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## **“Drugs, Conditioning and Suggestion, and Self-Fulfilling Prophecy”**

**Purpose:** To provide a second reminder concerning important “barriers to ‘doing for self,’” and how these barriers contribute to the seeming persistence/permanence (hysteresis) of important economic gaps.

This brief essay follows our most recent elongated submission on “An Important Barrier to ‘Doing for Self,’” which is a BlackEconomics.org Working Paper that explores how the media can prevent all of us—especially Black Americans (Afrodescendants)—from “being the best that we can be.” Media infotainment can consume our time and leave us no better off by enabling vicarious, joyous, or pleasurable experiences—the substance of which is fleeting and nearly meaningless when concluded—or by reducing our brain activity to a sleep level (i.e., delta or theta wave patterns).

On the other hand, this essay can serve as informational media that can be transformed by you into knowledge-enabled power, can motivate you beyond last week’s effort to monitor closely your consumption of media and to consider other aspects of your life that may also consume your time and prove to be “nearly meaningless.” We repeat here the topic of this essay that identifies four methods by which we can all be taken offtrack, taken down a “beaten path,” and left “high and dry” while a portion of our valuable **time** is expended—never to be recovered.

For examples, believe it or not, almost the entire adult world, and especially Americans are “drug addicts,” correct? How so? We all drink “caffeine” laden drinks: Coffee, tea, etc. Caffeine is a stimulant that helps us awaken from yesterday’s and last night’s stupor and resurrects us into our new day. Caffeine can assist us in remaining high all day. Not a morphine, heroine, cannabis, or oxycodone high, but a high nonetheless. A high that gets many through the day and into the evening where other drugs carry us to la-la land: Beers, glasses of wine, liquor (vodka, gin, bourbon, whiskey, etc.). Just a few hours thereafter, the day begins again with the nearly ubiquitous caffeine high. Time can literally disappear under these conditions, and frequent end-of-life self-inquiries are: “What was I doing? and What happened to the time?” So much for drugs.

Now to “conditioning and suggestion.” These are shallow psychological terms that can reflect very, very deep and cutting effects that can cause life blood to flow away. No doubt, there is widespread familiarity with the “Pavlov Dog Experiment,” which serves as a most straightforward and clear example of “conditioning.” Russian scientist Ivan Pavlov “conditioned” his dog to perform certain functions by ensuring that the dog associated inextricably the performance of the functions with the receipt of a reward—in this case a food treat. As for “suggestion,” this is a “trick of the devil.”

The devil in question is a family member, friend, computer, television, media (you choose the *genre*), etc., with whom you are closely associated. They desire that you perform certain behavior; they are wise enough to know about levels of consciousness that they learn to reach (through various means) a level of consciousness below the “awake surface of your mind” so that “suggestions” can be planted into your subconscious mind. These suggestions can motivate action when and how they desire. This is the world in which we live today.

In the end, “conditioning” and “suggestion” can direct you to “work/perform” for someone else. As a classic case example, consider that your employer motivates you every working day by associating your work effort with compensation that you can expend to bring you “love, happiness, and joy”—however you perceive them to be. On the other hand, you may be on the wrong end of a seemingly innocuous relationship where the other party uses the Internet, books, or articles to learn the art of hypnosis and is employing it to cause you to produce immediate or delayed outcomes that they desire. In either case, your actions/efforts under “conditioning” or “suggestion” result in you expending time that is not fully aligned with your preferences, but with others’ preferences. As such, you are disengaged from what should be efforts to achieve what you desire; i.e., “doing for self.”

Finally, self-fulfilling prophecy, which is often an extremely pernicious chain of events that can be self-induced or externally induced. To fully comprehend how it works, it is important to know what most of us fail to come to know (unless we are very fortunate) until our latter life years:

- The “mind” is the most powerful human instrument that is at our ready disposal.
- Words begin in the mind (the immaterial), are spoken into a material (currently existing) world, and have the potential of becoming “reality.”
- Through the natural order (“God Laws, Rules, and Principles”) of our material world, **words** (which are vibrations) can come into being if they are backed by enough faith (belief) or if there is no effort to counteract them and prevent them from materializing. Word vibrations touch and influence everything (material objects) that they reach to the extent of the power/force that pushes them outward. Consider the “Butterfly Effect.”
- These preceding bullets are “front and center” in the Judeo-Christian-Islamic scriptural traditions and in other scriptures. Connect the following dots from these traditions: “God said... and there was...” “...God created ‘humans’ in his own image and likeness,” which implies a being with the same or similar capabilities. “Ye are Gods, children of the most High God.” The following inference can be drawn from the foregoing Biblical scripture excerpts: The Great God created using words (vibrations) and humans have similar capabilities.
- Sometimes, it is difficult to see and comprehend “trees” (minute details) because we are consumed with “forests” (we are taught to comprehend the big picture before comprehending its components). There would be no forests without trees.

In other words, if our lives are filled with words or mental preoccupations (physical and mental vibrations) that feature unfavorable outcomes, and if we do not act purposely to squelch these vibrations, then we may find that these unfavorable outcomes may (“magically”) appear in our lives. Whether they arise in our home, academic, work, social, cultural, or any other environments, our suggestion is that you make every effort to “kill” these physical and mental vibrations (the

vibrations themselves and the purveyors of them). By “kill” we mean to take every necessary action to prevent the arising of these vibrations in our lives. The simplest way to achieve this outcome is to “eliminate” the source(s) of such vibrations from our environment by either excluding the source(s) from our environment or relocating to a new environment where such vibrations cannot—and do not—arise.

The most salient and summarized takeaway from this brief essay (we know all this inherently, and this essay may simply be a fortuitous reminder), if Black Americans (Afrodescendants) are to survive and achieve our long-awaited and richly deserved rise, then we should take conscious care to remove “barrier to “doing for self’.” We should admit that our world is a “sick” place and begin eradicating “all manner of sickness and diseases,” especially those over which we have power to remove. Taking such action is a “coming into, and responding to, an awareness” that will save our lives and that of our people; thereby, ensuring our longevity into the very distant future. Without such action, we may have no future.

B. Robinson  
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