



# Inner re-engineering for Attitudinal Changes & Bias

-Dr. Harish Shetty



Karma theory is correct



“Judges are not influenced by symbols of God men and Guru’s when worn around their neck or around their wrists”



**American** vaccines are better than **Indian** ones



Small doses of Alcohol is **good for health**

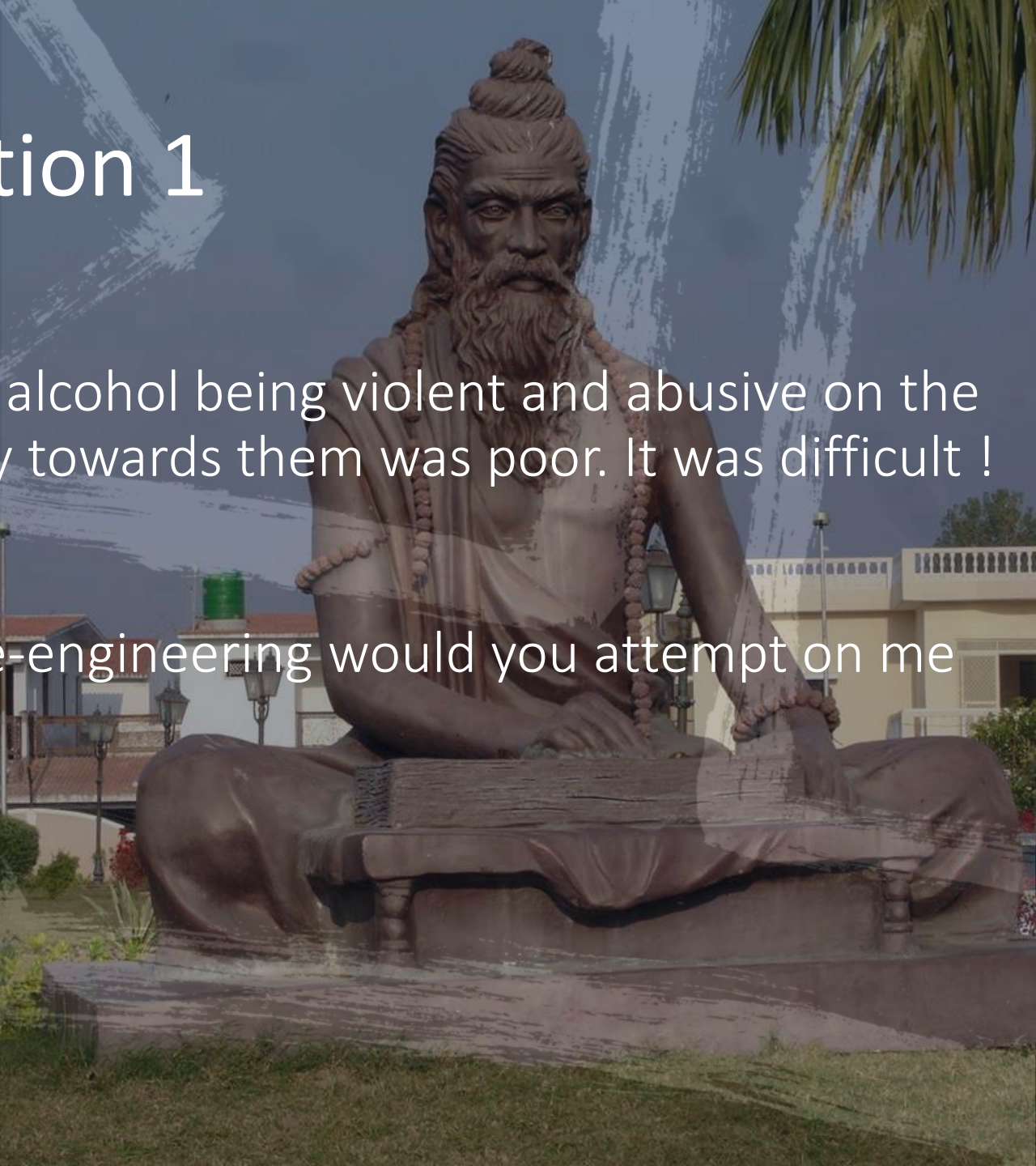
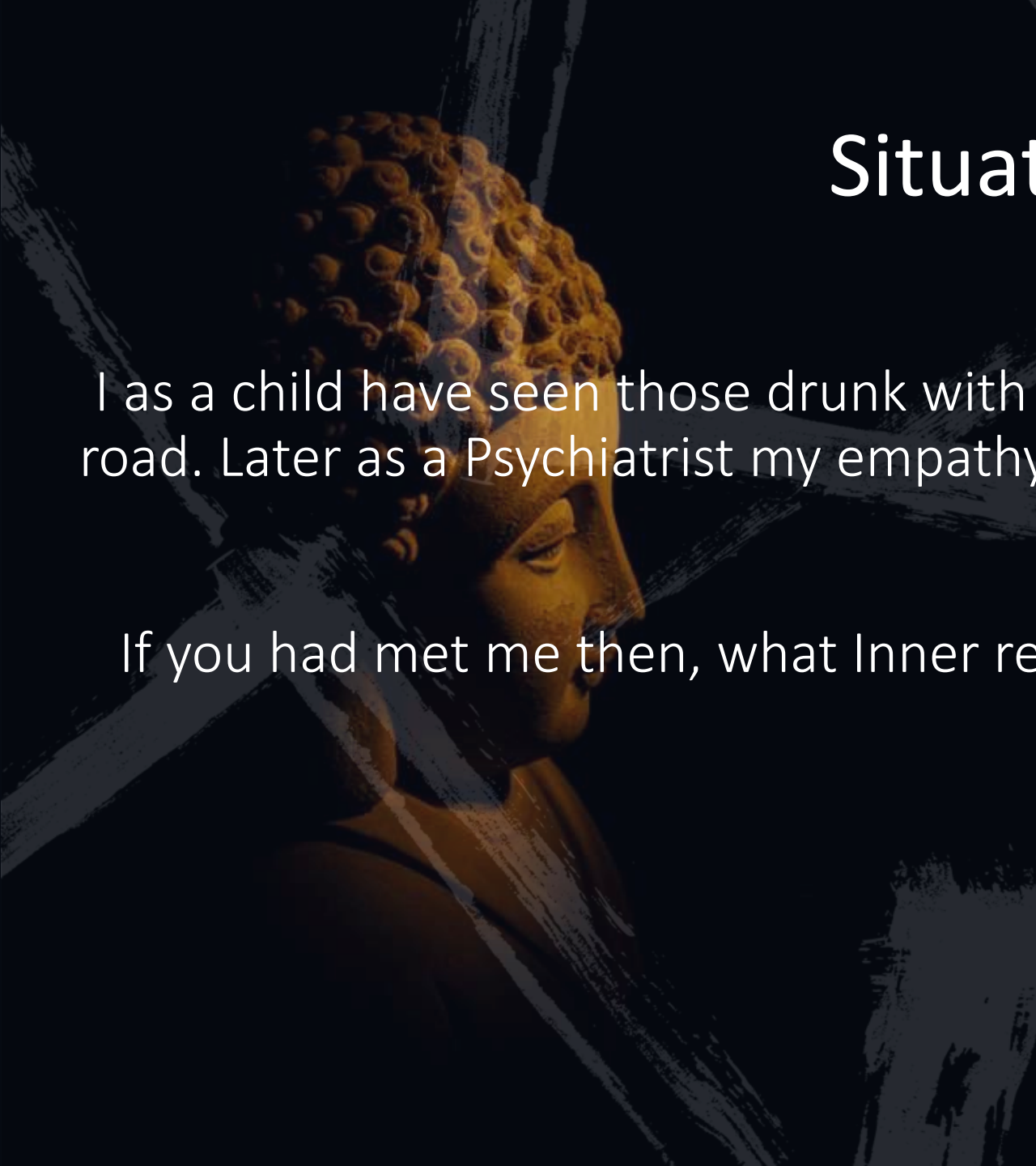
A man with a beard, wearing a blue t-shirt, is pouring alcohol from a clear glass bottle into a glass. In the background, a woman and a child are looking towards the camera. The setting appears to be a bar or a restaurant. The text "THOSE WHO ABUSE ALCOHOL ARE....." is overlaid on the image in a white, serif font.

**THOSE WHO ABUSE ALCOHOL  
ARE.....**

# Situation 1

I as a child have seen those drunk with alcohol being violent and abusive on the road. Later as a Psychiatrist my empathy towards them was poor. It was difficult !

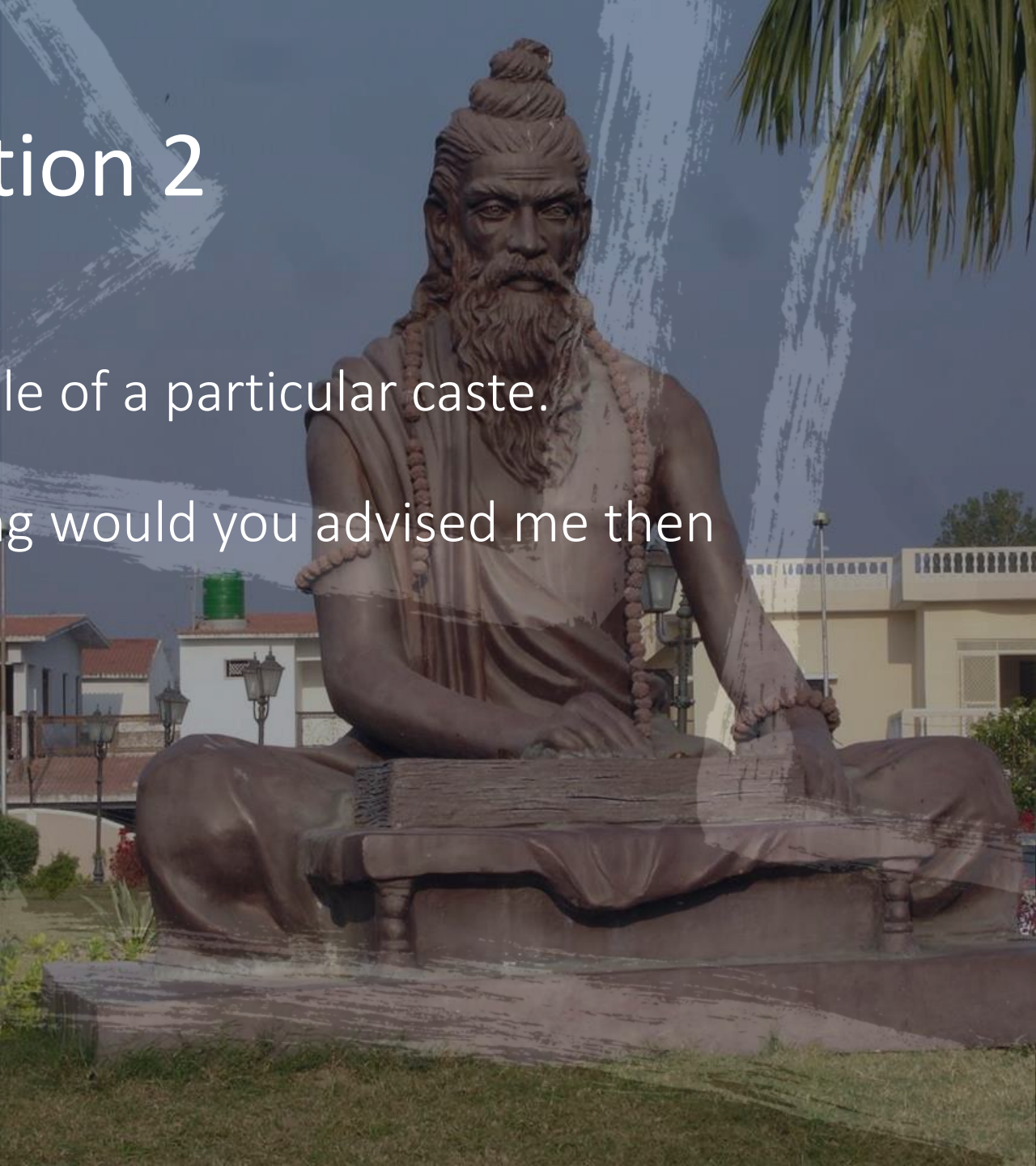
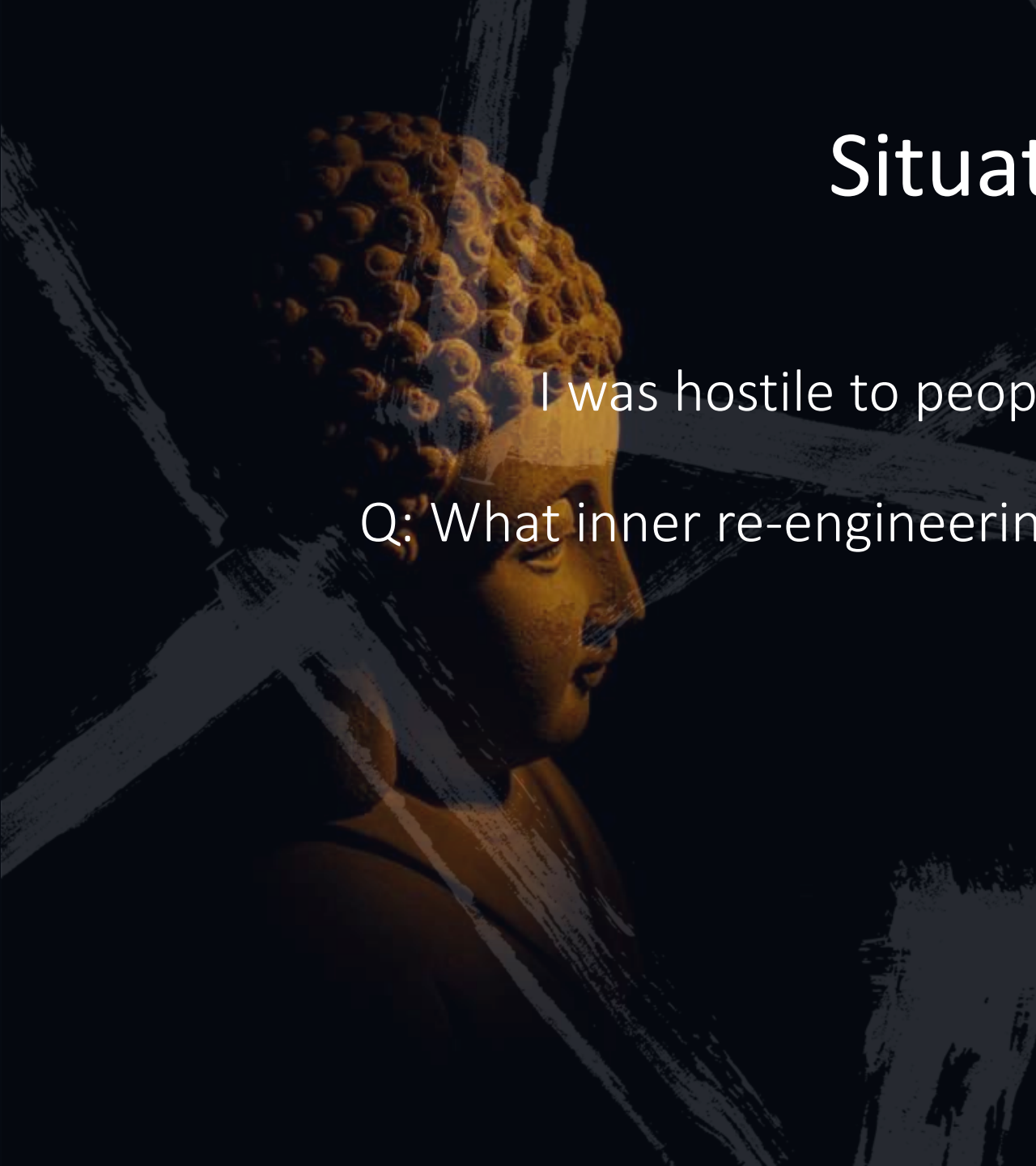
If you had met me then, what Inner re-engineering would you attempt on me



## Situation 2

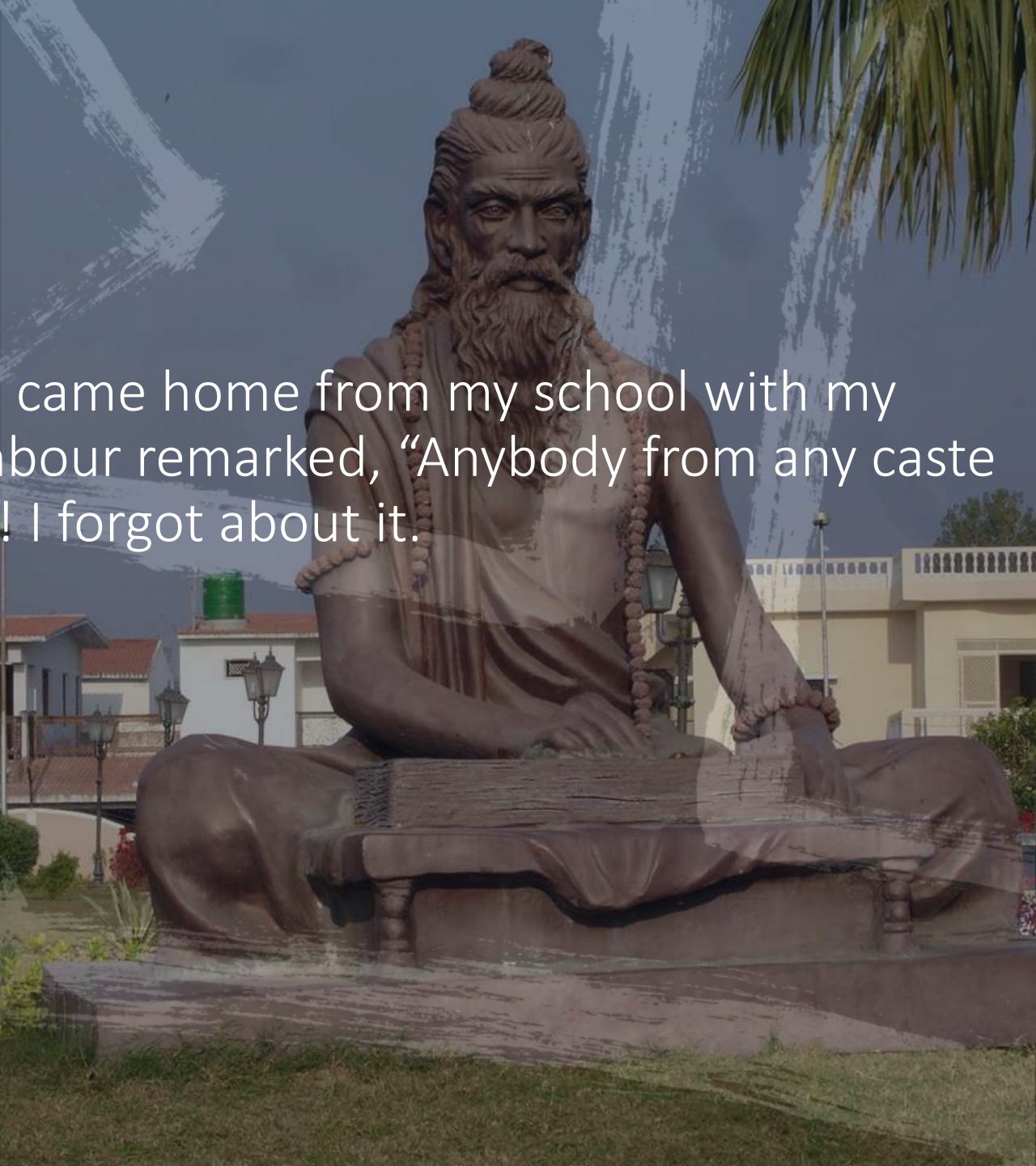
I was hostile to people of a particular caste.

Q: What inner re-engineering would you advised me then





I was one of the toppers in SSC. As I came home from my school with my marksheet clutched in my hand, a neighbour remarked, "Anybody from any caste gets high marks! I forgot about it."





**YOUR OPINION**

**" USA IS THE RIGHT DESTINATION FOR  
STUDENTS "**





**CAN BELIEF LEAD TO BIAS ?**

# Bias & Prejudice: Interventions



- Deep Listening
- Meaning in life
- Meditation
- Play events in slow motion
- Reflect with Children
- Meet mentors who share goof ups

- Dr. Harish Shetty

# Bias & Prejudice : Characteristics

- Beliefs & critical events
- Beliefs are unconscious
- Beliefs are genetic
- Beliefs are constantly reinforced
- Beliefs change slowly

A close-up photograph of a person's hand holding a magnifying glass over a document. The document contains a pie chart, a bar chart, and a table. The text 'Examine Samples' is overlaid on the magnifying glass.

**Examine Samples**

A close-up photograph of Donald Trump, the 45th President of the United States, sitting in a yellow chair. He is wearing a dark blue suit jacket, a white shirt, and a dark blue tie with red diagonal stripes. He has a small American flag pin on his lapel. His mouth is wide open in a shout, and his facial expression is one of intense anger or frustration. The background shows a white marble wall with a green plant in a silver planter on the left and a blue and yellow flag on the right. The text "Stray, Spontaneous Sentences" is overlaid in white, sans-serif font across the center of the image.

Stray, Spontaneous Sentences



A close-up photograph of a man with short, curly grey hair, wearing glasses and a mustache. He is dressed in a dark blue suit jacket, a white shirt, and a patterned tie with red, blue, and white geometric shapes. He is speaking into a black microphone with a red ring. The background is a solid blue color.

Slip of the tongue  
Slip of the thumb



Drawing room chats



"Wisdom lies in casual conversations  
too"

पाहा आज रात्री  
8:30 वां.

॥ जिजामाता ॥

When little kids contradict you:  
Watch, Listen

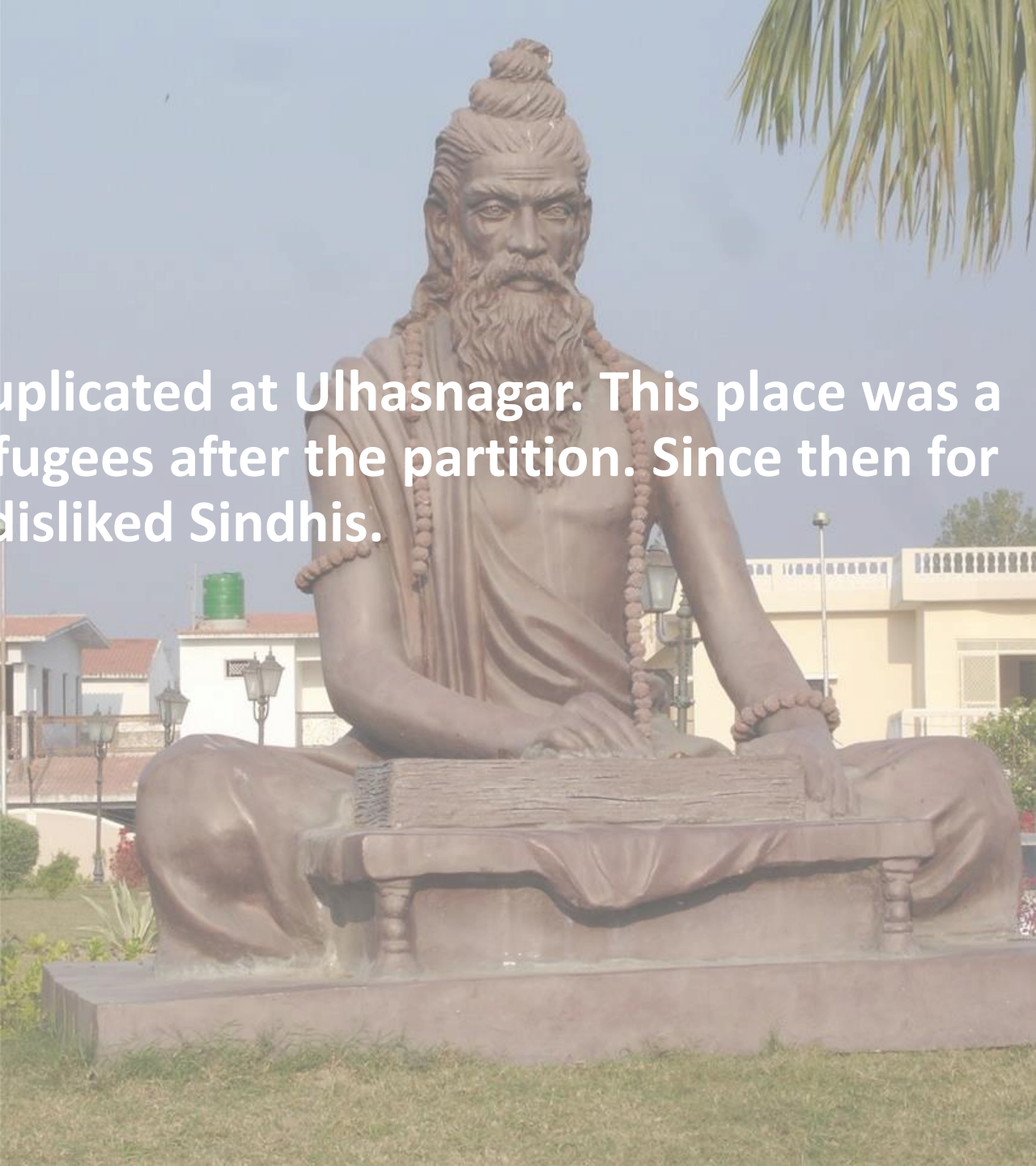
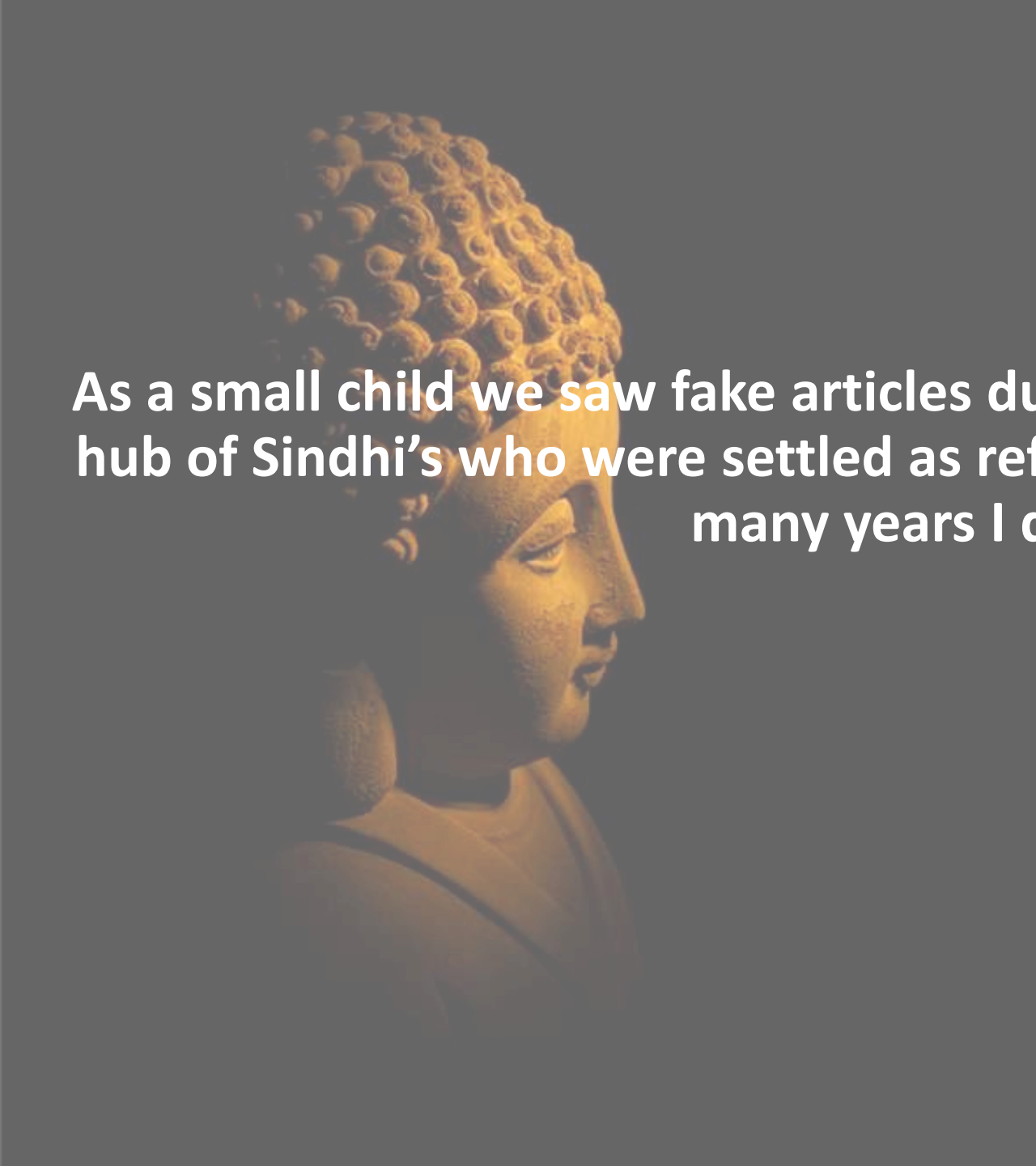




**Watch your**  
**Automatic Thoughts**  
**Automatic Feelings**  
**Automatic Sensations**  
**Automatic Behaviour**



As a small child we saw fake articles duplicated at Ulhasnagar. This place was a hub of Sindhi's who were settled as refugees after the partition. Since then for many years I disliked Sindhis.



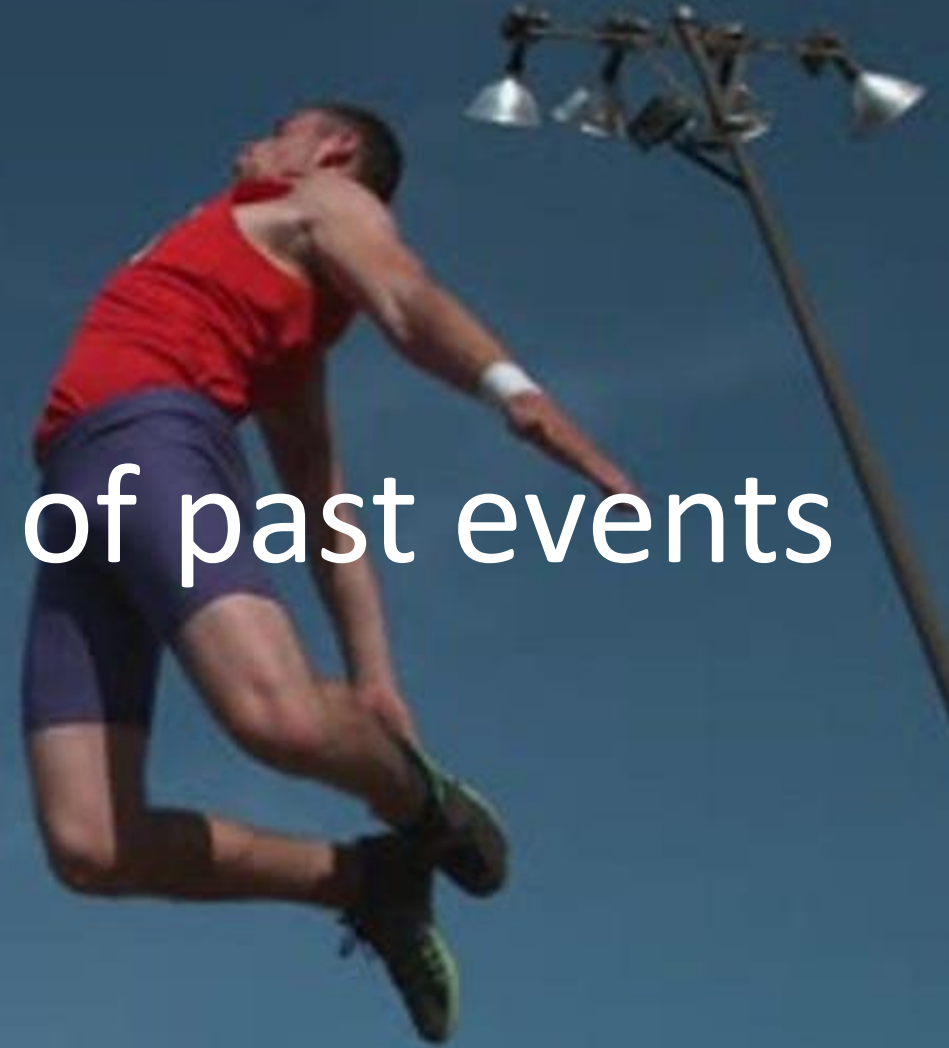
A large, multi-rod metal antenna is mounted on a red-tiled roof. The antenna consists of a central vertical pole with several horizontal arms extending outwards, each holding multiple smaller rods. The background is a bright blue sky with scattered white clouds. The text "Are our antennas open" is overlaid in white on the central part of the image.

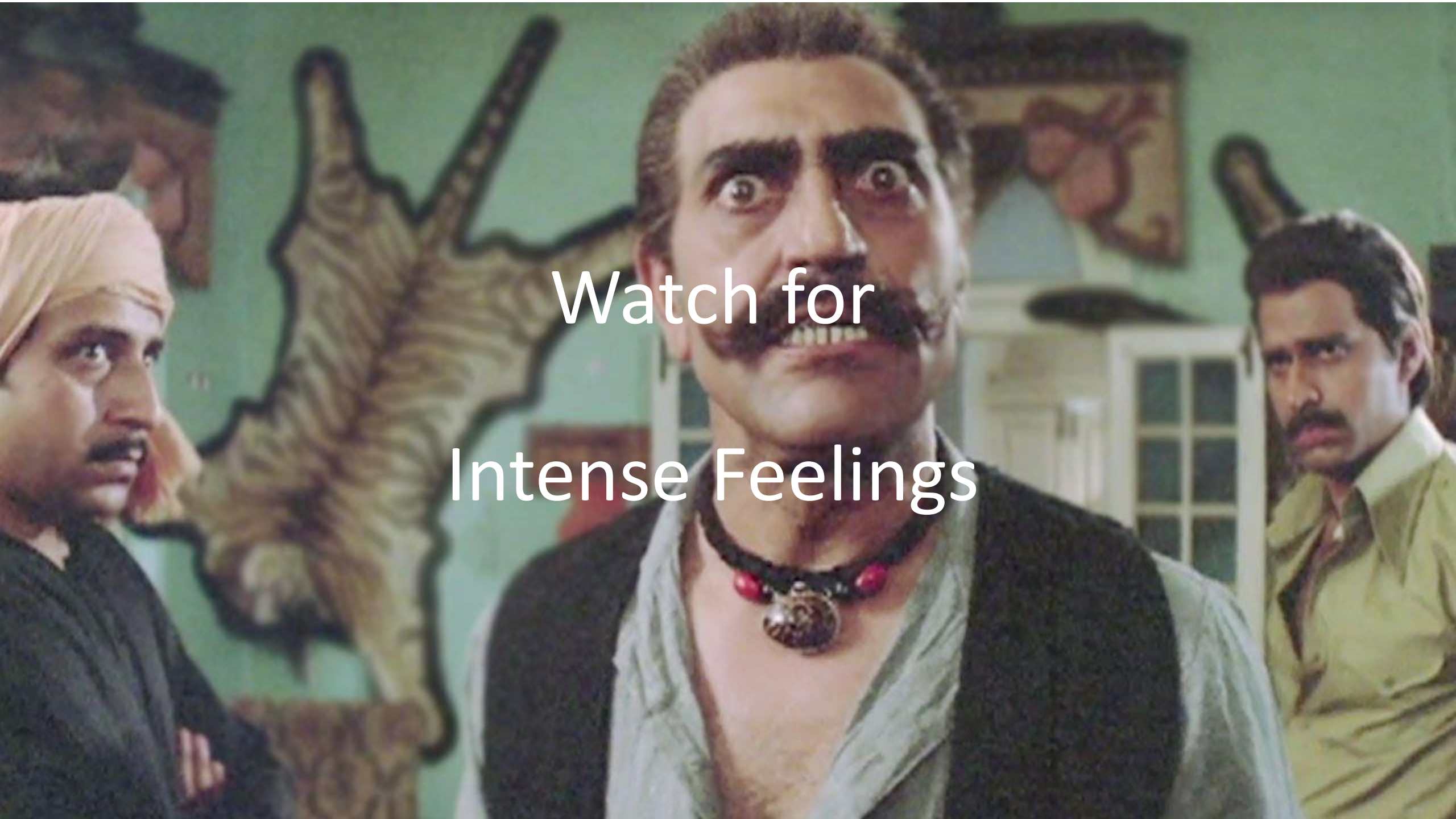
Are our antennas open

" MINE GOLD FROM EVERY  
CONVERSATION "

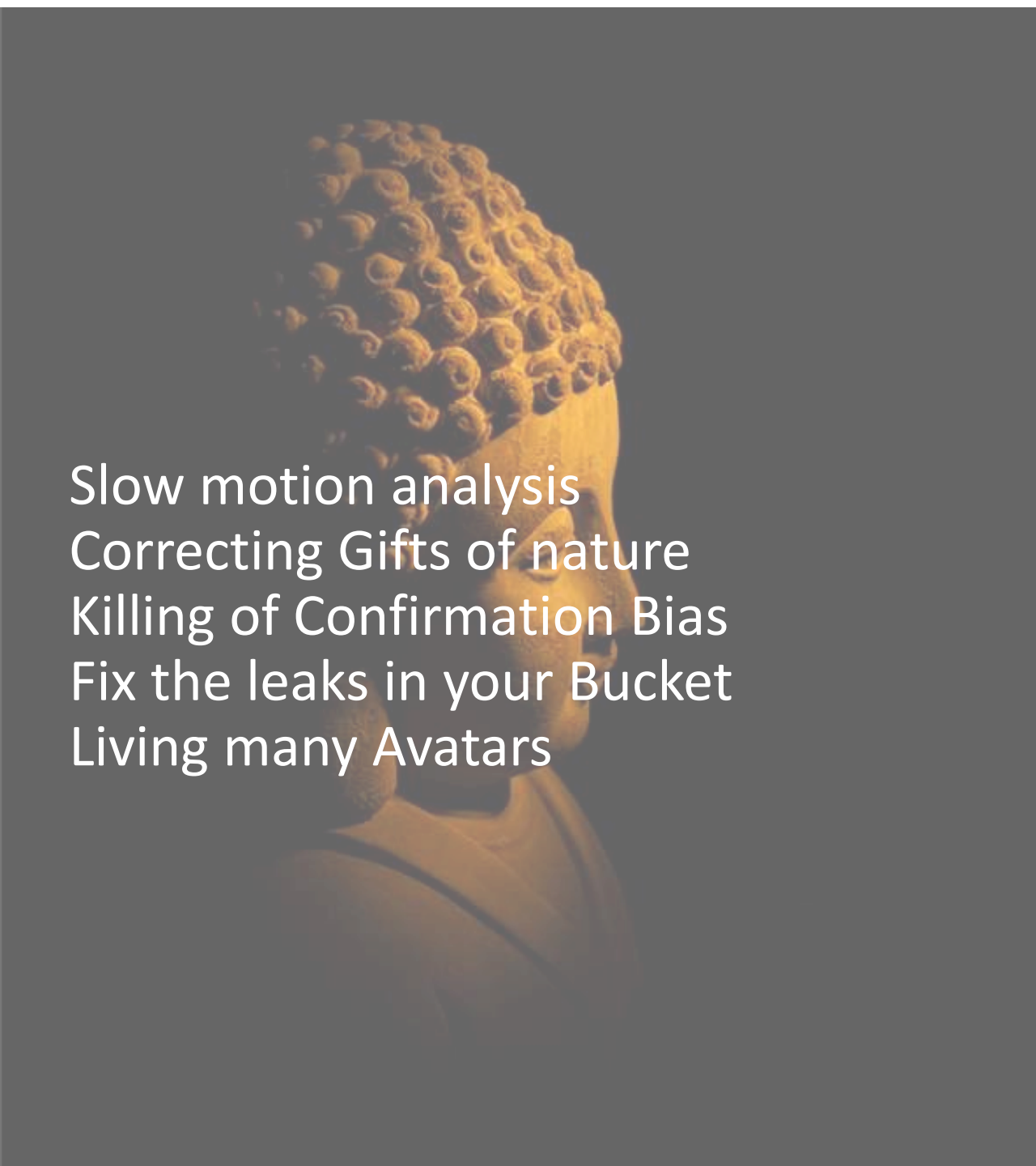


Slow motion analysis of past events





Watch for  
Intense Feelings



Slow motion analysis  
Correcting Gifts of nature  
Killing of Confirmation Bias  
Fix the leaks in your Bucket  
Living many Avatars

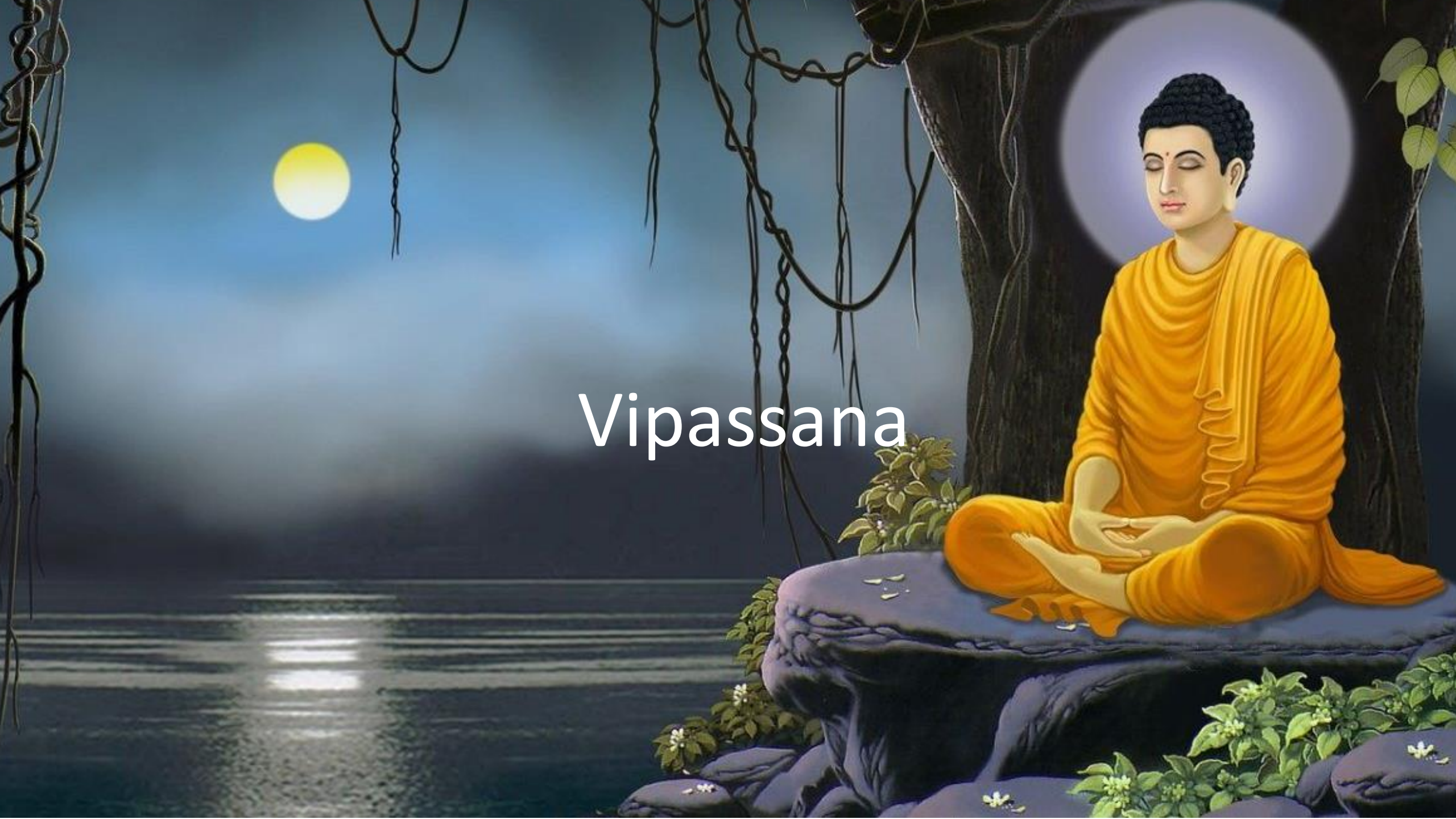




Awareness



# Vipassana





" Ideas have no ownership ! It has an energy ,  
character , thinking , feeling and life of its own "

- Harish Shetty

A close-up photograph of a group of children and a woman, all smiling warmly. The woman is in the center, surrounded by several children. They are all looking towards the camera with joyful expressions. The lighting is bright and natural, highlighting their faces. The woman has her hand on the shoulder of one of the children. The children are wearing colorful clothing. The overall mood is happy and positive.

Inside us each one is **innocent**



THANK YOU

