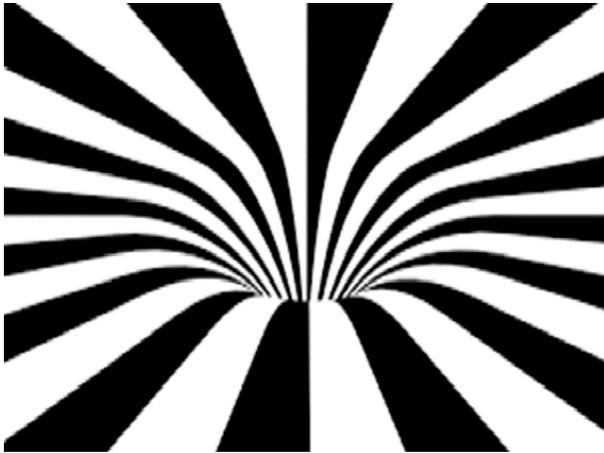


The biggest lie man ever tells himself is...I am only human. You are a divine entity having a hue-man experience. You have been incarcerated in a cell of cells. You have been sentenced to life and you are doing time, here, on the prism planet.



Dr. J. W. Winborne

Mad Jack & The Rabbit Holes

Sacred Science Workbook

For

*Anger Management and other Hiccups From The
Neck Up*

The ISBN is not compulsory.

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Table of content

Introduction

The Condition

Chapter 1-Jack The Mad Hatter.....9

Chapter 2-The Bi-Polar Bear.....15

Chapter 3-Jack and Will Went Up A Hill.....41

The Consequenses

Chapter 4-I Ani't No Killer But He Pushed Me.....92

The Conscious

Chapter 5-Backstage Behind The Seen.....118

Chapter 6-Did (i) Do That?.....143

Chapter 7-I Am Jack.....194

Workbook

How To Use The Workbook.....206

Summary.....224

Conclusion.....226

Terms and Definintion.....230

Recommendations.....232

Introduction

Let's talk about Jack. This Workbook focus is on Anger Management; however, it can be used to address any emotional, physical or financial disorder. It is an instrument used for the development from a random emotionally person to the manager of "I am" as the co-creator of nouns with the I AM.

If you are reading this book, it is not by accident. You may think that you just happened upon it, however, because of the "Laws of Attraction", you have attracted it to yourself. You probably don't realize it, but this (attracting) is what "You" have been doing your whole life.

The law of attraction is already working within you, around you and through you. You have been creating your own reality the whole time. The secret is, "Consciousness and Energy". Consciousness and energy creates all reality. Consciousness is "Awareness", and Energy is that which you burn the cells of your molecular structure, to motion towards a noun.

As a Metaphysician over the years I have had the Honor and the privilege to study with and sit under the tutelage of many great teachers. From my pastor the late Apostle Johnnie L. Washington,, Ramtha (Ramtha's School of enlightenment), Rev. Eikerenkoetter (Power of the Mind) Dr. P. Masters- (University of Metaphysics) Anthony Robbins's (Unleash the Power Within Seminars/Fire Walking Events) and many, many others.

I mention these five because elements of this workbook are the "Jewels" from those five schools of thought. On their own, each school of thought is strong in its area of expertise. However, the coagulation of these four schools of thought, offers to us the gift, of a greater "Revelation and Insight" as to the "Supreme Being", Be-ing, yoU & I.

Most of you are just starting to learn how to use your “I am” muscles. This book is going to act as a guide to help you stay on top of your Consciousness (What you are thinking about) and Energy (How you spend your effort). How long you will use your workbook, is totally up to you. The magic of the book is... Every man will manifest, according to his or her ability to believe or have the “faith” and put in the “work” as co-creators with I AM.

This book is your Surrogate Therapist

It is broken up into six parts:

1- The Story- It follows the events in the life of Mad Jack and his journey down rabbit holes of information and revelation. A-sub story discussion and b-an Activity Blog around the story

2- The Condition- Deal with the mental disorder of the Anger and it's residual disorders Anxiety, Bi-Polar behavior, Depression and Frustrations (The Frenemies)

3- The Consequences- The residual effect of Anger and it Frenemies 4-The Conscious- An expose of consciousness and the sub-conscious 5-The Cure- Affirmations for Conscious co-creating

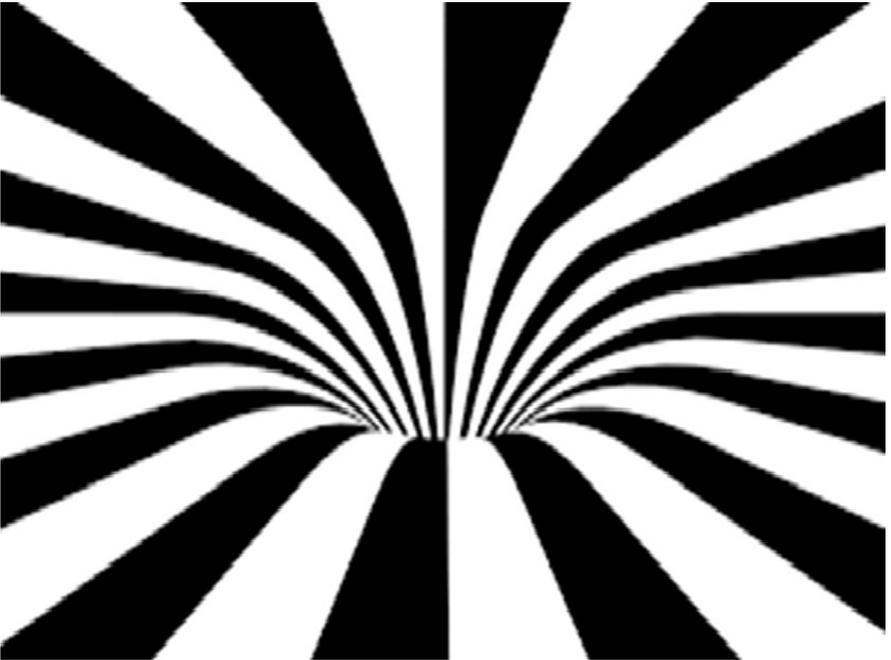
6-The Workbook- Practical Applications with 28 exercises. Each exercise consist of 2 to 6 treatments, each treatment consists of 4 steps.

I invite you to come take a journey with us as we follow Mad Jack down the rabbit holes towards becoming a conscious co-creator. Systematically creating the reality, he desires using his “I am” powers to manage his emotion and to create this and that in his life.

Chapter 1

Jack the Mad Hatter

The Condition



Chapter 1

The Condition

Jack the Mad Hatter

You know Jack. We all do. Jack is the person sitting next to you at work. Maybe Jack is sleeping next to you every night, or the person behind the counter at the store. Sometimes Jack is waiting for you at the bus stop or waiting for you to turn your homework in. Perhaps! You are Jack. And the thing we all know about Jack is, Jack, is always mad.

Jack was very proud of his sign. He was quick to tell people, “you know I’m Angerieries...that’s right! November 40th at midnight under a full moon, so don’t push me.” Jack had convinced himself that he was always like that; and it was just his natural personality.

But what Jack didn’t realize was, personalities aren’t really natural, but created. Created by those thoughts he entertained and nurtured, until those thoughts ‘MATTERED’. Jack thoughts became ‘Real-ility’ to support the characteristics of his ‘Person-ility’.

How Much Do You Believe This?

*“Nothing in Life Has A Meaning, Except the Meaning YOU give it. **Anthony Robbins***

Jack the Mad Hatter

The Condition

Perhaps it is possible that at a very early age Jack discovered the power of the energy/spirit of anger. And perhaps there was something about that energy/spirit that Jack Identified with.

Borderline personality disorder (BPD), also known as emotionally unstable personality disorder is a long-term pattern of abnormal behavior characterized by unstable relationships with other people, unstable sense of self, and unstable emotions. There is often frequent dangerous behavior, a feeling of emptiness, self-harm, and an extreme fear of abandonment.

Symptoms may be brought on by seemingly normal events with. Somehow the negative energy gave him the freedom of expression and allowed him to put on that Mad Hat with ease and he built a personality around it.

Jack's love of his new-found expression became addictive overtime. And now everywhere Jack goes he wears that hat. He had that hat on at the baby's birth. He was standing in the delivery room with his gown, mask, hospital cap and that stupid hat.

Common mental disorders that co-occur with BPD can include:

- Attention deficit hyperactivity disorder (ADHD)
- Conduct disorder.
- Oppositional defiant disorder (ODD)
- Bipolar disorder.
- Anxiety disorders.
- Depressive disorders.
- Post-traumatic stress disorder (PTSD)

Who do you know that is like Jack?

What disorder do you think Jack has?

Jack the Mad Hatter

The Condition

Jack wore his hat so much until when he didn't wear it; his friends wondered if he was feeling o.k. that day. Jack felt as though the hat was his main prop for the roll he was playing. He knew that the world was a stage, so he wanted to play his role as best as possible because the streets were watching.

Jack didn't mind being called the mad hatter. He said it was just a silly children's movie. And the real hatters that went mad were only because there was mercury in the felt that the hats were made of. He said, "my hat is not real".

Misconceptions About Anger

1-Anger is inherited.

Nope! -You taught yourself to be angry.

2-Anger automatically leads to Aggression.

Nope! - There are 100 ways to deal with an angry event.

3-You must be Aggressive to get what you want.

Nope! You don't have to be Aggressive when assertive works just fine.

A-Why do you think Jack believes he was born that way? _____

B-Who do you know that used to be happy all the time, but now seem angry? _____

C-In your words tell me why you think a person is born angry? _____

Jack the Mad Hatter The Condition

Oh, how wrong he was. He believed that because he couldn't see it, it must not be real. He also failed to see how it was the hat causing his headaches and those abdominal pains as he tried to digest his food. He accepted the fact that the hat caused him to sometimes have insomnia from increased anxiety but blames his high blood pressure solely on the fried chicken.

Jack was good at justifying why people did not get along with him. In his righteous indignation he would say things like, it's not my fault people can't handle the truth, or I just be keeping it real.

He never considered the stress placed on the kids having had to tip toe around to test the energy level of the hat before they ask to go outside or money for the store. What about his wife that must lie to the family and loved ones and tell them, that's not his everyday hat.

This makes you wonder, what is the residual damage Jack's hat has done to the mental and physical health to those in his immediate circle of people. These people also have an anger management problem simply because they are around Jack.

In other words, Jack's issues have become their issues. So, the children and the wife all have an issue with anger. The toxicity level of Jack's hat had infected those around him like a current or a wave that at times they had to ride like a California surfer.

Jack the Mad Hatter The Condition

An angry outburst puts your heart at great risk.

- 1-Anger ups your stroke risk.
- 2-It weakens your immune system.
- 3-Anger problems can make your anxiety worse.
- 4-Anger is also linked to depression.

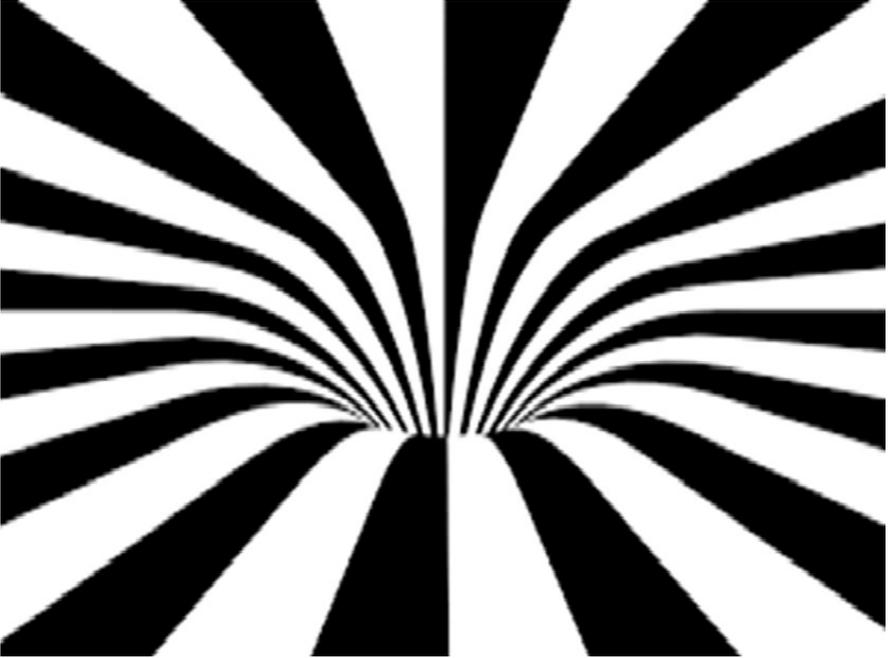
The purpose of fear is to provide a warning that your boundary is being or may be threatened. That is, someone is threatening your physical, emotional, mental or your spiritual needs. The purpose of anger is to respond to the fact that your boundary has been broken. That is someone is physically, emotionally, mentally or spiritual threatening you.

When we get mad, our rational prefrontal lobes shut down and the reflexive back areas of the brain take over. The left hemisphere also becomes more stimulated as the brain's hormonal and cardiovascular responses kick in. A tense body pumps out cholesterol and a group of chemicals which encourage fatty deposits to pile up in the heart and carotid arteries.

It's no surprise, then, that angry people are three times more likely to have a heart attack than those less prone to fury. The fight-or-flight response can prompt your nervous system to cut blood flow to your stomach and divert it to your muscles, impacting intestinal-tract contractions and digestive secretions. Stress can also increase stomach acids.

Chapter 2

The Bi-Polar Bear The Condition



The Bi-Polar Bear The Condition

Thursday nights were always special in the Jackson household. It was video night, were the kids get to stay up and watch as many videos they want until they fall asleep.

The issue with that plan was that Jack talked thru the movie. To make things worse, he was always loud and aggressive in his speech. It has gotten to the point where the kids would team up to relax Jack, to make sure he went to sleep before the good parts, which most of the time meant their favorite song in the movie.

They would do things like making sure his chair was in the reclining position, he had his beer and the back window was shut. For some reason, the back window being open was the end of the world. They didn't want daddy to turn into Jack apocalyptic and start going crazy again, so they always checked it twice.

Then, they would play MUTE, a game they made up to see how long it would take for daddy to go to sleep if no one talked to him. If anyone says anything to him, they would have to pay a price.

Jack liked to talk in the beginning of the videos about the characters, the plot and to which songs he would wait for to be sung. He would go on and on until he fell asleep. The rules were if daddy says anything to you, you can't respond. If you must respond, you can't use words, but you could make noises. The only safe word was the word, what.

The Condition

Reflection & Self-Examination

Bipolar disorder is a mental illness that causes dramatic shifts in a person's mood, energy and ability to think clearly. People with bipolar experience high and low moods—known as mania and depression—which differ from the typical ups-and-downs most people experience. Myth: People with bipolar disorder swing back and forth between mania and depression.

In the first 5 paragraphs, how many clues do you see that might indicate that Jack may be bipolar? Explain each clue.

What clues do the kids give that might indicate that Jack is bipolar? Explain why. _____

Name 2 places where you see yourself and why. _____

Myth: Bipolar disorder only affects mood.

Fact: Some people alternate between extreme episodes of mania and depression, but most are depressed more often than they are manic. Mania may also be so mild that it goes unrecognized. People with bipolar disorder can also go for long stretches without symptoms.

Fact: Bipolar disorder also affects your energy level, judgment, memory, concentration, appetite, sleep patterns, sex drive and self-esteem. Additionally, bipolar disorder has been linked to anxiety, substance abuse and health problems such as diabetes, heart disease, migraines and high blood.

The Condition

Reflection & Self-Examination



Myth: People with bipolar disorder can't get better or lead a normal life. **Fact:** Many people with bipolar disorder have successful careers, happy family lives, and satisfying relationships. Living with bipolar disorder is challenging.

The Bi-Polar Bear The Condition

It went something like this. Jack would say, "I think Mrs. Doubtfire is really ugly." Each kid would respond by picking a sound ...Hum, uum, awh, ooh etc. Or the safe word -what or what! If you use any other words, you get a point.

The kid at the end of the video with the least amount of points wins the game. The kid with the most points gets an arm punch for each point, from each of the other kids.

The kids played this game for almost a year before Jack figured out what they were doing. Jack told me that one night while they were watching *Jungle Book*, he asked the baby about 3 times, "How is it that the stupid bear is always dancing and singing, and never eating anyone throughout the whole movie?"

And all she kept saying was, "What?" He said that he wouldn't pay any attention, but he could see the other two giggling and trying not to laugh under their breath.

He asked the oldest, "What is so funny?" To which she replied, "Huh?" And again giggling, from the other two. "Huh?" Jack replied, "anyone who says 'huh' can hear. "What is so funny?" Jack asked again. "Nothing," the middle child said. Then the baby hollered out, "One; that's one."

The Condition

Reflection & Self-Examination

How do you Identify Triggers?

An anger trigger is something that is said, an action or a statement that "sets somebody off". This can be anything. Once it is set, the person who it made angry can go on and on. Starting first on whatever started it and then to everything else that was said which made them angry, hurt or frustrated .

Identify 2: Triggers in your relationship that really pisses you off.

It really pisses me off every time my companion _____

It really pisses me off every time the Kids _____

Identify 2: Triggers at your place of employment or school that really sets you off.

It really pisses me off every time my boss _____

It really pisses me off when my co-worker _____

Find one part of what pisses you off, and try to change how you feel about it.

But it's ok because they might _____

It really pisses me off every time the kids _____

But its ok because they might _____
