

Mindset programming

Alpha Game | 27 July, 2016 | by VD

I'm a big believer in mindset programming of the sort Mike Cernovich teaches in his bestselling *Gorilla Mindset*. I've noticed that when I'm in a good mood, I tend to gravitate towards upbeat techno music, which then tends to enhance and underline that mood. Consider, for example, the lyrics of this club hit from the early 1990s by The Shamen:

I will not fail nor falter, I shall succeed
My perception is altered I do believe
Faith is so strong now nothing shall bar my way
From conviction, no fiction, this is my day

I can move move move any mountain
I can move move move any mountain
I can move move move any mountain

I walk so tall, ascending, I stand so high
Earth below me we both meet above the sky
I feel no fear to be here is oh so fine
Shining brightly like sunlight inside my mind

You literally cannot get more mentally positive than that. Throw in some catchy electronic riffs, a good programmed beat, and some unconscionably cheesy early 90s quasi-raps, and it's no surprise that it was a hit.

But put the cheese aside for the time being and try listening to it when you're going to an important meeting or heading into a difficult situation. I guarantee you'll walk in there feeling as if you unexpectedly find yourself meeting with a tiger, you'll just rip its balls off and stuff them down its throat.

Mood is momentary, but mindset is a choice. Learn to program the latter and you'll soon find yourself able to alter the former. And notice how the message is the direct opposite of the despairing, discouraging one that so many people have on autoplay in their minds. And the key to it all is the first part of the third line of the second verse: *I feel no fear*.

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