
Human Mechatronics™

DotsDoConnect™ - "Connecting one's past to appreciate why today is what it is"

Everything we try in life ~ every choice we make ~ every step we take, is a Dot that we have thrown out into the world. Some Dots evolve into Holes. These are: our so-called failures, our losses, our let downs, our disappointments, being let go from a job, breaking up from a partner, times we have been betrayed or overpowered or taken advantage of, etc... There is not one person on this world that has not experienced a Hole in life. Did that stop you? As a baby, you tried crawling and fell flat on your face - you experienced failure. Did that stop you? I'll let you answer that for yourself. There are many of us that have experienced a plethora of Holes and, sad but true, there are many of us who end up seeing nothing but Holes in our past, our present, and even our future. If we fall, if we lose our "self" to that Hole, some would say we have fallen into the proverbial, "Rabbit's Hole." This is part of what depression, and/or mental unwellness is about.

The goal of DotsDoConnect™ is to help you mentally connect those Dots, and Holes, in a positive way that will give you strength. You can turn every Hole into a positive Dot! Yes you can! Sometimes however, we need help in guidance. It is not necessarily a given skill or trait for us humans. The mind can be very tricky and sneaky at times. It will often go in the direction that it/you, feel is the easiest and safest at that moment and for the future. That is not always a good thing for the longterm. Yet, that is our brain protecting us from the possible and immediate pain and hurt of reality. This "Comfy Zone" is much nicer - until a trigger unleashes everything that has been "swept under the carpet." *Psychological Scotoma* is something we will discuss later but for now, the term means, "the mind will believe what the mind wants to believe." Sometimes we create our own sense of a, "false reality." This is the opposite of what we need to do in order to unleash our sustainable mental power. What we need to do is identify and isolate the factual dots and holes, and find the positivity in everything and thus make "that," your reality and area of focus! That is not easy.

Acknowledging just positive Dots is easy. It's nice. It feels good. Dealing with Holes, well, that is no easy task as the human emotions are incredibly strong and over-powering. The emotional part of our brain, the Limbic System and its "*fight or flight*" ability, feeds on intensity. Sometimes we thrive on embellishing that intensity - be it negative or positive. The negative, or dark side of our emotions, is not to be taken lightly. It can unknowingly change one's "self" if not carefully put into its place. The paradox is that the work we sometimes put into steering our thoughts in order to smile, to be happy, to feel uplifted - can be very challenging and draining - it can feel like "work!" It should not be, but it can. That is part of being human.

Dealing with Holes can be terrifying. It is not a nice feeling. It's at times easier to avoid pain and memories by learning how to compartmentalize however, doing that can have a very negative affect on our entire well-being - especially in the long-term. Does anyone really want to feel that way? The question may therefore be, is it worth short-term pain, with guidance, for long-term peace, even if there's hurt in that peace? At least you are no longer hiding. Or, is it better to sweep the current pain under the carpet for immediate peace, or sometimes even survival, knowing that the future may be excruciatingly painful and damaging? It is a choice that is your to make. Sometimes, a choice that is not rational. Survival in the moment can at times be that - not rational. But, it helps get us through - until a trigger inevitably hits.

Learning how to connect "all" those Dots into a positive journey can lead to a life of freedom where you no longer have to hide from the past. DotsDoConnect™ helps you connect those experiences, find and embrace those positive steps of your journey, and puts at peace what you have lived through while embracing the strength you have needed to make it this far. That is meant to leave you with a positive belief of who you are today, and what you can achieve tomorrow and on.

DotsDoConnect™ is the starting point, the 1st Eye, in the new science of Human Mechatronics™ and coincides directly with Aftermation™; the 2nd Eye of Human Mechatronics™. Starting with this website along my first book in the Human Mechatronics™ series, *The Double-Edged Power of Influence*, my goal

is to give you an opportunity to open up your mind to various ways of thinking that are meant to help transform the negative into a morally and ethical positive. Does that sound good to you? I hope so. Stay tuned and read on.

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