

Article 123: To Approve or Not to Approve, That Is The Question. Part 2

Read Article 122 before continuing. If you are living with someone infected with these beliefs/ideas concerning **need for approval**, should you offer constant approval? ...or withhold such approval? Which is the better course? ...for it seems that if you offer approval, that will only encourage and strengthen the other person's pathogenic desire and **need for approval**, and if that person goes "cold turkey" by your refusing to offer approval, that as well will probably exacerbate the problem ...and keep that person's deprived mind/emotions focused on **need for approval**. How can you deal with a situation such as this which seems to work at cross-purposes? Is there a solution. Well, while a pathogen in your body can be attacked directly because a virus or bacterium is an easily-recognized invader, any direct attack of mental/emotional pathogen's are not likely to succeed simply because they are not easily recognizable ...and your mind/emotion is functioning through and dependent upon the pathogenic belief/idea concerning **need for approval** ...the very illness you are struggling against. With this in mind, we would like to suggest your taking a non-dependent antibiotic to function successfully against beliefs and ideas concerning **need for approval**. This antibiotic is called *Appreciation*.

Those people struggling with and against **need for approval** seek your favorable regard/admiration/approval, ...so their focus is upon you ...as though your acknowledgment will independently change the personal thoughts and feelings which infect them. Appreciation, however, is entirely different, for expressing appreciation does not mean that you agree with those individuals, yet you can fully appreciate and support their actions. For example, you can personally and enthusiastically appreciate a partner's cooking a special salmon dinner ...even if you would have preferred pork chops, ...thus, you can honestly and freely appreciate the person and the act. In this situation, *Appreciation* is focused on the person struggling with **need for approval** ...so he/she can resolve the problem, while approval keeps the focus on you, ...and you are supposed to act independently to destroy the **need for approval** pathogens.

Appreciation, by definition is to be fully aware of and sensitive to someone, to be thankful for an individual, and to show your admiration and enjoyment of that person. *Appreciation* shows your awareness of an individual, reveals your delicate perceptions about that person, and expresses your understanding and concerns. It is not appreciation of the act which is important, it is appreciation of the other person which is vital. And that *Appreciation* will vibrate within the infected individual with a resounding sense of self-appreciation ...and forever strengthen that person to live as he/she truly desires ...which will resolve the **need or approval**.

All of this makes sense only when you realize that beliefs and ideas are dynamic ...and once enlivened tend to increase and expand ...and work within you only up to a point, after which they need your full support and cooperation. Such beliefs and ideas do not, in themselves, create your **need for approval**, but, with your providing a receptive environment within you ...and adding your strength and misguidance, they can certainly act upon your mind and emotions to make them misbehave and act against the lifeseff you truly desire. In other words, your mind and emotions do not directly create your **need for approval**, but by functioning through your **need for approval** they manufacture the necessary symptoms and reactions in your body and life ...as you direct. And they will continue increasing and expanding in your mind/emotions until, like bacteria and viruses, they completely destroy the host body that is you ...which they depend upon for life.

Regardless of the initial reason and purpose, once you infect your mind and emotions with beliefs and ideas concerning a **need for approval**, you will carry and respond to those pathogens until you once again live the self and life you truly desire; ...and *Appreciation* seems to strengthen your physical/mental/emotional immune system to enable you to do this free of your **need for approval**, ...and protects you against accepting and living pathogenic beliefs and ideas concerning **need for approval** in the future.

Of course, continuous maintenance doses of *Appreciation* are advised ...and should be offered ...whether or not you believe this is necessary. Offering others the awarenesses in this Article along with constant doses of *Appreciation* will strongly maintain your living the self and life you truly desire.

“To approve or not to approve” is not the question, nor will it help. Always offer heavy doses of true *Appreciation*.

We are interested in your comments on this Article because we will present future Articles on antibiotics to control beliefs and ideas concerning **need for control, need for security, feeling vulnerable, and being a victim**, ...so let's hear from you!