The future is untold. Your destiny is still in your hands even though it may not feel like it at this moment. Are you open to positive growth in your life? Say, yes!

In order to grow from what we discuss in DotsDoConnect™ and Aftermation™, and put it into reality, we will learn to Focus. That is where an ultimate inner-power lies. Many say it, that you "need to focus," however few know how to truly define it. That is what Human Mechatronics™ is all geared towards.

From here, from **Aftermation™**, we will move onto the **Influence Effect™**, then **Quadrantic Cognition™** and then finally to **The WYLIWYG® Principle**, where we pull this new Science all together. Remember what a Polymath is? Are you ready to keep learning?

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