

# Controlling the Mind

## Attitude & Perspective in Wellness Risk Management

Dr. Victor Jean Ouellette, DC, MS

[info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

Transitioning to Wellness Risk Management - Instructor/Coach/Guide

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

### Making Wellness a Priority

Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness

<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>

<https://ChronicDiseasePreventionStrategies.com>

© May 25, 2021, Dr. Victor Jean Ouellette, All Rights Reserved.

---

---

### Mental Environs

Deliquescing, gesticulating environs engulf us in a world of made up fantasy in our feeble attempts to explain our need to have slaves and make money off of other people. Religion plays the major role in holding the mind hostage to group attack all for the sake of money and thus, for power. “Get more, a billion is not enough, a trillion is not enough, a quadrillion is not enough. We need more, much more. We need it all. We WANT it ALL.” Religion becomes the demon it pertains to protect us from.

### Emotions-Thinking

The mind is controlled by two forces. One from the animal world we call the ‘**Emotions**’ the other from the human world we call ‘**Thinking**’. Those two forces are caught in a fluctuating, gesticulating dance for control of behaviour. Behaviour is the outward expression as to what is going on with the inside of our head world. The animal world being much older, much more well-established, much more powerful, is the dominating of the two. The new kid on the block, ‘Thinking’, struggles to fit in, to balance, to mould the behaviour into something improved over the might-makes-right world of the animal.

The Emotions (the animal in us, a clear stimulus-response mechanism), are fully capable of working the body up into a lather, all on its own, with no help from the thinking person. The animal in us will dominate the conversation launching into a diatribe all on its own until anger profused venom spues out in an attempt to out dominate the perceived opponent even when no opponent is readily at hand. This sets up the occasion for an explosive situation when another real person is in front behaving in exactly the same way. They become two animals locked in the animal world of might-makes-right.

### Civilization

Ah, what’s that again? What does civilization mean? Civilization is the zone of ‘Thinking’. This is the zone where the animal MUST take second place. This is the zone where the emotions must

# **Controlling the Mind**

## **Attitude & Perspective in Wellness Risk Management**

**Dr. Victor Jean Ouellette, DC, MS**

[info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

**Transitioning to Wellness Risk Management - Instructor/Coach/Guide**

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

### **Making Wellness a Priority**

**Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness**

<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>

<https://ChronicDiseasePreventionStrategies.com>

© May 25, 2021, Dr. Victor Jean Ouellette, All Rights Reserved.

---

---

give way to something better than might-makes-right. This is the zone where a person cannot stake a claim that their might-makes-right is BETTER than the other person's dialogue, consensus-building, compromise. It's a complex world with multiple integrating factors and many cross-over points. Civilization is a place of higher harmony...

**Getting to this harmony is not  
particularly easy in this world of  
Deliquescing, Gesticulating  
Environs of the mind.**