

RICHARD WALDMAN'S INTERVIEW QUESTIONS

1. TELL US A LITTLE ABOUT YOURSELF AND THE PROBLEM YOU'RE ATTEMPTING TO SOLVE?

Hello...my name is Richard Waldman. I'm a life coach, clinical pastor, veteran, speaker and author of...Your Guide to...A Better Way of Thinking...that address a question...whose answer...solves one of the great mysteries...that has plagued mankind from the very beginning, which is this: Why are we...the only life form on the planet...that destroys itself...and is there...a connection between our destructive thinking...and the fact that we suffer under the weight of...hundreds of phobias and mental disorders? The common ant has been around for approximately 110 million years, for one reason, and one reason only...they work together, but we don't...and no one is asking why? Those questions brought me to a place...we don't come to very often...where it became apparent...that today's psychology...is an extension of yesterday theology...and that a critical part of our education...about ourselves...has been missing, until now, and the missing part is...we pay a heavy price...for having a highly creative brain...that has the power...to create on its own.

2. WHAT EVIDENCE DO YOU HAVE...THAT OUR BRAIN HAS THE POWER TO CREATE ON ITS OWN?

The evidence...is self-evident. For example, in July of 2020...psychologists at Queen's University in Kingston Canada...issued a report that's posted on my website at www.abwot.org...stating that we have over 6,000 thoughts a day. Psychologists also tell us...that our self-image plays a crucial role in how we think and behave and that low self-esteem can morph into...mental disorders and social problems, which raises...more questions. For example, do we take time out of our busy day to...think-up...these thousands of thoughts? Are we responsible for those nighttime dreams that are chaotic and nonsensical? Did we create the distorted image in our head...of who our brain thinks we are? Of course not, which can only mean one thing...our brain has a mind of its own...and much of what it creates...is out-of-sync with the rest of the universe, which is why...we're in trouble. Based up the evidence...there's nothing in our future suggesting...that we can save our-self, from our other-self, whose destructive ways...are now a global issue...as noted by Reuters, out of London, who posted this article in 2018 that states...Mental Illness could cost the World \$16 Trillion dollars by 2030. "Professor Patel, at Harvard's Medical School followed-up by saying, "The situation is extremely bleak...and that no other health condition...has been "neglected" as much as mental health." With all due respect to the professor...neglect is when...you don't do, what you know to do. Here's the problem, when it comes to managing our mental health, based upon the evidence...we don't know...what to do. which is why I say, "IF IT WEREN'T FOR OUR BRAINS...WE'D BE WELL!

3. CAN YOU PROVIDE A THEOLOGICAL EXAMPLE, SUGGESTING THAT HUMANITY IS OUT OF ORDER?"

Theology...sounded the alarm thousands of years ago...in an episode we all know well...the story of Adam and Eve, who dwelled in the Garden of Eden where we find...the tree of life and the tree of good and evil, which suggests...that we're dealing with a duality as a result of having...a personality that has evolved in more than one direction. Being a student of the bible, in this case the Old Testament, Jesus, for example, was well aware that the tree of life is to inner peace, what the tree of good and evil is to suffering, which is why he said, "Whoever desires to save his life will lose it, and whoever loses his life will find it" and let's not forget his Sermon on the Mount, one of his most famous teachings...that is a case-study that demonstrates...the relationship between various states of mind...and what they create, which is also featured...in my book.

4. CAN YOU ILLUSTRATE HOW TODAY'S PSYCHOLOGY IS AN EXTENSION OF YESTERDAY'S THEOLOGY?

Theology and psychology share a common thread, called...inner peace. For example, Sigmund Freud, the father of modern-day psychology called the side of our personality, that Jesus encourages us to lose...the ego, which is Latin for I...the self...that has four needs...that our brain want us fulfill...and we do...that begins with the need to...promote the image of who our brain thinks we are, the need to be right, to be in control and to never, never, never be accountable...that comes armed...with a gatekeeper, the chatter-in-our-head, you know that voice, it's the one that appeared as a serpent in the Garden of Eden. And the reason why a serpent was used to symbolize...our psychobabble that controls us...is because...the chatter-in-our-head is like a snake, quiet and stealthy...that has slithered its way into our psyche disguised as us...that speaks with a forked tongue...that can be deadly...which tells me...that our brain...is not our best friend.

The "Forbidden Fruit" is "the self" that opens our eyes and makes feel wise that comes between us and God...and God has a question for Adam, "Why did you eat the forbidden fruit, which I instructed you not to eat?" Adam attempts to cover his tracks by blaming Eve, who gave him the Forbidden Fruit and then flies into a rant of...judging, blaming, hiding and not being accountable...in an attempt to create distance between him and God...and we're still living in the shadow of this story.

5. WHY IS IT SO DIFFICULT FOR US TO CHANGE?

We have allowed the serpent...the chatter-in-our-head...to have control of our wheelhouse...whose primary goal is to keep us where we are...or worse. For example, every year, millions upon millions of self-help books are purchased, in addition to thousands of seminars, counseling sessions and sermons that are being conducted, every day...around the world. What's changed! Nothing...absolutely nothing...we're still judging, blaming, hiding and not being accountable, which demonstrates...that we have failed to manage our psychological world, because we have yet to realize the power...of our spiritual world.

6. HOW DOES ABWOT MOVE US FORWARD?

ABWOT...celebrates the creation and preservation of...inner peace, which is the only state-on-mind that shares common ground with the universe, which is why Jesus called this state-of-mind...The Kingdom of God AKA...The Kingdom of Heaven with instructions to "seek it first and it will be added to you," meaning...this mindset connects us to that place, where God does his best work. Given...there's an order to the universe, led me to conclude, there must be an "order to life," and over time...the spiritual factors that move us forward and the psychological anomalies that hold us back...began to appear, which is why I named this sequence of events..."There is an order to life" that's in my book...which you can also preview, right here, right now...on the home page of my website.

In closing...I want to thank you for being here and I invite you to join us as we continue to explore our inner world and its compliment of tips and techniques...that give us the power to better-manage...that side of our personality...that wants to manage us. So...in the meantime, take-care and be aware of your thoughts...so at the end of the day...you can honestly say...that was easy, which it needs to be, because...there's no substitute...for peace.