



Essential for Wellbeing publishes stories, essays, and reflections that explore the quiet truths beneath modern life. We address the sensitive subjects that polite conversation avoids—loneliness, fear, purpose—and offer pathways back to real connection. While culture teaches us to chase pleasure, escape pain, and manage appearances, many feel lost in a game that never ends. The “separate self” keeps striving and performing, yet something deeper in us whispers for home. *Essential for Wellbeing* speaks to that part in each of us. Each story is an invitation to pause, reflect, and remember that we're not the frightened reflex trying to control life—we are life. It is for the soul seeking some understanding, having only found cold toast. Our goal is to restore human understanding, conversation, and authenticity where they've been lost.

Story at a Glance: Growth doesn't mean never making a mistake. It means knowing that suppressing your feelings causes inner and outer separation. We need to know where our emotional robotic triggers are and witness our emotions in the body. **Content:** awareness, feelings, attachments, 'robotic-demands'; growth, preferences vs. demands. **Ages:** mature teens & adults

Mila and the Robots Inside — Part 2: The Reprogramming Years

It had been many years since Mila first met her tiny robots. They had grown with her—sometimes quietly, sometimes loudly. And as she entered adulthood, they became more complicated, like she did.

One morning, sitting alone at her kitchen table, staring into the steam of a cup of tea, Mila realized something. The robots hadn't disappeared at all. They'd just upgraded.

Angry-Bot had rebuilt itself into a sleek silver adviser with quick opinions. Sad-Bot now wore reading glasses and held a clipboard filled with reasons things didn't work out. Scared-Bot had become a project manager, constantly forecasting worst-case scenarios.

They were older, stronger, and loud as ever—competing to steer her every time life got risky or messy, and especially in love.

Mila found herself in a relationship that looked at first, like peace. The onset of love allowed Mila and her partner to accept each other, exactly as they were. But soon, old programs started to hum in the background—those robotic *clink*, *whirr* sounds returned.

Whenever she felt misunderstood, Angry-Bot reached for the controls: “YOU HAVE TO MAKE THEM LISTEN! YOU CAN'T BE IGNORED AGAIN!”

When her partner went silent, Sad-Bot took the wheel: “IT'S HOPELESS. YOU'LL ALWAYS BE ALONE.”

And when she thought of confronting the problem, Scared-Bot froze the ship: “ABORT MISSION. YOU'LL LOSE EVERYTHING.”

So there she sat, feeling isolated, invisible, and trapped. Her inner crew fighting to protect her—while quietly tearing her apart on the inside.

One evening, she decided to act differently. She brewed two cups of tea, set them on the table, and spoke softly to herself before her partner entered. “Robots,” she said, “thank you for trying to help me. But this time, I need to speak from my grown self, not my code.”

They *whirred* uncertainly: “YOU MEAN, NOT 'ADDICTIVE-DEMAND' PROGRAMMING?” asked Angry-Bot. “Exactly,” she smiled. “I want to *prefer*, not demand anymore. Because I want to listen to my inner-experiences.” Then she rehearsed: “I'd prefer we share our feelings about what happened, so we can grow together.”

It was kind, calm, and simple. But when she finally spoke, her partner just looked away, placed the cup down, and walked out of the room. The silence hurt.

Angry-Bot wanted to chase; Scared-Bot wanted to vanish; Sad-Bot wanted to drown.

Mila simply breathed and thought: “Let's not chase or retreat from

storms,” she whispered. “We'll sail through them—the same way sailors must ride out occasional storms.” She stayed still, listened, and sometimes took notes.

Weeks passed. Sometimes things improved; sometimes they didn't. But every time she caught a robot seizing the helm, she noticed rather than obeyed. These attempts, repeated, was transforming her. She was persisting until she succeeded at keeping her own peace. She still cared; she wasn't suppressing thoughts or feelings; she rested.

She was also learning to phrase her feelings differently when speaking to her partner: “*I make myself frustrated because my programming demands to be understood. I choose to prefer connection, but I can be okay even without it.*” and “*I will always try*

to get agreement, because sharing my truth is important to me.” Each sentence rewired her circuits a little more.

From listening, every failed attempt to turn a demand into a preference, built another layer of deeper understanding that helped her reach the next success. She was persistent.

Each conscious pause had told the habitual robots they didn't need to scream anymore. Over time, they adapted.

- Angry-Bot lengthened its fuse and its heart pulsed instead of flared.
- Sad-Bot learned to look for growth and beauty between tears.
- Scared-Bot finally trusted that silence didn't always mean danger.

By surrendering her will to fight with other's unconscious programs, she was also stopping the war within herself. She wasn't controlling her emotions. She accepted reality, which diluted her desire to fight.

They gathered one evening around the mind's central console for a brain huddle. Her thoughts were no longer commands—they were queries: “CAPTAIN MILA...WHAT'S OUR NEXT DESTINATION?” She smiled and said: “We sail forward choosing the characters best suited for the next event ahead. We work as a team.” For the first time, her ship moved not by defense or demand, but by **conscious choice**.

Sometimes storms came—arguments, loneliness, the ache of being unseen. But Mila had learned something crucial: storms weren't her enemies, they were weather reports from her soul.

She would reach for the steering wheel in her mind and whisper: “Love is my compass. Curiosity is my map. Awareness the lighthouse that guides me home.” Mila's peace and love was slowly returning.

The End —or maybe, for your heart, *just the beginning*.



Reflection. If you’re still reading this, chances are your robots have been steering too. They aren’t bad. They’re scared loyal guardians programmed when you weren’t old enough to understand the mechanisms of body and mind.

The essential lesson here is that our body/mind system comes from biological software that’s programmed by environmental stimuli *before* birth, and that programming continues by way of societal attitudes, values, and beliefs after we are born. Research shows we’re most programmable from conception to age six. At that age, we had no faculty of conscious thinking or discernment to put harsh, critical, mean-spirited comments or denials, directed at us, into proper perspective. In effect, we took everything *personally*—and likely still do, without understanding the body/mind mechanism.

As we get older, parents, school, friends, TV ‘programming’ and social media try to define your sense of reality for you. Our subconscious mind is so powerful that you see your beliefs, whether they are true or not. Knowing is reality, beliefs are just beliefs.

- **This week, allow your outer world experiences to find inner-world 'robotic-triggers'** (programmed beliefs).

Invite them to stay as long as they want. Hold space for them without suppression, without reacting. If needed, go somewhere private. Let your body's emotions know that you’re there. The more often you remain present, the more the programs are modified.

The more you witness your own triggers, the less you’ll react. Nor will other's robotic-demands impact you as deeply, for you understand we all get stuck in our machinery. Don’t argue with a robot. Gently relate with your preference for the next time, but don’t expect it.

You can love without demanding, protect without attacking, and speak without programming. It’s the best response you can give. Don’t challenge someone who is angry, sad, or stuck. Holding space for them, also holds space for you. We came to be loved, not controlled.

Growth doesn’t mean never reacting again. It means allowing yourself to sit with your body’s instrument gauges sounding the alarms. Try not to point out other people’s triggers. Just give them space and ensure the love they need is there—that’s the only thing missing. Your response will teach them how they can respond, when they’re ready. Keeping grudges against those stuck in their machinery, keeps you stuck in yours.

Below all our *clinks and whirrs* inside, our ship *Awareness* is waiting for each one of us to take the helm—steady, luminous, and ready to sail wherever you have the courage to go.

May you find something to love in each day.

Essential for Wellbeing

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Next month. we'll look at a Harvard brain scientist's discovery about her brain-characters. We'll review the characters, which helps us better understand our internal world.

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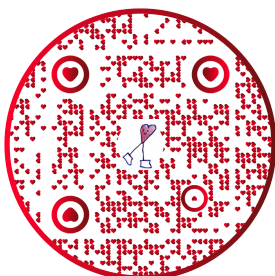
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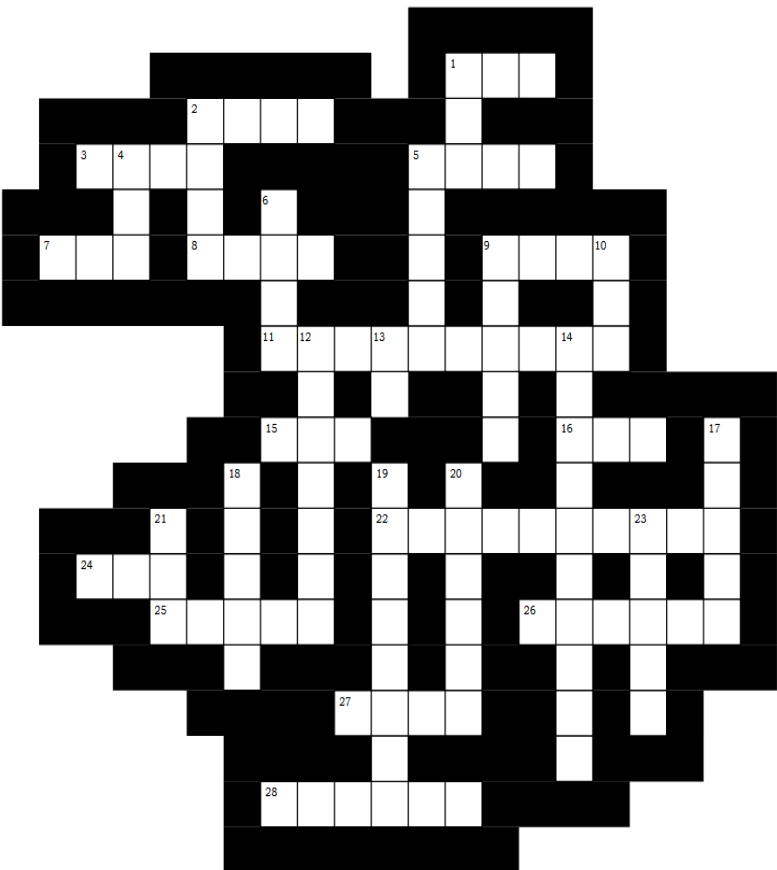


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Mila and the Robots Inside – Part 2: The Reprogramming Years
(read the story first for clues)



ACROSS

- 1 Decorated lobe
- 2 Breathing organ
- 3 Needed to reprogram robots
- 5 “Get ____!”
- 7 Flying mammal
- 8 Christmas carol
- 9 Might as well go for a ____
(Kim Mitchell song)
- 11 Awareness is like a ____
- 15 Affirmative action
- 16 Small veggie
- 22 Turn a demand into a ____
- 24 Traveller’s need
- 25 Our natural state
- 26 ____ are weather reports
from the soul
- 27 Rim
- 28 Favourite calendar column

DOWN

- 1 It’s full of cones and rods
- 2 Thin
- 4 Not at home
- 5 Gives reactive demands
- 6 To touch
- 9 Robust
- 10 Life measurement
- 12 Cut off
- 13 Laugh out loud!
- 14 Suppressed feelings cause ____
- 17 The human body has ____
- 18 ____ experiences create
inner growth
- 19 Robots don’t disappear, they get ____
- 20 Preferences ____ our programming
- 21 Computer program
- 23 Magnetic pole