

THE OFFICIAL ALTERNATIVE DOCTOR PRESENTS...

THE GENTLEPERSON'S GUIDE TO GOOD BEHAVIOR



**BY DR. KEITH SCOTT-MUMBY MD,
MB ChB, HMD, PhD, FRCP (COLOMBO)**

By Keith Scott-Mumby MD, MB ChB, HMD, PhD

Copyright © 2014 All Rights Reserved

Ability Express Publications, PO Box 371225, Las Vegas, NV 89137

Advice, technical methods, advanced psychology, rubrics, tips and teachings.

Disclaimer

All content within this book is commentary or opinion and is protected under Free Speech laws in all the civilized world. The information herein is provided for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. Dr. Keith Scott-Mumby MD, PhD assumes no responsibility for the use or misuse of this material.

Therefore no warranty of any kind, whether expressed or implied, is given in relation to this information. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory; direct, indirect or consequential damages; loss of data, income or profit; loss of or damage to property and claims of third parties.

"The True Gentleman is the man whose conduct proceeds from good will and an acute sense of propriety, and whose self control is equal to all emergencies; who does not make the poor man conscious of his poverty, the obscure man of his obscurity, or any man of his inferiority or deformity; who is himself humbled if necessity compels him to humble another; who does not flatter wealth, cringe before power, or boast of his own possessions or achievements; who speaks with frankness but always with sincerity and sympathy; whose deed follows his word; who thinks of the rights and feelings of others rather than his own; and who appears well in any company, a man with whom honor is sacred and virtue safe."

-John Walter Wayland (1872-1967)

A GENTLEPERSON'S GUIDE TO GOOD BEHAVIOR

Key Principle: Good manners cost nothing, show mutual respect and make life much more agreeable.

Centuries ago, in Britain, to be a gentleman (or gentlewoman) went far beyond the simple gender statement it makes today. It was a recognition of important social status. More than that, it was accepted that upper class people, the toffs, were somehow more easygoing in their manners and interactions than rough, ordinary folk. They followed an elaborate code of etiquette which meant (supposedly) that they didn't rub each other up the wrong way and cause unnecessary friction. All the 'best people' behaved well and were kind, at least on the surface.

In other words, they were by disposition gentle with each other!

Most of this elaborate code of behavior is lost to us now; it was mostly phony ritual anyway. But it is worth re-visiting the idea of being a gentleperson. Nothing wrong in that. So what kind of code of manners and decent behavior can we compile, by thinking things through intelligently?

We could start with three long-standing favorites, which cover a lot of territory:

- 1) Do not kill or harm others
- 2) Do not steal or take what is not yours
- 3) Conduct yourself honorably in all that you do and say

Most civilized people would take each of these as a given. Of course 2 and 3 are pretty dispensable, according to many corporate and low-life elements (let's throw in the bankers too; they are serious criminal fraudsters that are right now threatening the very fabric of civilization).

Fortunately, most of us "get it" and see the need for these simple basics.

MANNERS

But what about manners? I see manners as agreed styles of speaking and acting towards other people. It doesn't really matter what you think, or what's in your heart. These are simple rules for not hurting other people.

It isn't phoney to cover up your negative opinion of someone. It's not even a courtesy: it's downright logic. YOU might be the screwball, buddy! So tone your language down and act respectfully.

Refer to my Rightness Theorem and remind yourself that we are all in this together and—no matter how stupidly or wickedly people behave—they choose their actions in the same way that you do: because they think it's the right thing to do. And, yes, as I said on those pages, that even includes murder and crime.

People commit murder, for example, because they think it's the right thing to do! Sounds crazy but a moment's reflection will tell you it's true... Yes, they may know they shouldn't... but something just happened to make it "right" to sidestep the normal rules. Of course he or she is always sorry afterwards and acts contritely but in my experience that's just to try and soften the punishment, not because he or she thought the act really was wrong.

I'm not trying to justify crime or bad behavior; I'm merely trying to point out that, fundamentally, the deep and dark criminal is operating on the exactly same algorithm as you and me: do what you think it best in a given situation.

So it's a leveler. You are not really superior; just smarter, because you can see the consequences of your actions right through to the end. A murderer or bank robber can't.

THE GOLDEN RULE AND THE PLATINUM RULE

Everyone (I hope) understands the so-called "Golden Rule". It appears in all the world's religions and philosophies. It is simplest stated as: "Treat other people as you would want them to treat you," or "Do unto others..."

It's brilliant and simple in its logic. Why should you get special treatment if you are not willing to accord it to other people?

Even kings, queens and presidents have to acknowledge this one. Bloody and heartless rulers only last a certain time and then they are busted. And their first reaction when carried off to the dungeons is usually screaming for the mercy that they would not show to others.

Another way of looking at the Golden Rule might be: treat others how they want to be treated, rather than how you want to be treated!



But there is a better twist to the Golden Rule, which Tal Ben-Shahar has christened “The Platinum Rule”: *treat yourself the way you’d like others to treat you*. The Platinum Rule may be far more important than the way that you treat others, because inevitably the way that you treat yourself determines the way that you treat others. Be kind to yourself, honor yourself, and you’ll find you do it automatically with others.

In the converse, individuals who are hard on themselves, bitter and self-critical, rarely make good travelling companions in life. They carry their self-hate poison deep inside but inevitably it spills all over the highway!

THE TWO MOST BASIC NEEDS

Back in 1965 psychiatrist William Glasser MD pinpointed what seem to me to be among the most fundamental of all human needs. These must be honored. These are the basis of Glasser’s “Reality Therapy”:

1. The need to love and be loved.
2. The need to feel that we are worthwhile, to ourselves and to others.

I think these should always be borne in mind and others helped to become secure in these needs or be helped in adopting them.

As Glasser pointed out, although the two needs are separate, a person who loves and is loved will usually feel that he or she is a worthwhile person and one who is worthwhile is usually someone who is loved and who can give love in return.

But there is an important caveat, with which I agree wholeheartedly: to be worthwhile, we must maintain a satisfactory standard of behavior. That’s what my **Gentle Person’s Guide To Good Behavior** is about...

1. Honor A Person’s Being. Acknowledge their presence if nothing else. Nod or smile or otherwise let others know you see them, as they see you. The slightest head nod is often sufficient. Try to be warm, even with strangers. Remember the lovely greeting among the Navi people in the movie Avatar: “I see you!” It acknowledges a person’s being and it is one of the finest gestures you can make. It honors YOU too.

2. Be A Good Listener. Allow the other person to speak in equal share and listen to what they have to say. Listen sufficiently before you try to talk. Being in any kind of relationship with people (business, family, love etc.) affords them the right to reasonable communication. This right includes the entitlement to be listened to, so walking off in a huff is actually a violation of Rule 1. Only when communication has become toxic are you required to shut it down, to avoid further hurt (see Rule 5).

3. Never Tell A Person What Or She Is Thinking. You will always be wrong and it's conceited. You know the kind of thing: "Your problem is you can't deal with women" or "Your trouble is you just want to play the victim." There are millions of these put downs and they serve no useful purpose. Trashy, inadequate therapists do it, to try and make themselves seem clever or important. You must not. In Supernoetics™ you are instead required to open the topic with a questioning approach: use the Socrates' method! "Tell me how you feel about women..." or "What did that look you gave me mean?"

4. Be Observant Of The Effect You Have On Others. Recognize when your communication is painful to another person and STOP! Say something else. Despite the widespread acceptance that it's OK to be nasty just because YOU are feeling upset, it achieves nothing; solves nothing. Nobody has any right to splash around hurtful or negative emotions. However everyone has a right to refuse to listen to bad communication loaded with unpleasant emotions.

5. Never Say Or Imply To A Person 'You Are Wrong'. Say, 'I don't agree with you there' or 'I see it differently' (it might be YOU who is wrong!) Avoid insulting words and phrases, like "Stupid bitch," and "Douchebag". They are demeaning to the speaker, as well as the target. Why not make yourself a list of "reasonable" insults? Write the down and learn them... Not ninny and nincompoop but more like "You need to shepherd your facts more carefully," or "I don't think you are thinking quickly enough for this conversation." Or even more edgy: "Your lack of knowledge is encyclopedic". Seriously though, don't take insults seriously! They are degraded currency.



6. Gossip Is A No No. Never discuss a person in pejorative terms if they are not there to defend themselves. Never pass on critical remarks about another, unless you know it to be absolutely true from first hand experience. Even then, limit it only to those who need the facts for their own safety. Passing on destructive gossip or inflammatory judgments on another, especially when these turn out to be untrue, is a species of evil and recognized as such in all decent codes of behavior. You wouldn't want others to do it to you, therefore it is a violation of The Golden Rule.

7. Don't try to deal with important matters with persons who are tired, ill, hungry or otherwise distressed. Wait for a better moment. Especially never try to take advantage of someone in such a condition. When we are near shut-down in biological terms, we cannot do our best work as spirit beings, nor easily seek the

most advantageous outcomes. Wisdom and caring are our duty. We need to be refreshed and alert to do our best in these key endeavors.

8. Don't Use Sex To Punish Someone Or Gain Favors. Never use your position over a person to gain sexual advantage. Don't use sex, or the withdrawal of sex, to punish or hurt someone in a relationship. Also, don't use sex to solve problems. Honestly repair the break and then enjoy intimate loving sex afterwards.

9. Be Open, Honest and Fair With People. Do not use lies under any pretext, including little white lies. Figure out what you are scared of and deal with it; then tell the truth. If others make a mistake in your favor, give it back. If something you have done is not satisfactory, replace it, repair it or refund in full immediately.

10. Hold To Your Undertakings, Once Made. Complete what you begin. Deliver what you promise. Do not let people down; you don't know to what extent they are relying on you and to not perform might be a disaster for them. Your reputation will soon stink if you are known as not reliable or trustworthy.

11. Don't Respond To Bad Emotions With More Bad Emotions. If you find someone is upset or disturbed, you may choose to help. Just remember not to share in the disorderly emotions. Be kind, efficient and effective. That is far more use than sympathy.

12. Similarly, Don't React To Bad Behavior With Bad Behavior. It's very impolitic to do what other people are doing around you, especially when you know it to be wrong. Better to stand out from the crowd and keep your own space.



13. Tolerance. Respect a person's religious beliefs and never attack their spiritual path, no matter how strange. Just NEVER. Is that clear?

14. Don't Use Or Advocate Violence. It has a nasty habit of escalating. World War I cost millions of lives and started with just a single shot in the town of Sarajevo. Do not even advocate violence, except in defense of property or life. According to Confucius, 'He who strikes the first blow admits to losing the argument'.

15. Don't Try To Beat Someone Else Down. Just don't rush to pass others, get to the head of the line, grab the nearest parking space or otherwise seek to

disadvantage others by being aggressive and selfish. Remember, what you give out you get back! Show courtesy and allow others first place, even if not every time. The warm satisfaction is a pleasant thing to enjoy.

16. Win-Win. Make sure all transactions benefit all participants in some way, so there are no losers and no winners. Give added value, where possible, without jeopardizing yourself. Play the biggest games you can, in which the maximum number of people stand to benefit. Now that's courage!

17. Never Make Another Person The Butt Of Humor. It can be mortifying to an individual to be laughed at by a group. This applies even if the person is not present; word may get back to him or her. It isn't kind to get laughs at the expense of others. Humor is a fine and valuable thing but when used to attack or discredit people, it can be cruel.

18. Be Careful About Touching Others. Touch is a tricky subject. I've labelled it *The King Of All Communications* but it very easily misunderstood. Don't shun touch (because it is magical), just be sure you understand where the other persons sits in respect of being touched. If there is any doubt, touch only the hand and lower arms. Shoulders and back are possible but be careful indeed.

I think you will agree that the world will be a delightful place and meeting our fellow men and women would be much "gentler", if we all respected each other in these several ways.

THE RIGHT TO COURTESY AND FAIR TREATMENT

To all of the above, you might also add these points, suggested by my colleague Peter Shepherd of Trans4mind.com:

Without Being Discourteous, Each One of Us Has the Right to...

- ✓ Say no to a request.
- ✓ Not give other people reasons for every action we take.
- ✓ Stop others from making excessive demands on us.
- ✓ Ask other people to listen to our point of view when we speak to them.
- ✓ Ask other people to correct errors they made which affect us.
- ✓ Change our minds.
- ✓ Ask other people to compromise rather than get only what they want.
- ✓ Ask other people to do things for us.
- ✓ Persist in making a request if people won't respond the first time.
- ✓ Be alone if we wish.
- ✓ Maintain our dignity in relationships.

- ✓ Evaluate our own behaviors and not just listen to evaluations that others offer.
- ✓ Make mistakes and accept responsibility for them.
- ✓ Avoid manipulation by other people.
- ✓ Pick our own friends without consulting our parents, peers, or anyone else.
- ✓ Let other people know how we are feeling.

When Criticizing Others...

- ✓ Make your comments specific.
- ✓ Attempt to provide the person with some valuable information.
- ✓ Help them to understand exactly what needs to change.
- ✓ Be sure the criticized behavior can be changed.
- ✓ If the person can do nothing about the problem, you will probably just make things worse by being critical of it.
- ✓ Use firm and business-like communication.
- ✓ Speak calmly and try not to let your emotions dictate the conversation.
- ✓ Try not to shame, humiliate, or blame the person.
- ✓ Give the person a reason to change.
- ✓ Inform them of any benefits which might come out of acting on your suggestions.
- ✓ Avoid criticizing someone in public.
- ✓ Time your criticisms well. Wait until the person is in a reasonably good mood.
- ✓ View constructive criticism as helpful feedback not punishment.
- ✓ Positive change should be your goal.



I think you will agree that the world will be a delightful place and meeting our fellow men and women would be much “gentler”, if we all respected each other in these several ways.

It's very important to inculcate these manners into your children and get them to incorporate this improved design of living part of their psyche.

TAKE ACTION

For the next seven days, make a really big effort to respond to others only within these guidelines. Judge the result. You'll find it to be very healing; others around you too, will be happier.

If it suits you (it should if you did it right) make a resolve to live that way for the rest of your time on Earth! Be a gentle person, an aristocrat of good manners and breeding... Build it into your emotional genes!

Keith Scott-Mumby
For Supernoetics™ Inc.
Copyright 2014 ALL RIGHTS RESERVED.

Issue #: AE-240414

*History of this document:
Originally proposed by the late Robert Ross, who shared it with me.
I re-wrote it and published my own version in Dec 1994.
This much-extended version was published as an Ex-Press Apr 2014*