



The Mental pandemic  
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*To:*

*Leaders who work with people and need increased knowledge  
and awareness to create successful individuals,  
organizations and communities.*



## **The Mental pandemic**

*Have you ever wondered how we can stop or reduce the health issues, diseases, conflicts, crimes, and environmental destruction that we hear about and see around us? At the same time, do you wonder why you think, feel, and react the way you do, why your life looks the way it does, and how you can change it?*

*The explanation for why our lives, society, and the world around us look the way it do, naturally depends on something. The explanation is hidden in an invisible pandemic that has been spreading for a long time and is spreading globally, against which humanity is completely unprotected. The report presents a discovery about a context of factors called the Mental Pandemic that explains why it appears as it does in our lives, society, and globally. According to the Mental Pandemic, we are infected mentally by other people who openly and unprotectedly transmit their values, views, and behaviours, which fundamentally influence and shape other people.*

*But we cannot understand, what we do not understand, and that is why we first need to understand and that is what this report is about. Only when we understand the basic problems can we achieve a deep and sustainable change where we together create a better world where we feel good and live healthily.*



## Table of content

Preface	8
Do you recognize yourself?	8
Background	8
Introduction	9
1 - It starts with really understanding	12
2 - What is the mental pandemic?	14
A little more detailed	15
Definition of the Mental Pandemic	15
How you were shaped to be you	16
Consequences of the Mental Pandemic	17
Internal and external consequences	17
Are you infected with the mental pandemic?	18
Reduce the impact of the Mental Pandemic	19
Treatment options	19
Personal discontinuation is an alternative description	20
The Mental Pandemic in relation with ICD and DSM	21
Research supports the Mental Pandemic	21
Need for additional research	22
3 - We need increased awareness	24
How was your subconscious created	25
How do you make a change?	26
4 - We need to understand and solve the basic problems	28
Conclusion	29
Source list	30





## **Preface**

### **Do you recognize yourself?**

Are you worried about where the world is going with all the ill health, accidents, conflicts, environmental problems, crime, and war, and how you and your family, relatives, and friends can be affected!?

When you hear others talk about their concerns, or see or read the news, regardless of the form in which it is conveyed, you are likely to feel affected in many ways, either positively or negatively. This can lead to a feeling of powerlessness. How can we stop diseases, accidents, abuse, conflicts, crime, and war or stop destroying our earth?

If you recognize this, you are likely affected by the Mental Pandemic.

### **Background**

The reason for the report on the Mental Pandemic is since the undersigned, to the highest degree, feels affected by the Mental Pandemic. It has affected me throughout my life, both in terms of what I have done and am doing to myself and others, but also based on what others have done and are doing to themselves and others.

I grew up in a small town together with my parents and my younger brother, to later in life, I set out for a career, relationships, and other life experiences. I can easily say that it has been a huge mix of inner and outer journeys in myself and sometimes together with other people.

What has brought me forward despite all the setbacks that have bordered my life's journey, i.e., what has turned into successes, is a great interest in understanding why. Why does what happen, why do I react the way I do, why do others behave the way they do, why, why, why? This has led to "the onion being peeled", i.e. I have peeled off layer after layer, of explanations for why what happened has happened, to then find new "onion layers" and so it has continued. Quite tiring, if I think back, but filled with fantastic aha moments and then down into the "onion layers" again.

With great curiosity, persistence, and good fellow human beings as a sounding board have helped me move forward when my brain protested, and I would rather bury my head in the sand and stay in the past.

My life's journey has contained many successes but also setbacks, where I was "exposed" to accusations, conflicts, violence, thefts, bankruptcies, etc, which I gradually understood were due to the Mental Pandemic. Over time, I have realized that success is about learning from adversity.

In addition to my inner journey, all the meetings, conversations, and learnings from having worked closely with criminals, being responsible for training over 25,000 people in protection and security, working with support for crime victims, and coaching hundreds of clients demonstrated a "contagion", according to the Mental pandemic.

## Introduction

It is hoped that this report, which deals with the discovery of connections and consequences of the Mental Pandemic, will give you, as a reader, thoughts, and inner reflections. This hopefully leads to self-insight, personal development, and increased self-awareness. The content is based on years of study, research, conversation, and analysis. The discovery of the Mental Pandemic is laid out in this simple and short report. The aim is to prevent and create sustainable solutions for the multitude of challenges we can find in individuals, societies, cultures, and nations. Today we see lots of ambitious initiatives, projects, and problem solutions to these challenges, but these are not always successful, and this is due to the Mental Pandemic. The challenge is to write a report that can be read and understood by all people, regardless of age, gender, culture, education, or where you live in the world.

The Mental Pandemic Report aims to spread, increase, and even out people's knowledge and awareness of the very root causes of the current situation. It is found that there is a lack of knowledge at various levels about the real root causes of why things are the way they are, and about why people do and do not do what they do, both towards themselves, others, society, the environment, and the world. These knowledge and awareness gaps mean that projects, methods, treatments (physical, psychological, and medical), etc. lead to a maintained or sometimes worsened situation or condition. Inadequate and incorrect explanations, diagnoses, measures, and treatments in themselves create major consequences in the form of prolonged human suffering, consequential diseases, crime, and other societal costs. Sustainable solution models always need to start from the origin of the problem, which is difficult to see and understand, especially when the problem solver himself is "infected" by the Mental pandemic.

Understanding and working based on the root causes described in the Mental Pandemic is thus a missed piece of the puzzle for developing interventions, treatments, programs, and methods that provide a profound and sustainable change.

Due to a sharp increase in global physical and mental ill-health, increased loneliness, and at the same time, clear deficiencies within society's resources, we are affected in diverse ways. The WHO reports that mental illness is on the rise (1 in 8 people on our planet suffer from some form of mental illness). It shows that there are an awful lot of people who are affected by the Mental Pandemic according to its definition.

The individual often lacks the ability, knowledge, and finances about what or how he should take care of his own physical and mental illness or that of those closest to him. The purpose of this report is to increase people's awareness of the real foundations of the problems. The report wants to spread knowledge about how you both reduce the spreading effects of the Mental Pandemic and what you need to do to prevent and take care of your own and others' physical and mental ill health.

There is nothing that right now points to an improvement in our global situation, and this is because the Mental pandemic itself counteracts the changes that are needed. When it does not work the way we did, new ways are needed to solve the challenges we have.

Furthermore, the hope is to create a new diagnostic method that complements previous and current research. New complementary research is needed that develop new approaches and methods within, among other things, psychiatry and healthcare that lead to increased physical and mental public health, a safer society, and a better environment.

The ambition is simply to contribute to helping us all create a better world, a world that starts with you who read the report. The perspective is that there is not just one world, there are about 8 billion worlds, i.e. people (in addition to all animals, plants, etc.). To change an entire world, all these individual worlds need to increase their awareness to have an even level of knowledge and consciousness. It is no longer enough for a few individuals or organizations to fight against ignorance and unawareness.

This report complements the book on the FREE method, which was published in 2010, and which simply explains how we humans become who we become. The report is an in-depth study to understand more clearly how we humans have been "infected" by the mental pandemic that has caused and caused us to be and behave the way we do.

/Claes-Goran Hammar



# 1

## **It starts with really understanding why**

Who wakes up on a beautiful Wednesday morning and suddenly decides that they want a red Ferrari, a more attractive body, want to be a criminal, or use drugs? Of course, this does not happen suddenly, there is of course a long series of factors and influences in our background, which shaped us to want things or do the way we do.

If we look at society today as it looks, we realize that there are a lot of things that are not working as they should. We see that community resources in the form of the police, emergency services, ambulance, healthcare, and social services are strained, that mental illness is increasing, and we are increasingly worried about our ill health, the environment, crime, and war. We see this based on the media's reporting and how we directly experience the consequences of increased savings within society's resources. We can state that those who work in the public sector increasingly suffer from symptoms of exhaustion or change jobs due to an unreasonably high and unhealthy workload.

For many years, we have all seen several commendable efforts, commitments, and initiatives to make society's resources more efficient, but they have not achieved sustainable results, most clearly proven by the fact that society still looks the way it does.

The question remains, what needs to change?

In upcoming episodes, the focus is on spreading increased knowledge and awareness, which is the basis for sustainable change in yourself, other people, or groups of people. It is people who are the foundation of society and when people change, society changes.

*"When solving problems for 60 minutes, I think 55 minutes to understand the problem and 5 minutes of the solution!"*

*/Albert Einstein*





## 2

### **What is the Mental Pandemic?**

If you think of a computer, the computer consists of technology that needs electricity to function. In addition to technology and electricity, an operating system and various computer programs are needed to e.g. communicate, make calculations, draw, or create. As you maybe know, there are tons of computer programs, for work, fun, games, etc. The computer works perfectly until something happens, i.e. the technical parts break, the electricity goes out or a computer virus gets into the computer. A computer virus is itself a computer program, but it has the purpose of destroying, stealing information, or spying on what is happening on the computer.

If we compare us humans to a computer, we operate in much the same way. Our body consists of many moving parts, which are controlled by our brain. The brain and body need water and food containing carbohydrates, protein, fat, and various nutrients to function optimally. In our brain, there is an "operating system" (found in our unconscious) that automatically makes us breathe, the heartbeat, maintain balance manage the body's immune system, etc. In addition to our "operating system," there are, in the same way, several "computer programs" that run from the subconscious self, which affect us in many ways in our conscious life. These "computer programs" contain values, thoughts, memories, and feelings that guide our behavior, where we want to gain or avoid something.

Who you are today depends on the learning that continuously took place during your life journey, where you learned (programmed in) several "computer programs" about what to do in different situations. The learning takes place through you seeing and experiencing what they talked about, how others did or showed how you should do, e.g. when you grew up with your parents.

Among these "computer programs" that you learned and that help you move forward, there are positive and negative programs that affect you in diverse ways, without you having any idea how or why. It is the transmission of these "programs" that happened or is happening through our heritage and environment, without our being aware of it, that is the definition of the Mental Pandemic.

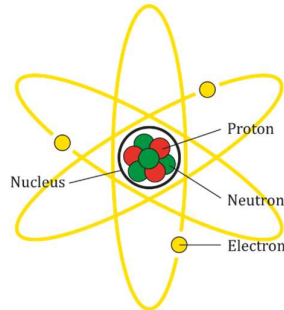
The Mental Pandemic means that you are "infected" by the "programs" that your parents, friends, teachers, TV, social media, and surroundings already have in them, and which have been and are being transferred covertly and completely unprotected to you. To briefly compare with the COVID-19 pandemic, there are several protective methods in the form of washing hands, using a protective mask, etc. The Mental Pandemic with all its values, views, and perceived needs, has spread and shaped us humans for thousands of years. The "spread of infection" has increased when there are more channels where it can spread, e.g. news, newspapers, social media, etc.

The difference between us humans therefore depend on how many "programs" we "run" individually and how powerfully they sit in our subconscious. This explains why we humans react and handle the same situations in different ways. It explains how everything we like, or dislike is learned.

The negative spread via the Mental Pandemic contains everything that prevents, inhibits, or causes your life to contain suffering, conflicts, and ill health. The positive spread consists of everything that means you are successful and healthy.

### **A little more detailed**

A more detailed description is that the body is made up of billions of cells. Each cell has scores of chromosomes that contain your DNA. Chromosomes, in turn, are made up of atoms, and atoms are made up of protons and neutrons held together by energy. We therefore assume that your body is built up and held together by energy.



The brain itself is structured in the same way, with atoms, chromosomes, and brain cells held together in a positive and negative energy balance. What is added to the brain is that your thoughts are based on other people's energy transmitted (programmed) via heredity (DNA) or environment. These thoughts are stored as synapses, which are energy connections in the brain, which are activated upon stimulation via your senses, which are connected to a historical feeling. These thoughts and feelings control the body's biochemical secretions, which are perceived in diverse ways in the body. If you e.g. receive or give a soft touch and closeness, oxytocin is secreted, which is often called the "feel-good hormone", while stress secretes cortisol. The experienced mental feeling and the biochemical reaction we humans either want more of or avoid. Hence, your emotions control your behavior over what you say and how you act.

The Mental Pandemic defines how those who "infect" themselves have previously been "infected" and how these carry energy in the form of memories (synapses) in their brain. The Mental Pandemic means that synapse energy is spread to you, completely without you being aware of or knowing how to protect yourself, especially when you were a child. This also means that you "infect" others when you are unaware of your own inner "programming" and express them to others.

Another explanatory model is to see the mental pandemic as a form of "virus" where we are infected and infect others with values, views and perceived needs.

### ***Definition of the Mental pandemic***

*The Mental Pandemic describes how information (energy) spreads unconsciously and unprotected via our heritage and environment. People who have been "infected" make the information (energy) their reality (truth) and subsequently influence and control people's lives, without them understanding how or why, and then "infect" others.*



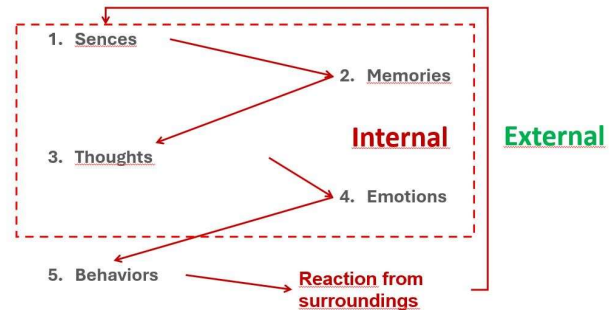
*" Until you make your unconscious conscious, it will control your life and you will call it fate"*

*/Carl Jung*

## How you were shaped to be you!

As a child, you are exposed to impressions and events via your senses. This information is stored as positive, neutral, or negative memories, based entirely on the feelings that arose at the event.

When later in life, you receive the same or similar information via your senses, your thoughts are activated which search through your history, i.e. memories. Depending on the historical emotions that you have stored, it triggers your behaviors, to get more or to avoid what is happening (experienced inside you). Your behaviors will then affect others, whose inner process and counter-reaction takes place in the same way and to which they respond with their behaviors. You get a new reaction to their behavior ... and so it goes on like this.



In addition to our emotions, there are many biochemical processes, e.g. the hormone oxytocin, which is secreted in the body during physical contact. If, for example, you imagine someone who grew up with physical violence, it means that the memory of physical contact and secretion of oxytocin, memory-related to a feeling of being bad, discomfort, and pain. When there is a combination of physical pain and psychological punishment, the effect, i.e. the memory, becomes even stronger. The affected individual is likely to have future problems with physical contact that started with the person who hit, in turn being "programmed" with the same behavior.

Purely mentally, physiologically, and biochemically, a memory that is activated thus leads to some kind of reaction within us and that manifests itself through our behaviors. This means that when we humans think we are aware of ourselves and others, we are controlled by our subconscious and communicate through our behaviors.

If you have now started to think about your behavior or that of others, it is important that you do not judge yourself or the "negative behavior" of others, because that only leads to you devaluing yourself or others. Rather choose to investigate and understand what may be behind a behavior and decide if you want to keep it or want more of it, and what you may need to change.

Your subconscious does not only contain negative "programs", but quantities of positive "programs" that have infected and affected you positively according to the same principle. When you understand what positive "programs" you already have and how to reinforce them, your life will change.

## **Consequences of the Mental Pandemic**

There are enormous consequences of the Mental Pandemic, so to the degree and extent that it is impossible to overview and understand. In-depth analyses, research, and adaptations are needed in the areas of consequence where the Mental Pandemic affects individuals, organizations, and society.

The report on the Mental pandemic hopes to provide a new overall perspective and spread knowledge and understanding as a basis for new approaches and perspectives.

### **Internal and external consequences**

#### **Internal consequences**

Common internal consequences are e.g. sleep difficulties, poor diet, lack or no exercise, stress, beauty, diet and exercise ideals, inner conflicts, relationship problems, dysfunctional sexuality, lack of skills, unemployment, and financial difficulties. It is common for several of these negative consequences to influence each other in a downward spiral.

The internal consequences are usually mitigated through addiction and compensatory behaviors to minimize or avoid feeling emotions. This causes a host of consequential problems, ill health, and disease conditions that cause extensive suffering and costs to individuals and society.

For example, long-term increased tension due to stress, heightened alertness, and muscle tension often leads to psychosomatic illnesses, i.e. you become physically ill from always being in a state of alertness.

The internal consequences and the behaviors activated, aim to balance the individual's internal environment against the external environment.

#### **External consequences**

Externally, the consequences are directed at others, e.g. external conflicts with others, bullying and exclusion, materialism, aggressiveness and violence, criminality, silence as punishment, control of others, abuse of power, compulsive behaviors, and a constant search for social contact, confirmations, and status.

It is directed at the surrounding environment, such as other people and/or animals, as well as the environment, which is negatively affected by it both externally and internally. Our society and people are hugely affected by the external consequences created due to the Mental Pandemic.

The external consequences and the behaviors they trigger aim to balance the external environment against the individual's internal environment.

#### **Summation**

All our behaviors strive to balance our internal environment by addressing our internal and/or external environment.

## Examples of negative consequences

Illness and disease are based on people living unhealthily and not taking care of themselves and their health.

- **Relationship problems** when people have dysfunctional and compensatory needs that are demanded by others.
- **Violence and abuse** when traumatic memories spill over onto others.
- **Crimes** when people need confirmations and status.
- **Environmental destruction** is when people do not understand the consequences of how their consumption and lifestyle affect the environment.

These are only a very few of the consequences arising from the Mental Pandemic.

## Examples of positive consequences

It is common to focus only on the negative consequences of the Mental Pandemic, but there are plenty of positive consequences such as:

- **Increased health** when we learn from each other how we live, eat, and exercise for a healthy life.
- **Better relationships** when we learn to reflect on ourselves based on role models and knowledge.
- **Reduced crime** by learning how to process and take care of the causes and needs behind crime in order primarily to prevent further crime.
- **A better environment** when we no longer consume or throw away food, products, or packaging that are bad for the environment.

The purpose of the report on the Mental Pandemic is to spread knowledge and raise awareness to transform the negative consequences into positive consequences.

## Are you infected by the Mental pandemic?

The simple answer to that question is yes because you have values, attitudes, or needs that affect your life negatively or positively.

The more complicated answer is that you have different degrees of "contagion" in different areas of life, depending on how intensively you were "infected". Depending on the degree of "contagion", different consequences arise, and it is by making yourself aware of your consequences that you determine how "infected" you are.

It is all about, what does it "cost you" when you suffer these consequences (ill health, accidents, conflicts, crime, and environmental destruction) that are due to you and others being "infected" with all these values, views, needs, and desires? The question is extremely big and needs a lot of thought.

A reminder not to criticize or devalue yourself (or others) if you realize that you were "infected" in ways that shaped you and your life to be what it is.

## **Reduce the impact of the Mental Pandemic**

First, you need to realize that you are "infected" and affected by the Mental Pandemic. You need to stop being even more "infected" by negative influences. You need to become aware that you have already been "infected" negatively, how it affects your life, and what and how you need to do to transform the negative consequences into positive consequences.

You can minimize how the Mental Pandemic infects or negatively affects you by stopping or reducing:

- Hang out with negative people.
- Engage in negative discussions and spreading rumours.
- Watch or read negative news.
- Social media.
- Consume and use products that you believe make you a better or more attractive person.

You can instead:

- Hang out with positive people.
- Focus on the positive.
- Be grateful for what you have.
- Take longer walks, preferably in nature.
- Meditate and use mindfulness.
- Read this report several times because you will understand more of it as your conscious brain becomes more aware.

## **Treatment options**

For people who realize that they are invisibly and unprotected infected by dysfunctional values, attitudes, and desires, and want to change their lives, there is a large number of treatments, methods, therapy, medicine, etc. Looking at all these different treatments and methods that exist to help people to a viable and sustainable life change, it is usually talked about based on the concept of personal development. The concept of personal development itself, subconsciously says that I am not good enough as or where I am. It says that I must change, i.e. evolve from where I am to where I should be, where the outcome itself is unknown and uncertain, which can feel scary.

Your development is about deleting "old virus programs" and create new positive "programs". This can only succeed if the new "program" is more powerful, i.e. has more energy than the "old virus program". If not, it can instead contribute to your "failing" which often deepens feelings of shame, inadequacy, and failure.

To succeed in making changes, you need to realize that the learning of your problematic and hindering thoughts, feelings, and behaviors has happened repetitively and often over a lengthy period. Hence, unlearning, and relearning need to take place repetitively and over a longer period. It is your unique situation, needs, and environment that determines what works or not.

Note that your old negative programs do not disappear, they just receive less attention/energy when they are replaced with other more beneficial "programs".

In short, regardless of which treatment method you need, it is all about finding and programming new positive "programs" that replace the old dysfunctional programs. This is precisely why different treatment methods work differently on different people and it is important that you find what works for you at that time and in that situation.

For example, a psychologist and experienced coach works by observing a client's behavior (choice of words, emphasis, and body language) to find out what negative and positive "programs" the individual has in his inner environment. This "hidden" communication is the basis for how the individual develops by releasing negative blocks and obstacles. It is also used to reinforce and develop positive "programs". You gain access to more of your potential when you shift time and energy from your negative challenges and obstacles to positive development.

The FREE method is one way to transform the Mental Pandemic, which stands for Find Real Endless Energy. The FREE method transforms your life energy into positive goals and results, instead of an inhibiting, draining, and negative life.

You can learn to read what you or others communicate with different behaviors.

It can also be mentioned that, for example, a person with psychopathic personality traits is good at reading what "leaks out" from other people and using it to influence and manipulate others for their gain.

The concept of the Mental Pandemic shows how we are deliberately manipulated via social media, news, advertising, and other external influences. It is used to create consumption needs and fears in individuals, groups of people, or in whole/parts of society.

Remember, that your subconscious self contains an enormous potential power that is about 245,000 times stronger than your conscious self.

Note: A monk isolates himself from society and devotes many years to silence and meditation, to reach inner peace and stillness from his subconscious self. The purpose of the absence is to turn off/tone down the body's senses from the impressions and information that are constantly present in the external environment, and to have a calmness in the internal environment.

### **Personal discontinuation is an alternative view**

A more appropriate term is to call it personal discontinuation, because there is a lot of "virus program" in you, which is not you. These programs need to be "reprogrammed" for more of who you are to fit into your life. Personal settlement is about removing everything that is not you, that is in the way, and that, among other things, prevents you from feeling good, having good relationships, and being successful.

This means that to have a lasting life change, you primarily need to seek and use treatments and methods that do not install new "virus programs" that are transferred to you. Otherwise, the result will only be a continued negative spread according to the Mental pandemic.

In conclusion, your future health, relationships, and success are partly about your understanding and reprogramming the negative "programs" that negatively affect you, others, and other things around you. It is also about how you increase the positive part of the Mental Pandemic, to release more of the potential that already exists in your subconscious, for a more amazing, prosperous, healthy, and successful life.

## **The Mental pandemic in relation with ICD och DSM**

The ICD and DSM are different systems published by the WHO and the American Psychiatric Association and used globally by psychologists and psychiatrists to diagnose mental illness, brain-related conditions, and mental disorders. Some of the common diagnoses mentioned are ADHD, Autism, Asperger's, and Borderline Disorder.

According to ICD-11 and DSM5 (latest versions), the definition of a diagnosis; is that it is a mental illness or problem when identified through an investigation of symptoms. According to ICD-11 and DSM5, specific conditions need to be met for them to be defined as a diagnosis.

The cause of most mental disorders is caused by a combination of several genetic (DNA/inheritance) and environmental (upbringing/environment) factors. This is called a multifactorial inheritance. It is made clear in these manuals that the environmental part of the mental illness and brain-related condition and disorder, is transmitted either during upbringing or in the environment that the individual has found and/or is in. The transfer of a mental illness according to ICD-11 and DSM5 takes place to some extent in the same way as described according to the Mental pandemic, by "energy" in the form of impressions, imprints, values , and views being transferred in the environment.

The Mental Pandemic has a similar spread in that synapses in others are transferred and developed during upbringing or in an environment. It should be further investigated in order, if possible, to be adopted as an additional explanatory model according to ICD-11 and DSM5. The purpose of such a recognized explanatory model of the Mental Pandemic is to increase focus on the individual, organizational, societal, and global consequences that affect humanity, animals, and nature.

By developing in-depth treatment methods that reach the core of the problems and work more sustainably to solve individual and societal challenges, the hope is to solve some of the global challenges that exist around physical and mental illness, crime, and environmental destruction.

## **Research supports the Mental Pandemic**

There is a lot of established research that, independently of each other, supports the explanatory model according to the Mental Pandemic. This report provides a more comprehensive overview of the contexts that exist between different theories, areas of knowledge, and methods and collects these in a more comprehensible and explanatory concept that can be understood by more than industry experts (psychologists, psychiatrists, etc.).

## **Need for additional researching**

Life is a mystery and despite all the amazing research that is done continuously to understand people, there is always room for further curiosity and research that deepens the knowledge about us as humans.

For this, individuals, researchers, and other interested parties who question established knowledge and conduct further research based on the concept of the Mental Pandemic. The aim should be to never give up, to learn new things as well as further explore what makes us humans do what we do and do not do. How can we, through the "right" way of thinking and methods, become psychologically and mentally healthier, healthier, and more caring about ourselves, other people, animals, and our nature?

This report hopes, on the one hand, to create an awareness of how the Mental Pandemic has transferred and is constantly transferring values, thoughts, opinions, feelings, and desires. The behaviors that you have today and how they affect your and others' lives, society, and the environment. The second part is to initiate a deeper dialogue and research on how the mental pandemic can be prevented from spreading as freely and openly as it does today.

## **In summary**

The Mental Pandemic causes, through its completely invisible, uncontrolled, and global spread, enormous consequences for people, animals, nature, society, and the world.







# 3

## We need increased awareness

Awareness is the ability to be aware of, feel, or experience one's surroundings, thoughts, and feelings. It is a state where we can understand and think, combined with being aware of ourselves and the world around us. Mindfulness can refer to a higher level of attention, where we are aware of our inner thought processes, which is called metacognition. It means the ability to be aware that you are aware.

Consciousness is in our brains and, according to research, consists of 3 levels:

1. Your conscious self
2. Your subconscious self
3. Your unconscious Self

When you think about yourself and your life, you think from your (1) conscious self, i.e. what you are aware of, can control, and who and how you experience yourself as a human being.

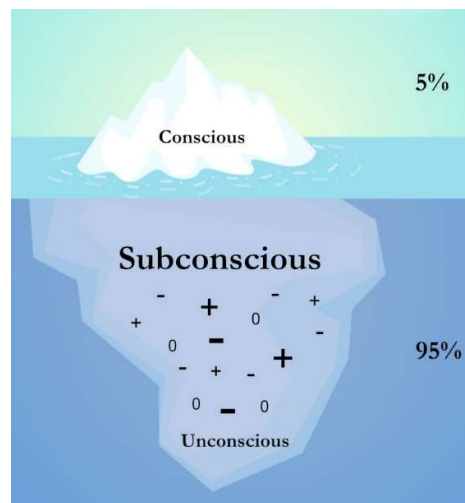
What very few know about which influences and controls your life to the highest degree, is your (2) subconscious self. Your subconscious self is far bigger and more comprehensive than we can even understand or be aware of. In your subconscious are your memories, feelings, knowledge, experiences, intuition, fantasies/dreams, habits, etc. This means that it is values, needs, and desires from your subconscious self that govern your life. These unconscious needs and desires usually "win" over your conscious self, therefore completely different techniques and strategies are needed to get a working change in your conscious life. Your subconscious self has no history or future, it only contains what is currently happening in your external environment and is compared to your internal environment, just to ensure you survive, nothing else.

There is research that shows that our subconscious mind makes certain decisions 11 seconds before we are even aware of it. It signals that what we define as free will is not always as free as we think.

The image of the iceberg on the right gives a clear picture that you are variously by 95% controlled by your subconscious. It consists of what you have historically experienced and learned (programmed) via your inheritance (DNA) or your environment.

Positive, neutral, and negative experiences and memories are stored in your subconscious.

According to research, the subconscious part of your brain can manage about 11 million bits of information per second, while the



conscious brain can only handle 40 to 50 bits of information per second.

*(Explanation: 1 bit is computer language where 1 bit stands for 0 or 1)*

This means that your subconscious self is about 245,000 times more efficient at handling and processing information than your conscious self.

The language that the subconscious mind uses is not verbal. There are no words, everything is presented instead as images, feelings, and metaphors. The subconscious visualizes what you want and communicates it to your conscious self through feelings, dreams, and premonitions (called intuition).

Your subconscious behaviors influence and communicate with people who are around you, who in the same way, will be influenced subconsciously and react with their behaviors.

A simple example of how your subconscious can influence you is; to close your eyes and imagine how you bite into a large piece of juicy lemon; you feel the lemon juice being squeezed into your mouth when you bite and feel the sour lemon juice when you swallow. You most probably will get more saliva in your mouth because the subconscious mind remembers what lemon tastes like and therefore activates your salivation even though you are only thinking the thought.

In your subconscious is your (and others') potential which contains enormous opportunities to successfully change and develop your and others' lives. The difference lies in how and what we focus on.

Your (3) unconscious self, controls your breathing, heartbeat, balance, digestion, immune system, etc.

## **How was your subconscious created?**

We humans are shaped by our heritage and environment. According to research, the brain has 100 billion nerve cells (neurons) that are individually connected to themselves, a few neurons, or up to hundreds of thousands of other neurons, where the connection point is called synapses. These neurons and synapses form our memories which we learn which then govern our lives. It is our stored memories (A) that relate to a feeling (B), which determine our behaviors (C).

It is our external environment, e.g. family, friends, colleagues, and other sources of information (school, workplace, etc.) which partly programmed our memories (A) (synapses), which activate our saved memories in the present.

Thoughts are the process that occurs in the meeting between our inner and outer environment. When we receive information in the present through our senses (sight, hearing, smell, taste, touch), it is our thoughts that process and decide based on our history, whether what is happening now is good or bad for us. Connected to these memories are stored emotions (B) which are activated and of which we want.

We use our behaviors (C) to get more or less of the emotions we experience.

In summary, our subconscious contains our memories (positive, neutral, and negative), and these you have learned invisibly and unprotected via the Mental Pandemic.

## How do you make a change?

Before you become aware that you have various problems in your life, your life will automatically be controlled by your subconscious mind. Becoming aware can be challenging, especially when your subconscious will fight against any changes that feel unfamiliar, unsafe, or dangerous. Your subconscious reacts lightning-fast to stimuli (information via your senses) and the conscious part of the brain is de-prioritized. It explains why we have difficulty stopping or resisting subconscious reactions with our conscious self, rational will, logic, or reason.

To change your life, relationships, finances, work, society, crime, environment, etc., you need increased knowledge and awareness to see, perceive, and make visible your unconscious thoughts, feelings, and behaviors, to change them. It requires that you (1) first become aware that you have a certain problem, need, or desire. You get an insight that something is a certain way and that you wish it were another way. When you acquire new knowledge, the new knowledge will lead to changed behaviors, which in turn lead to other results.

If you are not aware of how your subconscious guides you, you will soon fall back into old patterns, which you have experienced.

You increase your awareness by:

1. Realize that your memories are neurons connected in synapses, which of course can be rewired or reinforced to change your life and the lives of others.
2. Consider your internal environment and how you are controlled and influenced by what happens in your external environment.
3. Learn new skills and increase your awareness by reading books or articles, listening to lectures, or taking various courses.
4. Listen to other people's opinions and by trying to put yourself in someone else's situation, try to understand their perspective and feelings to challenge your thought patterns and gain new perspectives.
5. Reflect on your thoughts, feelings, and behavior, to understand yourself, your strengths, weaknesses, values, and what lies behind them and based on that change your life.
6. Face difficulties and challenges that force you to change and develop.
7. Realize that many of your memories, as well as related feelings, are misinterpretations! An example is if you grew up with a parent who was extremely strict and where you felt oppressed and devalued. What if that parent instead wanted your absolute best by getting you to focus on what was important, but could not communicate it better?

Note that the above suggestions contain the Mental Pandemic in various forms, learn to observe and recognize when you are being controlled or influenced.

Without increased awareness, no changes or development occur.

The next step after you become aware of a problem or something you want to change is that you need to decide (2) that you want to change your own or a group's situation. After that, these need to be implemented (3), rehearsed (4), and adjusted/developed (5). Only

then will you get a lasting change. This explains why many methods and change measures fail because there is a lack of persistence and follow-up.

It is crucial to understand that raising awareness is a continuous process and normally takes time. It is important that you are open to change and development and that you are constantly willing to learn new things to develop as a person.

Change in people, organizations, and societies takes place in summary by conveying knowledge that increases people's awareness, which changes people's thoughts, feelings, and people's behavior.

To get changes e.g. in relationships, at workplaces, in community groups, or globally, common approaches are needed where we humans are on the same level of knowledge and consciousness. It is when there are large variations in knowledge and consciousness levels that it leads to conflicts about who is right and who is wrong. These conflicts mean that changes are made difficult or even completely absent.

*" We all have the opportunity  
to change our lives!"*

*/Unknown*

# 4

## **We need to understand and solve basic problems**

What emerges is that many of the efforts, commitments, and initiatives that we see and hear about for a better life, environment, and society, are not based on the true basic problems. The only thing that happens when you want to solve problems without understanding the basic problems, is that it is lost commitment, time, and money. The problems remain and, in the worst case, have gotten worse.

To work with problem-solving, knowledge is needed that problems manifest themselves on 3 levels:

1. Immediate problems
2. Underlying problems
3. Basic problem

### Example:

If you have a headache, it can be due to several reasons, you are tired, have drunk too little water, slept poorly, or have an illness. These are examples of (1) immediate problems that most people solve by taking a headache tablet.

If you have a headache because you slept poorly or drank too little water and therefore sleep more or drink more water, the headache disappears. These are examples of one (2) underlying problem that you solve by sleeping more or drinking more water.

It is not until you understand and solve the reasons why you sleep too little or drink too little water that you get to the (3) root problems and can find a sustainable solution. Your headache, which may be due to you drinking too little water, is because you are stressing a lot to catch up with everything you planned. You do it to show that you are good as a human being, which may be because you did not get affirmations during your childhood. When you realize that you are fine just the way you are, then you have solved one (3) basic problem, which reduces stress, and you will have time to drink enough water.

This is a simple example, but even this simple example, many people do not understand, instead they take a headache tablet and then they go full blast again. 20 years later, they have severe health issues and do not understand why.

Other life, organizational, and social problems are significantly more complicated than the example above and have many more "layers" of symptoms (read consequential problems) that need to be understood before a basic problem can be solved.

## **Sympathetic and parasympathetic nervous system**

To solve problems optimally, those working with problem solving need to be calm, relaxed and have enough time. They need to have the parasympathetic nervous system activated where you have access to the front part of the brain, called the prefrontal cortex. This means that when a person becomes stressed and pressured, the sympathetic nervous system

is activated. Simply explained, it means that our instinctive and automatic thoughts and behaviors guide problem solving because we are controlled by the back parts of the brain, often called the "reptilian brain". Solving problems (and even conflicts) when a person has the sympathetic nervous system activated, leads to bad decisions and consequences.

Understanding and solving the basic problems, as well as working in a calm and relaxed state of mind with sufficient time, is thus what determines how effective and sustainable a problem solution will be. This is clearly visible when efforts, commitment and initiatives have not produced the desired results, because the basic problems have not been understood and solved. The great benefits of solving basic problems are that they solve many variations of underlying and immediate consequence problems.

In summary, it is deficiencies in understanding and solving basic problems in the long term that cause a continued or worsening problem. Hence all expectations and demands that problems should be solved quickly and efficiently are completely counterproductive. This means that problem solutions that do not last over time only result in losses of commitment, energy, time, and capital and that the problems need to be solved again with further loss of time and costs. Human suffering is also prolonged. Repeated unsuccessful problem-solving can lead to hopelessness and resignation in the people involved.

The problem-solving has then other problems, which was not the original aim.



## **Conclusion**

The purpose of the content of this report and the definition of the Mental Pandemic is to spread knowledge and increase awareness of how we invisibly and unprotected "infected and infect" each other. The mentally transferred "contagion" with values, needs, and desires, leads to ill health, accidents, conflicts, crime, war, and a destroyed environment. It causes enormous costs to individuals, businesses, organizations, communities, and nations both now and in the future.

## **Required actions**

To stop the spreading and the effects of the Mental pandemic, countermeasures and efforts are required in:

1. Becoming aware of the Mental pandemic and how it spreads unconsciously and unprotected by programming us with desired positive and undesired negative consequences as a result.
2. Prevent the Mental pandemic from spreading by regulating, decreasing, and eliminating it.
3. Reprogram what has earlier been programmed.

By solving basic problems and achieving common knowledge, understanding, and consciousness based on the definition and impact of the Mental Pandemic, we together can create well-being and success for people, companies, organizations, and communities.



## Source list

Content and references in the report are related to the following sources:

- The book about FREE-method (2010) – Claes-Goran Hammar
- ICD-11 (2019) – WHO (World Health Organization)
- DSM-5-TR (2022) – The American Psychiatric Association
- Sway - Unravelling unconscious bias (2020) - Pragya Agarwal
- ICF (2023) – International Coach Federation

If you need help solving problems or releasing  
the potential in people, companies, or  
organizations, contact:

[claesgoranhammar.com](http://claesgoranhammar.com)

By raising people's awareness,  
development and success are created.