



*Conscious Intelligence
Is The Bridge Between Conflict & Peace
(Both Internally & Externally)*

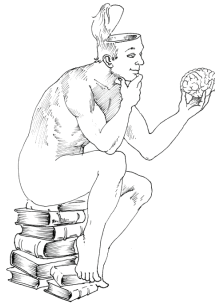


Conscious Awareness is the greatest **Gift**
Conscious Intelligence is the greatest **Tool**
True Confidence is your greatest **Power**
Courage is your greatest **Supporter**
Humility is the greatest **Protection**
Honesty, Truth & Authenticity should be your **Greatest Goals**

TO:

FROM:

This book details the Main elements required to lead Mankind from its current Self-destructive path of Unawareness and to help us Evolve in Conscious Awareness & Conscious Intelligence, so that Mankind simply stops being so Unintelligent and Self-Destructive. If you are dedicated to helping others, then you must also be dedicated to adopting the Wisdom in this book, and to taking the journey required to help not only yourself, but all Mankind.



*To The Conscious Awakening
of Awareness & Intelligence
In Mankind*

"Wisdom begins with **Conscious Intelligence**, which comes from, and after **Conscious Awareness**, if you become a Seeker of "**Internal Truth**", which comes from Becoming Conscious and somewhat Intellectually Intelligent, which usually starts with a recognition of internal conflict, hurt & suffering"

I dedicate this book to my parents and family, and to everyone on this journey who has helped to trigger this growth (without knowing it), and who have supported me in the cause now engaged in, who are too numerous to name,
- I truly thank you all!

THE CONSCIOUS INTELLIGENCE CODE

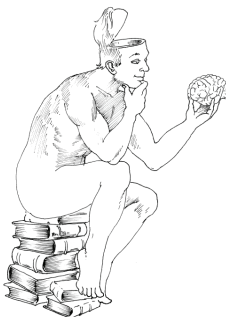
TRUE CONSCIOUS AWARENESS, LEADING TO
CONSCIOUS INTELLIGENCE - (AND TRUE WISDOM)

EFFECTIVELY & PERMANENTLY FREE YOURSELF FROM PSYCHOLOGICAL DISCOMFORT,
PROCRASTINATION & LAZINESS, REACTIVENESS, INSECURITY, CONFLICT, EMOTIONAL
CHALLENGES, STRESS, ANXIETY, PANIC, FEAR, SADNESS, MEMORIES, BLAME, HURT,
HATE, DEPRESSION, ADDICTIONS & SUFFERING THEREBY ALLOWING & CREATING THE
SELF-ESTEEM, CONFIDENCE, SUCCESS, QUALITY OF LIFE & DESTINY YOU DESIRE TO
MANIFEST - WHILE BRINGING WITH IT TRUE PEACE OF MIND. THUS UNLOCKING IN YOU
THE ABILITY TO EXPERIENCE TRUE PEACE, HAPPINESS & JOY
& GIVING YOU THE POSSIBILITY OF EXPERIENCING TRUE
FREEDOM FROM YOUR THINKING MIND, THE SELF-IMAGES
& THE PSYCHOLOGICAL REALITY.

*** HELPING YOU PLAY AN AUTHENTIC PART IN THE SAVING OF MANKIND! ***

THIS BOOK IS NOT ABOUT POSITIVE THINKING,
IT IS ABOUT A COMPLETELY NEW WAY OF PERCEIVING !

PERSONAL DEVELOPMENT BEYOND CURRENTLY AVAILABLE PSYCHOLOGICAL UNDERSTANDING -- E . BYRNE



By: MARK ATMAN
THE CONSCIOUS INTELLIGENCE GUY

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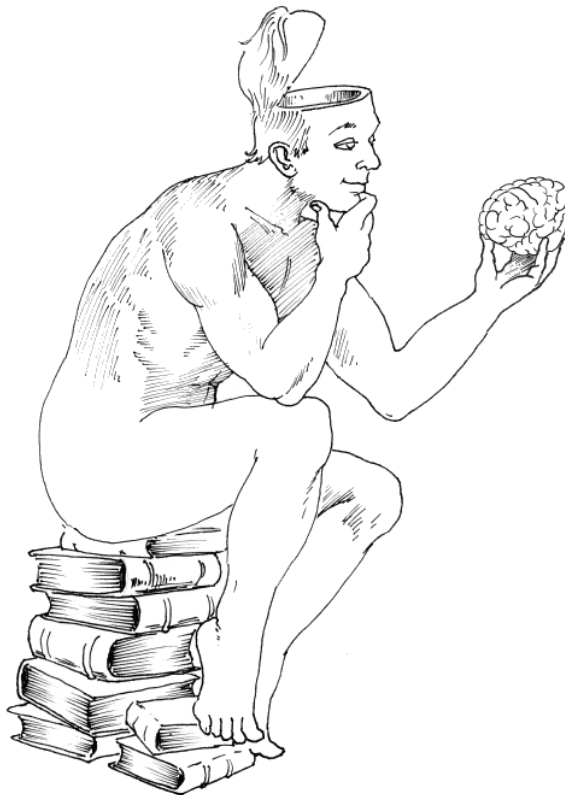


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ABOUT THE AUTHOR

Mark would describe what he does as being a guide, simply guiding people into realising and evolving into, Conscious Awareness and Conscious Intelligence. However, I would describe him as much more than that; I would describe him as a thought leader and a visionary in every area of life. Mark shares and teaches *Deliberate Conscious Awareness*, which leads to *Transformational Awareness*, *Higher Intelligence*, and *Authentic Wisdom*. He encourages and develops people's capacity for personal effectiveness, performance and peace in their life, business, relationships and many other areas of life. Mark is a teacher deeply established in, and living from truth. Once you have read this book, you will see Mark is not only obvious an expert, but the expert in the field of perception itself. He has many years experience in a wide range of personal transformation arenas, including different forms of psychology, counselling, coaching, Neuro-Linguistic-Programming, Neuro-Associative-Conditioning, hypnosis, existential experience and understanding, and other forms of spiritual and energetic healing work, and basically all areas of personal transformation. Mark is an innovator at the cutting edge of perceptual understanding, and the ways to teach about it. His teachings and guidance have led many people on a journey to finding true peace of mind and discovering what they truly are.

His experience in these fields spans more than 30 years, working for much of this time with many of those involved in personal development at the highest level. The most widely recognised of the teachers in the early part of his transformation and work being Tony (Anthony) Robbins, whom Mark encountered first through his home study course, then his fire-walk experience at 'Unleash the Power Within' and then through completing Tony's Mastery University and Leadership Academy. Then going on to become a senior leader and mentor in Tony's personal development seminar environment (all in record time).

In early 2007 Mark underwent a dramatic and irreversible shift in Perception into Conscious Awareness, which has enabled him to become totally free from identification to the Thinking Mind, self-images and thoughts. His rapid evolution in Conscious Awareness and Conscious Intelligence, and the accompanying dissolution of his core self-image, means 'he' is now a witness of moment by moment thinking and perception, lives in the true present, and is able to experience true actuality, in every moment of every day. This kind of Awakening is far more

than just being Self-aware. Through this shift, all of 'his own' personal suffering ended, and through the full observation of the mind, has now been able to document this journey and findings to give more people the opportunity of experiencing the personal peace these discoveries, and this information and wisdom can bring, and to help contribute to the shift in global consciousness and Intelligence that is coming. Mark's teachings and coaching have helped many people become free from their own psychological conflict, anxiety, blame, anger, turmoil, depression, hurt and suffering. Mark is authentically dedicated to raising the Collective-Consciousness of mankind and to helping mankind move into the true state of Awareness and then Oneness, so that our world can authentically and intelligently change for the better.

Mark currently resides in Manchester, England, and spends most of his time helping as many people as possible to evolve beyond their discomfort, conflict, hurt and suffering into *Conscious Awareness* and genuine *Intelligence*. He coaches, teaches and talks about *Transformational Conscious Awareness* and has many clients from across the world, with whom he shares and teaches the information and techniques found in this book and much more. This book is but a fraction of the Wisdom he has to share, and I can tell you from listening to him so often, that he has simplified this Wisdom as much as possible in the book to make it available to the most people. Alongside workshops and retreats, Mark also facilitates and shares 'Deeksha' (a positive vibrational energy) through hands on and eye contact, as well as many other higher awareness activities, including hands on healing. (To find out more about limited opportunities for individual coaching and these events, see the *Resources* page at the back of this book).

Mark is also a very proficient business coach, working with business people and companies to develop successful marketing, structural, design and financial strategies. More importantly, he teaches people and teams to develop *Conscious Intelligence; Solution Orientated Intelligence (Solution Consciousness)*, and *Wisdom*, within their particular business or organisation. He is hired by companies, and even the scientific community, to help them find 'out of the box' solutions to their challenges, or to explore theories or designs which may appear to them to be unsolvable or just out of reach. Mark helps people come up with new ideas to develop products and to take their companies or ethical products to another level, and to create new products. Sometimes he is even invited in to evaluate the true character or personalities of one or more of its employees or directors, or the functionality of one or more of its branches.

Mark is *Very* direct, honest and straightforward, and is perhaps not

someone everyone can listen to as a guide, coach or teacher. However, his honest, earnest straightforwardness is always deeply loving and caring, and his ability and willingness to say what many will not, enables him and the people he supports to cut straight to the heart of what he sees as the true challenge. His direct honesty is the very reason he is so good at what he does and is so sought after. Mark has quickly and effectively helped a great many people become free from conflict, hurt and turmoil, and succeed in ways they could have not previously have imagined, and experience life in a much higher, more real and peaceful way. It is the most important book since *Awaken The Giant Within* and *Conversations with God* (see Recommended Resources). If you genuinely wish to evolve in perception quickly and authentically, I guarantee you, Mark is the guide/teacher/coach you are searching for, and *'The Conscious Intelligence Code'* is the book you are searching for.

I found this to be one of the most enlightening yet disturbing books I have ever read. And regardless of the disturbances I experienced, which I needed to, I just feel so much better for reading its contents.

– Katy M.



My journey to true balance, peace, and happiness actually started with a mouthful of tablets during an attempt to kill myself. An Epiphany (a defining insight, a changing moment in life, a life changing realisation) set in, which shocked me out of it; an intense sequence of events followed, and something got permanently switched within perception of and approach to, life and myself. This has taken me to a very different place (and triggered a very different evolution), perceptually, emotionally and physically. Over the several decades that have followed, the true path to a truly peaceful mind has been revealed. Life is an interactive dance, described by conceptual psychology, and when you see it as such, you are free to start dancing with abandon, freedom and happiness, and experiencing true joy.

Are you ready for a major shift in perception, about perception itself, what you perceive as your life, and your perception of yourself? This book contains all you need to know about how perception actually works, so you can learn how to evolve beyond all your current psychological

discomfort, conflict, turmoil, hurt, injury, and suffering. Your best 'psychological perception', thinking, and imaginings have brought you to where you are now. To grow beyond where you are, perceptually, or in any other area, you need to actually be able to see where you are, to be able to make real effective choices. When you see how your perception, and more importantly, your discomfort, confusion, conflict, hurt, injury, and suffering is caused, and that it is actually part of a choice process, usually non-consciously made, you can make 'conscious' choices about evolving your perception and how your life feels, not available to you before that awareness of your current perception. This leads to genuine peace and happiness.

The knowing contained within these pages will help you to gain the conscious awareness (awareness of what is going on 'in you') of what creates your experience of reality and perceptual experiences (nice and not nice) in any moment, so you can evolve and be at peace. These processes will become progressively clearer to you, and to your mind as you read on, allowing you to consciously and deliberately see that your perception of so-called reality, your psychological world, is being created by your current perceptual structure, moment by moment. This will then help you develop the ability to influence your perception significantly in the direction that you want to experience your moment by moment life, and your self-image, and will eventually allow you to simply 'experience' life without any psychological reaction to it, helping you to eventually evolve beyond the need for anything other than to live and experience life in its true form, as it happens. To be truly living! This is the road map for understanding human consciousness, higher personal development, consciousness awareness, conscious intelligence (wisdom), peace and happiness, and it is absolutely essential in helping to save all of mankind. No matter how comfortable or uncomfortable you are about your self-image or your life right now, the information, knowledge and conscious wisdom shared in this book can and will have as big an impact on you, as it has for me and many others, if and only if you choose to view it with an open mind, consciously moving away from indulgence in your reactions, to be able to look for the truth in you about what is being shared, and applying any learning to yourself!

This is not another soft and fluffy spirituality book. It is the real deal for growth and perceptual evolution! It will show, in very direct language, how to see and understand what holds you back, and down, and how to break free, and truly and peacefully live! Rather than trying to fix you, or show you how to get fixed, or pumping you up and sending you off to try to become one thing or another, or to become successful or acceptable, etc. What you are about to read is very different from current assumptions and

doctrine, and needs to be quite long to give your mind enough to work with to help you eventually have true peace of mind. One of the main problems for mankind is the level of psychological misunderstanding we live with individually, communally, ethnically, culturally, and as a species. When you see the true cause of all uncomfortable perception and suffering, in fact all perceptual structures, and what has actually happened to you, and mankind, the cure becomes obvious; conscious awareness and deliberate conscious intelligence. So open your mind to something new, and read it all.



What is life like for you, week-by-week; day-by-day, moment-by-moment? Honestly? Are you looking to feel better in life, or looking to just not feel uncomfortable or bad? Do you ever suffer from confusion, concern, worry, anxiety, fear, depression, blame, hurt, jealousy, embarrassment, shame, guilt, grief, rage, phobias, self-criticism, self-recrimination, self-punishment, self-dislike, self-loathing, or any physical illnesses? Are you looking for a way to transcend conflicted, corrosive or uncomfortable thinking, and the negative influences of the mind, and perhaps even evolve into a truly wise person? Do you want to experience life in a different way, to have 'peace of mind' and enjoy a consistent experience of internal peace and happiness? Or are you looking to find out the truth about the mind and perception itself, to find out how the mind works and what all the illusions are that we have been non-consciously taught or conditioned into buying into, since you first started to develop the ability to think, as a very young child? Whatever your reasons, you are holding the gift (this book) that can help set you free.

What if I told you there are processes that can make you consciously aware of what will allow any discomfort, conflict, hurt and suffering to end, virtually immediately? You could transcend your discomfort or worse over any perceived challenges, no matter what they are, without you having to change at all, and without needing any external circumstances to change for you to be able to experience true peace, balance, and happiness. True personal peace is when there is no unnecessary psychological activity or psychological disturbance going on internally, especially about the self or self-images. Psychological peace is experienced when the mind is not being disturbed with un-required or conflicted thinking, which actually accounts for about 95% of what could be called normal thinking nowadays. There is functional logistical thinking, which has a real purpose, and there is psychological story-telling, confusion, conflict and turmoil, which is almost always imagination based, and about the psychological self-image, and the discomfort, conflict, and hurt created over or about that self-image in some form. Virtually constant conflicted thinking, and the emotional

dramas that follow, have become a persistent habit in mankind, because of the creation of and indulgence in what I call the psychological-reality. It is this psychological-reality that removes the ability to experience life, true balance, peace, happiness, joy, bliss, and even success if that is what you desire. This book will teach you all you need to know about psychological perception, and help you to learn the basics of how it all works within you, so that you can be free of its negative and often destructive processes.



What would you think if I said to you that your Thinking Mind, using memory and imagination, has taken over your experience of life? And that because of this, except for brief moments of fleeting *presence* and happiness that happen occasionally, often when you aren't expecting them, the best you can really expect to feel is brief safety, comfort, or satisfaction? Sometimes the satisfaction is intense, but it is still just satisfaction nonetheless. Unfortunately, the Thinking Mind, using and functioning within the psychological-reality, has become strong enough to control most of our perceptions, making the 'true' experience of life, happiness, and genuine well being almost impossible to experience, no matter what most minds are able to convince themselves of (when the term "most" is used in this book, I mean more than half). The rest of the time, you can expect to feel confusion, discomfort, concern, anxiety, fear, conflict, turmoil, hurt, suffering, or much worse. You may even feel like you are living a personal hell part of, or perhaps even most of the time. What if I told you that based on the attitudes and drives you indulge in right now, all you will amount to and become in your life is what you psychologically perceive yourself to be, or be capable of, at this point in your life? If you don't understand how your subconscious thinking describes life and *you*, and how this affects you, you will continually be a victim of it, no matter how conscious or intelligent you may perceive yourself to be, not because there is anything inherently wrong with you, but simply because it is unlikely you will know that any of this is actually going on.

What if I told you that you could get to a point where you are at peace and happy virtually consistently, and not at risk of being hooked into reaction or triggered by anything or anyone, no matter what happens or who they are? I'm not talking about becoming emotionally cold or disconnected, but the opposite, in fact. I'm talking about becoming totally open to experiencing life fully, with no need for insecurity, fearfulness, protectiveness, reactivity, or defensiveness, and with no need to any longer experience the subtle or sometimes strong perceptually generated fear that comes from pessimism or pain avoidance creating thinking, and imagining. What if I told you that you could choose what thinking

to consciously and deliberately indulge in, and when, rather than almost consistently indulging in whatever the mind and psychological-reality decides you should focus on or imagine?

Couldn't you feel great virtually all of the time if you knew how to consciously, deliberately, and intelligently observe and manage the mind, consistently, without effort? Or if you knew how to experience what is, without discomfort, conflict, fear, or resistance, when you can consciously, intelligently and deliberately do this you can evolve to a level of perception where you have no need to manage the mind? You can just experience what is and consistently experience inner happiness and true peace. And I mean genuine happiness and peace, not a forced or convincing simulation based on some level of satisfaction through your superficial self-image being validated. Yes, there are times when you will feel strong emotions, at least to start with, but you will still be able to have peace (an 'absence' of internal attachment, resistance, conflict or turmoil) even in those moments. Ok, if you are up for that, let's get started.



We are all basically made the same. In essence, we have the same mind and brain that mankind started out with, although it has evolved somewhat since ancient times. In actuality, it could be said that we have three separate minds, or parts of the mind. We have the same basic underlying operating system (primal mind) and the same higher mind, or intelligent experiential mind. This means that we are all primally and psychologically driven in predictable ways. We all experience through the senses in 'somewhat' similar ways, and perception is based on the same basic structure for us all; therefore, we should mostly experience this thing called life in predictably similar ways. However, our Thinking Mind (conceptual psychological mind) has evolved and become considerably more complex, and so our psychological world (our individually created and internally perceived psychological-reality) causes life to be experienced differently by everyone, sometimes radically differently so.

Also, your eyes can only see a small amount of information, so the mind literally has to make up the rest of the detail to fill in the gaps in true perception. This happens with almost all of perception, and filtering and exchanging information and details to suit its own requirements, and meets its own agendas, and to fit with its current expectations, is the norm, not the exception. So it is very important to be consciously aware of your current expectations at all times, because this is what is used as perceptual filler.



Why? That is what I set out to show in this book. I will be talking to what I believe to be *the real need* of our time; the need to move beyond

the *psychological evolution* and evolve towards and into the *conscious awareness experiential evolution*. In my humble opinion, there can be nothing more important to mankind than to grow beyond all forms of psychological discomfort, conflict, turmoil, hurt, injury, and suffering, and to be able to consistently experience internal peace, even if it is just so we can stop being so unintelligent as a society. As a species, at this time, most people actually, almost consistently, live in a perceptual dream world created by perceptual/conceptual thinking, brought to life by imagination and validated by perceptual memory. We are driven and controlled by a mind trying to protect its core self-image and promote its adopted self-image, and the beliefs and assumptions it currently holds onto about life and those perceptual self-images. Our flawed psychological perception has caused what I call a 'collective hallucination' within mankind, which we must grow beyond, both individually and as a species. Almost everyone at the moment is essentially living most of their waking life in a kind of trance, created by the conviction in the core self-image based psychological-reality and its use of imagination.



I have some questions for you, and please answer them honestly: Are your actions in any moment really just a means to an end? Do you usually only get perceived pleasure from distractions like money, sex, food, alcohol, drugs, television, computer games, complaining, gossiping, or when you receive a certain kind of attention, validation, or feedback from others? Or even pity? Do your prospects of happiness, peace, or fulfilment live somewhere off in your imagination, or your hoped-for future dreams or desired achievements? Are you waiting for someone or something to come along and fulfil you or rescue you? Or are you waiting or hoping to change? If the honest answer to *any* of these questions is yes, then you are going to be trapped indefinitely in, at the very least, discomfort, conflict and turmoil, at least until you see the truth behind your perceptions.

If your perceived past is a burden you cannot leave behind, then you are injured, hurt, or suffering needlessly. If you are obsessed with regurgitating the past or constantly imagining the future (which is based on your *perceived* past) and you cannot enjoy the experience of the present moment, then you are needlessly suffering from fear, conflict, and turmoil, whether you are conscious of it, or ready to admit it to yourself or not. You may even be using your perceived past to give you an excuse to fail or make it the reason you fail, or to indulge low expectations of yourself and life. Perhaps deep down you believe that you don't deserve any better from yourself or from your life. I will show you how to let go of the perceived past and the perceptions it has created within your mind about you and your life and leave it behind, in a way that means

you will never have to interact with it again, unless you consciously and deliberately choose to do so, and then only as a non-reactive, consciously aware, intelligent and curious observer of that perceived past.



What are you moving towards? Or are you only trying to move away from things? If you constantly need to have external goals or accomplishments, then you do not have internal peace. If you do not have internal peace, then you have internal disappointment, conflict, hurt, and suffering. At some point, it is required that you let go of trying to run towards those external goals you think you want or think you need. It is also required that you let go of running away or hiding from those things that you think you don't want to experience and start looking at what you are trying to *run away from* or *escape*, either *in* or *about you*. Yes, it can be scary, but it is the only true solution you can actively indulge in. Otherwise, you will strive forever to try to be unnaturally happy, trying to force the perceived experience of happiness (which will only end up bringing satisfaction at best). Ultimately, you will fail, and then you will still have to face that which you are avoiding facing, your own uncomfortable and misunderstanding based self-perception. Recognising and honestly acknowledging the truth in what I am saying in this book, especially about your self-images, will free you.



We are now entering a time that our truly enlightened predecessors have dreamed about for thousands of years. Things are changing, and I believe people are now becoming more strongly drawn towards growth and transformation, although few know what kind of transformation is really required to allow them to experience 'true' happiness and peace – not just satisfaction and conditional comfort, but true peace. Be aware that change and progress are different. You can change without making progress. This book is not about change; it is about seeing the true perceptual processes going on in you, and through true awareness, speeding up the evolutionary progress of genuine perceptual growth towards conscious evolution.

People are rarely truly looking for their own true perfection. People are predominantly looking for their own perceived faults and failings, to be able to be aware of them and to try to get rid of them, or hide them so others can't judge them for perceptual safety reasons. Many people are too scared to live to the full for fear of failure or of being judged, which usually brings on some form of self-judgement and punishment towards your perceptual self-image by the mind itself. And many people only continue to exist because they are too scared to die. Ask yourself the following question and be honest. If you are not honest with yourself

about this, it follows that there will be a lot of things you are not being honest about. What is most important to you at this time in your life, psychological self-protection, self-promotion (of your preferred self-image), or true growth and evolution? How you answer (if it's genuine) will dictate your actual level of consciousness, as well as the level of insecurity, fear, and self-disappointment that you experience regularly. Most will choose the higher-level answer, the one that suggests they are most interested in growth and evolution. Yet this is highly unlikely to be the authentic truth, and if your answer is not absolutely honest, it follows that very little genuine growth can happen at all. These are not my rules. I just learned them and share them.

Recognising the 'authentic truth' is the way forward. Consciousness and physical life, this life, life itself, is about the growth and evolution of consciousness, not the ability to pretend or act out or try to show a higher level of consciousness. It has to be real and genuine and Creation will, of course, know the truth. The only one fooled is the mind that is indulging that fake-ness and in-authenticity. The only way out of the trap is through genuine honesty over what actually *is*, the truth. Creation has your best evolution at heart, and is the most loving and caring parent you can have, so trust it to guide you and align yourself with it. When you can do this, the ride gets much easier.



The external world is an almost constant challenge in some way or another and it is meant to be, so that it becomes a mirror, a mirror designed to help you see how you perceive your world through the mind. It does this so we can evolve and truly and authentically raise in conscious awareness and true intelligence, to help us eventually become free of the psychological reality and the self perception altogether. This is the only way creation can actually help us to evolve, as each of us must evolve in the way and time that is organic, appropriate, and real to each of us.

I have written this book to guide you how to become genuinely consciously aware and genuinely intelligent (wise) in any moment, so that you can see for yourself what life is attempting to show you, and what is actually stopping you evolving and how to become free of that. I will teach you what to become deliberately consciously aware of to help free you from the illusionary dream-state that the psychological reality keeps you in. When you are consciously aware in any moment, you come out of this imagination based dream-state, but not otherwise. The statement "I think, therefore I am", is often translated as a perception of a 'me' that is believed to be responsible for the thinking; therefore, I perceive my self and self-images to be real. However, this statement is really about the psychological-reality believing in and fully identifying with the self-image

as the thinker. It should really be, “I think, therefore I *believe* I am, so I am therefore – confused, conflicted, in turmoil, hurt, injured, and suffering over what or who I believe I am, or am not!” Who and what you think you are is all a descriptive story, as I will show you within these pages.



True peace and balance come from a self-less state. Everything you experience psychologically is a reflection of how you perceive psychologically, and it is all governed by the psychological-reality your mind has created, and in which you have indulged, based on the sub-conscious mind using a made-up core psychological self-image as the basis for its whole psychological perceptual structure.

HOW - TO BE OR NOT TO BE, THAT IS THE ILLUSION!

Yet, trying to work out who, how or what to be causes so much conflict, turmoil, hurt, injury, and suffering because inherently we don't want to be what, how, or who we think or believe we are, whether we can actually recognise this or not. Deep down we innately know that who or what we are pretending to be is not real! Does this trigger a reaction in you? Don't dismiss it, and don't let the mind allow you to run away from this awareness. If it tries to, know that it will stop you evolving if it can, just to keep what certainty it has. It is interested in your perceived safety, not your happiness or evolution. It is a different part of the mind (or a different mind) that is trying to get your attention and get you to evolve.



I tend to talk a lot about the negative elements of the mind as this relates most closely to the perceptions of the self we are usually reluctant to look at, unless we enjoy or get a kick out of hurt and suffering (as some unfortunately do). We have an internal conundrum to overcome. We are consistently trying to avoid seeing negative traits in ourselves because this incites self-criticism, self-ridicule, and often self-abuse. Yet we also focus on, and give our attention consistently to, what we perceive to be our negative traits in order to try and change. Or we indulge in psychological victim-hood in an ironic and misguided attempt to try and achieve some psychological safety. Crazy, I know, but it is required that you begin to see and recognise this within your own psychology in order to become free of these processes and function to a much higher level.

I also mention the word “suffering” quite often in this book, simply because even the smallest level of discomfort, conflict, or hurt created by your perception is causing a level of hurt or injury and suffering in you. Many people have preconceived ideas of what suffering is, so I will refer to a whole range of words throughout the book that describe the perceptions and emotions I am talking about when I use the term suffering. You will see that your emotions (not true feelings) are created by your

perceptual psychology and all psychological discomfort, hurt, disturbed, or conflicted thinking states are a form of psychological suffering. ‘Pain’ is physical, which can also be the emotional feeling in the body. ‘Suffering’ is psychological, although it can create physical emotional pain through generated emotions. To give an example: if a tap is dripping and you blame someone for it or complain about it, then that is suffering. If you have a disease and you complain about it, either internally or externally, then that is suffering. There are obviously many shades of suffering in between. For now, let’s be clear; when you are experiencing *any* mental or emotional discomfort, conflict, turmoil, anxiety or hurt, you are suffering and the mind is *creating* this in the moments you experience this. You absolutely do not need to be creating, experiencing or enduring this.

Physical pain is *objective* as it is based on the external physical world and matter. The body is not the true you, it is simply a vehicle or vessel to experience this life through, and it is completely external to your internal perceptual world. Psychological pain and suffering is *subjective*, as it is based solely on your internal, conceptual, and perceptual thinking world, otherwise known as your ‘psychological perception’. Psychological suffering is caused by how your psychological-reality is ‘describing’ anything to the mind about your self-image or your life in any moment and what you’re making that mean *to* you, or *about* you (or your perception of your self-images) in any moment.

We are unfortunately taught to believe that:

- 1/ What we ‘perceive’ to be happening in the external world is true.
- 2/ Our perception of the external world and what we think is real.
- 3/ The external world, or people in the external world are causing, or able to cause, how we perceive or emotionally feel in any moment.

As a result, we have become fooled and conditioned into believing that the external world creates, or can create, all our hurt, injury, or suffering. Therefore, we perceive that the solution must also lie in the control, manipulation, or avoidance of the external world and the people in it, and how we deal with it or them, manipulate it or them, or protect against it or them. Many people think they have minimal say in how they consciously think or feel. I will show you these beliefs are a long way from the truth. We have no control over what the sub-conscious Thinking Mind thinks but we do not need to get involved in, or indulge, what it thinks. We can, if consciously aware enough, consistently and deliberately activate the conscious mind to indulge intelligent, consciously chosen thoughts, to change our perceived experience, and we can indulge experiences through imagination (if necessary) that help to create or engender a stronger, higher-level, feeling experience, as both of which I will show

you how to do. I will also show you how we can grow beyond the need for these processes also.

Unfortunately, we live in a culture that usually treats happiness with mistrust or judgement, and actually encourages and rewards discomfort and unhappiness. Many people believe we are actually meant to suffer, and that through enduring our perceived hurt or suffering, we will be allowed to experience happiness occasionally. Others believe our suffering will somehow bring with it salvation or that hurt and suffering will somehow engender forgiveness. For me, these ideas could not be further from the truth. The human version of God has been created in man's image, not the other way around. God (known by man as a he) has been created this way for the purposes of man, to control other men and women. I believe the Ten Commandments are really a set of guidelines designed to steer us away from some of the key things that disrupt peace and create internal hurt, injury, and suffering in us and make it more difficult for us to be able to truly evolve. I believe they are meant to offer a structure for guiding us away from causing ourselves perceptual injury, hurt, and suffering which is punishment in and of itself, rather than a list of things to be punished for.

As a species, we consistently indulge low-level thinking sub-consciously. We think our way to rejection, sadness, stress, failure, depression, guilt, despair, blame, hurt, overwhelm, panic, anxiety, distress, and so on, usually through unawareness of the very thinking that is creating it. This not only causes more psychological injury, but can also bring about physical illness. If healing is alleviating a condition that the person is still psychologically creating, or if the condition is a symptom of psychological hurt, injury, or suffering, then the person will not be healed and the perception and thinking will unfortunately simply recreate or continue the condition.



Higher consciously intelligent perception views life as a learning opportunity, full of uplifting lessons opportunities, and inspiring challenges, not as any kind of punishment or retribution system of a bitter, jealous or angry god. It's about the joy of giving and sharing rather than getting or having. It's about developing a humble, caring curiosity about your self and self-images, and others, which allows you to see the highest potential in people, events, and situations and, of course, in 'yourself'. It's about acceptance (non-resistance), trust and faith that the world is as it needs to be in this moment, yet trusting that it is moving towards a higher level of perception, experience and collective-consciousness. It's about being able to fully experience whatever is actually happening and is about being able to consciously choose thoughts that allow you to feel genuinely

good, and that are also caring of the greater good. Primal community consciousness drives us (and collective-consciousness and intelligence draws us) to take care of each other, but our fearful psychological-reality and Ego, with its vulnerable conceptual *self-image* at its core, drives us to be self-centred, and to ultimately only take care of ourselves (or others if it helps us or our psychological-reality in some way).

High-level and intelligent conscious thoughts are those that allow you to look for the best in yourself, in others and in any situation, event, or interaction at any time. They are about raising someone else's esteem in your own eyes and viewing them with a level of caring, respect, dignity and belief they may never have experienced before, from themselves or others. Where your thoughts go, your emotions will follow because your thoughts and perceptions actually create your emotions. Being pleased for other people's successes and happiness and being genuinely happy for those that seem more fortunate than you, are signs of higher-level thinking and perceiving. Intelligent, conscious perception always looks for and finds 'intelligent' solutions, the good in people, events, situations and interactions, and the best choices, outcome and opportunity for learning in any moment. Most of all, high-level thinking looks for and finds the best in 'you' all of the time, without it being manufactured or forced. This is absolutely available to you right now. I believe it is available to *everyone*. Although you may have issues and challenges to grow beyond, you are already complete and exactly as you need to be right now to evolve beyond where you currently are, and already perfect to creation, whether you know it yet or not.

Waking-up to high levels of true 'conscious awareness' and 'conscious intelligence' (awareness based intelligence) will radically change how you view life, the mind and your self-images. When you can direct the mind deliberately, consciously and intelligently, to only give attention to or indulge in thoughts that do not bring with them associated discomfort, resistance, blame, guilt, struggle, torment, injury, hurt or suffering, and when you can genuinely and truly see the Thinking Mind, core self-image, adopted and managed surface-level self-image and the psychological-reality for what they are, then you can blossom and awaken into truly experiencing actuality and life, and become free of the illusions created by perceptual thinking, and thinking that you are those self-images, that mind or that body. Thoughts are not 'yours', they are just thoughts, and when you truly see and know this, thinking will no longer be able to disturb or hurt you. Conscious intelligence is the perfect coach for anyone's own thinking intelligence and choices, if you are truly consciously aware enough to see and hear it. Otherwise psychological need and reaction will be teaching, driving and guiding you.

Your experience of life is based on how you perceive the sequence of events, situations, and interactions (mostly psychological experiences at the moment) called life. Again, I'm teaching and guiding you in this book to become far more consciously aware of 'everything' going on in the mind in virtually every moment, so that new, conscious choices can be made, which will create and attract new experiences, and change your destiny. I will also show you, in intimate detail, how we have an underlying reason for, and have been conditioned to feel bad, inadequate or not enough, and how we have learned to perceive ourselves as less than others and even as broken or damaged in some cases. We have mentally taken over the conditioning that we picked up or inherited very early on in our lives, a form of societally inherited insanity, and now the Thinking Mind and the psychological-reality keep us trapped within it. Through the patterns and processes it indulges, mostly without you being aware of it, this psychological-reality keeps reaffirming the disempowering processes and created states that have come about because of these patterns and processes, along with the accompanying perceived injury and hurt.

A 'dramatic' shift in perception, one that is available to everyone, has taken place within 'me', and I am drawn to help everyone experience what life can truly be like, once freedom, balance, true peace, compassion, selflessness and the interconnectedness of mankind and everything is a normal and consistent state within perception. If you genuinely choose to take the conscious awareness journey the indulgence and belief in conceptual thinking, along with the dream-state of the psychological-reality, and all of its associated programming and programmes, will be transcended, and the self-images, and the illusion of a separate self, will dissolve as a result. This will consistently, positively and upliftingly change your experience of this adventure called life forever.

Being unhappy comes about through living in 'unawareness' of ones own perceptual processes. Experiencing happiness comes about through living in conscious awareness of it all; no matter how uncomfortable it may be at times. Conscious awareness leads to the freedom to truly live and experience life, and conscious intelligence allows us to easily and effortlessly interact psychologically within life. Unawareness keeps you trapped in a perceptual prison, in cycles of confused and negative psychological self-attacking perception, whether you consciously know this or not. Unfortunately, at this time in our society, many people will do anything not to have to look inwards and observe their own thinking, and their own core self-image and surface self-image. Are you one of them, or are you ready for this journey of awakening and evolving into wisdom

within your perception? You can learn the teachings in this book as just another philosophy or science, or you can look for the evidence of its truth in your thinking and perception, so that it awakens more wisdom in you. Which will you do?

Mankind in general is ignorant of these philosophies and teachings, or this science, yet they are a huge part of what is required for mankind's 'consciousness evolution'. Wisdom is the language, and the lesson, of the old masters, not awakening or enlightenment, which is an outcome of conscious awareness and conscious intelligence, and is highly unlikely to happen organically without real conscious awareness, and you evolving into genuine conscious intelligence, leading to at least a basic level of wisdom based awareness, which of course you then live by. Not just conceptually learning and acting out wisdom, awakening or enlightenment, or verbally repeating adopted teachings as if they were yours, or real to you, as too many do at this time.



The structure of psychological perception is like an upside-down pyramid. Without the structure at the lower part, the upper part would not be there, or would not be sustainable or believable. The wide and complex upper part could not stay in place without the basic underlying structure that supports it. This book is essentially designed to help you uncover and see the structure of all the levels of your underlying misunderstandings, injury, and hurt based perception, so the later levels and surface level conflicts, confusions and new hurts, as well as all your suffering, cannot believably stay in place, and can therefore simply dissolve. This clarity and freedom is available to everyone, no matter how damaged or unworthy you may believe yourself to be through the misunderstandings psychological perception creates. Mental clarity in any moment brings with it more balance and therefore peace, or at least the potential for more peace, if conscious intelligence is being applied to that clarity.

I say this with all humility, but this book teaches the keys to rescuing each and every person, but just as importantly, mankind (and our world); this is essentially the true solution to saving all mankind! 'Clarity Is King', and this book will give you clarity about how your perception creates and reacts to your own psychological world, your own constructed and perceived reality. Explicit clarity always precedes choice based right-action, and brings with it the highest potential for making the best and most constructive and supportive choices. Ignorance is basically 'unawareness' of causes, symptoms and other choices. If you were to do all that you are actually capable of, you would truly astound yourself, rather than trying to explain away or make (plausible) excuses for why you don't believe you can do all of what you want to, or is possible for you. So please read the

whole book before judging for yourself if these teachings are of value to you, and mankind.

I do need to say though, that if you're attached to, or get some kind of comfort from, hurt and suffering, or you feel you need to keep on internally or externally punishing, hurting or suffering, this book is not for you. This book is both illuminating and disturbing, and is for those who are ready to experience and go through being disturbed (in a good way) so they can evolve beyond discomfort, dissatisfaction, conflict, hurt, injury and suffering, and if you are one of them, this book will serve to guide and help you, and set you free. Until your discomfort over something becomes stronger than your fear of facing it, you will avoid cultivating or indulging Awareness about and over it, and therefore no choices can be made about or over it. Decide to embrace the discomfort and intelligently observe it, without making it wrong, and you will evolve beyond it.



I have also decided to write about some subjects that come up frequently in coaching sessions and about the questions people ask when I share the content of these pages with them. Many people who come to me don't really like themselves, and by default, they are therefore unable to like their partner, their marriage, family members, their job or their wider life. However, they usually come to me with different issues, believing they need to resolve other things. So I have incorporated some of these subjects, along with other subjects I think are necessary, to make sure you have all the information required to view yourself and your everyday world differently, and to help your perception to evolve, so you can consistently experience a great and peaceful quality of life, and be able to truly experience living.

This book contains the teachings and information that I feel is most needed in our society today, as well as the insights that triggered the greatest shifts in perception for me. I also give some insights into how I experience life, reality and actuality, now, which of course is available to all of mankind, when each is ready. I have written them down to help others make some of the same shifts without having to take the long detours I have taken on this journey, simply because of my unawareness of the higher-level and more supportively intelligent options that would have been available, were I able to look and see them. Much of what I learned from waking-up (awakening to actuality), and many life experiences, and the changes and insights that have come to me since, have been condensed and added. Most of the work I have done in the last twenty-five years has been about learning, not teaching. I would not presume to teach about anything I had not experienced firsthand myself. The best guides and teachers are those who have experienced and transcended that which they

teach and coach. You cannot really help someone if you have not walked in similar shoes, and along similar perceptual terrain, experiencing similar psychological structures, which created similar emotions and similar perceptual experiences. It is also absolutely necessary that you intimately know your own mind before you can truly help others. Many coaches spend time trying to understand the psychology of their patients, without even truly knowing, or often even being able to observe, their own psychology or perception.

I believe I have experienced something I have a responsibility to share; a responsibility to help others become more consciously aware of what *is*, and having discovered what true conscious awareness and true intelligence is; a responsibility to share the ways in which our defensive, protective mind tells us stories, and even lies, about our perceived world, and our perceived self-images; and a responsibility to share the nature of the psychological-reality, how the mind creates a core self-image in the first place, and why we create an Ego and try to change, and how we actually perceive psychologically. This is in order to help people to awaken from their psychological mind and imagination induced waking dream. I have been given the gift of liberation, of transcending inner conflict, discomfort, hurt, and suffering, and have experienced something I believe can help others (and more importantly all of mankind) in the way I would have liked to have been helped when I was really suffering and ready to kill myself. From a few days after the shift in perception I will describe in this book, and the more that conscious awareness rose, and through the insights that followed, the more intensely I have been drawn and compelled to help others. Drawn and compelled through recognition and intelligence, rather than driven by psychological need. I feel directed to help trigger shifts, growth and true conscious awareness in so-called individuals, leading to conscious intelligence in mankind as a whole. I feel drawn to serve mankind by also doing my tiny bit to raise the global collective-consciousness that affects all mankind. The only true path to bringing peace to mankind is by cultivating a level of awareness and intelligence in mankind that allows it to see the unintelligence it indulges in at present, and encouraging more awareness, intelligence, balance, peace, and consistent kindness.

For a time, I experienced a struggle against doing this publicly because I wanted to remain anonymous, because I no longer have any interest in self-validation, self-promotion, self-importance, significance or fame. But in the end I felt like I just had to do it, and Creation keeps showing me it will not let me avoid it. So here it is, the fruits of those labours and of many years work. I trust that by sharing this book with you, it can help you experience and develop more conscious awareness so you can

experience as much conscious intelligence, balance, peace, happiness, joy and bliss as this wonderful gift, and the beautiful journey called life brings with it. This is the road map for higher personal development, conscious awareness, conscious intelligence (wisdom), and peace, and it essentially offers the solution to saving of all mankind. It could essentially be described as the science behind perception, personal reality, peace and happiness.



I have been on a learning, intelligence, and spiritual evolution journey all through this life. Early in life, I had been living in mental and emotional turmoil for as long as I could remember, with poor self-esteem, a very bad core self-image and more than enough self-hatred and self-loathing to want to end this life. I seriously contemplated suicide at many points in my early years, more out of a desperate need to escape the mental torment, conflict, suffering and struggle over my perceived core self-image, than a genuine wish to end this life. The one time I did try seriously to end this life I received a remarkable gift, which marked a significant turning point for me in my whole understanding of how so-called reality was and is perceived. Then in early 2007, I underwent another huge change in perception and awareness, one that has brought with it liberation, clarity, constant balance, peace and happiness that is present no matter what may be happening externally. I no longer have or experience any internal conflict or hurt whatsoever. With the knowing and intelligence developed and evolved into since then, I have been able to help many people grow beyond and leave behind their conflicts, turmoil, hurt, and suffering. These teachings have also helped many desperate people see the truth about perception and self-images, and evolve beyond their desire to commit suicide, and to experience much better lives. If it is possible for me, it is possible for anyone. I can show you what your mind needs to become consciously aware of and become consciously intelligent about, for you to experience true balance, peace, and happiness.

Through a big shift in conscious perception, what I would now call the low-level thoughts and low-level perception, or unawareness, which were normal before have now been transcended. I thank Creation for all that passed before, as it brought me to this place I experience now, and I could not have arrived here in the same way without it. I see the perceived past only as a gift, not as a curse or burden as I once saw it. My perception of the past no longer defines how life is now experienced, as I no longer define or evaluate using that, or any perception of past, or perceived future. I became consciously aware that this mind creates its own reality (which is different from actuality) and which it perceives as personal through identifying fully with the mind and thinking, because of the core

self-image. Becoming *consciously aware* of this allowed all ‘personal’ suffering to be transcended, and the psychological ‘person’ itself (the core self-image) to eventually be transcended completely.

I will do my best to explain all of this to you, but the experience of liberation, or freedom from association to the mind and thinking and the dissolving of the psychological self-images cannot, in essence, be shown as this is an experiential process and is ‘knowing’, and any explanation of it, along with the language used to explain it is purely ‘conceptual’, as is all psychological thinking. However, what to become deliberately, intelligently and consciously aware of, using deliberate self-inquiry and conscious, non-judgemental, intelligent observation of your thinking, perception, and behaviour is explainable. Becoming truly, genuinely, consciously aware, in every moment possible for you, so you can observe and intelligently question and enquire into your perception is all that is required to perceptually and intelligently grow and evolve into peace and freedom. This is the *art* of questioning perception in a way that supports you and helps you grow in awareness and intelligence: observational intelligence.

Having said that, I share enough insights within these pages for those who are close to waking up to awaken from the dream created by the thinking, memory and imagination’s version of reality; to wake up from the illusion of the self and self-images, which is the basis of the made-up individual psychological-reality that perceptually drives and guides virtually all of mankind at this point in time. This I can endeavour to teach you, so that the mind has a greater opportunity to see how it creates its own discomfort, conflict, turmoil, hurt, and suffering. The mind can then let go of that which no longer serves it and awaken from the dream of ‘personal’, self-centric (self-centred) thinking. Those who are the most willing and truly able to be open, honest and consciously aware enough to observe the mind, no matter what they find, intelligently and without negative judgement, are those with the most potential to eventually see that nothing is truly real within perception.



I set out to write this book in a way that reaches out to as many people as possible, and help you get the insights you need to be able to evolve your conscious awareness and true intelligence to enable you to become free of personal discomfort, conflict, hurt, and suffering. Through my experiences as a guide, coach and teacher, I know that telling people how they should or need to be is rarely effective. I have known for a long time we need to meet people where they are and guide them on their own evolving journey towards true awareness and intelligence from that point. Telling people this is what it is like over here and so this is where they need

to be does not work, as this is one of the very things that cause people to evaluate themselves as inadequate in the first place. This creates a striving to change or be different, as they try to escape their own psychological-reality and uncomfortable core self-image, but it only serves to cause more internal self-disappointment and self-punishment to kick in, or kick in even more strongly. If people don't know why they do what they do, then once the drive to be or become something different dissipates (and it will eventually) they will return, through non-awareness, to doing what they had become originally conditioned to do at some point. And they will usually not 'consciously' understand why, leading to further self-disappointment and disillusion. I feel I have a responsibility to help as many people as possible to become as consciously aware and genuinely intelligent as possible, and this is one of my heartfelt goals in writing this book.

This is contrary to what most teach, but it is not possible to use internal effort, 'willpower', to experience freedom from the self-images or the mind. Internal freedom does not come about through internally 'being' or 'becoming' something different, which is what causes the surface, superficial self-image, Ego, in the first place. Being more consciously aware and intelligent is a process of letting go, of non-resistance and intelligent non-indulgence, in less, not striving or striving for awakening. Only deliberate conscious awareness and conscious intelligence can allow liberation to be experienced, and I will explain why in detail soon.



Some of what I say will be considered very controversial, especially to those with alternative belief systems their minds have become very attached to over their life time for one psychological reason or another. So right from the start, I will tell you this; I am not an expert in the fields of neurobiology, quantum physics, religious doctrine, or even history. I am, however, expert in the areas of the mind, thinking, perception, deliberate conscious awareness, and conscious intelligence. I am describing what I feel to be the truth at this time. I make no claim that what is taught is empirically correct, nor does it actually need to be. It is merely to give your mind a conceptual representation and an awareness of where and how to look to see what is actually going on, so the mind can see for itself what it is indulging in and holding onto, so it can recognise its own processes that are causing it conflict and suffering, see the unintelligence of them, and let go of indulgence in them. That is all that is required for the mind to adjust its own perception, and become more consciously aware and genuinely consciously intelligent (wise).



I have also come under fire because much of what I teach is contrary

to what is taught through mainstream science, psychology, NLP, personal development, and even new-age and spirituality teachings. More often than not, facts that do not fit with current theory are automatically assumed to be wrong. People are usually unwilling to question intelligently the validity of current theories they have become personally attached to for whatever reasons. Intelligent questioning would enable an intelligent choice to be made about what to adopt as true, rather than just holding onto an old theory out of fear or a need for certainty, or because of a personal investment in it, or image association to it. Once you become truly free from the indulgences of the mind, you recognise that being attached to thinking in any particular way, about others, the world, the mind, yourself, or the way you perceive your own level of awareness or consciousness, is actually pointless. Actually, it is something that will be holding you back and down. If you are thinking about your level of perceived awareness or consciousness as a way to define yourself, or to feel adequate or superior (whether you are unaware or aware of this) you are still functioning from and through the Egoic process, which you need to become free of to truly evolve. If so, this book can help set you free.

If you feel at any time that by what I am saying I am not validating you or that I have invalidated you in some way, then it is even more important that you finish reading this whole book so that you can grow beyond the need for validation. I teach deliberate conscious awareness and conscious intelligence (wisdom), which will help trigger and create a better psychological, emotional and perceptual world for you, both immediately and in the long term. What is within these pages is a new look at perception, thinking, psychology, and spirituality. This is what could be called the ‘science’ behind perception and personal reality. It offers a new way to understand how perception and the mind (which can be seen as the software within the brain) work in actuality, not just in vague, assumed (plausible reverse engineered assumptions) or guessed theory. What I am teaching is essentially a new version of psychology that is about evolving away from the unintelligence that abounds at present in mankind (because of the psychology beliefs and assumptions of mankind at present), and not just a different way of looking at and describing or judging what is already there. In essence I deal in ‘practical spirituality’, that which can help people become more consciously aware and more genuinely intelligent right now, in any and every new moment. Everyone who reads this whole book will become more consciously aware, one way or another.

I don’t teach people positive thinking in the traditional sense. It’s about working with the mind to help it see how it is causing its own challenges, rather than against it or trying to get free of it. It’s about working with

the mind to enable it to evolve in an uplifting and supportively intelligent direction so you are capable of having a more enjoyable and real experience of life. What I teach is the *art* (and it is an art) of deliberate and intelligent, conscious awareness that leads to true wisdom, which 'is' freedom within perception. I teach how to help free the mind from perceptual illusions so it can clean itself up, rather than indulging in and creating psychological dramas, upset, discomfort, unhappiness, hurt, misery and suffering (which is also an *art*). I am speaking to the true need of mankind in our time. We are now ready to move into experiencing a psychological & perceptual evolution that will allow us as a species to move into our next phase, which is wisdom (moving out of unintelligence) and into the 'experiential evolution'. There are those who believe psychology is a distraction and that it is spirituality and escaping thinking which should be pursued. I strongly disagree, because the problem is the psychological mind and the psychological level being indulged in general at this time, which has caused our separation from the true experience of living; We therefore need to resolve what is blocking us in the first place, rather than ignore it or try and escape it by 'doing' something else. "Fake it till you make it" will not work here.

The ability to live at peace and be truly happy and to be able to experience this wonderful and amazing journey called life as it happens requires that we allow the mind itself to see and untie the anchor holding us down and back so that we can truly *see* internally. When you are treading water and holding a pile of rocks (your perceived and assumed past hurts and injuries), it is pointless just kicking harder or pretending you are not struggling or finding it difficult to stay afloat! It is like using psychological deodorant to cover-up the physiological odour created by the affected part of the automatic, sub-conscious mind, you are trying in vain, to hide from. Seeing and then letting go of what pulls or holds you down is the solution, not fighting against it or using force, or hiding from it because you don't want to see and acknowledge it, or the mind is simply ignorant of what causes it in the first place.



Please keep an open mind. Becoming annoyed or indignant shows there is an attempt by the mind and the psychological-reality to hide from something or hide something from you, or because it causes uncertainty about something you are holding onto which may generate psychological insecurity or fear if you look further into it. Don't let it go unchallenged or that insecurity or fear will remain and fester. When you become uncertain, stay with that and allow that to evolve, and the mind will move to a new level of order, because whatever it moves to, it will become certain about that. However, it will almost certainly be a more modern perception than

that which was accepted by you, possibly decades ago. If you truly wish to grow and evolve, I promise that what you truly seek is on the other side of that uncertainty and fear. The more uncertainty you can remain with, the faster you will grow and evolve. Some level of uncertainty always precedes a breakthrough to a new understanding about something, or a new level of awareness in any area of perception and life. The more uncertainty, the bigger the breakthrough or change in understanding. Besides, if you are not experiencing uncertainty in anything you are doing that you wish to succeed at, then you are not investing or willing to invest enough of yourself, to be successful in it.

This book will help you evolve beyond whatever discomforts, conflicts, insecurities, fears and hurts you hold, if you read it openly and with a willingness to learn. I have done my part and delivered it to you. Now it is up to you. Don't read this book unless you want to experience a positive change in how you experience yourself and life, because people who have read it during the publishing process have experienced significant changes in their perception and now experience life, and themselves, differently.

Please remember this; if anything you read triggers any form of upset in you, own it, observe it and look inwards to see what is causing it. If you react to anything I say, you are taking it personally, one way or another, and that construct of a 'person' the mind is taking it to mean something about, is either your core self-image, or your surface-level adopted or active self-image (commonly known as the Ego). Do you want to take these words personally, or would you rather be able to 'observe impersonally' and intelligently, without discomfort or conflict? If any statements or implication in the book annoys you, then there is something about your own perception of yourself or your self-images that you are not acknowledging, or are actively trying to hide or hide from. If you had nothing to hide, or hide from in you or your perception, there would be nothing to trigger, protect, defend, present or uphold. You would not, therefore, be affected by me saying what has been said, as there would be no reaction or resistance to it, as you would hear information, not judgement, attack or criticism.

Any internal discomfort involves some level of internal unawareness or dishonesty. I must therefore request that you be honest from now on and take responsibility for your own emotions, so you can really see what they are, and what is creating them, rather than blame someone or something, including what is written here. Some of you may feel anger or other negative emotions towards what is written in this book. Own your own emotions and see what the experiences of those emotions are, so their causes can be consciously exposed to you and so you can see what you have previously

not been prepared to see going on within yourself. This will eventually set you free. It will also assist you right now in better reading this book and hearing what is actually written, rather than 'reacting' or shutting down to what is being said. I say what I feel needs to be said, and you take responsibility for your own reactions and emotions. So do we have a deal? Good.

If you decide to put the book down and stop reading at some point because of a reaction within yourself, you will most likely stay pretty much where you are perceptually, because of your perceptual fight-or-flight reaction keeps you away from true conscious awareness. And if so, you will move more slowly through life's nudges, pushes and shoves over the coming years and miss out on the fast track (the knowledge in this book) to perceptual freedom! Just so your mind can protect the identity (superficial self-image) it has created to help you feel adequate or safe and to try and avoid feeling insecure, inadequate or afraid. This is not growth. It is driven by insecurity and fear. Do not let it win! Recognise any resistance to what I am saying, acknowledge it, read on, and look for what you need to become consciously aware of and intelligent about, for your resistance to truly dissolve and your evolution to speed up.

Sometimes I hear people say they don't want to grow or evolve, or are happy where they are, when really they just don't want things to change in case they get worse, or because they are afraid the way they perceive themselves will get worse, or get confirmed, or they don't want to come face to face with what they innately perceive they will find out about their own perception that will be unacceptable to them. When people continue this work and truly grow, they always grow beyond this fear. If they do quit it will always be a roadblock to their evolution, because facing the perception of your self, so that you truly get to see that it is an illusion anyway, is the only cure. People often say, "I don't think I have the strength to do this work." But I say in response that they are strong enough to indulge in and survive the life they are creating for themselves and trying to survive now, which can go on indefinitely, therefore they already have all the strength it takes to experience a bit more discomfort for a short time, in order to grow to experience true peace.

Many of the things you believe at the moment to be basic truths may be disrupted by what is said in this book, simply because a lot of what you have been taught to believe, is simply not true. It may upset your Ego (surface self-image) to see things you want to hold as true about yourself, and that perhaps help you feel significant, being challenged, or disrupted. But I truly believe if you stick with the process it will supportively adjust and positively improve your perception of you and life forever. That which

is true will remain true and that which is not, was not true anyway. Surely, as an intelligent person, you would rather have your truth questioned, than hold onto that which you want to be true, but which is not? Everybody's model of their perceived self-image and perceived world is real for them and should be respected. However, that does not mean it should continue being maintained or supported indefinitely if a more supportive and more honest version can be perceived.

To me, as your guide in this book, this process is not about enabling you to get you to feel ok in the short-term by not challenging your insecurities and fears, or by feeding your Ego or need for validation and self-importance. It is about helping you experience *genuine* peace and happiness in the long-term. To help you do this I believe it requires that I challenge your psychological concepts that may be keeping you trapped in the cycle of perception through processes you may not even realise go on. Even if you think you are already free of the mind, or have created a strong spiritual identity that is working to convince you of a high level of awareness or superiority. If so, challenge it. If it is true, then what have you really got to lose? If it is not true, then the mind has been lying to you and holding you hostage in the perception of what is essentially a nicer prison. Is this truly acceptable you, or would you rather become truly liberated, where no effort is required?



Something I say to my clients, usually straight off the bat, is that I'm not looking for your approval. I'm looking to stimulate authentic growth within you, and that often comes from disrupting your current perception which may at times cause discomfort. But at no time am I looking to hurt you, degrade you, criticise you or make you, or your version of yourself or reality, wrong (and I also encourage you not to). I do not want you to feel bad at any time, unless that will actually help you grow. But if that's how you feel in any moment, please be open and honest about how you actually do feel, stay with it, observe it and don't at any time make it, or you, wrong. This may be rare for you. If not, then through this book there will be much more scope for seeing the honest truth about how your underlying perception, your perception of your self-images, your reality and mind actually function.

I believe people have been patronised for long enough. I am not going to patronise you in this book and tell you what you want to hear. If I just told you what you wanted to hear or how you wanted to hear it, I would not be helping you, and you would probably not respect what I am saying (even if you liked it). Trying to help people feel ok through giving them approval, when they have issues that will simply continue recreating what hurts them because of it, is a short-term solution, and is not a

growth solution that will set them free. I am going to be *very* direct about what I believe mankind needs to evolve beyond to be liberated from *all* psychological discomfort, conflict, hurt, injury, perceived abandonment, betrayal, humiliation, suffering and all the illusions created by the mind. I can only do that by showing you what you need to become consciously aware of to move beyond the disempowering and fake psychological-reality. This requires a level of honesty rarely yet displayed publicly in our societies. Treating people like they are already absolutely fine when they have serious psychological issues (as do most of mankind) to me is like somebody going to a hospital with a wound or injury, and the doctor saying “oh its okay there is nothing wrong with you, you’re absolutely fine, your wonderful and beautiful,” when they are bleeding out in a subtle, or major way. If you are bleeding out psychologically or emotionally, then there is a reason for it. There are perceptual wounds there that need to be addressed honestly and truthfully and dissolved, so that you are no longer bleeding out (inwardly). I’m therefore going to challenge you and your current perceptions as much as I possibly can, and I trust you want me to, and that I have your permission to do so, because that is where true growth beyond your current perception and conditioning will come from.

Some of the things I say in these pages will be challenging and most of the time that is their purpose. Parts of the book are also written in a way that is designed to cause confusion in you. So please, if you reach parts that appear to be too confusing, don’t let any discomfort put you of continuing. All is for a reason. I am planting seeds in a particular way, and these will bear fruit if you continue the journey through the book. Always bear in mind that my intent is on helping you, not placating you or trying to gain your approval. This approach can cause people to run away and perhaps you, too. If so, then I am not the type of teacher they, or you, are looking for. If you are looking for someone to say what you want to hear, or only what allows you to feel temporarily good or safe, growth by choice will elude you, and it is then required that life force growth on you. Growth by choice requires this kind of honest, intelligent disruption, to authentically evolve beyond discomfort, dissatisfaction, conflict, hurt, injury and suffering. To really progress is consciousness awareness and intelligence, and even to evolve perceptually, it is required that you be a seeker (a seeker of truth and inner awareness) and not a hider! I want to teach you what I truly believe will help you. How you think of me, before or after reading this book, makes no difference to me, as I do not function through image or a need for approval. So be clear: I say what I say because I care, and I think it needs saying. That said, everything I say is written with positive intention, with true caring and compassion, and with a deep desire for you to truly experience authentic peace and genuine happiness,

if you don't already authentically do.

Many people prefer interacting with people who do not rock their psychological status quo or cause their core self-image to be exposed, either to the other, or to them. However, this is driven by a need for psychological safety rather than a drive for perceptual growth and the evolution of Consciousness. The mind is expert at adjusting or assimilating something said too nicely or dressed up not to sound challenging, in order to avoid disruption, and to placate the protective psychological processes. But it is disruption of one's present psychology that creates growth. The times of most genuine growth and personal evolution in our own lives, and the history of mankind, have been the times of biggest physical (and perceptual) disruption. For the psychological-reality to first evolve and eventually dissipate, disruption of it and any thinking associated to it, so it is internally observed and intelligently questioned, is required. This can initially trigger suffering because the mind is trying to avoid seeing its own core self-image, and the hurt and pain it is causing for itself, over itself (that self-image).

If you find what I say uncomfortable when reading certain parts of this book, just be aware that I am planting seeds that can trigger insights and create continued change and generative growth, as you progress, and without you needing to actively take part. Also the teachings in this book can be applied to each and every area of your life to bring you a different level of perceptual and emotional experience to bring you a whole different reality experience. My aim is to help you raise the quality of your conscious thoughts to be more uplifting and inspiring so you can see how the mind creates the rest. The thoughts that I am talking about here are thoughts of caring, understanding, respect, forgiveness, tolerance, peace, and compassion towards yourself and others, and not just because people agree with you or treat you in a certain way.

True movement in people usually starts with some kind of challenge to their currently held concepts, thinking, perception or current way of life, which causes a disruption in that thinking (or created reality) generating uncertainty, which then opens the mind to possible 'insights'. Insight is the only path to true conscious growth, and to the evolution of perception and the clearing and cleaning up of the mind. My job, as I see it, is to cause you to question your own perceptions and psychological-reality. In so doing, this will cause the mind to look for what it needs to see, and become aware of, in order to attempt to regain some level of certainty after the disruption. This opens the door for more 'in-sight' and conscious awareness to break through, generating further internal growth with each disruption and insight gained, thereby raising conscious awareness more,

even if it is just a bit at a time. This is the only way that true perceptual growth can take place. In-sight creates new perceptual growth, and this requires conscious awareness. This is why knowledge of how to actively indulge and develop conscious awareness and conscious intelligence is so important and powerful, and so required. I'm talking about becoming so consciously aware that it is like having 4D conscious awareness of what is going on 'internally' in any moment, leading to a full sensory four dimensional experience of life and the world as, and how, it is given to us. (This 4D perception eventually leads to that full 5D perception, or awakening, liberation and enlightenment, which I am endeavouring to help trigger in you, and mankind).



I have been told that I sometimes come across as arrogant, but I truly do not mean to be. I am merely a messenger with an important message to share with those ready to hear it, and I'm happy to be challenging you if this helps to trigger insights and create movement in your perception, which takes you to a higher level of conscious awareness and intelligence, and which leads you to more authentic freedom and internal peace and balance in your life. It is usually what you don't want to hear that you need to hear the most. It is also that which will usually trigger the needed growth in you. Peoples' perceptions normally change only through inspiration or desperation. When the mind is desperate, it opens up to the higher mind to try to get certainty for relief from the insecurity and fear that uncertainty generates. This allows for insights or inspiration to come through from the higher mind, which can affect the lower mind's underlying beliefs and assumptions. This effectively changes the 'calculation' the mind uses to create its own reality; therefore your perceived reality changes, either a little or a lot, even if you don't know why at the time, nor do you really need to.



Be aware as well that the words in a book are always open to interpretation by your perception process, also known as your psychological-reality filters. Recognise that these filters can change the meaning of what you are reading in order to keep your mind where it is at perceptually in that moment, to endeavour to keep hold of its, often fragile, certainty. The mind will and does adjust information to fit with the true agenda it has in any given moment. Consciously observe the mind as you read; see if your agenda 'in any moment' is to engage in true inner self-enquiry, to be totally open to learning and growth? Or is it to discount it, or hide from it? Be sure to honestly question your minds true underlying 'agenda', in every moment, "what is it up to?" so that at the very least you can be consciously aware of what is 'actually' going on in your perception at any

time, and what the mind really is up to. Be aware that the mind is always looking to make whatever it hears or sees fit with what it already knows or wants to perceive, just to keep certainty. This is why disruption leads to growth, because it disrupts this process and opens the mind, even if it is uncomfortable, or just a little growth at a time.



I would like you to be able to read this book and recognise where you currently are. Then, if you choose to, you can come on a journey of developing or increasing true, conscious self-awareness that will set you free, without anything having to change about you, or in your external world, for this to happen. I will explain why I believe people do the things they do so you can become genuinely consciously aware of the structure of these processes. Recognise what applies to you, and make deliberate, consciously aware and consciously intelligent psychological choices that support you at a much higher level, and help you to genuinely evolve more. I present to you in this book all the knowledge, understandings and strategies I believe will help you to raise your own current level of consciousness, awareness and intelligence to the next level, whatever that is. I suggest that if you want to know about the quickest path to take on the journey ahead, ask and listen to, those who have truly been there already, and are reaching back to show others the way. Make sure they are genuine and authentic, and not just talking as if they are, and if so, then take every opportunity to learn from them. If you consciously choose to absorb and open up to what is being said in these pages, you will move to higher levels of conscious awareness and intelligence about your own perception and psychological-reality, which will lead to more peace and happiness in your life. Trust that all will unfold experientially as it needs to, and be open to it, without defence.



I want to make it totally clear that all the information given in this book is based on beliefs that I currently hold (at the time of writing at least), my perceived understandings, intuitions, concepts, opinions, perceptions, and experiences. It is up to you to decide if what I say within these pages holds any truth for you. Truth, when it is not yours, is still untruth to you. Philosophy, science, and religion all claim they see or hold the truth. 'Truth to the individual' is the truth that is real to their perception and level or lack of awareness and intelligence, at that moment in time. Accepting something as true without it coming from your own realisations or experiences is not intelligent, however, be open to it being potential truth. If you struggle with any of what I talk about in the book, just trust that more and more of what is in written, should start to hold more truth for you as you develop your own conscious awareness, and

evolve in conscious intelligence.

Don't judge a book by its cover or its first chapters. Read the whole book. Then you will have the right to judge it for yourself. When you truly get 'it', you can become the observer of your thinking mind and your psychological-reality, rather than the unaware victim along for the reactionary ride. The first read of the whole book will give you a basic overview of what is being taught. I strongly suggest reading this book at least twice through, or even commit to reading it often, and trust that from doing so your conscious awareness and intelligence will grow at a speed that is as fast as it can be, whilst being as comfortable for you as required. I actually encourage you to read this book carefully multiple times, so you can really comprehend it. Read as slowly and deliberately as possible, so you get as much as possible from the words as you can. If you can experience the true meaning of what is in these pages, then you will no longer have to wait for life to change, or for others to change, or for someone to start doing or stop doing something, or for something to happen or stop happening in your life, before you can feel genuinely balanced, at peace and happy. I will show you how to take your experience of life back from all the people and situations you subconsciously hand it to without realising it. I guarantee that everyone who reads this book fully *will* experience life differently, either a little or significantly. A lot of what is said here is challenging and disruptive and it may affect you in different ways. Some may just get upset by what I say, and some may even get brief glimpses of liberated states that may trigger the process of genuinely waking-up from the psychological-reality, or speed it up. And some, who are ready, may very well become liberated from the belief and conviction of the psychological mind being real. That will all depend on where you are currently at perceptually. Know that whatever happens is perfect for you and as long as you keep reading, and practicing conscious awareness, life will change for you for the better.



If you find at any time you have not been fully present while reading, go back a page and start to read it again from there, very deliberately and with full conscious awareness. Give your full conscious attention to remaining present and fully focused on what you are reading. Not only will this help you to learn more, it will also help you see how and how often you 'disappear' into imagination, and will help with the skills or bringing yourself into the present. I would suggest you do not set time limits from reading any section of the book, or indeed the book itself. Read each section as fully and completely as you can, making sure you feel you understand what is being said. This will most certainly give you a better grounding and more awareness as you go through the book, and

life. Please don't assume that because you have read it once, that you have it, as this is the mind trying to get you to stay where you are and keep the status quo. Don't trust it. I guarantee that if you decide to, every time you read it, you will see something new. You cannot have anything done 'to you' by reading this book, I can only share wisdom with you, and trigger your perception, and trust that it will have whatever affect you need to have, to improve the quality of your current perception, and life, no matter what it is like at present.

Refocusing on, and rereading any part you have missed when you were off in imagination will also help you practise coming back into the experience of the present moment using your eyesight. Come to your senses means exactly that. Use your senses instead of your imagination. Come into or out through your 'senses' by consciously stepping out of the mind and into the experience of the body. Let go of indulgence in imagination every second you can. The better you get at deliberately focusing your conscious awareness, the sooner you will have the skills to bring yourself into the experience of the present moment (and out of the imaginary version of it), and be more able to truly and joyfully experience what is right in front of you, enabling you to more easily direct your conscious intelligence and perception in a way that supports you at a higher level. Then the experience of life will be truly better, no matter how good life may already feel.



I strongly suggest that you use this book for *you*. Apply the information to *you*, not to someone else in your life that you may wish to change. As how you approach yourself and self-images evolves, others will have to adjust the way they act towards and interact with you, as you will simply not interact with them in the same way as before. This may or may not help them to evolve also. It is important you understand that you can never change another person. If you think you even need just one person in your world to change, there are probably a lot of other people in your world that will also need to change in order for you to feel comfortable or safer, or for you not to be at risk of being triggered and having your own thinking or memory-induced perceptual emotional pain brought to the surface. That kind of widespread change in other people is not going to happen, and even if that change were to happen, it would really have nothing to do with your need for others to change. Reading this book will show you how to experience peace, whether other people or situations change or not. That's a far more empowering and peaceful way to be, wouldn't you agree?



Just in case you feel reluctance at reading it, what I am teaching in this

book is simple, but not always easy to hear or adopt into your life. But I doubt you would be reading this book if you perceived everything in your life was perfect already, or if you already had true, consistent peace of mind. If you think reading this book and implementing it is difficult, try continuing with the discomfort, dissatisfaction, conflict, hurt or suffering that comes about through unawareness of their causes, and not knowing the solutions that can set you free, as they have done for me and others. Change and growth can be or appear scary, however, being convincingly governed and manipulated (through any unawareness) by the insecure reactive mind, working hard to stop you from growing and trying to keep you where you are, is to me far scarier! If you believe you have finished growing, you are finished growing! What have you got to lose by reading this book? When will the creation or indulgence of 'any kind' of discomfort, conflict, hurt or suffering in you, become unacceptable to you? If not this, then what? If not now, then when? If you wait until you are ready, then you will be waiting until you are ready. If you must see what is at the top of the stairs before you take a step up them, or even if you must know what is on the next step before you step up, you are trapped by insecurity and fear, and will experience the continuing discomfort accordingly. When you become authentically consciously aware, you can experience all the processes of thinking, perceiving, evaluating, feeling, cognitive and intuitive sensing; all functioning congruently and concurrently at the same time, with no conflict or discomfort, with no ability to be hurt. Wouldn't that be better?

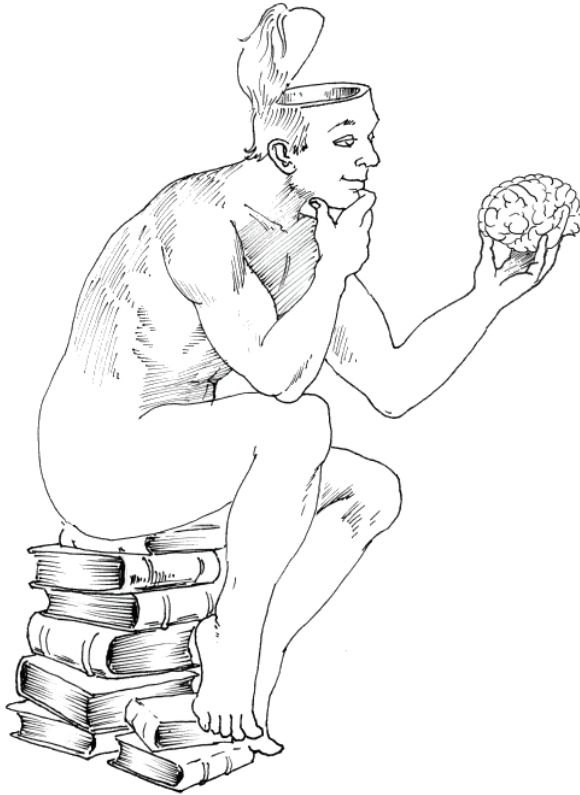
By the time you have finished this book your mind will have been challenged enough and given enough information to start disrupting its old, non-serving patterns. It will have started adopting new patterns and strategies which will allow you to become more consciously aware and more wise, which will cause it to loosen more of its insecure grip over your perception. By becoming the 'observer' of the processes, so you are no longer 'being' the processes, and you'll be able to step back and watch the thoughts passing through, without having to create or get involved in the dialogue that is going on around them. Nor will you create or indulge in the emotional reactions (and dramas) that would normally have caused you to suffer before. You will be able to choose the thinking dialogue you interact with, rather than being a victim of what your lower reactive mind decides to focus on, or give attention to. Wouldn't that be better?



If there is anyone else you think could benefit from this book,
please send them to:

<http://www.TheConsciousIntelligenceCode.com/bookintro.htm>

1 - Required Understandings



WHAT I WANT TO SHARE

You can't 'get to' peace. It can only blossom for you through true *Conscious Awareness* of what disturbs it, and through the activation and evolving of true *Intelligence*. To become free, you must first know what imprisons you. And to become completely free, it is required you intimately know how the prison and the guards functions. There are many people who will help you become more comfortable within your prison, but there are very few who will help to (or even know how to) help set you free, as I have been set free. I suppose I'm on a bit of a crusade to help people find true peace and freedom, as I know only too well what it is to suffer, and what it is to be free. And when I was suffering, the best help

I got, could only really teach me how to try and get comfortable within that suffering. Now I know there is so much more available to us all than that. Once you grow beyond fearing your own perception it won't scare or frighten you, actually it will amaze and inspire you.

In this book I offer you a new perspective, a fresh alternative to the mainstream and conventional thinking around perception, psychology and spirituality that is dominant in our society at this time. I will be focusing on the processes that create and indulge the 'underlying calculation' the mind consistently uses to create your version of reality and how it does that. This calculation is what it uses to determine personal perceptual reality in any and every moment. When any part of this underlying calculation changes, this changes your perception of reality, and therefore also your destiny. It is this calculation, this conceptual psychological interpretation, definition process, that generates 'meaning' for you. Both in terms of what the mind believes it is perceiving, and in terms of the conclusions it draws in relation to what it 'perceives' 'you' are or are not. The underlying process that drives this calculation is your reactive conditioning, your long held beliefs, assumptions and perceptual psychological frameworks that have been both inherited, adopted and constructed over the course of your perceptual life. Reading this book will effect and help to adjust that underlying calculation in you, and if you Consciously and Intelligently cultivate *Deliberate Conscious Awareness* of your own true perception, you will dramatically speed up your own journey towards transcending conflict, hurt and psychological discomfort, and experiencing consistent true peace and balance.

I'm going to make some statements now
that I've pretty much written most of this book to explain;

THIS PRESENT MOMENT IS ALL THAT TRULY EXISTS!

**THE QUALITY OF YOUR LIFE IS
HOW YOU 'PERCEIVE' & THEREFORE 'FEEL' IN ANY PRESENT MOMENT!**

**THE QUALITY OF YOUR LIFE IS CREATED BY
'HOW YOU PSYCHOLOGICALLY DESCRIBE LIFE, AND YOU, TO 'YOURSELF' IN ANY
MOMENT,
WHICH CREATES HOW YOU EXPERIENCE PERCEPTUALLY &
EMOTIONALLY
IN ANY MOMENT!**

THERE IS NOTHING WRONG WITH YOU; YOU ONLY SUB-CONSCIOUSLY 'THINK' THERE IS!

YOU HAVE INTERNAL CONFLICTS, HURT AND EMOTIONAL SUFFERING BECAUSE YOU PSYCHOLOGICALLY BELIEVE YOU HAVE 'REASONS' FOR IT!

ALL PSYCHOLOGY IS 'CONCEPTUALLY MADE-UP,' INCLUDING 'WHO' YOU 'THINK' YOU ARE, AND IT IS ALL PERCEPTUALLY ADJUSTABLE. SO ALL PSYCHOLOGY (THINKING) AND SELF-IMAGE IS MADE-UP!

Do any of these statements trigger a reaction in you? Or do any of them intrigue you because you are ready to hear more about them? Do you react because you believe you have no conflict or suffering, and so how dare I imply that you do? Do not be a victim of your mind's desire to run from what I say here, no matter what plausibly justifiable excuse it gives you. This book can show you how to grow beyond the negative influences of the mind and free yourself. Until you discover what is happening at or on the *Non-conscious* level of your perception, your perception will basically not change, and you will continue to work hard to feel ok, or worse, believe you don't deserve to feel ok. I guarantee that when you look at the above statements again after reading this whole book thoroughly, they will hold a very different meaning and truth for you and you will be experiencing your life in a much freer, more peaceful and happier way.

The problem is not that you measure and judge your *Self*, it is that you believe there is an internal *Self* to measure and judge!

It may appear that I jump about a lot in this section; however, there is a reason for it, so please bear with me. Disturbance within your psychology opens the mind up to the Conscious Mind so that insight about what already 'is' can take place, and this will lead to perceptual growth. Without disturbance of this kind, no true perceptual growth can happen. You will *Revolve* but not *Evolve*, simply because the mind is desperate to hold onto the status quo it is already attached to, and because what it has, appears survivable in its current form. Contrary to what most people believe, the mind we mainly function through is only interested in psychological survival, and instant gratification based satisfaction, not happiness. True happiness essentially comes from a different part of the mind, and so a different side of the brain. Are you willing to just survive? Or do you want

to evolve and truly live?

In this book I will show you, in detail, how the mind has built a psychological prison within itself, a prison that I call the *Psychological Reality*. A reality within which the ‘perceived’ people or characters (multiple identities within the *Psychological Reality*) are often not very nice to one another, at best! I will also show you how our experience of actuality has been hijacked and how we are only ‘given’ the experience of reality through conceptually guided imagination; what you call *Reality* is really just your personal, perceptual, ‘interpretation of actuality’ and made-up concepts. Reality is essentially perceptually adjusted Actuality. I will also show you that how you feel is ultimately based on how your Psychological Reality consistently describes your Self (core self-image), and the perception of reality associated to it) to itself, in relation to what it tells you that you are perceiving, and in how it describes your Self to yourself. This creates how you feel about yourself consistently.

Whether you agree right now or not, I will say this; if you are not fully *Consciously Aware*, how you feel is a choice the mind makes for you, either Non-consciously, *Consciously*, or a mixture of both (Semi-consciously). As we evolve and become more intelligent, that intelligence is used by the Sub-conscious mind to help with intellect and is first applied to current logical thinking and perception, validating and making more complex, that which is already causing the discomfort and injury already. And until you reach a certain level of true *Conscious Awareness*, any intelligence colludes with, or is used by, the lower mind to make all your perceptions more complex and real, and to validate its structures and strategies. It requires absolute inner honesty along with a desire to seek for the genuine truth (as it is perceived in any moment), for you to be able to see what is actually going on within your mind. If you cannot see the truth and are not genuinely *Consciously Aware*, then your certainty and fear based, protection driven, Sub-conscious, psychologically conditioned, thinking mind, using its *Psychological Reality*, is choosing *For You*. How’s this working for you so far? Do you want this to continue?



Just to be clear, there are two elements of the Sub-conscious mind you need to be aware of. There is the *intelligence* driven part that works to help us evolve and there is the confused, injured, damaged, and often corrupted, *perceptual* part. This second part is like a virus that has infected and corrupted perception, and has caused us, as a species, to get lost, while being mostly blind to this process. It is this conceptual mind virus I am mainly talking about in this book. The rest of the mind doesn’t want to experience life this way and inherently knows there is something wrong. That is why we can never escape the underlying discomfort we feel

when we are alone, or when there is nothing to distract us from seeing or sensing this. Yet the virus is very compelling and convincing, especially as it has hijacked our memory and our imagination, as well as conceptual thinking. And therefore it keeps controlling, and adding complexity to, our confused ability to create and feel hurt, and to suffer convincingly through the Unawareness of this, which affects our ability to be Aware.



In the world I now experience, there is no right or wrong thinking. There are no right or wrong thoughts. There are only thoughts, perceptions, reactions, responses, experiences and happenings. Thoughts are simply descriptions of perceptions and things. Ideas about what something is, or is perceived to mean, is based on the mind's current limited understanding. Thought is neither constructive nor destructive. It is the rest of the perception and its deciphering processes, frameworks and conditioning that make it appear so. Thinking is neither right nor wrong, it is merely thought. However it can be constructive or destructive. When you can authentically observe this to be genuinely true for yourself, you will be able to become free. The duality of perception looks for opposites such as approval/disapproval, right/wrong, good/bad, adequate/inadequate, acceptable/unacceptable, validation/rejection and will always focus on the most negative perception, as that is what safety based perception does. If you can make *Consciously Intelligent* choices, let go of right, wrong, good or bad as a measurement system. If you can, simply choose to only indulge constructive, productive, supporting and uplifting thoughts, rather than destructive, unproductive, unsupportive and degrading thoughts, by using this type of measurement system instead, you will quickly raise in *Conscious Awareness* and *Conscious Intelligence*.

Right, wrong, good and bad are concepts created by the conceptual Thinking Mind. The outcome of all thinking logic, is based on the concepts you have created and the imagination you use to bring them to life, and the perceived 'memories' you use to justify and validate them. You will see how irrational these processes can be when you can step back and question them intelligently, from a higher perspective. Yet they can be completely believable to us most of the time, as the mind doesn't actually realise (at a Conscious level, although innately, sub-consciously it knows), that it has created a form of virtual reality for its thinking and perception, using concepts, memory and imagination. This is what I call the Psychological Reality. The Psychological Reality is therefore created by the concepts you, or the mind, holds and indulges in. In essence, the Psychological Mind of mankind has become a victim of its own complex evolution and 'understanding' based needs, urges and drives, yet very few people are Consciously Aware enough at this time to recognise it, and for this to

come to an end in all of mankind at this point. The freedom I speak about in this book is freedom from any and all personal, or disruptive, insecure, indifferent, hurt, blaming, resentful, pitying, revengeful, hateful, violent or negative thinking, either in relation to ones perception of self (core self-image), or in relation to the perceived 'external world'. 'Peace of mind', is essentially 'peace within the mind,' a mind free of un-required thinking, conflict, hurt and suffering. This freedom can be experienced no matter what your life circumstances are. For mankind and the rest of the world, so-called 'normal' thinking needs to fundamentally evolve so that we can evolve and move into true Conscious Awareness as a whole species.

Thoughts are *Concepts*. You can't actually get wet thinking about the concept of water, although you can *imagine* getting wet thinking about water and it can even *seem* real in many cases, but it is still not real in actuality. The Psychological Mind, also known as the Conceptual Thinking Mind, can only work in concepts. Concepts are the seedlings of the *Psychological Reality*, first brought to life by thinking, and then nurtured by imagination, and validated by memory. So what is a concept? It is basically a made-up description (assumption) or hypothesis (a psychologically, plausibly justifiable, presumption or theory) about something or any thing. Through the use of imagination as a reality simulator, concepts can become psychological and therefore emotional experiences. However, concepts can never be real experiences, only the assumed thinking version of an experience, which can never be or become the true experience of anything actual.

It is important to understand that all thinking is conceptual and so all psychology is conceptual, and therefore made-up. As a result, thinking can never be absolute truth, other than to the perceived psychological thinker thinking and indulging it as truth. All psychological perception is based on made-up concepts, assumptions and theories. No thinking is actually real. Psychology is just a complex web of made-up conceptual constructs that are given the illusion of being real through imagination and perceived memory. This also means that any and all attempts to define your *Self*, or to try and define others, are psychological concepts and therefore also made-up. Make sense? If not, keep reading and you will at some point get a feel for what I am saying here. This is the bit that people tend to freak out about the most, if they begin to realise that *everything* they believe to be true is actually made-up, and has no basis in actuality. Including all the reasons they 'feel' hurt, conflict and suffering that apparently seem real within their version of 'Personal Reality'.

If you can truly recognise for yourself that all thinking is conceptual, and all concepts are just made-up ideas, and that yours are only real to

you, and that includes ‘*who*’ and ‘*what*’ you ‘*think*’ ‘*you*’ are, then all the negative thoughts and dialogue you indulge in will lose their power over your experience of you and your reality. When you authentically know this to be true you will experience peace like never before. What thoughts do you focus on now, give continued attention to, and how? At present, do negative states indulge you, or do you indulge them?



The Inner and Outer World - It is very important for you to clearly recognise that the inner world and the outer world are different. Anything outside of your inner world, including your physical body, is not of you; it should therefore not be used to define your inner world or define how you should feel. The external world is just the playing field that generates learning opportunities and experiences, which help you, and all of us, to evolve. Your emotional experiences of that actuality are based solely on your created reality perceptions of it. What you perceive to be happening in any moment is based on the conceptual descriptions your perception gives to it and the meaning and internal explanation you are giving yourself (the story your mind is telling itself) about the event, situation or interaction. How you feel about it will be based on how you relate what you are experiencing to your psychological-self (core self-image), and what you perceive it to mean about your psychological-self.

What I can clearly see right now is a world at psychological war. A world filled with people at psychological war within themselves, some quite subtly, others very intensely, and many on the spectrum somewhere in-between. *Self-interest* and *Self-centeredness* are the basic pulse of life at this time, along with instant gratification, *Self-protection* and complexly constructed, perceptually validated, psychological hurt and suffering, all over something that is *made-up* in the first place! We live in a world that is more about psychological protection and presentation than about genuinely living and experiencing life as it is presented to us. *Self-dislike* often causes people to do some very strange things in the name of trying to feel better about themselves but that is the nature of what the fake *Psychological Reality* has created. Basically, life is now too easy for mankind.

For most, there is really only ourselves, or our immediate needed family to take care of, or really it appears we only need to take care of our *Self*, not others (unless we feel we need them) or the community as a whole as we used to. Many people perceive themselves to be fundamentally on their because of this. We also *appear* to be alone in most cases because others only appear to be concerned with themselves. This has led to the predominantly selfish culture we have nowadays, where people see themselves as a separate entity from their community, and often even

from their families. The ability for people to destroy their own community, their own neighbourhood and even their own homes shows this. And it is becoming all too common. I don't mean this is the case for everyone but look around you and see the evidence of what I am talking about here.



I have observed and questioned life, and my perceived experience of reality for many years now, which has enabled the level of perception I used to experience to evolve immeasurably. I have found many questions to be unanswerable at a thinking mind and *Psychological Reality* level of understanding. As an example, one of many experiences that caused me to question the validity of thinking happened one night when I was 15 or 16. I remember lying underneath the stars, looking up into the heavens at the universe. I suddenly had a thought and realised that the thinking mind does not and cannot hold the answers to some things. I remember the mind becoming very uncertain and therefore scared. Actually at the time I would say it freaked out.

It happened because one of the concepts that this mind held as part of its *Psychological Reality* was that beyond everything is something else. Look to your left — whatever you see there is something beyond it, right? Perhaps a wall and then a space and then another wall or a tree and so on. At that time my thinking concepts of reality said that there must always be something beyond everything. The physical world can't just stop and have nothing beyond it. But as I looked up in the sky that night, I wondered to myself, "If there is something beyond something all the time, then where does space stop? And if it does stop, how can that be? And if it doesn't stop, how can that be?" I remember the mind going into a kind of panic because it didn't have the answers to two completely opposing streams of thinking logic. A single amalgamated question that could not be understood with one answer, or any number it could come up with. Neither could my thinking mind logically dismiss what it could clearly perceive. Looking back, I cherish the experience because it caused me to question the validity of the mind, or more precisely, without realising it, it caused me to begin questioning 'my' Thinking Mind and its *Psychological Reality*.

Let's now go to where I believe the early event, and the true start of the journey of Conscious Growth and Awareness began with me, and where the basis of what I am sharing in this book, also began. I share it because this may help some of you. But please, please DO NOT try to replicate it!

MY ATTEMPTED SUICIDE - In 1988, at what I realise now was probably the lowest point in my life, my girlfriend at the time finished with me and I found out she had already 'replaced' me with another guy. The

pain I inflicted on myself over my perceived worthlessness (a process I had indulged in many times in my life up to that point), because of what I made this turn of events mean ‘about me’ in a negative way was so unbearable that I decided to end my suffering by killing myself. At the time, I logically thought it was the only way for the pain and sense of insanity I was experiencing to end. I locked myself away and sat down with a bottle of tablets, having ‘genuinely’ made the decision to end it all. It was not a threat or an attempt at getting attention or help. Nobody knew I was there and I would not have been found for perhaps a week or more. Just as I put a handful of pills in my mouth, an unbelievable sense of calm and peace emerged within me. It was an amazing feeling and something completely alien to me at the time. I felt nothing but peace; it was amazing. My conflicts and suffering was all gone!

After what might only been only a minute or two, though I have no idea how long it was, I had still not swallowed the tablets. I was so unbelievably peaceful. Then an image of my parents seemed to be placed into my mind. It was so vivid and intense that it could not have been just a thought (I know now that I was not meant to die at that point). In a split second the mind kicked in and began to think about what my suicide would do to them. I abruptly realised I couldn’t kill myself, because of what I believed it would do to them, and my suffering returned immediately. Actually, it initially felt much worse, because I now knew I no longer had the option of suicide, or setting up an accidental death as an escape from my suffering (or my *concept* of a broken ‘*Self*’). And initially that felt even worse. I had no escape anymore, I had to face life and my *Self-Image*, or at least how I *perceived* my *Psychological Self* to be.

Looking back, although I could not have known it at the time, I believe it was this moment that changed my life forever. A definite decision took place to end the suffering I was experiencing, and grow in true *Awareness* of what really ‘was’, ‘is’ and what could be. Fortunately, the doctor who gave me some of the tablets had given me the number of a councillor. I called it immediately and got an appointment an hour later. What I realised from the meeting was that there were people who could help and that there was some hope of growing out of and beyond my ‘insanity’ and *Self-loathing*, Something I hadn’t known was possible before (and I actually hadn’t even realised I was experiencing *Self-loathing* etc).

From this attempt at killing myself, I received two amazing gifts. The first gift I received almost immediately, and I mean seconds after, when something unlocked and I started to have some incredible insights. I realised that although I had been *sub-consciously* hoping someone would rescue me, no one had *ever* come done so. I suddenly knew, in those

moments that followed, that nobody else actually *'could'* rescue me. I realised I needed to improve the relationship with my *'Self'* and find a different way to be, because no-one else could do it *for* me. I went from being a constant victim, expecting to suffer until I ended it myself, to emerging with the realisation that I had to take responsibility for my own recovery and my own welfare, and find a way out of my hurt and suffering, one way or another (I also realised I hated the thought of even having to take any responsibility for myself). But I knew now, somehow, that it was solely up to me or it would never end. Even if others could help, I had to be the one that took the steps to recover. I also knew there had to be another way to be, because I had just experienced something very, very different to what I thought was *normal* life.

I know now that my feelings of despair were all based on my perceived lack of hope, really low *Self*-worth, *Self*-disappointment, *Self*-hatred and *Self*-loathing, as suicides almost always are. I had inflicted massive criticism, punishment and internal violence on my *Self*, for not being as I thought I *should* be, or for being how I thought I *shouldn't* be. My perceived experience of my *Psychological Reality* up until that point had led me to believe that I was of no value to myself or anyone else. I believed if I died I would not be missed, and that it would even make life easier for others if I were dead. This is something I now know to be a complete delusion created by the desperate and despairing mind, a mind relying on the dysfunctional *Psychological Reality* for its perception of itself and life. A mind holding the assumption of a *Psychological Self* it perceived as inadequate, damaged, broken and even completely unacceptable, and unlovable, as its basis of all personal perception. This created the illusion of being a completely unacceptable person; and worst of all, I was completely unacceptable to me.

Unfortunately it is an assumption and a set of beliefs that far too many people suffer from to one degree or another, even those who don't realise it or think they don't because it is not strong enough to cause them to contemplate fast suicide. People often just find a way to survive with it by managing their perception in the *safest* way, or by trying to convince themselves of different. Why would any person feel the need to 'change' or 'be different,' or accumulate things they think will cause them to be perceived as different or acceptable, or more acceptable, if this sense of inadequacy or unacceptability was not already going on in the background?



The second gift (which may have been the biggest) was that I had experienced something completely different; a sense of absolute peace in spite of the fact that *NOTHING* around me, nor in my perceived situation or circumstances had changed in those seconds or moments. Yet I had

still experienced true peace. At first I thought it was because I had made a decision to die. However, if all my suffering and reasons to suffer had been real, it should have taken my death for the pain to end. It didn't, I was still alive while I experienced that peace and it had happened without me having to die. What I realised was how could that be possible if all my problems and challenges were actually real? I had discovered in that or those moments, that it is how we 'perceive' and '*describe*' ourselves and life (the stories we tell ourselves, about ourselves and our perceived reality) that actually causes the psychological conflict, hurt and suffering - nothing else.

I instinctively knew that this experience of peace and balance must be available to me again, simply because I had genuinely experienced it once already, and I was still alive. I didn't need to die to be at peace. I had somehow experienced total peace, regardless of what I perceived had been going on in my life, and I knew I had experienced something profound. Without knowing it at the time, I had directly experienced 'Freedom from The Thinking Mind', or at least freedom from identification with thinking and a thinking *Self*, from a very real and experiential perspective. My journey to *Self*-acceptance and beyond truly began from this point on. I immersed myself in understanding how 'my own' mind functioned and as a by-product, how other people's functioned as well. I soon realised that essentially we all have the same basic mind and perceptual structures.



My strongest drive then became 'How do I experience that peace all the time?' and 'How is it possible to experience true peace, with nothing in my external world having to change?' I was still asking myself this up until the beginning of 2007, and I must admit, it took many years before I consistently experienced life from this place of peace and non-resistance, and before I could fully comprehend what I had truly experienced and discovered on that day back in 1988. It took many years for the mind to clear and heal itself, and re-structure in terms of the perception and the functional psychology required for interacting with, and in, the external world.

Having inherited, adopted, created and endured so much confused, conflicting and disempowering programming, I had a long way to go just to be ok, just to have as much balance as a so-called normal person (whatever that is) seems to have. But I'm here to tell you that it happened. So if it is possible for me, it is absolutely possible for anyone. I started out with zero belief. and I then had an experience that showed me something far more was possible from life. Now I am sharing this journey as a means to help enhance your opportunity to experience complete inner peace.. Internal peace and happiness is now the continuous experience all the

time. It is no longer determined by my perception of circumstance; I clearly see and live the truth I somehow glimpsed in that moment when I was right at the edge of perceptual life and so close to physical death. What I experience as life now could literally be described as a constant form of peaceful meditation. The fact that this journey can be used to help others makes it even more worthwhile. And no, for those wondering, you do not have to get so close to self-induced death for your perception to change. I did the journey the hard way, so your journey to functioning in a higher way and experiencing internal peace, does not have to take anywhere near as long as mine took. You have this book as a guide to help you. I did not.

Of course, if you're considering it, I ABSOLUTELY DO NOT suggest or imply that you should, or would want you to try committing suicide to experience this, actually, completely the opposite. Be aware that most suicides are caused by people attempting suicide but and not really meaning to kill themselves. Most are just trying to get attention or don't know what else to do, or may try to experience what I did. NEVER try that or play that game. It can go BADLY wrong. You do not need to, and it is unlikely to work for you anyway, other than to kill you. You may just die and create a whole load more challenges to go through, because of Karma, because physical death is most certainly not the end of your journey in Consciousness Evolution. Everything you need to know to evolve is within the pages of this book, so just openly absorb it and use it.



I recognise that most people aren't actively looking for joy and bliss. Talking about joy or bliss may cause some of you to disconnect and stop listening to me, perhaps because you think you have heard it all before, or it has something to do with religion. Or you may not believe that joy and bliss actually exist. Indeed, a lot of people think that even if it does exist, they don't deserve to experience it. I absolutely believe that every single one of us not only deserves to feel good, virtually all the time, but that we are actually designed to feel good. We are born able to experience bliss and are then conditioned out of it by the Conceptual Mind learning to think, and by the creation of the *Psychological Reality*. We are also conditioned out of happiness and bliss by the 'best intentions' of our families and relations, our schools, our religions and cultural beliefs, and by society and society's expectations, often in that order.

When we are born we are essentially blissful and unable to experience *Self*-dislike or psychological depression. When we get older we learn to experience less happiness and more potential for *Self*-disappointment and depression. Have you ever seen a psychologically depressed baby? You may have seen one in physical discomfort because it is hungry or tired,

but never one in psychological suffering. In my experience, most people are just *hoping* for some peace of mind, some satisfaction and maybe a little occasional happiness. Many people have empty lives that seem full because of all the distractions they create, indulge or surround themselves with. Most only ever experience what I call circumstantial happiness. This is when their external circumstances come into alignment in a way that allows them to experience what they consider to be happiness (which is usually just satisfaction). It can only last while the circumstances prevail which is rarely very long. Then they have to wait until circumstances again somehow align this way again to allow them to feel that way again.

If your internal peace is only based on quiet external circumstances (which are unlikely to bring internal peace) or internal deception, then you are not authentically able to experience genuine internal peace. True happiness and peace have nothing to do with circumstances. They are experienced because of an absence of inner turmoil and conflict, an absence of psychological injury based processes and personal measurement. Peace can be constantly present, regardless of what is going on externally. It is not your circumstances that cause psychological disturbance anyway. It is your perception of those circumstances, the stories you create about them and you, and what you make them mean about you.



Question: Do you honestly have any true reason to suffer right now, in this very moment? I am not talking about a perception or some perceived hurt in your past you may be holding onto, or the imagining of a bad outcome in the future, because of the uncomfortable *Reality* your mind has created for you over your *Self-Image* 'now'. I mean do you have any reason to *actually* suffer in this very moment? You may be in physical pain, but do you need to suffer (psychological description and story based turmoil)? And will suffering over anything actually help in any way? Any discomfort or suffering you are experiencing right now, believe it or not, is created by your *Psychological Reality* describing what it perceives and what it perceives that to mean to you or about you. Memory and imagination then combine with that description and run with it to give you the illusion of you having a real experience you can do nothing about. To be clear, if your life feels bad that is because of *how* you are describing life or you, to yourself, or others, in that moment and any further moments. This is based on what you are giving your attention to and what you make it mean about you, using your current perception, because you believe you have reasons to do so.

Yes, you may have some challenges in your life at the moment but if you were able to look at them differently, and *Consciously* and *Intelligently*

describe them, or you, to yourself, in a more uplifting and supportive way, and look for *Intelligent* solutions, do you think you could change how you view them, or yourself? Are the things you believe are responsible for your suffering actually physically present and available to your physical senses right now in this moment? Are they directly and actively affecting you right this second in your physical proximity? If not, then you are *psychologically* suffering over them through imagination. The mind is simply causing you to experience these challenges through the description and imagination created by the *Psychological Reality*, causing needless conflict, discomfort, fear and suffering. I know these might sound like bold statements and I do not wish to dismiss your suffering if you believe I am doing so, but by the end of the book, you should have some understanding about what I'm talking about. Then you can decide for yourself if you want to continue creating or indulging in this or any psychological discomfort, conflict, hurt or suffering at all.



If you feel alone you are currently trapped in the illusory experience of a solitary physical existence by your *Psychological Reality*. The real cause of all loneliness, aloneness, and separation, is the mind and the *Psychological Reality*, perceiving and experiencing itself as 'separate', because it has created a separate *Psychological Reality* which holds a *Psychological Concept of a solitary Self* at the centre of this perceived *Reality*, and which is the focal point of its perception. This creates our sense of separation from our true higher *Consciousness* and the true *Intelligence* (wisdom) that comes from the higher mind. As a result, it separates us from the true experience of life and gives us a made-up, psychological description, or perception of it and life. This creates mankind's inability to experience true Oneness. We are actually evolving points of the same *Consciousness* and Oneness is a natural state. The feeling of personal separation is an unnatural, constructed state. The *Real* or *Natural you*, or the experience of the true you, the 'I', has been over-cloaked and submerged by the *Psychological You*, so you can only see your perceived psychological potential and not your true potential. How you think about yourself and life within your perception is what creates what is possible or not possible for you, within your perception. People with less potential than you are doing more than you and people with more potential than you are doing less. This is to do with ones own personal perception of potential, not true potential. Your psychological character suppresses your true nature and the cost of this adds to the loss of your true potential.



Peace is an absence of internal conflict, not an absence of thought. Many people believe that freedom from the mind is about not thinking. This

is a conceptual new age spirituality trap that creates more thinking and internal conflict through striving to stop thinking. Thinking is inevitable and essential for cognition, but 'identification' with thinking and 'personal' thinking is not necessary. It is not freedom from thought that we need. It is simply freedom from the ramblings and the constant judgemental dialogue of the fearful psychological mind. The mind endeavours to keep it's perceptual *Self* safe by using the *Psychological Reality* to continually describe, judge and evaluate, labelling and judging everything because of a need for safety, and judges and labels anything and everything, including thoughts, as good or bad, right or wrong. To become truly free, it is required that you see that you are not your thinking or your *Self-Image*. It is required that you authentically see for yourself that you are functioning through *imagination* most of the time, and are able to accept that this is just a part of the psychological experience you are having in this body at this moment. It is required that you authentically and truly first see how your suffering is being created within you, and intelligently let go of indulgence in it. Then you can *Consciously* and *Intelligently* manage and influence the mind towards more *Intelligent* and supportive thinking and actions. Then it is required that you let go of psychological attachments and resistances that stop you feeling free. When you start to see the illusion of thinking, and that helps you see the conflict and suffering created by the mind itself, then you can progress to becoming free to simply observe the mind and the emotions it creates.

Your Thinking Mind is the servant that you have become slave to through indulgence of the *Psychological Reality*. I want you to know that no matter how badly you feel at any time, it is not because you are of low value or don't deserve better, or because you are damaged or broken in any way. If any of these perceptions are familiar, the reason is simply that your Thinking Mind (your Sub-conscious element of your internal physical super-computer), is using your concept of who it *thinks* you are (the *Psychological Self-Image*), along with memory and imagination, to create a *Psychological Reality* that seems completely real, because it will be plausible to you. This *Psychological Reality* perceives and then describes your *Self* to you in a way that causes you to suffer, ultimately over, or about, that version of the *Self*.

Your *Psychological Reality* holds your internal moment-by-moment perceptions, views and perceptually translated and filtered descriptions of everything, including the *Self* you think you are at the core of your perception. We have an underlying psychological calculation being made in every moment which dictates how our perception of life is experienced. You get the emotional cost of the thoughts you indulge, Non-consciously and Consciously, whether you want to or not. By *Consciously*, influencing

the mind to perceive and describe in a more uplifting direction this underlying calculation changes you can experience life in a higher, more fulfilling way, either a little or a lot. Trust this and you will be rewarded. If you read this book fully, you *will* experience a difference in your life! It will change your perception of life, forever! You don't always need to know why, although I will explain a lot of it as we go. I often ask clients; "How do you feel now, compared to before our session last time?". They usually say something like "I feel much better. But I don't know why, or what has happened. I just feel much better". Just reading the text will expose the mind to what it needs to become *Aware* of so it can begin to clean itself up, a bit at a time. Every time you read the text, it will lead to bigger and bigger shifts towards true balance, peace and true happiness. A peace, balance and happiness that no one and no thing can disrupt!



This book and anything else External to your perception that causes you to question and challenge your own thoughts and assumptions is a gift not to be missed. Your best thinking got you to where you are now. And it will continue to keep you experiencing things as you are now, until you are *Intelligently* directing your 'Conscious' thinking, through *Awareness*, towards higher quality, more genuinely, *Intelligent*, *Conscious* thoughts, on a regular basis. Eventually you will be able to just observe the mind and not identify with thoughts at all. But first it is important that you are exposed to a different level of *Conscious Awareness* to help create these shifts in perception. The level of perception creating the problem cannot solve it, nor can it usually even see another way to look at it. Why would it, as it is already looking for a solution based on what it already thinks is the answer? It can however work to convince you that how you are thinking now is the best and most intelligent way to think. So why would it be looking for other ways to think that are different?



Be aware that the mind simply cannot contemplate freedom from itself, therefore any thought or understanding about freedom from the mind can only be based on a conceptual understanding. The mind's attempt to comprehend and make sense of something, based on the very structures that imprison it, cannot in itself offer freedom from the mind or it's thinking. A famous teacher once said something like "If you stick with me I will help you get out of the room you are stuck in and help you discover the other 99 rooms in the house. And if you stick with me even longer, I will teach you how to get out of the house altogether!" All I can say to you, is that now being on the outside of the box (house), I can tell you that the directions for getting out of the box are clearly written on the *outside* of the box. So you need to learn from someone who 'Actually' lives

outside the box and who clearly and ‘authentically’ sees and can describe these instructions. Only they can help you truly understand the ‘true’ instructions that will enable you to escape the box (level or perception) you are currently stuck in. Otherwise you are listening to someone who still lives in the box and conceptually ‘thinks’ they have found the directions for getting out. Very few have escaped even the basic level perceptual boxes at this time in our evolution as a species. There are also many boxes within boxes. So even if they have escaped one level of box, this does not mean they have escaped the rooms that contain the boxes or the house the rooms are within.

A famous teacher once said something like “If you stick with me, I will help you get out of the room you are stuck in, and help you to discover the other 99 rooms in the house. And if you continue to learn from me, I will teach you how to get out of the house altogether!” All higher teachings (at least from *truly Consciously Aware* teachers), no matter how different they may be, or how different their approaches may be, are always centred around helping and encouraging people to evolve into being more curiously open, *Consciously Aware*, Honest, truthful and *Intelligent*, with and over ones *Self*, and what is going on within ‘your own perception’. All of which is what I am teaching in this book. And it can only happen through *Deliberate Conscious Awareness*, of what the mind is ‘actually’ up to and indulging in, in *every moment*.



First it is required you learn a way of perceiving that which will enable you to consistently feel good, and end the cycle of creating and indulging psychological conflict, turmoil and suffering. This is the art of *Deliberate* and *Intelligent Conscious Awareness*. For true peace and freedom to be experienced, it is firstly required that there be a raising of how the *Self-Image* is perceived. And when this is high enough, turmoil within the mind will decrease. Then the mind will be able to see that it is the very *Psychological Reality* it is indulging in that is actually causing the suffering it is experiencing and trying to avoid or escape in the first place. At this point the mind will see the illusion of the *Psychological Concept of Self* and will therefore let go of this as its basis of perception, and the dissolving of the *Psychological Reality*, and the move into experiencing *Actuality*, can begin. This whole process begins with the deliberate raising of *Conscious Awareness*; without this it is almost impossible to evolve to higher Consciousness.

Before you can truly start to experience the present moment fully, you must first learn to think ‘*Consciously*’ and ‘*Intelligently*’ in a way that allows you to feel good most of the time. If you have not mastered your own ‘*Conscious*’ thinking process before trying to live in the moment, the

Psychological Reality will simply use active story-telling, memory and imagination to distract and fool you. This will mean the *Psychological Reality* continues to control your perceived experiences, and keep you functioning from a basis of self-created perception, and psychological conflict hurt and injury. Wherever possible, it is required that you discover the underpinning perception, assumptions, memory, judgement, decision or decisions that created the injury based belief system in the first place. Then, instead of indulging in the psychology that attracts and focuses on that which you don't have, didn't get, didn't or no longer want, it is required that you indulge only the psychological thought processes that will create the perceptual states (moods), and attract circumstances, you do want or want to experience. If these don't evolve, you will always be a victim of your own self-created psychological experiences and environment anyway. Throughout this book I will share with you both the Conscious and Sub-conscious processes we use to invite and attract experiences and 'things' into our life. You already indulge these processes without realising it, but most of the time you're not getting the kind of outcomes you believe you really want. Nonetheless, without a doubt, you are partially attracting or helping to create the outcomes you already get.



This Code, information or technology I am teaching could be perceived as personal development in the traditional form. However, there is a significant difference. Many of the popular approaches to personal development focus on the deliberate and intentional construction and rehearsal of the beliefs, physiology, language and actions, that you will need to indulge in and create as believable in order to have what you want, now, or for your future, and to experience satisfaction. This is essentially a process of forced psychology in most cases and feeds the perceived and assumed '*Ideal Self Image*' (who you think you should be, want to be, or need to be, or be perceived as, in order to feel adequate). Whilst it is important you can 'manage' your perception, this book is only partly about that. The process's I'm really trying to teach are about becoming *Deliberately Consciously Aware* of the things that *stop* you having, getting or experiencing what you want, or want to feel, in the first place, and that create the negativity about 'you' already. It's about using kind curiosity and caring *Conscious* observation, to allow the mind to 'see' and therefore as a pain avoidance mechanism, actively adjust its basis of perception, through Awareness driven Observation, with no force at all.

Personal development is often an external striving process. It usually involves striving for internal gratification and striving to achieve external world 'things' in order to achieve the perception of *Self-validation* and *Self-importance*. But every striver will eventually hit a brick wall if they

go far enough, where they realise (perhaps only non-consciously) that no matter what they do, they will always experience this underlying feeling of inadequacy. If they have sufficient awareness, this may prompt them to explore what is actually holding them back. If not, no *true* progress will be possible for them at this time. Mankind as a whole is very much stuck in pretend and presentation mode, where people try to act according to their '*Ideal Image*'. Many personal development theories support and encourage this approach (which can never be the solution for experiencing genuine peace). Yet still, deep down, even though they achieve some levels of success (some achieve very high levels), people do innately know they are suffering over themselves, one way or another. They are perhaps *Conscious* of it, but likely not *Consciously Aware* of it, or its true reasons.

Some have achieved a certain level of satisfaction with their public image, perhaps through fame or a polished personal or spiritual identity, which allows them to feel reasonably good about their *Self*. So the mind enjoys this sense of *Self-validation* and *Self-importance*, and is able to hide the underlying sense of inadequacy in the *Core self-Image*, perpetually pretending that it's not there, and that they are adequate or more than adequate, at least in comparison to some. This is not happiness. This is the creation of more psychological layers to try to experience base level psychological satisfaction. It is possible to feel briefly adequate in comparison to someone else, but it is the crumbs of satisfaction based on a false perception and story telling, and it has no resemblance to true happiness or genuine *Self-acceptance*, nor *Self-love*.



To genuinely grow beyond suffering, firstly you need freedom within the mind. This is not about striving for more or trying to be different. My teachings are all about recognising what is holding you back (and down), as it will have done for almost all of your life. Without discovering what is actually holding you back on a perceptual level, life is like a carrousel. You go round and round and up and down (perceptually and emotionally) and end up back in the same place you started at. You need to face and see the *Psychological Reality* and your deeply held *Core Self-Image* in order for the mind itself to see the dysfunction of its indulgence in them. Otherwise it's like trying to drive your car with your hand brake on, or with your car attached to a bungee cord. You wonder why you don't get far before you are dragged back or sink down to the same place you have been many times before. I often hear people teaching others how they should strive to become happy. Happiness is our natural state, however something stops us being naturally happy. You cannot force yourself to be happy, nor strive for it. Becoming truly *Consciously Aware* of that which stops you being truly happy, in any moment, so it can be resolved, is the true

solution. Fully accepting anything (having no resistance to it) dissolves attachment or resistance to it internally. Seeing that you have discomfort or conflict over something, or someone, and doing whatever is required to either have peace with it, or doing whatever is required to resolve it, is known as **Resolution** or **Dissolution**. These two choices are based on peace and peaceful outcomes, and true *Intelligence*.

Psychological suffering is synthetic suffering. We are naturally happy beings but the confused and perceptually injured conceptual mind and the *Psychological Reality* create synthetic unhappiness. We then try, and are often taught or encouraged, to create synthetic happiness to cover up the self-created synthetic unhappiness. Synthetic means constructed, man-made and therefore fake. We create Synthetic (psychological) Worthiness to cover up Synthetic Un-worthiness, and Synthetic Adequacy to cover up Synthetic Inadequacy. What we actually need to do is expose and face the unintelligent cause of creating and/or indulging the synthetic unhappiness, perceived unworthiness and perceived inadequacy, so the illusion of these can be directly seen by the mind. Then it stops fighting, creating and indulging the ill-conceived processes (the *Ego* being one of them) it is using to try and fix itself.

Ignoring your conflict, suffering and perceptions of underlying inadequacy, or trying to get away from them or beat them out of yourself, simply doesn't work. They keep coming back to perceptually effect you. It's like trying to run somewhere with one foot nailed to the floor. Until you stop, look and '*actually see*' what is causing you to go in these circles, you will keep ending up perceptually back where you started, still experiencing perceptual discomfort, conflict, turmoil hurt and injury. Many personal development teachers teach how to work to achieve and to build a better quality of external life, and hopefully change internal perception, in the hope that through this achievement happiness is experienced. Achievement is definitely a good vehicle for feeling good through experiencing satisfaction, and getting a sense of external fulfilment. But achievement does not bring happiness, as that is something experienced internally, and over internal processes only (everything else is a level of psychological satisfaction). Satisfaction is at best superficial psychological happiness. If there are internal processes blocking the ability to experience true happiness, it doesn't matter how much you achieve externally, happiness will not be your true experience. Although brief satisfaction may be experienced; stress, concern, nervousness, worry and forced striving will be your real consistent experience.

I believe something different is required, so I don't teach people to 'try' and be happy. I guide, coach and show people on how to identify

what is stopping their natural happiness from shining through, and what is disrupting natural peace. Happiness is a natural state and it is the mind and its conflict over its own created *Reality* and its closely held *Core Self-Image* which causes suffering. I do not even teach how to have peace directly. Peace is something you experience, not something you achieve. Happiness and peace are what is left when your mind is no longer creating or indulging in unhappiness, conflict, turmoil, hurt and suffering, because it truly sees the Unintelligence of these indulgences. When you authentically see how your conflict and suffering is created, and no longer actively indulge those processes, and when you *Consciously, Intelligently* and *Deliberately* indulge other more supporting and inspiring processes instead, or when you can simply observe any of these processes going on in you, and fully experience them, then the mind can let go of nervousness, insecurity and fear, and it relaxes.

Any thinking needs to be questioned before it can be truly updated in the mind. Observing and listening to thinking, without judgement or criticism, eventually enables the thinking, and perception, to be cleaned up by the mind itself. Once the mind cleans itself up and relaxes fully, true *natural* peace and happiness can shine through. Then no 'effort', or any particular set of circumstances, is required to experience true peace or happiness, and nothing and no-one can disturb it. Nothing can genuinely change for you unless you and the mind itself can see the truth in this. Until then, nothing will truly change. I am not saying you should ever blame yourself or the mind, if you think that is what I mean. I do not. Remember that the Sub-conscious mind is doing these things automatically and 'it' is not the true 'you'. Remember, your mind is trying hard not to suffer and hurt, without realising it is creating these very outcomes for itself.

Until you develop enough *Conscious Awareness* that exposes the mind to itself, and dissolves the *Psychological Reality* and *Core Self-Image*, no matter what you achieve in life, you will still experience a nagging discomfort (or worse) over yourself. Even the mega achievers have low times when this surfaces, no matter how good they are at hiding it or from it, or striving to be the 'best' they think they can be, with 'image' supporting or improving distractions that enable them to acquire enough money or fame to support the illusion they are 'adequate' or acceptable. You can strive all you want to become the 'best' you can be, but this underlying anchor or weight, this innate discomfort over your perceived *Self*, will still be there, holding you back and weighing you down. It cannot be escaped or denied, it can only be dissolved through *Deliberate, Conscious Awareness* of what is actually creating and supporting it. Making what you do or think, *wrong*, and trying to fix it with psychological force, will not work either. Internal force and pressure is psychological bullying.

Growth and peace come naturally through honesty and non-resistance to or acceptance of what 'is', not by changing what 'is' into something else more acceptable to the Image you hold. Acceptance, like acceptance of another, is conditional, and is therefore based on rules, as is your own psychological 'Self-Image'. If you don't see the illusion of your 'core self-image', no matter how good or bad you think it is, then you won't truly see the illusion of your thinking and your psychological-reality, and your core self-image, and the miss-assumption of its damagedness. Triggering uncertainty within the mind, over its current processes and strategies, through Conscious Observation, is the only internal force that can be used to trigger, stimulate and enhance Conscious Awareness, and the growth of true Intelligence. If you think happiness and freedom come through, or with, personal change, you will continue to suffer and hurt in your pursuit of change, and your need for you, others, or other things, to be different.



I believe that every living creature is driven to move towards, at the very least, comfort and safety. No matter what creature it is, put it in a situation that will cause it discomfort, and it will do what it can to return to a place of comfort, or safety. Look at every single person (without judging them) around you and see what each of them is trying to do (or avoid doing) to feel safe, not just physically but *psychologically*. Regardless of what vehicle they use to meet their needs or urges or how badly they seem to be doing it, everybody is trying to feel the best or safest they can, even if feeling bad is the best way for them to feel *psychologically* safe. For some, feeling bad brings with it a level of psychological comfort or safety, or allows them to avoid feeling 'better' than they are used to feeling, as this can be scary for them. It can thereby help them avoid feeling in ways that cause them to feel unsafe. If you *indulge* suffering enough, it can actually give the illusion of comfort or safety. Whatever their sub-conscious motives, they are trying to feel the best way they know how to, or believe they deserve to feel.

Start honestly, *Consciously* and kindly observing what 'you' are drawn to do in order to feel psychologically safe. Actually, no therapy would work without an underlying drive or desire to feel good. There are so many reasons to feel bad in this world, and still most generally want to feel good. Even if they don't really know what feeling genuinely good is like, or don't think they deserve to. If we were truly programmed to feel bad it would be easy to feel bad all of the time and this would not cause us any torment or disturbance, yet that is not the case. Even people who seem happy to be unhappy are tormented by it because they somehow know this is not right. It takes a lot of effort to feel bad consistently. We are designed to feel good, and it actually takes very little effort to feel truly good. Most

people (meaning more than half) think that forcing themselves to do or stop doing things will allow them to feel good, yet the effort it takes to do this removes the good feeling. Unfortunately, feeling good is so difficult for some people that it may seem the other way around, and some also believe we are meant to feel bad and just 'want' to feel good. This of course is not true. The ability to feel good all the time is right in front of us, but we have been conditioned or taught to see it.

When you are truly *Consciously Aware* enough to let go of indulgence in the perceptions or descriptions that cause you to feel discomfort, you will realise that it actually takes no effort to experience peace and happiness, and effort can actually remove or block these good feelings. All the same, we are driven to search for happiness. It's like putting a dab of your favourite fragrance on the tip of your nose and then trying to find its source by following its scent. You keep getting a whiff of it and keep assuming it is attached to someone or something else, which you need to get or find. You find yourself continually searching for its source and never actually finding it because you're looking everywhere other than where it actually is. The ability to feel good, and to experience true happiness and peace, is right in front of you, and has been all the time (as is the cause of all your conflict, turmoil and suffering). But instead the mind does what it can to simulate these good feelings, using concepts, stories and imagination and comes up with satisfaction at best, and still strives for certainty, adequacy and superiority and to keep you caught up in its perception processes.



To genuinely evolve as a species, we need to go through three stages of evolution. The first stage is the *Physical Evolution*, which we have mostly mastered. This is when we became sentient as physical beings with primal awareness and rudimentary primal intelligence, which enabled us to comfortably survive. The next evolution is the *Psychological Evolution*, which we are in now. This is where we are evolving psychologically to become intellectually intelligent (smart) and to eventually becoming *Consciously Aware*. This will allow us to make much higher-level choices than the base Primal level intelligence the physical evolution gave us. The final evolution in the physical form will be the *Experiential Evolution*, where we are able to fully experience the present moment through our bodies, without indulging in a constant thinking commentary and perceptual adjustment of this commentary, and without conflict and turmoil over it. This is the *Experiential Evolution* and this is where we are heading as a species, slowly but surely. Mankind as a whole is still deeply embedded in the *Psychological Evolution*. We have reached a point where we have created a lot of physical comfort and safety, although

not for everyone. We are almost all basically *Conscious* to some degree, and many are *Conscious* enough to have some awareness that their psychological processes cause them suffering. However, as a species we have not yet seen and moved beyond this psychological suffering, created by the psychological mind and the *Psychological Reality*. Our species desperately needs to evolve into *Conscious Awareness* before mankind 'accidentally' destroys itself and this planet. This is, in part, what this book has been written to help with.



Although I am not religious in the traditional sense, I believe that historical figures like Jesus were trying to teach us how to feel good and experience internal peace, through non-resistance and non-attachment, and that we don't need anything or anyone external to make us, or cause us to, feel good. Not the multitude of ways to feel inadequate, bad, angry or hurt society, schools, religions and governments have been feeding us for generations. . Do you read a daily newspaper or watch the news? Society makes it easy to suffer and actually encourages it. Why do you think people love, and want to indulge, children so much? Because they are so un-jaded, and they have no resistance to being happy, or to experiencing feelings, and as they grow, emotions, spontaneously and fully. They simply do not (at that stage in their psychological evolution) indulge in the disempowering thinking that adult minds indulge in. Even if they learn to feel bad about themselves when they are very young, they are generally still drawn to enjoy every moment spontaneously. They are also extremely honest and direct.

If you ask a young child if they love you, they may say something like; "I do when you give me this or that, or don't tell me off". A lot of adults would create hurt within themselves over something like this, but the child is in their truth in that moment, and is able to be totally honest, with no thought as to whether this is right or wrong, or how they will be perceived. They learn disempowering behaviours as they grow and become conditioned to suffer more as they get older, partly because as they grow, they realise (sadly) being honest in this way is no longer acceptable, and there are usually negative consequences. So they suppress honesty and try to replace it with what appears to be a more acceptable way of being, both externally and internally. The thinking mind basically operates as a pain avoidance mechanism, so because this honesty can cause them new pain as young people, as they grow they stop relating to others and themselves honestly. They stop relating to, and try to ignore, anything that could trigger them to experience often even the smallest amount of internal turmoil or discomfort. Eventually this causes them to be unable to relate to anything properly, including themselves and the

experience of life. Life is relationships. Life is your relationship to anything and everything in your life, not just people, but situations, thoughts, descriptions, stories, emotions, beliefs, behaviours, perceived memories, places, events, things and experiences. No human acts in isolation in *any* moment. You experience that you exist experientially because of everyone and everything else. You are a dependent, inter-relating, inter-dependant being, whether you like it or not. If you took away everyone and everything else, what would you be? What would there be to experience?



Knowledge comes from information, and knowing comes from experience, and doing. Experience brings understanding, but understanding does not bring experience. Information and education bring knowledge, and therefore conceptual understanding, but it cannot give the true *experience* of that which you study, only the conceptual imaginary version. Knowledge can only be conceptual until it becomes experiential, then it becomes knowing. Information can bring cleverness and intellectual intelligence, but it is not the same as Higher Intelligence, knowing or wisdom. Cleverness, smartness and intellectual intelligence cannot bring experience. It is experience that changes perception, not information or knowledge. Information must be applied during an experience for it to become experiential and useable and therefore a knowing, which can lead you to wisdom in that area. Information is like imagination, it can give the illusion of the experience but it cannot give the true experience (knowing) of it. All thinking is conceptual. You can create a concept from an experience but you cannot create a true experience from a concept. You can only create an imaginary experience or conceptual through or with a concept. Sometimes imagining supportive experiences can help you feel better in your endeavours, but this is still not the same as the actual experience of it (although, you can perceptually practice some experience, using imagination, to help you in your endeavour. But this is still not the same as the real experience of it).

The need to ‘understand’ is psychological. ‘Understanding’ appears to offer us *psychological* safety and certainty. The mind needs a ‘concept’ about something in order to measure, judge and evaluate it, and help it to allay any fear of uncertainty or perception of inadequacy over it. Smart logical thinking just creates the need for more smart logical thinking to get or keep certainty, just as imagined experiences create the need for more imagined experiences for the same reasons. The mind’s need to understand everything in order to protect itself means that your innocence and sense of mystery have been lost since an early age. Give away your ‘smartness’ and go back to knowing nothing, and be happy with that. Then true, experiential intelligence can evolve and guide you. There will

always be mystery, so the minds need for certainty can never be satiated anyway, so *Consciously* free yourself of the obsessive *need to know*. It just engenders more anxiety and fear. Because of Certainty, we also become obsessed with trying to make things permanent, and even sometimes, this includes our perceived reasons for suffering.

Having knowledge is a great tool, but trying to create true experience from knowledge is futile. It is just an illusion created by using memory and imagination, which are the very things that stop people from experiencing life fully in every moment. There is so much knowledge in the world but so little wisdom. There are so many 'spiritual people' out there, but so little genuine spirituality. Most popular 'spirituality' is based on how you present yourself externally as a spiritual, person yet this presentation of peace, balance and 'higher awareness' is often not a true reflection of what is going on internally. So how can it be truly spiritual? Much of 'spirituality' has become yet another psychological trap causing more internal turmoil, conflict and suffering. Authentic spirituality is about **internal** honesty, truth, authenticity, *Self*-kindness, caring and compassion.



There are much higher levels of knowing than conceptual thinking can stimulate. *Conscious Intelligence* can be basic wisdom, which follows *Conscious Awareness*, and can lead to true *Wisdom*. *Conscious Awareness* and *Conscious Intelligence* is the true path to authentic peace. Imagine that the mind can change gears. Only instead of changing gears, you can change vibration. Changing vibration affects the quality of the conceptual thoughts you get, or indulge in, moment-by-moment, and your reasoning uses these thoughts to create conceptual meaning in any moment. Reasoning uses any perceived evidence available within perception. Reasoning involves either accessing or using old reasoning to create perception, or creating new reasoning to validate or give meaning to current perception. 'Reason-able' means there is a plausibly justifiable *reason* to support your case (what you are thinking about), Reasoning can look for new evidence, but predominantly your perceived 'hurts', or reasons to feel 'hurt', are old, yet keep being regurgitated and used as if they are new and still valid.

The Western Thinking Mind has a strong and complex *Psychological Reality*. The *Psychological Reality* requires comprehensive explanations, *in every moment*, to continually convince itself it 'understands', in order to have certainty, and to be able to evaluate any information for merits or threats. If it does not have these, it will reject the information altogether, or adjust it to give a different meaning, which fits with whatever concepts you already hold. Time after time, this causes the Thinking Mind to stop you questioning or looking beyond the *Psychological Reality* it offers

you. The mind has a very complex structure for creating meaning (as I will explain) and for deciphering stimuli into 'bias' meaning, because the mind always has an 'agenda', which it uses to manipulate perception with. You rarely see, hear or experience what is actually happening or being said. Most of the time I would suggest you only have access to the mind's 'bias' perception and description of it. This is why the simple explanations of the ancient teachers are mostly lost on the Westernised mind. Many people who read these simple explanations will find them interesting, and may desire to truly understand them. But the mind works hard to align these explanations with any 'assumptions' they already hold, and with what the mind 'needs' them to mean, in order to feel psychologically safe, and to protect the *Psychological Reality* by creating perceived certainty (this is especially strong in this area if they have a strong spiritual identity to promote or protect).

Now be very clear on this. The psychological mind does not want to suffer, but it is so busy, and almost all its resources are taken up dealing with its own internal conflict and noise, and trying to stay safe from the external world (and internal bully), that it cannot actually monitor itself beyond what it thinks it perceives. It can only indulge in the agenda it holds, and what attitudes, behaviours and actions seem logical and plausible, moment-by-moment, based on the knowledge, level of intelligence (or Unintelligence) and level of *Conscious Awareness* (or Unawareness) it is functioning at in almost every moment. When we are unaware in *any* moment, we automatically judge in a reactionary way and therefore create reactionary emotions, and then justify with plausible intellectual logic. Unawareness is basically a psychological handicap. Because it can't monitor itself, the mind is *Unaware* it is creating its own suffering through the *Psychological Reality* it is believing and indulging in to give it its experience of *Reality*. Most of what we do we actually do automatically. No conscious thought takes part at all. It is all automatically reactive, brought about through non-conscious conditioning, and accepted as required and adequate because of the condition the mind is in at present. By showing the mind how it creates the suffering itself, by giving *Deliberate Conscious Awareness* and attention to these processes, The Conscious Mind becomes a mirror (or *video camera*). This allows (and even forces) the Psychological Mind to see what it is actually doing and indulging in, whether it wants to or not. And at the core of its programming the Conceptual mind is a pain avoidance mechanism.

All you can 'Actually' do anyway is *Pay Attention* to your own thinking and perception, which forces the mind to see what it is up to and indulging, and once the mind sees for itself that the very processes it indulges in are

the processes that are causing it suffering, it **must** let go of, or adjust, those processes and or what it currently holds as true. This in itself causes perception to evolve. Any new belief, process or strategy it then adopts, will be based on current perception rather than old conditioning, and this opens the door for Higher Awareness (Conscious Intelligence - Wisdom) to intervene and help with the process, improving perception even more. In my humble opinion, there is really no other way to clean up perception and thinking, and to become free from identification with the mind and personal conflict, hurt, injury and suffering. This is not about unlearning, which I don't believe we can do. This is about evolving through generating a level of *Awareness* that is constantly exposing the mind to itself, which eventually causes and allows it to function in a different way. One that *supersedes* the Unawareness, and the defensiveness and reactiveness built up over many years. I often hear people saying that we need to 'go back' to being a certain way, or remember who we are, implying that we have already been what we need to become. Any concept that we need to psychologically go back anywhere, is not serving people's growth and evolution. On the contrary, the perceived past is **not** the place to be looking for future evolution (only our past *Unintelligence*), and we have not yet evolved into what we need to become.



What I say next may be challenging for you, and you may find some of the concepts I present here complex to understand at first. Please bear with me and choose to continue reading. I will explain everything in more understandable detail as we progress through the book. *Psychological perception is not real!* Psychological perception is made-up and brought to life with conceptually driven *imagination* and validated by perceived conceptual memory. You are far more than just your Thinking Mind and your *Psychological Reality* convinces you of. All of your attempts to define your *Self* as good or bad, adequate or inadequate etc. or anything else, are psychological, and therefore simply conceptually made-up. You are only fooled through your conceptual perception, thinking logic, imagination and believable conditioning, into believing that the psychological 'you' is real.

The psychological mind functions through logic. When logic is used by a mind full of errors and desperate for certainty, the ensuing logic of errors becomes logically believable. Our perceptions create emotions and our emotions drive perception. When we make choices through perceptual and emotional damage or injury, we unwittingly create more psychological and emotional injury along with more hurt and suffering (mental toxins). Perceptual errors become the drivers for assumption, which can then become beliefs (or mis-beliefs). These beliefs are often

the errors that lead to more, or the creation of, our emotional and psychological injuries. These are perceptual injuries, and we live, both individually and as a species, in a state of almost perpetual, psychological mis-assumption, injury and error, which manifest as emotional injuries, and injury based behaviour. When the perceptual errors are rectified through the true *Conscious Awareness* of them, these perceptual injuries stop creating emotional symptoms, and both the perceptual errors and the unsupportive emotions, start to clear up.



Actuality is the pure experience of living as and when it actually happens in the physical world. The *Psychological Reality* is the internal, conceptually made-up ‘*perception*’ (description or story) of what is considered reality. *Actuality* and *Reality* are very different; it takes time for the *Psychological Reality* to evaluate what it perceives before you experience it psychologically and perceptually, which is then of course the version that conceptual thinking and imagination has given you, your *Psychological Reality*. What you get to experience is delayed by *at least* half a second so the *Psychological Reality* is essentially another dimension of time, and you cannot therefore experience actuality whilst the *Psychological Reality* is in place within your perception. It is a dream world which is at least half a second behind actuality and based on the perceived past. When the mind has genuinely seen the *Psychological Reality*, the *Core Self-Image*, and truly sees them for what they are, and truly sees the dysfunction and destructiveness of continuing to use the them as its basis for perception, *perception* is set free and comes into the experience of the true moment (out of the psychologically **created** ‘past time and moment’ into the **present** experience of actuality). Actuality can then be the true experience of life. When there is only the experiencing, and there is no experiencer causing the mind to constantly evaluate, adjust and filter the experiences (so you get to experience the version your mind wants you to get, with evaluation slowing down perception), there is no delay in the perception of the experience. Then you become the experience of whatever has your full attention. Your experience is pure because there is no ‘psychological person’ to be evaluated, nothing and ‘no-one’ (no *Self-Image*) to be evaluated against internally. Perception is essentially a constantly evaluated measurement process based on perceptual context, and at present, that context almost always has the safety and protection of that perceived *Self* as the central focus.

The underlying *Self-Concept* (who you think you are at your core), and the *Core Self-Image* (How you think you are at your core) are what the mind, using the *Psychological Reality*, evaluates everything against. The Mind indulges in an illusionary world created by and for

its own perceived psychological safety, and for its own validation and fulfilment. This *Created Reality* has actually become very contradictory, conflicted, complex, hurt and unsafe. The mind is desperately trying to justify and prove the existence of the *Self-Concept*, the *Core Self-Image*, the *Psychological Reality* and the *Adopted Self-Image* (which will be described shortly), all of which are illusions in the first place, and which I trust you will be able to see 'in you' (kindly and compassionately) by the end of this book.

Essentially, mankind as a whole is psychologically insane at this time, although in most cases, it could be described as fairly functionally insane. But psychologically injured, damaged and essentially insane, in an injured, hurt and perceived inadequacy based way, nonetheless. Or if that statement triggers you too much, I can describe it as often almost completely confused and psychologically and perceptually lost, and although we are taught many ways to try to manage that insanity, or deep confusion, is still remains and grows in complexity and symptoms until we address it. I am showing in this book, for what I believe may be the first time, what to observe, and how to observe, the structures, patterns and processes I will show you, so that the mind itself can see the confusion and insanity it is currently in too much reaction to see it is holding onto, creating, and indulging in, so it can resolve or step away from the processes involved. The mind can then be free of this confusion and functional insanity, and it can then be transcended, and peace can replace drama, discomfort and psychological hurt and suffering, in mankind as a whole.

Many so-called mentally handicapped people are able to experience far more happiness and joy than most so-called normal people. Partly because they have less psychological ability to create and indulge psychological hurt or suffering, or at least less ability to hold onto it. And in many cases, because they have no *Psychological Self-Concept* or Complexly dysfunctional *core self-image* to suffer over. I would go as far as saying that anyone with a *Psychological Self-Image* (which, at this time, is 99.9% of the worlds population), are the ones that are psychologically handicapped. Again, if what I say triggers discomfort in you, look inside to find out why. Take conscious, intelligent and kind *Responsibility* (not blame) for your own perceptions, and don't allow the mind to use blame or anger, internally or externally, to stop you learning and disrupting the minds tightly held status-quo. Let me show you the illusion of the perceptions your *Psychological Reality* and *Self-Image* are creating for you, so true peace, balance and happiness, can shine through.

THE CATALYST - A DRAMATIC SHIFT IN PERCEPTION

I have already partly described the first big shift in perception I experienced when I attempted suicide (and there is a second about 15 years ago, which I will describe later). Then at the beginning of 2007, I had the biggest shift yet. Early in 2004 I got involved with Tony Robbins and his personal development environment. Probably the best known and, without a doubt, the best personal development Coach in the world, (see Recommended Resources for details of books etc) I began attending his life-changing seminars and was then invited and became part of his seminar participant mentoring and support team. Through my involvement with Tony, I found out about a process, that had started coming out of India called “Deeksha”, also known at the time as ‘The Oneness Experience’. I did something for Tony and his organisation that allowed several influential young people from Israel and Palestine interested in and working for peace in the region, to attend an event in Fiji held at Tony’s resort. In return for doing this and for escorting them back to their countries after the event, Tony unexpectedly invited me to Fiji to attend the first ever Oneness event held there. It was attended by an Indian Avatar called Bhagavan and his wife Amma, their son Krishna and several of their top guides, along with their very high level Oneness Mediator’s known as Oneness Beings or Divine Beings.

Whilst I was there going through the course and the processes they presented, a statement was made to me by Ananda Giri Ji (a senior guide who has been Awakened since a very young age), that started me on my own quest: “To be truly happy and at peace, you need ‘freedom from the mind’.” Now at the time, the mind’s reaction was to get very upset about this statement and come out with some very colourful Australian language (internally) to voice its disapproval (which I won’t share here), because what I soon realised it heard was that I needed freedom from my smartness (intellectual intelligence), which I had spent many years cultivating and which I basically believed made me somewhat acceptable. However, I knew instinctively I needed to listen to this man, because I knew he was wise and knowledgeable. At the same time, the *Thinking Mind* could not grasp what he was talking about so it became confused and then somewhat angry. I could not *truly* understand Ananda Giri Ji’s statement from where I was perceptually at the time, but it felt somehow profound and I knew it would be very important to me. Sure enough, it would soon prove to be the catalyst that would lead me to a completely new level of perception and *Conscious Awareness* of this psychological and physical experience called life and what ‘me, myself and I’ really means. In short, it would change the experience of reality for me forever. It also started a new journey of questioning that allowed me to arrive at a

level of understanding, in Western terms, that enables me to guide, coach and teach in the same way as I was taught, through Awareness.

I transpired that I was immersed in this environment and teachings for over 40+ days. After Fiji I went straight to the campus in India and immersed myself in this environment. In trying to cognitively or conceptually 'understand' his statement about the mind, the questioning had started in earnest even before I left Fiji, and continued on to India. With constant questions such as "How can I have freedom from the mind? Do I even want freedom from the mind? 'My' mind and intelligence is so valuable to me I have worked hard all my life to be intelligent and have a good mind, a strong mind. Why would I want to lose that?" Little did I know how incorrect I could be, and how confused and tricked I was by the mind at the time. After a week or so, I had not discovered the answer and spent these days coming up with ever more complex and *intellectually intelligent* (smart) 'thinking' concepts and solutions, based on what I believed I knew, without success. I now know you cannot use this intellectual intelligence, and even that mind, to try to understand how to become free of association to that mind, or that smartness. You cannot think your way 'out' of identification with thinking, or become free of thinking by thinking about it. Only through the mind itself discovering insights that set it free of the indulgence in its own *Psychological Reality* can this happen.

I finally reached a point where I was getting frustrated and upset. It became so intense that I finally said, "Ok, I give up. I have done my best and have no answer, so I surrender." Without realising it, I had *intelligently* accepted I was helpless to find the answer with my smartness. It was not from a 'poor me' victim perspective either, I truly meant it. The combination of the inner work I had indulged in over the previous weeks, months and years, meant that I had reached a level of *Conscious Awareness* where this degree of non-resistance was now genuinely possible. I felt relaxed because what felt like the long struggle over this had finally subsided and I went for a walk. About two hours after letting go, I experienced a dramatic shift in perception that changed the very experience of life forever. I now know that because I had let go of the 'thinking' quest I had been on and genuinely surrendered attachment to it, by acknowledging internally I was genuinely helpless to 'understand' it, and without *Self*-recrimination over this, I was now open to receive insight about it from the Higher part of the mind.

I then experienced something very difficult to 'conceptually' explain which I can only describe as an 'out-of-head' experience. I saw a holographic image of the brain come out of the head and showing itself to me like a

jigsaw. The mind splitting up in front of me like and the distinct parts of perception, the brain, mind or minds, and the *Psychological Reality* showing themselves to me, or being shown to me, or itself, and 'I' was Consciously truly watching it for the first time. It was as if the Conscious and Sub-conscious Minds were seeing the *Psychological Reality* for the first time from an external perspective; I could suddenly see there was more than one part to the mind. I was *gob-smacked*. As the mind separated in front of me, I could clearly see the '*thinking*' mind (and the *Psychological Reality*), which immediately afterwards, when it had sunk in, I called it the 'the functional mind'. Because I saw this conceptual thinking part as the part of the mind that this physical body needs to use to function in and interact with the physical world. The mind, or part of the mind, that *evaluates* and *translates* the information sent by our senses into meaning, for functional and protection purposes, in a way that allows us to survive and function adequately, both physically and psychologically. The part which also constantly evaluates and tries to keep us safe psychologically, based on its generated perceptions.

I believe this whole human brain (the hardware) and the mind (the software), to be the most ancient and complex computers in existence, at least on this planet. I could also see the rest of the underlying Primal mind, and left and right-brain structure, without knowing much at all at the time about what I was seeing, or being shown. In fact I knew little then about what I had seen or been shown, or the mind had seen, about the psychological thinking mind, and the *Psychological Reality*. I was just absolutely amazed to realise that we have more than one part to the mind, or *Psychological Reality*. In fact there are many parts. I knew in an instant that we don't need freedom from the whole mind, just freedom (dis-identification) from this Thinking Mind. And that itself is not even a true statement, as we only require the *Self-Concept* and the *Self-Image* to dissolve (or the mind to let them go as its basis for conceptual perception). So we no longer identify with any of the thinking, so none of it can be 'personal' and 'about us'.

I believe the human brain (the hardware) and the mind (the software) is the most ancient and complex computer in existence, at least on this planet. As this holographic image emerged I could clearly see the rest of the underlying Primal Mind, along with the left and right-brain structures. At that time I knew very little about what I had seen or been shown, as I knew very little about the psychological thinking mind and the *Psychological Reality* being entities within the mind, or parts of entities which essentially saw themselves as alive. I was just absolutely amazed to discover we have more than one part to the mind. In fact, there are many parts. I knew in an instant that we don't need freedom from the

whole mind, just freedom from (dis-identification with) this Thinking or Functional Mind. Even this is not wholly accurate; but I will endeavour to explain it in more detail as we go forward, so you can grasp what I am describing for yourself.

It turns out that my perception of my reality was just a dream, a very believable figment of my own imagination

I suddenly knew what Ananda Giri had been talking about in Fiji. It was as if something had unlocked in that moment, a separation within the mind had taken place and 'I' was now much more than just *Self*-aware and intellectually intelligent. It was as if 'I' *exploded* and was experiencing something I could only describe at the time as being much more than just a physical entity, 'I' am everything, something ancient, and yet *nothing*, non-existent at the same time. Perception and *Conscious Awareness* hit a completely new level. This was no longer *my* mind or *my* body. 'I' was just the life-force powering it, and was simply the experience of whatever attention was on at any time. It was no longer a perception of a 'me', but everything being one, 'I' am everything and everything is 'me'.

I can only compare the experience after that time to that of waking up in the morning after a very lucid dream, and knowing that although the dream was *very* convincingly real while I was in it, it was most definitely only a dream. It was a convincing illusion that I was awake within, but believed it was real because it was so convincing. This was apparently the same, only now, because I now know it (the perception of 'my *Self* and its constructed *Reality*') was a dream, I can never again return to the dream, and it ever be convincing enough to trick me and have me fooled again. I had woken up! I had Awakened from the waking dream (the *Psychological Reality*) into actuality, which, although you have to experience it to truly know, was essentially as big a change in experience as waking up from a lucid sleeping dream, into the daytime. I realised I had been living in a convincing dream state up till that point, a self-perpetuating hypnosis, created by the psychological needs, drives and confusion of the mind, corrupt thinking concepts, constructed memory and bias manipulated imagination, and all based on what I had totally believed was my *Self*. It was a very profound change and yet at the same time, nothing had actually changed (this is the bit where most people get confused). As with the earlier suicide attempt, everything felt different but nothing had actually changed in those moments, only the perception of reality. Again this confirmed to me nothing external needs to 'change', only the perception of it.

The answer to my driving questions had been revealed to me in a way I could not possibly have imagined, as is the way of a true insight. After this, when 'I' *observed* the 'functional mind' (as I called it then), the *Awareness* now experienced was somehow separate from it, and outside of it, not involved with it, or defined or related to by it, looking in. Now I was *observing* it, witnessing it from a separate perspective within. I can only describe it in words as watching a struggle going on within the mind's own structure, psychology, conditioning and programming. 'I' now observed several different versions of what could be termed '*Self*'. A base level *Self-Image* (which was perceived as inadequate or broken at a very young age), and which was the basis of all the conceptual psychology the *Psychological Reality* had created. A *Self-Image* that had been created adopted and assumed based on the core *Self-Image* but which had become far more complex and confused over my young life. An '*Ideal Self-Image*' the mind had created to try to fix the 'broken' *Self-Image*. Conceptual Public Selves that were designed for 'presenting' a *Public-Image* of a desired *Self* for influencing the perceptions of others, and protecting against what others may or may not think of 'me'. And even a *Victim-Self* that got comfort and a sense of safety from feeling bad or inadequate, and indulging in psychological dramas and *Self-pity*, for believe it or not, comfort. Also an *Active Self-Image* that could be used moment by moment to try to be or be perceived as the *Ideal Self-Image* (which is essentially the *Active Ego*) designed to try to fix the *Core Self-Image*. All entangled together in an active, dynamic *Psychological Reality* that creates *the* moment-by-moment experience of *Reality*. (I will go into much more detail about all these later so you can see how they actually and truly guide and effect your perception).

After this event, I observed the process of interaction with the mind for some days, from a very peaceful, disassociated and curious perspective. I watched the usual, ongoing struggle by the mind trying to work out how to be, and be safe, and the debate in the mind over these different versions of *Self* that the mind could now see. (In the past, this would have caused *Self-criticism* and punishment based suffering in the past as a way to try and fix any discrepancies. This time there was none). Then, some days later, I woke up and everything had stopped. It had all gone quiet. There was no longer any internal dialogue, judgement or conflict over these *Selves*. On the day of the shift, I no longer experienced a 'me' any longer, but now the perception of a psychological 'person' had gone completely. There was still thinking but there was no longer a 'me' thinking, or a 'me' to be conflicted over by believing that any thinking could be about 'me'. Thoughts were just thoughts and meant nothing about a 'me' any longer. Nothing has ever be perceived as personal again.

Before Waking-Up, 'Who' I was, was known, and
 'What' I was, was a mystery. After Awakening,
 'What I Am,' is known, and who I am, is a mystery

I realised that I am in this world because of this physical body that 'I', as a part of *Consciousness*, inhabit. That I am not *of* this physical world, yet I am still all of it, and it is me. Realising that what I now call 'The Thinking Mind' (formerly the functional mind) is run by a constructed *Psychological Reality*, based on, and built around, a made-up *Psychological Self-Concept* and *Core Self-Image*, which it constructed blindly or in Unawareness, which the mind now fully buys into it, was the beginning of becoming completely free of the *Psychological Reality's* control over the experience of life. I realised that the *Psychological Reality* is based on, and attached to, the only part of the mind we need freedom from, the belief and indulgence in, a *Psychological Self-Concept* and its resulting *Self-Image*. Perhaps a truer way of putting it is that the *Psychological Reality* and our thinking *Concept* of 'who' and 'how' we think we are, is the part of the mind we need to be free of identification with; in other words, the psychologically made-up *Psychological Person*.

I have to say that I could not function very well when I came back from India a month after this shift. The ability to focus on multiple tasks or have multiple thoughts running, or indulged in, at the same time, had gone. There was only one 'logistical' thought at a time and only when any were required. Memory was all but non-existent, especially short-term memory and memory about the old 'me', or with the old 'me' in it. Whole blocks of memories had just gone. All 'personal' thoughts had ended, as had all association to how the perceived past felt as, and relating to, that previous conceptual 'person'. But I should point out that I did not experience any discomfort in the least, and functioned fully when required, with complete attention on what was (including fantastic reflexes), rather than being constantly occupied and run by the old agenda's of the mind. There was, and still is, just peaceful happiness with no inner conflict at all, just peace, happiness, joy and regular bouts of bliss. Also a result, and for several other reasons, I let also go of all business interests I had at the time, and simply stopped doing anything I was not compelled to do. Life then happened automatically, only experiencing whatever has and had attention in each moment.

I also realised something which I believe is very important for you and everyone to know. You are far more than you can perhaps truly imagine

at the moment! What I am has never changed, in all the time I had been working to change 'who' or 'how' I was, 'I' never actually needed to change. Everything was already perfect, as are 'you.' It was only the confused and corrupted, made-up, conceptual perception of what I perceived my *Self* to be like, or not, that caused any judgement, conflict, hurt and suffering. This *Waking-up* is destined to happen to everyone,. but when and how is down to the individual journey and waking up of *Consciousness*, true *Awareness* and *Conscious Intelligence* for each of us. It depends on how soon you are willing to become truly *internally Honest* and relinquish your attachment to your thinking concepts, beliefs and internal and external attachments. It depends on the intensity of your indulgence in *Self-disappointment*, *Self-criticism*, *Self-punishment*, or worse, and the value you attach to how you think you are being, or need to be perceived, which is your illusion anyway. Would you trust someone else if they were as hostile towards you as you are to yourself?



Once I had *Consciously* made enough peace with the Thinking Mind and had become *Consciously Aware* enough to have freedom with, or within the mind (the ability to *Consciously* and deliberately manage the mind consistently) the turmoil in the mind decreased markedly. This meant I was free enough within the mind to have this kind of insight, so Creation could step in and help trigger a shift that allowed an insight of this magnitude. An insight which caused the mind to see what it was indulging in, that allowed it to decide to move away from indulging the *Psychological Reality* and its created *Concept of a Self* and its *Self-Image*. The *Psychological Reality* was exposed to the mind itself for what it is, and then it simply dissolved, because the mind itself saw the pointlessness of using it, and especially the made-up *Self-Image*, as its basis for perception. This created freedom 'from' the Thinking Mind, or at least freedom from identification with thinking. When this happens, thinking can no longer be 'about' you, nor is thinking 'yours'. Remember, it is only the illusion of a *Self* created by the psychological mind that causes us to identify with the thinking and the mind through its self-created *Psychological Reality*.

This mind of mine is no longer chatting away all the time as it used to. Nor is it constantly measuring and evaluating the illusion of a 'me' or of others, what it perceives it or others may think, what it should do or not do, how it should be or could be. All that's gone. All that's left in its place is peace and non-resistance along with a constant happiness and joy I cannot even begin to explain with words. Nowadays, the mind is mainly used to make logistical choices when and only when required, and to employ *intellectual* intelligence or imagination, when required, to solve a logistical challenge. Otherwise it is quiet.

THOUGHTS ARE NOT 'YOUR' THOUGHTS

Ananda Giri Ji said something else to me in Fiji that I believe may help you; “Your thoughts are not your thoughts”. Although I didn’t understand it then, it is now very clear to me. Although I cannot directly give you the experiential knowing of this, I can perhaps explain it in a way your mind may be able to relate to. It is the identification to thinking that causes you to experience thoughts as ‘yours’, and because most of them are about your ‘conceptual you’, when actually they are simply thoughts, otherwise known as electrical impulses which create and translate perceptions and experiences. When I say ‘you’, I mean the physical entity you consider to be you, the apparently ‘separate’ being others would physically label as ‘you’. The thoughts you experience are a result of the mind’s Non-conscious and Sub-conscious thinking processes along with thoughts that come in from Collective Consciousness (external thoughts you will not be able to trace). If you are *Consciously Aware* enough you will also experience *Deliberate Consciously Aware* thinking within the physical you. Thoughts are coming ‘in’ all the time and Sub-conscious thinking and evaluating is going on all the time, twenty four seven. When you are asleep, the internal thinking process is experienced as dreams and is combined with the thinking and imagery that comes in through Collective Consciousness and other processes that go on.

You are also not the Sub-conscious mind that is having thoughts, just as you are not the body the mind resides in. Neither are you Collective Consciousness sending thoughts in through the forehead, passing through the middle of the brain and then leaving through the back of the head. You cannot choose those or any Sub-conscious thoughts or what they will be about, nor can you identify where they came from if they come in through Collective Consciousness, no matter what your arrogance may tell you. You simply ‘identify’ with and believe ‘you’ are thinking these thoughts, and they therefore appear to be ‘your’ thoughts.

What you experience as ‘You’ is the *Psychological Concept of The Self* and its *Core Self-Image*, brought to perceptual life and validated by the *Psychological Reality*, but which are still both psychological constructs. They are made-up illusions, even though you may experience them as real, and therefore to you they are not illusions, even though, they are still made-up. The mind creates and holds onto the conceptually made-up *Psychological Reality* construct as actuality (its *Reality*), and both the mind and *Psychological Reality* hold the *Self-Concept* and its *Core Self-Image* as their core underlying guidance for personal, psychological perception. This is how the *Psychological Reality* causes identification with thoughts, takes ownership of them and makes most of them somehow over or about the *Psychological You*. You may, at this time,

believe your *Self-Image* is real, based on the perceived evidence that you have previously accepted as real. And it may appear to you that this belief cannot be changed, simply because you can't see it was made-up and not at all real, in the first place. It may appear to you it is truly real with and that you have a perception of life based evidence to prove it. No matter, it is still a made-up illusion.

Thoughts are not yours because there is no 'true' *Psychological You* having the thoughts, only the illusion of a you that is responsible for the thoughts. This is just a made-up, yet absolutely believable, psychological misunderstanding. Thoughts are not 'yours', they are just thoughts, and when you truly see and experience this, thinking will no longer be able to hurt you. The thinker is a concept in the same way that a river is a concept. Without flowing water, there is no river because the word river is just one way to describe water that is flowing. The mind needs to label the flowing water to evaluate clearly and decisively, so it calls it a river. And if it is standing still, it is labelled a lake or something else, yet both are just water (which is also just a label). When you are fully identified with the mind and there is thought flowing through it, it is assumed you are the thinker thinking the thoughts, the river, especially as most of the thoughts relate to the *Concept* of 'you'. This is the *Psychological Reality* taking ownership of the thoughts running through the mind, using the *Self-Concept* and *Core Self-Image* as its basis for perception. The mind believes 'you' are the evaluator, because it believes it is 'you' and because of its identification with the thoughts, because of the *Psychological Reality*. Does this make sense? If not, read it till it appears to, or come back to it.

Thought does not end when true Waking-up (or Awakening) takes place. There is simply no identification with thinking, or any personal association to the thoughts, so no thoughts can be personally threatening in any way any longer, as thoughts are just made-up and therefore cannot be threatening. And when there is no *Psychological Self*, there is just thought and rational, intelligent evaluation. There is no thinker the thoughts can be about so no thoughts can be personal (i.e. about your psychological perception of you as a person). When there is no longer a psychological 'you', no thoughts can be by you, over you, or about 'you'. ALL conflict, hurt, injury and suffering, (without the mind even realising this) are caused because all psychological thought is apparently personal (about you). And this will continue, at least whilst there is a *Psychological Reality*, a *Self-Concept* or a *Self-Image* being used by the mind as its basis for the construction and running of the *Psychological Reality*.



If you do not respond to, or engage with any of the thoughts that come from the Sub-conscious or Collective Consciousness and you do not open

a dialogue with them, attach to them or identify with them, then they pass and are replaced with other thoughts. You are not affected in the same way by them if you do not indulge in them give them attention, identify with them, believing in them or allow imagination to bring them to life Or through giving them created meaning by creating stories or dramas around them or because of them. Much of your life has been the reactive experience of telling your story. Put another way, much of your life has been about the often derogatory stories you tell yourself and others, about you and your life, and the derogatory meaning you apply to yourself through your misassumption of many of the Unaware motives and drives of others. Stress, anxiety and even most psychological discomfort is caused by inner storytelling.

Thoughts are basically either constructive or destructive, rarely neutral. When you give attention to a thought, indulge it with attention and validate it with imagination and memory, you also attract and resonate with more thoughts like it. Thoughts are vibrating and cause the mind and body to vibrate at a similar frequency, bringing you into tune with more thoughts like it. A thought from Collective Consciousness usually catches the mind's attention because it is in vibrational harmony with your own current level of perception and Unawareness level of Awareness, and because it fits with your current perception, or you are sensitised to thoughts like this, perhaps because you are in a certain emotional state at any particular time. This level of thinking will become the basis of your reality for as long as your *Psychological Reality* indulges these thoughts or type of thoughts and it will create the associated emotional experience for you, defining in that time the quality of your experiential life in each moment, either positively or negatively. Your emotional state also predisposes you to experience certain kinds of thoughts that are at a similar level of vibration to the emotions (created by the thoughts, memories or imagination) your *Psychological Reality* is indulging in, and experiencing, at the time. When you are vibrating at a certain level, thoughts and perceived memories vibrating at the same frequency of your current thoughts and memories will get your attention, because they will stand out the most to your mind at that time. If you are optimistic, it is easier to experience optimistic thoughts. If you are annoyed, it is easy to associate to annoyed or angry thoughts that come up, isn't it?

If you focus on any thought, take ownership of it and start interacting with it, thereby identifying with it, then it becomes 'your' thought. The *Psychological Reality* indulges it, takes ownership of it and relates it back to your *Self-Concept* and *Core Self-Image*, because that is what is at the base structure of your *Psychological Reality*. You will now experience it as real because the mind will engage memory and imagination and will

get involved in creating a story or a drama around it (about you) to feel alive, and to generate certainty. The *Psychological Reality* will usually also use memory to validate it in order to give the mind certainty. The *Psychological Reality* has now given that thought or thoughts perceptual 'life' and it or they become perceptually real to you. Or rather, once you interact with a thought the created perceptual experience of it becomes real to you, simply because it is 'your' created perception of it your perception now experiences, your *Psychologically Created Reality* of it, or over it. Psychology within the *Psychological Reality* is essentially obsessive storytelling and a *Self-fulfilling* perception. It's all made up anyway, so why not make up better descriptions and stories, at least until you no longer need to make up a perceptual life any more?



It was very interesting for me to observe all this after I finally 'woke-up' that day. I had previously thought all thoughts were my own and were genuinely somehow about 'me', even though I wasn't actually Aware of this then. Now there is no 'me' to create thoughts or for the thoughts to be about so there is no longer any *me* to have conflict, turmoil or hurt type thoughts over. I now recognise that thoughts are just thoughts, and I used to indulge those thoughts and allow imagination to give me 'my' experience of reality. so I am no longer a victim of the mind. I used to be a servant of the mind, because the *Psychological Reality* convinced me what to do and what to indulge or not, and how to act or behave. Now the mind is simply a tool to be used when a logistical, external world, evaluation is required. 'I' now use the computer when required, or ignore it, so it no longer uses me. The virus, and perceptual insanity, has been all but cleared out.

This may be a challenging subject for some of you but please keep an open mind and do not dismiss it. Thoughts move through the mind all the time, and if you are *Consciously Aware* enough, you may start to, or already, see this. Some of what you observe may even shock you. When the quality of your *Conscious Intelligent Awareness*, and therefore reasoning, raises, your vibration raises. This means the thoughts and perceived memories you were predisposed to experience at a lower level will be unlikely to be noticed and therefore experienced by you automatically at a higher level. The perceptions you create and the thoughts you experience will now be higher in quality. I say 'you' because whilst you have a *Self-Concept* and a *Self-Image*, you will believe the thoughts are yours, and even though you do, it is possible for you to manage the mind to deliberately choose and indulge more *Conscious* constructive and supportive thoughts, if you can. Thoughts do not become your thoughts or your experience of *Reality*, in any moment, until you identify with them, interact with them, or indulge

them, either Sub-consciously or Consciously.

Be aware that if you make one thought 'right', because of the duality nature of perception and thinking within the perceptual mind, it will automatically make other, opposing thoughts, 'wrong'. Don't make thoughts right or wrong. Just see them as Constructive or Destructive, Supportive or Unsupportive thoughts, and *Intelligently* make the highest perceptual choices available to you.



You are in this body in the same way that you are in a car while on a journey. Imagine now the fuel gauge in *your* car says there is half a tank of fuel. Do you have half a tank of fuel in you or does the car? If you completely identify with the car because you are sat in it and it is more than just a vehicle to you, change the level of the fuel on the gauge, without driving another mile. Change the intensity of the lights without touching any buttons, or change the temperature of the car radiator, or the inherent sound of the engine. If you are honest you will see there is nothing you can do about these things because they are not 'you'. If you can recognise that you are not this car that you're in, and it is just a vehicle, then nothing about the vehicle is, or can be, personal. It's the same with the body and the mind. Using the same analogy, change the temperature of 'your' body right now by two degrees. Change your height or the colour of your skin right now. If you try, you will soon see this is no more 'your' body than your car is 'your' car.

Now, focus on the air being breathe in. Is that '*your*' air or is it just air? What about the carbon dioxide that is breathed out? Is that '*your*' carbon dioxide or is it just carbon dioxide? What about the water 'you' drink? Is that '*your*' water or is it just water? What about the food 'you' eat? Is that '*your*' food or is it just food? (Perhaps you believe it must be '*your*' food because 'you' paid for it with '*your money*', which is yet another illusion). If you get what I'm talking about here, you will clearly see that air is just air, water is just water and food is just food. So here is the interesting part. That air, water and food are the building blocks for that body. So if none of these things are '*yours*', how can the resulting body be yours? Isn't it just a body? A vehicle for Consciousness, or the part of Consciousness you really are? The brain is part of the body so if the body is not yours, how can the brain be yours? As thoughts are a process of the brain (actually the mind, because the mind creates the perception within the brain, not the brain itself) and the brain is not yours, how can the thoughts be '*yours*'? If the mind is not 'you', how can the thoughts be 'you' or truly be about 'you'? The thoughts 'you' experience are not '*yours*', they are just thoughts created by the mind, or the Collective Consciousness of man. It is the mind guided by the *Psychological Reality* that takes ownership of

all of these things and this therefore leads you to believe that they are all 'yours' and 'about you,' that they are 'Personal'.

If your answer to any of the questions above was that the things I was talking about were 'yours,' then you are stuck believing in the illusion created by your perceived *Psychological Reality*. Become *Deliberately, Consciously Aware* of this and recognise that you will consider anything in your close proximity, at the very least, to be 'yours', or about 'you.'. You will want to defend and protect it, attempt to keep it, try to change it, or have some kind of control over it, simply because it will mean some part of your perceived 'you' will be injured, damaged or taken away, if anything happens to it.



Is your Thinking Mind confused yet? Or perhaps telling you to put the book down? Please don't listen to it. The mind's best thinking got you to where you are now and it will continue to keep you there as long as it can. You deserve to be free from the illusion of its control. Finishing the book will give you more *Consciously Aware, Intelligent* choice, influence, and *Conscious Awareness* of and over your perception, than you have ever had, I promise! Believe me when I say you can reach a point where you can experience thoughts happening and yet have no need to interact with them nor will you experience any conflict or suffering from them or over them. They can just pass by like water in a stream. Thoughts from the Sub-conscious mind and the stream of thoughts from Collective-Consciousness are un-indulged, unless the mind grabs them or associates to them and indulges them. It's like being next to a stream. You can be aware that it is there and still not 'have' to dip into it, 'interact' with it or even give it attention. Certainly nothing it does can be 'personal' or hurtful.

The same can happen with the stream of Sub-conscious, Semi-conscious and incoming thoughts. This is true freedom 'within' or 'with' the Thinking Mind. It is, and brings with it, freedom to *Consciously, Deliberately* and *Intelligently* manage and direct the mind's psychology and reality experience until you become free from any need to even do this, and then life will just be happening in a highly experiential and wonderful way. This only comes as a result of constantly practising *Constant* and *Deliberate Conscious Awareness* without force, just *Conscious Attention*. And when the mind is ready to see and let go of the *Psychological Reality* as its basis for perception and the *Self-Concept* and *Core Self-Image* dissolve as a result, *Creation* can then step in and more easily give you all the guidance you need to evolve much faster, and help guide the process that sets you free. Even then you cannot stop the mind thinking, nor escape the mind, but you will have freedom from identification with the mind and with

thinking, and most thinking will no longer happen, and the thinking that does take place will be far cleaner and more genuinely *Intelligent* as a result.

So stop trying to stop thoughts or become free of thinking, just become *Deliberately, Consciously Aware* of whatever the mind is truly up to and indulging in, in any and every moment, and look into how it is creating and validating it, without making whatever it does, or whatever you observe or find, wrong. Don't make the mind wrong. Simply force it, through Conscious awareness, to question itself from a kind, curious perspective. Do so by becoming completely, *Consciously Aware* of what the mind is 'actually' up to at any time and not just what it convinces you it is up to. This is all you need to do and actually all you can do, in order to evolve and Wake-up fully.



THE POWER OF THE PRESENT MOMENT

The past is the stored perception of what the mind perceived to have been happening in any past moment, brought to life by imagination and usually evaluated by what it was perceived to mean to you, and about you, both then and now. Your perception of the future is really a projection of that perceived past, projected into the perceived future, thus creating an imagined, assumed and expected future, based on your perception of the past. If there were no imagination with which to access your perceived memories, there would only be *Now!* A present, linear progression of evolution, made up of a constant sequence of *Now's*. The past is essentially just a stack of perceived experiences and plausibly believable stories which create plausible meaning, and those stories are only believable to the level or lack of experience and intelligence that finds them plausible, and therefore believable. When perception changes and becomes more genuinely intelligent, the perceived past changes as a result. I guarantee it.

Other than *Now*, any other time is, and can only be an imagined version of it, backed up by the perceived reality of it in memory, and opened in imagination by conceptual thinking, *Now*. Anything outside of *Now* is a perceived psychological version of life, brought to life almost always needlessly in imagination. The culmination of all past is present right *Now*, and the beginning of all future is right *Now* also. *Now* is all that there is in what could be called real life, or actuality. Creation, in

this dimension, is happening *Right Now* in linear time and can only be happening *Right Now* in the present moment. When you can truly and consistently experience this 'Now' as it unfolds, you will be free of hurt, injury and suffering. The past is gone other than in the thinking, memory and imagination loop, the *Psychological Reality*, which keeps it alive.

I am going to start by making a distinction that may be hard for many to grasp. The psychological mind has been proven by the use of MRI scanners to be around (and usually at least) half a second behind actual events, often longer. Unfortunately, unless you are truly Awakened, *Now* is only a psychological version of now, *at least* half a second behind the actual *Now*, so the experience you get is delayed by your perception, but its need to evaluate and describe it to you. Therefore the psychological world, or *Psychological Reality*, is always based at least half a second in the past, compared to actual experiential event time. Why is this? Experiential *Awareness* is immediate, yet it is first grabbed from your senses by your psychological evaluation system, your *Psychological Reality*, and processed for psychological safety purposes. Amongst other psychological processes, your perception is measured and evaluated against your *Self-Concept* and *Underlying Self-Image* to help to define 'you' and to give the perception of life to it, and also to evaluate for perceived psychological danger and threat to it. This slows down the experiencing of life and gives you a filtered and adjusted 'perception' of what life is like, which is then just a delayed and constructed 'reality', and not actuality. Life is therefore not truly experienced; instead it is given to you as a constructed, bias story, which is at least a half second delayed. It is like only experiencing the imaginary air that has come through the blades of a fast spinning, scented fan. The air you get to experience has been tainted, flavoured and adjusted. It is no longer pure, or real in this case.

So there is both an *Actual Experiential Present Moment* and a *Psychological Present Moment*. That almost sounds like a contradiction in terms and it would be if those present moments were experienced at exactly the same time. However, they are not. I believe the physical world and the psychological world are, or can be viewed as, different dimensions; one 'as real as real can be' within this dimension and the other a perceptual dream, which just seems 'perceptually real'. There are certainly different dimensions of perceived time; there is actual time, experiential time, which can be the only true *Now* and there is psychological time, which is the conceptual, evaluated, filtered, adjusted and biased description of *Now*. The Psychological process sets back perceptual time from actual time because it requires evaluation time for perceived safety before ANY choice can happen and therefore *Actuality* has already moved on compared to perception. Otherwise the perceptual mind would not

perceive itself, or your perception, to be 'in control', and could therefore believe you are in danger, both physically, and more importantly to the mind, psychologically. The *Psychological Reality* 'seems' to live in the moment because it 'seems' to be only reacting to what is perceived to be happening in the moment.

The only time *Psychological Reality* is not in the past is when the mind imagines the future. However, this too can only be done using perception based on a perceived past, projected into an imaginary future using imagination, and as the present continues to move on while you imagine the future, this too becomes perceived psychological past. This is perception and perceptual time at work. Time is irrelevant, as only *Now* actually exists, and it is only the perception of time (or the psychological perceptual now) that is relevant to the perceiver whilst trapped in psychological time.

A perception is a conceptual evaluation, measurement, and description of a perceived event, situation or interaction. It must have already happened for the evaluation to take place, and therefore must be in the past. It cannot be in the actual moment, it can only be in the held, constructed psychological moment. The Actual Present can only be experienced, not held or evaluated. As soon as you have thought about a present moment or you are thinking about the present moment, Sub-consciously or Consciously, it cannot be anything but the psychological present moment, as it has already passed. If any evaluation is taking place, it is always about the past moment, not the present moment. It may be perceived as the present, but it is only the *Psychological Present Moment*. Anyone who has not truly woken-up (Awakened), whether they think they have or not, lives predominantly in the psychological present.

When true Waking-up takes place, brain function actually changes. It is not just a change in psychology. Although Awakening often follows the realisation by the mind that it no longer requires the *Psychological Reality*, and therefore the *Underlying Core Self-Image* to function, and that brings with it the physical and psychological changes required. After Awakening, when the psychological grip the *Psychological Reality* has over the mind and brain ends, and it, the *Self-Concept*, and the *Underlying Self-Image* are no longer the basis for the experience of *Reality*, the brain itself actually relaxes and changes the way it works. Actuality becomes the experience of life, and although psychology can be used if required, it no longer dictates the perception or experience of life.

Your whole life time-line happens in present moments, and your whole life is a series of present moments, just as your whole past was a series of perceived and present moments. Everything that happened did so in a

present moment. You could not have truly experienced anything outside of the present moment. If you truly experienced it, then it happened in a present moment, not in the past, the future, or your imagination. If an event is not in the present moment, then it either no longer exists or has not yet come into existence. You really need to understand this concept if you want to be truly happy and at peace. The perceived past and future exist only in the psychological mind and imagination. In the True Experiential moment, there can be no evaluating thought. People often experience this for fleeting moments, usually without realising it. They may be fully engrossed in an experiential activity, perhaps taking part in sport or playing games with a child, when nothing exists but that moment. It is wonderful and joyful, until the second the psychological mind starts evaluating, measuring and judging again. This is a very brief experience of being free of the psychological mind; as in that moment the *Self* and the measuring and evaluation of the *Self-Image* does not govern your experiences. But this is just for the moments where this is true, and no others.

If you are continually sucked into imaginary life, and find it difficult, or perhaps even virtually impossible to experience even the *Psychological Present Moment*, you are more than likely in regular conflict with, or over, your *Self-Image*, and visa-versa. If you are consistently trying to be somewhere else in Psychological time, either in the perceived past or imagined future, then you are trying to escape facing or coming into contact with the *Underlying Self-Image* in the present psychological moment, or you are trying to construct or indulge a way of feeling better about that *Self*, even just for a moment.

Even though the *Psychological Present Moment* may be all that exists for you, it is the only place *Conscious Awareness* can be experienced and cultivated. Waking-up within thinking can only happen in a Present Moment, even if it is only the Psychological version. Right now is the only opportunity for mastery of your perceptual life, and your *Psychological Reality*. Yesterday is history (his-story, which should really be called ‘the-story’, the *Self-Image* evaluation/validation story), and tomorrow is a mystery. Life is a mystery to be experienced, not solved, as are all of its wonders. When you see a beautiful tree, do you need to know its name, its height or what type of wood it is to enjoy it? Why would any other part of life be different then? Once the mind gives anything a psychological label, you can only experience your psychological concept and description of it, not the thing itself.

Every passing moment is also an opportunity to experience your reality in a different way. The present moment (whether it be actual or

perceived) is all we actually have. Even when we are off in psychological time using imagination, we do so in the actual present moment, although we will not experience it psychologically that way. We will never be here in this moment again, never experience this part of our evolution in the same way again, so this and every moment is precious. Everything is more beautiful if you realise you can never see or experience it this way again. This moment will never be more beautiful, nor this moment, nor this moment... Every new moment offers you the possibility (if you can become *Consciously Aware*) to *Consciously* redirect perception away from indulgence in the unsupportive thoughts that run through the mind and give your full attention to that which feels good.

There is an experiential feeling that comes with present moment actuality that is not available in your imaginary psychological version of reality

Being in the true moment is actually the *Experience* of the moment, and not the thought or evaluation of what it's like to be in that moment. True silence is not the absence of sound, it is the absence of internal turmoil that allows the true experience of any moment, actual or psychological, to come through and be experienced. The true experience of the moment is experienced through the physical senses, not through imagination or memory, or the left-brain Conceptual Thinking Mind's *Psychological Reality*. The *Psychological Reality* is a constructed result of the perceived past and can therefore only generate thought and imagination based on that past. Even the imaginary future can only be based on present thinking projected out into an imaginary future and that is driven by memory, your story of the perceived past. If you are attached to the past it can feel like you are still living there, or through it, and it can therefore feel like it is still happening to you. Why would anyone want to do that if it is uncomfortable?

Unfortunately, our attention is usually on the evaluation and imagined experience created by thought, and not on the physical, experiential sensations of the moment. Being fully present means not indulging in, or using imagination *At All*. It is imagination that takes you out of the moment and off into imaginary psychological time, and what brings conceptual thoughts to life. To be truly *Aware* of the beauty of now, you must be *Consciously Present* in this moment, unfettered by evaluation or imagination, and then life has a chance to just 'happen'. Without no evaluation and imagination, there can be no conflict, hurt or suffering created or generated by perception. When we are not hindered by thought, memory or imagination, we are able to engage in the physical experiences

of whatever is happening in the moment. Then time, along with everything else, except the immediate experience of the present, disappears. This is when true happiness and joy can be experienced because true happiness and joy are pure experiences, not conceptual psychological experiences brought to life by imagination. The best you can hope to experience from thinking and/or imagining, is satisfaction, which is brief and fleeting at best. Become *Consciously Aware* every few seconds of the ‘feeling’ of being ‘in the body’, by focusing on the ‘feel’ of the body; not on the emotions, not the thinking, nor the evaluation, but on the sensations of your physical senses. Use your senses (sight, sound, touch, smell and taste) to bring you out of your thinking *Psychological Reality*, and into the experience of the actual moment, every second you can.

Here is an exercise; Listen to some reasonable music like soul or a ballad etc. (not distractive stuff like heavy metal), and listen fully. Try to pick out the individual instruments and listen to every word and note, so that you are ‘coming to your senses’, become present and concentrate on something in the external world fully, through the body, using the senses. If you do this after contemplating perceived problems/difficulties, those perceived problems/difficulties will go away, when you’re fully involved in using your senses to listen etc., and a sense of peace will descend on you if you can experience this. Become fully connected to the experience of the present moment, as much as is possible for you, through the senses.

To me, when somebody says “come to your senses”, this means come out of your *Self*-obsessed thinking driven imagination, apply *Deliberate Conscious Awareness*, and experience what is actually happening to you, and in you, in the moment, from a physical and sensory experience perspective. Start living the life of the senses. The more you use the senses, the less you use imagination and therefore memory, so you will feel better, and the more opening there is for *Conscious Awareness* to manifest. Whenever you notice you are in imagination, use the senses to come in to the physical experience of the present moment through the eyes etc. Cultivate sensory acuity. This is the skill of being *Deliberately Aware* of all your senses so that you *Consciously* know what is going on around you; this brings you more out of imagination and closer to the edge of the *Psychological Reality*, and closer to experiencing Actuality.

A large proportion of the brains sensory ability is dedicated to eyesight, so your current moment *Awareness* can be most effectively affected by ‘coming out through the eyes’ and truly ‘looking.’ Focus on a spot about 20 feet away from you and slowly spread your *Conscious Awareness* out towards that spot. Then start to spread out your peripheral vision around that spot and become more *Consciously Aware* of what is around it,

and you. Become more and more visually Aware of what is within your whole visual arena and see what you would normally miss. Use your ears to listen to the sounds that are around you right now. Close your eyes and try to keep listening to something, as this should make listening easier. Smell the smells; sense the feel of the air on your skin and the feel of your pulse. Fully experience your breathing. If you need to touch something, feel the material of your clothes, or the carpet or grass etc. under your feet, or run your fingers over your skin. These things will help bring you into the physical experience of the moment. Don't think about what you are doing, and let go of evaluating it, just experience it. If thoughts come up, let them pass without giving attention to them. This will allow you to experience and lead you to the happiness only available outside of imagination and evaluation. Observe how quickly the mind slips you back into thinking and imagination, even if it is pretending to be supporting you. This should provide evidence for the need to perhaps be or become far more *Consciously Aware* than you are at present. Don't pretend; be honest and truthfully authentic about how quickly this slip into imagination happens. This truthful awareness will eventually set you free. Refine this skill through practice to better your sensory acuity of your immediate environment, and to get better at coming out of imagination and into the actual experience of the moment, into experiencing actuality, and life itself.

Always attempt to *Consciously* have at least some if not most of your attention on the physical experience of any moment. This is what I believe is meant by 'being grounded'. A much higher level of resourcefulness is available to you when you are in the *Psychological Present Moment* (and even more when you are truly present). A racing driver can be concentrating so hard during high-speed racing that they basically enter a form of concentration meditation, which enables experiential flow. Total focus on something generates Alpha brain waves, which cause you to feel more relaxed yet focused, and this also accelerates learning and the speed with which you evaluate information.

When fully focusing on the experience of breathing, you can also feel your connection to your inner body. When you breathe in, do so deeply, and visualise yourself as breathing in white or golden light. Trust that this light is loving, Universal Energy. Allow the light you are breathing in to fill and permeate every cell of the body. See yourself aglow with this light. Fully experience the body. See the light expanding around you a few feet from your body. Experience your body as a being of light and see it as healthy and clean within. Do this to experience the body and to feel good. This exercise may also help you ward off or clear up illness.

When you experience the feeling of being properly ‘in’ the body rather than the mind, this will bring you closer to your connection with the moment, and Creation, closer to being able to *be* the experience, and therefore closer to being eventually able to Awaken through the experiences and insights this brings. When you identify too closely with the *Psychological Reality*, you will just experience the human condition of thinking, remembering and imagining, based on the *Concept of the Self* and the *Self-Image* and probably just feel inadequate and trapped. Remember the *Psychological Person/Self* is a *Made-up* conceptual illusion and the past is based on the perceptual experience of the *Psychological Reality*, which is based on the *Psychological Self-Image*. Really there can be no true personal past, as it is all a perceptual illusion created around these complex psychological processes.



Only this moment truly exists. Once this moment is gone, it is gone forever. You can only ever bring it back as a hollow, imagined, conceptual representation of what it was perceived to be. Trying to hold onto a moment, any moment, will cause suffering. Reliving a moment in the hope of changing or ‘what happened’ will cause hurt and suffering. While you are analysing the last moment or planning the next, you cannot be fully *Consciously Present* in this moment. This moment is all that is real and if you are not experiencing it, you do not exist in the dimension of the present moment. What is real cannot become unreal or die and the unreal was never real in actuality, no matter how real you or your *Psychological Reality* wants to make it appear. You cannot experience true happiness or joy if you are involved in imagined psychological time. If you are, it can only be created by imagination, which is based on a made-up conceptual experience. You can only truly experience happiness and joy in the present moment, and even then not through imagination. The more you indulge the past or future, the more you’ll have to indulge the past or future to feel safe. This is the mind keeping you in imagination to give the illusion of safety. Presence in the moment dissolves the past, and therefore the projection of the future, so *Consciously* practise being in the moment, and out of imagination of any form. Direct as much *Conscious Awareness* towards thinking as is possible for you, whenever you can.

You can look but not see, listen but not hear. Only being fully *Consciously Present* in any moment will allow you to see, hear, and experience

When you are in the present moment and *Consciously Aware*, you can look at something and see it for what it really is. You can make

wise decisions and choices that would not have been available to you if you were trapped in the chatter of past remembrances of confused and biased perception. or in the projection of imagined mental images and indulgence of imagined future fantasies, or in thoughts of approval or disapproval. (N.B. When I use the terms fantasy or fantasies, I refer to any imagined moment, event, situation or interaction) you cannot drive down the road looking in your rear view mirror all the time and not expect to have accidents. When you drive your car, you have to be at least fairly *aware* of what's going on 'now', or you are in trouble! Why then would you expect to go through life looking behind you (at the past) or at places you have not reached yet (the future) and then be surprised when you keep having accidents (uncomfortable experiences and suffering) through *Unawareness*, a lack of *Conscious Awareness*, in the present?

The experiencing of the true present holds a happiness that is not dependent on circumstances. Happiness, when truly experiencing the moment, is true happiness, not just psychological happiness, which is really satisfaction at best. If you believe fulfilment is in the future, by being or having something different, you will never experience happiness in the present, because you will not be willing to live in this moment. If you live through hope for the future, you do not live with faith in the present. You will always be focused on the future or trying to escape the past and your hopes for peace and happiness in the future, will live in your fantasies about a different future than the present you have already created because of these same misassumptions. You will never have peace or be truly happy, no matter what you acquire or how much you (or others) convince you, you are. The only true way to experience peace and happiness is to experience the present moment as fully as possible. Anything else depends on being somewhere else in mental or imagined time, or waiting for some other time to arrive.

Indulging in an imagined future, whether it is better or worse than your present, is an illusion that will cause you to miss out on the experiences and happiness available to you now. Let the future come to you. It will, as it always has. Just focus on now. True success is how you *feel* 'now', not how you will feel at some point in calendar time, if you can change or acquire something else. External success is getting what you think you want. Internal success (happiness) is enjoying what you get. If you can't experience success now, then you will always believe that it is waiting for you out there at some point in the future and you will never actually reach it. The *failure* or *success* of 'You' is a psychological measurement based on the *Psychological Reality's Self-Concept* and *Underlying Self-Image* and compared to the *Desired* or *Ideal Self-Image*. Fear of failure is really just fear of *Self-criticism*, *Self-recrimination* and *Self-punishment* (often

amplified by the ‘*perceived*’ thoughts, judgement or criticism of others), driven by the mind using this *Desired (Ideal) Self Image* it holds to beat itself up. How mad is that? Criticism of others is either trying to feel better by comparison or trying to create discomfort in the other, so they become reactively unintelligent or so you feel powerful or just to try and hurt them back.

You will only get the fulfilment you seek when you truly learn to experience the present. *Right Now!* You can experience internal peace and have external success but external success does not bring peace. Trying to use internal force to create peace and happiness simply creates a psychological cover-up and an internal tension. Not peace and happiness. The only time you can be rich is now. Real richness and true wealth is not counted in financial currency but in how you ‘feel’ *right now*. True wealth is a state of mind, as is fear. When you can be fully grateful for what you already have — when you are happy just to be — you are already rich.



The present moment is always an adventure. If you have no expectations (future imagined outcomes) and no comparisons (evaluation against the perceived past) everything can appear brand new, as if you’re experiencing it for the first time. If you don’t remember the last moment because you’re truly experiencing this moment, then you can be truly spontaneous. When no evaluation of perceived threat is required, because you have full resources available to resolve any situation or circumstance as it comes up, right action always takes place. You will truly understand that letting the last moment go (not trying to hold onto it or resisting its passing) will free you, because it will no longer perceptually effect you.

Happiness is a natural state removed by *Self* based thinking, which is driven by the illusion of a *Concept of* an inadequate *Self-Image*. Most people spend their time trying to escape the present moment, trying to escape this inadequate *Underlying Self-Image*, and the *Self*-measurement, *Self*-judgement and *Self*-punishment that surround them. They believe that their suffering is in experiencing the present moment and that somehow they can avoid that suffering by being somewhere else in imagined, psychological time. The suffering actually arises because you are not in, and experiencing, the present moment, and are trying to escape the deep held *Self-Image* you are not comfortable with. It is partly that you are reliving the past or imagining the future as the *Self* that you believe you are, and therefore you hurt and suffer needlessly. Or you are creating a fantasy of the future based on the past and of the *Self* being hurt, as it believed it was hurt in the past.

The Thinking Mind re-lives events from the past which are already

gone, bringing your perceived hurt and suffering from the perceived past into your present 'virtual-reality dream, using imagination, and you get to experience it as real once again. This is one of the ways the Thinking Mind keeps your attention and reaffirms its definition of its *Self-Concept* and *Underlying Self-Image*, which is all based on its stored *perceived* past. Unfortunately for you, if you are perceptually living in the past or future in your imaginings, then you do not exist in the present; therefore you cannot live even in the *Psychological Present Moment* during these times. If you cannot live in the moment without imagination involved, you cannot experience true peace, happiness or fulfilment, only psychological measurement, concern or fear and *Self-disappointment*.

The Thinking Mind will convince you your past perception of your *Self* and the perceived experiences you had in the past are your only way to define your *Self* now. At the very least, the mind believes this *Self-Concept* and *Underlying Self-Image* can give the mind some of the sense of certainty it craves, but it guarantees your future will be experienced in an emotionally similar way to how your perceived past and present is. It will trick you by telling you the past is how you prepare for the present and future, and that it is the future that holds the hope of rescue or personal change. However, neither past nor future holds your salvation; they are just illusions of the conceptual thinking, memory and imagining loop that is the *Psychological Reality*. If your past was perceived as miserable and how you perceived now generates your future, surely that would just create a miserable future? If you are truly *intelligent*, why would you indulge that?

You are already free of your perceived past, unless you use imagination to call up a perceived past experience and create or indulge a meaning which creates emotional suffering 'now'. Then your Thinking Mind, using the *Desired (Ideal) Self-Image* as a reference to measure you against, can keep judging you for your perceived poor or inadequate past or *Self*. This just creates more emotional suffering in the present, which you simply do not need to experience. If you are doing this to try to escape it or clear it, as most therapists will try to get you to do. How is that possible if you are creating it anew in that new present moment? Something needs to change. You can allow your Thinking Mind to continue to define you indefinitely by your perceived past, but your suffering will not stop until you stop perceptually going back there using imagination, and using your 'past' to psychologically define 'who' and 'how' you are now! If you are *Consciously Aware* and honestly *Consciously Intelligent*, you will see it is always the *Present* moment where suffering is created and that holds the key to freedom from it.



Your future has not happened yet in terms of your experience of this linear physical actuality. Trying to live in the future will cause you psychological discomfort at the very least. People who worry or are anxious and fearful a lot of the time are constantly living in their negative imagined fantasies of the future. These fantasies are based on the *Psychological Reality's* underlying *expectations* of its *Self-Concept* and *Underlying Self-Image*, which is creating this imagined future to start with, and the fear of the perceived past and present happening again in the future. Unfortunately, this creates far more chance of it happening in this expected way. Most people will not actually be aware of this. Perceptually perceiving the future can only happen by using imagination, and your imagination is governed by the quality of your conceptual thinking right now, which creates your *Psychological Reality* right now, which in turn is based on the perceived quality of your *Self-Concept* and *Underlying Self-Image*, which are made-up illusions. Your life experience thus far has been based on your perceptions in and of your past, and your *Self*, but your real life is 'Now', and can only be real 'Now'. If you become *Consciously Aware*, you can, if you choose to, decide what life will be like to experience now, and bring that about through *Attention, Awareness* and *Intelligence*, which will of course have a massive impact on your destiny.



The way we treat the past is very interesting, especially if something has happened in the past that has caused us to feel somehow hurt or wounded. Unless you use the past to shape the present, it is your present which shapes your future. You cannot change the past. You can only change your perception of the present, which in turn changes the meaning you apply to your perception of the past in the present, which changes your perception of the past. The only place change can occur is right now, in the present. When you get cut or physically wounded, you don't go back to that injury at every opportunity and re-open it so it bleeds again, never letting it heal and then say to people; "Look, this is why I am unhappy in the present because I have this wound from the past." It would sound ludicrous, wouldn't it? Yet people do this emotionally all the time, using past perceptions of emotional wounds as excuses for perceived hurt and suffering in the present. There is nothing you can do about the past but you can let go of indulgence in it. Are you doing it, even a little? Go on, be *honest*.

The past is gone and is now simply a series of electrical impulses stored in your memory banks. These impulses perceptually depict the events, situations and interactions you perceive to have occurred in your life, '*as you perceived them*' and therefore remember them, and the

meaning you gave to them, and you. Your mind has taken and stored all the information from those perceived events it decided were of value for your present evaluation and protection. These impulses are not emotions; they are merely electrical or digital renderings (data) of a perceived event in your past story, which engender emotions now, if indulged. They hold constructs and perceived 'reasons' for emotions, but not emotions themselves.

Perceived memories are really just stored in order that your Thinking Mind and *Psychological Reality* can use them to evaluate possible dangerous or life-threatening situations in the present, if and when required. You are already free of the past, unless you breathe life into and call it up by using imagination to remember a perceived experience and give it meaning that creates emotional suffering in the *Now*. Otherwise, there is no reason for the past to affect you. You can summon up memories forever, and the hurt and suffering you create for yourself over them will not stop unless and until you stop indulging this process, imagination, and using it as a way to suffer, or to define your *Core Self-Image* and perceived life negatively now. The emotions you experience when you perceptually look back at those events using imagination are generated and applied now, by the meaning you give to the event, and your *Self*, in the present moment. You may remember how you felt at the time when you perceived the memory was created, but the meaning you gave it back then was only a perception of what you thought it meant to you, or about you, then. The emotions you applied to it as it was happening were based on your level or lack of perceived *Self-worth*, your beliefs, expectations, your approach, attitude, agenda (true intent) and focus at the time, and what you assumed it meant about you. In truth, you do not need to go to the past to resolve issues. The emotions do not come with the memory, they are created by indulgence in it now, and the meaning you create now, especially about 'you'. Be clear on all this, and you will know how to stop creating emotional suffering.

Stored, perceived experiences trapped in the perception (not the body as many believe) are gone as soon as the stories or psychological structure behind them are exposed and experienced fully, by letting the unfinished stories complete without resistance. Then they stop creating the emotions which were associated to them and triggered by them, because they are no longer being kept alive by your unaware psychological indulgence in them. They no longer reoccur over and over again. Don't get this confused with the Thinking Mind using the *Psychological Reality* to re-experience memories using imagination and creating emotions over them. All emotions are created as you go, and not stored or trapped emotion in the body. You cannot be releasing emotions that you are creating as you go.

This will be much clearer when you have read the whole book.

Memories carry a particular level of thought vibration. As long as you are vibrating at or close to a particular level of thought, through the thoughts and ‘memories’ you indulge now, you will experience that version of reality in almost the same way you perceived it then, and create the same emotions as you did then, and the same discomfort or suffering. Once you raise your level of vibration by adopting and indulging higher-level uplifting *Conscious* thoughts and *Intelligent* reasoning on a regular basis, you will no longer experience the past in the same way, or at all. Your vibration will have changed to transcend that level of thinking, and will have stopped triggering, imagining and indulging those memories, or creating emotions over them, which cause you to feel bad or hurt.



I had so many things happen to me as a child that the victim complex was easy for me to adopt. During the journey of rising in Consciousness and then Awareness, I have not looked back at most of those things yet they no longer affect me in a negative way. This proves to me that I did not need to go back and re-experience those things in my perceived past in order to transcend any hurt or suffering over them. I was and am simply no longer creating any hurt over them. By *Consciously* and *Intelligently* adjusting the direction and quality of reasoning and thinking *Now*, the psychological vibration has changed so much that I perceive the ‘perceived past’ in a completely differently way now; in fact the past I perceived no longer feels real to me at all. Everything can be changed in this moment, and from this moment on. Your reality is your perception of life. If your perception of life now changes, your perception of all other events, past and future, changes too. And that can only happen *Now*.

When you forgive the Non-consciously ignorant actions of the people from your past, you open yourself up to a new future, new solutions and happiness in the present

What about most of the moments in your life to date? Have you actually experienced them? Or, as they were happening, were you dwelling in the perceived past or fantasising about outcomes or situations in the imagined future? If so, you were missing out on the experience and happiness that was available to you by actually being *Consciously Present* in those moments. The present is the beginning, the middle and the end. It is all there is. Everything else is an illusion created by thought and imagination. I know people who sit in offices fantasising about being in the countryside. When they go to the countryside, they are thinking

about what needs to be done in the office. Their mind always drags them from the present, one way or another, using imagination, and the illusion of importance. It is not the surroundings that are the problem; it is where you are in imagined psychological time that is the problem. Where are you most often, the perceived past or future, or struggling with and resisting the present? Again, be *honest!*

When you are happy just to be, there is no discomfort or struggle. There is only peace, no matter what stimulus you are subjected to from your external world. You can feel sad etc, but still be at peace. When you can truly just be in the moment, everything you want will manifest for you at some point, without having to struggle or strive for it. It will bring with it a higher happiness because that is what you will have been feeling. Of course, this can only happen if you are *Consciously Aware* and present enough in the moment to attract or experience it. Whether you like it or not, you are already getting what you truly expect to get. When you can be totally *Consciously Aware* and present in the moment, you already have total abundance. When you know there is richness in every moment, the focus is always on what is being experienced in any and every moment. So practise cultivating *Conscious Awareness* at every opportunity and always look for what you can feel grateful for, especially with regard to your *Self*.

Each moment holds absolutely everything you need. The present only contains the feelings of *now*. Both uplifting and disempowering emotions should be experienced in the moment, without adding to them with stories and imagination, and without trying to suppress them either. They should be fully experienced and allowed to pass naturally, so that the feelings from the next moments can be experienced fully as they arrive. This process brings with it true peace, happiness and joy. Always allow the present moment to become the past and over with as soon as you can. Memory is something that the Thinking Mind and the *Psychological Reality* use to keep you out of experiencing your uncomfortable *Self-Image* and trap you in an internal 'thinking and imagining' loop. The more *Awake* you become, the less you will experience or be involved with memory. Memories will no longer important in the same way. Only *Now* is important, not the past. Deal only with the things that come up in any moment. If they don't come up, you don't need to deal with them, think about them or give them any of your *Conscious* attention. You can of course plan for logistical things but set a time to do that and only indulge these processes during that time. Then let go of any attachment to or thoughts about it, and any 'specific' outcome, other than, to start with (before this is natural), an expectation of a good one.

The past manifests again each time you apply meaning to your *Self* because of the past, or when you focus on the past and apply meaning to your *Self* because of the past (Please read that sentence carefully). By this I mean that if you apply the past to the present and you perceive your *Self* to have been a failure, or to have failed at something at some point in the past, you will still assume that to be real now. So you invite the perception of the past back into your life using imagination and this affects your experience of the present, and your perception of your *Self* in the present. This dictates that the 'you' in the present will be perceived as the same or similar to the perceived 'you' of the past, which affects your present potential (make sense?). Even though this is a new day and you have more experience and knowledge now, the *Psychological Reality* projects how you perceived your *Self* then, onto how you perceive your *Self* now. Define your *Self* from now, not from how you perceived your *Self* to be in the past. Living from now, in the present moment, will free you from the past as the perceived memories, along with all the accompanying *Self*-criticism, *Self*-recrimination and *Self*-punishment will simply fall away from not being indulged and encouraged.

Your perception of the past is limited and finite, and if you use it as a reference for what is possible in your future, your future will be very limited. You have a much bigger reservoir in that which has not happened yet, which has the potential to be amazing. This is called potential, and there is no real reference in your past for what you have not experienced yet, which implies and means you can do or experience whatever or however you choose, if you choose.



Pay attention to how you are feeling. Your emotions give you clues as to where your attention is: past, present or future. When you are overtaken by thoughts and imaginings of the past or future, you will be living through your perceived memories or fearful future fantasies based on past remembrances. The more attention you give to the present moment and the more you step out of imagination, the more you will be able to hear or feel information that at one time you would not have been aware of. We receive so much information in any moment that virtually all your present-moment questions could be answered, if only you were truly present and open to experience them. If you could truly experience life as it happens, you would realise there is information readily available to us about all the things coming in the next few moments. There is far less reason to feel fear in the present moment than the *Psychological Reality* will convince you of.

All the answers you seek, at the level of awareness you are functioning at, are available and at your disposal. But they are only available when you

are open and 'present', to see them, when imagination is not taking you elsewhere. Consistently bring yourself into the Awareness of the present-moment experience as soon as you realise you are in imagination, and it is giving you your experience of reality.

To be truly *Consciously Present*, or even present in the *Psychological Present Moment*, there has to be true non-resistance to what is, both inside and outside. Only by being truly *Consciously Aware* (of what is going on in 'you' and the feeling of life 'for you') in the moment, can you hope to experience grace, hear the messages from Universal Influence and experience true happiness, joy, fulfilment and ultimately, true peace.



The present is with you right now. Stay in the moment and experience with *Conscious Awareness* whatever it has to offer (even if what you are experiencing appears to be painful) and it will pass and be over quickly. If it is self-generated, become *Consciously Aware* of this and choose not to indulge in this process. The *experiencing* (NB I did not say the experience, I said the *Experiencing*) of anything will free you from most of your suffering, hurt and perceived injury, when experienced openly and fully.

When we resist, we prolong what needs to pass from our lives in order for us to move on. When we surrender and let go of resistance, it moves through and passes away quickly. Acceptance (non-attachment to something being different – non-resistance) is the only way to experience things and realise you have no need to be scared of them. Thoughts and emotions will come, they will go, and then they will be over. We only resist experiences because we fear 'losing perceived control' over them. When you experience them fully in the moment, they will not be as your *Psychological Reality* has threatened or convinced you they will be. And they will be gone more quickly, leaving you with the gift of the learning presented. If or when you can be *Consciously Aware*, you will realise you have much less to fear than you first thought, and will see that true trust and faith in life and Creation really is possible. Whenever you experience psychological fear, let it in, let it be, accept it with no labelling or judgement, and it will be over sooner. There is no carry over when you live in the moment. Once the moment has been replaced with another, that moment is over, gone forever, and you are free to be open to new experiences in the new moment. If you still perceive the past the same as you did, or as a challenge, or even as yours, then your perception has not evolved enough to experience true peace-of-mind.

To experience the past differently, the perception process needs to evolve beyond the thinking that perceives the past in the way it currently

does, or even as ‘your’ past, and the meaning you need it to create to feel certain, even if that is a painful certainty. See the truth in what is shared in this book, and you will experience the freedom and peace-of-mind it offers.



Just remember this; living and making *Consciously Aware* and *Intelligent* decisions, moment by moment, allows you to be totally flexible and open to anything life offers, without attachment or projection. Breaking free of the hold of the Thinking Mind and *Psychological Reality’s* spell will free up so many resources, that you will be able to spontaneously deal with everything and anything life sends your way. Making moment-by-moment decisions becomes simple, much more effective, and enjoyable. Anything that currently seems impossible, if explored with *Conscious Awareness* in each present moment, will soon appear doable before becoming easy, and eventually it will be simply enjoyable.

Become present and *Consciously Aware* during any activity, no matter how mundane. Experience the task as if you have never done it before. Observe that the ‘you’ experiencing this activity is separate from the Thinking ‘you’. When you are simply experiencing the moment, you can be free of the Thinking Mind and have no need to interact with any of your minds internal chatter or thoughts, simply because you are not indulging them, or being sucked into imagination by them. Do not be disconnected, just be totally *Consciously Present* in the moment. This is difficult for people all over the world, but especially difficult for the so-called civilised and highly complex Western Thinking Mind.

Imagine if you are seeing your loved ones, every time you see them, with no negative history. No preconceptions or expectations, no grudges or issues. Anything they had done in the past you perceived as hurtful had been let go of and you no longer carried any blame, mental impressions or records of those things with you. Do you think you would enjoy being with these people more? If this confuses you because you believe you experience true love based on the longevity and historical nature of your relationships, this is not so. Hurt is based on memory and psychological structures of meaning; true love is not, it is a spontaneous, current experience. What if you took a further step and were able to see your *Self* with no past history, no negative *Self-Image*? Would you feel better about your *Self*? Of course you could. There will be more about all this in the later sections on emotions and feelings.



THE QUALITY OF YOUR LIFE IS

The actual quality of your life is how you ‘experience’ and therefore ‘feel’ in any moment. Feeling successful is really about how you feel, not what you ‘get’. What you experience in any moment, especially *psychologically*, is what gives you your quality of perceptual, emotional and experiential life. Just to be clear, by quality I’m not talking about your standard or quality of external living; that’s your standard of living, materialism external to the mind creating the perception. Everything you are searching for (or think you are searching for) in terms of having things and stuff (possessions, position, looks, status, acceptability, superiority etc) is based on the feelings you either Consciously or Sub-consciously believe they will bring you, if or when you attain them, maintain them or increase them. You can have many personal physical attributes, comforts, possessions and status; yet still have a poor quality of moment-by-moment experience of life, and yourself. The true ‘*quality*’ of your life has nothing to do with what you have or don’t have, in terms of your goals, aspirations or status, your possessions income or physical traits or skills, your relationships, attributes or appearance. It has nothing to do with anything you think you need to have, be or do. Although these may bring satisfaction, that is not sustainable quality of life. If you are trying to get good feelings from external ‘stuff’ or anything going on around you, you will eventually and ultimately feel empty and dead.

You can have the feelings you are searching for in those ‘things’ you seek at any time. You can have a great quality of life without any of the external things mentioned above. Many people who can’t have all or any of those things can be happy and at peace. Happiness, along with many other high-level emotions and true feelings, must not be associated to having or getting. Once you have a good quality of internal life and believe you deserve it, you will attract a good quality of external living into your life too. Don’t assume that just because you have lots of stuff, money, high status or satisfaction that you must have a good quality of life. Could you live without all of these *things*; possessions, money, fame, supportive public opinion, status, attractive partner, superior physical skills or abilities, pleasant appearance or associations, or perceived superior intellect? Honestly? How would you feel if you lost the lot tomorrow and became a so-called nobody with nothing? If you could not still feel good, then you cannot feel truly good now, simply because you will be suffering some degree of Conscious or Sub-conscious concern or fear over losing

the things you attach your *Self*-worth or pleasant emotions to. Whether you are aware of it or not, or blame any discomfort you feel on something in the external world, or not. What I am saying might sound like a bold statement, but once you've read this book in its entirety a few times, you should understand what I really mean when I say:

**THE QUALITY OF YOUR LIFE IS
HOW YOU TRULY FEEL IN ANY MOMENT - RIGHT NOW!**

How do you want to feel about yourself? Do you really treat yourself in line with how you want to feel about yourself, both internally and externally, or how you want others to treat you? The 'truth' of what you expect for and from yourself is shown in the evidence of how you 'actually' treat yourself already. If you want to feel genuinely good, peaceful and happy, I am assuming the feelings you are searching for in anything and everything you do is ultimately a good feeling, or at least one you believe to be good, uplifting and inspiring? Even psychological victims (those who indulge in *self*-inflicted psychological suffering) really want to feel good and experience nice feelings. They just don't know how to or the positive feelings scare them, because they don't believe they deserve to have them, or because the prospect of being happy, and therefore vulnerable to possibly losing these feelings again, and the *Self*-abuse which will ensue, scares them too much to allow themselves to experience them.

If you are simply feeling happy and joyful, or are or focusing on, and reasoning out something in your life, in a way that causes you to feel good, uplifted, inspired, or supported or even great, in a *Deliberate* and *Intelligent* way, then you have a reasonably good quality of life in the moments you can do that. The skill is to *Decide* how you want to feel, and then only give your *Deliberate Conscious Attention* to thoughts and external events that allow you to feel that way. Don't try to stop yourself thinking about something, it simply doesn't work. Giving attention to thought to do this indulges them, and they are then real to you. You cannot decide what the Sub-conscious mind thinks, but you can *Consciously* decide what thoughts to indulge in or not. If you can't yet simply observe the thoughts and watch them pass, then *Consciously* and *Intelligently* indulge thoughts in a different way, or *Deliberately* and *Consciously* think about something else. The mind needs to think, so *Intelligently* help it do so in a way that enables you to have higher-level perceptual experiences. It is possible to function in a way where you don't even need to indulge this process; the mind will do it for itself once it sees how advantageous it is to it, in its pain avoidance programming.

It should be obvious that we have the ability to directly affect our thoughts and cause ourselves to feel bad. Conversely then, it should also be obvious we have the ability to influence our 'Conscious thought's Consciously', to cause ourselves to feel good

If you are not *Consciously, Deliberately* and *Intelligently* choosing conscious thoughts, or what you give your attention to, and how, your automatic Sub-conscious mind and *Psychological Reality* will decide for you. Remember, the quality of your life is how you 'feel' in any moment. So what is the quality of your life normally? How do you feel, how do you want to feel, and how could you feel, if you really wanted to, or knew how to? The emotions you are searching for are just a thought away. Choose carefully, *Consciously* and *Intelligently*, what thoughts you indulge and how you indulge them, as these thoughts create your emotions and your current experience of life. You have the skills to change the quality of your moment by moment life right now; in fact the *only* genuine freewill (perceived control) you will ever have in your life, is in how you *Consciously* choose to perceive your reality (as it is all essentially made-up anyway) and the *Conscious* choices you make internally. Are you doing that now in a way that causes you to feel consistently inspired, uplifted and good? Or are you indulging ways to feel psychologically disappointed, frustrated, annoyed, anxious, conflicted, fearful, hurt or resentful? Do you often feel disempowered or scared? If you can be *Consciously* and *Intelligently* internally *Aware*, you see that the choice of how you feel is actually yours. No matter what happens in the external world, how you feel is about your *Self-Concept* and *Underlying Self-Image*, because you carry your perception of 'you' in your internal world. It is in you, not out there. It cannot be resolved or fixed by external 'stuff'. It cannot be escaped, only transcended by kindly and caringly facing it, so you can see the confusion, misunderstanding and illusion of it.



**YOU ESSENTIALLY ONLY EXPERIENCE
WHAT HAS YOUR ATTENTION**

The game of life is not the problem. The ‘problem’ is what you give your attention to within the game and how you give your attention to that which has your attention. If you are physically cold and focus on giving your attention to and focus on, the experience of being cold, you will continue to experience being cold and perhaps even feel colder. If you give your full attention to focusing on something else while you are cold, giving it your full attention, at some point you will simply forget you are cold, and therefore stop directly experiencing it. It doesn’t mean you are no longer cold, it just means that you’re no longer ‘perceptually experiencing’ being cold. You experience what you give your attention to the most fully. The mind does not experience *Consciously* what does not have its perceptual attention. Scientists have even given it a name; they call it in-attentional blindness and although they are mainly talking about sight, I suggest the process is similar for all forms of perception, especially your unheard and unseen internal perception and thinking which drives your unaware behaviour. An example of in-attentional blindness would be when the mind focuses on the symptoms of a certain process because of its pain avoidance drive and therefore does not see the **true cause** of the symptoms, creating blindness to the truth of what is actually going on. E.g. you hear someone say something derogatory, and you feel the resulting emotions from your perceptual process, yet you may be blind to the story that has just been told internally, derogatory about you, which has triggered the emotions. You can be completely unaware of a true perceptual story and structure because that story or structure does not have your attention.

I’ll say it again, if you are not *Deliberately*, *Consciously* and *Intelligently* choosing what to give your attention to or how to give your attention to it (focusing on it), then your Sub-conscious Thinking Mind and *Psychological Reality* is choosing for you, in whatever way ‘it’ wants to, or thinks it needs to. Remember that the *Psychological Reality’s* basic underlying purpose is to protect the psychological ‘you’ and avoid pain, and it is therefore predisposed to look for the possibility or probability of potential psychological hurt, insecurity or fear in any event, situation or interaction, even if it is imaginary. The Sub-conscious Thinking Mind will always indulge in pain or pain avoidance thinking, of one form or

another, and this is what you get the 'feeling' of. Unless you *Deliberately, Consciously* and *Intelligently* direct your attention towards something else which will allow you to experience at a higher level, or re-describe what has your attention in a more *Intelligent*, supportive and uplifting way, or by simply observe the thinking without colluding with it.

Always focus on something uplifting and emotionally elevating to you. Or focus on whatever already has your attention in an intelligent, uplifting and supportive way

It is very important that you understand this; if you identify with and indulge in your perceived hurts, problems, shortcomings, weaknesses, difficulties and challenges, your experience of life becomes the *experiencing* of and about these. They automatically become your dominant experience of reality and you are stuck with experiencing them, in whatever way your mind is creating that reality for you. What do you indulge the most perceptually, perceived compliments or perceived criticisms? I ask you to genuinely consider this. How long do you carry an event, situation or interaction with you, and keep it alive within you after it has physically ended?

The perception of an event, situation or interaction can cause chemicals such as adrenalin to be released into your body, which generates a physiological response. The effects of the chemicals, released because of the initial stimulus, really only last about two minutes. It therefore follows that the event itself and all its symptoms should have fully ended 'no more than two minutes' after the physical stimulus has ended. Is that consistently true for you? The actual physical effects of a stimulus leave your system quickly, unless you keep re-running the event with imagination, indulging an agenda driven thinking bias, and allowing the mind to re-stimulate and re-indulge the psychological and chemical reactions over and over again. Therefore, it is very important that you become *Consciously Aware* of this in any moment it occurs and quickly let go of indulgence in any process that causes perceptual discomfort or any need to re-run an event. If you want true peace of mind, it is also required that you let go of attachment to any particular outcome you did or didn't get, or wanted to get instead.

Let's say someone cuts in front of you in your car or in a queue, or perhaps you have a verbal exchange. For how long and how many times do you re-run this event after it has ended in actuality? You may re-run it slightly differently each time, trying to psychologically get a different

outcome so your *Ego* can feel better. Or you may have another motivation for changing the event each time in your imagination, perhaps fear or regret, or you may be caught up in experiencing blame for or towards others or yourself, perhaps you are trying to stop being angry or whatever it is you are feeling. Become *Consciously Aware* of how many more events or experiences similar to the original event this generates, based on the fact that it is being held in your focus through your attention on it and continues to trigger you because your imagination keeps it alive in your perception. It continually reruns as you go about your day and therefore attracts more experiences like this to you. Is this truly *Intelligent*?

Make no mistake; Consciously or Sub-consciously, having your attention on anything, creates how and how much you experience it in the moment, plus it creates or attracts more of the same. We don't just get or receive the future. We help to create it through what I call *attentional attraction*. When you focus on how much you enjoy something, that is what has your attention and that is what you will most likely experience. Events and situations are then attracted and generated which allow you to experience more of those same perceptions and emotions. When you focus on how much you dislike something etc., this is what has your attention, and you therefore attract more of those same experiences (as I will show, this is required to teach you). You also prepare and sensitise yourself to feel that way. This is why perception is always biased in a particular perceptual direction, and so is the creation of your reality. How do you approach events, situation and interactions, from an optimistic or pessimistic perspective? Do you predominantly (be honest) see people as friends or (potential) adversaries? What do you choose to give your attention to and focus on consistently, or is it just happening to you? How do you describe events to yourself? In a way that allows you to feel genuinely good, supported or uplifted in those moments, or in a less supportive way? The evidence shown by your *honest* answer will tell you how you really want or expect to *feel* consistently. It may be different than you originally thought, or wanted to think, but be truly *honest*, if only with yourself. Internal integrity (internal honesty) is *THE* most powerful tool for raising your *Conscious Awareness* and genuine *Intelligence*, and *Inner integrity* is as spiritual as one can personally be. The genuine truth, even if it is only the honest perceptual truth, *will* set you free, not the best cover-up, avoidance or good image based answer you can come up with. Honesty is about taking true *responsibility* (not blame) for yourself and your perceptions, stories, descriptions, resistances, justifications and excuses, and this can lead to supportive self-reliance.

If you can recognise that your thoughts are causing you to feel disappointed, unhappy, uncomfortable, anxious, inadequate, unworthy

or worthless, and you don't know how to feel differently, simply start *Consciously* thinking the opposite of these thoughts, and give those your full attention. When you give your full attention to these new *Conscious* thoughts, you stand a much better chance of feeling good than you did while you were thinking the opposite, disempowering thoughts. This also creates what you experience in the actual moment and helps to attract better experiences as well. It is very important that you focus on and see what you do well and effectively or you will never feel very good about anything you do, even in the areas you cognitively know or assume you are good at. When you are learning to ride a bike or drive a car are you focusing on the way you succeed? Or are you focusing on every bump in the road you hit, every curb you catch or mistake you think you make? How good a rider or driver do you think you would be if you focused solely or predominantly on everything you perceived yourself to have done wrong? How inspired to ride or drive do you think you would be if you did that? How many more of the same experiences do you think you would create and attract, or simply experience because that is what you are looking for?

If you don't yet feel good almost all the time and are not yet able to simply observe your thinking without getting caught up in it, here's an exercise for you. Make a list of all the things you could give your attention to or focus on, if you truly wanted to, that would create a good feeling in you. These might include people and places, pets and interactions with loved ones, exciting experiences, or maybe simply sitting on the beach or in a park. Next, make a list of uplifting or empowering ways you *could* focus on, or describe, all the things that you would normally describe in a way that would cause you discomfort. New ways of focusing that would allow you to feel good, or at least less uncomfortable. Then add a list of things you could give your attention to that you may not have focused on before. Things that would allow you to, or encourage you to, experience a good feeling, such as experiences, events, situations or interactions. Finally, add anything you feel grateful for. You are now making a list you can carry around with you to help you practise feeling good when perhaps you don't. However, make sure you get yourself into an expectant state of excitement before looking at them or these things will also become conditioned to feel like what you felt like before you looked at them.

Every time you start experiencing a memory or something you really don't want to think about, and you perhaps feel unable to sit with it and explore it *intelligently*, and with *Self-kindness*, take out your list. Make sure you are moving around, and focus on one of the items on your list *Completely*. Imagine it (yes, I'm encouraging imagination here, but only in a *Consciously Aware* and structured, managed way) and get emotionally involved with it. Make it your only *Conscious* experience of your *Reality*

for that moment by giving it your full, undivided attention, and you will absolutely improve the feeling and quality of life for you in those moments you indulge in this practice, as once something has your full focus and attention, nothing else can *Consciously* be held in your perception. If you can't completely focus on just one of the items on your list, start running through them all. Get excited and fill up your *Conscious* attention with all these things so there is no room for anything else. Use your skills to *Consciously* apply your attention in your favour, instead of letting your Sub-conscious mind and confused, fearful, injury based *Psychological Reality* decide what you get to experience and how. Just make sure you come back into the present moment through your senses as soon as you feel genuinely good. Bring those good feelings with you and focus on how good they feel. If you must, keep describing to yourself how great you feel with as much excited emotional intensity as you can generate, and you will feel even better, guaranteed. You will also be training and conditioning your mind to do this much more easily and consistently. The more you do it, the more accomplished at it you will become. This is not a substitute for becoming fully *Consciously Aware* and functioning at a higher level consistently. However, it will help you at least not feel bad, if you truly don't want to, and it will help you learn to manage your perception better, at the very least. It is required that you know how to, at the very least, feel good consistently, so the mind can become free enough of the perception which causes hurt and suffering, that it can truly Awaken and experience true peace and happiness.



Before I get into the nitty gritty detail of perception, there is something you need to become **very** *Consciously Aware* of within the mind, and that is the *Ego* (the *Conceptual Dynamic/Active/Adjustable, superficial, surface Self-Image* - I will go into this and other things I say below in detail soon) and that *Ego's* true agenda/intent/motivation in any moment. By being more *Consciously Aware of the Ego* and its processes, rather than an *unaware* and unwitting victim of it, you will soon start to experience moment-by-moment life differently. You will also get more out of this book, and find it easier to take in what is actually being shared. The mind and the *Psychological Reality* have a main (left-

brain) mode, and the Conscious mind has the other modes we need to cultivate and amplify. We can see these as *left-brain* (Sub-conscious) and *right-brain* (Deliberate Conscious) modes for the purposes of helping you understand this (I will go into the structure of the mind as I see it further on). The main Sub-conscious (and sometimes evolving to Semi-conscious, managed) processes of the *Active Self-Image* we need to be Aware of (to see the blatant processes of this *Ego*) are:

PROTECTION: *Defend, Justify, Retaliate, and Cover-up* - a pro-active, immediate, conditioned method of automatic 'smart' defence and protection, and

PRESENTATION: *Present the Best, desired or Safest Image* - presenting both externally and internally a particular desired image. Both of these are part of the **PSYCHOLOGICAL PROTECTION MODE**.

The main right-brain processes - **HONESTY**, **TRUTH** and **AUTHENTICITY** use *openly curious, inner-enquiry, honestly* and *truthfully* to access the *deliberate, Consciously Aware, Conscious* Higher Mind. These are the required elements of the **INTELLIGENT GROWTH MODE**.



PSYCHOLOGICAL PROTECTION MODE Muscles react and tense up to protect physical injury. Psychological perception is the same with perceived psychological injury, and mankind carries plenty of that. Your defensiveness is almost always against another, or you, seeing what you don't want to be seen or to see, and trying to stop internal or external consequences you believe may come, like others seeing what you think you will be criticised or attacked for, so you don't end up criticising or attacking yourself. Thereby exposing you even more to that which you don't want to discover, see or acknowledge in yourself and your own perception. In any interaction, both externally and internally, you are *either* only thinking of what to say to protect or present yourself and your *Image*, or you are enquiring honestly and openly into what has been said to see whether there is truth in it or to see what you can learn about yourself from it. So you can become more *Consciously Aware* of it in an honest and open way. You cannot do both at the same time! In any moment you are triggered to experience your own discomfort, do you immediately look for the truth of what is happening within you so you can observe it, see what it truly is, and what is actually causing it, so you can grow beyond it? Or, are you looking for a good protection, defence, cover-up or justification, or a safe presentation? Or are you (usually automatically) driven by the need for perceived safety, through psychological *Self*-protection or presentation of the *Desired (Ideal) Self Image*. Or is the mind, or you, making-up whatever you can on the spot, to try to get or feel safe? Be honest! Are you interested in honesty and growth, and passionate about *Personal Truth*,

or not?

True Internal Growth only comes from and through insight. In-sight is when the mind suddenly sees it is doing, creating, or indulging in a process of perception, internally, it was not *aware* of before that moment. An insight is the mind becoming *aware* of what it, or the *Psychological Reality*, is up to in a way it wasn't *aware* of a second before. The strongest agenda/motivation of the Psychological Mind and *Psychological Reality* is towards protection of its structure and perceived *Self*, how that *Self* is assumed to be being perceived externally, and how it is perceived internally by the *Psychological Reality*. This moment-by-moment perception of a *Self* a '*Psychological You*' is the *Active Self-Image (Ego)*, used by the *Psychological Reality* itself to protect itself, fix itself and to feel safest and the most adequate. If *Psychological Self* protection is more important to you, or a higher standard than honesty within your perception, whether you truly know the answer to this or not, you will almost always just automatically go with whatever the mind tells you to say. Which is virtually always made-up on the spot, and is basically the best protection the mind could come up with at the time, which makes it essentially a lie. And I assume you didn't think you were a liar? Don't be offended, and don't worry, this is sadly a normal human trait at this time, and one all mankind needs to grow beyond. Until you see this going on in you, it will continue. This book will help you with that, if you allow it to.



If there is a need to defend or present anything, you cannot be in *Honest, Open Enquiry* mode. The *Psychological Reality* is fighting to create, hold and protect its perception of *Reality* and psychological safety, and to prove or protect what it already holds is true in order to keep certainty. It is also doing what it can to avoid *Self*-punishment of any kind. Be clear that any need for protection, defence or presentation, and all associated processes, are based on some kind of insecurity or fear. In this mode, you are not looking to grow beyond your defence, you are looking to defend and protect, and learn to do so better, whether you realise it, and can see it or not. The Sub-conscious mind is in this mode as an automatic default. You must *Consciously* and *Deliberately* indulge in openly curious inner enquiry or *Growth Mode* to function in this way, or it will not be available to you. This is because the *Psychological Reality* and *Ego* has so much control over the mind and its perception and its *automatic reactive* process, to try to psychologically *protect* itself (the '*Psychological You*') from perceived threats. Therefore protection and presentation mode will be the automatic default mode indulged by the mind. This *Psychological Protection Mode* must be *Consciously* and *Deliberately* overridden for you to indulge in any genuine authentic, honest inner-inquiry process,

otherwise you will simply be hijacked and tricked, yet again, by the convincing Sub-conscious thinking process and the insecure made-up *Psychological Reality*.

Protection mode is the default state of mind in almost all humans nowadays. Therefore the mind is almost always only first thinking about **protection** against potential or perceived attack in some form, external and internal, which also involves the **presentation** of a *Desired (Ideal)* or adequate *Self-Image*, even if it is protection against its own assumptions or internal processes. Because of this, the mind simply cannot be thinking at the same time about looking for the honest truth in what was said or fed back, or what it can see internally. No matter how much you want to believe that this is possible at the same time. The mind is normally Sub-consciously, and therefore automatically, thinking more along the lines of; “I assume I am going to be judged, by others or myself, so what do I need to say now to avoid being judged harshly right now?” etc. The mind and *Psychological Reality* will say or accept almost anything plausible as a defence or presentation as long as it is reasonably believable or justifiable to it in any moment, based on the quality of the *Psychological Reality*, and the mind's actual level of *Conscious Awareness* and level of *Intelligence* being accessed at that time. Whatever it perceives does not need to be real or true, just believable and plausibly justifiable to itself. The *Psychological Reality* is a reactive, protective, stimulus response reaction mechanism (reaction not response), which requires no *Deliberate Conscious Awareness* at all to function. That is why 98% of what the mind indulges in internally is not heard *Consciously* by you and is unlikely to be heard by you, until you can observe *Consciously* and *Deliberately*, what you are actually thinking, perceiving, doing and saying.



The *Psychological Reality* **constantly** creates, holds and reinforces, a ‘feeling’ of your perceived *worth* or *lack of worth* in any moment, created by your actual underlying beliefs and expectations of you and life. It is also kept active by what I call the *Active Self-Image*, which I mentioned above, and will go into deeper as you progress into a deeper understanding. (Very briefly for now, this is Different to the underlying base *Self-Concept* and *Underlying Self-Image*, created by a moment by moment need to feel certain, safest, or satisfied, yet effectively kept in line by evaluation against the base *Self-Concept* and *Underlying Self-Image* to keep deeper certainty. And conversely, is also being used by the *Psychological Reality* to try to be different to, or to replace, the underlying *Self-Concept* and *Underlying Self-Image*, or in an attempt to fix them). Whether you like it or not, you are constantly trying to feel of *Worth* or *Adequate*, and avoid feeling *Worth-less* or *Inadequate*, even though in actuality, there will be

some, or a lot of that, going on underneath anyway.

Trying to protect your *psychological Self*, and trying to present how the *Psychological Reality* and mind want *you* to be perceived, both externally and internally, is what drives the automatic *Psychological Protection Mode*. Psychology is partly based on cause and effect, therefore the mind is always evaluating and imagining possible causes and/or perceived or imagined effects, without even realising that most causes and effects (symptoms) come from its own psychological perception. This enlivens and fuels the perceived cause or effect even if neither are present in actuality. The *Psychological Reality* is intensely refined and hugely sensitised to find any possible perceived threats. In most people it is Hyper-Vigilant (a constant readiness looking for any evidence to alert it to what it is sensitised to look for to avoid or protect against) which also causes defensiveness, intemperance and reactive impatience. So at the merest hint of concern, apprehension, insecurity or fear, the mind frantically seeks relief in the only ways it knows how, psychological protection mode. The moment your perception perceives or creates a feeling of hurt, or potential hurt, the mind reacts, then a whole, complex process, based on protection of the perceived *Self*, takes over your *Reality* experience. Then more perceived hurt and psychological injury occurs and this process perpetuates and runs on and on, on auto-pilot. This is psychological torture and, I believe, a form of psychological insanity.



To get a feeling of safety or comfort, *Psychological Protection Mode* can manifest as defensiveness, (either plausibly justifiable denial, or retaliation in the form of an attack to try to push the trigger away psychologically or trigger anger in the other so as to trigger a loss of any management over their reactivity) or presentation (presenting/promoting the *Desired (Ideal) Self Image* in an attempt to protect, cover-up, change or justify what has been said or done, and trying to be or be perceived as right and not wrong). A presentation is a one-way interaction, if it can even be called an interaction. Protection mode also has an underlying adversarial expectation and agenda/intent, because it is consistently anticipating judgement, criticism, attack or competition. By its very nature, driven by a protective underlying drive, personal thinking is inherently a hostile process. Defence is an adversarial stance, which means that whilst you are in defence mode, everything and everyone is innately perceived as an immediate, or potential, adversary, automatically, and before anything else. It therefore also expects hostility or judgement from others as a result (as this is already going on internally). Therefore it is ready to react, which creates automatic defensiveness and reactivity, either subtle or strong.

Psychological *Fight* and *Flight* are both about protection. Psychological *Flight* is the need, or attempt, to cover-up, escape or avoid that which causes the perceiver to experience psychological insecurity, discomfort, or worse. It is also a way of hiding from, or avoiding facing psychological conflict and suffering within. *Psychological Fight* is the defence of one's own psychological *Self* based psychological Reaction and Retaliation, against a 'perceived' psychological attack or threat, internally as well as externally, (Yes parts of your perception are your own perceived enemy as well). This can also be an attempt to minimise suffering over the *Self*, through blame of others or perceived circumstances. It is also an attempt to psychologically hide the *Underlying Self-Image* when it is perceived that someone may see through the *Presentation* of the *Ego* driven, constructed *Desired (Ideal) Self-Image* being offered in any moment, or an attempt to stop oneself seeing what the mind is attempting to hide or hide from, about that *Underlying* perceived *Self-Image*. So Defence and Retaliation are both Fight and Flight, through avoidance and psychological smoke and mirrors.

Protection also involves *Psychological Self-Defence*, better known as justification, cover-up, back-peddalling, retaliation, retort, attack, escape, patronisation, ignoring/blanking, dismissal, defiance and philosophising etc. You can also come across as very humble or all-knowing in order to manipulate the perceptions of others, perhaps so they buy into a certain image of you that you want to promote or believe in, or so they perceive you as intellectually or spiritually superior. Other examples might include always being the last to speak or have the last word, constantly talking or providing a running commentary to fill any gaps (striving to be the one speaking or 'in control') so there is no space for criticism, attack or time or possibility for judgement or miss-perception of your presentation. More often than not within an interaction (if you truly listen), the mind is thinking; "What can I say now? What can I say now? What are they thinking? What do I say now? What do I think they are thinking and what can I say next to keep me safe, avoid being judged, stop me looking inadequate, stop them thinking I am inadequate, present me in a better light, or present me in the best light?" Many people believe they want to learn and grow, yet they are more often making statements about what they are or are not, or how they are or are not. When people make statements, they are in presentation mode with some form of *Image-protection/promotion* in play, although their mind will probably be convincing them that what they just said is the truth. Those in honest, openly curious growth mode will ask personal clarity and growth-orientated questions, and listen to the answer, for the learning, and not to work out what to protect or defend against. If there is any level of excuse, justification,

attempt to convince, annoyance, aggression, retaliation, or any attempt to trigger the other person by saying something ‘personal’ then this is still *Psychological Protection Mode*, not true *Conscious Awareness* and *Intelligence* that will lead to growth.

Assuming you know what someone else is thinking by projecting your assumptions onto them can often trigger defensiveness in you. It is an illusion; you are projecting what you presume they’re thinking, or think they might be thinking, based on what you would be thinking if you were them, onto them, and then assuming it is real; nothing more. You end up fighting with and judging your own projected perceptions and judgement system, not theirs. It is never their perception because you can never know what another person is truly thinking; it is always based on *your* assumption and judgement system, not theirs. I would describe all of the above as the symptoms of the *Psychological Ego*. These are really just the active effects of the fearful *Psychological Reality*, creating a moment-by-moment version of a *Psychological Self*, which it needs to protect and promote to feel any safety. The defence, protection and presentations of this *Ego* cause dramas and often exaggeration (sometimes extreme exaggeration in its attempts to be convincing) in its descriptions of how good or bad, it, or its life, are perceived to be. This so-called *Ego* also has a psychological structure it adheres (and which it promotes and validates) to in order to protect itself, hence the *Psychological Protection Mode*. The more hyper-vigilant someone’s *Egoic* protection mode is, the more sensitive and reactive they will be.

The *Psychological Reality’s Active Self-Image (Ego)* base protection drives essentially come down to:

- Being perceived as right and not wrong
- Being perceived as adequate and not inadequate - (externally and internally)
- Being in control and never controlled.

A more detailed list of attachments:

1. To Survive - (survival of the *Psychological Self*, perceptually/psychologically)
2. To Control - (for Certainty, *Self-validation* and *Self-importance* – perceived safety)
3. To Not be Controlled - (to feel safe from perceived adversaries)
4. To Be Right - (to feel adequate or perhaps superior)
5. To Not be Wrong - (not feel inadequate or inferior)
6. To Compete for Importance - (to feel validated and significant, more ‘in control’)

7. To be Respected - (safety, validation and significance)
8. To Compete with other *Egos* - (to 'win' and not 'lose', feel 'adequate' not 'inadequate')
9. To Compete for Dominance - (to control and not be controlled)
10. To Collect Allies to support its stance - (more convincing plausibility)



As I have mentioned already, the *Psychological Reality* is at least half a second behind actuality. This means the *Psychological Reality* is always working with, and in reaction to, the perceived past. This reactive state causes insecurity and a constant assumed need for protection, whether that protection be defensiveness, justification, retaliation or presentation of the *Desired (Ideal) Self-Image*, in order to try and defend against, or influence the perceived perceptions of others, or to avoid discovery, or having to face the perception of one's own *Underlying Self-Image*. The mind is constantly trying to protect and avoid disruption of what it believes it knows and accepts as real and true, constantly and relentlessly driven by its need for psychological certainty, and to protect you from feeling or appearing inadequate, to others or yourself. Psychological protection and defence is all about keeping certainty and perceived psychological, keeping the psychological status quo intact, to try to ensure psychological certainty, safety and survivability. Uncertainty to the mind is perceived pain, therefore it will always gravitate towards that which gives it certainty, holding onto or proving what it thinks it knows, always trying to be right and not wrong for fear of uncertainty, being judged or suffering its own *Self-criticism* and *Self-punishment*. This stops you letting go of what is currently tightly help onto, in order to be open to something new, which could of course bring the mind the true peace it craves.

The *Psychological Reality* is (or at least it works hard to be) certain it can **survive** with what it already holds and believes it knows. This hollow promise is often enough for most because even if they are suffering, they are suffering in a way they are used to suffering, and it meets the minds need for certainty. Any sort of doubt causes uncertainty, so the mind will quickly attach to the 'best', or most plausibly justifiable answer or perceived assumption of truth. It will even associate or make-up other information to avoid any doubt, which if plausible, are added to assumption, which of course adds to, and makes even more confusing, the current perceptions and illusions within the mind. The mind also uses deduction and imagination, or instantly made up theories, to fill in any gaps in understanding to give certainty. This adds to the defensiveness within the mind as innately the mind knows it is making stuff up to get certainty, and knows that others may find this out. Do not be fooled by the

mind. If you are not *Consciously Aware* (are Unaware) in any moment, the mind will be on the run and making stuff up, one way or another, based on one insecurity or fear, or another. Whenever you are operating from protectiveness, defensiveness or *Egoic* presentation, your true progress and growth has ceased during these processes.



As young children grow and become adolescent, they not only look for ways to fit in and become acceptable. But they also identify and learn new ways to criticise others, and therefore, themselves. They also accumulate more reasons to be defensive, and more reasons to defend themselves. These and far more behaviours, appears to be the way to act in these situations, by those they look up to. This is often the way their parents act and react as well, which was taught to them by their ancestors and society. And so on back through the ages. I do not say this for blame, simply for information and Awareness purposes. Actors and actresses are considered to be role models for many people's *Image*, and their actions and behaviours are often copied. We have been taught to push away, shout at, and abuse one another, when we feel psychologically threatened in any way.

Sadly, we have a plethora of television programmes and films in the Western world that show people lashing out at others, usually to gain some kind of retribution or satisfaction, or as a way of protecting and defending themselves against perceived psychological attacks from others. We have television soap operas that depict the everyday lives of people in everyday communities, most of which seem to focus on dysfunctional, abusive and often violent interactions and relationships. These programmes are being shown to our young people all the time. Unfortunately, they are such powerful mediums and perceived to be 'real' by so many, because this resembles life to them, that it encourages children, and others, to learn to act like, model, and copy, the people in these programmes and films. In short, we have been taught to push away, shout at and abuse one another when we feel psychologically threatened in any way shape or form, and most of these soap operas validate this protective and defensive approach as the 'normal' and therefore regular (plausibly acceptable) way to be.

As a young child grows and becomes an adolescent they not only look to others for ways to fit in and become acceptable, but they also identify and learn new ways to criticise others, and therefore unfortunately, themselves. They also accumulate more reasons to be defensive and more reasons to defend themselves. They model the behaviours they see in those they look up to, and in the communities in which they interact, believing this is the way life is. This is often the way their parents act and react as well, which was usually taught to them by their parents, carers,

relatives, significant role-models, and society, and so on back through the ancestral ages. I do not say this for blame, as there can actually be none, simply to raise your *awareness*.

We are also taught, again usually through observing significant adults, families and role models around us, never to be perceived as wrong. How can teaching people to live in this way, usually through the Un-awareness of our own reactivity, ever solve our social and personal problems, difficulties and challenges, or indeed any challenges at all? It just causes more challenges, perceived hurt, injury and suffering. Most of this teaching happens Sub-consciously through Unawareness, not because people really want to create a society like this. That said, it's perfectly possible that governments and the powers above them do. After all, fearful, reactive people are more controllable and also more in need of this kind of authority. But on the whole, it's because people just don't know any better as this is what has been taught to them through the Unawareness of their role-models, and modelled for generations, particularly during the formative years of people alive today. So become *Intensely, Deliberately and Intelligently Consciously Aware* of any protective and reactive process going on in, and with, 'you', and *Consciously, Deliberately and Intelligently* choose not to indulge it. Open up to authentic and genuine supportive inner-enquiry to see what you can learn about your own *Psychological Reality* and its agenda/true intent/motivation in any moment. You may be surprised by what you find. Don't make it or you wrong, simply observe it with kind curiosity, so it is revealed to the mind itself. Then it will reduce and eventually dissolve.



TRUTH & OPEN HONEST, INTELLIGENT GROWTH MODE - Growth over, or within the *Psychological Reality*, does not happen until the mind genuinely sees a reason for it through Insight. This usually comes from open, *Conscious* and *Intelligent* contemplation and genuine inner-enquiry. This causes the mind to see what it is doing 'to itself', through indulging the structure of its own perception. If the mind does not see its own dysfunction in any area' which is causing its own problems or difficulties, it will not be drawn to find a different way of processing perception in that area, or to let go of the old processes that created the discomfort, conflict, hurt and suffering in that area. It is first required that the mind itself sees and accepts the perceptual misunderstandings and perceptual confusion or conflict in any area of its own perception, so that the reactive tension around it can dissipate. When it does, then the mind itself can relax and look with genuine openness to see the true internal cause of its challenge, adjust it or let go of indulgence in it, and evolve beyond it.

Learning about life is mainly an external world process, whereas true

growth is an internal world process. True growth comes about through *Intelligent Awareness*, which is about discovering what you (or the mind) are *not yet Consciously Aware* of in your current internal perception and *Psychological Reality*, especially in relation to your *Self-Concept* and *Underlying Self-Image*, and your active *Image Egoic* structures and processes. Internal growth and progress, and external success (often perceived as growth and progress) are different. Effort does not work internally. Only true *Conscious Awareness*, which brings true *Insight*, will engender evolutionary growth. Real internal growth comes from '*truly listening internally*', and through facing truly difficulties and challenges, both internally and externally. True listening is *Consciously* and *Deliberately* listening to your own thinking, and recognising something within your own perception you did not *Consciously* see or know about before. This is *In-Sight* at work. Authentic listening is a process of an inwardly reflecting *Consciously Aware* mind. True listening cannot happen unless an inward reflection is taking place. It begins with a desire and to *Consciously* listen for that which is not yet known internally. A true intention for inner growth requires a commitment to honest discovery of that which triggers discomfort, hurt and suffering, *in you*, and how it is created and indulged *by you*. Looking into this (again without blame or personal criticism or punishment), is what will truly set you free.

Going into and allowing uncertainty, deliberately and *Consciously*, and *Intelligently* and openly looking to uncover and discover that which is unseen by the mind in its own perception, will bring *Insight* into how it perceives and behaves, or it sees for itself a belief, assumption or expectation it holds, or anything that creates or facilitates an *Aha* moment about anything within its thinking that causes suffering of any kind. Anything else is merely a refinement of what you already perceive. Only when someone is truly and openly looking inside and genuinely looking to grow, without protective defence, can true growth in *Conscious Awareness* occur. To move beyond where you are, you need to *Consciously* indulge in becoming a non-defensive, non-protective, curious student of your own perception. Not someone who is trying to prove perceived adequacy or *Awareness*, or trying to defend your perceived inadequacies or perception about anything, at any time. It is required that you are willing to be authentic and honest. Pretending to be at some level perceptually (acting), or pretending to be different, instead of knowing where and how you truly are functioning, causes you to pretend to take a journey, and taking a pretend journey rarely leads to perceptual evolution, no matter how convincing it may be. The worst kind of dishonesty and fraud is *Internal Dishonesty*; pretending in any way that you are different to how you truly *perceive* yourself to be. By this I do not mean that it is wrong to

behave well (if you don't really want to) because it is required, and you have standards of behaviour that are intelligent and caring of others. I am talking here about being dishonest to yourself, about yourself or your life.

Unfortunately most realisations about the *Self*, *Self-Image* and one's own perception of thinking or behaviour, are followed by some form of *Self-disappointment*, *Self-criticism*, *Self-recrimination*, *Self-ridicule* and *Self-punishment* or even *Self-abuse*. This makes the process of recognising anything new about your own perception a scary process for the mind, which is always being guided by the insecure, fearful *Psychological Reality*, to avoid discomfort of any kind, even internal discomfort created by itself. The mind therefore tries to avoid discovering anything new about its own perception, simply to avoid its own *Self-disappointment*, *Self-criticism* or *Self-punishment*. This creates a bizarre trap because although one part of the mind is creating this 'punishment', another part of the mind sees it as discomfort to be avoided, without this part even realising it was created by another part of itself (the *Psychological Reality*). Internal conflicts over how you think you are, compared to how you think you should be, or want to be, trigger the agenda of escape, *Self-criticism* or *Self-punishment* to try to fix yourself, or to try to stop you doing it again. However, be clear, the thing you're trying to avoid is the *Self-criticism* and *Self-punishment* itself. Trying to avoid *Self-criticism* and *Self-punishment* by using *Self-criticism* and *Self-punishment* is like stabbing yourself in the back repeatedly whilst trying to run from an invisible attacker. Unfortunately this often causes insight, growth and *Self-discovery* to feel scary, and something to be avoided. Protection and defence are automatic, and perceived as far safer, and thus become the instant reactive default. This is especially true when you come close to having a genuine insight and a real disturbance of certainty occurs or is even perceived as possible.

Real Growth can only happen when there is a genuine willingness to look openly at, and for the cause behind a behaviour or thought, and a willingness to stay with it, no matter how tough, to gain some *Conscious Awareness* of its agenda/true intent/motivation, structure and process or processes. It is also required there is a genuine willingness and openness to *honestly* hear and recognise any truth in whatever you perceive has been said to you or about you, externally or internally, or in what may be being shown to you, so that you can perhaps learn from it. If you notice any reaction, blame or resistance, you are in *Psychological Protection Mode*, unable to *Consciously* see and grow in those moments. You can only grow authentically when you are genuinely *Consciously Aware*, as *Conscious Intelligence* is required to intelligently override the automatic, conditioned, protective and often paranoid indulgence in any automatic, reactive thinking process. Genuine *Intelligence* (not intellectual

intelligence - smartness) is only available when you are truly *Deliberately Consciously Aware* in any moment. Again, unexpected or openly sought insight into one's own perception is the only process that can trigger true growth!

Ultimately, evolutionary growth **is** required, but there is no prescribed time-line on the growth of this *Conscious Awareness*. It is required each entity must evolve at its own speed, and no faster, otherwise growth has not happened organically and authentically and cannot therefore be real. It *MUST* be real and come from a genuine evolution in *Consciousness*, *Awareness* and *Conscious Intelligence*, and not from some perceived short-cut. It cannot be faked or forced, because Creation will know and will test you anyway. So courage and the willingness to both experience and stay with genuine psychological vulnerability and uncertainty is required. If done with caring, kind *Conscious Awareness* and *Intelligence*, this will greatly help with insight and growth. People that are truly looking for growth, continue to look for growth and progress (not change) no matter what state is experienced, or how hard it appears.



Learning - There are two kinds of learning. The first is *Protection Learning*; which is about learning to protect, defend, cover-up, justify, retaliate and present a better image. *Protection Learning* is never about learning to grow and evolve beyond where you are; even it is assumed it is. The second is *Growth learning*; open, honest, curious, and authentically introspective learning, about what you genuinely need to become *Consciously Aware* of to grow beyond where you are and what you currently think you know. When you are honestly and curiously open, you have more chance of experiencing insights and perceptions, which bring you higher-level feel-good outcomes and true learning. If it is all about protection, you will just feel innately nervous or scared, perhaps without even knowing why.

We are like flowers - we are at our most beautiful when we are fully open, and the mind is like a parachute, in that - it works the best when it is fully open. Be open to not knowing what you do not yet know

Psychological Protection Mode and *Growth Mode* listen in different ways, because they have completely different drives, motivations, agendas and perceptual processes. People think they are learning but the mind is almost always working out how to fit what it hears into what it already knows, because of theist basic need for certainty and psychological protection. This means it is trying to protect, defend and justify what it

already holds as true, but there is no growth or true progress in confirming what you already believe you know. Perceptual and psychological growth lies in the open and honest recognition that you don't actually know anything really, and are therefore always open to discovering something new about everything.

At any one time you can only be looking either for what you need to become aware of to grow, or you are defending, or ready to defend, what you already hold to be true, or how you think you may, or may not, be being perceived. But you cannot do both at the same time. Protective thinking always has a lack of *Consciously Aware* associated to it, Unawareness, as it is old conditioned thinking that needs no *deliberate*, contemplated intelligence to function actively, and is perceived as effective. This is a *Failure of Intelligence*, and any protective reaction that follows, can often be even more damaging or disturbing than that which it is trying to protect. People often think they are in *Growth Mode* when really they are poised, even before they think they are, to immediately protect or defend themselves, or to justify and defend anything and everything they perceive they know, or are associated or attached to, or have just said or not said. In this Unawareness, they are continually scanning for what could be a perceived psychological threat to their perception of *Self* or reality. Adjusting, for safety and comfort, anything you hear or perceive, is merely increasing and polishing up your skill in this type of perception. This is protection of what is perceived, or at best, refinement of what already is. It is revolving Revolution, not Evolution and Growth. And as this *Psychological Protection Mode* is what creates your underlying conflict or suffering, how can it help you grow beyond what is causing your conflict or suffering? You're holding onto and supporting the very processes, which are causing the discomfort, conflict, hurt or suffering in the first place. It may seem irrational but unfortunately is logical to an Unaware, protective perception. If you don't see, observe and question the irrationality of the mind and your perception, how is it going to adjust, grow and evolve? What is there to intervene, other than true Conscious Awareness, if it is present and active within your perception, when the Sub-conscious mind believes in exactly what it is plausibly and justifiably telling itself to think or do?



Because of the underlying knowledge about *Ego*, the mind knows that in order to upset another, it simply needs to cause them to appear wrong or inadequate. Because of this, people will often try to trigger others into *Psychological Protection Mode*, effectively rendering the other to be increasingly less intelligent, the deeper they are absorbed into it. This makes them less of an intelligent threat to the perpetrators psychological

welfare and thus more easily manageable. Insecure people will often try to unsettle perceived adversaries. If they can stay intellectually intelligent (smart), whilst triggering the other out of their smartness, then they can perceive themselves to have some control and to have perhaps 'won'. This brings with it a sense of psychological power, but it is really psychological bullying that reveals the insecurity of the bully. This is not intelligence or strength. Truly confident and balanced people, or people secure in whatever the subject matter is, should not and would not, need to do such things.

The need for perceived power over others is really insecurity and fear projected out onto the external world. The Thinking Mind fools itself that this is the same as strength, when it is really fear of psychological inadequacy manifesting itself externally. The mind uses the *Ego* for guidance on how to protect and present itself and how to gain certainty, *Self-validation*, *Self-importance* and satisfaction (confused as happiness). The mind also uses the *Ego* to measure, based on the assumption you are always the thing of importance that needs to survive, or be perceived as the most adequate, or avoid being perceived as inadequate (internally or externally). It also assumes that you are essentially alone and separate, so as with the Primal *Ego*, it is 'me against you', and 'me or you'. However, this is now really about the 'psychological you', rather than the physical you.



People who engage me for coaching, virtually most of the time, at least to start with, protect and defend immediately, without even realising they are doing it. And when I point it out, they are adamant, at least to start with, that they are not defensive and are looking to learn and grow. So I will make this as clear as I can. If someone says something to you, or about you, or you perceive them to think something about you, you can either go into *Protection Mode* or *open curiosity* based *Growth Mode*. You can either be looking for the best defence, explanation, cover-up, excuse, rebuke, justification or presentation **or** you can be honestly thinking about and listening for the truth in what has been said or implied, so you have internal clarity. You (the mind) CANNOT be doing more than one of these processes at any time. Your mind can only actively be in one mode or the other, not both! However, whilst a computer can only give its main attention or focus to one program at a time, there can be many smaller, automatic programs running in the background, slowing it down and effecting what it can and can't do.

Here is a computer analogy that may help you understand why. The mind functions in a very similar way to a computer in many aspects. Have you ever tried to enter something onto your computer in two programmes

at the same time? Try it now; open two documents next to each other on your screen and try to type into them both at the same time. It's impossible, right? No matter how hard you try, only the *dominant* window at the front of the computers functioning, the programme that has its attention at that time, will accept (and if designed to calculate, will calculate with) the input. The mind is the same. It can only actively use one programme or one mode at any one time. One 'process', one 'state', one 'mode' at a time. So the *dominant* 'mode' of the mind in any moment is the one that will deal with the input, and label, evaluate, measure, calculate, describe, filter and adjust it, thus creating your perceived reality in that moment, from that explicit process. Make sense?

Now, let's take it a step further. Set-up two calculators or excel spreadsheets on your computer. Program one to Subtract the number you enter from the total 100 (100 for this example), and the other to Add the number you enter to the total, 100. Depending which calculator or programme you enter the same input into, it will do something completely different with the information and come out with a different calculated outcome, or result, right? One will come up with 90 (because it is subtracting the input) and the other will come up with 110 (because it is adding the input). The same actual input (stimulus) goes into each calculator or programme (mode/structure of perception), but the conclusion is a quite different (constructed reality) calculated result or outcome. This is wholly dependent on which programme (mode, structure) the system (your perception) used to create the outcome and experience. This is exactly what the mind does, because each mode or programme structure of the mind uses information and perceived information (perception) differently. Based on the same actual input, it can often come up with completely different descriptions, stories, meanings, conclusions, results or outcomes (which then create the associated emotions). It is therefore vitally important that you know what 'programme' (mode) the mind is using in any and every moment, to evaluate, manipulate or construct your perceived reality experience! Wouldn't you agree?



If you are not fully *Consciously Aware* of which of these processes you are predominantly functioning from in any moment, you will simply be a victim of the *Psychological Protection Mode*, continuously feeling and being instantly defensive, until you *Consciously* and *Deliberately* cultivate the Awareness and ability to step out of this mode and into the open, honest and curious inner-enquiry of the *Growth Mode*. Look inward at your own perception for the truth in what is going on (with a kind, curious and caring perspective) and indulge his honest *Conscious Awareness* for as often and long as possible. If you can do this, even when your defence,

plausible justifications, excuses and arguments seem completely real and justifiable, it will hugely speed up your evolution towards *Conscious Awareness*.

So-called evil is, in my opinion, created and perpetuated because of the mind's protection and defence of the *Psychological Self*, and the *Psychological Reality's* drives to protect and defend its constructed *Selves* and its perceived *Reality*. *Consciously* observe the *true Agenda/Intent/Motivation* of the mind; listen internally, honestly and openly to see if you can catch the mind in protection, cover-up, defence or presentation mode. Also observe how quickly the mind hijacks your perception, without indulging judgement or *Self-punishment*, otherwise the *Conscious Awareness* of this process becomes something to defend against. This puts you back into perceptual sleep, which halts any true Awareness and therefore growth.

In any moment, be sure to ask and genuinely look to see in yourself what the truth is; "Is this reaction ultimately helping, or hurting me? Am I just looking for a good defence or presentation right now (the best or safest thing to say) or am I looking for the honest truth in me, over what I hear, so that I can have a true insight into my reactivity, so that will genuinely help me grow beyond where I am right now?" These kinds of questions will directly and quickly help you become *Consciously Aware* of the intricacies of the defence and Protection Mode, rather than becoming ever more expert at finding more intellectually intelligently, plausible and justifiable defences and presentations. Asking yourself these questions will help you evolve in Awareness much faster, as you become far more *Aware* of how the *Psychological Reality* works to create how you perceive and feel. Becoming truly Awake requires raising in *Aware Intelligence* to the point where any reaction, reactivity, defence or defensiveness, or insecurity based presentation, is no longer seen as intelligent. Remember; avoidance is the strongest drive of the Sub-conscious mind (and any Semi-conscious processes).

Your mind is either in protection or intelligent growth thinking mode at any one time, and your mind will work hard to fool you into believing your avoidance is required or about growth, when it is really just avoidance of the insecurity around the perceived psychological un-safety of the perceived *Self*! And if reactivity makes you feel safer, if someone else can point out something is going on within your perception, thoughts or actions, that you are not yet aware of, *Unaware* of, because of your reactivity, surely that is less safe than you knowing already, through Awareness, and not being at the effect of your conditioned reactivity. If you are not *Aware*, the mind is already working on a Pre-emptive defence because you are simply functioning in an *Unaware*, conditioned dream-

state during those moments, whether they are a few, or actually most of the moments in your day. This is being governed and made unsafe by your ‘*Conditioned Auto-pilot*’.



Learnt to see the honest truth within ‘*you*’ and learn to learn the honest truth. Remember this - the **Honest Truth** will set you free, not your best reaction, defence, lie, cover-up or the *Desired Image* presentation! Any reaction, no matter how plausibly justifiable, will always cause some form of discomfort and more symptoms. No matter how uncomfortable the truth may be, it can still set you free and true *Conscious Awareness* and *Conscious Intelligence* will always lead you towards growth, peace and true happiness.

REACTING VS. RESPONDING

A *reaction* is usually unintelligent and irrational. However, a considered *response*, gives at least the opportunity for an intelligent outcome. It is much more supportive to be able to relate to life and *respond* to it, rather than *react* to it. Intelligent choices always tend to be more productive than reactive choices. The people with the best lives are usually the ones who see and indulge in the best (perhaps *Conscious*) and supportively intelligent ‘perceptual’ choices. Reactiveness causes you to go into an *unaware* Sub-conscious sleep or dream-state that takes away any potential for true intelligence. Any time this happens, growth stops. Reactiveness creates more consequences, whereas *Intelligence* brings more true benefits, at the very least, long-term. When you are regularly reactive, you are never at peace, and always at the mercy of perceived external stimuli, and the often painful emotions your own perception creates. Whenever you non-consciously or consciously need to defend your *Self* or *Self-Image*, or your perceptual position, you are going to be prone to reaction. Unfortunately, if you are prone to reaction you’re really a victim; anybody can control how you feel, simply by causing you to react perceptually and emotionally in a way that supports their outcome. If you are a stimulus-reaction mechanism, you’re at the mercy of anyone; you’re simply a victim awaiting, and unfortunately looking for, perpetrators.

If you are reacting, there is little chance you are functioning from a place of true *Intelligence*, yet you may be assuming that you are and the mind will certainly be trying to convince you that you are, even though it is only intellectual intelligence. When you are prone to react, you put yourself in states where you may react in ways that will cause you to be embarrassed, or feel bad about your displayed *Self-Image*, or do something that causes even more challenges for you. This is also part of a failure of intelligence. Reaction of any kind puts you at risk of a failure of intelligence. It does so

because reaction is driven by need, insecurity and fear and therefore will only use what it already knows as a way to protect. This is conditioned and requires no higher Intelligence. Reaction can also remove lower, rudimentary intelligence that may stop you from doing things that will be detrimental to you, both externally and internally.

Reaction begets reaction, until you have reaction in motion, which creates a cycle of plausibly justifiable defence, retaliation, justification, cover-up and presentation, not only in you, but in others as well. Reacting is usually an automatic behaviour, which happens before you've even thought about it. It usually comes from Sub-conscious conditioning, habit, and insecurity and fear of being wrong or inadequate, and stored perceptual hurt and pain, stored charges and historical hurt. (This reservoir of Charges could be called the 'pain body' - which to me is the dynamic memory projection and historical reaction of perceived, stored, historical hurt or pain which comes out within situations which may have the same perceived dynamics. Old charges have three parts you need to be aware of for them to dissipate.

Firstly, the perceptual 'reason' for the emotions associated to it, secondly, the story which is still being carried and told about it, and you, and thirdly the pain caused by the resistance to experiencing the associated emotions. When you let go of the resistance to experiencing an emotion, and openly and curiously observe it, you will see the emotion is just a physical sensation, which will then quickly dissipate. It is not really something that is 'actually' painful, it's only psychologically painful because of your resistance to it and its perceived implications about 'you'. It also takes authenticity to be honest about these charges, so that the perceptually held onto 'reasons' for these can also be relinquished. Believing you have wronged or been wronged must be let go of in order for conflict and hurt to end, the *charge* to be released and for peace to replace it. The truth will set you free, but only the authentic, non-resisted truth. Much of psychological suffering is caused because we try to move around or away from the truth of what 'is' or 'has been'. That is not and cannot be the true solution.



Once you have been triggered, you are rarely then dealing with the stimulus that triggered you. More often than not, you are now dealing with your own story and subsequent created emotions, and your own *Psychological Reality's* protective reaction. Reaction also tends to trigger reaction in others and this causes people to enter a reactive loop which causes them to say and do things that probably have nothing to do with the original subject matter. They may turn to personal attack to try to gain control of the interaction. Alternatively, you will often hear people

moving the subject of a conversation or argument around to something they feel safe with, or feel they can win or be perceived as 'right' about. You may think reaction just happens; however, if you can listen *Consciously*, you'll hear a lot of dialogue, describing and story-telling that goes with that reaction and most happens Sub-consciously just before it, between the perceive stimulus and the reaction. It is required that you learn to observe this in you and become *Consciously Aware* of this dialogue and story-telling, , so you can become authentically *Aware* of what is actually causing a lot of your Sub-conscious reactivity and therefore suffering.

Reactive and defensive people become deaf while they are reacting, defending or justifying a position the mind has taken. The psychological protection process means the mind is automatically working out how to defend itself as well as possible, rather than looking outside what it already knows. It may take occasional external glimpses to see what else to protect from, or to measure its perceived success at psychological protection, or presentation. It is in no way looking to see why it does not need to protect or defend, or actually why it is, so it will continue this protection process until the stimulus is gone or you *Consciously* intervene. When the Sub-conscious Thinking Mind is in this state, it sees things in black and white; as good or bad, right or wrong, me or you, and other such extremes, all adversarial stances. When you come from a right/wrong mentality, either they are wrong, or you are! If you need to be right and not wrong, you will be trapped by this, and suffering needlessly.

What you believe you *react* to in situations, events or interactions with others, supports your belief and expectation structures of, or around, those reactions. It also gives the mind more reasons to hide from these triggers and processes within you, so reaction can often invite in to your reality the situations you don't want. Creation will certainly do this to get you to eventually see your reactivity is the common denominator in all these situations, so you decide to let it go. Your Public Identity (image) is involved in your reactions most often as it is a way to cover up what the mind wants to hide or hide from, or ignore, within you. When you are reacting, you are just feeding the insecurity or fear that causes you to react in the first place. You will have seen many people, both in your life and certainly on television, who are reacting to what someone else has said or done. In doing so, they just open themselves up to even more reaction, conflict, turmoil, hurt and suffering, and their own *Self-punishment*. They often end up being perceived in the very way they are trying to avoid. Reactivity causes suffering, period, because of the failure of intelligence that accompanies it. If you wish to be, or to perceive yourself, as *Intelligent*, then it is required that you *Consciously* and *Deliberately* see your reactivity, and its consequences, both internally as well as

externally.



The more hurt you become, the more you react. The more awake and *Intelligent* you become, the more you respond rather than react. Sub-conscious thinking creates reactions, whereas *Conscious Awareness* and *Conscious Intelligent* consideration allows responses. Unless there is an immediate physical threat, there is no need for a reaction. Responsibility is exactly what it says. It is your ability to respond in a way you *Consciously* choose to, if you are *Consciously Aware* enough to be able to choose. It is required that you cultivate *Conscious Awareness* of your conditioned reactions, so you can be *Consciously* responsible for how you *Deliberately* respond. Take responsibility for your reactions. *Consciously* allowing the reaction to subside before responding is the only way to activate true *Intelligence*; this brings new answers, and supportive questions and the possibility of resolution, along with a higher quality experience, result and outcome.

Remember this; between the stimulus and the response, there is a perceptual space available, if you take a breath before speaking. It will help you see your reaction, and if you are *Consciously Aware* you are in reaction, that space is your opportunity to step back from the automatic reaction which is already in motion, and decide if it is *Intelligent*. Always take a big breath before speaking and wait until you are ready to respond before you speak. Never let your mouth open and start speaking without being *Aware* what is going on in you in that second, and choosing your response first. Otherwise you will react or take a position, which you then feel the need to defend. Being as present and *Consciously Aware* as possible, so you can allow events not to be carried over to the next moment, will empower you immensely though seeing other choices, and reduce the risk of more reaction. Always *Consciously* do your best to hold your tongue until you have recovered from the initial perceptual reaction, even if emotions are involved, no matter how long that may take. Wait as long as it takes until you have considered what you're going to say, and are ready to deliver your response. Then do so in a way which allows you to feel calm and confident in what you're about to say, even if the other person gets annoyed waiting for your response. Take all the time you need, but make sure you don't use the silence to cause discomfort to the other as a means of feeling in control. This all takes *Conscious* and *intelligent* practice so confidently expect this ability to evolve *Consciously* over time.

Also, always do your best to *Consciously* remove any emotionally derogatory words and tone from your dialogue. If you perceive that someone insults you, don't react and don't accept it either. I do not mean insult them back, I mean do not internalise it or interact with their

comment. Choose not to indulge it or associate it to yourself. If someone brought you an orange and you did not accept it when they presented it to you (i.e. you did not reach out and connect with it by taking it from them) what would they have to do with it? They would have to keep it, wouldn't they? Likewise, if you perceive you are being insulted or judged, do not accept this energy from them by reacting to it, unless you want to make it your own, or have your insecurity triggered. They will have to keep the energy of it because you did not take it from them. If you just ignore it and let it go un-rewarded, it need not affect you at all; however it will affect them and this may help them learn to grow beyond this type of behaviour. Practice this, even if you must bite your tongue in the beginning to see how this works. Have no reaction, and then they must keep the energy of the insult or judgement for themselves. This is simple, but absolutely is not easy. However it is hugely rewarding and will accelerate your perceptual growth exponentially.

It is in our reactions or measured responses that our true level of Unawareness or Awareness, and opportunity for peace lies. True *response* comes from balanced *Conscious* consideration of the stimulus and perception. *Reaction* comes from insecurity and fear. We are only *responding* when we have become truly *Conscious* of our own reactions in those moments, and have had time to evaluate the incoming information and/or perceived reactions from others. Then, when we have allowed our *Consciously Aware* mind to decide on a response that fits with the situation, and how we *Intelligently* want the situation to turn out, we deliver a balanced response. Considered response has a far greater chance of getting a considered response, and thus creating a supportive outcome for both. How would mankind be going forward if this were the perceptual norm do you think?



Regardless of what others think, all that matters in any moment (while you still believe in your *Self-Concept* and *Self-Image*) is how you feel about your *Self-Image*. And that should not be based on meeting your internal *Image* of how you think you should be, want to be, or want to be perceived. What someone else sees in you is what they see. It defines **their** perception; it does not define you unless part of you agrees with them, or you share and indulge their assumptions and projections. If, in any moment, you attempt to defend against another person's opinion of you, or try to influence another person's perception of you, you will suffer in some way. You will suffer because your Thinking Mind and *Psychological Reality* desires to keep hold of how it thinks you should be and wants you to be, rather than happily accepting your *Self* as it is. Once you can start consistently and *Consciously* stepping out of reaction, and

instead considering your responses and how you deliver them, the quality of your relationships will soar, not only with others, but with your *Self* as well. Carrying events with you after they have finished, and therefore by default experiencing them as if they are still happening, will cause you to be constantly on the edge of reactivity. I call this 'residual effect'. The more you re-experience these moments, the more prone you are to react or retaliate. Retaliation is just an attempt to ease the internal measurement, judgement and criticism experienced over one's *Self-Image*. When the mind is hurt, suffering and reactive, it is also usually looking for someone, or something to blame and often looking for something (like a weaker person or an animal) to punish. This is commonly called being a bully.

When your perception moves from personal to non-personal, your interactive and reactive world changes. When life goes from personal dramas to the experience of non-personal events, situations and interactions, then peace and *Intelligence* replaces conflict and fear. Consciously choosing whether or how to respond, overrides reaction, and cultivates and allows *Intelligence, peace and happiness*

I am not only teaching you that the things that trigger or upset you, and how they feel, can be lowered in intensity, and often avoided. I am saying that if enough honest *Conscious Awareness* and *Conscious Intelligence* are brought to bear on these processes, they can actually become almost impossible to experience again.



OUR DYSFUNCTIONAL CALCULATOR

Here is something to help you understand what this book is all about. The Thinking Mind is basically a risk/reward outcome based logic calculator, which uses whatever psychological perception (now the *Personal Psychological Reality*) offers it as the basis for calculation. This means it creates our perceived reality using conditioned, habitual (and often completely created) criteria, and the current agenda based state it is in, along with other information from the *Psychological Reality* structure I will explain soon. This is what I often refer to as our *Unique Reality Strategy* (because what and how we use as information, is unique to each person, even if the structure and processes are the same for each of us).

Seeing the Thinking Mind as an organic computer enabled me to come up with an analogy which should help you understand how we may have become confused (perhaps completely so) about our perceived *Reality*, *Self-Concept* And *Underlying Self-Image*, and how we have created our underlying *assumed* level or lack of personal value and/or low *Self-worth*. The analogy also helped me to see how these assumptions could continue to develop, become far more complex, and amplified, and become the basis of how we perceive and evaluate everything, without any perception, thought, belief, expectation, deduction or assumption, ever being, or needing to be true, in the first place.

A calculator is of course a small computer. If you were to input the numbers or 'variables' $1.345 + 1.14.15.99$ into a calculator (a standard calculator at least) and press the = button, one way or another the calculator would give you an error message because you have tried to input a 'variable' (a piece of information) that doesn't logically exist in its mathematical world (it's programmed reality). There are too many decimal points in the second number (in case you missed it) so it is mathematically a non-real variable based on what it holds as logical. As a result, the calculator would not consider it a real variable and would logically refuse to use the information for the next part of any calculation. If it had allowed you to do the calculation, you would have come out with a non-existent number or variable as an answer that would not be real in the numerical world (in that calculators logical world). If it had allowed the non-existent variable to be accepted as real, it would automatically be corrupt or corrupted in its next starting point, wouldn't it? Any further input, especially if that were corrupt also, would only further distort or worsen an already incorrect starting point, meaning the numerical reality within the calculator would no longer be rational or intelligently valid, even real. Right? Even though it would have used its own form of 'logic' to make the calculation? Don't worry if you don't get it yet, you will soon.

Well the Thinking Mind computer is very similar to a calculator, with one major difference; it cannot tell the difference between what happens in actuality and what it vividly imagines happening. So even before any calculation takes place, this calculator (Thinking Mind) does not know the difference between a real variable, or a conceptual or imagined variable (piece of perceptual information). Anything you can 'conceptually' make-up or accept, or vividly imagine as being real, as so called 'logic' can be applied to it, and it can be classed as an acceptable variable by your mind and *Psychological Reality*. Any of these variables can be used in your perceptual calculations of your *Self-Image*, your level or lack of perceived value and *Self-worth*, and your level or lack of *Self-belief* and acceptability. It can also be used in evaluating other people, events,

situations, interactions, and ultimately your whole story and description of you and life, which then effects your experience of life. Anything that can be imagined, and is logically plausible and justifiable, can be processed by the *Psychological Reality* as real, valid or genuine, even if it is a corrupt or fully made-up concept, assumption, presumption, expectation or belief. Or basically an inaccurate (or completely false) variable. Because of this, the reality help by the mind can get or be very confused and even become extremely delusional. As a small example, your eyes can only evaluate a small amount of what is coming in as light information, so the mind literally has to make-up the rest of the detail to fill in the gaps in perception. Unfortunately, as perception has become so complex, it is doing this not just with sight but with all forms of perception. It is also filtering and exchanging information and details to suit its own drives, motivations and requirements, to meet its own agendas, and fit in with its current expectations of you and life.

Do you consider that your thinking calculator would function well, and give you truly valid perceptions, if you had been accepting and/or inputting vividly imagined but inaccurate or false variables into your evaluation of your *Underlying Self-Image*, and your perception of life as you perceived it related to you, for almost all of your life (through no fault of your own)? I think it is guaranteed it would not be accurate or working very well at best, no matter how logical or rational you were trying to be with the information that was *assumed* or *perceived* to be real already. It would certainly not hold an accurate view of 'you', your *Underlying Self-Image*, perceived value and potential, your perception of *Reality* or life, or who or what you really are. As an example to make it clearer, let's use a simple set of variables that are totally logically imaginable by a young, inexperienced mind that has very little life experience, knowledge or wisdom to use to evaluate perceived events, situations, attitudes and interactions. Let's see how a child's sense of reality (and perhaps yours) could be created, changed or blown out of 'rational' balance, by accepting assumed or imaginary truths, presumptions and variables. Think about how these kind of things might have happened to you when you were a psychologically developing child, but without feeling sorry for yourself.

As an example, a young boy, lets say he's 6yrs old, comes home from school with a medal he has won in a spelling competition in his junior class (I use a boy in this example because boys are more wired towards recognition of achievement than girls of this age). The child is very excited because he expects to gain some level of validation, praise, approval or love from this achievement. Without knowing it himself, he believes he will feel of value and that his mother will be proud of his achievement when he tells her. Meanwhile, the mother has had a really bad day. She

has burnt her arm on the iron, and run out of patience because her new baby has been crying for hours and nothing she does seems to quieten it down. Additionally, she has just trapped her finger in the cupboard door as the boy startled her when he ran in. As he comes in pushing the medal into her face with excitement, she finally loses her grip and snaps; “Go away and leave me alone you idiot (she was actually calling herself an idiot internally for trapping her finger, but it just came out when she focused on the boy) I’m not interested. I have more important things to deal with!”

Now we may see that this is more than likely just a compounded reaction to her day, or whatever is her challenge. The mother will probably be reacting out of frustration, *Self*-disappointment or *Self*-criticism, not because she doesn’t care. Her own mother or father may have spoken her to in a similar manner, or it may just have been the only reaction that came out. She may have regretted it almost immediately but decided to wait until later when she is calmer to apologise. Instead, she forgets because she has so much on with the baby and getting tea ready. She fails to realise the effect it had on her child and by tea time has dismissed or forgotten the incident entirely.

The child, however, because of his underdeveloped understanding of people and the world, and his Unawareness of his need for approval, and fear of not being perceived as adequate, or good enough, is crushed. Inexperienced in the skills of life, he doesn’t know to say to himself, “Oh well, Mum must have had a bad day today. The baby has been crying a lot, so she was probably already frustrated, and I saw her trap her finger. Maybe other things have happened too. In any case, I can dismiss any reaction I got at that moment, because she is overwhelmed and not in a good state. I know she truly loves me and values me, so I can come back when she is in a better mood and get a different response, so I’ll do that.”

The child, however, because of his lack of understanding of people and the world, his inexperience, and his *Unawareness* of his own need for approval, and fear of not being perceived as adequate or good enough, is crushed. Inexperienced in the skills of life, he doesn’t know to intelligently deduce and therefore say to himself; “Oh well, Mum must have had a difficult day today. The baby has been poorly and probably crying a lot, so she was probably feeling stressed, and I saw her trap her finger when I came in and startled her. Maybe other things have happened that I don’t know about too, to cause that big of a reaction. In any case, I can dismiss any reaction I got at that moment because she was probably overwhelmed and not in a good state. I know she truly loves me and values me so I will come back when she is in a better mood and get a different response, yes I’ll do that.”

Can you see how this would be an unrealistic reaction for an inexperienced, impressionable child with a mind that is working hard to evaluate its place, worth or value and acceptability? Instead, not knowing what was really going on, the child perhaps decides from his mother's reaction that he is correct in feeling unimportant, and that his mother does have much more important things to deal with than him. He therefore concludes that yes, it was about him and he is an idiot, that there is again evidence that there is something wrong with him. His reasoning goes off to find if there is more evidence to support this assumption, because of the mind's need for certainty. Which, of course, the mind will find, even if it has to adjust perception, or see this same structure in other things he perceived to have happened, in order to have psychological certainty, the strongest driver in the psychological mind. The mind is always looking, by default, to find evidence to *prove* what it is looking for, not to disprove it, as this is a far better way to have certainty quickly. Then because imagination takes over and any perceived evidence found, no matter how flimsy, then is made to seem real, his mind could mistakenly allow his assumptions of the incident to fundamentally lower his perceived level of *Self-worth*, *Self-esteem* and *Self-belief*, if he had some before this incident; simply because of what he mistakenly *perceived* to be happening at the time, through his inexperience and lack of true understanding and *Awareness*. Because he is under seven, this will be added to how he perceives his *Self-Concept* and developing *Underlying Self-Image*. If he is over seven, it will just confirm his perception of an inadequate *Self-Concept* and add to a poor *Core Self-Image*, which he almost certainly will have created by then, and would be added to the 'evidence' the mind then accumulates to keep its fragile certainty, and so it can continue to define him 'accurately' (its own assumption) in the future. Either way, it automatically becomes part of his Sub-conscious calculation of himself, future events and assumptions, further affecting and lowering his perceived personal value and potential.

The Thinking Mind, using the *Psychological Reality*, is adept at finding evidence to support whatever it expects to find, no matter what it is looking for, and whether it is real or not. Any perceived, real or imagined evidence will be accepted as real, if it plausibly and justifiably fits (which it calls logic) and can be applied to his calculations and evaluations, about and over himself forever, or at least until they are questioned for validity when he is mature and Intelligent enough to see the misunderstandings in and of them. Can you see how easily this misunderstanding could happen and how it could lead to the continuing corruption of perception relating to personal worth, value or potential? Especially, as I stated earlier, if the mind is looking for more of the same attitudes and events to prove it is was right and is now? It is at all possible you could have experienced

this kind of misunderstanding in your assumptions about you, or life in your past, or are now? Even though you think 'your' assumptions and memories of these type of events were real, even those based on incorrect and imagined perceptions, no matter how false or corrupted they may be?



Children accept any reaction or response from a significant adult or role-model as truly representative of their own value, or lack of value, to that adult, and possibly to others. And this affects their perceived level or lack of value of themselves to themselves. If the child has several more experiences like the one described above, either with the same person, or especially with others as well, it will further lower their *Self-esteem* and *Self-belief* etc. They may come to expect this kind of treatment as part of what they believe they deserve, if it happens enough (which may only need to be a few times from people they perceive as significant), and they will therefore come to experience it in some form regularly, even if it is only from themselves, and their own expectation of it. Even if it is imagined or made-up just to give them enough certainty about how to evaluate and define their own *Psychological Reality*, and *Underlying Self-Image*. They may develop a growing belief that there is something inherently wrong with them, and an underlying assumption that they are of little or no value. Recognise any of this?

As mature, and hopefully *intelligent* adults observing this scenario, we know this assumption of a lack of worth because of this perceived situation, is not true. However, children with an inexperienced mind will Sub-consciously, or even Semi-consciously, perceive the assumptions to be absolutely real. This is what the Thinking Mind does because it evaluates actuality as *it* perceives it, through its own *Psychological Reality* construct. It always needs to work out what to think to have certainty, so it always needs to evaluate what it believes to be *possibly* or *potentially* true, so that it knows how to protect itself from the perceived consequences, if its assumptions turn out to be true, both externally and internally. What you give your attention to and focus on, and how you do this, ultimately creates your experience and perception of reality, and of a 'you' in any moment. These perceptions can become strong enough to become beliefs (or even convictions), and then expectations and presumptions (pre-assumptions). These are then integrated into your perceptual calculation of you and of your life, your constant evaluation (calculation) of your perceived conceptual *Self* and *Underlying Self-Image*, along with your level or lack of perceived personal (*Self-Concept*) worth and *Underlying Self-Image* potential, and therefore what you perceive you do and do not deserve.

There will have been many scenarios in all of our childhoods that may have been similar to the example above, along with many other misassumptions we will have made when we were too young and experientially ignorant to know better. They will usually have come about often because our parents or carers were dealing with their own issues when they were interacting with us (or not interacting with us) in certain potentially perceptually damaging ways. At the time, we had no idea about the true nature of these things, nor the internal and external struggles they themselves were going through, how could we. When you are young, your parents or carers represented the whole world in terms of how it and you were perceived, and therefore how it perceives everyone else will view and perceive you also. Up to a certain age, we believed everything they said, or everything we perceived or assumed they were saying. Why wouldn't we?

Once a child's Thinking Mind and *Psychological Reality* begins to develop, it starts to look to others to learn how to think. You are therefore predisposed to become conditioned to think like those you were around the most in the early stages of perceptual accumulation. You were also pre-disposed to accept any *perceived* judgements or criticisms of you and, perhaps, your perceived attitudes. We had to believe them, partly because we were told by them, or it was implied that we had to believe everything they said, and partly because they were our only examples in this world of how to think and be. Up to the age of seven (and beyond), the mind is an identity creation sponge, constantly assuming and evaluating so that the *Self-Concept*, *Underlying Self-Image* and then the *Psychological Reality* can be created safely, without even realising it is doing this. Whether the things we absorb are accurate, or even good, does not enter into part of it. The mind's programming simply has to create a *concept* of who and how the mind believes you are, no matter how irrational these concepts may be. They just need to appear logical, plausibly believable and justifiable so some certainty is created and maintained. Besides, it assumes that whatever it is creating is accurate and real anyway. Why wouldn't it? The mind just doesn't realise that what it is accepting as real can be completely made-up and imagined, by a mind that can work in, and with, concepts because it all seems completely justifiably real to that inexperienced mind creating it!

Corrupt and confused assumptions, beliefs and expectations (perceptual errors) are stacked one on top of another until, we have created literally thousands of false references about our perceived level or lack of value, and adequacy or inadequacy, by the time we reach adolescence. Our sense of our *Self* and our *Psychological Reality* can be blown so far out of balance, it becomes almost impossible for some people to function, and

the rest just get by or thrive trying to survive the best they can. We can end up in constant discomfort, turmoil and fear over ourselves by the time we are adolescents, and that can keep getting worse and consistently become more complex (certainly in the first half of your life) as life goes on. In short, we can spend the rest of our life trying to avoid or fix these corrupted perceptions, at least until *Conscious Intelligence* and *Awareness* take over and show them to us, so we and the mind can clean up the confusion.



What inaccurate variables might you have added to your calculations of your *Self-Image* and life when you were growing up (in *Unawareness* of this), that helped you arrive at your perceived level or lack of personal worth, value or adequacy, your *Underlying Self-Image*? How many corrupt and misguided negative assumptions, presumptions and beliefs do you think you may be holding onto about your *Self*, *Self-Image* and life? What is your perception of your *Underlying Self-Image*, and how you believe you do or don't fit in to your world? More importantly, what is your *perception* of your potential and what you believe you do or don't deserve, can or can't have, or do? Events, situations and interactions were most often not as we recall them; remember they are based purely on our own perception and perspective at the time the memories were created. Yet we still use those memories to define ourselves now (usually badly!) even if they were based on (plausibly justifiable and believable) misunderstandings. I believe this is how we end up with a confused or unbalanced *Conceptual Psychological Reality*, and part of the reason why we have a *Self-Concept* and *Underlying Self-Image* that are usually perceived as poor, inadequate, broken, or worse.

Subsequently and sadly, by functioning through, and building, this confused perception, year in year out, the illusion of our lack of true value becomes stronger and more complex as more evidence is accumulated to support our deep seated beliefs about ourselves and life, which then creates a bias experience of reality as our lives develop which supports these misassumptions. This is because our *Psychological Reality* and imagination is focused on certainty, finding evidence to support the *assumption* that our expectations, assumptions and presumptions are always true, no matter what the quality of its assumptions or perceptions are. The evidence is found, no matter how much it (plausibly) needs to be perceptually adjusted to fit with what the mind is looking for. You find what you look for and get what you expect, because that is what the mind is looking for and looking to give attention to. Your *Psychological Reality* always looks to find what it is looking for and so is predisposed to find evidence to support your original presumptions, assumptions or misassumptions; at least until your beliefs are *Consciously* and

Intelligently observed and then questioned. When this is done openly, honestly and kindly (no *Self*-punishment), the truth can be found. Then the misassumptions and illusions can dissolve and dissipate and your perceptual world, and apparently you, can change dramatically.



As you'll understand more fully after reading the whole book, you experience life based both on the agenda and true intent/motivation the mind holds in any moment, dictating what you give attention to and how, and the *Personality* (I'll define this in detail soon) the *Psychological Reality* is using or functioning through in any moment, which dictates the approach and perception you adopt towards your *Self*, and any area of your life. This in turn defines and supports how and what you give attention to in any moment. The mind uses this information to describe things to itself and others. It uses reasoning (which is influenced by the *Personality* or *Reality Filter* you are functioning through in any moment) to decide what these things mean not only 'to' you, but ultimately 'about' you. The perceived meanings created by your perception of events, situations and interactions, which have been accepted throughout your young life as memories, are part of what creates the mind's strategies, whether they were actually real or just as you perceived or imagined them to be. The mind is therefore continually adding to the miscalculations and misperceptions, which make up your ideas, assumptions, presumptions, beliefs and expectations about life, others, and most importantly, your *Self*.

It is always interesting to get other people's versions of what happened at certain times in your life. Inevitably, every single person involved in any event has a uniquely distinct *perceived* version of what happened. This discrepancy demonstrates how people *perceive* events differently, based on their own thinking perceptions and *Psychological Reality* calculations at the time. These discrepancies arise from the perceptions they have accepted as real in their own lives, prior to the events. *Reality* is different for everyone. That's why you can never say you understand another person's reality or how they think. *Reality* is based on how each individual *perceives* an event, situation, interaction, circumstances or stimulus, not on what may or may not have actually happened.



I used the analogy of the dysfunctional calculator because I want you and others to understand that there is nothing inherently wrong with you or them, as most may have grown up to believe. Thinking so would be like saying that the whole computer is no good, simply because the software programmes installed on it (the *Self-Concept*, *Underlying Self-Image*, *Desired (Ideal) Self-Image*, conceptual beliefs about *Self* and life,

expectations, assumptions, presumptions, approaches and strategies etc) have a virus or are conflicting with each other, causing the system to function inefficiently or in a dysfunctional or *Self*-defeating way. Unfortunately it is your unquestioning beliefs about, and expectations over, your *Self* and *Self-Image*, life and others, which have been accepted as valid when they were not accurate or real, that is causing these challenges. Unfortunately, many people think they are broken or damaged in some way because their conceptual programming and their *Psychological Reality* and *Underlying Self-Image* cause them to feel discomfort, struggle, suffering and worse. You need to understand the Thinking Mind, the *Psychological Reality*, *Self-Concept*, *Underlying Self-Image* and *Active Self-Image (Ego)* are not the true 'you'. These are just small but extremely convincing processes within this mind and physical body you are in. It is the misunderstandings around and over the made-up *Psychological Concept* of your individual *Self* and the minds *Underlying Self-Image*, created by the made-up *Psychological Reality*, which is causing the discomfort, conflict and suffering. This is not the real, higher-self experience of the 'I' that we truly are. Programming bugs, conflicts, confusions and misunderstandings can be resolved. The total belief in, and identification with the *Self-Concept* and any *Self-Image*, and the thinking processes surrounding these and the minds constructed *Psychological Reality*, is where the true challenge lies.

I repeat, there is nothing wrong with you, and never has been! If you *believe* there is something wrong with you, then the problem is simply that you have accumulated enough assumed and irrational, but plausibly justifiable evidence, to *believe* there is something wrong with you. It is simply not true. The higher part of you that is helping you seek out answers (that got you to read this book!) is telling you there's more to this process called life than how you are experiencing it now. Learn to *Consciously* identify, connect with, and trust the higher seeking knower within, and seek a higher, more intelligent, genuinely honest experience of life in a *Deliberate, Consciously Aware* way, by observing your own perception, in a kind, caring and curious way.



WHAT I BELIEVE WENT WRONG FOR MANKIND

In essence, this section provides an overview of what this whole book has been created to explain. The first section provides a very basic overview about it, and the second section focuses on its patterns and nuances. Everything you need to know to understand it all is in the rest of the pages of the book. There will be much more detail about the different parts of the mind and perception in the next book, for those who want to know the ins and outs of it all in far more detail. However, everything you need to know to become more *Deliberately Consciously Aware, Intelligent, Happy and Peaceful* is in this book. The more you read it, the more it will go in and free you from the trap you are in, whether you realise you are in one or not.

Here is something to know and remember; It is my humble opinion that *The Creator* (whether you know this as God, Allah etc.) created the Universe and Creation (Universal Creational Influence and Guidance), along with the rules which govern how the universe, and everything that evolves within it, works and evolves, and how life and DNA functions. It therefore created the fundamental rules that govern the creation and evolution of the brain, and how it 'fundamentally' works and evolves. The mind is therefore also subject to evolutionary rules; however, the mind is the 'software' that uses the brain as its hardware to function through and to receive input from. Now, for the sake of our true evolution, the brain and mind must evolve freely, although according to fundamental guidelines, and with some guidance and directive influence in particular directions from Creation. For this reason, I believe *Perceptual Freewill* is part of the evolution process of the mind and of Consciousness itself. This is the only freewill we actually have; how we choose to describe our reality to ourselves, and when we are *Conscious and Aware* enough to do so, *Deliberately* manage it, and *Intelligently* question it, internally.

Here is a statement that may disrupt your mind, but please stick with me; Physical Reality (*Actuality*) and Individual *Personal Thinking Reality (Psychological Reality)* are different. Actuality is physically happening whilst the *Psychological Reality* is merely a plausible, justifiable, realistically assumed or imagined, psychological dream state; a Sub-consciously self-created movie projected onto your perception, a type of perceptual hallucination. Actuality is pure living, whilst the

Psychological Reality is by definition an illusion (and often a delusion), the made-up '*perception*' of what is *considered* to be *Actuality*, both internally and externally. Most people do not know the difference, even if their mind is convincing them they do. Psychological life is a sequence of perceptions, descriptions, dramas, stories and performances over, and involving the *Self-Concept* and *Underlying Self-Image*; therefore psychological perception is essentially an almost constant *Personal*, '*dramatic*' hallucination. The Thinking Mind is a *concept or assumption and deductive idea creator*, while the imagination is a *convincing life experience and concept simulator* which brings thinking concepts and conceptually made-up thinking to life, and combines with perceived memory (created by the same perception and therefore holding the same simulated perceptual data from a perceived past experience), to support and validate that perception. Together they become your detailed (and completely, plausibly, justifiably believable) *Reality Simulator*, and supporter of your perceived *Reality*, which means it can only be perceived *Reality* and not *Actuality*. Life itself is just a sequence of events (or *happenings*). However, there will be a physical experience, a psychologically created description and a created meaning associated with any event, situation or interaction. Emotions are then created by the mind to give it definition and validity and that become the emotional experience.

Personal Reality is simply a complex, made-up hallucination

In the very early days of our evolution, I believe we were actually semi-awakened, because back then we lived in the actual moment, and dealt only with what was right in front of us in that moment. Simply because there actually wasn't any complex conceptualising bonded to imagination to take us anywhere else, or into any other time, and no complex memory to validate it. We functioned in the actual moment, using the basic rudimentary thinking process of the Primal Mind, and very basic psychological processes, to make basic (yet increasingly complex) survive and thrive decisions. Things have obviously changed. I would consider the last 7000 years (approximately) to have been what could be called 'the dream-time,' because this is about the length of time that what I call the conceptual thinking, memory and imagination loop (the *Psychological Reality*) has been creating our waking dream-state. A waking dream state that has disconnected us from actuality, but which is now experienced as completely real. When I *Awoke (truly woke-up to the truth)*, I described

it as waking from a very lucid dream, one which had me *Completely Convinced* it was real life, that I (or the mind using a concept of a me) was living in, and through. But when 'I' had stepped out of it, and seen it was a dream, and seen how that dream worked and was created, 'I' could never return to believing it was true, or real. 'I' was, in fact, waking from the 'waking dream' (the delayed, constructed, made-up *Psychological Reality*) into actuality, which is as big a change in experience, as is waking up from a very lucid sleeping dream into so-called real life. There is actually another level of waking-up that can (and needs to) take place in everyone.



In my opinion, the Bible talking about Adam and Eve in the garden of Eden, was really about Mankind becoming *Self-Conscious* (so-called self-aware). Perhaps it was at the time (five to seven thousand years ago) when the *Psychological Reality* finally took full, or enough, control over perception to have a self-created *Reality*, and when man became *conscious* of, and/or protective of that basic *Self-Concept*, and started creating a *Self-Image*. Adam *suddenly* became *conscious* that he was naked and wanted to cover up, which certainly shows a level of being *Self-conscious*, and affected by perceived judgement, even perhaps only his own. So Genesis may have been talking about the beginning of the evolvement of the *Self-Image* and personal *Psychological Reality*. This was probably describing the beginning of the process of humans moving out of the true, free, experience of the moment (Eden being the beautiful garden that is life itself), and into the time of the domination of psychological perception, based on a *Psychological Reality*, and an individual *Self-Concept* and *Self-Image*. The time when mankind became solely reliant on our own constructed perceptions. I believe the direct association of conceptual thinking, memory and imagination began to form about 15,000 - 18,000 years ago. Before that, I believe these were independent processes within the mind and not as complexly functional as they are now. I also believe that about 7000 years ago, the convincing *Psychological Reality* took hold of perception and became more and more our full and personal experience of our perceptual world. And about 5000 years ago, the *Self-Concept* and *Underlying Self-Image* at the centre of the *Psychological Reality* became what we think we are.



As a brief time-line of evolution (which I go into more detail about later), first came the Primal Mind. The main drives of this mind (or part of the mind) as it evolved are safety, comfort, procreation, tribal association, tribal hierarchy, dominance, compliance and exerting minimum effort. Certainty to the Primal Ego was the feeling of physical safety. At this time

we also recognised that we had a separate physical body, to protect, which gave rise to the feeling of a physical self.

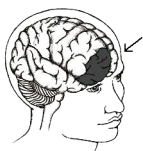
Then came the Psychological Mind, which is built on top of the Primal Mind (which is basically survival based and therefore always safety and therefore fear driven in some form). The whole psychological process is basically a much more complex version of the primal programmed physical preservation structure. The psychological structures of perception, and the psychological *Ego* were built of and around the primal survive and thrive drives such as comfort and safety, automatically. As more complex psychological thinking evolved to help us respond to and interact with the external world more effectively, these drives became more complex, which created more structures within psychology (whilst still being based on the lower drives). Essentially, they helped us thrive and evolve to higher levels of functionality and ingenuity than mere animals. So almost all psychological processes have a basis in the Primal survive and thrive drives.

At this time, and because we were interacting with others more, and because one of the basest level programming drives of the Psychological Mind, and currently the most important to it, is *certainty*, the individual *Psychological Self-Concept*, and perception around it and involving it, and the *Core Self-Image* which had started to develop, evolved to become more complex. This enabled the mind to interact and evaluate its own 'personal' (and psychological) safety, certainty and position within the tribal group more effectively, and also aided with competitive evolution. To the Biological and Primal Mind, the most important thing is survival of the *physical entity* before and against anything else, which manifests as a need to feel certainty that it can be safe as an individual. And as the Psychological Mind is built on top of, and around, the Primal Mind, it adopts these needs as given, and works to support them and honour them. The most important drive to the Psychological Mind is therefore certainty; however, psychological certainty soon became not about physical survival, but about survival of the *Psychological entity*, or psychological survival of the *Self-Concept* and then the *Underlying Self-Image* and *Psychological Reality*. In my opinion, this is when the Psychological Mind created and indulged the *Psychological Reality* fully enough to experience 'itself' perceptually as separate, alone and essentially inadequate entity.

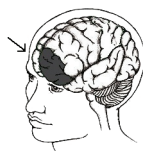


To help you have a fuller understanding of the interactions and workings of the mind, and to help you visualise the process explained, and for the purposes of this book, I will assign different parts of perception and the mind to different parts of the brain. Some scientists believe that somewhere in the last two million years a significant change occurred in

our evolution; we started to develop a new part of the brain. They call this new part of the brain the Prefrontal Cortex, or the Prefrontal Lobes. The Left Prefrontal Lobe, in part, in my opinion, is where more *Complex Conceptual Memory* is created and accessed and the Right Prefrontal Lobe, in part, is what helps create *Imagination*. I believe *Complex Memory* and *Imagination* were evolved to help us function at a higher perceptual, functional and intelligent level in the external world, to help us innovate. Also to help us evolve in *Conscious Intelligence*, or to do so faster.



Imagination



Memory

I suggest that our primal, instinctive, reactive, physical safety thinking happens at the back of the brain, which most of our senses are connected to. Sub-conscious thinking and some thinking we can be *Conscious* of, is associated to the left Parietal Lobe area of the brain. *Deliberate, Intelligent, Consciously Aware* thinking is associated to the right Parietal Lobe area but although the *Consciously Intelligent* and *Experiential* mind is mainly associated to and through the right brain, it is not the centre for experiencing what could be called *Actuality*.



Conscious Thinking

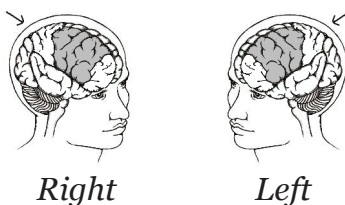


Sub-conscious Thinking

The *Experiential* part of the brain gives us our ability to experience the present moment, *Actuality*, as well as the experience of connection to our source and to *Oneness*. By this I mean the recognition of being connected to and part of everything, or at least, something much bigger than this apparently individual body. It is this 'experiential' part of the brain you're functioning through when you become so totally involved in something external to you, that it causes you to perceptually lose track of everything else, especially time. At this time, the experience alone becomes stronger than the *Psychological Reality*, which is temporarily disengaged, or bypassed, and we get to experience life fully, at least until

Any thought about the experience takes place. Then we are back in the psychologically evaluated and described, and therefore constructed version of what is perceived to be happening. The adjusted, filtered, biased and delayed (because the time the mind needs to evaluate and construct it) *Psychological Reality Description* of the experience.

The left and right *Frontal Lobes* are associated to pure experiencing and these become more active when Awakening takes place and the mind comes back into balance. Because then we have essentially become free of the *Psychological Reality* because we truly see the illusion of it, and the tension and separation this created within the mind and the physical brain ends, and the brain can start functioning as a whole, holistic mechanism for the first time, using conceptual psychology as a tool.



In order to move on and evolve in Consciousness, we needed to move on from being a basic experiential stimulus-reaction-response creature, just interacting with our basic surroundings in the way most animals still do. Perhaps evolution reached stalemate, with very little movement occurring, or perhaps Creation decided a change was required to speed up man's evolution, or perhaps this shift had always been planned as part of helping Consciousness to evolve. In my opinion, an interactive evolutionary process occurs between Creation and Consciousness to create all that is being created. To me, Creation was merely helping *Conscious* life evolve to a higher level of Consciousness, so the whole Consciousness of the Universe can eventually raise to the point of it waking-up as an evolved entity in its own right, creating another *Consciousness* like itself, so to speak. It may have been less than 2 million years ago that these changes started to take place, but I suggest that the significant evolutionary effects of these new parts started to show more outwardly around 50,000 years ago, when the signs and evidence show that man became more active in a thinking, innovative and planning way, and developed ingenuity beyond basic animalistic needs, which would appear to support these assumptions.

Anyway, these new developments in the brain gave humans the ability to 'have' a conceptual idea and then run simulations of it within imagination until we found what worked best. We could come up with new innovative concepts or ways to do it better, before we made it or

did it in the physical world. It also gave Creation a tool to get us to do things and help us evolve, by injecting ideas as ‘moments of inspiration’ (these come into imagination through Collective Consciousness, which Creation can use to reach us). This then saved tens, hundreds, or even thousands of years of trial and error in our progress. Imagination is great because, if used intelligently, as it eliminates most of the need for actual *physical* trial and error (although now you do get to experience what you imagine as already real). As imagination developed, it gave our ancestors the ability to imagine and then make new tools, eating utensils, create shelters, cultivate better crops and turn a round rock or slice of tree into a wheel. It even enabled us to discover and make beer (which started the Industrial Revolution), saved many lives and inspired medicine as we know it now (it was drunk in place of infected water, and apparently, Louis Pasteur was working with beer not milk to create pasteurisation, fermentation and medical vaccinations and processes etc), and brought about refrigeration.



The fear based, Primal drive guided Thinking Mind, then realised at some point that imagination was a very potent tool to help with its job of creating certainty, as well as avoiding pain. As it evolved further, the Thinking Mind realised it could also now use imagination to run through anything it could assume or imagine that could possibly cause pain, without having to endure the actual situation. It also realised that conceptual perceived memory (which was now also becoming more complex and more detailed), combined with imagination, seemed to make this evaluation process even more accurate. The mind also realised it could combine memory and imagination to help evaluate possible future circumstances, situations, scenarios and outcomes, and help it to try to avoid those scenarios by imagining solutions. It therefore perceived itself to be doing its job of generating psychological certainty, therefore keeping us safe. .

However, along the way we also started to experience ourselves as more and more separate and alone, because we became more and more obsessed with our *Self-Concept* and developing *Underlying Self-Image*, and seeing ourselves as a separate entity. We started to become obsessed with what others may or may not be thinking about us (the beginnings of *Image*), and of course, what we now thought about ourselves in perceptual comparison to others (our *Self-Image* compared to what we thought was theirs). The *Psychological Reality* then became perceived as the real consciousness of an individual entity, connected to nothing real and relying solely on itself and its concepts of *Reality*, its conceptual memories and its bias imaginings. At best, it became suspicious of

everything other than (and often including) its own thoughts, memories and imagined realities. As conceptual thinking became more structured and detailed in these early days of the *Psychological Reality*, the mind started to create more complex emotions to give more precise meaning to moments, and so it knew what to remember from each moment, in order to psychologically protect itself better in the future. Because these emotions gave a stronger feeling of perceptual life, they enabled the mind, through the *Psychological Reality*, the *Self-Concept* and the *Underlying Self-Image* to experience itself as being more real and alive, which created a stronger sense of perceptual certainty. Unfortunately, as the thinking that created these emotions became more complex, corrupted and confused, psychological suffering began to be experienced through these created emotions and it began adding to the sensation of psychological discomfort, and physical discomfort pain in the body. As the mind became more intellectually intelligent, it also discovered how to (and now needed to) create psychological personalities, or more complex 'meaning creation' states, to be able to interact with, and understand the world, in a more complex way.



At this point, the mind had basically hijacked imagination and memory for its own psychological, safety based evaluation purposes. The Thinking Mind recognised that it could conceptually pre-empt what 'could' cause it pain, psychologically and emotionally. If it had an idea about something that might cause psychological pain (i.e. any perceived judgement or assuming what others may be thinking, or internally arising suffering such as *Self-judgement* or conflict) it could imagine the experience of, and the perceived outcome of that suffering, based on its increasingly complex conceptual ideas, agenda, assumptions, beliefs, attitudes and expectations etc., which had also started to significantly grow in complexity. It decided it needed to imagine even more to try and avoid the emotional turmoil the imagining itself now created. The mind slowly but surely became constantly obsessed with evaluating imagination, and imagining and evaluating more situations and circumstances that it may need to avoid. Even those situations and circumstances it was imagining, which were causing it suffering, now needed more imagination to try to avoid the suffering they caused, bizarrely. The mind was also feeling more alive through the emotions that were being generated, Even if they caused psychological and emotional pain and suffering.

Unfortunately, at some point Conceptual thinking, Imagination and Memory, became looped and tied together in a single process, which became the plausibly justifiable, almost completely believable *Psychological Reality*, with its underlying *Psychological Self-Concept* as the basis for

its created *Underlying Self-Image* and *Psychological Reality*. This *Self-Image* and *Psychological Reality* then became the structural basis for personal protective conceptual thinking, memory and imagination; which then led to the *Desired Self-Image* being compiled and adopted as how we need to be to be acceptable to our self, and that led to the *Active Self-Concept* (the *Ego*) being created, to try to fix the underlying psychological assumption and beliefs about *Self*, and this then became the immediate thing to be protected by the protection driven mind. This almost closed looped process became a false version of consciousness, which *appears to the perceiver* to be a sentient and real consciousness in its own right. Perception then became all about the *Psychological Reality* with the made-up *Self-Concept* the *Self-Image* at its core of psychological perception, and the surface level *Active Self-Image* it uses, moment by moment, to feel psychologically better or somewhat safer. The mind was convinced into believing this *Psychological Reality* was ‘actuality’ and that the *Self-Concept*, the *Underlying Self-Image* and the surface or superficial *Active (Adjustable) Self-Image (Ego)* were, and are, completely real, which they are not in ‘actuality’, they are simply psychological stories.

By now, psychology had become quite confused. The Thinking Mind apparently didn’t appear to notice it had lost most of its ability to distinguish between the discomforts caused by the outcomes the *Psychological Reality* was generating and the *Actuality* it was truly presented with. In fact, it appears in most to have almost completely lost the ability to distinguish the difference between real and imagined and, at some point, it became overtaken by its fear of emotions, which for the most part, were being generated by its own *Psychological Reality*, using the conceptual thinking, memory and imagination loop it was (and is) creating and indulging itself. Without really knowing it, the *Psychological Reality* became trapped in its own loop of biased, plausibly believable conceptual thinking, perceived memory and constructed imagination. Because of the *Psychological Reality* it had become fully indulged in and associated to, thinking and imagining, which was no longer recognised as a separate process by the Sub-conscious Thinking Mind. As a result, it lost touch with the ‘true’ and authentic experience of the moment and life, in most cases no longer even knowing what that is. We have lost track of what and how we truly are. The mind was now (and still is) living in an almost totally *Imagined Reality*, a almost fully convincing, plausible and justifiable dream-state.



Right Brain

Left Brain

***The Conceptual Thinking,
Memory & Imagination
Virtual
Reality Loop - The
Psychological Reality***

The *Psychological Reality* is now kept in place because it is the basis for evaluation of all personal psychological perception, the basis of our *Perceived Reality*. Early on in the *Psychological Reality*'s creation, the mind decided (and soon fully believed) that should the *Self-Concept* or *Self-Images* die, the body would also die, or visa-versa, and that meant 'you' would die. It believes the *Psychological Self* is 'you', the whole you, including the physical you. Therefore if it dies, it assumes you would 'physically' die (notice that when you experience enough uncertainty, it can actually feel like you may be about to physically die, or you could at least experience that level of fear). But the Primal mind is wired to keep 'you' alive at all costs, so therefore the Thinking Mind must keep the *Psychological Reality*, the *Self-Concept* and the *Self-Images* (which includes the *Ego*) alive at all costs. So it has to psychologically protect and defend them (and present the *Ego* -the immediate *Concept* of you) from all perceived threats, both physical and psychological.



After giving you some of these historical basics, I will jump forward to more recent times and what you really need to know. The *Self-Concept* starts to develop at about 15 to 18 months old and so is created in each child by a mind that is not yet intelligent and has almost no life experience. At this stage, your mind is mostly ignorant of anything other than its basest needs, drives and assumptions, and has very little ability to reason at a level which could intelligently question any of its own thoughts or assumptions. It makes many misassumptions about who and what 'you' are, and the (often negatively perceived) life it experiences around and because of its created assumptions and beliefs. This therefore creates a corrupted, or at the very least, confused and '*inadequate*' version of an *Underlying Psychological Self-Image*. This has happened more and more in the last 2000 years, and in a much more intellectually complex and justifiably believable, yet often negative way.

Who you perceive yourself to be is the outcome of a psychological description process. What you are is a moment by moment experience

The mind's earliest cognitive *conceptual thoughts* are all around

survival and physical self-protection. Then comes the creation of the *Self-Concept*. The basis of all modern perception, the *Psychological Reality*, is based on and around the perception of a core *Self-Concept*, and the *Underlying Self-Image* built off that, a conceptual *Desired (or Ideal) Self-Image* created to fix the *Underlying Self-Image*, and it's moment by moment *Adjustable (Active)* surface level *Self-Image* (created to create a better *Self-Image* moment-by-moment), and the protection of all of these.

The first seven years of life are spent creating the base *Self-Concept*, with the beginnings of the *Underlying Self-Image* (starting about four years old and getting more complex from there), as the basis of the *Psychological Reality*. Some of those early years, along with the rest of your life (until you become *Deliberately Consciously Aware* of it) the mind spends *supporting*, creating, refining and nurturing the *Underlying Self-Image* and *Psychological Reality*, and then creates the *Active Self-Image (Ego)*, both to define them and protect them, and to try to feel perceptually better or safer over them. From seven years old onwards, we literally live in reaction to how the mind perceives itself to be, and live based on the *Underlying Self-Image*, because the mind judges itself through this. The mind and the *Psychological Reality* then predominantly function based on the *Self-Concept* and *Underlying Self-Image* being real and totally true as they were perceived to be by seven, although the *Underlying Self-Image* keeps evolving, but is still based on the now unquestionable *Self-Concept*. The feeling you had of the perceived 'you' at about seven, is the constant underlying feeling of core 'you' from then on, and the *Underlying Self-Image* becomes something to fix or avoid, even though the mind does what it can to prove it is real and correct, for certainty purposes.

No matter how good someone can feel based on perceived life circumstance, The *Self-Concept* and *Underlying Self-Image* are basically seen by the mind and *Psychological Reality* to be inadequate (without it realising this is partly because they are ultimately made-up). The mind identifies totally with the 'inadequate' *Self-Concept* (which the mind itself created before it and its *Psychological Reality* adopted it as its basis of perception), and the resulting *Underlying Self-Image* these created, which give the illusion the *Self-Concept* and *Self-Image* need fixing. Because the inadequate *Self-Concept* and *Underlying Self-Image* are the minds basis for personal perception, the *Psychological Reality* is therefore seen as inadequate, or even broken, to many people. Meaning 'they' feel inadequate or broken, and believe the resulting *Underlying Self-Image* is what is *wrong* with 'them' ('you'). These become what the mind tries to fix, using the *Active (Adjustable) Self-Image* (the *Ego*) and other constructed ('better') *Identities* created by the *Psychological Reality* using that *Ego*.

The mind is (you are) therefore perceived as inadequate at your core of perception by the perceptual structures created by that mind itself in the first place. Are you still with me? It will all be much clearer soon.

Because of all of this, from a very young age, the mind, using the *Psychological Reality* starts compiling a list of the ways it perceives it needs to be different in order to be or become 'fixed', under the assumption that this will then make it (you) adequate and acceptable, or even lovable, and that this will end the suffering it experiences over 'itself' because it thinks it is that inadequate *Underlying Self-Image*. This created list of personal traits and behaviours becomes an *Identity* we then *think* we need to be or become, which I call the *Desired Self-Identity*, or the *Desired (Ideal) Self-Image* of what would make, or cause us, to perceive ourselves, or be perceived, as adequate and acceptable. Which of course, we wouldn't need if we didn't think we were inadequate, or not acceptable in the first place. This becomes what the mind using the *Psychological Reality* uses to try to fix itself (its *Underlying Self-Image*) with. Unfortunately, the very process of compiling this *Desired Self-Image* that the mind tries to get you to become, creates something for the mind to evaluate itself against, thereby making the *Underlying Self-Image* feel even more inadequate by comparison to it. This affects the quality of the *Psychological Reality* calculation that goes on incessantly in the background, and the mind therefore constantly finds us lacking in some way, in comparison to how we think we should be, want to be, or think we need to or should be, especially in comparison to others, or to conform to the requirements of others (like parents etc). Because of this, the mind, supported by the *Psychological Reality*, literally disapproves of itself (its own made up *Self-Image*). So as a species in general, we all somehow innately disapprove of ourselves.

The more we try to work out how we need to be and try to be that way, if it not part of our current character, the worse we will actually feel about how we perceive we are, and the more we *Self-criticise*. This never ends, simply because the mind is trapped in a cycle of working out how to be, trying to be, or be perceived, in the way it wants to perceive or be perceived. It consistently feels disappointed because it knows how it actually perceives itself to be is not the way it wants to, or thinks it should, perceive itself to be. It therefore seeks external approval for validation that it is being or becoming more like it wants to be, or that people can't see what it wants to hide or hide from, so it can try to psychologically survive and avoid its own internal criticism. But it also knows this can never resolve the underlying challenge so it continues to create suffering through *Self-criticism*, *Self-recrimination*, *Self-punishment* and non-acceptance (resistance) of itself, trying to fix itself or avoid doing what it

assumes it should avoid or stop being or doing. *Self-validation* then starts to become important to the *Psychological Reality* so it can feel valid and surface level *Self-importance* (Significance) starts to become important to many people, as a way of feeling valid in comparison to others, and so the mind can perceive itself as 'better' than it actually does.



Even if you believe you have no reason at all in your life to feel inadequate about 'you,' the mind itself will create reasons, because of the comparison between the perceived deficiencies of the *Psychological Reality*, *Self-Concept* and *Underlying Self-Image* compared to the *Desired (Ideal) Self-Image*. The *Psychological Reality* itself is inherently flawed and incomplete because everything about it is built around the made-up *Self-Concept* and *Underlying Self-Image* within a confused and often made-up *Conceptual Reality*. So if it is perceived there is anything wrong with the *Psychological Reality*, it is assumed there is something wrong with the mind, which is seen as the *Self* because of its identification with the *Self-Concept* and *Self-Image*. This intensifies and becomes far more complex as you grow into adolescence and adulthood, and as we evolve as a species. Everyone, whether they are willing to admit it, or able to recognise it or not, has an underlying sense of not being enough, or of being inadequate in some way or many ways, or even just a fear of being perceived as inadequate. Some feel they are no good at all, or even worthless. We are also taught and conditioned by well-meaning parents, people, teachers, and society, often from a very young age, to *Self-blame* and *Self-criticise*, which intensifies these assumptions, and unfortunately, the need for an *Desired (Ideal) Image*. But we are taught and convinced this is the way to change and grow nonetheless. Do *You* recognise any of this?

This illusion of criticism or abuse working comes from the recognition a long time ago that the mind tries to avoid pain, physical or psychological. So if you cause enough perceptual and emotional pain in yourself over thoughts or behaviours, it is assumed that you will stop the thoughts or behaviours. The mind, being guided by the *Psychological Reality*, then adopts *Self-criticism* or *Self-ridicule* as a way to try to change itself. So *Self-blame*, *Self-abuse* and *Self-punishment* become what are perceived to be useful tools for *Self-change*, that actually do nothing but cause you hurt, injury and suffering. This then causes a whole new sequence of uncomfortable thinking, imagination and emotions. It also becomes an abuse tool for the *Psychological Reality* to use to try and fix the *Self-Concept* and *Underlying Self-Image* it can no longer change, simply because if the mind has not fixed its underlying *Self-Concept* and developing *Underlying Self-Image* by about six and a half years old

(which it cannot do anyway) this perception *Self* is accepted as complete and real. Although the *Psychological Reality* is constantly trying to fix or avoid facing it, the *Self-Concept* and early *Underlying Self-Image* actually goes unquestioned from about seven years onwards. We react according to them, not questioning them as we assume they are completely real, and that they define who we are, and that we need to hide from them, change them or avoid anyone else seeing them. Then as you get older the mind, using the *Psychological Reality*, adopts the *Ego (Active Self-Image)* as a way to attempt to feel different or better.

The *Ego (Active Self-Image)*, the main surface level 'Personal Self-Image' the mind creates, and is what people usually refer to as the *Ego*. The defence or presentation of this 'Image' or 'Images' is what others also often experience as *your Ego*. Through this *Ego (Active Self-Image)* the mind is constantly trying to feel or perceive itself as of *Worth*, or *Adequate* and avoid feeling or perceiving itself as *Worth-less* or *Inadequate*. The worst experience the mind, using a *Psychological Reality* and holding a psychological *Self-Concept* and *Self-Image* can have, is to perceive itself as worthless. That would perceptually make you of no use to Creation and would essentially cause you to feel unlovable (which, of course, can never be true!). That is why the perception of rejection hurts so much because it implies personal worthlessness (which most are indulging already to some degree). The depth of reaction to perceived rejection in a person is evidence of the level of perceived inadequacy or worthlessness already indulged in at their psychological centre. This is amplified if it appears to be in comparison to another person. So the *Psychological Reality* is constantly trying to feel of 'Worth' or 'Adequate', and avoid feeling *Worth-less* or *Inadequate*, and it will only do so if it believes these are possible for you.



As the *Underlying Self-Image* was starting to cause discomfort psychologically, through constant comparison with how the mind was starting to think we needed to be instead, the *Psychological Reality* also started to create and run an adjustable, assimilated version of the *Self-Image*, which I call the *Active (surface level, superficial) Self-Image (Ego)*. A *Self-Image* the *Psychological Reality* can apparently adjust and present, moment by moment, both externally and internally to help it feel better about itself, or just to feel safer. The *Active Self-Image (Ego)* seemed to improve the moment by moment 'psychological experience' for the mind, and somewhat helped avoid *Self-criticism* over the *Underlying Self-Image*, which was now causing the mind to have conflict over itself far more. Which is part of what the *Ego* is used for, to try to over-ride, fix or hide/hide from.

Without even being aware of it, the mind is still trying to fix what it can no longer fix, simply because it is no longer dealing with the *Underlying Self-Image*, but with the symptoms caused by the assumptions about it, and the resulting processes of the *Psychological Reality's Active Self-Image (Ego)*, which have been super-imposed over it to try and replace or fix it. This often manifests as a constructed perception about your adequacy or worth in any moment, especially compared to others/an other, and no matter how good it may help you feel, it will never translate into improving or fixing the *Self-Concept* (which can not be changed, only dropped from perception) and does not translate into cleaning up the *Underlying Self-Image* (although there are ways to do this). And because of the *Active Self-Image (Ego)* it will always need to defend what it does, because that is partly what this is designed for. So how does that allow, engender or create peace? The underlying beliefs about 'your' level or lack of worth will stay the same until these deep-seated beliefs about the *Self-Concept* and *Underlying Self-Image* are directly, openly and kindly exposed and questioned with *Deliberate* and *Conscious Awareness and Intelligence*.



At some point along our evolutionary journey, it would seem that people who could supposedly think better than others became more valuable, or perhaps just more manipulative than those who were physically the strongest. They became the ones that could control others the most effectively, like the people behind the scenes who control money, governments and some religious organisations. etc. It also obviously became more important to be a good thinker in our society, intellectual, than to be able to really experience life as it is. Those considered to be Alpha males now are rarely evaluated by their physical prowess but by their financial success, fame, presentation abilities, or thinking abilities, which usually comes about through what is perceived as superior intellectual thinking or imagination.



Because the Sub-conscious mind deemed its own created *Reality* to be the safest way to perceive, we have become increasingly isolated from our experience of something bigger than just ourselves. Over a period of several thousand years, we have become susceptible to the sole guidance of the fearful, Thinking Mind, which has become stuck with a *Psychological Reality* it essentially rarely likes, along with the *Active Self-Image (Ego)* that keeps it insecure at best. All this creates a dynamic, constantly changing or active '*feeling*' of your perceived personal worth or lack of worth, perceived adequacy or inadequacy, and perceived safety or un-safety, in any and every moment.



Conceptual thinking, imagination and memory interact so fast that they appear to be a real, solid actuality, but this is an illusion. The *Psychological Reality* is like a fan with five blades. When a fan spins fast enough, it appears to be a solid mass, which gives the illusion of being a solid disk. The five key elements of the current *Psychological Reality* cause the same to happen, and so the *Psychological Reality* becomes a very strong and believable illusion. This apparently 'solid process' ensures the *Psychological Reality* is perceived as vital to your psychological survival at the very least, and it hides the underlying *Self-Concept* and *Underlying Self-Image* behind it (or underneath it), and from the mind and *Conscious Awareness* of it. This keeps the mind trapped in psychological evaluation of the surface-level *Conceptual Self-Image* (the *Ego*), which is not the *Self-Concept* or *Underlying Self-Image* anyway, so cannot change your *underlying* perceptions of 'you'. It also helps to cause any sense of separation or aloneness and adds to the need or drives to survive psychologically. Thus our apparent *Ego* is created and then sustained, protected and presented as an attempt to better survive (our own *Self-Image*) psychologically, and is used to attempt to feel better, or safer, even if only for a few moments at a time, and even though the very components of personal suffering are *Conceptual Self Images* that need protecting and presenting.

The *Self-Concept*, *Underlying Self-Image* and *Ego* will give the illusion of a 'You' *doing* and *thinking*, when actually these processes are just simply happening with the mind. Once the *Psychological Reality* diminishes in activity and the mind can eventually see the hidden *Underlying Self-Image*, and then the *Self-Concept* underneath it. When it does, it eventually lets these go as the basis for its psychological perception. Until then, the mind thinks the *Psychological Reality* (and its *Images*) is the only thing keeping it safe, and will fight with anything, including lies, exaggerations, hostility, anger, made-up cover-ups and plausibly justifiable excuses, to keep it alive and *appearing* valid and adequate using the *Ego* (*Active Self-Image*).



There are four key drives of the *Psychological Reality*; firstly, *Certainty*, psychological certainty that the mind and *Psychological Reality* believes it knows what is going on, what to believe and how to react; secondly, *Self-validation*, to be sure and believe the *Psychological Reality* is alive and worthy of attention; thirdly, *Significance* or *Self-importance*, to feel of value and adequate, to stand out and appear unique (even if only in your own mind) or to be superior, either stronger, more muscular, smarter, fitter, more tattooed, more sexy or even more ill/sick than others; and fourthly,

Satisfaction (the highest experience this thinking mind and *Psychological Reality* can generate), which is seen as pleasure and often happiness. Because of the underlying *Primal Ego*, the *Psychological Reality* also needs to feel *equal, at the very least, to* whatever it is comparing its *Self-Image* to. It will use the *Ego (Active Self-Image)* to adjust its perception of itself and make whatever judgements and justifications it needs to, or imagine whatever it has to, or even justifiably lie to itself in order to achieve this illusion. The *Psychological Reality*, using a *Psychological Self* as its basis of perception, can also make you *Selfish, Self-obsessed, Self-infatuated* and greedy (or at the very least you will *appear* these ways). This is because it feels alone and believes that getting what it needs may fill the emptiness and hollowness it (you) innately feels, and because we feel like it is either 'me or you'. Trying to feel or become worthwhile is a symptom of not feeling of value or worthwhile. Trying to feel like a good person is a symptom of not feeling like a good person, and so on.

The *Psychological Reality* has therefore become all about psychological survival and the emotions our psychology and *Psychological Reality* creates to feel alive, worthwhile or just the safest it can. The *Psychological Reality* has become so strong, corrupted and believable that people can override the Primal drives to survive, and kill themselves, because their constructed and illusory *Self-Image* is so bad, and their *Psychological Reality* in such a state of turmoil, and their thinking can feel like insanity. The *Psychological Reality* illusion has become so powerful in our lives that it can override our drive and ability to live. Because we think there is a *Self* in us that can be hurt, and we believe we can hurt others, we therefore believe there is a *Self* in others hurting us, which of course is also an illusion.

MORE CLARITY ABOUT THE PSYCHOLOGICAL REALITY

There is a set sequential order in which everything we perceive is experienced at this time in our evolution. The stimulus (the event, situation or interaction - basically just structured light and sound), first enters through our senses and then goes through our operating system (the Non-conscious Primal Mind), to evaluate it for *physical* threat. The stimulus is then intercepted and evaluated by the Sub-conscious mind and the *Psychological Reality* for psychological threat and to support in avoiding physical threat then evaluate it. If something is deemed as important physically or can be perceived as a threat psychologically or emotionally, it will get the minds Conscious attention.

The *Psychological Reality* also isolates the *Experiential* mind from fully experiencing it, or at least stops us from experiencing the experiential version of it, and we only get the psychological version. In part this is

because it so busy analysing any and every stimulus to see what it needs to know to have certainty, to keep it the safest or allow it to keep its illusion of control. This causes us to miss the experience of life, which means we almost always only get to experience the delayed Psychological version of whatever is happening, simply because everything is filtered through and interpreted and adjusted by the *Psychological Reality*. So we have ended up living in this 'evaluation' world rather than experiencing life. This causes at least half a second delay, if not more, between the experience and us experiencing it through thoughts about it, meaning the *Psychological Reality* is also always living in and evaluating, the past. This literally means that we are psychologically in a different perceptual and time dimension than the *Actuality* of any actual event. This is evidenced by the brain working differently to a so-called 'normal' human brain and an awakened brain, as proved with special MRI scanners.

You see the world as 'you' are and as you perceive it to relate to 'you', not as 'it' is

It also means that the *Psychological Reality* is living in reaction all the time, because it is based on the past. Actually, the mind, or human perception, is at this time almost constantly in reaction to its own thinking. So as a species, we are basically relying on and trusting in an essentially *Self*-obsessed, paranoid, insecure, stimulus response mechanism, whether we like that description or not. Yes, some have learned to manage their perceptual world in a way that allows them to feel ok and occasionally even extremely satisfied. But in actuality, the mind has lost the ability to separate and discern the difference between the 'information' (light and sound) and experiential feeling experiences that come through our senses from the external world, and the evaluation, description and story-telling challenges the mind creates through its own conceptual thinking and imagination. It continually keeps our attention by running and rerunning scenario after scenario, or anything else it can focus on in imagination to keep us out of the experience of the moment, because it believes it needs to in order to keep control over our perception. It does this in the belief it is helping us stay as safe as possible (mainly psychologically) by doing so and so it can feel real and alive in its created world.

Whilst the mind needs to create emotions to make this fake reality feel real, it only wants to *indulge* in the emotions it feels safe experiencing. However it still gets to experience any emotions it creates so if you are consistently experiencing negative emotions, it is most always because

this is both what your mind is creating (what you expect to experience because you believe you have 'reasons' to) and what feels the safest to your mind. Not safe, but the *safest*. People often enjoy horror movies and sad dramas because the strong emotions they experience cause them to feel alive, even though these emotions are negative, physically painful and often very disempowering. The *Psychological Reality* often creates or indulges conflict and dramas that create strong emotions, as this continues to give it the illusion of being alive and real, and to distract you (the *Conscious* elements of the true you), and itself, from seeing what it is trying to hide, or hide from. The *Psychological Reality* only feels alive through emotions (natural 'feelings', which are different to emotions, such as happiness, which I will define fully later, often scare it), and the perceptual performances, stories, blame, dramas, conflict and suffering, usually over the *Self-Image*, that creates these emotions, are all it can create itself. It also uses Satisfaction, which validates it (you), but this is better described as the feeling of circumstantial, conceptual happiness (satisfaction), which is brief at best.

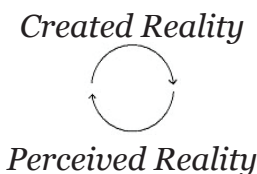
It innately feels unsatisfied, because it cannot truly satisfy its own needs, no matter what it does. Nor can it find anything to satisfy it, because it is made-up by the mind and hollow illusions, no matter how complex, busy or justifiable they are, cannot be made real. It therefore needs dramas, stories, conflict and turmoil (often imagined) and emotions to feel alive and stop it feeling empty. It innately knows it is not real and is therefore constantly on the edge of feeling like it is at risk of dying most of the time, hence its constant readiness, hyper vigilance and reactivity. Can you observe any of this in yourself? The *Psychological Reality* will rule you with psychological need. It thinks in Cost-Return terms and will tell you that everything you need to help you feel good is in the future, or in the structure of *Ego*, partly because it knows it cannot give you happiness right now, only brief relief or satisfaction (even if that satisfaction is intense enough to feel like happiness). True happiness is an experience and not an emotion created by a concept, but the Thinking Mind only deals in concepts and conceptually imaginary experiences, mainly because it needs to use imagination to keep you out of even the psychological present moment so you don't discover that it is all an illusion!

If your moments now are just a process you must endure to get to a better future, you are trapped by your psychology. Your future and destiny are constructed by your thinking approach 'now', they are not something out there in the future waiting to rescue you

The Sub-conscious Thinking Mind restricts as much as possible the interactions with the Conscious mind. Usually it only opens up to the Conscious mind when the answers it needs to keep certainty are not available in its current conceptual perceptions or memory bank. Then still, it will open 'briefly' to the Conscious Mind to help get some or more certainty, and then closes the door again. This is great as it is not only an opportunity for *Conscious observation* and for something new to happen in the Sub-conscious mind that controls your *Psychological Reality*, but other 'updates' that it is not aware of can enter as well.



This is VERY important to understand; we psychologically create and perceive our world almost simultaneously. The mind creates its reality then perceives what it creates as real. Then it constructs the next part of what it perceives, based on what it has just created and perceived, keeping the mind completely, plausibly and justifiably in its own constructed loop, and busy giving the illusion that the *Psychological Reality* and your psychological perception is real. This psychological perception helps to create or confirm the next psychological perception within the *Psychological Reality*, creating another psychological cause and psychological effect (symptoms), which then forms the basis for another psychological cause and effect, and on and on. Essentially we live in a psychological hall of mirrors, continually reflecting its own perception back to itself, which is then validated by its own perception and the reflection of that validation, and so on.



The mind is literally making your perceived reality up as it goes along, based on certain 'logical' parameters such as the need for certainty, its current dominant personality in each moment, its current conceptual thinking, current agenda, current emotions, and conceptual memory and most importantly, the imagination this then creates which makes these processes seem real. The mind has been making up its own version of reality since you were very, very young and it is still making it up as it goes along, in almost all cases, I would suggest without you even realising it.

The Thinking Mind is scared of what it considers to be the unknown, because it goes against its innate need for certainty, and that is one reason it needs perceived certainty and does not like change. It will try to imagine every scenario so there is nothing unknown to it, even if it has to make-up

information or shoehorn in more conceptual information to complete the justifiably believable illusion. Then it can believe it is fulfilling its primary drive of protecting you, or at least the *Psychological Concept* of you. Its preoccupation with certainty also disposes it to always look for ways to believe it is right. Or at the very least, try to use its current certainty to prove it is right, to itself, and to others, and it will even pretend it is, just to have certainty.



The *Psychological Reality* creates a 'relationship' between 'you' and everything it perceives in the external world. You have a psychological relationship to everything, from everyone you know, to where you work, to everywhere you go, each physical thing you do, everything you give attention to and every experience you perceive your *Self* to have. So every one of these relationships can be changed or adjusted using your perception to feel better (if you are *Consciously Aware* and *Intelligent* enough), or worse (if you construct or indulge negative thoughts around them), depending on the psychology created or indulged in over them. It really is possible to *Consciously* and *Intelligently* 'manage' the mind, as I will teach you later.



This transition through the *Psychological Reality* is required, I believe, for us to evolve in true Conscious Awareness. Perhaps the *Psychological Reality* is required by Creation and mankind as a transition process on the journey and evolution from being animalistically Primitive, to becoming *Intelligently Experiential*, as this is a journey and an evolution. So the mind is not doing anything wrong, it is actually doing its job. But unfortunately because it has hijacked imagination and memory and creating the *Psychological Reality* and the *Ego (Active Self-Image)*, it is doing its job of pain avoidance and protection in a false way, as it is now all based on perceived and imagined psychological threat, mostly from yourself, which then causes another kind of pain and suffering which must also be avoided, and on and on. I will go as far as saying that this *Psychological Reality* process has gone on long enough and intensely enough for the physical brain to have been adjusted by this process to give it more control over our perception. I believe the Corpus Callosum (the gap separating the two sides of the brain) has been brought about by the Sub-conscious processes to more easily separate and isolate the Experiential mind from the Psychological mind, giving the Psychological mind and *Psychological Reality* even more control over how we perceive, simply because it assumed this to be the safest thing to do.



The thinking, memory and imagination loop gives us the illusion of

being *Consciously Present* in the moment and convinces us we are experiencing reality. However, it is actually experiencing our perception of our past memories and our imagined present and future, based on our perceived past. This is also created by the personality the mind is in within that moment, as well as its present agenda, approach and focus. It is also the result of our perception using imagination to experience this moment in safety, The Thinking Mind keeps us in this thinking, evaluating, imagining and fantasising loop, which keeps us out of the true moment where the *Psychological Reality* could not survive its own illusion. We are psychologically blocked from the truly wonderful experience of the 'actual' moment and separated from the amazing experience of *Oneness*. At best we can experience the *Psychological* present moment, which again is disassociated by at least half a second from the *actual* present moment experience, and actuality. The *Psychological Reality* separating us from our true experience of *Oneness* causes existential suffering, which in turn creates more psychological suffering, which can then cause physical suffering. This has all come about because of the mind's indulgence in an inadequate *Psychological Self-Image* and a *Psychological Reality* created by the mind, which now creates your experience over and about 'you'. Add to this the ensuing separation from the true present moment and the loss of connectedness to *Creation* and all that 'is', and you can see how this *Psychological Virtual Reality* keeps the mind in tension and stress, and usually worse, most of the time, without even realising it is causing this itself.



Vision can be simulated by imagination and projected onto what seems like the back of the eyes, rather like an internal cinema screen. What I call our internal cinema is our imagined impression of reality projected onto what we see, and it is convincing enough for most to pass it off as real life. It's like seeing an image of reality on a screen just *behind* your eyes but not actually *through* your eyes and this can be used by the mind to convince you that what you are seeing is real. This part of *Psychological Reality* is like watching the world on an internal cinema screen or through your mind's eye, which is where we view most of our world but it is not the same as coming out '*through*' the eyes and senses and being fully *Present* in the actual present moment, the *Now*, all that is *actually* real. The *Psychological Reality* only really takes brief glimpses of the external world, just to evaluate for perceived threat and certainty in order to protect the best it can. It looks to see if its presentation of the Public Identity (*Ego*) is being accepted and to make sure its version of reality is plausibly believable, so it can continue to keep control of your perception. It does none of this to hurt you, in fact the opposite; the mind

has been convinced by its own *Psychological Reality* and *Ego* that it needs to do this to keep you psychologically safe. All that matters to the mind, guided by the *Psychological Reality*, is being able to protect, defend and promote your *Ego (Active Self-Image)* ‘now’ (or in imagined time). Be aware that because of this, people will often do what they feel they need to do ‘now’ (instant gratification drive), regardless of the consequences to their longer-term life. Many people have done amazingly foolish things in the name of this drive, and are suffered the consequences, as is a required lesson.

Ultimately, we experience events, situations and interactions based on how we look at and translate them; our agenda in that moment, how we perceptually approach them, and how we use our focus and attitude in those moments to think about them. To make it clearer, the Thinking Mind and *Psychological Reality* (due to the need for discomfort and pain avoidance) are predisposed to focus on insecurity or fear-based issues or ideas and to look at everything and anything as if it were capable of causing possible, expected, imminent (minor or major) discomfort or pain, or other negative emotions of some form. This is how it believes it is doing its job of helping us avoid perceived psychological pain and negative emotions (even though it is creating these, which causes this very suffering itself, and it doesn’t realise it), in the hopes of enabling us to *survive* psychologically. Our Thinking Mind’s default approach and therefore also the *Psychological Reality’s* main focus, is discomfort and pain avoidance in all its forms (including imagined and created emotional pain). Therefore, unless we are *Conscious* enough to continually see this and override it, consider what our bias and emphasis is going to be when we give our attention to *anything*; protection, justification, cover-up, retaliation, attack, defence, and presenting ourselves as we want to be perceived, which are all pain avoidance mechanisms of one form or another!

Of course, all this is fundamentally a logical approach, yet it is ultimately irrational. The outcome of all thinking logic is based on the concepts you are using to *logify*, rationalise and justify with and the perceived concepts and memory that validates them. Because Logic is based of the information the mind is using the generate its apparently logical outcome, and its next logic, if you apply logic using dysfunctional concepts, it is highly likely you will receive dysfunctional logic (non-intelligent irrationality) from this process so although the *Psychological Reality* may appear to be logical, it can be being very un-intelligent and irrational at the same time. This is part of what has caused humanity to get lost and become psychologically what it is, and is struggling with, at this time.



Be aware that the Thinking Mind, using the *Psychological Reality*, likes complexity and this is usually based on imagination. This is partly because without your constant attention and indulgence in imagination, it has no *real* life, only a conceptual one, and partly because the more complex the concept or conceptual evaluation, the more it perceives itself to be able to evaluate safety better, it can therefore appear more *adequate*. On top of this, if something is not complex then less thinking is required and it innately feels it will lose control over your perception if you no longer indulge *busily* thinking in the same way. It therefore believes that you (it) as the *Self* will be unsafe and of course its basic programmed job is to keep *you* safe. The mind and *Psychological Reality* also feels more valuable if it perceives itself as more intelligent than others in its ability to be complex, or to make something seem complex. The *Psychological Reality* will make very simple things complex using exaggeration, concepts and imagination. Remember, it has to have something going on all the time or it feels like it is dying or at risk of it. It doesn't matter how it keeps your perception occupied as long as it does; through conversations about your perceived faults or superiorities or another's perceived faults, through dialogue about how good you are or how inadequate someone else is in comparison to you or others, or through creating fantasy conversations with other people that may or may not be based on real conversations you have had. It uses imagination to re-run these dialogues to imagine you did something differently or that you did something instead that you would have liked to have done differently. It makes judgements and assessments about other people or situations, plotting and planning about events that may be days, weeks or even years away, repeating things over and over and over again within your perception. The Thinking Mind is repetitive and will repeat whatever it is dialoguing over and over to keep your attention, until it is distracted by a different focus. Then it will do the same with or over that. In fact, probably 90-95% of all the dialogue, questions, comments, statements, stories, descriptions, explanations and imaginings that run through your head in a day are just pointless noise, which unfortunately is all related to the story of 'You' somehow. This constant dialogue is mostly unheard by you *Consciously*, but it exists so the Thinking Mind constantly has your attention and can therefore keep you away from being truly *Consciously Aware* and present in the moment, where it may not be able to control your perception. Most of this dialogue we create we have no genuine higher reason to indulge or interact with whatsoever. It doesn't serve any real functional purpose, other than for the *Ego (Active Self-Image)* and *Psychological Reality* to evaluate your perceived safety with, and keep control of perception, and so it can keep you in the virtual dream state of its *Psychological Reality*.



The Thinking Mind uses imagination (directed by the *Psychological Reality* to give the illusion of any *concept* being an actual experience, and usually does this non-consciously) to create the illusion of it being a real consciousness, and to convince you there is nothing more required than the indulgence in its thinking and imagination. This way it can keep your attention, which keeps the illusion of the *Self-Concept* and *Self-Image* alive (because it innately recognises at some level that these are fake) and stay dominant in your life to keep you safe in the way it seeks and values safety. This is its main objective. A thinking concept can be created around anything or any experience, and imagination can make the concept, or the experience of it, seem real, and perceived memory, even if it is made-up, can validate it. But this will always be conceptual reality, not actuality. Whilst the *Conscious* mind is more experiential, you may never know the difference between what you actually experience and what you vividly imagine. Especially if what you imagine you are experiencing is how you want to perceive and experience life or your *Self*, or how you want to be perceived by others. As soon as you tell somebody about an experience, it becomes a psychological concept, which means it becomes driven by, or affected by, the psychological needs of the one presenting the conceptual experience, and also becomes a memory.



The mind, using the *Psychological Reality*, which uses the *Ego (Active Self-Image)*, generates far too much future with multiple perceived outcomes, and uses far too much past to try to justify it. Imagination gave us the ability to experience exponential amounts of living. It uses imagination to create and multiply time. This process of the mind causes the thinker to get stressed and overwhelmed because too much information and too many imagined realities are running at the same time in the imagination, trying to evaluate present and future for threat using the perceived past. Stress and turmoil are created by many strings of conceptual thinking and imagining running sequentially and multiplying what the mind 'thinks and imagines' we need to give attention to, both Sub-consciously and Consciously. Working on as many perceptual things as possible using imagination, allows the mind to believe it is keeping you safe, keeping your *Psychological Reality* in place (validating it) and protecting your psychological image. That helps give the mind certainty and helps get your basic psychological needs met, at least within your perception. If you stack the things you need to do, like creating a to-do list in the mind, the Thinking Mind will keep referencing each of the items on your list in rapid sequence, causing them all to stay in your Sub-conscious awareness. Imagination will create the experience of you doing or

indulging them all sequentially as well. This happens in split seconds over and over again. This internal to-do list, which is forcing your Thinking Mind to multi-task using imagination, is what creates the experience of being stressed and overwhelmed. You can only do what is actually in front of you in any moment or give your full attention to one task. Anything else is being done in imagination. This is often making it very difficult if not impossible, to do what is in front of you. Therefore nothing gets done properly because you are more often than not, off in imaginary time, having imaginary experiences.

Having a list in your mind of all the things you need to do is only going to cause you turmoil. Don't let your mind multitask in this way. Create a written to-do list if you must, and split it into categories of Important & Urgent, Important & Non-Urgent, Urgent & Non-Important, and Non-Important & Non-Urgent. Then choose and only *Consciously* focus on just the one thing that you can 'actually' do in that moment (which is all you can do anyway) from the top and most urgent part of your list. Become *Consciously Aware*, 'Wake Up' in each moment and give your full *Conscious* attention to the task that is there in front of you in the present moment. Everything else will disappear. Tasks that really need to be done will get your attention as and when your attention on them is *genuinely* required. Full focus on them and get them done, either when you actually 'need' to do them, or when you have scheduled time to do them.

There are many times when you will need to use the Thinking Mind and I am not talking here about using imagination to indulge past memories or future fantasies. I'm talking about pure *logistical* challenges. Perhaps you have to do a creative presentation for your work or sort out the seating arrangement for a party. In these external-world situations, you absolutely need to access and interact with the Thinking Mind in order to accomplish your tasks. You need to interact with the Thinking Mind computer to do logistical things in the outside world. I suggest that rather than letting these thoughts employ imagination and run through your mind continually until the due date of your project, schedule a time to use the thinking processes and work on the task or project. Use only that time to plan and do the work you need to do on that particular project. After it is completed or your allocated time is up, let all thought processes about it go and don't give it or indulge it with any more of your attention or imagination. If you find you need more time, specifically schedule it in and do the same. Do not leave it up to the Thinking Mind to decide when to employ imagination to work on this or other tasks.

In addition, if you have a project or something that needs to be done and is urgent, get it done as soon as possible. Get it out of the way so it's not

just another item on your internal to-do list, which your Thinking Mind can become attached to and create imagination over to keep you thinking about it, ultimately generating discomfort, conflict, turmoil and concern in you. Decide if you need to use the Thinking Mind on it and allocate a time to do so. The Thinking Mind is meant to be a tool for us to use; it is just your organic thinking computer, your translator of this physical-world experience. Use it, along with imagination, to serve you when you choose, not the other way round. Recognise that its main function is to keep you physically but more importantly to it, psychologically safe and alive and it is therefore always predisposed to focus on and imagine psychological discomfort and pain avoidance in some form. Be *Conscious* of this so it doesn't just get hold of your experience of life in that moment because if you are not *Consciously Aware* enough, it will try to take you somewhere else in psychological time to feel in control or safer, again.



Whether you like this or not, when you are supposedly awake, you are still almost always dreaming using imagination. I have a couple of examples that might help you recognise this imaginary *Psychological Reality* going on in yourself. Have you ever driven miles with very little memory of your journey? Where were you? Have you ever been reading a book with no external distractions, only to finish a page or pages and realise that you don't remember reading virtually any of the text? Where were you, and how real did it feel whilst you were wherever you were? (By the way, if you do that with this book, go back and read what you missed again. Be totally present while you do so and give it your full attention. Keep bringing your Conscious attention back to the page and to the experience of actually reading what is on the page, in each and every moment. This will help you practise becoming *Consciously Aware* and help you learn how to stay in the moment. It will also help you learn what you need to from this book.)

What about when something surprises you and brings you back into the present? Say, for example, you're driving a car and someone pulls out in front of you. Your need to survive jogs you into the present moment so your mind can fully evaluate the situation and you suddenly come back from 'somewhere else' and become present. If you are honest enough, you will notice you were not present right before that moment; you were somewhere else and may have actually been away in that perceived reality for ages. It's like being woken from a dream, but you were already supposedly awake! This is commonly called daydreaming. I call it your *Virtual Reality* dream state, your *Imagined Psychological Reality*. You were dreaming by being in imagination, created by and for your *Virtual Psychological Reality*. You were somewhere else in perceptual life and time, experiencing some

imaginary situation or scenario, not actually *present* in those moments to truly experience life. You were imagining life instead of actually living and experiencing it *Consciously*. So you therefore don't exist in real life in those moments. Once the stimulus which pulled you into Awareness has been evaluated by the mind and usually even before the perceived threat is over, you will *Very* soon (often usually only a second or two) return to your internal movie and your *Virtual Reality* experience, just behind your eyes or perhaps deeper in your mind. Often you will quickly enter imagination and start re-running what you perceive to have just happened. You may fantasise about different outcomes, perhaps how you might have put the perceived perpetrator in their place if someone startled you, for example. Or you might imagine acting differently to how you did, perhaps to create the illusion of 'winning' or not feeling 'wrong', if it could be perceived as a competitive situation of some kind. This is just another imagination process, which keeps your attention out of the present moment and stuck in your imagined *Virtual-Reality*. In fact, if you can become really *Deliberately Consciously Aware* of this process, you will see that most of your experience of reality is just your vivid and mostly Sub-conscious imagination of life. It may come as a surprise to you but most people are in that place for at least 95% of their day and the other 5% they are dragged into the present moment by life and not on purpose. *Be Honest* about how often or long you are in imagination, or if you are almost ever truly present in the moment, truly experiencing life!

As a human at this time, your mind is now conditioned to live through imagination so it is unlikely you will be able to keep your *Conscious Awareness* in the present moment for long, unless of course you can truly, *Deliberately* and *Consciously* choose to do so, having had years of Deliberate Conscious practice. Entering this thinking, memory and imagination loop happens so fast you probably don't even realise it is happening. Most of the time (or perhaps almost all of the time for some of you, if you're honest) this imaginary world is not a nice place to be. It is usually full of discomfort, drama, conflict, turmoil and perceived hurt and it certainly doesn't allow you to feel happy, joyful or at peace. This is partly because happiness and joy are experiences that come from another part of the brain and can only happen (they cannot be created) when you are in the actual present moment, not in your Thinking Mind's *Psychological Reality* and its stories and imaginings.

Humanity is basically hypnotised by the *Psychological Reality*. Hypnosis causes the person being hypnotised to believe that what they are experiencing is real. Hypnosis, or the way it works, must be part of a process that is already in place for that to be able to happen. A hypnotist simply steps into the already running dream and directs it in the way he

chooses. The majority of mankind are hypnotised by their own simulation of reality, continually running and re-running imagined dramas, stories and processes, often emotionally dramatising them and amplifying them along the way, so they can continue to define and defend their *Egoic Psychological Self-Image* and their perceived *Psychological Reality*, without even knowing they are doing so.



The 'mean' level of *Collective Consciousness* is now rising because of those who were and are actively and *genuinely* evolving in Consciousness, and because Creation is adding more energy to the process. I believe mankind as a whole is only just reaching a level of *Consciousness* where people have the potential to see this perceptual process going on in them. In reality however, there are still very few who can see it clearly yet (and plenty who believe they do but it is just a cognitive understanding that feeds their Spiritual Image rather than a True Experiential Awareness). This I believe is slowly changing. I believe that the pages of this book hold the tools and knowledge you need to bring about this raising of *Deliberate Conscious Awareness* within 'You'. If you are committed to this kind of *Deliberate* growth in *Conscious Awareness*, it is possible. We are, after all, talking about evolving the quality of 'your' life. So it's up to you whether you want to indulge this process of *Deliberate, Genuine, Conscious, Intelligent* growth or whether you feel safer carrying on with a life of often petty, but justifiably believable *Psychological Dramas*. It's also up to you to make a commitment to feeling good consistently and using discipline and commitment to *Deliberately* and *Consciously* learn, practice and carry out what I am sharing with you. The time it takes to achieve anything of worth is relative to the amount and quality of practice indulged in involving it.



One day, mankind will construct a computer as powerful as the Thinking Mind, and as long as it cannot mimic imagination, they will have a very powerful and perfectly logical super-computer, that will still unfortunately be programmed by people with *unawareness* of what will cause that so called logic to get corrupted, because they tend to believe that logic is king. However, I don't believe we will ever be able to recreate a computer that has access to the qualities that the right brain and the Experiential mind bring us from Creation, and nor do we need to. True *Consciousness* is beyond what the currently limited, logical mind could create. True experiences cannot be created or emulated by thought or imagination. I find it interesting that many people are afraid that computers will become so intelligent that they will become dangerous and take over the world. The Thinking Mind is an organic super-computer

that has become confused and dysfunctional because of its *Underlying Self-Image, Psychological Reality, Desired Self-Image, Ego (Active Self-Image)*, believable conceptual thinking, its selective conceptual memory and its deep association to and influence over imagination. It has already taken over the world to our detriment and ruined the quality of our life in many moments. So I would suggest it has already happened.

Conceptual thinking, memory and imagination combined are a very potent mix for creating illusion and even delusion. You cannot see what you truly are, until *Genuine Intelligence* and observation of your thinking and perception causes your *Psychological Reality* to dissolve, allowing the *Underlying Self-Image* and *Self-Concept* to dissolve also. Or until the *Underlying Self-Image* and *Ego* are seen for what they are by the mind, using *Consciously Aware Intelligence*, so the indulgence in the structures and processes of the *Psychological Reality* end. The mind then becomes free and simply starts functioning in a different way. Then true peace can reign. This cannot be faked, created or made to happen. A person must be evolved enough in genuine *Awareness* and *Intelligence* and *Open Honesty* for that to happen. Anything else is a 'simulation' or a psychological presentation of Awakening for 'Image' purposes.

To truly experience is to forget the Self. Your psychological world is a collection of psychological fears, assumptions, beliefs, concepts and perceived memories, brought to life by imagination. This gives you your psychological version of reality

So what is real and what is not? There are no real psychological truths, only what is psychologically true to the psychological mind creating or indulging that perceived truth. A *Fact* is just something that is perceived as real, or that is reality to the perceiver. Reality is perception-adjusted actuality, a constructed or made-up reality. It is simply your 'perception' of the sequence of presented events, situations and interactions (presented by *Creation*) called life, along with your internally generated, conceptually created, perceived versions of past, present and future, brought to life by imagination. These are based on your *Self-Concept and Underlying Self-Image, Ego (Active Self-Image)* and the structure your mind and *Psychological Reality* use as the basis for perception.

Personal Reality is an individual experience for each person because each has a different *Self-Concept and Underlying Self-Image*. Our *Psychological Reality* will also be different because our journey and the perceived experiences that populate the files and folders in our Thinking

Mind perceptual computer are different. I could walk into a room with any number of people and whatever I say or do will be perceived and experienced differently, in some way, by each person. What I do at that time is what I do; it is just a stimulus to others. How others perceive me, or what they perceive is said or done by me, depends on their perception of *Reality*, as seen through or deciphered by their mind and *Psychological Reality*. This will be based on their own psychological and perceptual structure, underlying *Self-Concept*, *Underlying Self-Image*, their beliefs, expectations, agenda, needs, motivation, approach, focus, rules, values, questions, descriptions (the story they then generate) and their quality of their reasoning. It will also be based on the meaning their own *Psychological Reality* is creating over and about their *Self-Image* anyway.

You are essentially an imaginary Self having imaginary experiences

Do you see why the statement “you make me feel this way or that way” is illogical? Someone may do or say something, but what that experience is like to you and how you describe it to your *Self* (what you perceive it to mean to, and mean about ‘you’), is based on *your* perception, not theirs. Have a look at people all around you (without measurement or judgement). When you are able to see clearly, *Consciously* and *Intelligently*, you will be able to see how they are creating their own perception of reality, their ‘story’, and how they are creating their own description of what they are perceiving. You will see how they are experiencing what they are creating and describing and from this, what they therefore expect to experience. You will see they are getting what they truly expect to get in or out of life based on their stories; they are ultimately expecting and getting the *Psychological Reality* they truly expect, because this is what is being created or looked for within their perception. If you can ‘truly’ see this for yourself, this Awareness will be an amazing gift because it means you will be more *Consciously* able to recognise the beliefs, assumptions, expectations and approaches you carry and create in *your* perceptual life as well and how *you* are actively creating and feeding your created *Psychological Reality*. Be clear that everyone you interact with is just a visiting stimulus in your version of reality, and you are just a visiting stimulus in his or hers. Neither yours nor their description of the other is real; it is based purely on the psychology, assumptions, expectations, beliefs and perceptual structure of the perceiver.

Thinking should be just for evaluating options and making decisions, and we should experience our world without imagination, unless we

Consciously choose to use imagination as a tool. Turmoil comes from the psychological process of thinking, measuring and judging, especially judging your *Psychological Reality* with a perceived inadequate *Self-Image*, as the basis of that *Psychological Reality*, the *Psychological Person*. When there is no personal measurement and judgement, there is no conflict or turmoil. When there is no *Psychological Person* to get offended over, nothing can be personal. When there is no doing, there is only being. When there is no being, there are only happenings. The ability to stand by internally as an observer and watch the distracting and often destructive dialogue, plotting and planning, judging, evaluating and imagining going on inside you, without making it wrong, or getting involved at all, is a true gift you have to *truly* experience to know. The real solution to suffering is actually you, enabling the mind itself to see the futility of the structure of its own thinking, memory and imagining that creates its *Psychological Reality*. Most thinking will never dissipate until you take away indulgence in the thoughts, and the mind itself sees the futility of them through *Conscious Awareness*, which, as I am teaching here, it can, for anyone.

If life forms from beyond Earth looked at our culture at the moment, they would believe life on Earth is about *Self-created* personal dramas, which lead to community dramas, then regional dramas, then country dramas and then world dramas. A world at psychological war with each other, because we are at war within ourselves

How the mind creates real physical suffering over the made-up thinking of an imagined *Self* and made-up *Self-Image*, how the mind makes up and corrupt memories and how the mind essentially creates a made-up and imagined *Reality*, is a wonder and miracle in and of itself.



As I will show later, an emotion is ‘essentially’ a physical sensation which is created by a psychological reaction to a thought or thinking process. An emotion is a psychological process with physical sensations. The physical sensation is almost the same each time (some kind of tension within certain areas of the body) if you could observe it clearly and non-reactively, and only its intensity tends to vary. However the psychological element is always different, which is what creates the

experience of a different emotion. The qualities of the emotions you experience in any moment are equal and in proportion to the psychological quality of perception your mind and *Psychological Reality* are creating in any moment. Paradoxically, the quality of your *Psychological Reality* is directly dependent on the emotions it creates or generates in any moment, without it even realising it. No one can make you feel anything. How you feel is a result of how your perceptual mind (and *Psychological Reality*) translates and gives meaning to any perceived stimulus (usually mean 'about' you) that causes the mind to react and create emotions. Usually in a way that seems the most logical and plausible, based first on psychological discomfort avoidance and then on the reactions over your *Ego (Active Self-Image)*. This creates the moment-by-moment 'emotional feeling' of your *Reality*, known as your emotional experience or what I call your emotional reality. I mentioned earlier that the feelings you experience are a direct result of the quality of your thoughts and the quality and direction of your reasoning. The closer your thoughts are to caring thoughts, the higher their vibration and therefore the more chance you have of feeling good. The closer your thoughts are to negative or fear-based thoughts, the lower their vibration and the greater your chance of experiencing discomfort, or much worse. All of these self-generated and disempowering emotions (de-motions as I call them) are preventing us from just 'being', experiencing peace and experiencing the present moment to the fullest in a clear and peaceful way.

The Thinking Mind filters any stimuli or information through a personality structure or, more accurately, The Thinking Mind runs it through the filter of a personality, the personality it thinks is best to decipher with in that moment or the personality which is triggered by its perception of that external stimulus to come forward. This then creates its perceptual description of the stimulus in a biased way, based on the agenda and attitude of that personality. The mind then applies meaning to the description that perceptual state '*Personality*' creates about the event, situation or interaction, as it perceives it relates 'To', 'For', 'Over' and ultimately 'About' *You* (the conceptual *Ego (Active Self-Image)* of *You*, or the deeper *Underlying Self-Image*). The mind then generates the emotions that fit with its conditioned reactive process or perception at that moment. It is these emotions, created by the mind and *Psychological Reality*, which bring that perceived reality to life, and then creates your psychological and 'emotionally physical' experience. This is the emotion or emotions the body experiences through your created *Emotional Reality*.

Without emotions the *Psychological Reality* would be experienced as empty and hollow and could not give feeling to its world to make it seem real, and would therefore be at risk of being exposed for what it is, but that

would be too scary for the mind. So it has created a structure, or uses the innate structure already programmed into the mind, to adopt and create emotions in order to feel alive and give deeper meaning to events. This also helps the mind to better decide what to add to and hold in memory. This is one reason it indulges in petty dramas and perceived problems or difficulties. It feels like it is real and alive during these dramas and conflicts, as well as feeling validated and significant in the only way it can. It also thinks it is protecting you better psychologically like that, even though it is only trying to protect you against the perception and emotions it has ultimately created.

If you're regularly feeling negative emotions, it is important you understand how you do that. It is also important you consider the reality that you may be more comfortable feeling this way than any other. You simply would not approach things with these agendas and give your attention to and focus on things that generate a negative feeling in you, if you didn't receive some perceived benefit or comfort from experiencing these emotions. Or perhaps you are simply not yet *Consciously Aware* or *Intelligent* enough yet to see the *Unintelligence* or pointlessness of this and in this. We were not wired to feel bad but corrupt conceptual thinking and the *Psychological Reality* make it appear that way, by creating and experiencing our emotions. I will talk later about how to use this knowledge to create a very different quality of life, moment by moment and for the future.



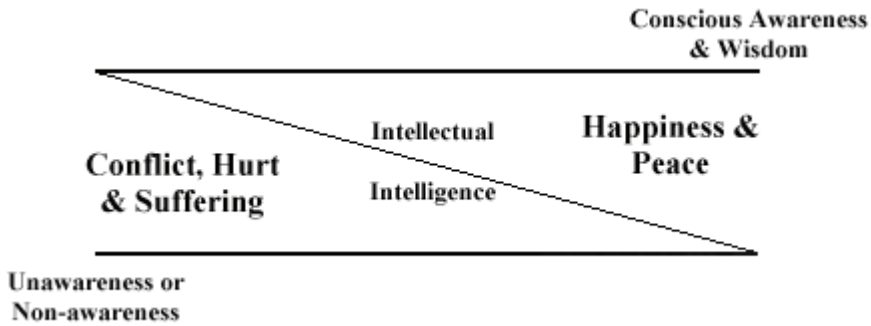
Only in *Conscious Awareness* are you truly *living* in the moment. Otherwise you are only physically alive and psychologically *somewhere else* (existing), no matter how psychologically 'active' you may appear, whether that be in the perceived past, perceived conflicted present or imagined future. *Conscious Awareness* implies the ability to make a *Deliberate, Intelligent* choice; usually a different choice to what the Sub-conscious mind wants you to do. The only way the mind can continue to control you is through your Unawareness of what it is up to in any moment. This mind in this body (what would be called 'my' mind) has evolved and cleaned itself up, through having insights that have occurred when the mind has been directly exposed to how it has been causing its

own suffering in any particular area. These big changes have not come from me trying to *change* through *Self*-disappointment, *Self*-criticism, *Self*-ridicule or *Self*-punishment. They have come through *Awareness* of whatever 'is' *actually* going on in the mind in any moment, through honesty, truth, authenticity and integrity. This has then exposed the mind to itself, and brought about insights into the processes running and being indulged in, at any time.

Insight is the only true growth process, and is the mind seeing what it is indulging in or doing, usually to itself, without realising it. It is not the world or you that need improving. It is simply becoming *Deliberately*, *Intensely* and *Intelligently Consciously Aware* of how your mind and *Psychological Thinking* looks at and describes the world (your perceived *Reality*) and your *Self-Image*. We are often willing to live in superficial states when really we need to go deeper inside each moment, using *Conscious Awareness* and *Conscious Intelligence*. *Awareness* creates and sees true choice. Having true *Conscious Awareness* is about observing the mind non-reactively. The ability to move away from creating suffering is the ability to manage or influence the mind, which, if it is to be done effectively, also requires *Deliberate Conscious Awareness* that accesses and cultivates genuine *Conscious Intelligence*.

Being committed to feeling good and being committed to having *Genuine Conscious Awareness* of your own perception, along with the *unintelligence* which causes your internal discomfort, conflict and suffering, are not the same. If you don't see the thinking that creates the emotions, that creates the thinking that creates the emotions, you are just along for the emotional ride. It is required that we actively activate the *Conscious* mind so it can help the *Sub-conscious* mind see the dysfunction it is indulging in, which will then allow perception to evolve. The more the *Conscious* mind wakes up, the more *Semi-conscious* thinking can affect *sub-conscious* thinking and help wake you up.

The quality of your external world and emotional world are a good indication of your level of *Unawareness*, or level and quality of *Conscious Awareness*, *intelligence* and true expectations. There is a direct correlation between the level of *Unawareness* (*Non-awareness* of your own perception and thinking) and suffering; and a 'bad' quality of life. There is also a direct correlation between the level of *Conscious Awareness* and *Wisdom*, feeling good; and having a 'good' quality life. As *Unawareness* diminishes or decreases and *Conscious Awareness* replaces it, discomfort, conflict, hurt and suffering diminishes, and moments of happiness and peace increase.



You can be Conscious of something but not Aware (Unaware) of it. I am Conscious there is a curtain to my left right now; however, until I give full attention to it, I am not Aware of its structure or how it actually looks or is constructed. *Conscious Awareness* works the same within the mind. You can be Conscious that you are hurt or suffering, but never look into it and become *Consciously Aware* of how it is happening or its structure etc. Being Conscious of something means you know something is there, whilst *Awareness* is clarity about what that is, and its details and intricacies. How can any choice be made about that which you cannot actually truly see or are essentially *Unaware* of? Being Conscious is basically being mildly Aware of something, whilst *Conscious Awareness* is defined by me as Conscious, Deliberate Attention on something in particular, or several interactive processes, in any moment (which also implies, correctly, it is only present in those moments it is Deliberate). All other moments will be lived in *Unawareness*, even if you are somewhat *Conscious*. *Conscious Intelligence* is far more adaptable than intellectual intelligence. Intellectual intelligence is logic based, whilst *Wisdom* is not, and sees much more. It often allows you to see the irrational nature of logic in the big picture, if you can see it *Consciously*. The more *Consciously Intelligent* you are, the more you can manage the mind, and therefore your created emotions. In fact, when you are highly *Consciously Intelligent*, you can decide most of the time what emotions you actually get to experience. Until eventually you stop creating emotions and are able to truly experience life. Intelligence allows you to see you get the emotional cost of the thoughts you indulge, without you often even *Consciously* choosing to. A *Consciously Aware* mind can also override reactive drives, which is especially needed when they are under pressure, so they are far less reactive, and therefore automatically have more choices available to them in any moment. They can step back within perceived circumstances, no matter how challenging they may be, and see a bigger picture. This gives better or more quality choices, and allows more chance of instinctual right action. *Consciously Intelligent* people listen to everything to make sure they are getting a bigger and truer picture. Intellectually intelligent

people listen to their own thinking first and foremost, because they are most driven by perceptual safety and not honest clarity, no matter what they believe.

When I talk about *Consciousness* I am not talking about some spiritual concept. I am talking literally (as an example) about right-brain watching left-brain functions, the higher *Conscious* mind watching the lower Sub-conscious mind. See it all as within the brain rather than outside of it or beyond it (at this point) and this will truly help you. Let go of any indulgence in trying to escape the mind. It will not work.

Conscious Awareness is where the Sub-conscious thinking becomes *Consciously heard* and *observed* by the Conscious mind, causing the Sub-conscious mind to hear *itself* in action and see what it is 'truly' up to or indulging in. *Conscious Awareness* is not analysis. It is non-reactive Observation. It is really just intelligently aware wakefulness and kind, curious mindfulness of what the mind and the *Psychological Reality* are up to in any and every moment. This then allows the Sub-conscious mind, which can't monitor itself, to have a way of seeing how it is causing its own conflict, hurt and suffering in any area. This breaks automatic, habitual patterns, often instantly. The more *Consciously Intelligent* someone becomes, the less conflicted they become, and the higher quality thinking becomes, and the more they perceive in the bigger picture and more choice engendering way.

Contrary to what many people believe, we cannot choose our Sub-conscious thoughts (we can only *Consciously* choose not to indulge them, if we are *Conscious* enough) and the Sub-conscious thinking process has no way of monitoring itself. Nor does it believe it needs to, as everything it holds it has already accepted as absolutely real, valid, logical and true. It is literally a closed loop of information, assumptions, beliefs, expectations, presumptions, presuppositions, processes, strategies and patterns which have been accepted as absolutely real and genuine. They have also all been considered as completely required and valid by the mind at some time, often a very long time ago when the mind was too young and inexperienced to make those decisions.



The Conscious Mind can override the Sub-conscious Thinking Mind and the *Psychological Reality* (when you are genuinely *Consciously Aware* enough), and the Thinking Mind can override the Primal Mind, as it does most of the time already. However, the *Psychological Reality* has become so dominant and convincing that the Primal instinctual process, and the potential for *Conscious Awareness*, have been all but cut out by the *Psychological Reality*. They will continue to be so, until you become truly

Consciously Aware of what is going on in 'your' mind in any moment. So be kindly, curiously, vigilantly *Aware* in every moment (*Deliberately* and *Consciously*) of what is going on in 'your' head, because that is essentially where you experience the reality you create.



The Thinking Mind is not designed to create pain; however the structure of the *Psychological Reality* (conceptual and conditioned thinking, perceived memory and imagination combined) causes it to do so, with its own internal attempt to change itself and with the abuse system it mistakenly created to assist that process and by creating disempowering emotions (or *demotions* as I call them) to force you to be or act differently. When you expose the mind to the *Psychological Reality* it is buying into and how it is creating its own suffering, or why it perceives in the way it does, using *Conscious Observation* and *Awareness*, and it sees a better way to perceive, it will adapt and change its perception itself. You cannot change it. Only *Consciously Aware*, *Deliberate*, non-judgemental observation of the process of thinking and perception can bring about these shifts. Effort does not work internally. Only *Conscious Observation* is required. When we *Consciously* see and understand the processes of how we react and respond, it opens up a whole new level of opportunity to *Consciously* and *Deliberately* observe your perception or, if required, adjust your reality and the experience of that reality. True inner peace requires insight into the internal causes of our actions and reactions so we are not just Unawareness, Non-conscious or Semi-conscious victims of them any longer. And so the mind can see what it needs to see, in order to become *Consciously Aware* of, or to evolve beyond creating the reality it is currently creating. You cannot be *Aware* of, or effectively influence, that which you are ignorant of. No one can see beyond a choice they cannot comprehend, and, you cannot know that you don't know something.

When there is no *Conscious Awareness* that can make a different choice in any moment that is different to the regular, automatic, conditioned choice making, The Thinking Mind and *Psychological Reality* will function only in reaction to stimuli (emotional triggers from the external and internal world). An Unaware or Non-conscious person is literally a stimulus response mechanism, reacting Non-consciously to most things as a perceived threat or problem. This is because the *Psychological Reality* is a paranoid, neurotic, fearful, reactive, stimulus response mechanism. A partly *Conscious*, or *Semi-conscious* person, will still experience this most of the time; however, they are often *Aware* they are reacting, even though they can't yet make a different choice. Being *Consciously Aware* allows the *Conscious* mind to observe this process happening and make a choice whether to indulge the chosen thought processes or behaviour

of the Sub-conscious mind, thus creating some level of *Conscious* and *Deliberate* management of the mind's automatic indulgence.

People can be partially conscious, where they are making some Conscious choices, but then slip back into Non-consciousness and Sub-conscious thinking and imagining, without ever realising they were Conscious at all. Being partially or Semi-conscious can be seen with hindsight, where you may have been aware of a new choice but there was insufficient *Conscious Awareness* and *Attention* to *Consciously* make a new choice at the time. The only time you notice this is when you look back on a perceived situation or circumstance and see that you were Conscious of something but just didn't, or couldn't make a different Conscious choice about it at the time. Most people are semi-Conscious but few are fully Conscious. There is often a mixture of Sub-conscious and Conscious thinking that allows learning through intelligence but the fragments of brief Conscious thinking are being directed by the Sub-conscious mind and *Psychological Reality*, so intelligence is then used to serve and support the conditioned Sub-conscious Thinking Mind and *Psychological Reality*. Consciousness creates or feeds intelligence, which adds to your Consciousness and contributes to the raising of the quality of your psychology.

It is required that you cultivate *Deliberate Conscious Awareness* of what is going on in the mind so that it brings freedom 'within', or 'with' the mind. You are then able to face and observe the mind and not be sucked into blame, conflict, avoidance, hurt or suffering over what you find. Then it will eventually become possible to have freedom from the mind, by experiencing freedom from identification to and with the mind and its thoughts. This only becomes possible through constant *Deliberate, Intelligent, Open, Honest Conscious Awareness* in almost every moment.



Once the psychological mind has become complex, as it has in almost all Westerners, you must first be able to consistently *Consciously* and *Intelligently* manage the mind in a perceptually awake and observational way, before you can become free of its influence over your experience of life. If you wish to strive, then strive for constant *Deliberate, Conscious Awareness* of all thoughts, emotions, attitudes, behaviours and deeds with kind curiosity. View what you find in a caring, non-critical, forgiving, non-personally threatening way. Constantly, consistently and deliberately monitor your state, and the feeling of the body, especially the solar plexus area of the body, as this gives the quickest and best indication of what is going on emotionally in the body so you can then observe the thoughts creating the emotions. When you become truly *Consciously Aware* of anything going on within 'you' and your *Psychological Reality*, it can

light a fire of passion to make different *Conscious* choices to let go of, or not indulge, any negative thinking strategy or process any longer. If you have no urgency to be free from hurt or suffering, you will ferment in it and remain there, at least until it becomes uncomfortable enough for this to become unacceptable to you any more. There needs to be a reason, a catalyst, such as hurt or suffering, which triggers or drives you to become *Deliberately Consciously Aware*. Otherwise, if you have Unawareness, your *Psychological Reality* will placate you and keep you where you are, for perceived safety and certainty, even lying to you or fooling you if it needs to.



As well as creating more *Conscious Awareness* of other choices, being truly *Consciously Aware* makes it possible to step away from the causes of internal struggles and conflicts or observe them until they dissolve. All of the above, however, must be done with no criticism or abuse, just kind, caring curiosity. True psychological safety comes from your ability to be consistently kind to and compassionate towards *yourself*! If you do not have, or start cultivating, a higher voice of *Conscious* reasoning then the Sub-conscious conditioned thoughts and protective reasoning will be all that is experienced in your *Reality*. If you don't become *Consciously Aware* of the constant commentary that creates how you perceive and emotionally feel in *every* moment, you will simply continue to be a victim of its created effects. Live life on purpose. By that I mean with *Conscious Awareness* and *Pay Attention*, in every moment you can. People often say, "I didn't do it on purpose." However, they weren't doing something *else* 'on purpose' instead, or that would have created a different outcome.



Before I go any further, I am going to say some things you might experience resistance to. It is important that you are first *Consciously Aware* that your perceived reality is a psychological one. Whether you like this statement or not, if you are not fully Awakened (which very few genuinely are at the time of writing), then you only experience your *Psychological* and imagination fuelled version of reality and rarely actuality. Becoming *Consciously Aware* of your psychology and the *Self-Image* it is based on is the first and only thing you can 'do', or need to 'do', to eventually experience '*Actuality*'. Accept this and see what you can learn about the psychology that keeps you trapped, without blame or punishment, and you will evolve much faster. Before progress can truly be made, you must first let go of indulgence in any deterioration within your current perception. There would be no point working out where you want to go in your car whilst it is rolling towards a cliff. Especially if you are Unaware this is actually happening. Whether you like it or not,

it is first required you become truly, *Consciously Aware* of where you are at perceptually, and Honest about what is *Actually* going on in your perception. Then you can move forward.



See yourself as the Observer, and not be the Reactor. Become the Conscious Observer that can make *Conscious, Deliberate* choices. There is no escape from the mind while in this physical form. Instead, it is required that perception transforms and integrates into a truly *Intelligent* (not just smart) *and* balanced process so we can be fully present in ‘actuality’ as a ‘witness,’ where no measurement or evaluation takes place, just *happening* observation and experience. Being Conscious means there is still measurement or evaluation going on, but there is *opportunity* to make a new Psychological choice, which is not available to the Sub or Semi-conscious Awareness. See Conscious thinking as active and Sub-conscious thinking as automatic or Unaware thinking, and Semi-conscious thinking as a mixture of automatic and indulgent active or more active choice making, with the potential to not collude with the automatic reactive thinking. Becoming *Consciously Aware* can also mean giving something your full, undivided attention. You can only access and apply *Conscious Intelligence* when in the Present Psychological moment, or in the actual moment. It is not available if you are not actually *Consciously Awake* and out of imagination. Believe it or not, most people are lucky to be present, even in the Psychological moment, for more than a few minutes a day, which equates to a few seconds at a time, at best. This is why very few new choices are made and why for most very little true growth takes place.

‘Waking Up’ and becoming truly *Consciously Aware* is like learning a language, where at first you have to *Consciously* think about everything you say in order to translate it properly and be sure you are saying it, or using it correctly. Becoming *Consciously Aware* is very similar, in that you are becoming *Consciously Aware* of what the mind is ‘already’ quietly saying to itself, and not just what it presents to you and gets your non-conscious attention with, and questioning and hearing internally and authentically as often as possible. As I said, it requires you to become Conscious in every moment so you can see and hear internally what the mind is ‘already’ thinking in terms of its agenda, position, approach, attitude, needs, rules, justifications, excuses, comments, stories, and questions. This will give insight to the mind itself about what ‘it’ is doing and how ‘it’ is causing its own psychological discomfort, turmoil, conflict and suffering in any moment. It will also help you to *Consciously* wake-up more to ‘what is’.

AS YOU THINK - SO SHALL YOU FEEL - Be extremely *Consciously* careful and vigilant about what thinking your mind indulges in. It is much

easier to see the turmoil created in the external world than it is to see and observe the internal turmoil, especially when you are used to it, and expect it. But it is required that you do see the turmoil created by the mind and *Psychological Reality* over the *Self-Image*, before you can see its true internal and external effects.



Each individual has on average about 65,000 thoughts per day. 95 to 98% of them are unheard *Consciously* and are pretty much the same type of thoughts every day. They are mostly stories (which usually evolve) and repetitive questions we ask about our *Self-Image* and our *Psychological Reality*, which are answered in the same repetitive, conditioned, and consciously unheard ways. There are also consistent judgements and comments we make about our *Self-Image* and others. These thoughts, stories, questions and comments create how you feel and also define what you perceive can and can't do, and that means they define your perceived potential. It is required that you hear these This thinking processes so the Sub-conscious mind can hear them and clean them up itself. *Conscious Awareness* of these thoughts is the only way to do this actively, as the Sub-conscious mind has accepted them as completely true and valid and therefore does not even monitor them, never mind question them. You just get the outcome or effect of them experientially. You are always being used by *Creation* to help create the external dynamic dance of the external physical world, evolutionary playground you live in. At the same time you are physically being presented and put in situations that cause you, or at least give you the opportunity, to become *Consciously Aware* of what you need to see about *your perception*, in relation to particular kinds of event. Then when you can see it, you can grow beyond your current perception through *Conscious Awareness* of it. Not through force, but simply *Conscious Awareness* of it.

Creation is constantly delivering experiences so we can learn and evolve by become *Consciously Aware* of how we create the psychological effects we experience. Creation does not deliver anything you do not have the 'potential' to overcome. Whether you overcome it or not is dictated by your level of Unawareness and reaction, or *Conscious Awareness* and level of intelligence at that time. *Creation* pushes you in certain directions, and if you are not *Consciously Aware* (*Unaware*) and/or have a strong attachment to perceived control, you will resist, struggle and simply not see. If you are *Consciously Aware* and *Intelligent* enough to be free of psychological fear, you will allow life to direct you with no need to manage either the internal or external world, and with no attachment or resistance to *anything*. This is a much higher level of *Conscious Awareness* and *Conscious Wisdom*, and requires such.

When need, desire, passion, belief, expectation, perceived deserving and intent combine, Creation cannot resist or deny you its manifestation and fulfilment, in what it sees as the best for your evolution, if what you seek is truly what you need to experience in order to grow and evolve. This is the true desire of Creation; to give you what you expect so that you can see this and your Unawareness in any moment, so you can learn and evolve through it in Awareness. When life provides, see how all of the above were present, truly celebrate it and thank *Creation*, not your *Ego*. This is *Creation* giving you what your true perception expects and manifests, or what you need to have in place to learn what you need to learn, so you can see how you are perceiving and what you can learn from that in order to truly evolve (which is not about external success, but rather internal Awareness). This is what has the potential to take you to your next level of perceptual quality (and vibration).



The more Unaware and Non-conscious a person is, the more Primal or Primitive their behaviour may be., This is simply because they are more *Self-centred*, fearful and reactive so they need to protect and defend and also promote their '*Desired Image*' of themselves to others, as well as work hard to convince themselves that it is real and true. When you become *Consciously Aware* enough, you will be able to hear the mind consistently thinking things like; "I am like this or this and I should be like this or that or this or that instead, I am no good at this or that, or I am better or worse compared to them at this or that," along with a million other statements. It is all a constant measurement and comparison of ones own *Psychological Self-Image*.



Non-conscious means Unaware or not 'Awake', functioning from a Non-consciously Aware perspective. Being more Conscious implies being more awake and more *Deliberately* able to *Observe* what is going on in 'you', mentally and emotionally (you cannot truly know what is going on in others, it is always a guess) and what your mind is thinking and *indulging* in at any moment. At first this will be extremely uncomfortable for most people, usually because uncertainty, *Self-* criticism and punishment of the *Self* will usually follow, especially if anything is detected which does not fit with how you 'think' you 'should' be. Things can seem to intensify and become more psychologically uncomfortable and often emotionally painful just before a shift in thinking happens, simply because *Conscious Awareness* of what it is will first cause judgement and *Self-*disappointment or *Self-*punishment over it, which is actually what the discomfort and suffering is. If the mind is trying to hide it or hide from it, then it will criticise you for exposing it because it will not fit with how you Sub-

consciously think you should be or want to be. However it is the only way for the mind to '*clean itself up*' and stop generating the discomfort, conflict, turmoil and imagination that causes its own hurt, injury and suffering in the first place.

The more reactive and defensive you are then the less choice you have in any thought process, memory or imagining, and the less Conscious you are, and then the more reactive you will be. The more *Consciously Aware* someone is, the less stuck in protection, defence, justification, illusion or delusion they are likely to be. Any untruth or illusion can only remain real as long as you do not honestly and openly look into it. Avoiding looking into the things that are illusions but feel real within the mind, allows them to continue to be perceived as real, including the *Self-Image*.

For many people, until they can become more forgiving and accepting towards themselves and others, becoming more *Consciously Aware* of any part of their own confused or 'wrong' perception will just cause them to experience more conflict and suffering in the short term. Simply because if or when they will become more Conscious of the hurt and suffering they were or are generating, they will then beat themselves up for seeing they have been 'non-consciously' generating their own conflict or suffering over this, which then generates yet more suffering over this too, through *Self-punishment*.

Awareness and Unawareness are opposite processes and therefore cannot be in place over the same stimuli at the same time, in the same moment, within the same perception. Most think they are Aware when they are actually Unaware but the mind is manipulating them into believing they are Aware by giving them a plausibly believable illusion. This is one of the single most difficult things to see within your own perception and the most difficult to have shown to you, yet it is one of the most important, and is absolutely required to be seen to become truly Aware. Consciousness implies the ability to have *Awake* attention on your own thinking as an Observer rather than being an *Unaware* victim of that thinking, just along for the ride. It is required that Awareness and inner observation is approached with kindness, caring, forgiveness and compassion towards the *Self* so that any insights don't just create even more turmoil and conflict, and therefore a resistance to more insights.

Becoming *Consciously Aware* creates a shift in perception, which creates an emotional shift (as emotions are generated by psychological thinking), which in turn eventually creates a Consciousness shift away from the dependence on low-level psychological reactive protection processes. Being fully *Consciously Aware* is to Observe things as they are *actually* perceived psychologically, and to be able to question them, rather than

accept how the mind wants to plausibly convince you things are, and how it hides or tries to hide these thought processes from your Awareness, just so it doesn't feel discomfort over them. Conscious thought 'feels' different to Non-conscious thought, when you are *Consciously Aware* enough to experience this.



We are right now in the middle of a Psychological Evolution (we have already been through the biological and Primal/Physical evolutions). Authentic *Conscious Awareness* of all thoughts, emotions and deeds is the long-term cure to all of our perceived issues and challenges. It is the main path to permanent Freedom *With* and *Within* the mind, Freedom From the mind (Awakening) and Enlightenment. To experience this, we simply need do, and can do, nothing other than to become and to be fully *Consciously Aware* of the mind, its dialogues and processes, and observe what it is up to in any moment, from an authentic, genuine perspective, with Honest, Truthful Integrity and *Intelligence*, with a willingness to see what 'Is', no matter how uncomfortable, rather than just what you 'want' to see. This must be done with kind curiosity, without internal criticism or abuse and without attachment to 'any of it', or 'you' being different. Peace is not the absence of so-called 'problems' or 'difficulties'. We will always be challenged by so-called 'problems and difficulties' and we are meant to be. If you don't want problems or difficulties (challenging situations or uncomfortable circumstances etc.), then your biggest problem is actually that you think you shouldn't have any problems, difficulties or challenges.



The psychological quality of someone's upbringing really comes down to whether they were taught to be *Consciously Aware* and *Intelligent* in their approach to life, or whether protection, presentation, perceive psychological safety, and possibly retaliation and not being perceived as wrong or inadequate, were actually the main drives. Protection, presentation and safety include by the way, things like being wealthy, famous, physically attractive, fit, strong or dominant. What you learn from your parents, teachers and role models is whether to approach life and others from a psychologically defensive and protective stance, or whether to be *Consciously Aware* and develop the innate courage and non-resistance that comes with it and be open to learning about your own perception and areas of unintelligence, both in your internal and external world. Some people will have taught you that being aware of the external world was simply a way to learn how to protect and defend, and being aware of the internal world was simply a way to criticise or beat out of yourself that which you didn't like or thought was wrong. Not because they are bad people, but because they didn't know any different.

It is required that you become more 'Awake' moment-by-moment within your own perception, and therefore more Conscious, before you can experience the higher, more supportive and constructive levels of even *Psychological perception*. Being more Awake does not mean you are Awakening. It means you are more able to become more *Consciously Aware* of what is going on in your own mind in more moments. A shift in *Conscious Awareness* creates a shift in how you create and experience your *Reality* and can eventually create a shift in how the mind views and uses (or not) psychology itself. Once *Conscious Self-realisation* (discovering and experiencing the 'I') happens, the mind can start truly seeing what had it trapped, and continues to let those processes go itself, which is the only true way it can happen. Becoming *Consciously Aware* and non-reactive allows more genuine and authentic *Self-enquiry* and personal insight to begin, which is where true growth comes from. Trying to ignore the *Self*, or its *Self-Image* or any of its behaviours, is a process of the *Psychological Reality* trying to ignore itself. How can this process work? Becoming intensely *Consciously Aware* of the *Ego*, and practising true listening to the *Psychological Reality* will expose it to 'itself' and the mind and help it to dissolve. If you do not become *Consciously Aware* of something going on within the mind, the mind itself will not see it (as it cannot monitor itself in this way), - is it looking, as it is blaming anything or everything else and working to justify that blame.

The Thinking Mind and the *Psychological Reality* is set up at the moment in a way that means it gets no feedback about itself and how it is functioning, other than from the external world. This it evaluates, filters, edits and adjusts, according to the perceptually bias personality it is in and the agenda it has at any moment, to avoid *Self-criticism* and therefore *Self-punishment*. What you may experience as the mind monitoring itself is the mind monitoring the different versions of *Self* and *Self-Image* within the *Psychological Reality*, using measurement and judgement as a way of trying to adjust these *Selves* to get safer and gain some certainty. This is the *Psychological Reality* monitoring the different elements of the *Psychological Reality*, not anything outside of that process. So don't be fooled. The Sub-conscious mind can only be in one Personality or 'state' in any moment. This Personality will generate/create your experience of reality in that moment (as I will show in detail as we go). The Sub-conscious mind will only evaluate with, and be able to psychologically experience through, the personality or 'state' it is in, in any moment. When this is happening, it is oblivious to all other personalities and 'states' available to it (unless you are *Consciously Aware* and observing this process, and *Deliberately* making *Conscious* and *Intelligent* choices about what elements to direct and adjust, which can bring forward a

different personality, and therefore create a different reality). This Non-conscious process in itself brings about unintelligence and reactivity. Consciousness brings with it the opportunity to develop and use true *Intelligence*.

Remember this:

- We only *see* the choices available to our level of perception in any moment.
- We can only make one of the choices we *perceive* are available to us in any moment.
- We get to experience the psychological and emotional outcomes of our internal and external choices.
- We experience the ripple outcomes created or attracted by our internal perceptual freewill choices (the only true freewill we have), both internally and externally.

Becoming *Consciously Aware* is the **only** solution to this. There are only two ways the Sub-conscious mind can observe itself. One is by the external world being a mirror, which reflects back to it how it is perceiving in any moment, and the Sub-conscious mind ‘getting it’ and questioning that part of its perception; beliefs, assumptions, expectations etc. The other is the right brain Conscious mind becoming the mirror that forces the Sub-conscious mind to see itself in action. The right-brain Conscious mind becomes almost like a video camera pointing at the left-brain Sub-Conscious Mind, connected via the ‘wired’ connections of the two hemispheres, forcing it to watch itself in psychological real-time and getting to see what it is doing to itself with the perception it holds, in any moment. Then it sees what ‘it’ needs to let go of or adjust for *itself*, in order to stop causing *its* own suffering. We also receive information from Intuition and Collective Consciousness, sent to help in this process of perceptual growth, but this can be filtered out or adjusted by the *Psychological Reality* and replaced by its own concepts and imaginary version if required, because it has become so dominant over perception.

In fact, because of how powerful and dominant the thinking, memory and imagination loop has become, and because plausibility adjustable perception is enough to be perceived as real, external world stimuli can be adjusted to fit into what the Thinking Mind and *Psychological Reality* either wants to experience or expects to experience, in order for the mind to have certainty. This means there is only one true mirror left, the right-brain *Conscious* mind. Conscious Awareness can watch the lower mind *Psychological Reality* thinking processes and, as a result, allow the Sub-conscious thinking process to observe itself, which it cannot do

without the Conscious mind actively observing it. This process will create change and growth just on its own, simply because the Sub-conscious Thinking Mind which runs the *Psychological Reality* is a pain avoidance mechanism at its core; the left brain is therefore narrow focused and the right brain is more broad and overview (bigger picture) focused. This means when it recognises it is causing itself conflict, turmoil, hurt, pain or suffering in some way, through this powerful right-brained Conscious Observation, it has to adjust some part of how it is perceiving. It has no choice, it has to honour its own base programming of pain avoidance. The old must be adjusted or replaced so the original beliefs, expectations and strategies in this area are filed away and more up-to-date beliefs and strategies are adopted, which now become more valid than the old ones. This also means it adjusts your perception with more 'modern' concepts, beliefs and expectations etc., and this clean-up process causes a change in your underlying calculation, and creates perceptual evolution, even if it is just a bit at a time. When you move from effects, or looking at effects, to curiously and caringly observing the perceptual cause, then true change and true growth 'can' occur.

This book only needs to disrupt the minds conviction in its beliefs and assumptions to cause it to question them and start looking differently at what it holds. When it does so, something will change in your perception. What it holds as true is often very old thinking, so when it questions the old thinking with more evolved thinking, it *Must* see things differently, thereby updating your underlying *calculation* used for perception (and to define and describe your *Self* and *Self-Image*), either a little or a lot. This process alone causes the *Psychological Reality* to shrink a little because its noisy and competing support structure has been changed, giving the mind more opportunity to see it and then become free of it. The more the *Concept of The Self* and *Self-Image*, and the processes around it keeping it in place are questioned and observed (hopefully without judgement, criticism or punishment), the more the system that keeps it in place, the *Psychological Reality*, shrinks. The mind, using the *Self-Concept*, *Underlying Self-Image*, *Ego (Active Self-Image)* and the other processes of the *Psychological Reality* as the basis for its perceptual calculation, not only creates conflict and turmoil without being aware of it (especially emotional dramas), it requires this turmoil to feel alive, and to hide from what it does not want to see or be seen. Because the *Self-Concept*, *Underlying Self-Image*, *Desired (Ideal) Self-Image*, *Ego (Active Self-Image)* and *Psychological Reality* themselves are illusions, and need repetitive stories and drama to be kept alive within perception. The more these noisy, conflicting processes shrink, the less turmoil they generate, the more opportunity arises for the mind to 'see' what is going on within

its perception, and for the *Psychological Reality* to shrink, or collapse completely.

The less *Consciously Aware* (Awake) you are, the more irrational you will be and the more often you will have a failure of intelligence. The more *Consciously Aware* you are, the more *Intelligent* and genuinely supportive the thinking process becomes. Become *Consciously Aware* of the *Self-Images* and *Psychological Reality* and how the mind functions in every moment, so the mind cannot hide from itself. This way it will itself, eventually let go of the *Psychological Reality* as the basis of psychology for itself, and it will dissolve. As a result, the mind will let go of the *Underlying Self-Image* and *Ego (Active Self-Image)* as the basis of its moment-by-moment perception, simply because it will recognise these processes are causing all its conflict, turmoil and personal hurt. Then the very process of thinking itself will change, and all your hurt, injury and suffering will end, because ALL your conflict, hurt and suffering is over the *Self-Images* in some form anyway.

Conscious Awareness also allows you to bring knowledge and information to bear in a situation, which allows for a new psychological strategy to be tried out by the mind, which can create new psychological outcomes. *Conscious Intelligence* doesn't look for what you have stored already; it looks for the bigger picture, and new, more uplifting solutions. So when the Sub-conscious searches for answers or solutions already stored within its conceptual thinking or complex memory, and can't find one convincing or safe enough, it opens up briefly to the Conscious mind to resolve whatever it is struggling over, so that it can regain certainty. This is the only time the Thinking Mind will be willing to open up to *Conscious Awareness*, or the Higher Mind. However, this opens the door to a shift in the underlying structure of the psychology (the calculation) by adding new knowledge and awareness, thus allowing more shifts in the conditioned default thinking processes. Cultivate this drive for new and different solutions, and you will open up more each time.



Everyone is somewhat *self-aware* to a degree, because most people are usually conscious that there appears to be more than one '*Person*' or '*Self*' talking, arguing, commenting, or criticising internally within their *Psychological Reality*, fighting to have its needs, beliefs and expectations met or being compared to another identity it holds. We cannot escape the mind while we are in this physical form and we can only experience life through the mind. There is no escaping the mind so accept that, have no resistance and make peace with and over your *Self-Image*, which drives the mind to react and avoid at the moment. Even when you truly Awaken, you will not change. Only your perception of what is, and how the mind

describes things will change, which is all that is required for perceptual peace, so the sooner you see and accept, and have no resistance to what 'is', rather than trying to change or pretending to be different, the quicker you will experience true peace.

Once true *Conscious Awareness* breaks through the fake consciousness of thinking and imagining, the illusion of *The Psychological Reality* can no longer function in the same way and will therefore slowly dissipate and dissolve. Without realising it, almost everybody is usually functioning through the perceptual or thinking level of a seven-year-old child; at best but most can seem more like a young adolescent teenager sometimes. Teenagers can be very destructive to themselves and others, as their apparent free will has no intelligent boundaries as it develops. I will explain this in detail soon if you are reacting, but it is *Very* important to understand; until you become *Consciously Aware*, this reactive, insecure, inadequate, needy child will continue to drive your thinking and decision-making process for you.



The Conscious mind can process 2000 bits of information per second, so *Conscious Awareness* can only really give full attention to one block of information, or one part of perception at a time. The Sub-conscious mind however, can process something like 2.5 million bits of information per second. This, combined with complex memory and imagination, is why the Sub-conscious mind and the *Psychological Reality* is so much more dominant and powerful at controlling your experience in any moment. This is also why if you give something your undivided *Conscious* attention, you can only experience what has your *Conscious* attention. The mind has limited resources and as it requires far more resources for the Sub-conscious process to function because they are so fully busy now,, it requires all the 'available' resources to be fully focused on a single stimulus to be *Consciously Aware* of it. When you can be *Deliberately* and intensely *Consciously Aware* in any moment, all the other things that have none of your *Conscious* attention disappear from your reality and the experience of what has your full *Conscious* attention is all there is. Understand this and *Intelligently* use it in your favour.



Honour how you feel, but don't indulge and amplify it and don't try to pretend you don't feel the way you do. Truly experiencing anything, without doing anything with it or to it, takes you beyond the need to judge it. The more *Consciously Aware* you become, the more you recognise that there is a much higher *Organisational Awareness* making life happen around you and to you, which you can come into alignment with. When we become *Consciously Aware* enough, we become less involved in the

dialogue of the mind and more of an *Observer* of what we see as our *Psychological Reality* and *Self-Image*. The less noisy the mind is as a result of it cleaning up its processes and the less there is evaluation going on from any observation, the more peaceful we become. When we become *Consciously Aware* enough for the *Psychological Reality* and *Self-Images* to dissolve, we become disassociated from the mind and more experiential. When Awakening from the *Self-Images* and the *Psychological Reality* takes place, there is just the joy of life in every moment that is truly experienced, and no more psychological hurt, injury or suffering.

After Awakening, you truly see that any psychological evaluation whatsoever is thinking and is therefore conceptual and made-up. It therefore no drives, longer uses or governs us. *True Awakening* brings with it constant *Conscious Awareness*. However, you can be constantly *Consciously Aware* without being Awakened. Only when the *Underlying Self-Image* and *Ego (Active Self-Image)* have dissolved, through intense, regular *Conscious Awareness* of them, and when the *Psychological Reality's* patterns and processes have been exposed to the mind *itself*, and let go of, will true Awakening be experienced. The *Psychological Reality* is like a house of cards. If you remove enough cards through *Deliberate Conscious Awareness* and true honest observation of the perceptual processes of 'your' mind, eventually the fake structure will not be able to stand on its own, and the illusion will collapse, and you will be set free.

Conscious Awareness is like a candle flame that melts the wax of Unawareness, negative thought patterns and destructive, disempowering beliefs and expectations. And the candle wick it burns away is the Ego and the Self-importance and significance driven Psychological Self

Becoming truly *Consciously Aware* of everything that is going on with you in any moment can also help to release you from what can be called Karma. *Conscious Awareness* of thought processes and patterns is like a fire that burns Karma, thereby creating new psychological choices and clearing what could be called residual Karma. When you become *Consciously Aware* enough of the *Psychological Reality* and the *Self-Images* for them to dissolve completely, *Consciousness*, thinking, memory and imagination separate, and the false thinking and imagining consciousness, the *Psychological Reality*, collapses. This actually creates a change in how the brain itself functions; it is not just a change in thinking or psychology. It is the brain itself relaxing and re-modelling. Once the '*Psychological Person*' (the *Self-Concept*, *Underlying Self-Image* and *Ego*) have dissolved, from that point on, nothing can be *personal*, because

there is no *Psychological Person* or *Self-Image* that any judgement or comment can be related to, or about. So how could anything then be perceived as *personal*? That doesn't mean you are not interested in anyone or anything anymore, it just means you are not reactive or attached to anything.

We are slaves to the thoughts and actions we are not *Consciously Aware* of (Unaware of). Psychological Freedom lies on the other side of *Conscious Awareness*, of everything that goes on within our own perception, and certainly not just that perception we are comfortable seeing

What you believe or assume is real, defines, determines and creates your world. What you focus on (give attention to) in any moment guides and determines the quality of your life, both now and in the future because it creates your description and story of reality, and 'you', and therefore your perceptual and emotional experience which influences your destiny, both now and in the future. Your level of *Conscious Awareness* or *Unawareness* actively affects your destiny. Your destiny is created by your perceptual reactions or responses to perceived life 'Now'. When perception changes, so does your destiny. Your destiny is being created in each moment. If how you perceive life changes, and that attracts parts of your future experiences (which it does), then surely your destiny will change as well? Become extremely *Consciously Aware* of every thought you indulge, because Creation can create a life for you from every single thought. The thoughts you indulge, *Non-consciously*, *Semi-Consciously* or *Consciously*, determine your current perceptual and emotional experience and your destiny, especially your *Psychological* destiny. Observe how the mind translates anything and everything into a perceptual description. Become fully *Consciously Aware* of the thoughts and emotions you follow and act upon, or you will just be along for the perceptual and emotional ride and will attract more reasons for similar experiences, thoughts and emotions. Different experiences presented to us in the future come from how we psychologically perceive events now.

We have no true choice other than how we *Consciously* choose to perceive psychologically, or the kind of perception we '*Indulge*' in now (and you have to be *Consciously* Choosing for this to be real to you, or life is just 'happening to you'). However, we can affect the future of events presented to us by how we psychologically perceive events now, either *Consciously* or *Non-consciously*. This can only happen by being *Consciously Aware* and making new *Conscious, Intelligent* psychological

choices about your perception and the thinking you indulge **now**. Any adjustment to perception following Insight and *Conscious Awareness*, which causes the mind to see what it is doing to itself, is always going to be more up-to-date and evolved than the perception, information, strategies and intelligence it decided upon in that area of your perception years or decades ago.



Here is a regular meditation you can indulge in whenever you choose. I would encourage you to do this in any and every moment you can. Relax and breathe deeply, then give your full *Conscious* and *Deliberate* attention to every thought. Become as *Conscious* as you can every moment you are hooked by, or start to indulge in any thought, or when imagination has taken over or is interfering in any way. Whenever possible, step directly out of imagination, either as you slip into it, or as soon as you realise you are imagining anything, become *Consciously Present* and again observe the current thoughts without indulging them. See what you can become *Consciously Aware* of about the emotions they create, the motivations and agendas of any thinking, and the underlying needs the thoughts or emotions are trying to meet or avoid. See how often you can catch the mind indulging in thoughts and acting upon them, usually through imagination. ‘See’ how often your *Conscious Awareness* ‘disappears’ into distraction or imagination, without criticism. This will show you how awake or not you truly are. And don’t lie or fake it; be honest, at least with yourself. Use this to help you generate a commitment to practicing *Deliberate Conscious Awareness* consistently. Psychological commentary is an empty, often irrational dialogue, always *about* or *over* the *Self-Image* in some way, designed just to keep the mind distracted and to keep some certainty and the illusion of some safety about your perceived *Psychological Reality* and your perception of your *Self-Images*.

Becoming truly *Consciously Aware* is a process associated to cultivating true *Intelligence* and *Wisdom*, not intellectual intelligence, although you can grow your intellect through this Awareness. Intellectual intelligence is only based on what you already know and hold as true and real. Becoming truly *Intelligent* brings with it *Consciousness*. Intellectual intelligence can fool you into believing you are experiencing or accessing higher intelligence, whereas genuine *Higher Intelligence* will find answers you do not already have to the things you believe you already have answers to. If there is not enough *Conscious Awareness* and genuine *Intelligence* going on to help you evolve beyond your conflict and suffering, then you are stuck with what you have. Often people are good at convincing themselves they are doing well and inadvertently remove the discomfort that would drive them to higher *Awareness*, and usually so-called ‘Spiritual people’.

Always be Truly and Authentically Honest with Yourself, if no-one else.



The evolutionary drive is working to change and create the future right now and forcing us to become more truly *Consciously Aware*, whether we like it or not! So *Consciously* and *Deliberately* align with this and stop fighting it. Your own true authentic evolution is also part of the evolution of all Consciousness itself, as we are all part of the same Consciousness (the *Universe* itself), in manifest and so-called un-manifest form. The drive to evolve, mainly in *Conscious Awareness* (although covered up by the psychological need to stay safe and stay as we are psychologically to keep certainty) is one of the strongest drives in us.. There comes a point when the evolution of your *Conscious Awareness* about what is going on within your own perception becomes more important, more interesting and more exciting and inspiring than trying to avoid the discomfort of seeing that which you are trying to avoid and do not want to see internally, usually because you want to pretend you perceive yourself differently than you actually do. As I have said, we try to avoid seeing what we do not want to see, because that usually engenders *Self-hostility*, *Self-criticism* and *Self-punishment*. Yet facing what 'is' about you and, and kindly and caringly having no resistance to it is the cure, not avoiding or denying it. That which we don't want to see is what we truly need to see to heal. Only those on a *true* quest for genuine and authentic *Conscious Awareness*, only those who are willing to *honestly* seek the truth, of what is going on within them, will have the potential to experience true peace in their life.

Mankind must become psychologically intelligent and then genuinely intelligent, so we can face our Psychological Self before we can become free of negative and destructive psychological forces, and therefore our negative deeds and actions

Become acutely *Consciously Aware* of the mind inside the body, the disempowering stories it tells and the descriptions of events and situations it gives itself about its own *Self-Concept* and *Self-Image*, and life as it relates to that *Self-Image*. Become authentically *Aware* of how you perceive your *Self* to be, without pretending you are somewhere, somehow or someone different or more acceptable to yourself, without making anything you find 'wrong'. Then you will realise all your suffering is over that made-up, miss-assumed, confused and perceived inadequate *Self*. Simply become *Consciously Aware* of your true psychological condition, using the information in this book, without making what you discover wrong. Know what is actually happening and going on in the mind and

see that it is made-up. How can it ever again be perceived as a true or real threat? When this level of *Conscious Awareness* and *Intelligence* happens, you will be transformed and free of all personal suffering, able to 'live' moment by moment in any way required, and have the ability to see (and expect) the best in life, no matter what circumstances have been presented to you.

Many people believe that the highest functioning state is being in the moment. But there is more to it than that. It is not just about being able to meditate or sit peacefully, or to appear peaceful. We live in an interactive world and are required to experience many different things interactively, and this cannot be done and meditate like this at the same time, so it is an illusory or fleeting peace. Life will rarely leave us alone as we must evolve, and it is happening to do just that. The highest state is actually a complete state of balance; being able to experience what is, as it is and being able to interact with what is, as it is, with no resistance. It is being able to move into any state required, and function in any way required, to *Consciously* and *Intelligently* do what will bring you the highest outcome, in any moment or longer-term, with no attachment to any particular outcome, and to have no challenges at all functioning in this way. It also requires the ability to *Intelligently* observe 'what is' without reaction. Power requires a positive and a negative, so it is required you 'see' both the perceived positive and the perceived negative in order to see the bigger picture, and how both are created, without making either right or wrong, in order to experience the true power brought by *Conscious Awareness* and *Wisdom*. It is also being able to choose how to adjust perception, where you need to, if you need to, which is not required in this highest state.

1. **HONESTY, TRUTH, AUTHENTICITY & HUMILITY**

If you censor honesty, is it still honesty? If you censor truth, is it still truth? If you censor or adjust integrity or authenticity, is it still such? The answers to all are No! There will be many who don't like what I am about to say, but to me this section is about what I believe it actually means to 'be' spiritual, rather than the multitude of 'processes' and distractions which masquerade as spiritual or spirituality in our society at this time. Everything people 'do' to 'be' spiritual is worth nothing on the true journey of spirituality if it is not an *internally honest, truthful* and *authentic* journey. The core elements or pillars of spirituality are *Self-honesty, Truth* and genuine *Authenticity*: Genuine cultivation in and cultivation of these, is what it is to 'be' spiritual, not dressing or talking or acting spiritual, or learning and sharing others' teachings as if they were yours. Spirituality is being '*truly honest with yourself, about yourself*', so you can be *truly authentic* and therefore able to be humble. Humility

is an outcome of *Intelligence* and *Honesty*, and as a practice it will help in the process of waking up, and will be stronger when authentic waking up takes place. When *Humility* is authentic, it is an *outcome*; of being honest, truthful and authentic, so humility is not spirituality itself.

There can be nothing more required or important for anyone than ending all forms of psychological hurt and suffering, namely any psychological disturbance, conflict, anxiety, fear, *Self*-inflicted psychological blame, punishment or internal violence. For this to take place there can be nothing more important than *Conscious Awareness*; honest *Deliberate Consciously Aware* observation of what the mind is 'Actually' up to in any moment. Genuine, honest, authentic, open *Conscious Awareness* requires absolute internal personal *Integrity*, and for internal *Integrity* to be real, authentic *Honesty* is absolutely required; an *Honesty* that is **constantly** seeking the honest truth about what is 'actually' going on in your mind and perception, in any moment, with authenticity, kindness and humility, no matter how uncomfortable that may be; a constant, honest willingness to observe what the mind is up to and indulging in, in any moment, no matter how uncomfortable that may be because of what you find (because it's all a believable illusion anyway). You need to see the internal truth of what 'is actually' happening in any moment, within your own perception, not just what you want to find or find happening, or think would be the safest to see, or is the safest way you can find to describe it. The truth will set you free, not the most plausible, acceptable cover-up.

Don't believe everything you think. The most convincing liar you will ever have to deal with is your own Thinking Mind's *Psychological Reality* and its constructive perception about 'you' and life. We lie the hardest when we are trying to convince 'ourselves' of something, or hide from something

There must also be a desire or a *Longing*, and a *Willingness* to experience the Honest Truth 'internally' (we cannot actually know the external truth), which usually means there is some level of psychological suffering which needs to be acknowledged. There must also be a longing for, and a willingness to, indulge in authenticity and humility, along with a willing openness to experience your *Helplessness* that you do not hold the answer already; Honestly observing and acknowledging the helplessness by admitting you don't know how to come up with the answers at present, which will open the mind up to the higher, Conscious mind for information or guidance. Only honesty, truth and authenticity will facilitate this kind of true perceptual growth and its evolution. Everything else is avoidance or shuffling sideways. This section, believe it or not, is all about what it

really takes to be spiritual; not the esoteric and metaphysical stuff but *Genuine, Honest, Authenticity* which is all about *internal Truth, Integrity* and *Humility*.

Authentic Honesty Awakens Wisdom Intelligence, and Authentic
Wisdom Intelligence encourages Authentic Honest Truth

Virtually everyone I have ever coached, taught or guided believed they were very honest and truthful with themselves. That is, until they could truly see the truth of their internal convincer strategies and structures, or their *Reality Strategies*. Most were shocked when they truly realised how dishonest their mind had always been with them and over them, without even knowing it or being aware of it. How do you grow beyond lying and its destructiveness if you are lying to yourself about lying to yourself, and trying to convince yourself you are not being dishonest with yourself about it? Allowing the mind to make stuff up and just spitting it out, is a form of automatic, justifiable dishonesty or mistruth, which is just lying to yourself in a justifiable way. If you let the mind reactively come up with what to say in any moment, you are skilful at quickly making up things to say, and they will be based on psychological protection in some form, and will therefore not be about intelligence but rather insecurity and fear. Most internal dishonesty is automatic reactive dishonesty. The first thing that tends to happen is that a realisation of this internal dishonesty triggers *Self-criticism* to a small or larger degree, simply because we have the *Desired (Ideal) Self Image* to measure our moment-by-moment *Self* against. This usually triggers an internal assault because what you have discovered does not fit with how you think you are, or want to be, or think you should be (clearly no ‘*Self-blame*’ should come from this discovery of Unawareness). It can also feel embarrassing to see how the mind has been fooling you and manipulating you. This can also cause an internal assault because the *Ego* feels wounded.

However, by guiding these people not to make any of this wrong and enabling them to see the great opportunity for growth and peace the recognition of this dishonesty presents, they were able to quickly start learning the art of *Self-honesty* and how to seek and observe the *actual* truth of their perception in any moment. “The Truth Will Set You Free!” is a very profound truth in itself. However, it should really say “The *Internal* Truth Will Set You Free!” Notice this statement is not “the best truth you can make up to feel safe will set you free, or the one you want to be true”. Only the honest and authentic truth of what ‘is’ can free you from attachment and resistance to anything and allow peace with what

is, otherwise you are always dealing with an illusion of honesty and truth!



HONESTY – I’m talking here about Personal Honesty; Constant Honesty with yourself and *about* yourself and your perception, whether you like that truth or not. This is why some people try to become ‘perfect’ people, because they think this is how you have peace with yourself, by coming what you think you need to be to be acceptable. That is not true and doesn’t work. Accepting what ‘is,’ no matter what that is, is what will set you free. The *Ego* tries to not only create meaning in each moment to feel alive; it also tries to amplify meaning to feel more alive, by elaborating, dressing up, exaggerating, embellishing or catastrophising. These are all forms of dishonesty (or mistruth) at work because they are ‘adjustments’ of what ‘is’ and therefore, no longer what ‘is’. If you do any of the above, even without realising it, you are unable or unwilling to be genuinely honest. You can also lie by omission (not saying something so you don’t incriminate yourself) because it is assumed that if you do not speak you cannot tell a lie. Everyone lies, unless they are Consciously and Deliberately choosing not to, otherwise the mind is plausibly making things up all the time, about both the external and internal world.

The most important kind of honesty I talk about here is about observing internally and avoiding *Self*-deception. Asking; “What thinking am I ‘not’ Aware of that is going on ‘in me’ at the moment; what am I truly up to?” If this is the one thing you decide to take from this book, your life will change for the better long-term, although it may be uncomfortable to start with, as I have said. If I could teach only one thing to people, it would be true and authentic *Self*-honesty. This alone will bring about the biggest shift in your perception, as long as you are *Honestly* looking for your *Intelligent Truth* in any moment. Be *Aware* that every lie (mistruth) you tell is completely logically plausible and justifiable at the time (plausible justifiability) and believable to the perception being used to create it. Step back and see the lies you tell yourself, and others, over a period of time and you will see how irrational and disturbing this actually is, especially if you want to (or believe you want to) be honest and experience true balance and peace.

Inner honesty is *Self*-love in action. In fact I suggest the only true *Self*-love is *Self*-honesty and true caring *Authenticity*. Most people believe they’re being absolutely honest with themselves and even believe they are being honest about when they are not being honest with themselves. In fact they are usually convinced and will argue they are being honest, yet it is Unawareness allowing the mind to lie to them, often without even knowing it, or being *Consciously Aware* of it, so honesty is not present. Or they recognise the dishonesty but are scared to admit it, or face it. Often,

sometime later in life, when they have grown in maturity and honesty, they can look back and see that they weren't actually being honest, and were lying. Looking into memory is a great way to see how the mind has been dishonest with you on 'many' occasions. Surely it would be *Intelligent* to make sure, in a kind way, that is not happening to you right now or in any other moment, wouldn't it?

To get anywhere on a map, you must first know where you actually are or you will continue to be lost, no matter what you do, even if you know where you want to go. There are two points on a map you need to know with certainty, to get anywhere, effectively. One is where you want to go (I would suggest you should decide on how you want to feel as your destination). The other is where you 'actually' are. If you are even a little dishonest about where you are (even pretending you are one street over from where you really are how can you truly navigate to where you want to go? If you think or tell yourself you are even one street over on a map, you are already lost, and you will stumble around using hope or *Self-bullying* as a strategy to try to get where you think you want to end up. You are already lost in an illusion each time, before you even start the journey. If you are pretending that what 'is' is different to what 'is', then you cannot be *Intelligently* dealing with, and finding solutions for, what 'is' in any moment. This creates ignorance and dumbness. Does this make sense? Are you willing to continue to accept this in your life? Or are you pretending you don't do it?



Being Honest is not about being derogatory, or finding fault. It is about being willing to see the truth of what 'is' internally, no matter what that is or is about. Unfortunately, throughout our lives we are usually only asked to be honest when we are being asked to incriminate ourselves, which means honesty is anchored or linked to getting in trouble. Taking responsibility usually means taking the 'blame'. Any dishonesty is about avoiding some form of recrimination, punishment (internally or externally) or perceived negative outcome, which literally means we are Sub-consciously conditioned to believe that dishonesty or deflection, or adjusting the truth, or staying silent about something, is psychologically (and possibly physically when we are younger) safer than honesty. But for every lie you tell internally, especially about your *Self* or *Self-Image*, you must indulge tenfold more lies, especially internally, to stop that one lie from being discovered. Most people would be truly stunned by how much their mind is dishonest with them (never mind with others, which is a whole other ball game). It is required you observe how hard the mind is working to deflect or distract you from what it is up to, when it does not want you, or it, to see something. This sounds bizarre but the mind is

literally ignorant of a lot of what it does to itself. It works so hard to deal with the symptoms of what it does to itself, yet it remains ignorant of that which is causing a lot of its suffering. It is too tangled up and busy to see its destructive processes in action, and unfortunately, usually unwilling to be honest about much.

So it is up to you to *Consciously* and *Deliberately* help it to see itself and what it is actually doing to itself, through *Consciously Aware*, kind and curious observation. When it sees what it is actually doing to itself, it cannot continue and must therefore adapt and adopt higher-level functioning. If you do not first see, and then face what you are trying to hide from internally, you will never transcend it. You will simply continue to try to escape it and try to be or remain ignorant of it, by skirting around it. Internal honesty about *anything* cannot feel worse than the accumulated damage and injury that lying to yourself can cause, or cause you to feel like, or the destiny implications it creates. Everything you say has the potential for it to have been immediately fabricated by the mind. Every time you speak, the mind becomes somewhat attached to what you say, even if it is made-up and fabricated. What if it gets challenged? Then your thinking needs to reactively fabricate something else to try to get out of it, or to try to feel safer. Unfortunately, any fabrication then becomes part of memory as well, or at least the feeling of inadequacy created by this fabrication becomes part of any memory. So how would this process or strategy create safety exactly? As you grow in *Conscious Awareness* and *Self-esteem* (*level or lack of Self-esteem* is essentially how much you like or dislike yourself), you will observe and perceptually experience things about yourself that discount any illusions of inadequacy or incompetency. This alone helps to raise *Self-esteem* and is the outcome of *Honesty* at work. *Deliberately* and *Intelligently* remove constructed or enforced ignorance, and so lessen perceptual instability as a result. Knowing how to be honest, and consistently indulging in it, will allow you to find the truth in and about your own *Reality* moment by moment, and its bigger picture. If you don't know how to be truly honest, 'actual' truth will always elude you.

TRUTH – I am not talking here about so-called 'popular' truth; adopted truth or truth from learning or education. I am talking about discovering, and evolving through, different levels of your own perceptual truth. Truth discovered by simply observing the mind and perception with *Deliberate Conscious Awareness* is the truth of what is actually going on internally and what the 'Actual' Agenda of the mind is in *Any* and *Every* moment, so you can *Deliberately* and *Consciously* Observe it in action. Searching for internal Truth is about using *Open Curiosity* to find the perceived, highest-level Honest truth for you and your perception, in any and every

moment you can. Only when you are willing to be truly Honest with yourself, will you be able to see the truth in you and let go of indulgence in hiding from Truth. Then you can seek any further Truths hidden by or behind them. Internal truth and external evidence are often different and this can be used to check internal truth. Authentic Truth requires an uncompromising willingness to be totally, internally Honest.

Your own secrets, especially about you, which are hidden from your conscious awareness, are the ones that scare you the most. There are those secrets you are *Consciously Aware* of (know of), and there are Sub-conscious secrets you are Conscious of, but not *Consciously Aware* of (you sense they are there but don't really know about them). These insidiously affect you the most and cause most of your reactiveness. We are afraid of being judged but the judgement is already going on in us in Unawareness. We are afraid of someone else's judgement exposing, adding to, amplifying, or bringing to the surface our own judgement. When you are Honest and see the Truth in you, 'discovering' or 'uncovering' the truths you are trying to hide, or hide from, without *Self-criticism* or punishment, you become immune to the perceived perceptions of others. Then you will be able to tell the truth more easily externally, as you will not be carrying the fear of discovery because you will be being honest internally and no longer hiding from (and judging) yourself in the same way. Truly observe yourself internally and observe when the mind is jumping from conceptual thinking, to memory, to imagination and back again to come up with an answer, rather than looking deeper and more authentically inwards, for the honest truth of what 'is' going on in your perception in any moment. Anyone using, coming from, or aligning with a bias perception, is highly unlikely to see truth, even if it is shown to them.

Only Personal Perception (Individual Reality)
Defines Truth & Untruth For The Perceiver

Remember, a perception is only true and relevant to the perception that is creating it. If that perception evolves, truth changes or evolves also. Straight after the shift in perception when I *Woke-up*, what I perceived as the truth evolved very rapidly until truth started to feel very different. There is also Universal truth or Divine truth. As your truth evolves to come closer to these truths, Truth becomes a different thing. It evolves to be a deep knowing, without the psychological ability to truly describe it. However as humans, we can come much closer to these truths so that truth and life feel *Very* different, unless we pretend out psychological

truths are these truths, then we are lost. Those functioning at a very high level share very similar truths about life and perception. Truth for these people come into alignment with Universal or Divine truths if they are truly functioning at those levels, and the closer and more authentic is the truth that is shared. Look back and you will see authentic sages and prophets are saying pretty much the same things (minus the adjustments and embellishments of those rewriting their lives or messages with their own agendas). It is just dialogued in a different way, dependent on their cultural upbringing and surroundings. I am saying the same as what has been implied for thousands of years in a more direct and Western way, but the higher truth is still the same. What they were teaching was not about metaphysical experiences; it was all about Awareness and Conscious Wisdom, focused on truly seeing and experiencing your *inner* world so that eventually you can truly experience the outer world as it is with no resistances or thoughts about it.

It's what you can learn when you think you know it
all that will take you to the next level of Awareness

Recognise that your internal truth is conditional on your perception and is just a passing assumption. Let go of attachments to 'your' truth (and your need to be right and not wrong). I am only interested in being accurate, not 'right'. When you function perceptually in a higher way, you will regularly see that there is always a higher truth than the one you currently see, or are holding onto at any time. See your truth as just your 'understanding' at a particular point in time, which is produced by your current level of conceptual thinking and intellectual intelligence, and your level of *Conscious Awareness* or Unawareness at that time, which 'will' change at some future point, guaranteed. So why be attached to any of it at all? Surely that will just create resistance to another truth in that area and cause conflict, hurt or suffering? Don't let the need for certainties drive you to be, or become, ignorant. Ignorance is not bliss. It is postponed, festering suffering, postponed because it must be transcended by facing it at some point and festering because it creates more psychological 'symptoms' the longer it is not faced and *Intelligently* transcended.

When interacting with the mind, I am constantly, *Consciously* curious; "Is this the truth" at this time? Or am I missing or not seeing something else such as a higher truth or an opposing truth? Thus, truth and perception keeps evolving very quickly for me. Surely it would be more *Intelligent* to see what 'is' than pretend it 'isn't', or that something else

'is'? Do you want to be *Intelligent* or allow the mind to force un-intelligent processes on you? The choice is yours. Be aware that Truth is conceptual and Honest Authenticity is seeing what 'Is', even if it is conceptual and made-up, whether it be aligned with a higher truth or just a perceptual truth, as all perceptual truth is perceptual anyway. Now read this bit to the end and be very careful how you react to it! This is about Truth not blame. Being honest and truthful also requires that you see where you could have been at least partly responsible for things that happened in your perceived past, recognising that as we attract events to us, we are partly 'responsible' for indulging the thinking processes and often the associated behaviours that can attract these events. Notice I do not say take the blame; I say take response-ability for your part in them so you can learn what not to indulge in, or what to indulge in instead, to bring a different outcome or attract different events and circumstances into your life. This is perceptual cause and effect in action. You are either perceptually at cause or at affect. Thoughts causes as well as effects, circumstances are essentially affects, which trigger thoughts that then create effects perceptually, which then trigger emotions. You are always at the *effect* of the perception you indulge in and this is partly the *cause* of what comes to you as an experience to learn from, not as a punishment. The sooner you honestly and truthfully take responsibility for your part in any event in your life, the sooner you will grow beyond where you are at the moment, and beyond any chance of attracting the same again. And in doing so you will view what happened differently as well, and become much kinder and more understanding about it.



Observe your perception in every moment with honesty, truth, authenticity and integrity so you can be and feel truly authentic. Let the truth about your true 'personal' perception shine through so it can be truly seen. See when the mind offers you anything but the true and authentic truth. Don't let it just hijack you. Be openly curiously interested and look for true internal disclosure of that which is present within your Unawareness. Cultivate a caring '*Persistent Earnestness*' to be truly honest with yourself so your perception can transform. When 'internal' non-honesty becomes completely unacceptable to you in an *Intelligent*, kind and caring way through *Conscious Awareness*, you will become free and experience true peace of mind over what 'is'. Then you will truly understand the saying '*The Truth Will Set You Free!*'

AUTHENTICITY – You can only be truly happy when you are functioning from true authenticity, which means you must be truly Authentic to experience happiness. Being Authentic is about being as real and honest as possible in any and every moment, according to 'what is' and not what

you want it to be instead, so you can authentically evolve from where you actually are perceptually. It is not acting like how you want to be, or acting like you are not how you perceive yourself to be. Nor does it mean if you think you are worthless that you act worthless. Being truly authentic will mean you cannot possibly believe you are worthless because you will see that this is not true. **No** entity, of which you are one, is worthless at any time to Creation and to the Divine. However, if you feel inadequate or worthless, authentically acknowledge this and *Intelligently* become Aware of 'how' the mind does that, because this is also a performance created and indulged by the mind. It is not what, or how you truly are. It is a perceptual lie you buy into through Unawareness or Unintelligence. There can be nothing more *Intelligent* than living authentically through genuine and authentic honesty and ending all personal suffering through *Intelligent, Deliberate Conscious Awareness* of what authentically 'is'.

INTEGRITY – Having Integrity is basically having a drive to be honest and truthful, even if it is just with yourself (and especially over yourself) and even if that is uncomfortable. People value people with integrity because it brings with it the ability to trust someone, because they are trustworthy, because that is their own standard and not one they just pretend to have. Internal integrity and personal honesty create the ability to 'trust' yourself, and to take care of yourself in an authentic and honest way. Everything in this book will help you develop internal integrity and when that integrity spills over into your external world, life becomes much more enjoyably liveable. For those who decide to be totally honest externally as well, it is also important to be *Intelligent* and caring with that honesty. The more *caringly* honest you can be externally, the more *Self-respect* you will have and the more others will respect you, even if those not yet ready to be honest feel uncomfortable around you (which I can attest to), because you will come to represent authentic honesty and truth. Integrity is also about living from your truth, no matter what it is or how uncomfortable that is for others (whilst still taking their welfare into account) and no matter how much that truth changes or evolves.

HUMILITY – Being Humble really is about avoiding indulgence in your own importance driven *Image*; pride, arrogance or beliefs of greatness; and to be truly (and not fakely) modest, un-pretending and un-assuming. Humility is also a measure of non-reactiveness. Being courteous and respectful as much as possible to others as well as yourself, to see yourself as always on a learning path where anyone you meet could be a possible teacher, as a reflection of your own perception, to help you learn about 'you' and 'your' thinking approaches and processes; your current perception. True Humility cannot be faked. It is either real or not. Practicing humility will help you be honest and truthful, and being honest and truthful will

help you be humble, but do not pretend to be humble, recognise you are practicing being humble. *Selflessly* seek to be of service to anyone, without the need of gaining a return for your *Self-centred* needs or the need for validation. *Intelligently* and honestly observe if you are being *Ego* driven or kind and caring in any moment. Ask yourself; “Is this how I want to act and will this bring me the results I ‘really’ desire from a higher-level interactional or behavioural perspective?” Humility is the greatest protector but, interestingly, a humble person rarely needs to indulge psychological protection. Being genuinely truthful also cultivates and helps with humility and humbleness. Humility is essentially an outcome of *Intelligence* and *Honesty*, and as a practice, it will help in the process of waking up, and will be stronger when authentic waking up takes place.

If you must judge someone, find a judgment that will raise his or her esteem in your eyes. Find a good judgment of the kind that (if they knew of it) would cause them to feel good. This, in turn, will help you to feel good about you, even if they don’t know about it. This is also good Karma. If they receive wealth, feel good for them. If they achieve their goals, rejoice for or with them. If they have something you don’t have, be pleased for them. Whatever it is that may cause you to think negative thoughts or feel negative emotions about them, do not indulge this. Know it will eventually pass, as it is only your internal dialogue and judgement system anyway. Find a way to view whatever it is in a way that will create a positive perception about it, or them, in you. This is, after all, for your well being as well! Giving praise, especially genuine praise, will cause you to feel good. Any other judgments will create discomfort in ‘you’. All challenges bring with them the potential to teach you humility. We usually associate humility with poverty, or victim-hood and humiliation of some kind, but feeling humiliated does not bring humility; Conscious Awareness of, and Intelligence about, ones own perception does! People often try to humiliate others to make them humble but they create completely different reactions. Punishment does not create humility, usually just injury and resentment. A truly humble person cannot be humiliated.

Be *Aware* that you, and others, can use fake humility to manipulate the perceptions of others, in order to get them to do what you want or to get them to accept your delivered *Image* of being superior or spiritual, for example. This is Passive Aggressive (what I call compliant manipulative) behaviour and not Higher Awareness or Humility. Remember, if you react to this, then there must be some truth in it about your approaches. I suggest reading this section and book again; so you can see how to become free of this reactivity. Any internal discomfort also involves some level of internal dishonesty. Don’t see it as wrong, just as evidence that shows you what you need to give Awareness to.

Humility also involves the willingness for Repentance. Fake repentance is not permanent so it is not real, whereas true repentance from experience is genuine and means you would 'Never' do whatever it was again, because it has become unacceptable for you to do so, usually because you have experienced being on the receiving end of whatever approach or behaviour this is about. If you ever do whatever it is again, it was never repentance in the first place; rather it was regret at getting caught or how you feel over that, and to avoid consequences, and is often acting sorry for 'psychological manipulation or avoidance reasons', and is a strategy. Connect to the real cause, or 'psychological reason' in you for your behaviour, so you can never again be driven by Unawareness in this way. Conscience is a form of *Intelligent* reasoning which takes into account consequences to, and effects on others.

To me, a Sin is anything which is disharmonious with internal honesty, truth, authenticity and non-resistance, and which causes any kind of hurt or suffering in you, by you. You do not need a God to punish you for this, as you will suffer and hurt accordingly, at least until you evolve beyond the confused psychological and injury based drives to commit these 'sins' on and towards yourself. Suffering is however, actually required as fuel to open the mind to a new way of perceiving, if true growth is not your 'absolute' authentic need already. Be honest and direct with yourself, but in a kind way, so you become uncomfortable about the kind of perception that may be acceptable or *not unacceptable* to you at the moment. If you describe internal dishonesty as *lying to yourself*, you will be way more vigilant about it than if you say you tell little white plausible mistruths. Through *Honesty*, suffering becomes the fuel that drives the vehicle of observation.

2. INTELLECTUAL INTELLIGENCE (SMARTNESS) VERSUS CONSCIOUS INTELLIGENCE (WISDOM)

Intellect still requires intelligence, but *Intelligence* doesn't always need intellect. True perceptual evolution will only really come about through an urgent, immediate, burning curiosity, driving you to wake-up and become *Consciously Aware* in any moment, along with a burning desire to seek for true *Wisdom* based *Intelligence*. Intellectual intelligence and *Deliberate Conscious Intelligence* (using *Conscious Awareness*) are *very* different. The difference between a so-called fool, an intellectually intelligent person, and a Wise person, comes down to their application of (or lack of) education, perceived knowledge, understanding, knowing, level of Awareness (or Unawareness), level of Unintelligence or *Intelligence*, and therefore the quality and amount of their perceived psychological choices.

Most so-called intelligence (smartness) and need for understanding, is directed towards external understanding. What I'm teaching in this book is how to become internally intelligent and then Wise. Perceiving in a very different *Awareness* and *Intelligence* way is about pushing the boundaries of your perception, not trying to satiate them or safely live within them. Currently however, most emerging intelligence is being applied to the persistent primitive thinking generated and indulged by the Sub-conscious, fear based mind. This is why mankind keeps on using so-called 'intelligence' to design better weapons, rather than seeing the true Unintelligence of any of these needs and approaches. As a species, we are Smart enough to innovate and (for most) sound like we are happy and doing well, but not yet truly *Intelligent* enough to be at peace externally, because we are not at peace internally.

Anything other than true internal Honesty, Truth and Authenticity, no matter how pretty or fluffy it may seem or sound, is part of the illness of the mind

We only stop indulging in behaviours that don't serve us when we start to see them as Unintelligent, not through force, criticism or *Self*-punishment. Finding an *Intelligent* solution often comes about through seeing the *Unintelligence* of our current or past choices (without criticism). Most perceived choice comes about through intellectual intelligence, which is usually driven by corrupted and confused thinking, insecurity, fear, conflict and psychological protection or presentation (*Ego*), and not by true *Intelligence* and wisdom. Semi-consciousness is driven by intellectual intelligence and not by higher intelligence or wisdom. Becoming truly intelligent brings with it *Conscious Awareness*, but intellectual intelligence can fool you into believing you are experiencing or accessing higher intelligence. Intellectual intelligence will convince you that imaginary worry is intelligent. Higher intelligence will find answers you do not have to things you may already believe you have the answers to. Intellectual intelligence allows us to become Semi-conscious at best. Intelligence deliberate imagination enables Creativity, which can be of true value as long as it is for uplifting, supportive, challenge or difficulty solving purposes rather than for creative defences, *Ego* presentations or distractions away from true *Conscious Awareness*. Fear blames and intellectual intelligence looks for excuses (plausible justification), whilst Wisdom (Conscious Intelligence) will look for new insights and high-level solutions and to see the true causes so shifts in approach can take place. The quality of your perceived solutions defines and shows the level or

lack of *Conscious Intelligence* or Unintelligence. Intellectual intelligence gives you reactive reactions, whilst *True Intelligence (Wisdom)*, gives you flexibility in your range of responses. It also helps you to move from disposable, superficial dialogue to truly exploratory, curious thinking.

Enthusiasm, Energy and Determination, directed in the wrong direction, are poor substitutes for *Conscious Intelligence*

It is required that we become *Consciously Intelligent* about what we perceive is going on internally in any moment, in relation to our own perception and conceptual thinking around issues, logistics, and information. If what you learn does not help you view yourself, others or life in a more uplifting way, or change your perception of your *Psychological Reality* or *Underlying Self-Image*, then it is just a distraction or more conceptual information. More conceptualised information and data gives you more to think about and evaluate with and over, so the more information you indulge in, the more thinking will take place. The more thinking that is indulged, the more information will be required. The mind can become obsessed with knowledge, which is always conceptual anyway, and knowledge and intellect is not true *Intelligence; Wisdom*, it is intellectual intelligence; conceptual intelligence.

KNOWLEDGE v EDUCATION v LEARNING v INTELLIGENCE

Education is information, which can be seen as learning, and learning can be the application of information, which can trigger experiences, and experiences can create knowing, which can lead to *Intelligence*, but they are all different processes. Knowledge is based on information and intellectual intelligence is the ability to *apply* accumulated knowledge and perceived understanding (smartness). Experience changes perception. The combination of *Conscious Awareness* and *Experience* changes and evolves our perception much faster. Thinking about something differently also affects our perceptual experiences; therefore we can directly affect our perceptual evolution and destiny by perceiving and helping the mind to perceive experiences differently, using both intellectual intelligence and true *Intelligence; Wisdom*. It is required therefore, that you discover, observe and become *Consciously Aware* of, what is actually happening within your present Non-conscious perception, in order for it to change and evolve faster, or even at all.

Intellectual intelligence requires the frameworks presented by the *Psychological Reality*; which is all about psychological understanding, which is based on the quality of your perception and structural quality

of your *Psychological Reality*, in each and every moment. Knowledge, intellect and smartness are all forms of Intellectual Intelligence and are only ever based on what you already conceptually know, or believe you know. Intellect is not the same as *Wisdom Intelligence*; intellect is conceptual intelligence and knowledge. Whereas it is experiential intelligence and *Knowing*, which will set you free, not knowledge itself, although conceptual knowledge and understanding can help if applied to internal Awareness and growth. If knowledge were the answer, most Westerners would already be free, at peace and wise, which is certainly not the case at the time of writing. There are many educated, yet intellectually and emotionally unintelligent, *Unaware* people. And there are many intelligent yet uneducated people. I know several illiterate millionaires who have made their fortune because of their ability to think 'out of the normal box' to solve challenges, yet they are assumed unintelligent because they cannot read or write.

The Thinking Mind, intellect, will also have you believe that spiritual knowledge and humble behaviour equals Awakening or Enlightenment. It does not. Someone can appear to be very intellectually intelligent or spiritually aware, but not actually be at all perceptually or *Consciously Intelligent* about what is really going on in his or her own mind and perception.

It is not Intelligent to take advice from somebody teaching something they have not fully experienced and transcended, as they can have no real knowing about what it actually takes to transcend it. So how can they authentically teach how to do so?

There was a physicist and a hairbrush salesman on a bus in a storm. A window sprung open above the physicist and the rain came in and started to wet him. When the physicist tried to close the window, the pin to slide the latch closed was missing and he could not close the window. He spent ages trying to work out how the window could be closed, using all his knowledge, whilst getting wetter and wetter with each attempt. When the hairbrush salesman realised what was happening, he simply got up from his seat, took a toothpick out of his pocket, pulled the window closed and put the toothpick into the hole in the latch to lock the window closed. Now many would assume a physicist would be more intelligent than a hairbrush salesman because of the apparent learning, information and knowledge he must have acquired to succeed at his profession. But as you can see from this example, and examples in your life, knowledge does

not equal intelligence. Intelligence is the ability to know when and how to *apply* knowledge or information, or how to come up with new answers and solutions not yet known by you. The knowing (Wisdom Intelligence) is more important than the knowledge, although knowledge does help where smartness is required.

Externally our knowledge has allowed mankind to progress greatly. Today, even a small house can have as much luxury as a palace used to have. However, our knowledge is not helping us progress internally in the same way. As a species, we are becoming more Conscious of the lack of internal evolution away from conflict, hurt or suffering, yet we still try to use information, knowledge and superfluous understanding to become free of the very mind which is creating, assimilating, adjusting and using that knowledge to create conflict in us, or which is just conflicted over what it believes it knows because of that perceived conceptual knowledge. How is this bringing peace and balance? *Genuine Intelligence* is experiential and far more likely to bring Awakening when experienced *Deliberately, Consciously* and *Intelligently*. The constant categorising and description (labelling) of things using knowledge creates a lot of inner noise and turmoil and feeds our need for certainty and more knowledge.

Whilst education may help with intelligence, it is not a prerequisite to becoming Wise; although it can either *help* a complex mind if true growth is sought or it can hinder intelligence if genuine growth is not a high and imperative value to an individual. True Intelligence is about deliberate internal and external observation, non-attachment and Solution Consciousness. I'm talking about uncommon knowledge and uncommon *Awareness* here, not common sense. Common sense implies common thinking (that's why it's called common), but even though many appear to have common sense, it rarely converts into common practice or action. What most people call common sense, I call common intelligence, which is mainly smartness based on logical thinking 'now' and what is considered the norm as far as intelligence is concerned. I would now describe much of mankind's common thinking and so-called intelligence, as common unintelligence, and is thinking that comes from what I call the common insanity of our cultures and mankind as a whole.

I often coach business people about what I call the knowing and doing void or divide. Knowing what to do but not doing it is simply un-intelligent, yet there are always psychological reasons behind this. Many people practice surviving, or just getting by, based on striving for instant gratification of psychological and base needs, which requires no true intelligence. Remember this; a *perceptual* choice can be an *Instant Gratification solution* (short-term avoidance) but not an *Evolution*

Solution (long-term growth), whilst a truly *Intelligent* choice will be an *Evolution Solution* that overrides and dismisses instant gratification.

Intellectual intelligence gives us the ability for perceptual ingenuity (unfortunately this is mainly used for *Ego* based ingenuity around psychological protection and promotion) and true *Intelligence* gives us Wisdom. Higher Intelligence will be looking in any moment for **New** answers you don't already have and are not yet *Aware* of, whereas Intellectual Intelligence will only be looking through what it already believes it knows (which is all it has access to), always opting for answers which maintain certainty and at least some perception of control. Always be *Aware* that any intellectual intelligence brought to bear by the mind is based on the *Agenda* the mind has in that moment. Become **Very Consciously Aware** of what *Agenda* the mind really has in any moment as you are predisposed to only look for and find only the kinds of answers and solutions the mind is looking for to satisfy its agenda. These will be based on the type of answers you already have access to, those your current level of *Awareness* or *Unawareness* can find, and what is logical to your level of Intellectual Intelligence, based on satisfying that *Agenda*, whether it serves you at a higher level or not. You can appear to be intelligent because of your perceived knowledge and apparent understanding but have no *Conscious Intelligence* or true *Wisdom*.



The Sub-conscious mind believes it is always intelligently right, based on the information, justifications and constructs it is using and it's true *Agenda* in any moment. It is also continually trying to prove that any perception it holds is right and intelligent as well. To me, emotional intelligence is intellectual intelligence of the consequences of emotions. Higher intelligence engenders few or only positive emotions. Emotional intelligence is simply experiencing true feelings as they arrive and not creating or indulging unnecessary emotions, observing them as they come up so the perceived Sub-conscious 'reasons' for them can be discovered and cleared out. Emotional intelligence is being able to manage or influence 'your' mind out of negative emotions and their corresponding behaviours and consequences.



Your level of *Intelligence* is not fixed. However, at a young age the mind usually makes a judgement on the limitations of its own perceived potential for intelligence and in doing so, puts a cap on its own expectations. Many people decide their intelligence is limited and therefore become more concerned with not making mistakes and avoiding *Self-punishment*, rather than focusing on becoming more genuinely *Intelligent*. This is an attempt to limit the risk of perceived failure, or the risk of others

perceiving us as having failed, and to an insecure mind, this appears to be the safest way forward. The deliberate cultivation of *Intelligence* is the main difference between those who accept failure and regularly hide, or try to, and those who continually look for new solutions, regularly succeed and move forward.



The higher *Conscious* mind (as it wakes up in you) draws you to evolve and the lower mind fights to keep you where you are. Be *Consciously Aware* that when intelligence starts kicking in and tries to redirect you in a more supportive direction, the mind trusting and using the *Psychological Reality* using the *Ego*, will usually say “No! What about this or that? What will others think?” These imaginary consequences may inhibit your ability to be *Intelligent*, until you see the Un-intelligence in allowing this kind of thinking to direct you. Higher intelligence is looking to grow and evolve whilst intellectual intelligence is looking to stay mainly where you are and intellectually understand *everything*, or present yourself as intelligent by constantly pointing it out. But if all psychology is made-up, as I suggest it is, how can you truly ‘understand’ anything? You can’t. Ultimately, you can only conceptualise it or experience it! We are now moving out of the age of logic and into the age of genuine *Intelligence*. True Intelligence allows us to let go of the dependence on the mind and intellectual intelligence, and looks towards the experience of peace. When you really become fully *Consciously Intelligent*, you will see that the highest outcome of rationality proves the limits of logic and rationalisation.



It is important to know which mode of intelligence you are indulging in or observing in yourself at any time. Here’s a basic description of the three key levels of intelligence: **RUDIMENTARY PRIMAL INTELLIGENCE**, **PSYCHOLOGICAL INTELLIGENCE** (Usually used for Egoic Psychological Protection/Defense/Presentation), and **GROWTH/EVOLUTION INTELLIGENCE** (Wisdom Intelligence).



RUDIMENTARY PRIMAL INTELLIGENCE: This is intelligence applied to the primal *Survive and Thrive* drives and needs of the biological entity (the physical person). The body knows how to grow and manage itself intelligently (even though we often do our best to destroy it). An animal can appear intelligent when it finds a way to get food more easily, such as a monkey putting a stick down an ant hole to catch more ants, may appear intelligent. Yet the same monkey will then go and sleep in a tree and get wet during the rain. It does not go and build a better or more complex shelter because that is not part of the Primal intelligence of a monkey. The monkey does not apply any more *intelligence* or ingenuity than the rudimentary intelligence required to find the best way to get meet its

primal drives; its ingenuity ends at meeting basic survival needs.

PSYCHOLOGICAL (INTELLECTUAL) INTELLIGENCE: This is mainly (and all we need to focus on here) about learning to psychologically survive and thrive, and refine that which is already known or held. Psychological intelligence is about confirming and refining, and keeping certainty; not growing beyond what is already known or what is believed to be known, at its current level of Awareness or Unawareness. It creates revolving perception rather than evolving Consciousness. The most challenging part of intellectual intelligence we need to focus on to evolve is *Psychologically Protective Defence Intelligence*, which helps you apply and learn better defence or presentation strategies and skills. This is based on protecting the *Ego (Active Self-Image)*, which is all about making a positive presentation of your internal and external *Image* (trying to influence people's perception of you, and your perception, through acting certain ways) and proving you are right and not wrong, or to cover-up or satiate the insecurity or fear of being perceived as inadequate. But psychologically protecting or defending where you are etc will keep you stuck where you are and simply revolving until you feel psychologically sick. Then the mind itself will be willing to open up to the *Conscious* mind to gain relief when growth will start and continue until the mind feels safer. Then it reverts to its own Intellectual Intelligence again and goes back into the same *Self-satiating, protective convincer* loop again.

GROWTH, EVOLUTION AND CONSCIOUS INTELLIGENCE: Growth Intelligence which brings about Wisdom, looks in an open, non-attached, curious way for what 'new' things it can learn and discover and have insights into, from anything that has been said or experienced. It also looks, from an uplifting and evolving perspective for what to become *Consciously Aware* of about what is already known. It is always looking to see and grow beyond dysfunction; however the Psychological Mind usually overrides it. It is looking for what to update or let go of rather than what to keep hold of or defend. It looks for the irrationality in thinking so it can question into it and let it go rather than how to massage or adjust it to make it more acceptable. Conscious Intelligence allows you to bring thoughts into the Conscious 'rational realm' where you can think deliberately about things rationally and intelligently, clearing out the irrational nature of the supposedly logical underlying thoughts. These, of course, are driven by very old memories and belief systems, which need to be observed and questioned so they can be seen for what they are, old illusions and misunderstandings.

Indeed some belief systems can become strong enough to develop as separate structures or parts within your perception, which the mind will

use to evaluate and react to its perception of reality and life. These parts can separate into stand alone systems which become a driving or guiding force within your perception, creating a lot of conflict within the mind, and causing thinking to appear (accurately) as very contradictory. Until these structures are observed, questioned and integrated through true Awareness of them, they will continue to cause all sorts of conflicts within perception. They can often become completely irrational as they grow and evolve within their isolated perception of you and life.



Growth Intelligence is the only intelligence that will help you to evolve into experiencing more true balance and peace and will eventually give you access to progress to ever increasing levels of Collective-Conscious Intelligence. Collective-Conscious and Universal Intelligence is partly the well of all knowledge and Wisdom for mankind; which including the lowest to the highest Intelligence of all mankind, before and until now. Access to higher levels of this 'well' comes with waking-up and intelligently questioning in a way that brings you into harmony with more Wisdom. When *Consciously Aware* attention is given to anything, everything simply unfolds and higher truth can be seen (although truth also evolves continually, and if it does not appear to, then it is not true Wisdom observing it). Many believe they experience true wisdom; however the mind will usually step in and give the answers which fit with its Agenda based needs, and masquerade it as wisdom. If there is any attachment to any current *Agendas* or needs, true Wisdom is unlikely to be experienced.



Non-conscious reactive thinking, only has a base level of Rudimentary Primal intelligence at its disposal. Sub-conscious (and also reactive) thinking has a higher level of basic Psychological and Intellectual Intelligence to draw upon, which is really just a form of complex logic usually applied to defence, retaliation and protection, both physically but more importantly psychologically. The Conscious Mind has a higher level of questioning *Growth Intelligence* and ever increasing (if you are genuinely growing and evolving perceptually) access to higher level *Intelligence*, which can disrupt the status quo of the underlying, disruptive thinking, thus enabling perceptual growth. The Sub-conscious consciousness enables psychological evaluation of both the Primal Mind and the Psychological Mind, for threats to the *Psychological Reality* and *Ego's (Active Self-Image's)* psychological world. The Higher *Conscious* mind, as it starts to wake up, brings with it ever increasing levels of *Intelligence*, which is hijacked (until *Awareness* and *Intelligence* gets high enough) and used by the lower-level Thinking Mind to appear more intelligent because it gives the psychological mind better or more plausible

answers, but which are still only accepted if they fit with its current beliefs and agendas. At its higher levels the Conscious Mind is an *observational* experiencer of perception and life.



Consciously using *Intelligence* creates the opportunity to create new psychological approaches in any moment and experience insight and growth, which can then create a very different reality experience. This level of *Intelligence* can only be accessed whilst in the present moment and is not available if you are not present and at least *Consciously Awake*. The only intelligence used if you are not *Consciously Aware* is complex logic, which is based on the information and the processes the *Psychological Reality* already holds as true, which means it is simply more of the same conditioned and revolving thinking.

Authentic, honest, inner Truth awakens *Intelligence*, and authentic *Wisdom Intelligence* encourages honest, inner truth. Seeing the genuine truth in any moment will move you towards becoming free; just the honest, *Conscious* and *Intelligent* recognition of truth, without making it wrong, even if you don't like it, will set you free. False truth and pretence are always hollow and in need of defence and reassurance. The *Psychological Reality* is afraid of *Self-enquiry* and will attach to any justification or distraction, no matter how flimsy, to try and stop you *Consciously* and *Intelligently* looking for the truth of what the mind is up to or doing in any and every moment. Become more *Consciously Aware*, through *Intelligent*, honest and open *Self-enquiry* (remember always to be kind and forgiving towards the *Self* and never make you or what you find wrong). Once true internal *Self-enquiry* (inner reflection) starts, *Conscious Intelligence* can question what the lower, Sub-conscious mind is up to or doing in any moment. Until then, any so-called intelligence will just support the lower-mind and its need for psychological protection.

Something needs to *Awaken* in the individual to cause the higher mind to question the lower mind on what it is indulging in, otherwise any intelligence brought to bear will simply support the protective, *Self-involved* lower mind in becoming more intellectually intelligent about protection and presentation. This, of course, is a required stage of the Evolution of Consciousness now but ultimately we need to evolve beyond psychological protection and indulgence of, or in *Any* psychological Identity, not just create better Psychological Identities or polish up existing Identities.



At some point, genuine *Conscious Intelligence* starts looking at the internal world. This is very different than Intellectual Intelligence that watches and measures the external world, looking for how to react or

stay safe in psychological perception, and checking whether its *Image* presentations are being accepted. Memory is designed to record a learning experience and, used intelligently, allows you to apply the learning in an uplifting and supportive way. But how well can intelligence work if something (anything) has not been questioned, or *Consciously* questioned *Intelligently*? This is part of the Evolution of Consciousness in mankind, the evolving of Intelligence. Universal Consciousness is constantly using Collective-Consciousness and the external world, to encourage you to evolve in *Conscious Awareness* and true *Intelligence*. To me, the real mission for each of us is to *Evolve* by becoming *Deliberately Consciously Aware* and becoming truly functionally *Intelligent* and wise, well beyond intellectual intelligence. Then we can be *Intelligently* non-reactive and learn whatever we need to, so we can become free from any kind of discomfort, hurt or suffering and truly *Experience* life.

When true Intelligence and *Deliberate Conscious Awareness* are the driving factors in your life, the goal of life itself becomes one of perpetual, *Deliberate, Intelligent, Conscious Awareness*. It brings with it a level of intelligence that looks truthfully for the validity, or invalidity, of current intelligence, honestly, truthfully and authentically, without obsessiveness or criticism, just *Intelligence*. The *Truth* will set you free, not the censored, filtered, adjusted, made-up, preferred or pretended truth, but the honest truth. With this truth comes the removal of conflict, hurt and suffering, which are replaced by natural peace, freedom and the potential for true joy. As you become more *Genuinely Intelligent*, you tend to step back more and more within your perception to look for and at the bigger picture, both internally and externally.

In order to become more genuinely *Intelligent*, it is required that you start to see more and more of the bigger picture within your perception (inner world) and within life. The more genuinely *Intelligent* (Wise) you become, the more your standards raise and the quicker this happens, the quicker your beliefs and values can evolve to support you in experiencing a much higher quality of perceptual and emotional life. True *Intelligence* tends to change beliefs and values and values tend to evolve in a more intelligent direction. Questioning beliefs changes beliefs. Change beliefs and values and standards change. Standards are about what is acceptable or not acceptable to and for you. You may think something is not acceptable, when actually it has not yet become unacceptable, therefore you still do it, because it is not yet your standard not to do it, or to do something else instead. Change values and standards and beliefs change. Beliefs support and validate values and standards and vice versa. Until true *Intelligence* becomes a directing value and standard within your perception and unintelligence becomes unacceptable as a perceptual function, protection

will remain the highest priority of the mind.



It is important to know that your peer group is absolutely important to your evolution, or lack of evolution. The more aligned you are to the beliefs and perceptions of your family, friends or communities, the more acceptable you will be to them. However, most societies are somewhat crazy in a psychological sense because they are conflicted, hurting and suffering so much they are usually indulging internally and externally in disempowering attitudes and behaviours and it is therefore unlikely they will be genuinely *Intelligent*. Wisdom Intelligence is part of the cure and if you start growing in *Intelligence* and becoming different to those you hold dear and important, and they may try to get you to revert back. Then you must *Intelligently* decide whether following their lead and seeking their approval is going to ultimately help you evolve and feel good or not.

Allow *Intelligence* to be your guide, not fear of judgement, *Self*-recrimination, *Self*-ridicule or *Self*-punishment. *Self*-recrimination (hostility towards one's *Self*) will not make you do anything new, however true *Intelligence* will. I guarantee that any shift you have had away from anything in your life has taken place because the mind has decided it was Un-intelligent to continue with it and not because *Self*-criticism, or worse, ever worked. All *Self*-punishment does is destroy how life feels to you. Any benefits you believe you gain from *Self*-criticism and negative *Self*-judgement can be gained by other much higher-level means that can propel you way beyond whatever you think you can get from *Self*-criticism and *Self*-abuse. *Self*-hostility destroys the quality of your life and *Conscious Intelligence* improves the quality of your life, so choose one.

As people evolve in intelligence, they move away from base level thinking and crudity and become more mature in their interactions, both with others and themselves. The level and quality of a child's growing intelligence will usually be a direct reflection of its significant role models (parents etc) and their level (or lack) of *Genuine Intelligence*, and ability to experience real peace and happiness. Genuinely *Intelligent* people *tend* to be more successful and have more potential to be successful, or at least better living conditions and standards. Genuinely successful people *tend* to have more intelligence, certainly intellectual intelligence, which brings with it more **potential** for *Higher Intelligence* and Wisdom, but this is not a guarantee.



Instead of looking for reasons to hurt or suffer, or wonder why so-called 'bad' things happen to you, experience and observe what actually 'is'; is there insecurity, fear, blame or guilt? What is missing? Are you being *Consciously Aware* or Genuinely *Intelligent*? Are you asking

questions that will help with success in any area of life? Without *Conscious Awareness* and *Wisdom Intelligence*, you have nothing to question intellectual intelligence with to make sure it is valid. Practice observing the Thinking Mind with the Conscious Mind, kindly and caringly, to encourage the Thinking Mind to become aware of its perceptual beliefs and become accountable to itself, and to cultivate *Conscious Intelligence* within. It is required you use your *Inner Intelligence* to question your level of *Thinking Intelligence* in any moment, without resistance to what you find, and this will lead to growth and perceptual evolution. What I am always teaching and what I am particularly endeavouring to teach in this book is that you cultivate *Genuine Intelligence* that questions your *Intellectual Intelligence* consistently, in a kind and curious way, so you can grow and evolve through Deliberate Conscious Awareness.

1. SELF-ENQUIRY/INQUIRY

Self-enquiry, as it is commonly known, *Inner-enquiry* or *Inner-reflection* as I prefer to call it, is required to start the process of becoming more Awake, and more *Consciously Aware*. Non-reflection results in Unawareness and helplessness. Inner-enquiry looks for the truth within you and your *Psychological Reality*, about how your mind is creating your perception of your *Self-Image* and everyone and everything else in any moment. An open, intelligently questioning mind is not only essential to true growth and Conscious Awareness; it also speeds up the growth of true Wisdom. Nothing changes other than through *Conscious* discovery (open enquiry that creates insight) or necessity (normally painful emotional hurt or suffering).

Conscious thinking requires exploration and contemplation time; even if it's only four or five seconds at a time, it still requires that you *Consciously* and *Deliberately* observe what you are thinking, or about to say or do, and make a *Consciously Intelligent* choice about or over it, otherwise you are still allowing or indulging automatic, conditioned, reactive thinking. It is absolutely vital that you be able to *Consciously* contemplate your thinking and see your *true* agenda or motivations in any moment, over any stimuli. If not, you are only getting the biased, 'made-up on the spot,' perception of the perceived truth the mind wants, or wants you to believe. This will be the version it feels is the safest to hold onto and present.

Inner Enquiry is the only true path towards growth and Conscious Evolution. Inner-reflection is looking honestly at your internal perception in any moment, or looking back within the memory of your perception to see what was *actually* going on in *your* perception at a specific moment, in order to see what you can learn from that about your perception.

Don't make the mind wrong. Make it question itself, from a kind, curious, *Consciously Intelligent* perspective. When the mind starts using Conscious Intelligence, it will begin gravitating more towards insight and growth than protection and *Image* presentation, simply because it finally recognises for itself it cannot be certain about what it thinks it knows. Then certainty comes from knowing the actual truth (at least as the mind perceives it to be truth in any moment), rather than blindly and unintelligently holding onto anything it can, just to keep certainty. And as this process of discovery around the nature of your perception unfolds, *Self*-attack diminishes and insight becomes easier and enjoyable. However, if you make experiencing confusion or discomfort **wrong**, you will essentially resist all true growth.

Usually only that which comes into your thoughts which '*does not fit*' with your expectations can be called a true insight, otherwise it is most likely the Thinking Mind and *Psychological Reality* giving you what is required for certainty and protection or presentation purposes. The mind will do everything it can to keep your attention from or talk you out of having insights, simply because of the fear they will cause uncertainty over what the mind already holds to be true, which already appears survivable, and to avoid the discomfort or hurt caused by the *Self*-criticism and punishment that usually follows such an insight. The mind perceives this as potential pain to be avoided, even though the mind creates it itself. Avoidance or denial of anything psychologically uncomfortable can become not only a habit that brings the illusion of safety, but also an addiction of the discomfort avoidance driven mind. Avoidance is practising being ignorant. The protective mind is looking in every moment to avoid anything which causes it psychological suffering, especially if that suffering is its own *Self*-disappointment or *Self*-abuse (which it almost always is). So it will do whatever it can, telling stories, creating dramas, justifications and even lies, to distract you in any way possible from observing this process. The mind is not your enemy. It is simply trying to protect itself from its own psychologically generated suffering (*Self*-criticism) because different parts of the mind are creating the suffering other parts of the mind are trying to avoid. It's bizarre really, but very real to the perceiver!

As the mind builds up avoidance over the years, it creates the need for more avoidance so the previous avoidances cannot be discovered or uncovered as well, hence the need to avoid anything but its own carefully constructed stories it indulges in, and the need not to face one's own perception become very, very strong, when in fact it is these stories which have created all your hurt, injury and suffering in the first place. Become *Deliberately Consciously Aware* and expose this process for what it is;

simply a fear driven illusion that has fooled you into believing this is the only way to psychologically survive. It can be an uncomfortable process but, to be honest, it is already uncomfortable and can get much worse. The rewards and sense of freedom that come with growing beyond this internal wall are immeasurable, even if you can't see that for yourself yet.

You may feel that looking inwards at your own true perception of yourself may be too much to face, especially if you have the feeling you are not a good person or do not like how you perceive your *Self-Image*. It may feel like that now, because the mind convinces you it is not what you should be doing; however it is absolutely required and the sooner you start, the quicker you will emerge from the discomfort, hurt or suffering, over those current perception. Reading books like this will help of course, but the principles in them need to be practiced, even in small ways, before true growth and evolution beyond hurt and suffering can take place. Otherwise life will need to force you to grow and evolve and that is not usually pretty, because of the resistance it has to overcome to reach and activate a deeper *Awareness* and *Intelligence* in you.

Self-enquiry is not about trying to find a known or safe way to plug the gap in understanding in any moment, so you can get perceived certainty or safety, as this would make the inner-enquiry a convincer or protection process (which is not *Self-enquiry*, nor for growth). In this instance the mind will only be looking for what it already knows and feels safe with to survive. Inner enquiry is not about looking to prove that what you already think or believe is correct. It is really about going into, and even looking for, uncertainty, waiting and listening to see if something new appears you weren't aware of before; a new insight into your *Psychological Reality* or *Self-Image*, or a new insight into how the mind creates and runs your *Psychological Reality* and *Ego (Active Self-Image)*. *Self-enquiry* is about raising *Conscious Awareness* and seeing what is hidden or what you are hiding from. It is about recognising something you weren't aware of before that is part of your Sub-conscious programming and conditioning, memory or imagination that is creating your current *Psychological Reality* and level of perception. It is becoming intensely *Consciously Aware* of the different versions of *Self-Image* internally, and all their accompanying attachments like *Self-validation*, *Self-centredness* and *Self-importance*. True growth can only happen through deliberate *Conscious Awareness*; being genuinely *Awake* to what the mind is up to and indulging in, moment by moment.

Inner-enquiry is listening to 'your' thinking and inner dialogue and asking 'your' mind questions that give 'you' and the mind insight, clarity and *Conscious Awareness* about the thinking processes, agendas, memory

indulgence and imagination going on in 'you' at any moment. Most people are almost completely unaware of the Sub-conscious processes of dialoguing, conceptual thinking, memory indulgence and imaginings constantly going on. It is vital you have *Conscious Awareness* of how 'your' mind thinks and functions and how 'you' (the mind) cause 'your' (its own) conflict, hurt and suffering. (Again I say 'you' and 'your' because it will feel like that if you have a *Self-Concept* and *Underlying Self-Image*, and identify with any or all of your thoughts, which almost everyone still does at this point in linear time). Let's be clear here, I don't mean *Inner-enquiry* that is followed by judgment that leads to *Self-disappointment*, *Self-ridicule*, *Self-criticism* or *Self-punishment* in an attempt to 'change' or 'become' different. I mean *Self-enquiry* with kindness and acceptance (non-resistance) of what is discovered and without indulging in any judgments that come up (especially making it wrong). Acceptance, or non-resistance, is letting go of indulgence in thinking anything should be different from how it currently is. Letting go of the resistance to how you are right now and having no resistance to what is, will enable peace to be experienced.

The mind will still measure and do what it needs to do, but if there's true non-resistance and no 'personal' judgment or outcome of judgment causing *Self-disappointment*, *Self-criticism*, *Self-ridicule* or *Self-punishment*, then no hurt or suffering will follow. If you need to, let the mind do what it does and go through any hurt or suffering, knowing it is being made-up or created by the mind, without indulging it or amplifying it where possible. Forgive yourself and let go of indulgence in blaming and punishing yourself. Experience it fully, with no identification with it or attachment to it, and allow it to dissipate (which is almost impossible at first for most, because the mind gets involved in it and creates meaning that hurts 'you'). Be kind to your *Self* and it will open the door to more *Conscious Awareness*. Observe how you feel but don't indulge and amplify it, and don't try to pretend you don't feel that way.

Be *Aware* that in order to do its programmed job, the Thinking Mind has to measure, judge and compare to meet its basic needs for certainty, *Self-validation* and significance (*Self-importance*) and to make sure you are physically and psychologically safe. It will constantly measure, evaluate, judge, ask questions and make comments and statements and tell stories, whether you like it or not, no matter how hard you try to stop it (until there is no conceptual 'you' to judge and comment over). If you indulge in the commentary and give it life, and a stage, through the colour, imagination and movement of an internal stage, then it will create the associated, corresponding, emotional reality experience and become your version of reality. It will become like a motion picture within 'your'

mind, which creates the emotions you will get to experience, as long as you indulge the imagination or *Psychological Reality* creating them.

Conscious *Inner-enquiry* is invaluable during these processes, if you can be *Consciously Aware* in these moments. Practise stepping back psychologically and *Consciously* becoming the observer that exists for each of us, as soon as you recognise that imagination has stepped in and taken over. Always recognise that no person, event or interaction can cause you hurt or suffering; only *your* thinking, beliefs, experiences, assumptions, presumptions, descriptions, stories and imaginings can do that. Accept the commentary (have no resistance to it), and see it as something that is going to happen anyway and observe it. Forgive yourself immediately and be kind to your *Self*. Finally, make sure you surrender (don't indulge) any struggle attached to these thoughts about being different to how you want or think you need to perceive your *Self-Image* to be, including any struggle over your *Self-Image* because you have these thoughts or because you indulge in imagination, or worry what others may or may not think about you. This will not help you become *Consciously Aware* enough to use genuine *Inner-inquiry*.

Constant *Inner-enquiry*; to become or remain *Consciously Aware* as often as possible, without criticism, will change the quality of your life, as long as whatever you find you perceive and describe as 'interesting' and not just used as a reason to criticise your *Self*. We are all essentially philosophers who are Sub-consciously, and sometimes *Consciously* trying to make sense of ourselves and life in our own unique perceptual way. *Inner-enquiry* is essential because the Higher Mind and Creation, which makes sure that everything grows and evolves, draw us towards constant growth and authentic organic evolution. To experience true peace and balance it is required that you be in touch with yourself and be honest about yourself, so this growth can take place authentically. If you don't know the truth about your own perception and how you 'actually' perceive your *Underlying Self-Image*, how can you see and accept without resistance the perfection in you already? To have true clarity and *Conscious Awareness*, you must first be clear about what you want clarity or Awareness about. People often ask me about integrity.

Being totally and truly honest *with yourself* about how you think and perceive allows integrity, and this integrity will spill over into the external world. Displaying external integrity will support internal integrity and allows you to feel even better about yourself. Honest, authentic integrity will set you free from suffering because it will allow you to face the truth beyond what you currently perceive or believe that is causing you conflict, hurt or suffering. It will drastically change the quality of your life and

eradicate your need for a dysfunctional or overblown *Public Identity (Egoic Public Image)*. Make personal internal integrity one of your highest values. Internal integrity is the ability to be honest with yourself and see your *Self-Image* as you truly perceive your *Self* to be. Not as any worse or better, not as you want to be or are pretending to be, but just as you *truly perceive* your *Self*-description to be. Remember your perception is a made-up illusion and not real anyway. Denial of your *Self-Image*, because it does not fit with how you ‘want’ to perceive your *Self*, or how you want to be perceived by others *Ego (Active Self-Image – Public Identity Image)*, just causes deep internal conflict and fear. And when you make who you perceive your *Self* to be wrong, you will surely hurt and suffer.



Do this if you can. Sit comfortably in a quiet place for 49 minutes every day, for 21 days. Close your eyes and do nothing but listen to your thoughts, without judgement or criticism, and see what you can learn about how your mind *actually* thinks and perceives and how you *actually* think about your *Self* and *Self-Image*. How much psychological bullying, criticism or violence do you inflict on yourself? Can you see any dishonesty with yourself, or about yourself? Can you see how attached you are to, and worried about, what you think others may or may not be thinking about you? How much do you judge and criticise your *Self*? How often do you make you or your thoughts or behaviours *wrong*? What personal ‘*Image*’ of you, are you trying to protect, present or promote? *Be Honest!* And do this with kindness and caring and without *Self*-disappointment or *Self*-abuse. This is a process to create *Conscious Awareness* so the mind can see how it actually functions. It is not an exercise to find out what may be ‘wrong’ with you, or to cause you to feel bad, or be an excuse for *Self*-criticism or *Self*-punishment. If you do any of these, this in itself is something to become *Consciously Aware* of, because you are needlessly creating your own discomfort and suffering.

Be aware that external lies are a result of internal fear and avoidance of something. Old perceived pain is like a hungry child following you around trying to get your attention. The more you ignore it, the more noise it will make to get your attention. Give it release by simply becoming *Consciously Aware* of it and kindly and caringly observing it whilst experiencing it fully, without judgement or punishment. It will be over far quicker than you can imagine. However, make sure you see it from a higher perspective, *as if* observing it *compassionately* in someone else.

Before I created the more effective process I will describe shortly, I used this simple and basic method to consistently become *Consciously Aware* of what was going on in me and I encourage you to use it as often as possible. Whenever I found myself in a situation that triggered any

level of discomfort, conflict, turmoil or suffering, I would go through this process almost immediately, because I wanted to feel *genuinely good* all the time, no matter what was happening, or what had happened. I could not have imagined this would be possible at one time, but now I know I have discovered the tools to be free perceptually free in any moment, no matter what is going on. *Conscious* supportive choice and redirection of the mind becomes deliberately possible for anyone if they can use this process in the way it is described. (Yet I still encourage you to observe and experience, rather than constantly attempting to adjust perception, as this is only a tool to help you stop suffering so you can observe your perception with *Awareness*).

As soon as I became *Consciously Aware* that something was happening internally that was triggering emotions or stopping me feeling good, I would *immediately* engage this four-step process: **AWARENESS - FORGIVENESS - SURRENDER - ACCEPTANCE**. I am talking here about situations that contain no physical threat, although this process can also be used in dangerous situations to allow you to evaluate your psychological options from a more balanced place. Also, remember this **MUST** be done under the umbrella of personal kindness; (which is actually the most important part) be as kind and caring towards yourself as you absolutely can, step away from **Any** indulgence in judgement as quickly as possible, and treat yourself as sacred and of immense value.

AWARENESS means paying *Conscious* and *Deliberate* attention to how you feel in any moment and to what the mind is thinking or indulging in, whenever possible. *Conscious Awareness* is the most important part of evolving your approach to yourself and life, so you can truly grow. You cannot make psychological choices about anything you do not have *Conscious Awareness* of. Specifically it means having an expanded *Awareness* of what is *actually* happening *within you*, not what you think or perceive someone else is doing *to you* or *perhaps* thinking about you (this is just a perception and projection and is not real). *Conscious Awareness* gives you the ability to make perceptual psychological choices about how to perceptually feel and experience. When I recognise that I am not feeling as good as I could, I ask myself; “What else could what I am perceiving right now, mean if I wanted it to? How else can I look at this to free me from any discomfort or suffering and generate a different emotion in me? “How else could I view this event, situation or interaction which would obviously in a more *Intelligent* way?”

When I find an optimistic, supporting and uplifting alternative, I redirect the mind to focus on it fully and take advantage of the opportunity to feel different. If it doesn't work for any reason, I change my focus to

something else completely, perhaps something on my feel-good list. I give that my full attention because *I want to feel good!* As you become better at redirecting your thinking, your *Conscious Awareness* of your psychological choices will increase and more will become available to you. *Conscious Awareness* is the key to everything in this book. Once you have *Conscious Awareness* of something, you can make a decision about how you want to perceive it, or handle it.

Conscious Awareness can also nullify an issue or even stop it being something you need to think about or contemplate. Having *Conscious Awareness* of all the mind's processes will help the mind stop running them in the same Sub-conscious conditioned way and will allow you to become even better at *Consciously* directing and re-directing the mind to allow you to feel the way you want to feel. It will also enable you to observe what is actually going on perceptually and why, and *Conscious Awareness* of why you use certain behaviours will help you decide if you want to continue to support them or adjust them in favour of others which support you more. This includes becoming forgivingly *Aware* of your *Self-centred* attitudes and behaviours, so you can also choose whether to indulge them or not, otherwise they will just happen to you.

FORGIVENESS is about letting go of any blame and any attachment to things you blame for how you feel; for example, something you perceive which has or has not been done to you, or your desire for you or someone else to be different. Also, the mind thinks, "If I can't blame someone else, then I must be to blame, and that is unacceptable. This is how blame mentality works, and why the mind automatically looks to blame. Forgiveness is non-attachment to the blame created by the assumptions of the motives of others, or the need to avoid your own attacks for personal perceived blame; Forgiveness is experienced as no longer having any emotional reaction to what you perceive others to have done because there is no longer personal blame associated to them for how 'you' feel, as responsibility for how you feel has been accepted by you (not blame, responsibility). Making them responsible for how 'you' feel requires them to do something to remove your hurt. They did not hurt you, it is your perception of what they did, and what you believe that means about you, which causes your hurt. You only believe the need for forgiveness is real because you believe the reasons for blame are real. There is no need for forgiveness of others, only the *Conscious Awareness* of innocent motives and actions carried out in Unawareness, by them or you. Forgiveness is for you, internally.

Forgiveness means; "I immediately *forgive myself* for any reaction, emotion, judgement of perceived weakness or perceived inability to be 'strong', or for not being more 'in control' of myself (or whatever the

particular *Psychological Reality* experience is). I know I was doing the best I could with the intellect, knowledge and experience I had in that moment, even if one second later I have more knowledge or experience I could draw on if it happened again. In that moment or at that time, I was doing the best I could. My emotional resources at that moment were limited to what was actually available to me right then. I also immediately forgive anyone else involved because I know they were also doing the very best they could at that moment. I know that whatever they were doing, they were not doing *to me* but because of their own Thinking Mind and *Psychological Reality* perceptual challenges and injuries.

Forgiveness (non-blame through *Self*-understanding) leads the way to higher levels of *Consciousness*. Forgiveness of one's *Self* and then of others, is one of the keys to removing inner turmoil, hurt, perceptual injury and suffering. Through non-blame of yourself and others, you elevate your vibration, plus forgiveness allows you to feel good. If someone else is involved, they do not even have to know about your forgiveness for you to feel good. Not forgiving others hurts and injures you, not them. It's like taking poison and hoping it injures or kills someone else (which would be very unintelligent wouldn't it?). Forgiveness (letting go of blame through *Self*-understanding) allows you to relinquish the position you have taken in any situation or interaction and so you have less or no reason to beat yourself up if later you perceive that position to have failed. In the end, it is all about forgiveness and compassion for your *Self* and others but mainly your *Self*; the rest will follow. Forgiveness, non-blame, can bring with it gratitude and gratitude can bring with it forgiveness, along with more *Conscious Awareness* and *Intelligence*.

Suffering over any event ends when acceptance (understanding and non-resistance) and forgiveness (letting go of blame) of the *Self* takes place. Full and complete forgiveness of the *Self* (especially) and forgiveness of others is required for true waking-up to take place. The *Psychological Reality* and therefore the *Ego (Active Self-Image)*, and then the *Underlying Self-Image*, cannot dissolve if there is still turmoil or dislike being generated over it. Asking for forgiveness is just as important in allowing you to forgive your *Self*. Insensitivity to others and your surroundings will cause you suffering and will create challenges you can blame others and your *Self* for. This helps to create the blockage of lack of forgiveness.

SURRENDER does not mean give up or give in. It means non-attachment; "I let go of any and all attachment to any position, standpoint, viewpoint, craving, struggle, torment, hurt or need I'm holding onto, over or about an event, situation, interaction or myself. I do not mean I accept

being treated badly by people or surrender to them, or perceive myself as physically or psychologically helpless. Rather, I let go of what I am psychologically holding onto, for whatever perceived reason, so that any struggle I'm having with my *Self* over my reactions or thought process, ends immediately. This way, there is no carryover or carry-on that can cause discomfort, hurt or suffering because my internal surrendering of attachment has ended the cause of my discomfort, or worse."

Authentically experience all hurt or suffering with observational *Conscious Awareness* as it happens, so there is no residual charge left over. If I'm experiencing any overwhelming emotion, as long as there is no physical danger to me, I allow whatever it is I am experiencing internally to happen, rather than adjusting it, struggling to stop it, or suppress it, but without adding to it with stories or projections. As long as I think it is appropriately safe to surrender and allow the emotions to be experienced in the current surroundings, I will do so. If not, I go wherever I need to go to feel free to experience those emotions fully, until they are over with. Consequently, there is no emotional residue (charge) carried within me and by doing so I allow any emotional story I have been carrying, which may have been suppressed many times in my life, to complete. This often happens without even knowing, or needing to know, what it was about, or indulging in the story of it, or creating a story to validate or understand it. This cleansing process prevents the residue or old story being hooked by similar dynamics or stories in the future and affecting me again. I am free of it, through fully experiencing it without adding to it.

ACCEPTANCE (*non-resistance*) Here, I internally acknowledge I was doing the best I could at the time. Everything is simply as it is right now. I see everything I went through as unimportant in the grand scheme of things and get back to peace, because *I want to feel good and at peace!* Acceptance of what is aligns you with peace. Acceptance is a process of letting go of attachment to something, or attachment to something being different to how it is currently being perceived. It is really non-resistance to what is, or what is being perceived, including another way of being. What you do not accept in or about yourself, you will usually dislike and refuse to accept in, or about, others. You will try to change them or make them wrong, so you do not have to face in you what you perceive and dislike in you, and are therefore predisposed to perceive in them. *Consciously* allowing yourself to be however you perceive you are will allow the cause of these attitudes and behaviours to wither and dissolve, simply because the *Psychological Reality* needs turmoil to continue its illusion of being real, valid and alive. If there is no turmoil created through non-acceptance, then the *Psychological Reality* becomes more exposed to *Conscious Awareness* of its processes, and it is scared of this.

You will not have freedom from the mind and the *Psychological Reality* until you authentically accept and make friends with your *Self* over your *underlying Self-Image*.



Here is a more detailed process I have worked on for several years to enable this *Inner-enquiry* process to be even more effective. All of these processes can trigger 'Aha' moments in you about your own perception. Again, carry out all of the below under the umbrella of **Personal Kindness**, **Caring** and **Self-Forgiveness**:

1. First become *Consciously Aware* that you are experiencing conflict, discomfort, hurt, suffering or psychologically indulging or creating something uncomfortable within you.
2. Next, remember that the external world, whether things, events or others, cannot cause your suffering. Only your own *Psychological Reality* descriptions and created meanings can do that.
3. Breathe deeply and *Consciously* a dozen times and focus on the feeling and experience of breathing. Feel the silent space at the end of each breath, just before the body breathes in again. This helps you to move away from indulgence into *Conscious Awareness* and *Intelligent Observation*.
4. Forgive your *Self* (understand and let go of blame) for reacting, feeling, acting or perceiving this way. Also forgive any others you believe are involved (withdraw any blame, which is yours anyway).
5. Become intensely *Conscious* of what you are '*Actually*' feeling; give your *Conscious* attention to the body and emotionally experience what you are '*Actually*' feeling.
6. Let go of indulgence in the emotion(s) and become *Consciously Curious*. Focus on what you can discover and learn about the emotion(s) and ask yourself whether they are actually real, and if you need to experience them?
7. Become *Consciously Aware* of the thought, or thoughts, driving these emotions. How are you describing whatever has your attention to your *Self*? What would you need to be thinking and how would you need to be describing whatever you are perceiving, to feel this way?
8. Is this thought or description of the stimulus (or you) *actually* true? Is there genuine truth to what you are thinking and how you are describing it to your *Self*? How else could it be described to create a better perceptual and emotional experience?
9. What are you making this mean *To, For, Over*, and ultimately '*About*', your '*Self*' and '*You*' *Personally*, your *Self-Image*? The mind relates

almost everything to the *Underlying Self-Image* and *Self-Concept*, the *Perceptual You*, because this is the basis of the whole *Psychological Reality*, which the mind thinks is all real. It needs to continually define and re-define the *Self-Image* so it can have certainty about and over that *Self-Concept* and *Self-Image* (even though there is more than one *Self-Image*, which is obviously a recipe for confusion), and the *Psychological Reality*. (This can produce the biggest ‘Aha’ moment, when you actually see you are hurting yourself, over your perception of your *Underlying Self-Image*).

10. Genuinely look to see if what you are making it mean about ‘You’ is actually true. Is the meaning you are creating about your perceived inadequacy, lack of value or incompetence really true? (Know that actually it cannot be genuinely true, only true to you).
11. Again, forgive Your *Self* immediately for reacting, feeling or being this way, or for whatever you feel or *perceive* you have done ‘wrong’ (and remember this is an incorrect judgement, not fact).
12. Accept that how you are is already perfect and that you are doing the best you can at any moment, with the knowledge and level of Awareness or Unawareness you have right now. It is as it is and you will evolve in your perception of it. You are perfect and the acceptance of, and non-resistance to that, will set you free, without the need to be, be like, or become *Anything* different.
13. Surrender any attachment to being any other way. Let go of the illusion that you should be or need to be any different and simply accept that you perceive as you do right now, and that will evolve.
14. If you see your suffering is over your *Self-Image*, or what you make it mean about you (which it ultimately always is in some form) see your *Self* in your mind’s eye, as you were hurting or suffering over it, and bless your *Self* with caring, kind compassion. Give your *Self* a hug in your mind’s eye. If you feel the suffering is over or involves another, see them in your mind’s eye and hug and bless them also.
15. If the suffering is perceived to be over an external event or situation, what is the external solution? *Consciously* look for uplifting and supportive solutions (preferably with a longer term outlook) without indulgence in the perception of it being a problem, or what it may mean *About* you. Go back to number nine again if you feel *Self-pity*.
16. What can you learn from this experience that will serve you in an uplifting and supportive way? Could you perceive differently, or look differently, if you wanted to?
17. What can you learn about your *Self* from this experience (only) in a

supportive and uplifting way? Remember to be kind and caring and compassionate towards your *Self* in all interactions with that *Self*.

Thank your *Self* for your willingness to indulge this *Conscious Awareness* process or any part of it you were able to do, and for giving your *Self* more *Awareness* and *Conscious Choice*.

This will help you move through a range of stages, from Indulgence to Conscious Observation, to Forgiveness & Surrender, to Intelligence and Conscious Awareness of Cause, to Acceptance and Solution, or Insight and Growth, Peace and Happiness. If you find it too much of a challenge to do the full process, use the earlier process and at least do the breathing to minimise indulgence and reactivity, and to help with *Conscious Awareness*. Of course all this is amplified if you already know what emotional outcome you want from any process of cultivating *Conscious Awareness*.

Also learn the art of shutting up (so you can observe and not add to the challenge). What I mean by this is as soon as you are about to speak, shut up, breathe and see if you are reacting. If so, continue to shut up. This will allow for more intelligent observation and will help you to become free of reactivity more quickly. You will see that very little happens when you don't psychologically defend yourself and yet you will also feel better afterwards.



The truth about your real *Self-Image* and your *Self-Concept*, how you 'actually' perceive your *Self* to be, will set you free, whether you like discovering this or not. Unfortunately, the recognition of the mind's processes and patterns, and their underlying *Self-Image*, usually triggers people first into disappointment, unhappiness, or even torment over that *Self-Image*, especially if you try to deny what you uncover, or if it does not fit with how you want to or believe you should be. Accepting and surrendering to what 'is', with kindness and compassion for yourself, will set you free. Making it wrong will destroy your quality of life, and worsen your *Self-Image*, in the short or long-term. Pretending you are what you want to be will not set you free, nor bring peace of mind. It will force you to continue to try to 'be' or 'become' something else, which of course you will not accept either, even if you think you have managed to become it!

Tony Robbins taught me a great strategy called the 'Appreciative Eye'. It comes down to this; if you truly look at the percentage of yourself that actually causes you to feel discomfort, it is really only equal to about 10% of the whole (if you're being honest about yourself and not indulging the victim). This 10% only seems much bigger because you're regularly, if not always focusing on it with a disempowering approach or attitude. What

you focus on and give your attention to regularly, expands, and what you do not give your attention to regularly, withers and shrinks. That 10% may feel like 50% or more if you constantly focus on it and give it your attention and judgement. However, if you were to focus on the 90% of yourself you perceive as good and valuable, this will also expand and appear to become more substantial, more like 95% or 97%, and the other part will shrink more by comparison, it has to.

Remember, your focus (what you give your attention to) creates your experience of reality within a personality so carefully and mindfully choose what you give attention to based, on the reality you want to experience. Do you want to experience uplifting perceptions or perceptions you are disappointed with? Your best intelligence is not only causing conflict and turmoil in you, but indulging that conflict and turmoil. Remember you have been practising your thought processes for most of your life. Although it does not take anywhere near the same amount of time to evolve how you perceive your *Self*, you still have some conditioning to overcome, so be patient and keep *Consciously* and *Deliberately* practicing. Cultivate and practice using the 'Appreciative Eye' so you can learn to look for and see the best in you, and in others. View your *Self* using the 'Appreciative Eye' and use it to view what you do not want to look at in yourself, in a kind and curious way.

If you have a thorn in your foot and it scares you to look at it or even think about looking at it, you may try avoidance tactics like getting a shoe with a hole in it, so that going about your business doesn't trigger the suffering caused by the thorn. However, this is just avoidance and a short-term perceived fix, even though the tactic, in this case the shoe, may cause other forms of discomfort. The longer you leave it and try to avoid facing it, the more septic and poisonous it becomes, affecting much more of your foot than it ever needed to. Face your personal thorns by allowing them to come up. Do so through kind and curious *Conscious Awareness*, rather than avoiding them and allowing them to keep poisoning your experience of life through Unawareness or attempted Unawareness of them.



The more you allow people to see the parts of you that you would rather hide (i.e. the things your *Desired (Ideal) Self-Image* will tell you are not acceptable about your *Underlying Self-Image*, or will result in you being judged and hurt if you reveal them) the more you'll set yourself free from the fear they generate within you. If you are hiding nothing, you can be free just to be. If you are Unaware or you are hiding something, it will continue to affect you and you will remain blind to it, even though you will still experience the effects of it. Use *Inner-enquiry* to discover what you may not see about your perception and get feedback (not judgement

or criticism) as well; it is so valuable. This process of honest *Conscious Awareness* and *Conscious Intelligence* brings a happiness that is hard to imagine for most. Be honest with yourself and accept the things about your perception of your 'Self' you feel don't serve you. Forgive yourself for them but accept them (have no resistance to them) so you can truly observe them. Ignoring them, hiding from them, lying about them or bullying your *Self* for them, will not resolve them or serve you long-term in your quest for peace or peace of mind.

2. NON-CONSCIOUS - AUTOMATIC CHOICE

Non-conscious Choice basically means your Sub-conscious Thinking Mind, based on its *Psychological Reality* and its needs and urges, will make reactive choices for you. This will be based on its normal conditioning and whatever it perceives it needs to do to protect itself, or present its perception of the *Desired (Ideal) Self-Image* through the *Ego*. This is why I call it the Sub-conscious, automatic mind, because in this mode you are simply along for the automatic reactive perceptual and emotional ride. The choices made by this mind always come from a place of need, conflict or usually perceived hurt, not from true intelligence. Any choice made from a place of need, conflict, reaction, hurt or injury is not a high level choice, although sometimes they may turn out reasonably well and can therefore be perceived as intelligent choices, however this is luck, not right action.

To be or not to be and To do or not to do? These are psychological, and therefore **thinking** processes. These will not bring about right action. Right action cannot come from a choice made from conflict. The Non-conscious or Sub-conscious thinking process is basically a protection driven, conditioned, automatic reaction process, based on conditioning and processes the mind has decided will help protect it against or avoid perceived psychological suffering. It uses its programmed agendas, approaches and attitudes in whatever way it thinks is the best way to react to feel safer, be that defence, retaliation, justification, cover-up (lie) or presentation (of a better *Image*).

If you are not *Consciously Aware* and only experience life through this Non-conscious reactive reality, you are basically a stimulus response mechanism. Others can decide how they want you to feel and can influence you to do so, just by working out what triggers you to feel the way they want you to feel, perhaps by triggering you into getting angry so you lose perceived control or have a failure of intelligence, and many other emotions. If you believe that others can cause you to feel a particular way, you will always first look for what someone is trying to do to or with you, and this in itself will cause a Non-conscious, reactive process. If someone

can ‘cause’ you to become angry, they can therefore ‘cause’ you to become non-conscious and reactive in a way that will most likely cause a failure of intelligence. People can *influence* your behaviour by triggering reactions they know, and don’t like, from their own experience and Sub-conscious conditioning, will cause fear, hurt and suffering. They know if they can trigger you into Non-consciousness, they can affect your state and keep you in an Un-conscious, unintelligent, reactive, insecure state. This defensive mechanism will also cause you to react in a way that ‘proves’ the assumptions made by the Sub-conscious mind. This is all part of the minds need to constantly attempt to validate what is already known and expected by it. People, perhaps you too, will often do unintelligent things to try to protect and defend any position the Sub-conscious mind takes.



WHY WE TRY TO CHANGE

The mind innately recognises that its current *Psychological Concept of Self* and especially its *Underlying Self-Image* are perceptually inadequate, and this continually causes the mind insecurity, at best. We usually see our *Self* and *Underlying Self-Image* as inadequate, flawed or dysfunctional, perhaps even as damaged, broken or unlovable, whether we are *Consciously Aware* of that or not. This gives us the illusion that we need to change so the mind *tries* to force or punish the *Self* into ‘changing’, which it cannot do in this way. We are tribal driven creatures, and because of this want to be accepted by others, but ultimately we want to become acceptable to ourselves (even though it is only our own misassumptions about our *Self* and *Self-Image* that causes us to be perceived as unacceptable to ourself. Our societies have evolved to be conditioned to believe that people with money, fame, position, and certain physical traits or body type, are worth more, or are somehow of more value than others, or somehow more adequate or superior. Many people innately believe that they are not good enough, but that if they achieve enough, or acquire enough money or fame, or look good enough, then they will be of more value. They believe they will then feel less inadequate and somehow become or feel adequate or acceptable.

We are conditioned to believe that the only way we can accept our *Self* is by changing to how we think we are (our *Underlying Self-Image*) to how we think we should be, or perceive we need to be, rather than by simply accepting (seeing and having no resistance to) the *Self* and its *Internal Self-Image*, and having no struggle over what ‘is’, so it can

evolve freely. People think they are the psychological mind, and because the mind is often confused and uncomfortable with its own perception (its own *Underlying Self-Image*), they think this means 'they' need to change. Your world can be extremely painful when your *Underlying Self-Image* and your *Desired Self-Image* don't match. This can feel like ultimate personal pain, especially when you feel helpless to change this (even though perceptually 'You' are all psychologically made-up in the first place).

The gap between the *Underlying Self-Image* and the *Desired Self-Image* creates the illusion of a deficiency in the psychological 'person', and the greater the gap, the greater the perception of inadequacy, unacceptability and often un-lovability experienced. There is a conceptual process, or set of programs, created by the Thinking Mind and the *Psychological Reality* to avoid pain over what it considers to be the *Unacceptable Self*. This main program I call '*The Becomer*', which is the mind using the *Concept* of the *Desired (Ideal) Self Image* to work out what and how to *become*, or change, to 'become' acceptable, and strives to make you become like that, even if it has to lie or make-up more. Unfortunately, the mind uses mainly *Self-criticism*, *Self-ridicule*, *Self-punishment*, and whatever other psychological bullying, violence or torture it thinks will help it *become* a certain way, including an immediate trial and execution that no reasonable and *Intelligent* jury or *Intelligent* person would ever accept as plausible (and this includes you if you were to truly see *Intelligently*). This is basically conditioned and societally proliferated insanity, and the '*becomer*' is a psychological judge, jury, executioner and robber who will consistently rob you of the quality of psychological, emotional and experiential life available to you in any moment. *Kindly*, *curiously* and *Intelligently* become *Very Consciously Aware* of this.

We (or rather the mind) can basically go through life trying to change ourselves, or trying to avoid the sense of inadequacy, virtually all of us experience from a young age. Only people with a high level of *Conscious Awareness* will see this whilst others will just try to ignore it, defend it and try to convince others and themselves they do not perceive themselves as inadequate, or worse. Some may come up with other plausibly justifiable reasons for this sense of inadequacy or just get engrossed in it, indulging in *Self-hate* and can often indulge deeply in victim-hood. These are lower levels of Unawareness and low Awareness and are about psychological protection rather than growth.



The *Psychological Reality* has created so much turmoil over its *Self-Image* that the mind is constantly in reaction to this, and this reaction is usually critical because the Sub-conscious mind cannot actually monitor

itself in action. It does not usually know it is in reaction to itself and its own created perceptions (unless *Conscious Awareness* forces it to see). It is just constantly trying to protect itself from experiencing discomfort or pain, usually over its own made-up *Self-Image*, but it causes itself more emotional pain through trying to force itself to change that *Image*. Pain it then tries to avoid using the same processes, so you psychologically stab yourself, and then wonder why you feel emotionally wounded and bleeding, and subsequently stab yourself for it. Unfortunately we are accustomed to notice the emotional bleeding, but we have not been taught to see the psychological stabbing of ourselves that leads to it. We want the bleeding to stop but we are still attacking and stabbing ourselves in a psychologically violent manner, which is truly unintelligent. This process does not end when you have changed enough, as you never will. The goal posts will keep moving because this is a continuing process and not a destination. Pretending to be a certain way, and hoping you will *become* that way is not going to make it happen either. These processes do not end until you cease your indulgence in them, through *Deliberate Conscious Awareness* and the cultivation of *Conscious Intelligence* and *Self-kindness*.

There are people who act as they ‘want to be’ or perceive themselves to be, and feel like they are being completely real. Perhaps they are being true to how they think they perceive themselves to be; however, no matter how real they think they are being, the mind is still internally measuring the underlying *Self-Image* against the internal concept of an *Desired (or Ideal) Self Image*, finding it lacking and resenting itself for that. Innately the mind knows its acts and performances are just that, which it has constructed itself, and Sub-consciously knows they are not real, and that the non-acceptable *Self-Image* is still present and has not really changed. People often pretend, both to themselves and others, that they are more successful than they are, especially in their level of consciousness, because this helps the mind inflict less psychological criticism and punishment on itself, and the *Active (moment-by-moment) Self-Image*, the *Ego*, can cause the *Psychological Reality* to feel a little better, and get some satisfaction over it. This is not because the person has a bad nature or character; it is simply a strategy the *Psychological Reality* uses to try to feel better moment-by-moment about itself, and alleviate the internal disputes and attacks a little.



We will constantly try to *change* as long as we believe we need to be different from who and how we perceive ourselves to be. We may wish to avoid disapproval from ourselves, or the rejection we believe others have the power to inflict on us. Unfortunately, a negative *Self-Image* is

partly formed as a result of people and society telling you your behaviours were 'who' you were, or are. By that I mean being told that "you are" a naughty or stupid child, that "you are" disruptive, or "you are not" a nice child or person and so on. All of these comments are related to behaviour and should have been approached and phrased as such; otherwise they become associated to 'personal' identity.

A parent's *Public Identity* includes perceiving their child as an extension of themselves. They will usually attempt to drive behaviours out of their children to try to make them into what they want them to be, or not be, or how they want them to be, or not be. This is because they will require some change in the behaviour of the child as a means to alleviate their own insecurity or fear of perceived disapproval or rejection from others, or from having their own 'stuff' triggered. This is based on their own internal *Desired Identity Image* of how they think they should or shouldn't be. We should be told that we are loved regardless and a parent needs to understand that any 'behaviour' perceived as naughty, disruptive, or un-endearing, or not supportive, is simply 'behaviour'. It should not have been implied, either by accident or on purpose, that we are (or were) personally dysfunctional or damaged in some way. I am not advocating blame here; I'm suggesting more responsibility can be taken to make sure these destructive processes are not perpetuated. If they have been up to now, forgive yourself, then decide and indulge what would be the most *Intelligent* ways to resolve this for the benefit of the child and its *Self*-perception, if you can.

I have to make something clear at this point; we cannot change our underlying nature. We can, however, affect our character by becoming more *Consciously Aware* and *Intelligently* indulging in higher-level approaches and behaviours where possible. This is a very important distinction to make. If you are trying to change your children in any way, you must be clear it is their '*behaviour*' you probably wish to adjust and not actually *them*. You must also make it clear to them, without any doubt, that it is their 'approach' and/or 'behaviour' that require intelligent adjustments and not them personally. Explain that you love them and it is their 'approach' and/or '*behaviour*' that concern you about their welfare, because it is not and will not serve them well. It is **Not** who they truly are, which is already perfect. Let them know they are perfect as they are and merely displaying certain, possibly disempowering, '*behaviours*'. They are not damaged in any way, but they may come to believe they are if they start to associate any disempowering '*behaviours*' with their perceived *Identity (Self-Concept and Underlying Self-Image)* who or what they come to believe they are.



The Thinking Mind, and societal conditioning in general, tells us that punishment, ridicule, humiliation, abuse or fear is the only way to change stubborn or entrenched behaviour. However, inspiration, *Conscious Awareness* and observation, which allows for the Unintelligence of these to be seen is actually the most effective way, if not the only way, because psychological abuse simply doesn't work to create good outcomes, it only deteriorates *Self-esteem* and perceived potential. Rather than telling a child or someone else what they do wrong, or berating them (or yourself) for what you think they (or you) don't do right and lowering their (or your) *Self-esteem* and confidence, seek out what they (or you) do well and praise them (or yourself) for it. This will inspire them (or you) to want to do these things more often as this is validation and encouragement. It will also raise *Self-esteem*, *Self-belief* and *Self-confidence*.

Do you want your children to be scared of making mistakes or do you want them to be confident that no matter what happens, they can find a solution, succeed and feel good? Ask yourself after every interaction with your child (and your *Self*); "What are they (or you) going to conclude about themselves (or yourself) because of the content of that interaction? How could I adjust my approach to make sure it is optimistic, positive, balanced, supportive, uplifting and genuinely intelligent?" If we were all told throughout our lives that we are exactly as we should be in every moment, even if our approach and behaviours need intelligently observing, we would be happy-go-lucky beings from an early age, with high levels of true *Self-acceptance* and confidence. We would be far more likely to indulge in *Aware*, *Intelligent*, supportive and uplifting behaviours, and would not be at the effect of the judgements of others, and we would have absolutely no reason to want to be different now. We would hold the true belief we are exactly who and as we are and need to be right now, and doing exactly what we are meant to be doing right now, to evolve to the next level, and looking for the Intelligent path to do so. This frees people to live their purpose.

True growth comes from open *Intelligence* and inspiration, not degradation or humiliation. Unfortunately, when parents are struggling with their own issues, discomforts, struggles, hurts, injuries and torments, they tend to externalise them onto those around them, often their children. They blame others for their moods, attitudes and emotions in those moments, rather than noticing they are creating or indulging their own suffering through their own internal struggles and conflicts, and then often project it onto others, using blame, and they disempower themselves even further. They often tell their children off for every misdemeanour to try and ease their own internal criticiser, not because they are bad people but because it gives a very slight, or sometimes noticeable, respite from

the discomfort or struggle they are experiencing internally from their own *Self*-criticism. Perhaps they really believe that; “If you didn’t trigger my stuff I would not feel like this now, so it’s your fault!” Often they know they are short-tempered and critical and then punish themselves internally for this. This increases their turmoil and conflict even more so how does it actually solve anything? I do not say this to apportion blame, but for *Conscious Awareness* and *Intelligence* purposes.

I spent most of my life trying to change and when I finally surrendered that need and accepted my 'Self', I realised the 'Self' was an illusion and that 'I' never needed to change, because there was nothing wrong with 'me' in the first place

Often it seems that the only personal feedback we ever get, relates to what other people perceive as our failings, inadequacies or wrongdoings. Certainly we hear far more comments about what we are perceived to have done wrong or incorrectly than about what we have been perceived to have done right or well. This is not because people are bad or unkind in general but simply because they have been taught that this approach is the only way to create change. They don’t know there’s a different way of creating change (evolution) through *Intelligent* observation, caring kindness and inspiration.

We often learn that it appears easier to ‘pretend’ to ‘change’ in order to avoid disapproval from others and this strengthens the sense of inadequacy further and the need for a so-called better ‘*Image*’. Then we learn to criticise ourselves for not being able to ‘change’ in order to align with the internal image we hold of how we think we need to be in order to be or become ‘acceptable’. If you show me a time that abusing or trying to punish something out of yourself with psychological violence worked to create positive change in you, I will show you it was something else that caused the change. It was not because the *Self*-criticism or *Self*-punishment worked; it was because the mind itself decided it was Unintelligent to continue doing it. The only time you will really stop indulging any kind of process or behaviour is when it becomes Un-intelligent to the mind to continue indulging in it and the mind sees there is something else (which appears safer) it could do instead. *Self*-criticism **does not work** to do anything but hurt and injure you psychologically and ruin the quality of your life and *Self*-esteem. *Self*-criticism simply compounds any challenge, it does not alleviate anything even if it might sometimes feel like that, if you get any comfort from *Self*-criticism or *Self*-pity. Eventually the mind

itself sees that *Self*-criticism is not intelligent and simply stops indulging it, or you can *Consciously* let go of indulgence in *Self*-criticism and see that life feels better and change (evolution) comes about better without it. Can you see the *Un-intelligence* of using or indulging *Self*-Criticism? Please stop using it as a tool for you and others. right now, and your life will feel so much better!

The greatest change in your life will not come about from trying to eradicate your perceived weaknesses or faults. It will come from focusing on and honouring your uplifting, inspiring gifts and abilities, which you absolutely have

At a higher spiritual level ‘what’ you truly are, and who you perceive your *Self* to be, through your *Psychological Reality*, are very different. As long as you can’t clearly experience your higher ‘I’, you will suffer from the human condition of perceived separation, through full identification with the thinking *Psychological Reality* and the mind’s created *Self-Image*. The Thinking Mind will assume thinking is the only thing that is real, so if you identify with thinking and the mind as ‘you’, so will you. As a result, you will certainly suffer. But no matter how you perceive your *Self* to be, you do not deserve to hurt or suffer, and you never have! Do not allow the circumstances of your past life (history - yourstory) to dictate your future experiences. Use this book to help you adjust the adjustable perceptions of life and observe the rest. The solution is *Intelligent Conscious Awareness* and *Self*-acceptance, not *Self*-correction. Yes, correction of action is needed to develop external skills; however *Conscious Awareness* and *Wisdom Intelligence* is all that can correct or adjust anything beneficially internally.

Here are some things to be *Consciously Aware* of about why the mind does some of what it does.

LABELLING

A label is basically a conceptually made-up description of anything. The Thinking Mind is predisposed to always measure everything and to measure anything; it must first perceptually identify it by labelling it and giving it a unique description. If it does not label something it cannot generate certainty over its perception, measurement and judgement of it as good, bad, right or wrong etc. We also label ourselves and our behaviours etc., and our perceptions of the thoughts and behaviours of others, as this is required by the mind to create perceived certainty. Unfortunately, more often than not, the label we (or the mind) give

something usually creates, or at least guides, the perceptual experience of or around it. Labels and attachments also allow the *Self* to feel bigger, so anytime the mind labels anything it brings the *illusion* of authentic life to the *Psychological Reality*. Avoid labelling anything or any experience. Just observe. Apart from anything else, labelling instantly causes the mind to stop investigating into it, and inquiring for the truth.

1. MEASUREMENT

The Thinking Mind is predisposed to always seek meaning and certainty through measurement and evaluation so you are always predisposed to both seek meaning, certainty, and to measure. The mind is constantly measuring one thing or another against one thing or another, and is totally reliant on measurement to assess and evaluate safety and certainty. Because the mind continuously measures, it does not care if it is you or someone else it is measuring. It will measure you as thoroughly as anyone else, in fact more so because it is scared of you being measured and found lacking by others. This would cause you to be vulnerable to physical or psychological attack, especially if you are perceived to fail or be weak. Sadly, the strongest and most painful attacks will always come from within yourself, on your *Self*. The perception of failure is an illusion created by the mind comparing your deep held constructed *Underlying Self-Image* with its constructed, conceptual *Desired (Ideal) Self-Image*, and finding 'You', the *Conceptual You*, lacking. There is no such thing as failure.

Everything you do produces a result. What you do with the result and the meaning you apply to it will dictate how you feel emotionally. It will create your version of *Reality*. Remember that your best and someone else's best, in any particular area or situation, might be different. But if it is your best, it should not be evaluated based on their best. Even if you know you're not trying your best, at that moment it might be the best you have to offer, so it therefore 'is' your best in that moment. The bigger the difference between what you perceive 'is' and what you perceive 'ought to be', the greater your discomfort, conflict, hurt and suffering, especially if you're measuring how you think you are compared to how you think you should be. The bigger the gap between how you truly perceive your *Self* to be, and how you want to be, or think you need to be, or think your *Self* should be instead, the less *Self-esteem*, *Self-respect* and *Self-belief* you will have, and the more judgement and criticism that will ensue. The bigger the gap, the more hurt, injury and suffering there will be, simply because more psychological suffering in the form of *Self-disappointment*, *Self-criticism*, *Self-punishment* or *Self-ridicule* will follow. When you find yourself measuring yourself against anyone, let go of indulgence in the process, unless it is simply to observe for purposes of kind modelling to

improve your performance in some area of life.

Accepting your *Self* as you are, seeing the illusion of forcing yourself to be anything else, with no desire to measure yourself against others to feel good or bad, will help to set you free. If you think you won't grow or evolve if you stop measuring yourself and others, or bullying yourself, then look outside and see if anything in this world is not, or stops evolving. When you become *Consciously Intelligent* through *Conscious Awareness*, progress and right action take place, usually automatically. The only reason you feel a need to measure yourself against others is because internally there is some level of fear or insecurity; otherwise you would have no need to measure yourself against anyone. You are you and that is that. They are them, and that is that. Both are different (yet also the same) and perfect, therefore any form of 'personal' comparison is essentially pointless.

Unfortunately, in modern society, money, possessions, significance and so-called fame have become the ultimate tools for measuring personal worth. If you believe that money, external success and 'personal' worth are the same thing, or equate to the same thing, then you will never feel successful or worth much until you have money etc., and even then, you will always feel unsuccessful and worthless in comparison to at least some others. Sadly, those who measure their value in this way are always worried about the amount of money, possessions or fame they have, because if either or both are lost they become *worth less*, or worth little, again. The same goes for overtly spiritual people. However you measure yourself, be aware that a judgement will follow. Judgement always follows measurement for the purposes of *personal* evaluation, as it is a natural process of the base mind. *Intelligently* decide what kind of thinking you indulge in because this will dictate the quality of measurement and judgement you 'indulge' in. Remember this; if you make who, what, where or how you perceive yourself to be, wrong, in any moment, you will hurt or suffer, no matter how hard you try and convince yourself you are not uncomfortable or suffering over that.

2. JUDGEMENT

Psychological Judgement will always follow psychological measurement. Unfortunately, because of how we are conditioned in society, judgement is usually critical or derogatory, especially over the *Self*. Judgement is required for the mind to be able to make intelligent logistical choices and decisions, and to make sure you are physically and psychologically safe. It is also required before and after every choice or action, both internal and external, because measurement will automatically follow. Judgement unfortunately becomes a tool to use with the perception of others, so we can feel more adequate or less inadequate in comparison to others. If you

are living under the illusion that by judging others you can somehow be or become better, or worth more, then judgement becomes your enemy. What happens when you judge them to be more or better than you? You then judge yourself, and then you also judge yourself for judging, no matter what the outcome of your judgement. Conflict happens because of this indulgence whether you are *Consciously Aware* of it or not. The mind must judge to help evaluate your safety, so the illusion that the mind stops judging when one Awakens is a misunderstanding. However, if there is no *Self-Concept* and *Self-Image* to judge, it cannot be *personal* and there can therefore be no *personal* hurt or suffering as a result of basic cognitive judgement.

3. THE INTERNAL VOICE OF CRITICISM

Almost all internal dialogue is some form of evaluation, labelling, measurement and judgement, which creates conflict, turmoil or criticism, of the *Self* or others, by the mind using the *Psychological Reality* and *Self-Image*. Deep down, it is always translated to be over or about the *Self* in some way, as that is the basis of current psychological perception. What do you hear loudest or hold onto the longest, a perceived compliment or a perceived judgement or criticism? The internal conversations the mind has with itself, heard or unheard by you, are what causes virtually all your internal judgment, discomfort, upset, conflict, torment, hurt, anger, bullying and ultimately your own suffering. No one will ever judge you more harshly than your practised, conditioned, internal judge, jury and executioners voice of *Self-disappointment*, *Self-judgement*, *Self-criticism* and *Self-ridicule*. No one can hurt you psychologically, certainly not as much as your own perception can (if at all), which means nothing can hurt the psychological mind more than it can hurt itself!

We all have several voices within us, or at least they sound that way even if they all appear to be speaking in your voice. They speak for the Thinking Mind and different parts of the *Psychological Reality* and its many *Conceptual Identities*. One of the strongest and most conditioned is the *Critical Voice*; the internal *Persecutor* or *Bully*. This voice is driven by the *Becomer* programming, the mind itself, trying to change itself using the created *Psychological Reality* and its processes of measurement of the *Underlying Self-Image* against the *Desired Self-Image*, trying to 'fix' itself. This dialogue started in earnest when you felt uncertain about your worth or adequacy at some point in your very young life. Perhaps someone, or several people important in your life, told you, either directly, or implied by their words or actions, that you were not good enough, or were perhaps inadequate or unacceptable in some way and needed to change or be different. Perhaps they told you exactly how they thought you needed to change, or maybe they were just continually critical, giving you

no solutions how to change what seemed to be their negative perceptions of you. Or perhaps you just felt Sub-consciously inadequate and did not know why.

Unfortunately, the majority of the thinking we're taught as we grow up is critical, fearful, defensive thinking (even by those with good intentions and who believe they are teaching us the best way to be). Society propagates the illusion that if you judge your *Self* and disapprove and bully your *Self* enough over something you think you do, or don't do well, or feel bad enough about, you can change your *Self* and do something different through *Self*-disappointment and *Self*-punishment, and then this will somehow start to, or allow you to, feel good and be happy, *at least at some point in the future*. In actuality, you will simply suffer the criticism that follows the judgement and there will be no noticeable growth either. Only a loss of *Self*-esteem and *Self*-belief, if of course, there was some to lose. How can you ever be truly happy when what usually follows indulgence in '*personal*' measurement and judgement is some form of *Self*-disappointment, *Self*-criticism, *Self*-ridicule or *Self*-abuse? And how can you avoid '*personal*' judgement when you are indulging the illusion of a *Personal Psychological Self* and *Self-Image* that must be measured and judged for psychological safety?

Good, bad, right and wrong are all subjective perspective judgements, which require a comparison and measurement to someone or something else, which of course measurement provides. Note that all psychological perception, including right, wrong, good and bad are dualities of subjective perception and therefore come as a pair. When you focus on one, the mind automatically creates or indulges the concept of the other, which is also then available to be experienced, and usually is because it is then taken into account within any measurements. However, the one you 'indulge' is the one you will experience and the mind is predisposed to focus on the one it assumes carries the most risk of hurt or suffering.

It is *Self*-judgement or fear of *Self*-judgement that causes most of your avoidance and suffering, because conditioned *Self*-criticism, *Self*-ridicule or *Self*-punishment (internal violence) follows any Sub-conscious or Conscious identifiable, perceived misdemeanour. *Self*-punishment always causes hurt and suffering, not growth or happiness. *Self*-abuse may bring perceived pleasure through the illusion of safety to a *Self*-inflicting victim (because of the payoff of *Self*-pity), but it will not bring true happiness or safety. Remember this; *Self*-punishment (*Self*-abuse) causes you to experience your *Self* as ugly, first inside, then outside, and then both.



The Critic is a voice or dialogue that is conditioned into us from many

sources including parents, teachers, religious figures, friends, partners and wider society. Although we usually hear this voice as our own voice, it is the cumulative adopted dialogue of all the people we perceive as role models and who have contributed measurement, criticism and judgement to our lives, including any criticisms we have made up ourselves using the others, and the adopted beliefs, as a basis. It is the voice that internally describes what it perceives to be *wrong* or *not right* with 'you', using the *Psychological Reality's* internal *Conceptual Desired (Ideal) Self Image* as a comparison of how it thinks 'you' should be instead. It has developed this *Image* of what the mind thinks you need to be like for you to be or become adequate or acceptable or, at the very least, not rejectable. Very few people cultivate an equally strong *Consciously Aware* and *Intelligently* authentic complimentary voice, which is equally as strong, if not stronger than the critical voice, that gives them praise and support, or that questions anything the critical bullying voice says which appears to cause internal discomfort or suffering. This would of course be an intelligent start to solving this, for as the caring and supportive voice of the Higher Mind becomes strong enough; the bullying voices eventually fade away.

With all due respect to education, school (which really began in industrial times when mistakes could cost lives or body parts) is one of the key places where our critical voice is first established and then reinforced, or simply reinforced. School is where our mind, creating the *Conceptual Desired (Ideal) Self Image* gets many more of its ideas about how it thinks we should or shouldn't be, in order to be, or become, more acceptable to others or ourselves. Now I absolutely believe that schooling and discipline are needed in some form and I'm not saying here that every approach to schooling is causing these challenges. However, I do believe that an intelligent redesign of the education system is necessary, along with a redesign of the criminal justice system as well.

Unfortunately, most people come out of school with a strong sense of inadequacy, even if they didn't enter with a strong one. In general, schools do not teach you to develop a balanced, loving perception of your *Self* and for most people; they do not cultivate *Self-esteem*, *Self-belief* or *Self-respect*. School is sadly and unfortunately one of the most dysfunctional places you can go to as a child to learn *Self-esteem* (and confidence *Self-reliance*), life strategies and employing an uplifting approach to your *Self*, unless you are a high achiever. It may be great for *academic* knowledge and learning maths or geography, but as far as relating to your *Self* and others, it sets most people up to struggle and often suffer, perhaps for the rest of their lives. Many young people are driven to lose their creativity because they are under so much pressure not to make mistakes or not be wrong. I'm not trying to put down schools here because they serve

a valid purpose. There is, however, a huge cost to most of the students because of the underlying motivations (discomfort avoidance strategies) the approaches some schools and certainly some teachers adopt. Unfortunately, being derogatory towards one's own *Self*, seems to be not only acceptable but also expected, even though society pretends this is not the case. A lot of these stems back to how we have been educated. The lower your *Self*-esteem, *Self*-belief and *Self*-confidence, and *Intelligent Self*-reliance, the more easily you will be influenced by the perceptions of others. This makes it really important for children to have high *Self*-esteem. Low *Self*-esteem often causes people not to get their hopes up because they are afraid of being disappointed or feeling like they have failed, and expect to.

According to studies carried out by American *Self*-esteem expert Jack Canfield, the average child hears, or at least is offered, 432 negative statements a day and 32 positive statements at most, if they are actually able to hear them at all. Therefore it is unsurprising that a recent Gallop poll showed that two thirds of Americans display low *Self*-esteem, even though America has one of the most outwardly optimistic and successful cultures in the world. Most people are *trying* to be happy but are unfortunately failing in most cases, hence the need for this kind of book! This statistic says something really important about how we are Sub-consciously conditioned in our formative years. Let's face it, if you didn't come from a dysfunctional household or home life, you went to a dysfunctional school or learning environment and learned to judge and perceive in dysfunctional ways there, simply because that is how society has been conditioned to think and perceive. School focused on showing you what you can't do or what you do wrong as a way to teach, so we lean to look for what is 'wrong' or 'bad.' They even mark our papers and highlight what we got 'wrong' much more strongly than what we got correct. So what does the system expect us to learn other than to focus on what we don't do 'right' or what we do 'wrong'? In my opinion, this is dysfunctional.

Essentially school, and society, teaches us never to be wrong, or to learn to avoid it as well as possible. If you are wrong, you will be punished by authority figures and, more importantly, by other children, the most critical peer group you will ever have in your life. To be fair to them, children usually have no idea how cruel they can sometimes be towards others, or what the consequences of their actions might be. They are also only usually ever cruel because they have learned to copy certain adults and because they are suffering over themselves; it is like an outlet for an internal pressure cooker, which offers relief from their own *Self*-criticism and *Self*-punishment, as this seems to soften when they judge or punish

others (as is also the case with most adults). They learn that putting others down seems to make them feel better about themselves in comparison.

Historically, schooling has been, and still is in most cases, a mixture of industrial teaching and military discipline. This approach was designed predominantly to break people down so they would no longer question, even though school comes with the illusion that questioning is okay. Unfortunately, there are not enough creative curriculum approaches in schools to counterbalance the left-brain subjects and bring balance to the mind at the most important time of life through uplifting approaches and creative endeavours. There is certainly not enough praise, support and focus on creating true, non-*Image* based *Self-esteem* in 'all' pupils.

Most adults rarely have access to right-brain optimistic reasoning because we were usually taught not to think for ourselves or we learnt just to focus on what we can't do or don't do well in order to 'improve ourselves'. Schools encourage left-brain, logical, analytical, sequential, accurate thinking and *Self-judgement*, *Self-criticism* and *Self-punishment* as a way to 'change' and become 'better'! Not because school is innately bad, but because that is the outcome of the mainstream system and what teachers themselves have learnt is the way to be to become more adequate or acceptable.

In my experience, school does not teach us to honour the unique qualities everyone has which we should celebrate every day. It teaches us to be only a certain way or to become good at catching ourselves doing things wrong, so we can stop ourselves or punish it out of ourselves; that is, unless you are one of the very small percentage of children who are physically or mentally 'better' than everybody else in the class or school, according to the school's criteria for this, in which case you will be held up as an example to other children of what they should aspire to become. This adds to the *Conceptual Desired Self-Image* we are still creating and carrying as a species at this time in our evolution, creating even more ways we believe we should or need to be different. Perhaps five percent of students are congratulated, whilst the rest are directly or indirectly criticised, in the hope they will aspire to be like this five percent; that is, of course, if they can even believe in themselves enough to attempt this. This strategy can never actually work! It also sets up the most successful pupils (at least those who are not physically dominant) to be somehow punished by the rest, who feel inadequate as a result of their example. Why do you think so many smart children get bullied? Because they often become the yardstick that the less successful pupils are bullied with, by their teachers, their parents or even other students. It is also often their example that causes the rest of us to perceive how we are lacking in these areas. Then

they become what we blame (and remember we are taught to blame) for highlighting our perceived inadequacies in comparison to them or others.

You cannot use degradation to create inspiration. It is somehow believed that showing students how they are less than someone else or trying to degrade or embarrass them into wanting to be more like someone else, will somehow teach them or inspire them to improve. The only way to get someone to ‘want’ to grow and evolve is through inspiration. You cannot inspire them by showing them what you perceive to be wrong with them. This will only cause them to feel more disappointed over themselves and lower or keep their *Self*-esteem low. Nor can you succeed at being peaceful or happy through using this strategy on yourself.

When I was at school, these were the most regular approaches adopted to get us to do ‘better’. Even if it is not the official policy of the school, many teachers still adopt embarrassment, ridicule and humiliation as strategies to try and get children to conform or change, because they know these things cause them discomfort, at best, and they believe this drives change. Also because this is often because of the way they themselves have been taught and conditioned, and because they still believe overt discipline is the only way to get results. Some standards have changed, partly because discipline is not as enforceable as it was (which may or may not be supportive of young people who still require boundaries during their development). Generally however, attitudes are getting better and thankfully less draconian. However, there is absolutely room for evolution in these processes. Most parents have also been brought up in similar ways, so they too have these judgement and criticism programmes and processes in place, which they have usually helped pass on to the next generation without even realising it.

I have honestly never seen any evidence that these old approaches really work to get people to evolve to higher levels of Awareness. I have watched many people pretend to change to avoid discomfort, ridicule or humiliation, but I doubt I have ever seen these strategies do any real good, or create real growth. Sadly, *Self*-judgement and *Self*-punishment are just some of the main strategies we take away from school, and often from our parents or significant carers, which we continue trying to use to attempt to ‘improve’ ourselves and hopefully become more like we think we ‘should’ or think we ‘need’ to be. Sadly, the wounding that comes through degradation and humiliation is caused by *Self*-judgement, *Self*-blame and *Self*-abuse, not through the actions of anyone else.



This may sound insane (and essentially it is) but pain avoidance is partly why the mind tries to cause pain over any change you think needs

to be made in what you perceive to be 'you' (whilst still interestingly trying to avoid this discomfort). By using its own innate need to avoid pain, the mind thinks that if it can cause enough pain over something it is doing, based on the minds *Desired Self-Image* of how you think you should or shouldn't be, it will stop it, or 'you', doing it, or make you do it. Unfortunately this only usually works if it is intense enough to shock the system as soon as the process is recognised by the Sub-conscious mind; in short, it can only work first time or not at all.

I guarantee that most of the things you criticise your *Self* over, you will have criticised your *Self* over many thousands, if not tens of thousands of times before (and this can go on forever), yet it hasn't actually worked to stop you doing whatever you are criticising your *Self* for (and if something did change, it was for different reasons). This is as intelligent as watching a movie a dozen times and expecting a different ending. Until you *Consciously* recognise this, you will spend the rest of your life *trying* to become acceptable, through *Self*-criticism or worse, and will fail. This *Ideal Self-Image* you think you need to conform to, is not real, and you will never become how you think you should be, nor do you need to, in order to be truly happy. The goal posts will always be moving anyway because, as I have said, this measurement and criticism is a process, not a destination! Allowing and encouraging *Conscious Awareness* and the discovery of Unawareness is the evolution solution for all of us and for all mankind.

True peace is not an absence of war. It's an absence of internal conflict. When we no longer indulge in internal conflict, we will no longer indulge in external conflict

If you show me a time when abusing or punishing your *Self* worked to create any growth at all, I will show you it was something else (perhaps seeing the unintelligence of your previous approach in that area) which caused or helped you to experience a shift. It was not because the *Self*-abuse worked, it *does not work!* You cannot create peace from war, yet most people are trying to do that within themselves. You are trying to create psychological safety using a process which itself creates psychological hurt and suffering, essentially psychological unsafety. So please, if you use this strategy on yourself or are teaching it to your children, even in the mildest way, please step away from indulgence in this right now. In my humble opinion, the most important focus in school, and indeed at home, should be teaching children how to have *Self*-esteem, *Self*-belief and high *Self*-worth, just as they are. Not because they are good at anything in

particular, but because they are valuable as a human being.

Encouraging children to truly discover what their true potential is, no matter what their behaviours may be like, will bring out a level of *Intelligence* in them that will draw them to evolve both internally and externally. Their behaviours will naturally change when their level of intelligence and perception of their value rises and along with that, so will their standards and the vehicles they use to meet their psychological needs. There is no benefit in whittling away *Self-esteem*, *Self-belief* and *Self-respect* through teaching how to avoid ridicule and humiliation by pretending to be different to what or who they are. Trying to avoid triggering the perceived disapproval of people around you is what confirms and validates the internal judge, jury and ruthless *Self-bully* in you, and adds to the structure of your perceived *Desired (Ideal) Self-Image*, which just causes more suffering over the perceptual *Underlying Self-Image* it is in conflict with. Raising the vibration of your thoughts and reasoning, by *Consciously* and *Intelligently indulging* only in (giving attention to) certain kinds of thoughts and behaviours which will engender higher-quality Personalities (states) in you, which bring with them higher quality attitudes and behaviours.



There are no bad people in my opinion, only disempowering and unsupportive perceptions, attitudes and behaviours that get Sub-consciously indulged through Unawareness. No bad people, only confused, misguided, injured and lost people. People may have indulged in 'bad' (disempowering) behaviours etc so often and for so long, that at some point they start to believe, or got perceived confirmation, they were and/or are a bad person, or perhaps they started out early on with these type of beliefs. People are tormented because they perceive themselves to be inadequate or bad, even though inherently or Semi-consciously they know they are not (which can then cause discomfort through confusion). They are usually just afraid to perceive themselves in any other way, just in case accepting that they are an inherently good person is somehow proved to be wrong, which they also expect, and will be perceived to hurt even more. Yet underneath most do not really want to be perceived, or perceive himself or herself, as a bad person. If people were genuinely bad, surely they would not experience conflict or torment about their 'bad' perceptions or behaviours. If you believed you were or are genuinely a bad person, you would have no desire to be better. Certainly you would have no internal conflict about your so-called bad behaviour if you were truly bad. It is just another justifiable mis-assumption made by a conceptually injured and confused mind.



Most people want to have good judgement and never make mistakes. This is mainly because of the abuse or punishment they inflict on themselves internally when they make a so-called mistake, or think they are being perceived as having made a mistake. Good judgement comes from experience. Paradoxically however, experience more often than not, comes from so-called bad judgement. So how can you learn good judgement without so-called bad judgement and without making so-called mistakes? Although everything is already perfect as it is, and evolving, as it needs to, the psychological construct of *Perfection* is not the natural way of things. Psychological perfection is really a recipe for *Self*-disappointment or *Self*-abuse. Indulging in psychological perfection is another way to try and avoid *Self*-criticism or *Self*-ridicule over what is perceived as imperfection in what you do, in you, and in your life, or for making so-called mistakes, or not doing or getting something as exactly right as you perceive it should be. Your perception of perfection is most probably about not doing anything wrong or criticisable so your unreasonable inner jury don't convict and punish you. You want to be perfect so you don't make mistakes, so that you won't *Self*-criticise or have others criticise you. It's not really about wanting to be perfect, it's about wanting to *not* make mistakes, or be perceived as having done so, so you can't criticise yourself or be criticised. Yet because you need to learn, and therefore must make errors or misjudgements, you will always *Self*-criticise because you can't be perfect in the way you are trying to be. And anyway, that is not perfection, that is avoidance. So if we must make mistakes to grow, how can this type of *Self*-criticism be avoided anyway? Surely the solution is to sack your unreasonable jury and executioner and let go of *Self*-punishment as a process for change, as it doesn't work anyway.

The Sub-conscious dialogue of; "If I can't do it perfectly to start with, there is no point doing it", is just a way to ultimately avoid *Self*-criticism or *Self*-punishment for doing it, and then maybe risking getting it 'wrong' or 'failing', as perception would describe it. The need for perfection becomes an excuse to stop you from doing things. The mind thinks; "If I don't start I can't fail and therefore I can't criticise and punish myself." Wrong! You will probably also criticise yourself for not doing it anyway, but this is apparently more acceptable. If you criticise yourself for one thing, you will measure, judge and criticise over most things, one way or another. Don't let the illusory need for perfection be the enemy of experiencing something new. If you think something has to be perfect for you to proceed, you will rarely proceed. If you need to proceed with something in the external world (logistical things) and you are not, realise that *done* in the best way you can is far superior to not doing because

of the need for perfection, because this brings with it the opportunity of learning at the very least.

We are all designed the way we are so we can experience our own unique journey of adjustable judgements and experiential learning, guaranteeing our ascension in *Conscious Awareness*. *True Perfection* is in the imperfection of everything. Psychological perfection is merely 'trying to become', or trying to avoid, made-up (yet believable) concepts of the mind, inc. a concept of a 'you'. Everything is already perfect.

True perfection is when someone is totally at ease with, and genuinely accepting of themselves. Not because they have become what or how they think they need to be, but because there is no resistance to how they perceive themselves

No other species treats itself badly, for any reason at all. This is why it is so clear to me that the true challenge is human *Psychological Perception*. Yet some people say it's thinking which sets us apart from other creatures. Clearly, as a species, we are not thinking in good ways most of the time. Other creatures find the lesson in the experience and simply carry on living and experiencing life in the moment. We, as a species, punish ourselves multiple times, even thousands of times plus, for a single so-called perceived mistake, which only further lowers or confirms our already low perception of our perceived adequacy or worth, and perceived potential. This is the insanity of the *Psychological Mind* using the *Psychological Reality* as its basis for perception. What is the point of this when it destroys the quality of your moment-by-moment life, and any *Self-esteem*, ensuring that you behave in *Self-critical* ways that cause you to continue to be disappointed with your *Self*?

If you want to experience a better quality of life, it is required you first start treating yourself well internally. If you care about yourself, you can be kind to yourself. Kindness immediately raises the experience of your reality because it is based on *Conscious* mind compassion. The solution I would suggest is to catch yourself doing things that support you and anything you do well enough to raise *Self-esteem*, *Self-belief*, *Self-respect* or *Self-confidence*, whatever they are. If you consider you've made any kind of mistake, in any way, forgive yourself immediately, no matter what it is, and accept that you were doing the absolute best you could in that moment. Then acknowledge that now you *may* know better next time. If you want to be treated well, it is first required that you are willing to, and do, treat others well. Many expect to be treated well, but really don't treat

others well at all, unless they are scared of them, or want something from them.



Can you remember back to when you were ten or eleven and made a mistake? Can you look back from your current perspective of life now, using compassion and caring, and recognising your actual level (actually your lack) of life experience at that time, and see that whatever it was you did, or didn't do, was because you didn't know any better at the time, and that you were doing the best you could with what you knew at the time, and the level or lack of *Intelligence* and *Awareness* you had then? Even if you knew you shouldn't be doing it, you didn't have the experience and knowledge to actually do it differently, or make different choices in that moment. Or perhaps you didn't possess the level of *Awareness* or *Intelligence*, which would have enabled you to comprehend the consequences to yourself or others at the time. Can you forgive (have no resistance to) the person you were then at age ten or eleven, for not knowing any better? I'm pretty sure you can if you want to be reasonable, intelligent, compassionate and kind towards that *Self*. Do you? Then forgive yourself for whatever it was you perceive yourself to have done or not done. You did the best you could regardless of what you may have thought up till now!

Did you do something a year ago you considered to be a mistake or stupid, or worse? Looking back now, can you forgive yourself for it because you didn't know how to make a different choice at the time? Or perhaps you couldn't do it differently even if you knew you shouldn't be doing what you were doing at that time? Yes you can, if you really want to. Did you do something a month ago which you can now see you would have done differently with the knowledge, experience or perspective you have now? Can you forgive yourself, if you want to? Could you do the same for something you did a week ago? What about a day ago, or an hour ago, a minute ago or a second ago? Can you see what I'm talking about here? The ability to forgive (have no resistance to or blame for) and accept has nothing to do with a period of time. It's about *Conscious Awareness*, caring, understanding, intelligence, non-blame and compassion. You can, and should, forgive yourself for not knowing any better at any time, no matter when that time was. After all, if you had known better and had the ability to choose differently through *Conscious Awareness*, you would have done it differently wouldn't you? Of course you would, you simply couldn't at the time, so forgive yourself and let it go now.

Even if you don't realise it, you will have learned something and *may* perceive the same situation differently if presented with it again. Or perhaps you are not ready to do it differently just yet. Forgive and be kind to yourself anyway. If you would still behave the same way next time, it

is because you do not yet have the *Conscious Awareness* and level of true *Intelligence* that would allow you to be or choose differently. Even if you cognitively *think* you know better and what you *should* do instead, that's okay. It does not make you wrong or inadequate unless your judgement system makes it so. The ability to make a choice which will truly support you in moving towards higher Awareness (of your processes and the true choices *you* can make) will come but only if *Conscious Awareness* and observation replaces *Self*-judgement etc.

Have no resistance to how you perceive yourself to be because, whether you like it or not, you are already Sub-consciously doing what your *Psychological Reality* believes supports you the most in meeting your pre-eminent psychological needs. Be kind to yourself and forgive yourself no matter what happens straight away! This goes for other people as well. Forgive immediately if you can. They are also doing the best they can right then, and are simply unable or don't know how to do or be any different in that moment. This does not make them inadequate. It just means they are where they are. "Forgive them, for they know not what they do." Recognise those words? Apparently they are the words the biblical Jesus spoke on the cross. Do not underestimate the power of this statement. The words mean don't blame them for they are currently *Unaware* of what they do, or why they do it. No matter how badly Jesus was treated, he understood that they did not know any better so he forgave them, because they were not aware of the insanity of their deeds. Others in Jesus' position would have been suffering internally as much as externally because of their blame, bitterness, anger and hatred.

I suggest your internal struggle will lessen when you understand that everybody is genuinely doing his or her best at any time, including you, no matter how bad that may look. At this moment in time, they, or you, just don't know a better way to meet their, or your, psychological needs and or a better way to approach life. And that includes everyone. You will always use your best logical reasoning to do what you do, and I teach about *Awareness* because *Conscious Awareness*, and only that and genuine *Intelligence*, will allow you to see what that is. So accept this and be kind to your *Self*. I guarantee your reasoning will improve simply as a result of developing *Conscious Awareness* and *Intelligence*, and the boost to your level of personal value, *Self*-worth and approach towards your *Self* and life that will result.

The true desire to respect and accept another's differences, no matter how different they may be, will free us all to live in harmony. This ability comes only from having inner peace through our own true *Self-acceptance*, whether you change or not. When you focus on perceived differences, you not only indulge alienation and aloneness, but create it

People are generally worried about what other people think of them, in case, and especially if, those negative opinions concur with what they're thinking about themselves internally. The approval of others appears to alleviate your suffering for a short time, and briefly gives your *Ego* (*Active* surface or superficial *Self-Image*) the feeling of adequacy, value or worth, whilst the perceived disapproval of others 'amplifies' the disapproval already going on in you, because the opposite happens. Others can only intensify *your* measurement and internal judgement, which, of course, is all that can hurt you psychologically; the judgements and perceptions of others themselves cannot.

If someone were to say to you, "Your blond hair is getting really thin" and you had thick dark hair, the comment would have almost no effect on you; in fact you would probably dismiss the comments as rubbish (although you may feel triggered to retaliate anyway just because you assume they want to attack you). If you did have thinning blonde hair however, and were already disappointed about this, judging and criticising yourself because of it, this comment would appear to hurt you or cause you inner turmoil. You would feel hurt, not because someone made the comment, but because their judgement resonated with and amplified your existing judgement and criticism of yourself, and therefore your own *Self-disappointment* and punishment is simply triggered by them. This triggers insecurity or fear and this is one of the reasons many people work so hard on their *Public Identity-Image* (*public* element of the *Ego -Image*). They hope people will not see how they measure and judge themselves. They try to hide what they think they don't like about themselves, so that others will not have the opportunity to judge them in the same way (or they deliberately flaunt it so it cannot be discovered by others thus giving the illusion of safety). This whole process causes a great deal of pretending, presentation, performance and acting. When you judge yourself this way, you are more inclined to judge others in the same way too, even if you yourself hate being judged. Judging others further fuels your negative judgements towards yourself also.

You may even be using others to help you judge yourself, perhaps projecting your judgement system onto them and assuming that the

criticisms you level at yourself is also part of their judgement system. It doesn't need to be part of their judgement system; you only need to think it is. It's only your perception of it anyway and you will psychologically hurt yourself with it or over it. If you were to practise not indulging the judging of others, and see the system you use to do so in you, you would soon find that judgements about yourself would also start to reduce. When you judge others less, you judge yourself less and expect to be judged less. When you judge yourself less, you judge others less. Your discomfort or suffering arises because of your inner judgment and conflict over your *Self-Image*, not through the external stimuli of events, situations, and interactions in your life, which you blame, which of course just traps you.



Sadly, most people do not even attempt to become truly *Self-Aware* because they don't want to become (more) *Conscious* of the challenges they perceive themselves to have over themselves, or see how they truly perceive their *Self* and *Self-Image* to be. They believe they would just criticise and punish themselves for this awareness, and assume that what they find will not be good, or worse. They usually believe it will cause more suffering and so avoid any opportunity to grow because they perceive it to be far safer to try to stay in ignorance, or so they think. Unfortunately, they are already suffering and life will continue to force them to face themselves and their suffering. This is an *Evolution of Consciousness*, as I keep saying, and because of that we **must all** evolve in *Consciousness* and *Awareness* eventually. We have no choice. Some choose to evolve *Consciously* and as a result, may evolve and become free quite quickly. But unfortunately at this time, most have to be forced by Creation and therefore evolve very slowly and painfully, even if they are pretending to evolve, or be evolved.

The mind, using the *Psychological Reality*, is always striving to perceive the *Egoic surface Self-Image* as successful so it can minimise its own *Self* inflicted abuse (but this does not translate to a raising the quality of the *Underlying Self-Image*, so it is wasted). This is why the mind, using the *Ego*, will judge others harshly and wants to fool you into believing you are superior to (and not inferior to) others, or more successful in any particular arena than you actually are, often including the arena of *Consciousness*.

Peace is a state of 'being'. When you are at peace with yourself, you are at peace with all others. All of our external problems and perceived difficulties are just a reflection of our lack of internal peace, caused by our inner thinking, conflict, turmoil and hurt over our perceived *Psychological Self*

The quality of your emotional life can be measured by the quality of your internal dialogue in any moment, whether that dialogue is about you or others. Blaming or wishing ill on others will only have an effect on you, not on them. Resenting others will only really cause distress to you, not to them. When you judge another, you affect your own perception of your *Self-Image* and this feeds your judgement system, which also judges your *Self-Image*. Your judgement will not affect someone else unless they are already judging themselves in the same way. And how will you truly feel good if you hurt them or cause them discomfort anyway? Or perhaps you don't think you care?

Many, if not all negative judgements of others are based on fear. If you indulge those judgements by interacting with them, you will experience fear in your life and over you, guaranteed (simply because you will be scared of receiving them back). Many people feel the need to punish others for how they perceive themselves to be, or for how they perceive they have been treated, in the hope that doing so will somehow minimise their own internal suffering. All it will likely do is trigger a brief sense of satisfaction because the *Ego (Active superficial Self-Image)* helps the mind feel a little better in comparison. These 'others' are usually people they can measure as different by attitude, looks, body type, colour of skin, nationality, ethnic or religious background, belief systems or perceptions, or simply members of any different group or 'tribe'. This strategy does not work either. No strategy that is basically psychological violence will cause anything other than the consequences of psychological violence in your perception system, or anywhere else.

Racism is just an excuse used by angry people to target and punish someone who is different to them, so they can have an *apparent* brief respite from how bad they feel about themselves

An angry person is usually angry not because of external events, but because of internal anger generated by their *Self-dislike* and *Self-abusive*

internal dialogue over their *Underlying Self-Image*, simply because of the meaning they create about themselves over external events. Usually this inner anger is simply *triggered* by an external stimulus, interaction, situation or event, and it is then projected onto that external stimulus, event, situation, interaction or person. What we see as the bad behaviour of mankind in the world is the manifestation of the anger felt by individuals over their poor perception of themselves and their uncomfortable *Self-Image*; this they are conscious of but unable to see, acknowledge or indeed accept, because they are still *Unaware* of it, or not *Consciously Aware* enough to see it yet.



Imagine you are stuck in a room for the rest of your life and that room is like a lift. As the lift goes up, the atmosphere of the whole room feels better. When the lift goes down, the atmosphere of the whole room feels worse, rather like moving down into a subterranean (perceptual and emotional) sewer if you go down too far. Now imagine you are stuck in that lift with someone. You are stuck in there with them apparently for the rest of your life. What kind of dialogue and relationship would you 'want' to have with that person, bearing in mind you will be with them continuously? Everything that happens to them affects how you feel; there is no escape. Imagine what kind of relationship you would have if you continually, consistently, or even occasionally criticised them, put them down, called them abusive names, or were constantly looking to identify their perceived faults and flaws, so you could attempt to punish them out of them?

Surely that lift would be stuck pretty far down towards the perceptual and emotional sewer because the atmosphere in that room would be pretty bad. Now imagine instead, you looked for everything you could like about them, and forgive them immediately for anything you perceive them to do, not do, or not do well. Imagine you look for all the reasons why you enjoy, or could enjoy, being with them and are always simply just kind, caring and forgiving towards them. Do you think the quality of your relationship would be much better? And would the atmosphere of the room improve, and the lift raise, as its quality gets better and better? I suggest it certainly would. Well, you are already stuck in that room, for that room is your own thinking mind in your head, and there is no escape from the version of *Self* that you, the mind and *Psychological Reality*, are constantly indulging in discomfort or dialogue over, and are usually disappointed with, and regularly attack and abuse. Would you be that hostile and talk to your best friend the way you internally talk to and treat your *Self*, and still expect them to be your best friend? Would you even expect them to continue speaking to you at all? Be honest! Then forgive

yourself (see the unintelligence of blame) and be more *Deliberately Consciously Aware* of how you treat your *Self* internally, and practice being *Intelligent*, caring and kind to yourself. Isn't it time you decided to create a better relationship inside of you, so that the feeling of being you is much better? I think it is time for everyone to improve the quality of his or her own internal relationships. Peace is on the other side of *Self-acceptance* (*Non-resistance* to how you perceive your *Underlying Self-Image* to be), not *Self-disappointment* or *Self-abuse* over it.

You are the most valuable person in your life and the one person in this world whom you truly need to be friends with. Abusing, criticising or being disappointed with yourself in any area or to any degree, will not allow you to find peace and balance, or *Self-esteem*, *Self-confidence* or *Self-belief*. If you can really view yourself without harsh judgement and accept yourself, as you perceive your *Self* to be, you will quickly move to a higher level of *Conscious Awareness* and a better experience of moment-by-moment life. Always congratulate yourself on your accomplishments and successes, no matter how small. Never criticise your *Self* for what you perceive as your failings, no matter how large you perceive them to be. That is just adding injury to misunderstanding.

Treat yourself kindly and forgivingly; if you don't, whom else can you rely on or expect to do so? Allow yourself to see how helpless you are to change or grow using any strategies of *Self-criticism* and *Self-punishment*. Become intensely *Consciously Aware* of this internal conflict created by trying to 'become' different and *Consciously Observe* what is in play. Are you trying to 'change' and how? Are you trying to only be a particular way and how? Actual *change* comes about through *Conscious Awareness* of what is 'actually' going on internally, through acceptance and non-resistance and not through bullying, *Self-disappointment*, *Self-criticism*, *Self-ridicule* or *Egoic* pretence. If change has come about over something in the past, it will be because a level of perceived pain was recognised by the Sub-conscious mind and it could clearly see what it was doing to cause the pain or indulge in that caused pain. This caused the mind itself to either adopt a new strategy or approach, or accept what was there and stop fighting or resisting it.

Also, when you have *Self-esteem*, looking after yourself physically is a normal priority. If you don't look after yourself in this way, it is *unlikely* you have good *Self-esteem*, nor will you get it till you do. There are exceptions for those who are truly free from issues around *Image* or fear of judgement (although they still wash every day) and these are genuinely very happy people (not just people that use humour to hide or appear happy); however, they are very few and far between.



I am often asked; “How do I grow, evolve or ‘change’ if I am not ‘pushing’ or ‘punishing’ my *Self* or *trying* to change?” Life will never let you not evolve, as you are part of the evolution of *Consciousness* and therefore we are required to evolve. Even if you resist and don’t want to be part of it, you will grow, just much more slowly, and with more of a fight, and you may need to take many detours to get there. Travelling in the direction life is nudging you will bring you as much evolution as you can handle, and will support you in feeling great on the journey towards a much higher, unattached level. It is often assumed an Awakened being will be lethargic with no drive; however that is not true. Awakened people are usually **very** active at the most effective or required times, just in a different way and with different, much higher reasons for the activity, and do so in a flowing and relaxed way like clear water moving along in a soft stream. They are drawn rather than driven to do what is done. I am more active now than I ever was, and when activity takes place, it is more balanced, focused, peaceful and productive, with no internal struggle or conflict at all, observing the big picture and focussing on details at the same time.



Write a list (or refer to the one you did earlier) of as many things you can think of which you think you need to do or be, in order to be or become acceptable (within your perception), perhaps to others, but ultimately to yourself. This will give you some insight into what you are trying to become and therefore the areas in which you perceive yourself to be inadequate, or perhaps you perceive the whole *Self* to be inadequate because of a poor *Self-Concept* and *Underlying Self-Image*. This, of course, is not true but if it is real to you, then you will suffer over it. This book is designed to help you get over all of this, and more, and become more *Consciously Aware* and *Intelligent* so you can experience *true* balance, peace and happiness. If you do not first accept your perception of your *Self*, it does not matter if others see you as acceptable, because you will still be suffering over ‘you’ your *Underlying Self-Image*. If you unconditionally (truly, not *Egoicly* or because of good circumstances) accept yourself, it would never matter if others deemed you to be unacceptable, because you would not be hurting or suffering at all *personally*, because there will be no internal *personal* judgement of ‘a *you*’ hurting you already.

1. **CULTIVATING THE CONSCIOUS INTERNAL VOICE OF PRAISE**

Never indulge in saying anything disrespectful or bad to, or about, yourself, to either yourself or others. How do you want to feel? Then simply do the things, or only focus on the things or thoughts, which cause you to feel the way you want to feel. I am of course assuming here you want to

feel good, but if you want to feel bad the same process applies. Regular, honest *Self-praise* and supportive, uplifting inner dialogue eventually triggers a happiness which is not dependent on circumstances or on other people. If you see or meet an unhappy or angry person, have compassion for them. If you can, help them, preferably with their consent of course. Having compassion for them may not appear to help them directly but it will, and it will certainly help you feel good about yourself.

Show your merciful heart to everyone, including yourself, and you will experience less, or even no insecurity, fear, aggression or blame from you, or perhaps them. If you see someone who has qualities you feel you lack, don't envy them; instead be pleased for them and if those qualities are uplifting and of a higher quality of thought and reasoning than yours, learn from them. Intelligently emulate those qualities and thank the person for the gift of showing them to you. You don't actually have to thank them personally; in your mind simply point your thankful, grateful perception in their direction. Universal influence will hear your gratitude and will feed you and them, accordingly. Of course, do not show your gratitude for the sake of reward if possible (and if you do, be internally honest about that) as this will lessen its value and make it into a low-level bartering exercise that will just attract similar low-level attitudes into your life. However, it is always better to be nice than not.

Become *your* best friend. Support yourself against any disempowering internal dialogue by creating a voice that questions every derogatory statement your Thinking Mind (*Psychological Reality*) makes about you, or others, in a kind way, not through any process of punishment. Use the Conscious mind as a friendly voice and consistently indulge in friendly, honest, descriptive praise, of and for you (and others). Question each uncomfortable thought and *Intelligently* cultivate a new caring inner dialogue, even if you have to fake it to start with. Develop a new voice of reason which looks for, describes and upholds your perceived worth and your perceived value (remembering that any lack of value is also just a perception). Whenever your critical voice says something which does not cause you to feel good, question the validity of the statement with your 'friendly caring kind' voice, the internal voice that is your friend and on your side, the voice that wants to inspire and support you. Use this voice of uplifting supportive reason as your internal caring friend.

Re-define your perception of your *Self-Image* by observing it (the *underlying Self-Image* you have held since a young age). Look for new references and evidence about yourself, which allow you to raise the perception of your adequacy, worth and value, especially to yourself. Look for references that show the good in you, the kindness in you, the caring

and compassion in you, and the *Intelligence* in you. Catch yourself doing things that support you and others at a higher level than psychological survival. If you happen to catch yourself doing something you perceive to be ‘wrong’, based on your old conditioning and judgements, forgive your *Self* immediately. Then focus on and practise an alternative behaviour the next time the opportunity for the old behaviour appears, and you are *Consciously Aware* enough to spot it and make a *Deliberate* choice over it. When you do this successfully, focus as quickly as possible on why you can feel good right now.

This may all seem like too much for some, and others may believe they already do this, but in actuality, usually don’t very often. However, it is absolutely possible and it is just the beginning of living a life of *Awareness*, happiness and peace. You want to feel good, right? (If you don’t, at least be honest with yourself about that. Become *Consciously Aware* of it and you can evolve from there.) Indulge only the inner dialogue that is worth dialoguing with, the voice that helps you feel genuinely good, and supported. Don’t try to stop thoughts; just don’t indulge them with attention. Cultivate only the type of thoughts and *Conscious Awareness* you want to experience; friendliness towards yourself or others; kindness and compassion for yourself or others; and gladness for others who have what you do not. Develop indifference to those who indulge in *unaware*, or low-awareness behaviours you do not wish to indulge in, whilst also cultivating caring, compassion and forgiveness (non-blame) towards them (without indulging or *empathising* with their suffering). Remember, through Unawareness, they know not what they do. Above all, have compassion, caring and forgiveness for your *Self*.

Praise your *Self* out loud in a kind and caring way so you can hear it. Look in the mirror and thank yourself as authentically as possible, for the genuinely good things you see in yourself, and only do so in a kind and caring way. Do it, even if you don’t think you deserve it. Just make sure your compliments are plausibly genuine because they must be believable, or the *Psychological Reality* and Thinking Mind will reject the compliments, and judge and punish you. There are plenty of reasons to praise your *Self* if you look with the right attention (without being so-called *Egotistical*), and with genuine expectation of finding them, even if your internal dialogue may tell you otherwise. If you honestly can’t find any reasons then ask those closest to you (the most intelligent and optimistic) who care about you the most, to describe to you what you can praise yourself for and feel good about. If they can’t come up with any or are derogatory towards you, you’re asking the wrong people. *Everyone* is praiseworthy and has genuine good in them, and about them, and many have far more good in them than they would ever believe.



THE IMPOSSIBILITY OF CHANGING YOURSELF

The Psychological Mind is using measurement, judgement and *Self-criticism* or *Self-punishment* to try and bring about change in you (your *Self-Image*). We cannot force ourselves to change, as effort only works externally. Used internally, it can only cause us discomfort, stress, hurt and suffering, and is basically perceptual war. Essentially this is indulging in war with, and over, the mind which itself is creating how you perceive, think and act. This does not bring internal change, growth or peace. Any desire we have to change is because we do not feel acceptable to ourselves, or others, as we currently perceive ourselves to be (*Self-Image*). This is caused because the mind is holding an image of how we think we should be instead (*Desired Self-Image*), but the very process of using this as a comparison is what causes our suffering over our perceived *Self* (our *Underlying Self-Image; our Core or Central Identity*) in the first place. Without this constant comparison we would be at peace internally with no resistance to how we are, or life is and we would not have this underlying sense of being inadequate or unacceptable. It is this sense of being somehow personally inadequate, unacceptable or worse, which is the cause of our discomfort, hurt and suffering. Everything else we are trying to do, deal with or change is simply a symptom of this. This will become much clearer as you go through the book and I continue to show you how perception is structured, along with exactly what you need to become *Consciously Aware* of for the Sub-conscious mind to start adjusting itself, without effort or force, and evolve beyond where it currently is.

The mind's best thinking created the perceptual challenges you perceive you have right now, and can, and will, only evolve and update 'itself' (*Underlying Self-Image*) through being exposed to 'itself', this *Image*, because it is a pain avoidance mechanism at the core of its programming. This is a paradox because this avoidance programming causes suffering yet is required to end the suffering. If it recognises it is causing its own conflict, hurt and suffering in any way, it *must* adopt a new strategy or process in that area of perception. The mind does it, you do not, and the mind only does it through insight, not force, criticism or punishment. You can only be as *Consciously Aware* of your thinking as you can be; and that is all you can do and actually all that is required. If your mind discovers or recognises a better strategy, approach or belief for or around any event, situation or interaction, it will choose that one as the most valid and the older strategy will be filed (not deleted). This really means that

one strategy or process simply supersedes another, we do not reprogram it. Any strategy accepted as valid at any point in your life by your Sub-conscious mind will always be available for it to access. This is why people can return to old behaviours, even when they, or others, think they have deleted or reprogrammed them.

This internal Sub-conscious recognition which creates change and growth (sometimes intense enough to be experienced as Conscious recognition) can only come about either through an external stimulus presented by Creation which triggers an Awareness in the Sub-conscious mind, or through the right brain becoming a Conscious mirror and reflecting back to the Sub-conscious mind the thinking, agendas, beliefs, expectations, presumptions, assumptions, attitudes, or approaches, which are already causing its conflict, insecurity, hurt and suffering. This happens through *Conscious Awareness* and *Consciously Intelligent* and *Honest Self-enquiry*.



The level of Awareness which creates a problem cannot solve it because the Sub-conscious mind cannot see itself or see how its own thinking is unresponsive. As well as *Conscious Awareness*, *Intelligence* and *Self-enquiry*, we also need feedback and external stimuli (usually people) so we can actively court insights through observation, by experiencing the external stimuli and feedback which will help the mind adjust more quickly in a much more supportive direction. This is why coaching and courses, as long as they are of sufficient level and value, are invaluable.



From the time I tried to commit suicide (and even before) until the time of my shift in Consciousness, I thought I had changed a great deal. Now I realise that as the entity I am, I have not actually changed at all. I have always been this and like this. However, my previous perception stopped me seeing it because it held an image of how I thought I was, and one of how it thought I should be instead, which caused me to perceive myself as inadequate and ‘wrong’. This is what caused me to feel I needed to change but now this has dissolved, everything simply *is what it is* and everything is all already perfect. This is the difference between the quality of life I used to create for myself and the quality of life now experienced. Because of this I appear to have changed but nothing other than perception needed to evolve and become free of the illusion of a *Self-Image*, in order for balance and peace to occur naturally, and for true happiness and joy to naturally shine through. The **only** solution is Deliberate Conscious Awareness of what is going on in your perception in any moment, and Intelligence over that, not forced *Self-change*.

Trying to use effort within the mind is like digging a hole in water. You can use all the energy you like but as soon as you stop, whatever thoughts or behaviours you are trying to get rid of, or hide from, will return. Consciousness Growth and Evolution can only come from observational, non-resistant, *Conscious Awareness*, never from punishment, abuse or force. Change only comes about through a mind seeing that what it currently indulges in *Unintelligent* in some way, and then *Intelligence* can step in to provide a better quality perception if allowed to.



Struggle and Conflict, which is all over yourself! Craving or psychological need of any kind causes struggle. Craving to be slim, right, worthy, rich, famous, pretty, handsome, cool, powerful, in control, strong, emotionally safe, successful, popular, perceived as awakened or enlightened and countless other attachments your Thinking Mind and *Psychological Reality* convince you that you need, will **all** cause you to struggle and have conflict. There are many reasons why people struggle in this way including; defective beliefs about themselves, relationships, health, grace, God, spirituality, resistance to emotions, conditioning, resistance to change, other people, money, success, unwillingness to grow older or to show the physical changes associated with ageing, fear of facing one's own actual inner *Self-Image*, and so on.

Many people feel consistently tired because their energy potential is consistently drained away by the internal psychological struggle, conflict, turmoil, need for perceived control, hurt, injury and suffering they rarely even realise is going on. Struggle almost always comes from some form of inner disturbance or perceived deficiency, from some attachment to an object, perspective, position, outcome, or a way of perceiving yourself or others; basically any attachment to anything that causes resistance over what already 'is'. The common element in all these needs, urges or cravings and the root cause of them is people struggling with and over their perceived *Reality* and the meaning, which is perceptually created, by their own perception, about their *Self-Concept* and *Underlying Self-Image*. Anything you do not accept will cause resistance, which in turn will cause you to struggle and experience discomfort, conflict, upset, torment,

hurt or suffering, now or at some point. That which we resist, persists and often gets worse. These are not my rules; just observe your own life and (non-judgementally) that of (or your perception anyway) others lives.



Taking a position and becoming attached to it are just thinking mind perceptual processes. In reality, there is nothing to hold onto because everything only exists in the moment and everything changes anyway (evolves). Trying to hold onto anything, even a feeling or emotion, will ultimately cause you conflict and suffering because holding on usually entails things staying the same. You are then fighting the Universal law of constant change. Everything you perceive yourself to have is merely on loan or passing through your experience of life, including that body you believe is yours and every life situation you experience, whether you like them or not. You are simply the caretaker of the objects you believe you possess in your life, including the clothes on your back, and even that back. You brought nothing physical (made of matter) into this world with you and you will take nothing physical away with you, including that body. The only exception to this rule is your so-called Karma or perceptual vibration at an experiential, evolutionary level. Your evolvment (or lack of evolvment) in Awareness will stay with you as a vibrational level on your evolutionary journey.



Nature is a great teacher when it comes to seeing the pointlessness of being attached to anything. Nothing in nature remains the same; something must always be changing and evolving. It is only the Psychological Thinking Mind that fights against this law. If something is not growing in nature, it is dying and that includes humans. If we are not growing emotionally or experientially, we can feel like we are dying inside. Letting go of *indulgence* in your preconceived ideas or attachments about yourself or about anything else will give you freedom from this kind of conflict, torment and suffering, whereas holding onto (being attached to) anything, whether it be a thing or a concept, will cause you to continue struggling, which is suffering. Allow every moment to be new. Whatever that moment brings, allow everything to come and go, as it needs to. Any attempt to stop or restrict the flow of Universal Influence will cause you to struggle, fight and suffer, one way or another. Having no attachment allows life to provide much more, much more easily.



Children generally learn to associate lack and inadequacy with themselves at a very young age. Besides learning to be almost constantly ready to psychologically protect and present, they can spend the rest of their lives trying to fill their perceived inadequacies with possessions,

status, money, fame, position, significance and even other people (what I call collecting people). If we were taught as children that we lack nothing, that every experience is our perception of it (which is adjustable) and that everything will be supplied based on our true expectations, then we would be very *Consciously Aware* of what expectations we indulge and we would not grow up to be needy adults in the same way. When you want, need, or become attached to anything, ask yourself these questions and answer them very honestly;

1. Will getting this (whatever it is) really make me happy (satisfied) for more than a very short time?
2. Am I sacrificing freedom from attachment and 'true' peace and happiness for brief satisfaction?
3. Am I chasing this because I feel a lack, inadequacy or emptiness in myself?
4. Could I be happy and at peace without it?

The answers will help you know if you truly need whatever it is, or if it is being used to fill a hole, void or perceived shortcoming of some kind in you or your experience of life. If you are trying to fill a gap, remember whatever you are going after, will never fill it anyway, because that gap is caused by the illusion that you are not adequate or are unacceptable as you currently perceive your *Self* and *Underlying Self-Image* to be. Be *Aware* that almost all external pursuits are disguised distractions to stop you experiencing the true perception of your *Underlying Self-Image* and *Psychological Reality* which, when authentically faced, will prove to be based on mis-assumptions, and an illusion anyway.



True wealth and success are really about the quality of your experience of moment by moment life, which comes from the quality of thoughts and reasoning you *Indulge*, creating your emotional experience of life. Recognise psychological attachments, *Consciously Observe* them, and feel what effect they have on you.

Suppose you are holding onto something that causes physical pain; let's say a hot rock. When you get the sense it is starting to hurt or cause you discomfort, I assume you would let it go, drop it or stop holding onto it, right? Why don't you do the same when you are *psychologically* holding onto something that's causing emotional discomfort, hurt or injury? Like a relationship, a thinking position or perspective, a rule or belief, or a psychological agenda, attitude or approach? Maybe you are used to that level of psychological or emotional pain or have even come to expect it? Perhaps it is acceptable or not unacceptable to you? Maybe you believe you deserve it or don't believe you deserve better? Only you can answer

these questions but be *Consciously Aware* of them during any discomfort, and authentically and honestly ask the questions, and genuinely listen for and to, the true answers. Not in order to punish your-self, but to develop *Conscious Awareness* so the mind can see what it is actually doing to itself, then it can end. Practice *Consciously* identifying and letting go of *indulgence* in anything that gives you any experience of conflict, discomfort, turmoil, emotional pain (hurt) or suffering, especially your attachment to being right or **not being wrong** (or perceived as such). You won't do anything (behaviour etc.) 'Automatically', until you have done it consistently for long enough, and that includes doing the new process, *Deliberately* by *Conscious* choice, that you want to become automatic. Releasing your attachment opens you to something new emerging in your perception. When you perceive you are losing something, recognise that you don't actually lose any of yourself with it, even if you perceive whatever it was to be something that gives you perceived value. If that is the case, your attachment to it will cause you more conflict, hurt and suffering, guaranteed. Remember all attachments are an illusion created by the Thinking Mind and the *Psychological Reality's* need to give meaning to the *Self* and its perceived life, to validate and avoid it *Self-Image*.

The strength of your attachment to anything will dictate how much you think you have lost or have to lose, by giving up the attachment to it or having it taken from you. You can only perceive yourself to lose something that you perceived to be yours. And since nothing belongs to you, loss of anything is just an illusion created by the psychology perceiving it. Objects move through your perception of life as part of Universal Organisation and they are only on loan to you, to help with your evolutionary experience of life, and to show you and mirror back to you your perception of *Reality*.



You are already whole and complete, with everything you need to feel great at your disposal right now. So why indulge psychological processes that cause suffering? Accept any change with open arms and life will reward you with peace and eventually genuine happiness. Life is like a sitcom if you are willing to view it that way. If you can just observe it, it can be good fun and often hilarious. If you try to stop it changing, try to force it to change or hold onto any part of it, the struggle and suffering begins or continues. Just let go of *Indulgence* in attachment to anything and be open to what life and Universal Influence can provide for you. It will be better than anything you could conjure up for yourself with your current level of thinking and Awareness, I guarantee it. The same advice applies to situations and interactions. It is not a problem that you become triggered by people, situations or events, unless of course you make that wrong. The issue is that the struggle usually doesn't end for you after

the initial stimulus has long gone. The suffering is not in the stimulus itself, but is over the ensuing struggle and conflict over it, or the story you continue to indulge long after the initial stimulus has faded away. You may also punish your *Self* for being triggered in this way. If you notice this going on in yourself, forgive your *Self* immediately and surrender your indulgence in the struggle.

Continuing any experience after the stimuli or trigger has gone is due to the *Psychological Reality* using imagination to prolong it and re-evaluate it. The Thinking Mind latches onto the stimulus and builds a conceptual story around it (which is fed to your imagination), giving it colour, sound, movement and life. Then it re-runs it in the virtual reality loop of the *Psychological Reality*, trying to get a different outcome or to cause you to *feel* different about it and/or your *Self*. The Thinking Mind runs and re-runs the story using imagination and creates struggle, which now exists completely independently of the trigger or stimulus. It is desperately trying to change your perception of the situation (and yourself) by indulging imaginary outcomes to find a way within your perception to win or not lose etc, or to imagine being perceived differently. It is also an attempt to stop or avoid the *Self*-disappointment, *Self*-criticism or *Self*-punishment, which your mind will inflict on itself for perceiving you to have failed or not done better in some way. Indulging in these often-constant imaginary alternative realities is what causes much of your discomfort, torment, hurt and suffering. There is no end in sight until you are distracted out of doing so or until you choose to *Deliberately* let go of indulgence in them. Or you may *Consciously* wake-up within an imaginary reality, recognise that it is a constructed waking dream and decide to let go of indulgence in it, and the imagination of it so that it dissipates and you come back to at least the psychological present moment.

When an event is over, whether it was an interaction with a person or a situation or event which triggered you, it should immediately be over internally as well. Your experience of it should finish at the same time the physical event ends or a minute or two after (due to psychologically triggered chemical release in the body), otherwise you will continue to struggle with it needlessly and perhaps even forever, if you have *indulged* it long enough. Repeatedly going over your perception of an event afterwards to try and satiate your *Ego* will cause totally unnecessary struggle and suffering. Similarly, if you indulge in the imagination of an actual physical or psychological threat it will simply make you psychologically reactive and physically sick eventually. If there is of course any real physical threat, *Intelligently* decide what to do to remove yourself from it.

For those of you who think that revisiting any situation endlessly will

help you avoid it in the future, think again. Your Thinking Mind will have already evaluated it Sub-consciously and will already have learnt whatever it needed to learn from what it perceived as the threat or experience. Therefore you do not need to be psychologically involved in that process. Become *Consciously Aware* that the Thinking Mind can easily take a small trigger, even something as small as a single word or a breath taken or exhaled in a certain way, and make it into a complete or building drama which can be, and usually is, totally separate from the actuality of the moment. It will then struggle over it, mainly because the *Psychological Reality* gives us the capability to believe it is a real experience. This is one of the ways the *Psychological Reality* validates itself to prove that it is real, and to keep your Unaware belief in it also.

We can experience any imagination as real by indulging it and letting our storyteller and judgement go to work on it. If we can create a perceivably real reality or drama out of *any small* stimuli, then we can certainly do so with something bigger. It can be all too easy to turn an experience into far more than it was, and give yourself a reason to struggle over it, or yourself. Be *Consciously Aware* if the mind is making anything into more than it is or was, using dramatisation, elaboration, exaggeration or amplification, to get a better or more significant drama out of it. You will suffer more if you exaggerate, and thereby indulge the mind in making it far more than it is or was, and there really is no *Intelligent* point in that. However, the *Psychological Reality* and *Ego*, if you allow them to indulge this, will do this all the time to validate their existence and to help you feel safer or more significant or important. The mind, using the *Psychological Reality* as guidance, is always looking to exaggerate and is always looking for ways to do so, and unless you are *Consciously* making sure you don't indulge these thought processes, they will be indulging you.

There is only one way to transcend this invented suffering, and that is to *Consciously* and *Deliberately* surrender your indulgence in it, and any struggle over it, as quickly as your level of Awareness will allow. And if it helps, ask somebody to help you (in a kind way, and if they don't do so) by pointing out when you are indulging in stories, exaggeration, dramas or dramatisation.

FOUR TRUTHS ABOUT HURT & SUFFERING

1/ 90% of your hurt or suffering is psychologically *Self*-created and not actually related to any external problem, issue, event, situation or interaction. Suffering and struggle starts in the evaluation story the mind creates over any stimulus and the conflict comes about through the meaning the mind gives to what 'you' (it) perceives. It usually involves blaming you, a person in the past or present, or an event or situation in

the past or present, without taking any responsibility for the constructed thinking being indulged. However, the real suffering comes about because the stimulus is being related back to what the mind and *Psychological Reality* makes that mean you and ultimately *about You*, the psychological conceptual 'you', usually in a derogatory way.

2/ The external world is just a reflection of the perception going on in the inner world as the perception of the outer world is created and described by the inner perception. In the internal world, the Thinking Mind and *Psychological Reality* are always looking for perceived problems or difficulties. A perceived external problem is usually a manifestation of an assumption, presumption, expectation, conflict or challenge in the internal thinking world. Any challenge approached with negativity or from a disempowering perspective will never produce positive or uplifting results. Any action born of anger, hurt or blame will create more anger, hurt and blame. Someone who uses illness to get attention and/or significance will bring on illness. Blaming everyone else, even God, will cause the dis-ease to continue.

3/ You only see (perceive) the perceived choices and solutions available to your level of *Awareness* and *Intelligence* or Unawareness and Unintelligence. . If your inner worlds perception and thinking changes (through *Awareness* and *Intelligence*), then so will your description of your external world's 'perceived' problems and obstacles.

4/ *How you think it is, so shall it be.* If you focus on hate or fear you become what you hate or get what you fear, or at the very least you get the emotional experience of it, and *Self*-discomfort over it. Whether you like it or not, you will become a slave to what you resist, dislike or hate because it will keep or keep getting your attention, and because of that, you will continue to experience it perceptually, and also manifest it. Hate begets hate and people who hate often look for people to hate. It is required that you see what it is you believe you dislike or hate, so you can see for yourself that it's really something about your perception of your *Self-Image* you dislike or hate almost seeing. Then you can let go of resistance to it, and *Consciously Observe* it so 'you' (the mind) can clearly see how destructive it is to 'you' (itself).

KEYS TO ENDING HURT & SUFFERING

1/ DELIBERATE CONSCIOUS AWARENESS - True, open, honest, authentic and *Deliberate Conscious Awareness* is the only real solution and all that can actually be *done* anyway. Nothing else we can 'do' really works to disrupt the basest levels of thought, memory, beliefs and conditioned perception safely (there is perhaps hypnosis, but be careful). Giving authentic *Deliberate Conscious Awareness Intelligently* to any and all

thinking processes (honestly and not selectively) will force the mind to see the irrationality of how it is letting the *Psychological Reality* create its perception and version of reality, along with its perceptions, agendas, approaches, actions, reactions, results and destiny in any moment. Because the mind running these processes is a *Certainty* driven, pain avoidance mechanism at its core, any *Awareness* that it is causing its own psychological conflict, struggle or emotional pain, or indulging something which might be a threat to it, and its *Certainty*, and which may cause *Un-certainty*, shows it that it *Must* evolve in that particular area of thinking and perception. This causes *Insights* and triggers true growth and Conscious Evolution every time, to one degree or another. Pain avoidance will only motivate you to go so far. Only *Awareness* and *Conscious Intelligence* will cause and allow you to go further. There is a direct correlation between *Unintelligence* and poor quality of life, and *Intelligence* a good quality of life.

2/ SELF-ACCEPTANCE - Have no resistance to how you perceive your *Self* and *Underlying Self-Image* to be, and you will have inner peace. Having resistance over your internal *Self-Image* will not change you; it will just cause more conflict, hurt, suffering, error and injury. Do not indulge in telling yourself that *only* when you no longer have certain thoughts, or no longer display the behaviours or traits you dislike, will you be able to be acceptable to your *Self*. This is not *Self-acceptance*; this is you functioning according to the rules of your *Psychological Reality*, guided by your *Ego (Active Self-Image)*, which is the result of the 'becomer' element of the *Psychological Reality* using the conceptually made up internal *Desired (Ideal) Self-Image* as a guide and comparison, so it can hold you to ransom, and try to force change, essentially within the very perception creating, validating and supporting it. How can that actually work?

3/ FORGIVENESS (NON-BLAME) - Forgive and seek forgiveness. Have you sought forgiveness and let go of your guilt for anything you feel 'you' have done or believe has been done 'to you'? One of the secrets to ending long-term injury, suffering and struggle, is to sit with any emotional pain or hurt when you experience it (without amplifying it by adding story, meaning, justifications, drama or emotions to it), thereby allowing the psychological story to run through and complete (so to speak) and allowing the mind to observe what it is creating and indulging in *Unawareness*. Once you have gone through it and experienced it, it can end and dissipate through the true *Awareness* of it. This can happen in a very short time. Have you forgiven (let go of blame) all of those people you have blamed in your life for the things you believe they did *to you*? Go and forgive them personally, even if they don't want to hear it. Alternatively, forgive them by bringing an image of them into your mind and honestly forgiving them

there, because they don't deserve your blame. If you don't let go of blame you are really only hurting yourself, not them. It's like you inflicting injury on yourself to hurt the other. Isn't it time to end that struggle, hurt and suffering, and grow beyond all psychological injury?

4/ PRAYER - Do you have faith that there is something far more *Intelligent* organising this Universe than the tiny human mind can comprehend? Do you pray to this higher aspect? If so, do you expect and then receive what you actually pray for? In essence, we all pray through our expectations, without realising it, or how powerful this is. Although I am not religious in a traditional sense, I perceive there to be a higher Organising Awareness, which I simply see as Creation and Universal Influence. I often say a simple prayer, which is; "I surrender all to your influence. Please cleanse and guide me so that I may truly serve. Take from me or use me to do whatever is required by you, for my guidance and to help others." Be willing to pray for people who don't have the faith to pray to a higher Awareness themselves, without any rules or expectations for what they receive. This is for their greater good, and not for your belief system needs. When you pray, be as humble as you can and offer your surrender in your prayers.

A prayer is really just a desperate or heartfelt request sent out to whatever may be listening, whether that is Creation, the Universe, The One, or God or however you choose to perceive it. A prayer can take many forms. I suggest that if your prayer is purely selfish, expect the Universe to reply by exposing you to your selfishness. Ask not "What can I have?" but "How can I serve?" The Universe will usually reply with the same intent and energy of your prayer and you will most likely get what you ask for, if it will help you progress. If your prayer is "Give me this or that," you will probably experience the feeling of loss because Universal Influence will reply with "Give me this or that." If your sincere prayer is "How may I serve you?" the Universe will reply with "How may I serve you?" Total abundance is available to those willing to give up attachment to everything, and total perceived loss could at any time befall those who live only through Selfish *Self*-centeredness (whether you are conscious of *Self*-centeredness or not), no matter how much perceived control they believe they inflict on their external world.

Also when you pray, be very specific in your prayers. Here is a metaphor I heard in India to help you understand this. Once there was an ant that became so sick of people almost stepping on it, and when it bit, its bite seemed to be having so little effect, it made the prayer; "When I bite, it should result in death." The next time the ant bit, he bit hard in anticipation of its prayer being answered, and it was, it died. Its prayer had been answered as the bite had resulted in death; however the ant had

clearly not been specific enough in its prayer. This may sound trite, but there is a truth that should not be ignored. When praying, pray genuinely to the higher organiser, as you see it, and make sure the prayer is honest, intelligent, and carries authenticity. Do not merely wish, as a wish is a desire without intent, expectation, energy or motivated action. Step back from effort so Creation can guide you, instead of allowing the inadequate, needy, arrogant, *Self-centred* immature mind, telling you what to do, otherwise you will be guided in the same way with the same perception that got you to where you are now. Then see and have no resistance to the nudges given to you by Creation, and growth and evolution will happen much faster.

I find it interesting that in times of pain and stress, people who say they have no belief in anything beyond their known physical life, will whisper, ask or shout into the abyss for help, because they want or need something more or different. Yet they do not believe in the giver that will answer their request. Does that not imply the Conscious mind, at least, knows there is something beyond or something out there that can help? Can you see the truth in this for you? These are prayers, whether you like that term or not. They come from desperation more often than not. Prayers become stronger when you surrender into helplessness (NB by this I do not mean victim-hood or *Self-pity*).



Surrendering does not mean giving up. It simply means you stop fighting. Surrender really means letting go of any attachment to things, positions or outcomes. Surrender does not mean resignation or defeat in the way I am teaching it; nor is it about saying, “I don’t care anymore” or “I give up.” If your surrender still holds blame, resentment, bitterness, *Self-criticism* or *Self-punishment*, then it is not true surrender. Rather, true surrender, or letting go of attachment, gives you the opportunity for clarity and allows the possibility to have the ability to take action if and when needed, in any direction required because you have no attachment to a psychological perspective or position or how you think you’re being perceived. Surrender releases you from the risk of resistance, reaction or identification with your *Ego’s* defence mechanism or requirements.

The ability to surrender attachment or resistance is the ability to gain

victory over the thinking that causes you to struggle or suffer. Surrender sets you free to respond spontaneously from your higher *Consciously Aware* mind. True surrender is about taking responsibility for yourself, not giving responsibility to somebody else who may then be able to hook you into reaction through your fears and emotional triggers. Neither should you give it over to blame or resentment. Surrender means you accept things as they are, not as you want them to be because of your attachment to a particular position or outcome, yet holding a higher Awareness of the emotion or feeling outcome you desire (without attachment to it). Surrender your viewpoint, position, attachments, perspective, beliefs, rules, judgements, criticisms, resentments, blame and required outcomes, along with any attempt to change others or what you believe to be their perception of you. Then you will be more able to experience true peace.

It is almost always the moment after you surrender your need for something or someone (let go of your resistance to what is), that the object of your previous attention turns up

Pole-vaulters must let go of what they are holding onto at some point to be able to succeed in their endeavour. If they don't, they are far more likely to get hurt. In fact, if they keep holding on they will inevitably get hurt. So how is life different? Everything is moving in and out of our lives, including what and how we perceive psychologically. It's rather like breathing. If you breathe in but get attached to the air and refuse to breathe out, this will cause discomfort at the very least. Everything must evolve and change (and usually not in the way you think it should) so surrender your attachment to anything being any particular way. Without surrender (letting go and non-resistance) little change or growth can be expected and more hurt, suffering and injury will occur. For you to become psychologically free, it is required you view life from a higher Awareness and genuinely Intelligent perspective, one in which everything is just an event, situation or interaction, a *Happening*.

This next example may sound simplistic but for me it's the easiest way to explain surrender and non-indulgence. When I walk out of my house to go somewhere and it's raining, I allow it; I let go of any resistance to it and it therefore doesn't effect me psychologically at all. You have probably heard the following saying, or some derivative of it;

*God grant me the serenity to accept the things I
cannot change
the courage to change the things I can
and the wisdom to know the difference*

This is essentially what I'm talking about when I say "I let it rain". What would be the point of even considering any other option? There is nothing I can do about it although I could surely let it ruin my day by creating a drama over it through complaining about it and how I describe it will affect me or my day in a negative way. That kind of psychology would effect and even ruin the day. Through *Intelligent Conscious Awareness* of this, we can see the pointlessness of it. The same philosophy applies for something as small as a viewpoint or idea. True peace can only be experienced after letting go of any attachment and experiencing true surrender and non-resistance in any moment. Surrender is the answer and not something to be feared. You feel discomfort, or worse, whenever there is an internal fight, conflict or struggle going on. Surrender *psychological indulgence* and the fight, and just be. This also means surrender to the flow of life and what it presents, trusting it has your long-term best interests at heart. 'Let' life be presented to you and simply experience it fully as it arrives, and then immediately let it go and experience the next moment that is presented, with full *Awareness*, whilst still using Intelligence where required. Something always happens next. It is up to you whether you struggle to make that what you think you need because of attachment, or whether it will simply be what comes. Trust that Creation knows far better what experiences you need in order to evolve in *Conscious Awareness* and true *Intelligence* than the far less intelligent and short-sighted mind.

Seeing through *Conscious Awareness* what you need to observe and learn about your own perception is much better than indulging the needy present and future envisioned in your current plans and demands by your current perceptual level. Holding on tightly to the belief that 'you' have to make things happen will hinder Universal Influence supplying you with the experiences you truly need in order to progress and evolve. The Thinking Mind says you have to make progress by solving problems and it can use perception to look at anything as a problem or difficulty. Constantly indulging in this 'problem' focused approach also inhibits growth because you cannot solve a problem with the same level of perception that created or indulges it, because the Thinking Mind is only ever looking for solutions that fit with its current, corresponding level of perception.

Surrender your need to try to control what happens in your life moment by moment, and allow the Universal Organisation System to provide life

for you. If you achieved or reached, in ten years what you have currently planned for, you will probably end up with the same attitudes, challenges, hurt and perceptual injury you have now. Is that what you want or do you want to perceive and function at a much higher level then? Your expectations should always update as you grow and evolve, and indeed your expectation help define how you will (or will not) grow and evolve. To genuinely grow and evolve, it is required you surrender your old and current attachments and viewpoints, or you will only get better at doing what you already do, which doesn't really work, or you wouldn't still be searching. So when would *Now* be a good time to surrender your blame, needs, urges, resistance, attachments, conflicts and struggles?

More often than not, letting go will bring about better change than you could ever plan for or try to manipulate into being. It will help if you have a vision of the outcome you desire if you want to speed up in a certain direction (choose a feeling-based outcome; how do you want to feel and experience) and be committed to it. Hold the true intent for that outcome. See it as having already happened using imagination and experience it with the emotional intensity you would feel if it had already happened. Rejoice loudly, intensely and energetically for as long as you can, then let go and let Universal Influence do the rest. Universal Influence will provide you with a set of circumstances which are much better than you could have planned, even if the results are slightly different to what you originally wanted, which is great in itself for creating genuine change or growth, guided by something way more *Intelligent* than you.



Nothing can solve a situation or circumstance quicker than surrender. If you are not attached to or struggling with a perception, position, situation or outcome, how can it cause you discomfort, torment or suffering? The struggle will end when you surrender your indulgence in the psychological need. There cannot be a struggle if you have let go of attachment to it and surrendered any indulgence in it. Two people cannot have an argument if one is not arguing because they have no position to defend. The other will quickly feel stupid and change strategy, and try to get them to argue. If your Thinking Mind wants to ask how long a struggle will take, it takes as long as it takes you to surrender your attachment and resistance to whatever is triggering you into that struggle. This includes surrendering the need to measure your progress, unless external measurement of strategies is *actually* required.

Any time you feel discomfort, resistance or turmoil because you don't want something to be the way it is, you need to surrender something. If you or your partner is determined to have something a certain way in a relationship, this resistance is bound to cause conflict and struggle,

at least, and until the need or resistance is surrendered by one of you. Unfortunately people almost always want it to be the other who surrenders first; otherwise they will feel they have somehow lost. Lost what exactly? Surrender the attachment to winning also. Surely peace, balance and happiness is of more value and of more true benefit than anything you could psychologically win by following the needs of the *Ego (Active Self-Image)*? When either of you relinquish your position or attachment within any struggle, the struggle will either change or end. Again, I do not mean wait for your partner to give in so you can feel okay, as if you have won or clawed back some perceived ‘control’. This kind of so called victory would be hollow anyway, and will not trigger insight or growth. Letting go of indulgence in these things will bring you a far greater experience. Be the leaf that dances in the wind rather than breaking under the pressure of trying to resist forces you cannot resist.

Do what you need to do to create peace inside yourself, independently of the perceived situations or circumstances you believe are causing the conflict. If you wait for circumstances to change, you may wait forever and you will suffer needlessly. You can surrender any struggle privately or you can do it publicly. It will have a more beneficial effect on your *Self-belief* and *Self-respect* if you do it publicly (or obviously).



If someone challenges you about something, rightly, and you are awake enough to see that, there are two paths you can take. It would be easy to put up a struggle and try to deny their opinion or attempt to put them off somehow, perhaps by taking another position, retaliating or changing to another subject (which just creates another psychological *position*). Alternatively, if you were to say “Yes, you are right” and surrender your attachment to not being wrong, what could they actually say? They could go on making the point to feel superior but if you didn’t react or respond, they would soon start to feel uncomfortable. Eventually they would just give up or struggle more within themselves. This might then trigger them to begin functioning from a higher place within themselves, which would not have happened without you influencing the dynamics by surrendering your struggle and thereby being or becoming less reactive. Surrender takes away the opportunity for resistance and the need to struggle, both in you and the other(s).

When you let go of indulgence in something, something new always replaces it. Similarly, in order for something new to come into your life, it is required you first let something go. Look at it like this; when a water vessel is full, some (or all) of its contents must first be removed before anything fresh can be added. A student once visited a wise Sage, and after listening to the student for some time, the sage picked up and a jug of tea

and began pouring more tea into an already full cup, and of course, the tea just spilled over the sides of the cup. The student looked at the Sage with bewilderment and concern and said; “Why are you doing that? That is silly, for the cup is already full!” The Sage smiled and said; “Yes and so are you so anything I say will not go in, because you think you already know what needs to be known.”

I find this story to be very profound and often experience this with people who come to learn, especially insecure, Egoic and more so ‘spiritual’ people with a strong spiritual identity to protect, defend and promote. They tend to be quite closed off, attached, reactive and usually tend to be more interested in trying to convince me they are experiencing in a particular way, rather than letting go of these attachments, being open to perceiving in a different way and thus enabling themselves to actually experience something new (perhaps even what they may be currently pretending to experience). Sometimes you must empty some space (make room for something new) and then allow Universal Influence to decide what that new perception, experience, or object of attention will be, rather than your attachment to control trying to force it to be only that which you Unawarely and usually arrogantly think you want or need.

Water is a great example of the power of non-resistance. Observe water as it runs down a stream. No matter where it is running it will encounter obstacles, either in view of the surface or underneath. Watch how the water deals with these obstacles. It does not sit in front of the obstacle and try to make it move by pushing, fighting or bullying because it has made a decision that it is going in that direction (taken a position) no matter what ‘justification’ it has found. It automatically takes the path of least resistance as soon as any resistance is experienced and flows however it needs to flow so it can continue its journey in the easiest possible way. As a result, nothing has power over it, or the wind. Water is one of the most powerful and destructive elements on our planet, yet it is constantly surrendering. How can it be so powerful yet surrender all the time? Its secret to power is non-resistance. This allows it to move almost anywhere, faster and more fluidly than almost anything else on earth. Learn the lessons of water and emulate its example of non-resistance when you encounter any obstacle, whether it appears immovable or not (especially within your perceptions) and you too will move and evolve much faster.

You will always find a way through surrender and non-resistance. Remember: ***Be Open To Everything and Attached To Nothing*** so Creation, through Universal Influence, can guide you and accelerate your evolution in *Conscious Awareness* and peace. Creation is designed to do just that, however, it is your level of Unawareness, *Conscious*

Awareness and the quality of thinking you indulge in which dictates Creation's effectiveness in helping you grow beyond your current level of Unawareness or Awareness.

4. **BECOME HELPLESS**

When you are in an abiding emotional or other uncomfortable state you seem unable to get out of *Consciously*, see your helplessness to do anything about it and just experience it without indulging or amplifying it or creating any more of it through thinking or imagination, or storytelling. Helplessness is not crying and weeping. Crying is the *expression* of helplessness; crying can also follow uncertainty, frustration or perceived suffering and even joy and gratitude. Helplessness is experienced as a discomfort because the mind simply does not know what to do instead. When this is accepted, miracles happen.

Desperation is not the same as helplessness. In fact, it is almost the opposite. Helplessness is the recognition that you do not have the answers and therefore it is required the mind open up to the *Conscious* mind to look for something new in order to regain certainty. Recognise that you, or rather the mind, does not hold or cannot find the solution, and you are therefore at present helpless to solve it. For this to be truly effective in helping you grow and evolve, it requires you have a willingness to indulge the qualities of trust, faith and humility (humility will allow you to see your defensiveness), along with a willingness to experience vulnerability. Desperation, on the other hand, rejects these qualities and does not acknowledge vulnerability, which feels like weakness, for desperation is based on victim-hood and fear, and does not have genuine association to humility, trust or faith. Even though desperation is completely different to helplessness, when you are desperate that is the best time to recognise your helplessness, then open up to connect to *Conscious Awareness* to seek an answer. That way Universal Intelligence can come through and serve you. Recognise your helplessness in any moment and humbly ask for help, with the full expectation of receiving an answer in some form. You will be surprised and perhaps even shocked at what comes. If you are open and honest enough, you will see the events, situations or interactions that comes along, that help to solve your challenge, either internally or externally, and in both the short and longer term.



THE IMPORTANCE OF SELF-ACCEPTANCE

Self-acceptance is the most important step to experiencing more peace in both the short and long-term. Many of our behaviours and attitudes are just symptoms of the real problem, which is a lack of true and genuine non-resistance to 'what is' and how we *think* we are, or describe our *Self* at our core. Non-resistance towards the *Self-Image* and *Psychological Reality* will help the mind see itself, and its levels of unintelligence, and allow it to adjust, or relinquish, a lot of the behaviours you might be uncomfortable with now. It will also allow most internal discomfort, conflict, psychological hurt and suffering to dissipate.

Actually, I don't see *acceptance* as a real word, although I will use it because it's conditioned into our language and may therefore help you comprehend what I'm trying to say, but to me it is a non-word. Acceptance is really *Non-resistance* to something, or having no attachment to something being different. Having no attachment to something else, or no need for something that causes resistance towards what is, will allow peace. So when there is no *Non-resistance* or attachment to something being different, what is left could be perceived as acceptance. No matter how hard you try, you will not be able to truly *accept* something; however you can step back from indulgence in any resistance to it. If you feel like you experience acceptance, it is because you have relinquished resistance and attachment to something else, or to what 'is,' being different (i.e. that which was causing the non-acceptance and conflict within (and often externally) in the first place. By the way, attempting to ignore something, or pretending it is different to how you already perceive it to be, or dismissing it, is not non-resistance. This is still resistance.

So your lack of acceptance over, or resistance to, anything, is the very thing that causes your conflict or turmoil over it. You only suffer over something because you either want it to or think it should be different. This includes 'You' and your *Underlying Self-Image*; what you 'actually' believe your *Self* to be like as a 'person' (not what you 'think' you are like, or want to 'pretend' you are like, but how you 'actually' perceive yourself to be), regardless of whether others perceive you in this way or not. When you think you should be another way you have resistance to how you perceive you are. To experience so-called *Self-acceptance*, it is required that you become fully *Consciously Aware* of how you measure and judge your *Self-Image* now, as well as what follows that judgement. You need to see the pain and suffering one part of the mind causes, using *Self-*

criticism or *Self*-punishment as the stick to beat it out of another part of itself. Then step back from *indulgence* in this along with *any indulgence* in measurement and judgement, so you can *Consciously Observe* these processes more.

Your attempts to find other solutions *within* your *current* perception will just cause more suffering, and are only attempted because of indulgence in measuring and judging yourself against the *Desired (Ideal) Self-Image*, which is part of what causes you to have trouble accepting the *Self-Image* as you perceive it to be in the first place. Perhaps you do not believe you can have little or no resistance to the perceived *Self*, perhaps because you do not believe you are acceptable, worthy or deserving (which is because of your *Underlying Self-Image* anyway). *Self*-acceptance is far quicker and easier than having to change before you can become adequate, or acceptable to yourself, and that won't and can't work that way anyway.

Be clear about this; in virtually every distressing situation, except where there is an actual physical threat, it is your perception and judgement of your *Underlying Self-Image* that ultimately causes you conflict, hurt or suffering, through what you make anything mean (Sub-consciously or Consciously) 'about' *you* (your *Self-Image*). It is not the situation or circumstance that causes the psychological pain or hurt. If you make 'who' you are wrong in any moment, you will suffer. If you make 'how' you are or 'where' you are wrong in any moment, you'll suffer, simply because you are going to suffer the mind's own conditioned, reactive, *Self*-disappointment and *Self*-persecution. This also causes stress. Stress through psychological suffering causes stress in the body, which causes problems with your immune system. You can become physically ill through the mind's (your) internal discomfort over and over persecution of the *Self*. Accept your *Self* as you perceive you are, and end this possibility. Not accepting your *Underlying Self-Image* and making it (therefore you) wrong, directly affects your immune system. Accept and have no resistance to:

1. *(Your) Thoughts*
2. *(Your) Self Perception, Underlying Self-Image*
3. *(Your) Body*
4. *(Your) Childhood*
5. *(Your) Past*
6. *(Your) Apparent Inabilities and Perceived Shortfalls*
7. *(Your) Emotions*
8. *(Your) Nature*
9. *(Your) Character*
10. *(Your) Personalities (moment-by-moment States)*

I say *Your* because the mind identifies with them as you or your, when they are not. They are all made-up, concocted. *Self-acceptance* is a progressive process; it is not something that generally happens in a moment or overnight, although it can progress as quickly as you can become more *Consciously Aware* and *Intelligent*, as *Unawareness* and *Unintelligence* is the sewer we live in as a species at the moment. *Self-acceptance* is partly brought about by becoming *Consciously Aware* of the way you perceive your *Self-Image* so you can see for yourself it is your lack of *Self-acceptance*, the drive *to change* (to become like the Sub-conscious *Desired (Ideal) Self-Image* of how you think you should be instead) and the drive *not to change* (the minds need to stay the same through fear of change and its need for certainty) which causes increasing discomfort, conflict, stress, anxiety, hurt and suffering, and is an internal *War* that is waged within almost all of mankind at present.

This war is so bad in many, and they are in so much emotional or mental pain over themselves, that they feel insane, and believe the only answer is to seek escape through suicide, to escape their '*Self* or *Psychological Reality* altogether, rather than *Consciously* evolving through it and beyond it. This is less than pointless, as the journey continues after death, and this has a significant effect on what comes next, and therefore only makes things worse. If you don't believe in anything beyond this life and this life doesn't feel very good for you, you will most likely suffer from feelings of aloneness and pointlessness because of the created sense of separation from life and Creation you feel, whether you are aware of this, or willing to acknowledge this, or not.

If you identify totally with your minds thoughts and *Psychological Reality*, it will be able to convince you there is nothing other than this existence and the only way to experience peace is to become different, or escape yourself, rather than accept what 'is', and experience the freedom that comes with this. What I am presenting to you in this book are the lessons and understandings that will help you transcend this level of *Unawareness* and eventually experience true *Self-acceptance* and peace through full *Conscious Awareness*.



I have a metaphor, which may help you understand the challenges associated with *Resistance* and *Acceptance*, whether that be over how you perceive your *Self*, or over anything else. It may help to explain why so many people struggle, Sub-consciously or perhaps *Consciously*, with how and who they think they are or think they should be.

In front of me I have a glass. This glass wants to be a different kind of glass but what can this glass do? Looking from a higher and more intelligent perspective, I assume it must be obvious to you as well, that

the glass cannot become a different type of glass? As long as it wants to change, because of its assumption that it is not adequate or acceptable as it is, it will hurt and suffer over itself. What is the only solution that will end its suffering? Obviously, to simply accept itself for what and how it is, without any exceptions. Then all suffering over itself will end. Now we know a glass would not think like this on a cognitive level and that, amazingly, is why it wouldn't be able to suffer. This is my point; it is thinking like this, which causes the suffering. It doesn't matter what you are or are not; it is this kind of thinking, attachment, resistance and struggle, which is the cause of the suffering, not what is or is not.

Likewise, if a bucket is dirty and it doesn't like that it is dirty, what can it do? It is impossible for it to clean itself so unless it accepts what 'is', it will suffer, yet still remain that way. Suffering over itself (yourself) will not end the suffering or change it (you), no matter how much you Sub-consciously think or believe it will, nor how much you *Self*-punish. I'm sure you can see the logic in this with an inanimate object but can you see the logical wisdom that everybody who does not accept what or how they are right now will experience conflict and turmoil over themselves? If you could change yourself, you would have changed already in this area. Can you see the truth and wisdom in this? Change comes about through *Awareness*, nothing else.

Self-acceptance (Non-resistance) is the **only** process that can take away all the hurt, conflict and turmoil. As soon as you truly accept yourself, as you perceive your *Self* to be, there is no conflict or suffering involved in being the 'you' (the *Self-Image*) that you perceive you are, nor in the traits and behaviours you would prefer not to have or indulge. They are just there, until there is enough *Conscious Awareness* of them, and *Conscious Intelligence*, and the Unintelligence of these processes, for the mind to see what they are, and resolve its perception around them itself. This causes them to dissolve without conflict. When there is *Conscious Awareness* and *Conscious Intelligence* present, there is no resistance to, or conflict over them any longer, and they therefore evolve or are resolved in a higher way automatically.

It's your negative perception and judgement of your *Self* which causes your internal suffering. This, in turn, feeds the desire or craving to criticise and punish yourself into being different

You cannot change what, who or how you are, no matter how disappointed you are with your *Self* in this or any moment through force or

punishment. No amount of *Self*-disappointment can make you different; however, *Self*-acceptance and non-resistance will allow you to have peace in this and any moment, whether you 'change' or not. The only way to end the conflict is to accept who and how you perceive you are, and accept that life is a playing field designed to help you continually grow beyond where you are. This does not mean accept yourself as a failure, or as broken or damaged, if that or any other derogatory description is how you perceive your *Self* now. That is not true anyway; it is just part of your negative dialogue, and is an illusion. *Who* or *how* else do you expect to be in this moment? Whatever you come up with, that is an illusion also.

Consciously question and challenge any negative beliefs about your *Self* (*Underlying Self-Image*) at every opportunity, in a kind and caring way. You will soon find them to be just a set of untruths and mis-assumptions that you somehow once accepted as real, and have been disappointed with your *Self* over. Only what 'You' (the mind) thinks, creates and supports your perception of 'you'. How you construct your *Reality* is just a reflection of how you perceive your *Self* and its describing structure. So what you think about what you perceive to be 'you' is the only thing that truly matters to your perception, and ultimately 'you'. Accept and be your perception of 'you', authentically, no matter what anyone else *may* or *may not* think, and you will already be free. It's all made-up anyway. That does not mean do what you can externally to improve your environment or learn new skills, it mean have no struggle over your *Self-perception*.

The level of *Self*-acceptance, which leads to a big uplifting shift in perception, comes when you can look at yourself in the mirror, see what is actually there and genuinely experience no discomfort, conflict or resistance to seeing it and no indulgence over how you think you should be, or be instead, or in what others may think. Take off the *Egoic Public Identity* projection glasses, and really see and accept yourself for everything you already are, perceived warts and all. Then you will see your true potential, and you can then truly blossom and wake-up fully from the *Psychological Reality*, and you will then become more than you ever wanted to be, automatically. Forget standing in front of a mirror telling yourself you love yourself if you don't even like yourself. You are just forcing a process, a fight, that won't work. Find what you do or could like about yourself and say those things to yourself in the mirror. Become friends with yourself first before trying to love yourself.

Honouring yourself for who you perceive you are is essentially spiritual, and it also honours *Universal Consciousness* (*Creation, The One, God,* or whatever term you prefer). Go to bed with no regrets every day. In fact, have no regrets at all. Smile at every opportunity, and laugh at every

perceived shortfall. Use *Conscious Intelligence* to solve challenges and become kindly curious and find the good and higher plan in everything and everybody you meet, including your *Self*. It will feel great.

People who accept themselves, and forgive themselves and others immediately, no matter what they do, are totally immune to the beliefs, judgements, criticisms, perceptions, and projections of others, and their own mind

Go out into the countryside or a park where you can be alone and find a big rock or tree. Then make up a song and sing to it with amusement and happiness about all the things you think you do not like about yourself. Have a laugh with yourself about all of these things. Accept them and have fun over them. Laughter and light heartedness can bring about an end to the internal intensity and drama that resistance to, and disappointment over, these issues can cause. If you do this openly and with conviction for your happiness, you will soon find your so-called flaws are just negative judgemental perceptions of your perceived *Self-Image*, which cause you to feel discomfort over your perception of your *Self* because you take your *Self-Image*, or your description of it, seriously.

So find that big tree or rock (which will not be offended by all your perceived shortcomings!) and sing joyfully to it about your perceived broken or inadequate *Self-Image* for an extended period of time, to allow you to see the pointlessness of these stories. Do not indulge the judgemental mind if it tries to get involved with what you are saying. You are not doing this to see what is perceived as wrong or inadequate with you. You are doing it so you can see that the need to suffer over these things is a big illusion! Do not indulge any *Public Identity* concerns the mind brings up by judging you and causing you to wonder what others would think if they were watching and judging you. Make sure you are alone and can be free to enjoy the experience. If the exercise improves how you feel, even a little, it is certainly worthwhile.



Be aware of false acceptance. You may believe you accept yourself fully in your role as being wealthy or perceived as famous or popular etc., if you believe this makes you important, superior or happy. However, that will be based mostly on your *perception* of public opinion and the illusion of its meaning, and if you need material things or public opinion to feel good about your *Self*, that's not *Self-acceptance*. That's the *Psychological Reality* creating a 'good' or 'better' *Egoic Self-Image* over this, which

allows you to feel briefly acceptable to yourself, because of your perceived adequacy by association, or the possible perceived positive perceptions of others towards or over you (or your constructed *Image*). When those others take away their apparent approval or acceptance of you, what is left? Tomorrow, if you lost all your fame, riches, status, looks, body, or anything else you perceive you have, which you believe gives you some level of perceived acceptability, *Self*-importance or superiority, how would you actually feel about your *Self-Image* then? You would then be face to face with your *Underlying Psychological Self-Image*; how you actually perceive yourself to be, with no external validation tools to use to define your *Egoic* perception of *Self* with.

There is also no point in accepting your *Self* as your *Egoic Image*, the pretend, pretentious or polished *Ego* based *Public Identity Image* version of you. That is not true *Self*-acceptance; that is *trying* to accept yourself by pretending or acting as if you are the way you think you need to be, or be perceived, in order to be acceptable. This of course is very different to how you actually perceive your *Self-Image* to be, or you wouldn't need it, and this is certainly not acceptance of how you actually perceive yourself to be; therefore it can never bring the experience of peace or peace-of-mind and happiness I am assuming you truly desire.



Self-acceptance reduces conflict in the mind and creates more *Observation* space (more room for *Conscious Awareness* to observe the thinking) in the mind. This creates more potential for new psychological choices to be made about indulgence or non-indulgence in actions and reactions.

As an example, perhaps you tell lies (or indulge in other behaviours you perceive to be unacceptable), but you don't think you should tell lies, or you don't even accept you tell lies, or can be non-honest. Even though the mind convinces you that you have plausibly justifiable reasons for these lies (or mis-truths) or it tells you they are just small and justifiable lies, you will experience conflict and suffering over them. You may believe you are always truly honest with yourself, but this is more than likely a lie or mis-truth also. If you were able to fully accept that you tell lies and have no conflict over this, there would be no internal suffering over it. However, you may think if you truly accept within yourself that you tell lies, you will most definitely remain a liar, or at least dishonest, and dislike yourself for this. Instead you may believe the only way to stop yourself lying is by making your *Self* wrong and attacking your *Self* for the behaviour, in this case lying, which you perceive to be wrong. Look back over your life and see if this strategy has ever worked. If it had worked, surely you would not still be indulging in this (or any other) behaviour now. Yet I am sure

you have criticised yourself many, if not hundreds of thousands of times, over the behaviours you think you should not indulge in. Yet you probably still indulge them; therefore you must see the evidence that this internal violence strategy doesn't work to resolve this. If it were going to work, it would have actually worked the first time you used it as a strategy. If it didn't work first time, you are creating suffering for nothing by continuing to use it, or for the sake of hurting or suffering because you have now become so accustomed to it.

Conscious Awareness is the only true solution. Let me explain. When you don't accept yourself over or around any particular behaviour, you create conflict and turmoil. The turmoil becomes all you experience around it and you don't get to *Consciously* see the process(s) that drives the behaviour itself. You may see the symptoms but not the cause. When you accept (have no critical resistance to) the behaviour, the turmoil ends. A space appears around that behaviour, which then allows you to *Consciously* start seeing the process that drives it, instead of just experiencing the turmoil that comes up when you're in a situation where that behaviour can manifest or present itself. Once the turmoil subsides around it, you start to be able to see the process of it in action, earlier and earlier, each time it comes forward, until eventually you see the process as or before it starts (e.g. before you lie) then, when a *Conscious* psychological choice can be made not to indulge the behaviour in that moment because there is little or no turmoil around it, something miraculous happens.

The automatic conditioning of that process is broken and the mind gets to create and experience a different result, because it gets to see what it 'actually' needs to work with, rather than symptoms, and comes up with new processes (behaviour). Then the more often you *Consciously* indulge in the new process, the more the mind can see that it is actually more beneficial to itself to continue this new behaviour instead and lets go of the old one as in the only valid strategy. The behaviour you didn't like then dissipates without you doing anything more than accepting it and observing it through *Conscious Awareness*, and then making *Intelligent* choices over or around it. This would not have been possible if you had not accepted the behaviour within yourself to start with, so the turmoil could die away and leave space for the new *Awareness* and approach. Nothing else will allow this process to take place other than acceptance and surrender of the attachment to being different to how you are and the resistance this causes. Try it and see what you discover.



Be kind to yourself all the time. Become the internal friend to yourself you always wanted to have, or the friend you always wanted to be to someone else. If you are not your friend internally, you will perceive you

have no true friends because deep down you will probably not believe you deserve them. If you can't give true friendship to yourself you can't give true friendship to anyone else, nor can you receive true friendship. This situation exists because of your attitude towards yourself, not because you are unworthy. Change your behaviour to be that of a good friend to yourself, both internally and externally, and you will see a dramatic change in the quality of your relationship with yourself and in all your relationships with others. You'll then be moving towards higher *Self*-acceptance, true balance, peace and happiness.

Here are some ways to help you accept yourself as already complete, already totally adequate, and already of absolute value:

- Focus on what causes you to feel good about yourself, no matter how small it may be.
- Thank yourself for the qualities you bring to your life. If you don't see any qualities, you are simply focusing on the wrong details where your *Self*-worth is concerned. The qualities you seek are absolutely there and if you look the right way, you can absolutely find them. After all, how could you have survived this long without any?
- See yourself as already being absolutely complete and perfect as you are right now. Do this from a genuine authentic perspective that need only be shared with you internally. You do not need approval from others, unless you do not approve of yourself.
- Practice only what you want to get good at and honour yourself for your ability to do that (which obviously means do not practice negativity towards yourself).
- Listen to, take in and graciously accept, every compliment you get, and know you deserve them. Give yourself *genuine* (not fake) compliments at every opportunity, even if this feels uncomfortable at first. If it does feel uncomfortable, there is a very high probability you are not arrogant and probably will not become so. So don't worry about that happening, and accept uplifting feedback.

Disempowering emotional states should be dealt with in the same *Self*-supporting way.



You are now older and more experienced than you have ever been and you are also younger and more inexperienced now than you will ever be again. Everything is evolving continuously. Those who surrender their attachments to how they think things should be, or want to pretend they are, and allow true *Self*-acceptance, with no resistance to what 'is', will evolve much faster than others. Those who are just pretending to do

this will not, and are revolving, not evolving. What 'is' in any moment, is what 'is.' Allow this and do not indulge disappointment over anything, as everything has a good reason, even if you don't see it. Non-resistance to what 'is' brings peace. Yet if things need to evolve, your faith that what is required will come, without you needing to stress or suffer over it, or control it, or control it into being, will allow the peace to abide. As a species, we have been conditioned to believe that *Self*-acceptance can only come from becoming acceptable but actually, accepting and having no resistance to what 'is' and letting go of the need for something to change, or be different, allows the experience of real peace without anything in the external world having to change, and internal acceptance solves the rest.



WHAT IS LIFE REALLY ABOUT

At a very young age I remember asking myself the questions; "Who am I really? Why am I here? And what is the point of it all?" Although I wasn't really aware of a higher purpose at the time, I somehow knew I was more than this body and this thinking perception. I often get asked now what I believe is the purpose of life. In fact I get asked this question so often I decided to include my answer here. To me, the purpose of life is just to live, as you, honestly and authentically, as this will bring about the evolution of Consciousness. Our fate is to experience the level of Unawareness or Awareness we have or indulge, and to rise in *Conscious Awareness*.

Go backwards in time from now and we come to a time of nothing when there was no Universe. Then something was created out of apparently nothing. Pure logic tells us something must have created our Universe or brought the Universe into being, something outside of our perception of this Universe and time and matter. Everything that has ever been created clearly has or had a purpose; therefore some form of Intelligence must have an influence over this physical reality and guarantees that life has a meaning and purpose far beyond our personal ability to perceive it. Even the most highly *Aware* amongst us are only the most highly *Aware* at this human level of *Conscious Awareness*.

As for where all matter first came from or how this physical existence started, I have no provable explanation nor do I actually need to know (only fear based psychology needs to know and try to understand things like this). However, I believe we began at the lowest level of Consciousness (or Non-

consciousness) and our purpose is to continue rising in Consciousness and then Awareness, moment by moment, through *learning* experiences given at every level, functionally raising our vibration in each evolution. I believe every moment of every human life is essentially a series of unique lessons and learning opportunities, which allow our spirit to evolve (I will discuss more about the so-called soul in my next book). For now, what you need to know is that *Consciously* raising your level of vibration, and developing *Conscious Awareness*, will help you move to the next level of *Intelligence*, energy or vibration, you are currently able to experience. When we evolve in vibration and *Conscious Awareness* enough, we can take part in helping with the further evolution of those at the earlier or previous levels, and those in the spiritual realms.

Each of us experiences this life journey in a unique way, slightly differently from any other human entity's experience. Each mind translates the reality experiences differently through its own somewhat unique experiences, perceived experiences, perceptions and constructed *Psychological Reality*. This means Creation, or what can be called 'The One', or the Universe, gets to experience and assimilate every different experience from every single soul, (as an extended part of itself) in every different physical, psychological, experiential and vibrational way.

Perceptual freewill (which is the only so-called freewill we actually have) gives us the freedom to choose how we perceive internally so if we are actually *Consciously Aware* enough, we can *Deliberately* and *Intelligently* translate, create, decipher and describe, based on our perceptual free will. If we are not *Conscious* enough to do this *Deliberately*, we are along for the ride the mind decides to create for us, which means no freewill at all, only automatic, reactive conditioning. Creation listens to the emotional outcomes we create, to know what experiences to send us, to help us evolve in Consciousness from how we are creating and translating our perceived reality at any time. So it is partly up to you, Non-consciously, Semi-consciously, or *Consciously* and *Deliberately*, to decide what perceptions (thoughts) are indulged and therefore what lessons are attracted (or even recognised). You may be *Consciously Aware* enough to learn from them or you may require them to be presented over and over in different ways until you do wake-up and learn them. You, or the mind in this case, can also choose whether you learn through resistance, hurt and suffering (forced experiences that wake you up from *Unawareness*) or whether you learn openly and gladly through non-resistance and *Awareness*, using *Intelligence*.

What if this freewill was added to existence as an element of chaos or

randomness in order to force the continuing evolution of Consciousness? If God or Creation were able to interfere with this internal freewill, we would just be made to do what was wanted so the outcome would be known right from the beginning and nothing would be learnt. Then there would be no point to life, as we know it, other than for 'The One' to have some fun and many followers, which I do not believe is why we are here.

Quantum physicists and mathematicians recognise the existence of this element of chaos. Apparently, (as I am no mathematician) once you get to a certain level of mathematical calculation, an element of chaos appears in the answer, defying so-called logic. Quantum physicists have seen this element of chaos in the study of atoms right down to the level of quarks so far at least. I believe this element of chaos was included into our structure, and the structure of the Universe, on purpose, in order to make sure something new and unique is happening and everything is evolving all the time, no matter how hard people fight to keep things the same or how much status-quo is apparently achieved. Chaos guarantees unique happenings, ensuring there are constant opportunities for learning, both for us and ultimately for our wider evolution in Consciousness. Nothing that has ever happened before can ever happen again in exactly the same way. Something is always different, no matter how small, which shows there is constant evolution in progress.

Have you heard the saying; "As above, so below?" I believe in part of that statement (as I see it as here, concurrently present dimensionally, not above) and I also believe in the reverse; "As below, so above." The evidence from 'my' life and from what I see all the time, tells me life is about learning and constant evolution, one way or another, not only for humans but for all other life forms as well. If that is the process in this dimension, it must be the same process in the highest dimensions as well. These theories hold a level of truth for me that cannot be ignored and explain many so-called mysteries. Things are, as they need to be right now, for mankind to evolve from this level of Consciousness to the next. Your expectations, attention, attitude, open or closed-ness and the quality of the thoughts you indulge, or not, whether supportive, uplifting or degrading, along with the emotions these processes create, dictates the quality of what you see, and therefore perceptually experience, and most of your learning experiences to come.

Metaphorically speaking, you are put in deep water to 'cleanse' you, not to drown you. I do not believe life delivers anything you do not have the *potential* to overcome. I also believe the quicker you openly, *Consciously* and *Authentically* learn what you are being directed to see, the quicker situations dissipate or evolve into something new. If you choose to learn

through suffering, you will usually resist every lesson, fight against every change and will therefore almost constantly be in Reactive Protection mode. If you choose to allow inner-enquiry and growth through Insight, if you choose to surrender (having no resistance) to each lesson which comes your way, and openly, authentically and *Intelligently* learn from every event, situation or interaction, then you will learn and evolve in *Conscious Awareness* quickly, through non-resistance to the flow of life. With this will also come increased trust and faith in life.

Whether you enjoy change or require situations to be forced on you to encourage your evolution, I believe that Creation cannot interfere with internal perceptual freewill. Life has to unfold for creation, as it has to unfold for us. So how you choose to perceive anything is up to you and is down to the level of Unawareness or true *Conscious Awareness*, in your created *Psychological Reality*. You cannot avoid evolution of life so the sooner you embrace it and have no resistance to what is, including how you perceive yourself or others, the sooner you will enjoy the gifts life can present you. *Intelligent Conscious Awareness* of these processes helped to make life far easier for me and bring the experience of life into alignment with a much more powerful organisational system than this mind could ever hope to create or emulate. One I for one, no longer need to perceive I have a choice in, because Trust and Faith replace this.



Here is an idea that may challenge you. What if what we call God or 'The One' is not the highest level of *Consciousness* or *Awareness* but only the highest level that we could possibly comprehend from this human form? What if 'The One' was required to create all these trillions of life cycles in multiple dimensions, over billions of years, in multiple Universes, in order to learn something that would allow it to ascend to another level of *Consciousness* or *Awareness*? There could be a next level for 'The One,' a level it is *Aware* of but perhaps has not arrived at yet, as with every entity. Remember; 'As below, so above' (although again, I do not experience these dimensions as existing 'above').



YOUR PURPOSE, MISSION OR CALLING & DESTINY ARE DIFFERENT

In my humble opinion, your Purpose, Mission or Calling, and your Destiny are different things. The purpose of your life is just to be you, to experience whatever happens as you and to move towards genuine *Conscious Awareness* and true *Intelligence*, which facilitates the potential for the experience of real happiness and peace. Your mission or calling is what you are called or driven to do, whatever that may be. Your destiny is what you help create and experience, moment-by-moment, through the perception and thinking which you Non-consciously or *Consciously*

indulge in. This embodies your growth and is part of your evolution from Unawareness and Unintelligence to *Conscious Awareness* and *Higher Intelligence*.

The purpose of your life is simply to live it, uniquely as you, and experience it!

YOUR PURPOSE - Life is to be truly lived, not understood. People become obsessed with what they call their search for “the purpose of their life.” Perhaps we are not meant to know, any more than a bee knows its true purpose in life. Many people think the purpose of a bee’s life is to collect honey for the hive. I believe collecting honey is the bee’s mission and calling rather than its purpose. It can be oblivious to its true purpose and still carry out its mission. Its true purpose more likely is to spread pollen and help plants to procreate and proliferate, or perhaps not; What if it’s true purpose is actually just to enjoy feeling good whilst being a bee? What if your true purpose in life is to feel good in any moment, no matter what is happening, as you are? Surely that’s a more logical view than stressing to find the key you think fits everything you have learned in your life to make for a worthwhile reason for being? Simply because you feel that you, or life, are somehow lacking or deficient, and you are not experiencing fulfilment? Happiness comes about from the true experience, in the moment, without psychological commentary. You are more than likely looking for a way to escape how you feel about your *Self* and *Self-Image* and your perceived *Reality*. That is part of a psychological thinking process and thinking is not where true happiness is experienced.

If you are desperately looking for what you think is your true purpose in life, you are probably not feeling very good about your *Self-Image* right now, and are possibly asking; “What is the purpose of my life, because whatever ‘is’, does not feel enough, valid or good enough?” When you are not indulging in these questions and are truly living in a truly *Consciously Aware* way, there is simply no need for these questions. Every moment is simply experienced as it comes, with no expectation of the next moment, other than innately knowing it will come, but not even needing to know that. When ‘I’m’ eating food (actually it is just that food is being eaten) the purpose of life at that moment is to eat and fully experience eating the meal. When crossing the road, the purpose of life at that moment is for the body to take one step at a time until the road is crossed safely.

All that exists is *right now* so you can only know your ‘mission’ in life right now. The process of simply living life, moment-by-moment, means I deal with whatever is presented in that moment, knowing that whatever it is, it is required. I am fulfilling that purpose in life simply by each moment

being lived as it is presented, yet experiencing each moment fully and *Consciously*. Indulging in 'What is my Purpose' kind of thinking will just cause you discomfort, torment and suffering because the mind will create and imagine another reality to compare yours to and will find yours lacking. The Thinking Mind cannot hold the answer to this question. Thought cannot help with this quest, because conceptual thinking creates this quest and takes you away from the real experience, which is the only place fulfilment can come from.



Know that even the life of someone who could be considered cruel or brutal is a valid life. No matter who you think you are, or what you have done, even if you consider yourself to be a bad person because you have hurt others or do things that could be perceived as bad, your life is still absolutely valid to Creation. Your unique experience of life is absolutely required by Creation and is just as important as anyone else's. However, be very *Consciously Aware* that you will not experience happiness or fulfilment in your life if you continue to behave in negative, cruel or destructive ways. The idea that your purpose is just to 'be you' as you experience yourself, does not give you permission to behave badly towards others. I certainly do not support disempowering, unintelligent behaviour. You are creating Karmic disturbances in you that you'll need to face at some point. And be clear, I say this only to influence you to make *Consciously Aware, Intelligent*, higher-level choices that will support you, not to judge.

All the fragrances in a forest are required to make it a forest and each is as important to the existence of the whole forest as any other. No matter what perceived suffering you have experienced or what perceived traumas you have been through or caused, there is a good reason for it, yet you do not need to know what that is or was. Just know it was required in your experience of life and the experience of the others' lives. What can you learn from it, from an *Intelligent*, uplifting, optimistic and supportive perspective? I believe that no matter how bad you believe yourself to be, to Creation your life is as perfect as the life of anyone you consider to be more deserving or better than you. Without every different combination of experience of life, there would be far less point to any life. To Creation, you are absolutely perfect and always evolving and it will make sure you continue to evolve (whether you fight it or not, or want to or not). Never assume, or let anyone tell you that your life is not as valid as his or hers, or anyone else's. You are not valued any less by Creation because you do not have the things or status, or even perceived intelligence someone else may have. The Purpose of your life is to be uniquely you and to eventually evolve into being *Consciously* happy, yet this must be organic and real,

not faked or forced. Even if you think you are happy being you already, use this book to help you find what is being hidden from your *Conscious Awareness* by the mind and holding you back, so you can genuinely be happier and find true peace within yourself. You deserve it.

YOUR MISSION - You come into this world with a mission, which can also be looked at as your calling. It is up to you whether you fulfil that mission or not but the opportunity to do so will be waiting for you and making itself available to you throughout your life, even though you may not be able to experience that drawing or pull, or not see it because it may be different to what you 'think' you should be doing, or think you need to in order to 'become' acceptable. It may also evolve through the course of a life. To experience true fulfilment, it is required you have and fulfil a mission, even if that mission is something seemingly simple like moment by moment authentic compassion and caring for others, as no matter what, this will help you have *Self-esteem* and help you to feel good, no matter what is occurring.

Most people want to believe their mission is to do something or be somebody, be significant or be better and not 'worse' than others, or perhaps even to get fixed. The insecure *Public Identity* tells us that the purpose of our life must be to be significant and get *Self-validation*, or do something that will cause us to be perceived as significant or important, and not inadequate, usually through money, fame, beauty, physical attributes, intellect or perhaps through helping others or even through spirituality, or appearing to be a spiritual teacher. Meanwhile, most people's mission has nothing to do with being famous or publicly significant. When you look around at people who truly do what they love, no matter what others think, with no desire for fame or approval, success and happiness follows them. However, be *Aware* that the *Psychological Reality* needs *Self-validation*, so expect it, be honest about it as a drive and motivation, and be kind to yourself. However, where possible, don't indulge it, and if you do, accept this and observe it also.

We can be 'compelled' by *Creation* to do or not do something. If you can be clear about this (and not just believe that anything you want to do you are compelled to do by *Creation*), this is *Creation* telling us how to be guided by it, and is nudging us through perception to show what it wants us to do or not do to best evolve. We can of course fight against either, but it will cost us one way or another, and we are then only guided by psychological needs and urges.



You can only become successful at what you 'are doing.' You cannot become successful at what you are 'not doing.' You feel the way you feel and act the way you act, mainly because of whatever you have already been

practising doing and so this is what you've become successful at. Whatever success is available to you in this life will come, as long as you are doing what is required to attract it. And if you can be genuinely *Consciously Aware*, you will be intelligent about it, feel genuinely happy over it (and not just satisfied). When you feel good, as long as it is not through some low level psychological pursuit such as revenge or your need to punish someone, you are already successful. If you want success, do whatever it takes to feel *genuinely* and *intelligently* good and you will feel successful.

I know a stockbroker from London who has become a window cleaner, and absolutely loves his life now. There are no insignificant tasks in life; all are required. In fact every job in this world is necessary, at least at the moment, and there are people who are pre-programmed with the true desire and natural ability to do all these jobs and tasks. Unfortunately, most people don't come into alignment with them, because they are trying to 'be someone different' or publicly more important, through a need for the perceived approval of others, or to avoid their own disapproval or that of their parents or other significant people in their life, or they just give up and do what seems easier. Every task that needs to be done has a significant purpose. No job or task is less significant than any other. Some are just preferred because they appear to give more public significance than others, and apparently mean that the people in these positions are somehow more important than others, and over the centuries the Thinking Mind has given a hierarchy of quality to each job.

The mind, using the *Public Identity* as its measure, is only usually interested in reaching the highest possible levels (based on perceived potential) in that perceived hierarchy in order to gain perceived approval or avoid perceived disapproval. This is extremely sad, because it implies to people that if they pursue a calling, which is lower down on the significance hierarchy, they are probably going to be judged as being less worthy than others, and they are usually trying to avoid judgement of this kind. This belief unfortunately causes discomfort, and often sadness, and can take away the pleasure people should and would get from fulfilling their true mission or calling, so they often don't do it. My window cleaner friend is happy doing his job and does not do it to gain approval or significance, even though he likes it when people appreciate his efforts. He gains approval from himself because of the caring and joy he puts into it and the joyful experience he gets from the work itself. Interestingly, it was this experience he tried to get from wealth etc., because he was let to believe this, and significance, brought it, but he did not find it there, unsurprisingly.

Let go of indulgence in fears around your 'Image' and your concerns

about what others might, or might not think of you. Instead, find your 'true' calling, no matter what it may be. If you really need to feel significant, then simply be the best at whatever it is you are called to do as your Mission, even though this will also be a need to feel superior. The need for significance or *Self*-importance can be fulfilled with true, humble, high standards, which bring genuine *Self*-approval; otherwise you are simply being driven by insecurity or fear! Remember the experience of approval and disapproval is internal anyway, and is only assumed to come from external sources.

FINDING YOUR CALLING - Consider what you truly love to do. Regardless of what anybody else might think about it, what would allow you to 'feel genuinely good' from experiencing doing it? If you don't know what that is, think back to a time as a child, and remember what you wanted to be when you grew up. Perhaps it was something that was conditioned out of you as an inappropriate goal or pursuit by those you perceived as important in your life? Or perhaps the opposite happened and you were told what you 'should' be, or do, or it was heavily implied? Or you just felt generally inadequate and looked for what would allow you to be or feel adequate, and pursued that? Perhaps it was only what you thought would make you important or a star? What do you get excited about when you think about it, or get to do it? Only you can find this, so spend some time contemplating it.

This may trigger discomfort in you, but it should show you how used you are to thinking of things to gain approval or avoid disapproval (even if it's your own) and trying to be or become a 'good' or 'acceptable' person. This is not looking for your mission; this is allowing psychological fear, pain avoidance and the psychological need for approval, and to avoid disapproval, to guide you. Pain avoidance will only motivate you to go so far. Only intelligence will cause and allow you to go further. This may be why you are essentially unhappy with life now (if you are), probably because it feels like you live life for others, or their approval, or to avoid their disapproval, and not for you.



One way to find your true mission is to do a simple exercise. If you're not very good at remembering what you've read, then have a friend help you with this, preferably someone who has no expectation of what you should or shouldn't be doing, and has no judgement for or vested interest in what you do or don't choose to do. There are a couple of rules to this exercise. First, you must clear your mind of all the past expectations you have been carrying with you about what you should and shouldn't be doing, no matter how altruistic or spiritual, or how true you think them

to be. It is required that you resist thinking of activities you think others will perceive you well for, or think will make you an important or valuable member of society. Observe when there is any 'public approval' element to anything you are thinking about. You cannot find your mission if it has to fit in with what you think will get you validation and approval, or help you avoid disapproval from others and that includes your family as well as yourself. To do this exercise effectively, success must be perceived as coming from the fulfilment of your calling, not from doing what you or others believe you 'should' be doing, to by being or becoming adequate or acceptable, as any inadequacy and unacceptability is a psychological illusion anyway.

Now close your eyes and imagine you have been away for a couple of days enjoying yourself. You have now come home to find a very distant relation to whom you had no emotional attachment (therefore you won't be clouded by grief or sadness issues) has left you with enough money that you will never have to work for money again. Now you can do anything you want with your time, regardless of what anyone else thinks. What would you do? Imagine there are no restrictions on your time, location or what you can choose to do, even if it does not require money to do it. The money you've been left is simply a guarantee you never have to work doing things you don't want to do again. It also cannot be used as a way to impress others, or buy their approval!

Imagine it does not matter at all what anybody else thinks about what you want to do. Or, if it does not feel comfortable because of this worry, if you must, imagine that whatever it is will be approved of by others, just make sure it is not because someone may pat you on the back for it, or that you will pat yourself on the back for it internally. Imagine your family support you in anything you do so their opinion is not an influence on or an obstacle to the choices you're about to make. Imagine that nobody else will actually know what you're doing so they can't judge you anyway, whatever it is. Because of this you can be sure you will not be doing it to gain approval, it is just for you. Being happy and feeling fulfilled doing what you are authentically (and not needily) drawn to do is all that matters at this moment. You do not need to get recognition from anybody or even be helping anyone. What would you do?

When you have arrived at the answer, check whether this is something you would be happy to do, even if nobody knew you were doing it. If it has anything to do with fame or success, or gaining gratitude from someone else, then your desire is still most likely coming from your *Image* drive and *Public Identity* need for approval, or from your need to feel adequate or of value. If so, you need to do the exercise again, this time letting go of

any need for *Self*-validation and *Self*-importance. Think back to when you were a child or coming into your teenage years, before you realised that being famous, rich, successful, or doing something ‘worthwhile’ would serve you in some perceived way to enable you to feel adequate or avoid feeling inadequate. What did you ‘really want to be or do’ when you grew up? Answer as honestly as you can. Do this exercise every week if you have to, until you start to feel some level of childlike excitement over what you feel you really want to do. This will give you more of an *Awareness* of what choices you could pursue in life to experience more genuine fulfilment.



There are many people, especially in personal development circles, who would say that the worst tragedy that could befall you is to live a mediocre life. Yet no life is more important than another, even if one appears more dramatic or significant. I believe every life experience, no matter how it is perceived by others, is as absolutely valid and important as any other life experience. When you can see from a higher perspective, you will see that no life is lived in isolation and every other life is required for any life to happen as it does. No matter what has happened or is happening in your life, there is an interactive purpose to it. To me, the only real difference between a significant person such as a President of a nation and a homeless person drunk on a street corner, is the consistent level of perception they indulge in that creates the perception of their perceived value or perceived lack of value. This dictates their values, beliefs, expectations, approaches and motivations for themselves and towards their life, and dictates what they perceive they do or don’t deserve, can or can’t have, and what they move towards, or away from. It is their perception that dictates the kind of life they expect, want, work towards, get or are willing to accept for their self. They are both as equally important to the learning and evolution of ‘*Creation*’ and evolution as each other, and are therefore equal as humans in the eyes of *Creation*, and *God*, if that is how you refer to what could be known as ‘*The One*’. However, they are not equal within the hierarchy of validation, which the made-up psychological mind of man creates to work out ‘personal’ value. Both people are part of an organisational Wisdom which is beyond the comprehension of the Thinking Mind, and both are children of *Creation*, meaning neither is more important or valid, or loved, than any other!

Never let the thought of being so-called mediocre, stop you from doing what really brings you joy. Those people whose judgements you listen to and allow to stop you or influence you away from being happy and fulfilling your mission, will never likely thank you for doing so anyway, nor ever truly approve of you unless you are validating *them*. So why let them influence your choices?

YOUR DESTINY - Your destiny is to grow and progress through each moment in this life and to continue doing so. Your destiny will be a result of your level of Unawareness or *Conscious Awareness*, as is dependent on the perceptual level of decision-making processes indulged over the course of your life, and therefore the level of *Intelligence* (or *Unintelligence*) you evolve to experience and function through. Your Destiny is a culmination of everything you have experienced and how you experienced it, as well as what life still has in store for you, based on what you need to learn and therefore what you are attracting. Therefore the sooner you put into practice the *Conscious Awareness* processes if *Intelligence* supplied in this book to help you rise from *any* level of Unawareness and Unintelligence, towards *Conscious Awareness* and *Intelligence* in every moment of your life, the sooner you will transcend the struggle, hurt, injury or suffering experienced in this life. Each tiny rise in your *Conscious Awareness* or *Intelligence* is evolution and affects your destiny. Remember; your destiny is being created in each moment so if how you perceive life changes, if you create your reality differently and accept everything is perfect already, then your destiny will also change, and rapidly. Invite any and all learning experiences in with no resistance to them and become as *Consciously Aware* of everything going on internally as soon and as often as you can. Become as genuinely *Intelligent* as you can in any and every moment. This is the key to your progression, evolution and ascension to higher levels of *Consciousness*; this is the key to;

The Conscious Intelligence Code

2 - An Overview of the Basic Structure of Perception, As I See It





**UNDERSTANDING THE EVOLUTION OF THE MIND -
THE EVOLUTION OF HUMAN CONSCIOUSNESS**

Before I go into more detail about the structure of the mind and perception, I believe it is important we understand how the mind has evolved and what it has evolved in to over the many millions of years it has been in existence. There is Thought Consciousness (which is one type of cognition) and there is Experiential Consciousness (which is essentially pure cognition). Before I begin, I need to explain a few things, which will help you understand more clearly what I will be talking about shortly. Being Conscious implies being Awake, being sub-conscious or non-conscious means in essence you are partly asleep or dreaming using imagination, and being *automatic* means the conditioned, automatically reactive mind is choosing your reactions or psychological experiences in any moment. If your automatic conditioned mind is dominant, you are unaware and unable to have conscious awareness, and you have no choice in this; you are simply along for the psychological and emotional ride the mind creates. It just happens to you. If you are not able to be 'totally' clear about 'your' thinking and observe it, you will not know the difference between created thoughts and the emotions they create, or between thoughts passing through and conscious thoughts.

Your level of Consciousness (i.e. how awake you truly are) is based on how consciously aware you are of 'your' mind's second by second thinking and perceptions, reactivity, defensiveness, agendas, processes, strategies, patterns, stories, descriptions and behaviours, along with awareness of the perceptual choices available or unavailable to you in any moment, and any ability to *Consciously* make those choices or not. Whilst I can talk about how in actuality there is no such thing as true choice, at this point I am going to talk in a way most will relate to, in so much as to say that we do have '*perceptual*' choice. However, if you are not consciously aware (unaware), you cannot consciously choose so your conditioned, reactive, sub-conscious is choosing your perceptions for you, whether you think you think differently to that, or do or do not like that or not.

We cannot change or choose our sub-conscious thoughts. However, once they happen and we become consciously aware of them, we can consciously choose whether to *indulge* them and give them perceptual life or not. If we choose not to indulge them, then we can choose what

we give our *Conscious* attention to instead because the mind will always need to be giving attention to something. This can only happen if we have enough conscious awareness of what is actually going on within us, to see the choices available to us and also we must have a reason to make those choices. Many teach that we have abundant choice in life, but I disagree; I believe we only see the choices available to our level of perception, therefore we only have these choices, and if we are not consciously aware, most of the choices we make will keep us at the same level of perception, because they are being made by that same level of perception, and its needs, we are currently indulging in.

When a thought happens consciously or sub-consciously, and when it gets our attention, and is indulged in, consciously or non-consciously, it becomes real (part of reality) to us. This is why it is so important to be genuinely consciously aware of the mind and what it is up to in any moment, because the only thing truly real to us at any moment is what has our sub-conscious attention, or what we have our Conscious attention on and how we have our attention on it, and therefore what we believe is real. The personality being used to decipher (filter and translate) or describe what has our attention, defines how we give that attention and experience it. Emotions then follow these psychological processes so you get the emotional experience of whatever has your Conscious or sub-conscious attention and how the mind describes them, and what the mind decides these mean to or about 'you'. The Conscious mind can process around 2000 bits of information per second (because it needs so much more resource for each bit of information) whilst the sub-conscious mind can process 2 million times more than that, only on a much more superficial level, thus using less resources to work to keep you safe. This is why the sub-conscious mind is far noisier and better at getting and holding your attention than the Conscious mind.



In my opinion, there are four main levels of Evolutionary Consciousness, at least that you need to be aware of; there is the Survivor (the Unconscious biological and Primal Mind), the Thinker (The Sub-conscious Automatic Mind), the Conscious Thinker and Observer (the Conscious Mind) and the Witness (The fully Conscious and Awakened Experiential Mind. This is experienced once the dissolving of the self-images and the mind's attachment to the psychological-reality has happened, and when the lower-level Thinking Mind has been cleaned up through Constant self awareness of its underlying structures, beliefs and processes. Full and complete balanced Consciousness is then consistently experienced. Self-awareness (of an underlying psychological self-image) is only the first part of this higher journey of attunement and ascension to a higher Experiential

Consciousness. You can become self-aware (and by default this means the *Self* is still the basis of perception) and not know how to consciously adjust your indulgence in what gives you your perception of *Reality* or be able to see your core self-image and the Thinking Mind, and what it is up to, for exactly what it is. Don't get the term self-aware mixed up with the term self-conscious, as that simply means the psychological-reality is conscious it holds a psychological definition of you, a core self-image, and is afraid of judgement over it, and is expecting it from itself and others. This is not true self-awareness; self-consciousness at its basic lower levels is like the mind watching itself in a mirror, the Ego watching the Ego and measuring it against how it thinks it should be. This self-consciousness (because of the poor core self-image) causes discomfort or suffering and is run by the drive for psychological survival and avoidance of discomfort. Although it may bring with it some learning's, these will mainly be used to refine what it is doing and not about looking at its own perception or how to grow beyond it. This process uses intellectual intelligence to learn with, which is only intelligence based on what you already believe you know, and is defined by the minds current level and quality of perception, and your current agenda and attitude in that particular moment.

Becoming the consciously aware observer in any moment is different, and more akin to a non-judgemental parent watching (without judgement) their adolescent child being easily led, foolish and irrational. The parent can 'force' the child, through simple reflected observation, to become much more *Aware* of its own unawareness, irrational and disempowering behaviours, agendas, beliefs or expectations. This is the only way for the sub-conscious mind to see what it is doing to itself, which can cause the mind itself to let go of the patterns and processes it is indulging in which keep the self-images and the psychological-reality as the guidance for its perception. Then true *Conscious 'living'* (experiencing life as it is with no resistance) can start. This higher level of consciousness is something we can all have access to, once we let go of the illusion that our own perceptual version of reality is true and real, and see that all perception is adjustable, as it is all made-up to start with. Then the mind can let go of the Ego (active/adjustable self-image) and the psychological-reality it buys into, which at this time drives and guides your perception, which will then allow the core self-image to dissolve or is let go of by the mind.



You can be *conscious* of something without being *aware* of it, but you can't be aware of something without being conscious of it. Being conscious and being aware can be described as the experience of left and right brain hemispheres. A new, genuinely intelligent choice can only be made when both sides are involved, which means you need to be consciously

aware of something, and the genuine choices available, in order to make a genuinely new intelligent choice, rather than a conditioned, reactive, automatic choice being forced on you by the mind. Remember, if you are not consciously choosing intelligent or pleasant thoughts to indulge in, you are non-consciously being forced by the mind to indulge in the thoughts and reactions, chosen for you, by your conditioned, reactive, insecure, sub-conscious Thinking Mind and psychological-reality. You are either consciously directing your attention onto what will help you feel good, or your sub-conscious, insecure and habitually conditioned thinking is choosing for you and directing you to react. It has to be one or the other; it cannot be both at the same time.

To feel good by choice, it is first required that you are able to consciously direct attention onto things, or describe things, in a way that allows you to feel good or you direct Conscious thoughts to think of things (events, people, places, interests) which cause you to feel good. If you don't you will experience the emotional response which comes from undirected, sub-conscious, pain-avoidance (which is actually pain generating), reactive, automatic thinking. Note this is still management of the mind rather than freedom from the mind. However, it is absolutely required for you to first evolve into consciously feeling good more often than not through the management of perception, which is required for you to be able to evolve psychologically and be able to learn to simply observe the mind at work.

Let's now move on to explore the different levels of Consciousness and the different parts of perception and the mind.



THE NON-CONSCIOUS BIOLOGICAL & PRIMAL MINDS – This is the part of our mind where the base level physical and perceptual operating system resides along with the drives of our physical body and those perceptual drives we have as human beings. It's important to remember that we are still primal driven (cavemen and women) at our base level of programming. We just live in a very different external environment now, with very different internal processes going on as well.

The key traits and drives (which are more like directives) of the Primal Mind (the automatic, stimulus response driven mind, or the underlying operating system) include: Survival, Physical Safety & Physical Pain Avoidance, Comfort, Minimum Effort, Dominance or Compliance, Tribal associations, Hierarchy (particularly in men). There are others I won't go into here, and Men are driven to have sex and pass on their genes whilst women are driven to have children, therefore both have the need to procreate.

THE DEEP SUB-CONSCIOUS (OR THE AUTOMATICALLY REACTIVE MIND) – The

Deep sub-conscious is basically the next level of mind, or structure within the mind, up from the pre-programmed, automatic Primal Mind. It is more interactive in that it takes 'perceived' input from the external world, which becomes part of what appears to be automatic programming. This gives the experience of hard-wired, Un-conscious thought that is beyond your direct Conscious influence. The deep sub-conscious mind is where automatic reactions (base level psychological protection) come from. Essentially, the Deep sub-conscious is run by the thinking concepts (and associated assumptions) created and accepted by the mind, up to and including about seven years old. Strong and impactful experiences occurring after this age continue to be translated and evaluated using the same thinking concepts and perceptual assumptions created up to the age of seven, and thus these same thinking concepts form the continuing basis for continued 'reactive' reality. The sub-conscious is basically completely compliant to, and reliant on, the Deep sub-conscious processes. The deep sub-conscious is still part of the sub-conscious, however it is like the back of the filing room or cellar which is hard to get to and where only the oldest but most strongly accepted stuff is stored, which the mind has forgotten about, or is unaware of, and which still strongly effects the constant calculations that runs in the background. It is also where the perceptions, beliefs and assumptions, which the mind has decided no longer need to be looked at, or evaluated are, because they were long ago accepted as completely real and valid to and by the sub-conscious Thinking Mind, and are therefore considered unquestionable.

This is also where deeply rooted psychological charges are stored. These 'constantly' affect how we perceive and act because they form part of the ongoing, underlying, psychological 'calculation' about who or what we perceive we are, what we perceive life is about in relation to us and what we perceive needs protecting. It is these charges that trigger our underlying automatic reactivity. To clarify, charges are situations or events, which often originated from physical experience and psychological perception. They become part of the psychological calculation of our self and core self-image and therefore of our perceived reality, and so move into the deep sub-conscious. They are perceived in such an intense way they create strong psychological or emotional memory imprints on our psyche and their effect is felt deeply in our psychological calculation. They can also happen throughout life, and if they are not cleared through conscious awareness of them. They can be automatically triggered by the perception of situational dynamics as they are stuck between the Primal and the sub-conscious Minds. Charges create an energy and structure that builds up as life goes on, by the structure of perception that supports them becoming more complex and justifiable, if they are not observed and

dissipated through that observation. These charges can emotionally crush people if a similar kind of dynamic which resonates with, or reminds them of, the charge, occurs again in their life. For the charge to be cleared from automatically being part of the calculation, it needs to come up enough to be seen by the sub-conscious mind through the Conscious mind seeing it. Then it can be cleared through conscious awareness of its 'reasons' (which create emotions over it), its affect and its irrationality. This will help you become free of emotional reaction over these past charges.

For example, if you felt you were ignored as a child, and this became a structure with belief behind it, then someone ignoring you in your adult life, especially a significant person in your life, this can cause you to snap instantly, even though that is far from required or rational. The observation of this, and seeing that it does not fit the actual circumstances, can help you see that it needs to be observed more closely, to see what assumptions and beliefs are driving it. Thus by doing so, it ends and no longer drives you in this reactive way.

Strong perceptions that create strong emotions quickly imprint and slip from the sub-conscious to the non-conscious Mind where they become part of the *deep* element of our perceptual calculation. These charges (which create emotions) form a rudimentary but significant part of the basis of how the mind evaluates its perception of 'you' and life. This means a reaction can be triggered around them without any Awareness of them at all. The only way to clear these is to look at the evidence of your reactivity and becoming consciously aware that something is there and affecting you. Then it is required that you become consciously aware of its structures and effects (which means both the Conscious mind and the sub-conscious mind are monitoring and observing it) and see it for what it is. There often only needs to be a split second of conscious awareness of it for the sub-conscious mind to see it; then you can use conscious awareness to look into it and see what caused it, your perceived 'reasons' for it and how it works, at which point the sub-conscious mind will clear it out for itself.

This process will help you have freedom *within* the mind so you can manage the mind more effectively. However, it will not give you freedom *from* the mind, just freedom from emotional reaction and reactivity in these particular areas. However, charges are just a part of the underlying perception calculation and it is required that you become consciously aware of far more than just your 'charges' in order to *Awaken* properly. You must also become consciously aware of the structure of all the perception the mind is creating along with all the assumptions, beliefs and expectations it is creating and indulging in.

The longer it is since any concept or perceived experience has been questioned, the further back or down in the sub-conscious it goes and the more automatic, unquestioned and unquestionable the mind believes it to be. These are the thoughts, concepts and beliefs the mind has sub-consciously (and often consciously) rehearsed, so often they are no longer (if they ever were) Consciously heard by you. The Deep sub-conscious also holds many of the long standing patterns and strategies for the things you do in any moment which you are unaware of or do not yet have conscious awareness of so you can deliberate observe them and choice can be made over them. Again, the Thinking Mind has accepted these patterns, processes, beliefs and concepts as unquestionably valid. However they are all only perceptual concepts anyway, and are therefore not real to begin with, but they can certainly appear so, and be acceptable as true to your perception. Habitual, or conditioned behavioural patterns are predominantly sub or non-conscious so they are also automatic.

The Deep sub-conscious is strongly conditioned and is automatically followed by the mind. It is used by the mind to direct perception and the sub-conscious and is more of a Primal Mind structure. The sub-conscious is more of a complexly created reaction structure for the mind, built on top of the Primal Mind and the Deep sub-conscious, which the mind uses to protect itself against the external world and (believe it or not) the Deep *and* sub-conscious beliefs and assumptions it holds and creates moment by moment using its psychological-reality based perception process. Your own perception is the warrior you are fighting against, as I have said several times, not actuality. Observing your own perception to the point of being able to see the patterns and structures the Deep sub-conscious process has become attached to, and believes in, including charges (or engrams as they have been called), this observation alone (even if it is only a sub-conscious insight and observation) will allow them to move from being an underlying driving process and into a memory process. Unlike the Deep sub-conscious programming, this as memory can be adjusted or cleared out once you reach a certain level of deliberate conscious awareness, and then these charges no longer affect the Deep sub-conscious calculation, but become something that choice can be applied to.

The Deep sub-conscious does not sleep. Why do you think noises wake you up? Something must be listening and alerting the more conscious parts of the mind to any potential threat, which means this reactive and associative mind is open to being affected and to recording data, even during sleep or when you are unconscious or have been knocked out.

THE SUB-CONSCIOUS (OR NON-CONSCIOUS) AUTOMATIC THINKING MIND – (The Actively Reactive Mind) There are two parts of the sub-conscious mind to

be aware of; the logic and primally intelligence driven part which works to help us evolve, and the damaged, injured and corrupted perceptual part. This latter part is where destructive conceptual thinking tends to come from, and is often made more complex as we evolve into Semi-conscious thinking, which adds to the complexity of strategies and processes. It is very much as if viruses (called the self-concept and core self-image) has infected perception, causing us to get lost in the next part of the virus, the psychological-reality which blinds us to the very fact we are lost. It is this conceptual mind virus I am endeavouring to wake you, and mankind up to. Whilst the Deep sub-conscious holds set information and concepts which cause the sub-conscious mind to react automatically, the sub-conscious mind itself is more dynamically adjustable and is always looking to adjust perceptually to become safer within its perception of life (unfortunately it is only really trying to get safe from its own perceptions).

The sub-conscious mind gives us the automatic, conditioned, reactive, protective, practiced thinking and decision making which almost always decides our psychological experiences based on the protective Ego processes, and a deeply flawed concept of a core self-image at its core of perception. This is the left-brain based Conceptual Mind and it is usually repetitive, destructive, compulsive and defensive. Anything accepted by your sub-conscious mind is accepted as absolutely true, real and valid, even if it is plausibly and believably imagined. Once it has been accepted as such, 'you' cannot change it as you are not the mind. However, the sub-conscious mind itself can recognise that a strategy, approach or belief etc. it holds may no longer be the most valid available, and if it discovers or recognises a better strategy, approach or belief (which it has to find if an old one is now seen as invalid) to use in a similar event, situation or interaction in the future, it will then open to new possibilities and choose a new or updated one as more valid. Then the old form of perception moves back and is stored in case it is ever needed again. So the mind appears to have changed but it has done it itself; 'you' have not done that.

Anything ever accepted by your sub-conscious mind will always be available for it to access. I believe, contrary to what many teach, that the mind cannot be reprogrammed. Memories (as I will show you) can be reprogrammed, but the mind cannot. It can only adopt new approaches, beliefs, expectations, patterns, strategies or behaviours, and store the old structures just in case. You cannot change it yourself; you can only help the sub-conscious mind see for itself the *unintelligence* of what it is indulging in. Then it will update its own concepts, beliefs, assumptions, strategies and approaches but the original belief etc. is simply stored away, and is always available for the mind to use as a reference or strategy in the

future. Because it was once accepted as absolutely real, unquestionable and valid, it will never be thrown away (for logical certainty reasons), just in case it is ever required again. The consciously aware mind (which if you can deliberately use) can however act as a mirror, exposing the mind's own thinking and imagination processes to itself. But if the mind does not see for itself what it is doing or imagining, which is causing it own conflict or pain, it will continue doing it automatically, no matter how much you fight, complain or psychologically assault yourself to try to change or improve.

The sub-conscious mind is basically totally compliant to this deep sub-conscious process. The sub-conscious mind is Conscious of many things it 'could' potentially give attention to or focus on at any time, which don't have your attention in that particular moment. Look to either side of you now and you will see something, which 'could' have your attention. You knew it existed, perhaps not consciously, but because the mind had your attention elsewhere, it was not part of your reality a moment ago, therefore in that moment it actually didn't consciously exist for you because it didn't have your Conscious attention. Anything psychological, which doesn't have your Conscious attention but could have, if you directed your conscious awareness in that direction, is part of your sub-conscious awareness or unawareness. This includes thoughts, memories, beliefs, expectations and so on, any thinking and perceptual structure.

Your sub-conscious thought process can be thinking about many things sequentially, one after the other, in very rapid succession, using imagination to experience them, and memory to evaluate them. If you are not consciously directing your thinking to focus on things that will allow you to experience what you 'want' to experience psychologically and emotionally, your sub-conscious will certainly be directing your perception for you, onto what it wants to experience or wants to try to avoid. If you are not using your psychological choice and ability to consciously discriminate which thoughts you wish to give your attention to, focus on or indulge in, your sub-conscious thinking will direct you in any way it chooses or is conditioned to. Normally, this means focusing on anything with the potential to cause you discomfort, hurt or suffering which it will then apply imagination to (the reality simulator). This will give you the underlying simulated experience of those thoughts and thus create that reality usually without you even realising it.

Remember this; the Thinking Mind (using the psychological-reality) is mainly a (psychological) pain-avoidance mechanism so it is predisposed to look for what could go wrong or cause it pain, especially emotionally, in any event, situation or interaction. So if you are not consciously directing

your indulgence in thinking in a way which allows you to experience a 'feel-good' outcome, your sub-conscious mind will direct your reality experience for you and it will base this experience on the assumption and presumption of what could go wrong or what it thinks you need to avoid or protect against. The conceptual thinking mind has become almost completely attached to imagining using imagination, which causes life to become an imaginary dream about the perceived reality it causes you to experience. Living in a sub-conscious or thinking world is basically an imaginary reality, fuelled by the conceptual thinking, memory and imagination, the imagining structure of the psychological-reality, and using the structures of the Ego (active/dynamic, presentable, moment-by-moment version of a surface self-image) to try to feel better or safer. However, when your *Conscious* mind deliberately focuses on something, your sub-conscious mind must also give that attention to evaluate it. This means you can consciously direct some or all of your thinking (and therefore your experience of reality) over or around it, and you.

The key traits and drives of the left brain, sub-conscious Thinking Mind are; Supporting the Primal Mind to avoid physical threat; psychological survival; moving away from perceived psychological threat; Avoiding perceived psychological pain or uncomfortable emotions (even though it creates them itself); and 'presenting' the desired, or presentable self-image to avoid disapproval, gain approval, or to appear adequate and not inadequate. The needs of this Thinking Mind are all nowadays based on the perceived need to protect, defend and promote itself or more accurately its active image of a self (self-image), for it believes that this 'self-image' is 'you'. These and most of the needs below are basically psychological survival techniques, and will be so until each mind evolves out of the primitiveness of this thinking. The other 'main' needs of the sub-conscious psychological mind and psychological-reality are; **CERTAINTY** (to remain physically safe to support the needs of the Primal Mind which the Thinking Mind is built on top of, and therefore must emulate to some degree, but more importantly to be as psychologically safe as possible); **SELF-VALIDATION** (to validate, and feel safe within, the psychological-reality, and to use the Ego to try to feel better about your self-image); **SELF-IMPORTANCE** (to feel significant, unique, adequate, or even superior and most of these are derived through evaluation and comparison of and to others); and **PSYCHOLOGICAL SATISFACTION** (perceived as pleasure, one of the highest level emotions experienced by the Thinking Mind and psychological-reality. Excitement is simply anticipation of Satisfaction in most cases).

While we have an Egoic and an underlying self-image, we are driven continuously to try and fulfil these needs above, and we will meet our need for certainty, self-validation (often self-Importance) and satisfaction

(and often revenge or retribution type thinking or actions are used to get perceived satisfaction) in any way we can. For some, the illusory feeling of significance and self-importance comes from mistreating others, which can give a fake sense of superiority over the other. Go to some parts of India if you want to experience this intensely. The Thinking Mind, using and trusting the psychological-reality, is dedicated to; understanding; conceptualising; getting; striving; emotional safety; comfort; and other psychological based survival and pain avoidance. The Thinking Mind justifies and rationalises through a self-focused and selfish lens, which is often just irrational logic. When you can step back from detail based logic, you can see it is often irrational, for it is always trying to confirm what it believes it is already certain about before looking at anything else. This cannot be truly intelligent.

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If you would like more comprehensive information on the traits and needs of the different minds, please go to:

<http://www.TheConsciousIntelligenceCode.com/psychneeds.htm>

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SEMI-CONSCIOUS AWARENESS – Semi-consciousness (which can be described as 'smartness' or emerging intelligence) is driven predominantly by intellectual intelligence rather than higher intelligence or (Wisdom). Intellectual intelligence looks for certainty through protection and validation to fulfil its need for certainty, whilst Wisdom observes and seeks solutions where required. Being *Conscious* and being conscious awareness are different. Rudimentary or intellectual intelligence supports sub-conscious thinking and works to cover up or justify, no matter how corrupt that thinking is (this is the beginning of 'smartness'). Whilst *Conscious* intelligence looks to expose mis-assumptions, not cover them up or justify them, as intellectual intelligence does. It is required that you become intelligent and wise, not just smart.

Through semi-consciousness you can be *Conscious* something is happening perceptually (I am mainly talking perceptually here, but physically Awareness is similar), without being aware of its intricacies, or why it is happening. Being *Conscious* of something is like innately knowing something is happening or going on, yet not really being consciously aware of it to know exactly what it is, therefore no deliberate choice can be made. Being consciously aware requires you to be actively observing something, so you can see what it truly is, and if it is about thinking, what creates and drives it, as this is the only way a more *Conscious* and intelligent choice could be made over it. So Semi-conscious means that you can be instinctively *Conscious* of something within your perception, but not actually deliberately *aware* of what it actually is or what is perceptually

creating or driving it. Intellectual intelligence is driven by the underlying needs of the mind and can only be based on the information, knowledge and assumptions it already holds, therefore intellectual intelligence can only help you become better at what you already do or indulge and only allow you to be Semi-conscious or Semi-Aware at best. Semi-conscious thinking does allow for some deliberate thinking about how to support the protective processes, but this will not evolve beyond colluding with the sub-conscious avoidance drives until this is consciously seen through deliberate *Awareness* as Un-intelligent. When Semi-conscious thinking evolves through *Honest Inner enquiry* and conscious awareness, the psychological-reality and its primitive protection drives will no longer be able to dominate it; then true intelligence can start to evolve in and through you, allowing you to evolve rather than revolve.

Most of Western civilisation has become self-conscious to some degree. This does not necessarily mean they are consciously self-aware, but many are at least somewhat conscious that there appears to be more than one 'Self' in their head, and that they are somehow suffering, or perhaps perceive themselves to be inadequate or not fully adequate somehow. As the *Conscious* mind starts to wake-up and get involved, it will first look to support the sub-conscious thoughts, partly because the lower mind is so convincing. But as conscious awareness evolves, the sub-conscious mind will start to see for itself the irrationality and unintelligence of much of its thinking. Basic level Semi-consciousness will validate sub-conscious automatic thinking until the level of Semi-consciousness becomes high enough to access enough *Conscious intelligence* to consciously question the validity of automatic sub-conscious thinking, and see the destructive and impairing symptoms of it. At first the sub-conscious mind will fight harder to convince itself, and you, that its perception is real and valid because of the fear of uncertainty any unknown change may be perceived to bring. However, as it becomes more *Conscious* of its dysfunctional thinking and reacting processes (by seeing them itself) this Semi-conscious state will eventually cause more discomfort for the perceiver and so bring about a change in perception through the need to grow beyond it.

This is rapidly becoming the perceptual state of most of mankind. However, most people are only now consciously realising they have an inherent niggling or underlying perception of inadequacy or unworthiness, and this is leading to even more suffering and often more unsupportive (unintelligent) perception and behaviour. It may appear to some that trying to become Un-conscious again, perhaps through drink, drugs, or any other kind of entertainment distraction, might be the solution. However, the only real solution is becoming more consciously aware of what is truly going on inside you, so the mind itself can see the

dysfunction of indulging in this kind of irrational, but perhaps logically plausible, thinking, no matter how much discomfort it causes to start with. And it will cause discomfort if there is too much resistance to it. Please remember that this negative thinking about yourself at this deep level is an illusion anyway. Most drugs just stop the brain functioning properly. They don't actually affect the mind, they just stop the brain being able to interact with the mind, therefore the mind is still working in the background to evaluate the new injury or injuries that are being created during a drug or alcohol induced state, and adding it to the list of reasons to feel bad about yourself you will already be carrying. So when the drugs wear off, and the brain starts functioning properly again, you're still stuck with the same perception, or worse, from before, only now there is more injury and negative perception about yourself to be added to the mind's perception of 'you'. The drugs don't work, to fix anything. They just stop the brain functioning properly and give what appears to be a brief respite, but damage the perception of you, even more, and ultimately the brain itself, which makes life seem even worse.



Things are usually experienced more intensely the more *Conscious* and aware of them you become. This intensity is almost always experienced before an insight, and is even required for the insight to happen in most cases. However, the psychological and emotional suffering usually experienced over it is not required in actuality; only the 'conscious observation' of the mind's internal processes and structure is required to become free. The discomfort experienced is always some form of self-criticism and punishment, either heard or un-heard by you. Still, most conscious awareness of the underlying core self-image, Ego and psychological-reality, does create conscious psychological suffering at first, at least until you become so consciously aware of it that you have the potential to make a deliberate, supportive, intelligent, conscious choice over it. The discomfort or worse experienced over this awareness is the price of true conscious awareness, conscious intelligence and freedom.

To the so-called normal mind, insight into how it thinks and what it thinks about the core self-image equals pain, simply because self-criticism and self-punishment is usually inflicted on one's *Self* once an insight into how one really thinks, thinks about your core self-image, acts and behaves, occurs, especially if it doesn't fit with how that person thinks they should be. The next stage is even more uncomfortable, because as you become *Conscious* of what is going on and become aware of the choices available to you, but you are still not consciously aware enough to make the more intelligent choices; then even more self-criticism and self-image based punishment takes place. It is only when you can

see what is happening, know what choices are available to you, and are able and have reason to make the more intelligent choices, that conflict and suffering over those particular events, situations or interactions will end. This is one reason many people, or even most people, do not want to become more *Conscious* or *Aware*; it just appears too uncomfortable or painful. When all that is actually causing the discomfort or emotional pain is internal measurement, judgement, labelling and internally created self-disappointment, self-criticism, self-punishment or self-abuse. People either can't see this or can't see there is a choice, which can be made to end this suffering. Until enough deliberate and *Conscious* self-enquiry has taken place, this will remain the case. Once enough deliberate self-enquiry has taken place, the mind will eventually see that insights equal peace and the process of inner discovery as advantageous to it, rather than a threat. When this paradigm shift in *Awareness*, perception and thinking takes place, the mind actively seeks insights because this becomes exciting rather than something to be avoided. This is a directional shift in psychology from away-from what you don't want, to towards what you do want to experience, this massively speeds up the kind of growth that moves you beyond the irrational, primitive thinking mind, Ego and psychological-reality into seeing life as a dance and experiencing it in a balanced and peaceful way.

The earlier you can become consciously aware of any disruptive or irrational pattern, process, belief system or behaviour (and there will be many) going on, the more consciously aware you should be able to become of that process, and sooner. At first you may only become consciously aware of that perceptual structure or behaviour at some point *after* an event, interaction or situation. This can help you consciously evaluate what you can learn from it about your perception, as long as you can step away from indulgence in self-criticism and *Self*-punishment over it. Become authentically, consciously aware of what happened and why it happened. Then become more deliberately consciously aware of it sooner and sooner as life goes on, day by day, so you can start becoming deliberately, consciously aware of it as and whilst it is actually happening. When you become consciously aware enough of the whole process as it is happening, you will progress to becoming consciously aware of it when it is *about* to happen. Then you will be able to consciously *observe* it coming up in perception and so intervene and redirect the mind before that behaviour manifests into the external world or triggers or creates something else internally. It's like recognising you're about to say something before you actually say it and then choosing not to say it out loud. This is the Awareness I am talking about, which creates a new result and is the beginning of a new set of Consciousness skills.

Be aware, however, that you can corrupt an insight by trying to indulge it and turn it into what you think it needs to be, or want it to be. We may get an insight and try to force the experience, when it is actually experiencing what is not expected that is part of what an insight is about. Just experience insights and let the mind do with them as it will in the background; don't try to do anything with them, just be open to having any insights, with no requirements for them, just conscious awareness of your thinking and perception.



It is my belief, and I have been saying it for some six years now, that in the coming years we will hear about a lot more suicides. To me this is because people are becoming more *Conscious* of their suffering through the Semi-conscious state mankind is now moving into, but have no idea what to do about it. So the raising in Consciousness of their perceived dysfunction just creates more conflict and self-disappointment, and therefore creates more suffering, and self-disappointment, self-criticism and self-punishment become more intense. For those who don't know what to do about it, suicide appears to be the only perceived option. One of the reasons for writing this book is to help people in this situation. Everyone is now waking-up to some degree, whether they like it, or want to or not. Yet many try to go back to being non-conscious (back to unawareness) through alcohol, drugs, or entertainment and distractions as I said before, which temporarily seems to take them away from their experience of themselves and their perceptions and descriptions of life. All perceptions and descriptions of life are really perceptions of the *Self* associated to the perception of life, and this is usually uncomfortable, because most people don't like the core self-image they find when they look into (what appears to be) their own thinking and thoughts about *Self*, or because they make their core self-image wrong because it doesn't fit with how they sub-consciously think they should be.



Higher conscious awareness is not automatically accessed when you use *Conscious* thinking, however, when conscious awareness evolves enough through deliberate *Conscious* practice, this deliberate *Conscious* thinking starts to make different perceptual choices to that of the sub-conscious thinking. When Conscious intelligence evolves, and the sub-conscious mind starts to be able to observe itself properly, waking-up truly begins, but not until then. Through deliberate, consciously aware observation of the sub-conscious mind it is forced to see its perceptual functioning and therefore works to clean itself up. This is part of the evolutionary journey towards conscious awareness and *Wisdom* (Conscious intelligence). It is not a door you find which suddenly opens and gives you full access

to all Consciousness. It is the ongoing willingness to work towards conscious awareness and inner integrity, which dissolves unawareness, the Ego (surface, adopted and managed self-image), core self-image and the psychological-reality, and this will dissolve the belief in the core psychological self-concept at the base of it all. Intellectual intelligence has helped us achieve a great deal; however, if we don't now move into Wisdom, this level of lower, more primitive perceptual intelligence, will eventually destroy us. Unless consistent conscious awareness replaces it with conscious intelligence, we could deteriorate to being extremely destructive with our so-called superior intellect.

THE CONSCIOUS (HIGHER) MIND – This is the intelligent, constructive, solution orientated mind drawing us to evolve. The bridge between the sub-conscious and *Conscious* mind is conscious awareness, which is something we can actively work at. When we think about something, it becomes real to us. When we give our full *Conscious* attention to it, it becomes all we experience. The Conscious mind is the higher reasoning mind and has access to the Experiential Mind. Thinking originating from here is usually constructive, creative and supportive. The *Conscious* mind approaches everything from a different perspective to the automatic sub-conscious mind, and is not dictated by the Ego (active self-image) or core self-image, as the Conscious Mind is not part of the psychological-reality, but was hijacked in its early stages of waking-up by the sub-conscious mind and psychological-reality to serve their needs, and there was no genuine intelligence to override it. Using the *Conscious* mind and conscious awareness is a cultivated skill, not an automatic given once you reach some perceived level of consciousness. Even if you slip away for a second, the sub-conscious mind will get your attention back onto its own agenda. And even if somebody awakens, conscious awareness will not be automatic if that awakening did not occur through the cultivation of conscious awareness and Conscious intelligence.

The *Conscious* mind is also the mind which experiences inspiration; inspiration is a flash of something not present in the sub-conscious which comes through Collective-Consciousness to the higher-mind to 'potentially' help you evolve. However, many people believe they experience inspiration when it is just the Thinking Mind using imagination to trick them and keep them under its influence, because it is experienced so similarly by the mind. Inspiration and imagination come from different parts of the brain and from different parts of the one mind. However, inspiration (from Collective-Consciousness or Creation) can use imagination to pass on its message. This is why people can believe they are receiving inspiration when they are simply indulging in imagination, to meet their needs, and

give the mind, or the identity the mind is indulging in, what it needs such as validation or certainty. Likewise, some people receive inspiration or guidance from Creation, and assume it is just imagination so dismiss it. Inspiration is absolutely different to what you are already thinking, and the mind must be open and looking to receive it, or it will only see what it is looking for within its current perception. Until you *genuinely* know the difference through genuine conscious awareness, and conscious intelligence, you cannot know the true difference between imagination and inspiration. So be consciously aware of this as a possibility, and never trust imagination. If something could possibly be imagined, or has the potential to be, assume that is what it is, and do not accept it as real, unless it truly helps you have Awareness of your own perceptual challenges and misunderstandings.

Through the Conscious Mind we can access conscious higher-intelligence and eventually true Wisdom. This cultivates and accesses a much higher kind of thinking that can look for the solution to any psychological or physical challenge, in a way that transcends the previous perception over it. The more access we have to the Conscious mind and the way it 'thinks', the better *our perceptual* experience of life will be (however this is cleaning up perception, it is not yet being at the level of experiencing life as it happens, with no resistance to it). Cultivating conscious awareness will change the quality of your life and your perception of everything in it. The Conscious mind is not affected by the psychological-reality and is therefore not held ransom to any image, belief, concept, attachment, expectation or need. It can therefore look for solutions in a way that is not hindered by the needy and insecure sub-conscious mind that guides and runs most humans at this point in time (although it is forced to collude with the needs of the Sub-cons mind by being hijacked during the early stages of its waking-up evolution)

The basic traits or directives of the right brain Conscious Mind are; Variety (new experiences for growth); Constant Growth (for the required evolution of Consciousness); Integrity (true internal honesty); Acceptance (non-resistance of what is); Faith (in Universal Influence, Creation or God); Contribution Beyond Oneself (true unconditional giving, without ANY desire for, or expectation of personal gain or return).

THE EXPERIENTIAL MIND: THE SUPER CONSCIOUSNESS – The Super-conscious mind, or the fully Experiential Mind, can only be truly experienced when the psychological-reality has dissolved. If the psychological-reality has not dissolved and you are still under its control, then at best you will only get brief glimpses of this. Higher Consciousness has access to Universal intelligence, or Higher Wisdom. I will not go into this in any detail in this

book, other than to say that once true 'natural' Awakening takes place, through conscious awareness of ones own perception in any and virtually every moment, we have access to a level of knowledge and wisdom that could not come from this single life experience and which can quickly unfold to us just by giving *Conscious* attention to anything we wish to know more about. The Thinking mind actually knows very little compared to what can become known through experiencing life, but it can certainly pretend to know more. When the made-up *concepts of self*-images dissolve in you, you are left with the real experience of the true 'conscious self', or the 'I' or Antaryamin. The connection to, or presence of, Creation itself inside of you. You have always been connected to Creation in this way but have been blinded to it by the psychological-reality and the indulgence in any version of a psychological self-image, and the structures the mind builds around it.

The *Antaryamin* is your inner connection to all of *Creation* and this is what gives us the experience of 'oneness', 'togetherness' and 'unity' with all that is. The Antaryamin is the connection to all that 'is', and it is through this Antaryamin we can experience all that 'is', beyond the simple experience of life in this physical vehicle called a body. It is higher-consciousness and universal intelligence, but it can only guide us weakly because it has been suppressed and shut out by the mind adopting the psychological-reality as real life, causing us to feel disconnected and like an individual, rather like an inadequate or broken orphan. The Antaryamin is the true inner guide, constantly and relentlessly trying to help you perceive through the conscious side of the mind and have conscious awareness, so true 'wisdom' and can show you the way within perception. It is driven to help you grow and evolve and you are drawn to grow and evolve, whether you are ok with that, or think you want to or not. The Antaryamin does not judge or measure you; it is your constant friend, always waiting for you to genuinely connect with it and listen to what it can show you about your own perception. It is always trying to help you see, as is life and God, not to try to punish you. It is your own psychological-reality that does the punishing, using the psychological evaluation of everything it uses to measure and evaluate 'you' with, and find you lacking and punishes you perceptually. Since I Awoke, I have *not once* experienced being alone or lonely, nor any self-disappointment, punishment or criticism. I experience a constant and abiding feeling of being fully connected to a much bigger existence and purpose, a feeling I need do nothing with. It is that 'I am that' which has attention. And still, I am the servant of this whole, and know we are all already perfect and complete. We just need to see it so we can truly experience it for ourselves, and that is part of the required evolution.

5. THE COLLECTIVE-CONSCIOUSNESS

This could be called the thought sphere or the Ancient mind. I believe Collective-Consciousness is the true continuous ancient mind. Basically, a Collective-Consciousness is one where any more than one mind with the same basic functions, perceptual and thinking structure, combines into a group Consciousness in the ether of the Universe. Each species has its own Collective-Consciousness and each species will only experience its own Collective-Consciousness. Universal Influence (Creation, God or as you call it) has access to the Collective-Consciousness of all species. Through Collective-Consciousness, Creation can affect and update DNA and assist in the evolution of consciousness through inspiration, and by sending information and nudges required to help trigger insights. However, each so-called *individuals* consciousness must be ready to receive these insights in order to see them, as this is an *evolution of consciousness*, and therefore each so-called individuals consciousness must evolve freely and authentically. This is why we have, and need, perceptual free will. Collective-Consciousness has been with us since the structured mind was first conceived, and constructed as a way to grow collectively ever since more than one human mind had thoughts. Collective-Consciousness came into being as a requirement for the evolution of life, enabling Creation to influence learning and growth and as the basis of the vibrational level of consciousness for all mankind (or any other species).

In humans, Collective-Consciousness enters the head through the Agnya Chakra, between and slightly above the eyes, and runs down the channel between the two sides of the brain (any thoughts coming in are therefore available to both sides of the brain and the different minds), and leaves through the Bindu in the centre of the back of the head. It is my understanding that this is the main reason for the spot many Easterners put on their forehead, to filter out or block any negative or disruptive thoughts coming in through Collective-Consciousness (which holds the echo of all thoughts). The Agnya Chakra connects us to the voice of Creation and allows Universal Influence to influence us to evolve.

Collective Consciousness is available to both sides of the brain. Thoughts (those which you cannot know the origin of by the way) of a similar vibration to the thoughts your sub-conscious mind or psychological-reality are already attuned to (or indulging in) will be picked up and adopted by the left-brain. Any inspiration or higher-level thoughts (if you are genuinely able to hear them) can be picked up by the right brain. Most dreaming comes about through Collective-Consciousness; however

it will still be filtered and adjusted by the psychological-reality present at the time and waking logic is not active during the dreaming process so anything can be seen as normal or acceptable in a dream.



For most people the left-brain Thinking Mind and psychological-reality will be the only receptor for this flow of collective thoughts, no matter how much they or their Ego want to believe to the contrary. Unless the recipient is very consciously aware indeed, anything received as inspiration by the right brain can easily be overridden by the sub-conscious psychological-reality, and replaced with its own agenda. The thoughts we have also go out into the collective-conscious the same way so we are constantly putting thoughts out into the Collective-Consciousness. It is rather like a multi-frequency two-way radio station, which never stops, but you only hear or experience the vibrational frequency band that is closest to your own vibrational frequency, or the station at the perceptual level you are functioning at and therefore most tuned into. Note that you cannot know who any thought comes from so do not buy into the illusion of being able to mind read.

All of the thoughts in human Collective-Consciousness are available to the mind, as they are to everyone else, although you will only experience those at your own frequency level, or a lower vibrational frequency. Similarly there may be abundant choices in a situation but you will only perceive those choices available to your level, or lack of, Awareness. When you rise in conscious awareness and therefore vibration and frequency, there is a whole new set of thoughts the mind will generate, indulge in and tune into. Think of television stations. You can only see and hear the information on the channel your receiver is tuned into, yet when you change frequency (channel) you experience different things. Do you think you invite that frequency into your home when you change channels? Or do you realise it was always there and you are now simply tuned into that frequency and so able to experience it? You will experience the Collective-Consciousness in your local proximity as louder; however you still only experience the thoughts that are closest to the vibrational level of thought you already indulge in. If you live in a city, for instance, you will experience a lot more noise in your thinking as the Collective-Consciousness in the local proximity will be very busy. This is one reason why people feel more peaceful when they are in wide-open countryside, with little proximity to other people. Get up at 3am and listen to how much quieter it is.

Thoughts have a vibrational frequency just as television and radio channels do. For example, joyous thoughts, and fearful or judgmental thoughts, have different frequencies. If you are vibrating at a fearful thought level (a lower frequency of thought) you are likely to experience

similar kinds of thoughts flying around in the same vibrational frequency band as your current thoughts. These thoughts will be experienced as the loudest in the head and will therefore usually be the ones your conceptual mind and imagination (Psychological-Reality) get involved with and indulge, or try to avoid. So you will only hear and indulge thoughts which are *like* 'your own', and usually of the same kind of quality (by quality I mean either pleasure or suffering inducing) as the thoughts you already indulge. This is why they seem like they are your thoughts. Most thoughts actually come in through Collective-Consciousness but seem like they are your own. If you are consciously aware enough you can observe them, and then choose whether to indulge them, or let them pass through. Of course this will depend on your true level of conscious awareness, and your vibrational state (your rhythm) and your true level of perception (not the one you may be pretending you are at). The lower the vibrational level or quality of the thoughts, the more they will get your sub-conscious and even conscious attention. This is simply because the Thinking Mind is a pain avoidance mechanism at its core assumptive programming, and lower-level thoughts are more fearful and therefore cannot be ignored easily by the protection driven mind. Remember, the Thinking Mind will be listening harder for and be most ready to react to the thoughts which may cause perceived discomfort, emotion, hurt or suffering.

By being negative or indulging thoughts of conflict, blame, retribution, hurt, injury or suffering, you are lowering your vibration and coming into vibrational harmony with lower-level thoughts floating around and available to be experienced in Collective-Consciousness. So, if you are not consciously aware (unaware) your sub-conscious, automatic mind will hear them, and indulge them, and you will experience them as your own, and perceive accordingly. This can (and usually does) feed a downward spiral of your vibration. All negativity, whingeing and moaning about the *Self*, others and life, is basically internal sewage. If your internal sewage gate is already open you are likely to invite and indulge more sewage in to your mind through Collective-Consciousness. By indulging negative thoughts, you also increase the sewage in Collective-Consciousness itself, by adding to it through indulging it, dramatising or amplifying it.



Try this exercise; if you live in a heavily populated area set your alarm to wake up at 3:30 am. If you can be consciously aware enough to stay in the psychological present moment whilst doing this and not be drawn into imagination, you will experience a level of quietness that is not available to you when the majority of other people are active and indulging in or generating thoughts. This is also the best time to do meditation and contemplation over the thoughts you experience.

There is only one human Collective-Consciousness as all physical human minds are basically structured in the same way. However, each perceptual mind is different because of the differing ways in which psychological perception is compiled and validated for each physical entity. This is based firstly on what each entity carries into this life vibrationally from their previous journey, along with; the conception and birth experience; Karma; the level or lack of intelligence around it, and the quality or lack of quality of the consciousness's in close proximity to it; the physical and psychological environment it experiences while the thinking process begins and develops; the perceived detail of the perceived experiences of life for that mind; and of course the structure and content of the psychological self-image and core self-image, which are created within the first six and a half to seven years of life, which then drives all self-image perception through the psychological-reality from then on. We are psychologically affected by Collective-Consciousness as soon as we are able to start thinking. This helps create what could be called the 'psychological individual.' Although *actuality* is basically the same for everyone on one level, *reality* is experienced based on the structure and conditioning of individual perception.



If you could add all levels of present human consciousness, Awareness and unawareness together and divide it by the number of people alive, you would get the 'mean', 'median' or 'average' level of mankind's quality of Collective-Consciousness and level (or lack) of true intelligence. This affects us all, so as one person's level of conscious awareness rises through deliberate, honest, intelligent, conscious inner-inquiry, they help move this perceptual 'average' up, and this helps it be *more* possible for several thousand other people to do the same. I believe each person indirectly affects the Collective-Consciousness of several thousand people at any one time (and no you won't know who!) So one person evolving essentially helps everybody evolve. The opposite applies as well, so one person not evolving also partly holds everybody back. I feel we innately know this at a deep level, and when we are consciously aware enough we consciously realise that we need to help others in order to evolve quicker ourselves, and start to serve at a higher level. In short, our future level and quality of consciousness as a species is constantly intertwined with everybody else's. The Collective-Consciousness of all mankind directly affects all of us all of the time, and dictates the average level of unconsciousness, consciousness, unintelligence, intelligence, unawareness or awareness, and therefore the vibration of mankind as a whole. And by indirectly, I mean they don't consciously do it by choice, but by the attitudes 'indulged' in and the moment-by-moment dramas and emotions, their mind generates and

indulges in, or no longer needs to.

It is therefore *very* important that you take responsibility (not blame) for your perception and recognise that if you do not consciously choose to indulge better psychological strategies for yourself, you are also affecting or holding others back as well as yourself. Every little change you consciously make to improve the quality of how you feel and experience (even if that is as simple as not indulging negativity) and how you treat yourself, can help improve the quality of life that many other people could experience. If you can't choose to do differently, forgive yourself.

Also be mindful of what you eat if you are experiencing very negative or disruptive thoughts, as what you put into your body goes into your bloodstream and affects your vibrational state, and therefore the type of thoughts you have, tune into, indulge in and therefore experience through thinking and Collective-Consciousness.



Your connection to Collective-Consciousness is also responsible for sending out emotional information and imagery to Creation to let it know what you want to, or more importantly expect to experience more of, emotionally and experientially; this in turn attracts much of your future experience of reality. This is how *The Secret* in the film *The Secret* works, although I believe their description of the process is missing several *Very* important parts/ingredients. Be very mindful of what you choose to give attention to because every time you focus on anything, you create emotions over the description your perception creates, or the story you are telling yourself about what you are perceiving and what that means to or about 'you'. All of this is sent out as emotional information and imagery to Creation and this is how you help to create your external dynamics, which help your perception to create your emotional experience of your future present moment.

I wrote this book mainly to help raise the Collective-Consciousness of mankind so everyone can benefit in some form or another from the benefits gained by those reading it *and* using it. It is time we all took responsibility for our part in effecting or improving this world for all of us, by taking responsibility for how we treat our *self*, and what we do and don't indulge in, psychologically, and therefore how we affect Collective-Consciousness. Become consciously responsible for your perceptions and actions in each moment, not in the past but in the present. Many people assume taking responsibility for things in the past means taking the blame. This is not what I am talking about; taking responsibility is using conscious awareness and intelligence to see what you can learn about your Awareness over **anything** (not working out what to punish yourself for). Once any actions

have taken place, let them, and the perception responsible for them and over them, go. As the quality of how we treat our *Selves* psychologically (internally) raises, so the vibrational quality of thoughts created by the mind will rise and the vibrational level of Collective-Consciousness we tune into will also rise, dragging everyone up with it, whether they want to grow or not (because we all must eventually). This will eventually raise the quality of thoughts and therefore resultant behaviours that are then experienced and indulged in by mankind as a collective.

I believe that what is called the ‘Akashic Library’ or ‘The Hall Of Records’ is the recorded repository of all Collective-Consciousness. All of the information of any and every event, situation, interaction, thought, deed, entity or being that has ever been, is held in the Akashic Library. When any member of a species learns something, it becomes automatically more easily available to the whole species.



I believe Creation is now adding energy at an ever-increasing frequency to raise Collective-Consciousness. Creation’s desire is to push mankind to become far more conscious and intelligent before the psychological self-image and psychological-reality based dysfunction of our species destroys us all. It is like a wave that is building and will eventually hit the shore. This will be the moment when all mankind is forced to wake-up. Some are ready and some are not but it is happening anyway; there is no longer anywhere to psychologically hide. Everyone is gradually being forced to face themselves and their perception, whether they want to or not. So now is the time to align with this process and use what is taught in this book to grow beyond your psychological hurt and suffering. Collective-Consciousness will force people to face their own perception and become more conscious but those who are not ready will suffer over their perception so much they will not know what to do and I believe the wave of people trying to exit life through suicide, will claim even more souls. This book aims to help as many of these people as possible not to do that (and not create those added problems in their evolutionary future), so please tell as many as you can in order that they too can benefit and get as much help as possible.



MEMORY - SIMPLE AND COMPLEX

Lets first look at memory and become clearer on what it is and how it works, before I go into more detail of how I believe mankind got lost in the constructed psychological world. Memory, at its basest level, was originally designed to give us rudimentary Primal choices through our perception of experiences. Memory evolved through the higher conceptual Psychological Mind into a more complex structure, which gave the psychological mind more psychological choices, through the storage of more complexly perceived experiences, basically the experiences which the mind perceived to be significant in helping us to survive and help us to thrive. The Psychological Mind is built on top of the Primal Mind and our higher complex memory uses the basis of rudimentary memory, or Primal memory, as a structure for how it functions. The Psychological Mind began creating more and more complex emotions to give more complex meaning and also intensity to certain perceived events, so it could better decide what to remember and keep imprinted in memory, in order to better evaluate any similarly perceived events in the future. These complex emotions then evolved to give the mind motivation, in any moment, to do the bidding of the psychological-reality, which then took over perception.

A memory is basically a story your mind made-up at any moment, using your perception of that time. The Thinking mind itself, as it is used in a so-called normal human being at present, is merely a concept creator. Imagination is a conceptual experience and memory simulator, and memory is a perception or conceptual experience storage mechanism. All psychological memories are created by the concept generation process called psychology which is created and used by the conceptual mind to give perceptual (made-up) meaning to perceived events, situation and interactions. Therefore all memories are subjective concepts, or imprinted conceptual perceptions, which can be adjusted or changed. We don't actually need psychological memory to function well in the moment. The things the mind perceives to happen in any moment are evaluated by perception and the outcome affects the underlying calculation, which creates perception, reaction and choice making. This underlying calculation is what the mind mainly uses to make choices in each moment and the actions which follow. Therefore to function well in any moment, and experience the moment, outside imagination, we do not need memory. In fact, the less memory (and imagination) we are indulging in, in any

moment, the better the experience will be and the more potential there will be that ‘right action’ will take place.

Science generally describes memory as – Episodic Memory, General Knowledge Memory and Procedural Memory. To me, Episodic Memory for a human is the story or drama created around any stimuli. General Knowledge is much more complexly indulged process by the Psychological Mind as information is perceived as safety because it is perceived to aid in certainty, whilst Procedural Memory is much more sub-conscious, Deep sub-conscious and also Primal. However, consistently doing what is perceived to be required to avoid suffering is also a psychologically constructed *procedure* driven process. What I call Complex Psychological Memory indulges all these processes in a much more complex way and also stores the complex psychological understanding or perception which created these complex memories in the first place. Nowadays, Procedural Memory, General Knowledge and Episodic Memory are far more about the memory helping the Thinking Mind and psychological-reality ensure psychological certainty, than about mere physical survival and thriving of the species by having memory of what to physically avoid.

I believe there are six kinds of Memory from simple through to complex; one which is Primal and rudimentary, and four main psychological kinds we need to be aware of to become deliberately, intelligently consciously aware. There is also a sixth type of memory I will only touch on briefly in this book. The six types of memory are:

- 1/ **RUDIMENTARY PRIMAL MEMORY**
- 2/ **PERSONALITY SPECIFIC MEMORIES**
- 3/ **THE MEMORY OVERVIEW**
- 4/ **SHORT-TERM MEMORY**
- 5/ **LONG-TERM MEMORY**
- 6/ **HIGHER (NON-LOCAL) MEMORY**

1/ **RUDIMENTARY PRIMAL MEMORY** – Memory, or imprints, generated and stored by the Primal Mind and Deep sub-conscious. This type of memory is really about remembering stimuli which have been perceived at some point to represent some form of physical danger so they can be avoided in the future. Rudimentary Primal memory also encompasses facial memory and basic environmental memory like territorial information, where to get water or food once you’ve been there once or the specific detail required to be able to identify one’s own cave or dwelling from another’s. Rudimentary memory is instinctual, associative memory, basically memories associated to a stimulus. Whilst Primal memory records everything physical that

happens to us, it only stores long-term the things which have impact and which it decides we need to hold onto in order to live safely.

The Primal Memory also holds base rudimentary language skills and semantic detail. Animals have instinctual memory about incidents or objects which created a feeling of discomfort or fear at some point (association) which the mind decided they needed to avoid in the future for survival reasons. If, for example, a door were to close on a dog and cause it some pain, from then on all doors would cause it to be wary, anxious or even scared, not because it remembers the episode but because the association to doors as dangerous is causing it to be instinctually reactive. It won't even know why, and does not need to. It is not rationalising and is only driven to honour the instinct. These can also be described as associative memories. Watch dogs and you will see how memories are instinctual and how there is no rationalisation involved with the Primal Mind. Dogs (and all other animals as far as I know) function purely in the moment. Rationalisation is a human psychological process, based on psychological logic and imagination that brings thinking to life, and the psychological perception of the perceiver. I do a lot of work with dogs and they are a great teacher about the Primal Mind. If they experience something that triggers anxiety, it is just an underlying feeling of physical fear. They do not have a complex thinking process, nor do they imagine. If the dog gets stuck in that state, it is just a feeling they're left with, which in dogs can be removed extremely quickly in comparison to humans, as they don't have the complex memory, complex made-up conceptual thinking, justification processes or imagination to bring it to life, create a story around it, exaggerate it, blame over it, hold on to it and prolong it, which actually makes them more intelligent than humans in that respect. Primal Memory also encompasses rudimentary procedural memory, and simple conditioning once we practice something enough, which allows us to remember how to do tasks without having to learn them anew each time.



2/ PERSONALITY SPECIFIC MEMORIES (SITUATION SPECIFIC MEMORIES) – Each of our hundreds or even thousands of current personalities (psychological states) translate and create the psychological meaning given to any moment or event in our perceived reality. This meaning then creates the basis of your psychological experience of reality in any moment (I will explain this in more detail soon). Memories are simply the experience of your filtered, created and perceived reality; based on what you 'perceive' happened in any moment or time in your life. The personality (state) you were in at that moment, created the story (or description), perceived meaning and your emotions in that moment, because it dictated the

minds agenda, approach, attitude, focus, language patterns, attachments, justifications, expectations, body language and so on. Using all this and more, your psychological-reality then created how you described what you believed you perceived in that moment (the story you told yourself about what you believed was happening). Your reasoning then used this information to create the *rationale* and ‘personal meaning’ given to the outcome of that process (what you made it meant ‘to’ or ‘about’ your core self-image, what you believe to be ‘you’). All of this then creates the emotions you experience over the perceived stimulus, and of course, over ‘you’.

Virtually all psychological memory is now personality specific, simply because you are always in one personality or another in any moment, translating and creating psychological meaning for any event or stimulus. The quality and intensity of the emotions created by a personality in any moment dictates the quality and intensity of the memories they create. The strength of emotions dictates the intensity of any memory, and the length and strength of the emotional state dictates whether it moves from short-term to long-term memory or not, and how often it is perceived or relived from then on, especially if the psychological-reality decides to use it as another way to define or protect its world and its active self-image (Ego). A memory is therefore only a memory of your beliefs, expectations, attitude and perceptions (i.e. your psychological story and description) at the time the memory was created. Personality Specific Memory is the perception of your biased psychological description, filtered and created by the personality you were in at the time, so your memory in any moment is what your psychological-reality was describing your reality to be (or be perceived as), and experienced like, at that time. Remember, memories are essentially made-up (no matter how plausibly justifiable they are) and can therefore be adjusted or changed. Because personalities create memories, these memories are associated to personalities.

When you are in a particular personality, you will also have access to any memories associated to that personality, so when you go into a personality, you can experience its memories, and indulging memories can change the personality (state) you are in at any time, so when you go into memories, you risk bringing forward, or going into, the personality associated to those memories. Personalities (psychological states) cause the body to vibrate in a certain way, simply because each personality has its own unique agenda and creates the emotions and emotional experiences which its unique perceptual structure (and the meaning it creates about life and you) engenders. This will cause you to tune into, and psychologically experience, thoughts and memories at or near a similar level of vibrational quality, or lack of quality, as those associated to the thought process being

indulged. You will also associate and attach more readily to similar levels of (vibrational) thoughts coming in through Collective-Consciousness, all of which further feed and validate the personalities perceptual structure and the reality it creates. (There are other things that also happen here which I will go into in another book).

People almost never remember something as it ‘actually’ happened. Their psychological-reality either adds information to, or subtracts information from, the story or description of the perceived event, situation or interaction, based on the minds intent, agenda, beliefs, expectations, approach, focus, language, reasoning and therefore the meaning the psychological-reality creates about its *Self-Image* at the time. Personality Specific Memory (indeed any psychological-reality thinking memory) is extremely unreliable. Ask any policeman or investigator about the difficulties experienced whenever they have to rely on someone’s memory (perception) of what happened at any time. The un-reliability of memory can make their job almost impossible at times. I am not talking about consciously lying here, although that also adjusts memories; I am talking about the actual memories people perceive themselves to have had at any particular time. The un-reliability of memories is the reason why you should never indulge memory, other than to kindly and caringly look for insights to learn more about your own perception, or to confirm and better define insights. If you still think memory is real and not constructed *after finishing this book*, I would suggest having a look at this ‘Memory’ documentary, and see what you think then:

<http://www.YourThinkingMind.com/BrainMovies/>



3/ THE MEMORY OVERVIEW – This is the ‘overall’ feeling and flavour of any perceived event, situation or interaction, the synopsis, rather than the specific memory detail which is held in direct association to the personality which created it. The mind is always looking for and taking shortcuts, and it ‘*paraphrases*’ memories to create an overview of any situation, event or interaction to save storage resources and retrieval time. The mind needs to save resources because it simply does not have enough space where memory is concerned to store every single moment of our lives. It will only save what it considers to be relevant and important. Creating a situational overview, based on emotions experienced within that time, is the best way to do this. It is also useful for speed of evaluation in relation to a particular event, situation or interaction, when fast evaluation of a past perceived experience is required for psychological or physical safety in the present or perceived future. Using memory is like using a search engine. Things are indexed (structurally stored) by the computing structure (perception in this case) and overviews and associations to other memories and beliefs

are created around what was perceived about any particular perceived experience. Associations (whether they are accurate or not) like event, person, place, situation, interaction, subject, or state, along with all other memories that are perceived to be associated or have associations with this experience, are grouped for recovery by and for perception. This allows for apparently greater perceived certainty and perceived intelligence although in reality, this radically decreases the accuracy of actuality and truth of multiple events, situations and interactions.

It is this overview that we usually remember and carry the ‘feeling’ of, rather than the complete perceived intricacies of the actual event, thus making memory even more unreliable. The overview is usually associated to a personality or Primal feeling. The mind ‘will’ hold onto (or at least create at a later date) details about a perceived event, which are then adjusted and evaluated by the personality it is in at that time, to help define the *Self-Image* in any moment or to help tell stories which ensure self-validation or perceived self-significance/importance. The psychological-reality loves using intricacies and detail to ‘prove’ how it is and should currently perceive everything. It will even make detail up, using believable, plausibly justifiable, intellectual intelligence to fill in any perceptual blanks. But it will do this based on the intent, agenda and focus of the personality it is in at that moment, which means it is adjusted, or made-up, to fit with how the mind is already perceiving at that moment. If you are in an optimistic personality, the memory will be adjusted one way, but if you are in a negative, pessimistic personality, the memory will be adjusted or constructed to correspond to that attitude. Many people emotionally dramatise their stories just to make life sound interesting but this also affects memories. When the Ego needs to give meaning to life, moment-by-moment, then things need to be exaggerated and dramatised to give meaning to this ‘psychological’ life. True life requires no exaggeration or dramatisation to be experienced as real, complete and wonderful.

A Memory Overview is usually dictated by the strongest emotions experienced during any perceived experience (even imagined experiences). So if you experience an hour, where most of that time you were calm or distracted, but for a very short time you were annoyed or upset, or using imagination to experience other events, or judging yourself or someone else, that will likely be the flavour (emotional Memory Overview) of that hour. If somebody were to cut in front of you in traffic and an argument or disagreement ensued, you would probably remember that moment the most, even if you were driving in the car for hours, because that experience was emotionally charged. The rest of the journey will probably be a blank after a couple of weeks (if not straight away) because most of it

was considered emotionally irrelevant, and not worthy of memory storage space. The memory of those hours will probably feel uncomfortable because the overview or 'flavour' of the whole experience was of the emotionally charged event. The feeling of that whole time frame will be tainted by those few moments of negative emotion because that's all the mind decided to remember, based on the emotional intensity of that experience. So the times of distraction or relaxation are lost to your psychological memory because they were not given any conscious attention that created a reason to remember anything else. The mind will also amalgamate multiple short bursts of emotion into an overall emotional feeling around a time or event span. This is often why people only remember their childhood negatively, if they perceive themselves to have encountered enough negative experiences to dominate their memory, or that is the only kind of thoughts they are used to indulging and craving.

The psychological mind is very susceptible to exaggeration and elaboration for emotional effect, because this helps the psychological-reality, and therefore the core self-image held onto by the mind to feel real and alive. It will therefore adjust the internal and often external dialogue to make experiences sound or seem more important, intense, or worse so they appear more significant (implying also that your life is) than they actually were, just so you feel alive, valid or significant. This will also help to create illusory memories. This is essentially another form of inner dishonesty or mis-truth.

These processes happen throughout our life. The personality creates the emotions and the specific perceived memories, and the emotions create the held overview of your life. If you look at the overall feeling of your perceived life, you will experience your Memory Overview; the underlying perceived emotional flavour of what your life, or *you*, feels like, and what that must therefore mean *about* 'you'. This then validates and perpetuates how you feel normally/consistently. If your personalities have agendas which consistently look for what is perceived as wrong in your perceived life, or about you, or what you think is missing, or how you think you're not good enough, inadequate or unacceptable (which most people do whether they know it or not), then your perceived Memory Overview of your whole life will be poor or uncomfortable at best, as will your Memory Overview and feeling of yourself. How you indulge perceived memory creates how you feel every day. This is **VERY** important to know.

Your personalities also create your vibrational states or rhythm, and your vibrational state dictates the quality of your Memory Overview at any time. High vibrational states '*feel*' good whilst low vibrational states do not. I will teach you how to consciously and deliberately redirect your

perception to more supportive personalities, or create new personalities later, so you can create a new *Overview* of you and life. You may still hold strong emotionally charged memories over events in your life, simply because a strong emotional ‘charge’ was initially created and associated to these events, situations or interactions. The mind, sub-consciously, Semi-consciously or even consciously, keeps revisiting them and triggering, recreating, or indulging, that emotional charge. However, the less you indulge in memory, especially with emotional intensity, the less memories you will have to hold onto, or indulge in, or create, to define your life and the *Self-Image* now, and eventually memory will become a neutral experience, unless you use it for supportive and uplifting reasons.

Everybody has had opportunities to feel psychologically good, even if at any time they were only looking at what they perceived to be wrong, or why they believed they should feel miserable, during those times. Your past is redefined in each moment you indulge it, which is in the psychological present moment, not in the past. How you describe the past ‘now’, based on what ‘state’ you are in, is what gives or revalidates it’s meaning to you ‘now’, or what changes it. This can change in a moment, by changing the psychological and personal meaning you give the perceived memories now and what you make those memories mean about your perceived *Self-Image* (your applied worth or perceived lack of worth). If you start consistently and consciously looking for why you can feel good in as many moments as possible, the Memory Overview of your life will start to feel much better and your destiny will therefore change.



4/ SHORT-TERM MEMORY & 5/ LONG-TERM MEMORY – The most important memories to the Thinking Mind are the most recent and emotionally strongest (which includes the old memories most recently accessed, adjusted or validated). We have a short-term memory and a long-term memory. Anything, which gets our attention or Awareness at any time, goes into our short-term memory while it is being evaluated. Then, if there is a strong enough level of emotion created or experienced around that perception, it is prepared to be passed to long-term memory, simply because it is considered perceptually (and emotionally) relevant and important. Short term memory basically holds seven bits of data so when a new piece of data enters, the oldest piece of data is either moved to long-term memory, if it is perceived as important, or is simply discarded if not. This is why things like number plates and many other forms of identification only have a maximum of seven characters, simply because they can be remembered more easily. When something relates to multiple things, especially strong emotions or meaning over or about the *Self-Image*, it is much more likely to move almost immediately into long-term

memory, and Memory Overview. So the slightest indulgence in creating meaning or emotion over something almost guarantees it will go into long-term memory, in some form, as a perceived 'real' memory.

In order for something to be converted from short-term memory to long-term memory, it needs to have a strong emotion associated with it or be rehearsed by the mind enough for it to go in automatically. Anything bigger than seven bits of information needs to be rehearsed into long-term memory. If something is rehearsed it is also considered important enough to remember. If you consciously rehearse something enough, especially if you add imagination to create a visual representation of it (a more believable reality experience), it will become a memory (and be as you created it until you open it with imagination again). If the mind cannot rehearse something or attach strong emotion to it, it will most likely not be taken into long-term memory, because the Thinking Mind and the psychological-reality will not see it as something worth holding onto. Even if it does, the mind clears out unimportant memories during the dreaming process, so they won't stay more than a few days anyway. Surprisingly enough, this includes memories of pain. To offer an example of the mind clearing out at night; can you actually remember the time before last that a fly landed on you, or what part of your body you most recently bumped on something? Mothers, almost without exception, will know what I mean when I talk about the clearing, adaptation or reset mechanism when it comes to pain; otherwise almost all mothers would never have more than one child! This clearing out and adaptation mechanism also makes it hard, and actually almost impossible, to remember the past accurately. I believe this is the way it is meant to be because we were not meant to live in and through, or over, any memory of the past at all. We are meant to be able to experience the moment *Now*, as if it is ever brand-new.



When you know how memories are created and how they work, you can use that process to your advantage, rather than letting the sub-conscious psychological-reality create them and use them to your experiential disadvantage. If something happens that you do not want to remember (like driving by a car accident, for example) or if something elicits uncomfortable feelings within you, you can use deliberate conscious thinking to shift your conscious attention away or onto something in the opposite direction. Do this by deliberately focusing your conscious attention onto something else you can give your full attention to which does not allow you to see what you do not wish to remember and which does not produce any negative emotions in you. This avoids memories being created about, or over, whatever it was. This will also stop you 'empathising' with someone in a situation like that (which is projecting

yourself using imagination, into what you perceive to be their situation) and creating emotions and memories associated to you being ‘in’ it, or part of it, when you were not.

Alternatively, using the strategies you will learn in this book, you can change the story or description of or about it, how you perceive the event, situation or interaction, which you, or the mind, are giving attention to, or focusing on. That way, you can change the perceived experience before it goes into long-term memory, and thereby avoid that which you don’t wish to remember, becoming a future cause of discomfort for you. False memories can also be created in imagination to cover up or cover over traumatic or other non-faceable memories, to hide from them completely, or to soften them so they are survivable.



6/ HIGHER (NON-LOCAL) MEMORY – Any and every happening, thought, intent, event, situation and interaction etc., has been recorded by Creation through Collective-Consciousness. If you are genuinely conscious and awake (rather than being fooled by Ego and imagination that you are), then *True* memories of the *actual* history of your life can be accessed, by practising certain methods of attention and focus. Using the Higher Minds (our spirit) ability to connect (or by the aid of Benevolent spirits) to the source of all our records, which is known as the ‘Akashic Library’ or The ‘Hall Of Records’, we can get information about *actual* events in our life, which may or may not be very different to the ‘perceived’ events of our life, but usually are. I won’t go into the detail of this in this particular book, suffice to say that visualisation meditation about an event, combined with a *genuine openness* and *authentic honesty*, looking for details you did not perceive at the time, plus full acceptance (non-resistance) and forgiveness, and commitment to being non-judgemental and humble, *may* allow you some new insights about it.

However, this process can be hijacked by the needs of the psychological-reality, overriding this process with imagination, and giving you what you think you need, without you even knowing it. Unless you have a high enough conscious awareness, you will not truly know the difference. I know many who believe their imagination is their access to higher information, when it is clear to see that what they find always fits the personal agenda they hold, either to prove something is right, to gain self-validation or significance (self-importance), or for Egoic perception purposes. This is not the process I am talking about here; it *‘must’* be authentic and genuinely honest, or it is just another illusion given to you by your psychological-reality to validate yourself and/or your constructed and perceived reality. Imagination itself is an hallucinogen drug, so use it deliberately and carefully.



You do not need to actively indulge in memory for it to be able to do what it is designed for. Everything the sub-conscious mind and psychological-reality need to remember from any event, situation or interaction in the past, has already been stored in a way the mind can use to help us. Psychologically, your memories are mainly tools which help the mind to define dangerous or pleasurable things, help you to be safe psychologically as well as physically, and enable the psychological-reality to define your core self-image and redefine your *Adopted, Managed Self-Image (Ego Image)*.

Basically memories just hold information; perceived data. When you actively indulge in memory using imagination (because this is the only way it can be accessed and brought to life), then unless you are *very* consciously aware, any memory will appear or be experienced as real in that moment. Depending on which personality you are in at the time, if the memories are perceived in any negative way this will generate emotions which will cause you to suffer and create or support more negative meanings and memories about life and your self-image. The psychological-reality creates emotions associated to memories in the moment of *remembering* them, by using plausible and believable imagination to bring that information to life. It does not bring the emotions from the past; they are based on the perception process of the current moment, the personality the psychological-reality is using in that moment, and that personality's agenda and intent, which gives it its constructed emotional perception and experience of that event, situation or interaction. If there were emotions experienced in relation to that past memory, they can be created anew now.

The mind creates the most appropriate emotions the psychological-reality decides are fitting of the meaning it gives to the memory, and brings them to life perceptually and emotionally in the present moments. Yet these emotions seem completely real to someone who is unaware that the mind is creating all this right in the present moments. It may seem like the emotions must come from the past and be real because they are so strong. However they were created in the past in the same way you create them now, so they can seem the same as when you experienced them in the past, because you are probably using the same story and perceptual structure to create them anew, giving the illusion they are actually coming up from the past. They are likely to have been accessed and brought to psychological life by recreating them many, many times, and so are well known to you, and therefore easy to create a reality around, and experience as if they are real now; a reality which appears very real, but a present, created reality drama nonetheless.

I have heard someone say, 'live your life forward and understand backwards'. That's interesting, but what if your past perception was corrupted by many mis-understandings? What kind of perceived understanding, and future expectations, would this create? Constantly carrying around memories that the mind uses to create your perception now, is like trying to look at life through a dirty window; all you can see is the reflection of what is on your side of the glass, your own multi-layered, retained perceptions. It's as if a sheet of transparency has been stuck over it for every experience, belief or memory you perceive to be permanent in your life, or which you use to define yourself with and describe all the afflictions, inabilities or short-comings you believe you have and have had. These are all reflecting back at you and obscuring any view of actual life itself. This barrier separates you convincingly from the actual, clear experiences of life, and instead gives you the feeling or flavour of life that comes from these memories and overviews. Let them go, or at least see the truth in this, and see them for what they are, illusions, and let go of indulgence in them.



We do have an historic emotional reservoir holding strong memories of 'reasons' for things like grief and shame but the mind still creates those emotions in the new moments, using this reservoir, or database, which holds information about the reasons for these emotions. Memories become reasons to feel any particular way so your own perception creates memories, which cause you to feel a certain way, partly because it, and you, expects you to. Paradoxically, the mind expects to feel a certain way because it holds memory based reasons. We hurt and suffer because we believe we have reasons to. You feel bad because of the reasons you hold or make up, that cause the mind to create the emotions which cause you to feel emotionally bad. What are perceived as stored emotions, are mostly the storage of lots of reasons to experience these emotions? When somebody accesses those 'reasons', this creates emotions that seem to come from the past and the emotions which follow can be overwhelming, especially if they are driven by a perception of shame or are based on experiencing grief or emotional injury for example. This reservoir of reasons needs to be cleared out by observing these perceived reasons and the beliefs and expectations associated to them and keeping them in place. Almost all these 'reasons' are based on and around the core self-image, or your upset or disappointment around or over it, in one way or another. When the core self-image dissolves, all these reasons will become irrational, and the mind simply stops indulging in any belief in them, and in 'self-image' perception as a whole.

Being stopped from experiencing an emotion often causes the creation

of the belief that you need to experience or re-experience that emotion. It also causes more psychological reasons to feel bad about yourself, which causes more apparent reasons to feel bad, and so on. In fully experiencing these 'un-completed' emotions through to completion, whilst not creating more story or emotions in the process, the reasons for them can be released, or dissolved, and therefore the need to experience emotionally in that way also dissipates. Be clear; although truly experiencing and releasing any emotion or emotional structure held is good (not to indulge it but to fully experience it till it is cleared), anything else is the psychological-reality seeking validation through perceived hurt or suffering, which keeps it in place and helps it define and re-define itself and the core self-image that it thinks you are. Psychologically, we are often taught we need to go back and experience so-called trapped emotions to release them. But how can that be done when the emotions can only be created in the *Now*, in the very moments you are indulging the thoughts and memories that create them, and are unaware of this fact?



Indulging in any memory or memories in a way that causes you any form of discomfort or suffering is *unnatural* in my humble opinion. It's all based on the confused needs of the protective conceptual mind and the psychological-reality, using imagination, trying to get certainty, and trying to validate itself and hold onto its perceived reasons for the perceptual reality it creates. It is also trying to feel real and alive, as emotional pain is often the only way some people can feel alive. Looking back into any event should be to experience insights about it so you can intelligently learn about your own perceptual structures and processes, not to suffer over it. Any change a person gets from going back into a memory is through the insight gained, not through the emotional suffering they go through over it.

Any psychological issues you have are not actually with your past. Your actual issues are with your perception, now; your blame of others, and yourself; your perception of the past and present perception of your reality and perceived core self-image; and resistance (a lack of acceptance - non-resistance) of your perceived self-image now, based on how you perceive your self-image to have been during your perceived past, and how you think you should be now. You can blame someone else or something else in or for your perceived past, however, it is still your perception of yourself around those events that you have issues with, no matter who or what you blame. If you blame the outside (external world) stimuli, as we have been taught to do, you lose all opportunity to move beyond their perceived influence, and see your own ability to decide the quality of your emotional experiences you have or indulge in, in any moment. Recognise it is not

really the external world you blame; deep down you always hold some kind of blame towards yourself because you feel you somehow caused it or didn't stop it, or it happened because you deserved it, or weren't of value, or it implied bad things about you or saw yourself as weak, and so on. Then when you see this, kindly and caringly forgive yourself. When you can truly see this, it will free you from those events, situations or people and will help you recognise that consciously and intelligently evolving your perception of yourself and your perception of *Now*, will change your perception of those events along with all of any negatively perceived past. It will also change your perception of *you* in the past, and therefore your perception of *you Now*. Always be aware this **cannot** come about through hostility towards yourself; self-punishment, self-ridicule, self-abuse, or any other form of psychological violence and internal war, in an attempt to bully your core self-image into being different, or to punish yourself for it. It can only come through deliberate conscious awareness of your perception process, using kind self-Awareness, self-acceptance and then true conscious intelligence and forgiveness (non-blame) of '*you*'.



You can, of course, use memories as a stimulus to suffer over if you so choose to. Many people use memories as a reason to suffer as they hold perceptual 'reasons' why they believe they should suffer. "How can I feel good when this or that betrayal/ rejection/ abandonment/ trauma/ abuse/ hurt/ injury/ wound/ or suffering happened to me in the past?" This is a typical kind of statement from people who holds onto memories and use them as a tool to define themselves now, and to create more suffering in their psychological-reality because they are used to it or think they deserve it. They do this either because they believe this allows them to feel safer, or because they are unaware and have no idea that they're doing it in the first place, or because they only feel safe validating their sense of worthlessness or unworthiness and/or other feelings of inadequacy, to get certainty over how they already perceive, or because they are conscious of it but see no other valid psychological choice over or around it. This is why it is 'required' for people to become more deliberately consciously aware, so intelligent, conscious choices can be made not to *indulge* these kind of memories, thoughts, personalities and versions of the psychological-reality. Even if a memory of a traumatic past event was accurate, surely experiencing it once was bad enough. If you didn't like what happened then, why would you want to, or indulge the mind in, re-living that memory by bringing it back to life with imagination and creating the experience of it again? Unless you feel that memory 'defines' you or is a plausibly justifiable 'reason' to hurt or suffer. Yes there are people who this just happens to, and this book will help to understand why and what to do

other than fight the memories and try to stop them. That doesn't work.

Memories are basically files on '*your*' organic computer. When you open a file on this computer, edit it, save and close it, the next time you open that saved file, the saved version is what you'll see as the memory. If you open a memory file and you're relaying it to someone, or retelling it to yourself, you may adjust the information for perhaps more effect, either to make it sound better, worse or more intense. This will adjust the memory and this newly saved version is how you will then remember it the next time you bring it up, simply because when that memory file is closed, the memory of it has been modified and the modified version is now all that is available to your psychologically.

The more complex a memory is the more certainty the mind can have over it, so it actively looks to add to memories as often as possible. The mind will therefore constantly be adding any plausibly justifiable information to any memory it appears to fit with or correspond to. It updates *any* and *every* memory it looks into (opens) to make it even more believable so that it has more certainty over it. If the mind has learnt something new and then an old memory is opened, the new information (or perceptual belief) is then added to the old memory to make it more currently accurate. This corrupts perceptual memory and is **Very** important to know. These adjustments, either little or large, can significantly change memories over time, often causing them to be completely fictitious. So be *very* careful when you're accessing memories, or telling stories of memories, to yourself and others, because the thinking mind and psychological-reality will update any memory of a perceived event automatically, either positively or negatively, in accordance with any adjustments, exaggerations or elaborations. If you imagine something which didn't happen intensely enough, or often enough, it can become what you perceive to be a real memory. If you revisit it a perceived memory (re-imagine it), it will definitely become perceived as a true memory. Each time you visit it, it will be updated and reinforced as a real memory. This can happen if you tell a lie often, or intensely enough, to be believable; then it can become what is perceived as a plausibly real memory.

Memories are also updated just because you access them. Whatever personality (psychological state) you are in when opening a memory file will affect and adjust the memory. The memory will be updated either a little or a lot, depending on the intensity and structure of your '*state*' at the time of remembering your perception of an experience. Self-indulgent victim-hood people are especially prone to exaggerating negative events, and therefore to negatively adjusting memories, and life

therefore tends to feel worse for them as they grow older (unless they give up and don't care any longer). We (or the mind) actually change our perception of our past every time we go back and remember it, no matter how small that change may be. In fact, you are only ever remembering the last time you remembered an event, situation or interaction; you are never remembering it as you first perceived it, which of course was only actually your conceptually perceived version of it in the first place anyway. Memory adjustment is going on all the time. What I call *edited or adapted memory*, is memories that have been edited or adjusted by the mind looking back and doing sub-conscious, auto reviews of memories in our past, just to keep underlying certainty about our core self-image. Even when they are sub-consciously opened and looked at, they are adjusted by, and according to, the level or quality of our perception (perceptual calculations and filters) at the time the mind opens and closes these files. This surely makes memory even more unreliable and untrustworthy, even than it is currently perceived to be. So wouldn't it be unintelligent to define yourself or life based on perceived memory?



Nervousness comes from a psychological, and therefore imaginary expectation of something going 'wrong' or of 'failure'. Psychological fear is merely the projected 'memory', or created assumption, of perceived psychological suffering or physical pain in the short or long-term future. Desire is the projected and indulged memory, or created assumption, of psychological or physical pleasure. Using memory to look for origins, causality and understanding, is driven by a fear-based psychological process. Remember this; all psychology is conceptual, and therefore made-up. Memory also causes the illusion of continuity. Repetition through conditioning causes conviction in memory, and therefore more repetition of memory. Association to memories also causes the illusion of causality. When nothing is ever the same twice, and what happens in the eternal world is not actually directly of your making, why would there be any point indulging this process, other than to support (and therefore feed) the psychological need for certainty, and thereby supporting and validating psychological fear? Every moment is a brand new moment. It has never been before and will never be again in this dimension. How can suffering be carried over to another moment when conscious awareness and intelligence are adopted, and allow you to see the psychological unintelligence and pointlessness of this? The psychological-reality and core self-image are based on bias memories of the perceived past. The Psychological Mind, relying on the psychological-reality uses the perceived past as a way to define its underlying core self-image, and its current expected reality, so it can supposedly (but unsuccessfully) avoid

its own fear, which comes through its own uncertainty, and fear of its own psychological processes. The quality of your life is dictated by what you perceive and believe you have been through; at least until you become consciously aware enough to curiously, caringly and intelligently question everything about this, to get to the real, honest and authentic truth about your perception of your core self-image, perception itself, time and life.

Those of you who use your perceived past as an excuse to suffer, or as a reason you can't do or get what you think you want, may find what I have just said uncomfortable. And that's a good thing. Be clear that my desire is not to hurt you, or be flippant about your perceived memories. It is to disrupt the psychological-reality the mind is indulging in, and help you grow and evolve beyond where you are. Disruption creates the need and the opening for insights, which can create growth, and if you consciously and intelligently give attention and awareness to that disruption, with kindness towards yourself, it can become very fast growth. To evolve beyond the need for psychological memory, you must first let go of all identification with that memory as a way to define your self-image. Only when this has happened will you be able to view memories simply as events, and from the perspective of impartial and open evaluation for the purposes of clarity and learning only.

They say fish only have a three second memory. This is a gift many people would see as a handicap. How many of your memories would you like to have forgotten after three seconds? Many relationships are conflicted because people are keeping 'score'. You can't keep score when you have no memory for it. How much better would your relationships be when your negative memories of past relationships, or of your current partner have dissolved or become neutral? How would your perception of yourself or your life change? If everyone could live like this, we would be able to live genuinely happily all of the time. You would indulge so few memories that you would have no choice but to live in, at the very least, the psychological present moment. For now, use the knowledge of the processes above to your advantage and become as consciously aware as possible of any indulgence in them.

Because of its indulgence in the psychological-reality, the mind thinks it is the core self-image it holds. Yet without the association to memory, the mind (and the psychological-reality that uses the mind, and is created and supported by the mind) would not know how to think about, or define the underlying psychological self-image. To define the self-image it has to describe that core self-image to itself consistently, so it is fully associated

to memory as a way to define and validate its description of the core self-image (and its perception of life associated to that perceived self-image) just to keep certainty. Yet it is all a conceptually made-up illusion! Truly, kindly, curiously and honestly reflect on your life, and see if what you believe about your self-images and any element of your perception of you and life is true or not, and see that all can be looked at very differently, if you consciously and intelligently *choose* to?



IMAGINATION - THE REALITY SIMULATOR

What is it that separates us from any other species?" In my opinion it is complex imagination, which is at present driven by complex conceptualisation and complex perceived memory used to support it, along with the evolutionary drive (or drawing) to innovate beyond survival essentials. In essence, imagination is the conceptual idea reality simulation, reality creator and tester of thoughts and conceptual ideas that I believe was designed to help with conscious evolution and innovation. It is our ability to imagine anything we want to or could conceivably experience and use as trial and error to create, experience and evolve. I believe every other animal lives experientially in the moment, simply experiencing life from a 'feeling' and 'instinctually reactive' perspective and using rudimentary survival intelligence to function moment-by-moment.

I believe it is important to first understand the importance of imagination in perception and to look at the cost of the hallucinogenic and convincing nature of imagination, rather than just focussing on its apparent benefits. Without imagination no thought or memory could persist for longer than a few seconds at most. Imagination gives us the ability to simulate actuality and create a constructed reality we can test and learn from, regardless of what is going on in the actual present moment and regardless of how different our constructed reality actually is. It can be a fantastic tool when used to bring uplifting and supportive ideas to life, and to experience anything you may not physically get to experience. But it is totally detrimental if you use imagination to bring any perception of negativity, conflict, perceived hurt or pain to life. Thoughts are brought to life by imagination, no matter how corrupt or damaging those thoughts may be. Imagination, our internal Virtual Reality Simulator, allows us to imagine anything we can conceptually think of or recall in an experiential way. If you can conceive it and imagine it, you can experience it as if it

were real, especially if indulged intensely (and often blindly) enough. This includes creating and experiencing any emotions the psychological-reality generates as a side effect. The mind can actually create a concept for anything, although imagining that concept will not give you the true experience, only the simulated version of it, which will be different. The concept can be a way to psychologically describe and simulate the experience and bring it to apparent experiential life in an imaginary way, but it can still never give the experience of that which it is conceptualising. However, if you imagine something bad or derogatory, it can certainly feel real enough to hurt or wound you, even if it never happened in actuality.

Because of imagination, the internal perceptual process, even though it is all essentially made-up, is an internally rendered holographic reality which is completely believable to a mind that is not yet Aware enough to see the truth that it is an illusion

I feel it important to point out here that the psychological-reality actually does not know the difference between what is experienced through the senses and what it experiences through imagination, because they arrive in the evaluations parts of the mind through the same process of data transfer, the same biological wiring of the brain. It is important to know the brain is isolated within the head and therefore only experiences electrical signals through electrical connectors in the brain. The mind, which creates perception, is essentially within the brain (although that is not totally correct, but that is for a future book) but because the mind is wired to do the bare minimum, the mind is always looking for and taking shortcuts (which is true within your assumption processes as well) so perception uses 'cues' to decide how to perceive any stimulus, both internally and externally. In very simple terms, these cues are usually labels, descriptions, beliefs, expectations and the stories created by perception.

Read this: "Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deons't mtttaer waht oredr the ltteers in a wrod are, the olny imopretnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit mcuh porbelm. Tihs is bcuseae the huamn mind deos not raed ervey bit as a rlue, but the wrod as a wlohe, uisng btis of it as a cue, for minumim eoffrt and to svae resuorces."

Our conceptual perception is created and defined in context to that which we believe we are perceiving around it. So the mind is only looking for the bare minimum of clues or cues to label, describe or assume

something to create a description or story. It does not have to see more to make decisions on what it believes it is perceiving. Rightly or wrongly, how much of what is actually going on can be missed because of this and how easy is it to make mis-assumptions about *Anything*? Simply because the mind assumes from the bare minimum of evidence it is experiencing what it is predisposed to look for, based on the psychological 'state' it is in. Scary hey?

Watch this video on 'Perception' for more scientifically documented evidence:

<http://www.YourThinkingMind.com/BrainMovies/>

The only problem we really have as a species, is the amount of constant or regular imagination we indulge in, and the low quality of thinking and memory usually used to fuel that imagination!

Now to be fair, imagination has also given us one of our greatest abilities; to be able to imagine new ways to achieve advances in many areas of physical life. Imagination is clearly a *great* tool when used intelligently. However, mankind has become a victim of its own creativity in that psychological creativity, driven and created by a confused fear based mechanism, has corrupted, often badly, the quality of the constructed psychological-reality. Furthermore, the psychological-reality could not exist without imagination, as imagination is the key to its ability to function in a believable way, and give it the illusion of being a real consciousness. This is one of the reasons it is addicted to imagination and will do whatever it can to get you into or keep you involved in imagination as much as possible. Imagination now creates all personal suffering as it is almost always being used as a tool of the psychological-reality to support, protect and validate the beliefs and assumptions about the *core self-image*. Most of your experiences of what you call reality are (and were) just a figment of your complex imagination. Recognise as quickly as you can that reality simulation is always an imagined experience based on conceptual thinking; see that that is all it can be.

Imagination is a reality simulation based on the conceptual thinking which drives it. It is still driven by the Conceptual Mind, using, and now guided and filtered by the psychological-reality using the underlying core self-image and the surface active self-image (Ego) as its guide and basis for personal perception, and its constructed perception of reality. Imagination has allowed the psychological-reality to perceive and believe the most unbelievable things the mind can conceive, by creating through

simulation, evidence to prove its conceptual thinking, and then assumes it is accurate and therefore real. This is basically a process of one part of the psychological-reality being dis-honest with the mind itself to support itself. In addition, your Thinking Mind is programmed to avoid pain, therefore it is predisposed to imagine fear-based things, or to look for any possible pain or suffering it can imagine in any future event, interaction or situation. Any imagined future will always have something to do with avoiding pain or psychological discomfort, either something in the future or something you perceive you are experiencing now, or something you are avoiding in yourself by wanting to be different, or at least to be perceived differently. Transformation can take place in your life once you really understand that the past and future are concepts used and created by the Thinking Mind and psychological-reality, indulging in Ego based self-image and imagination to try to create perceived safety over these perceptual things.

From about four years old onwards, and especially before the age of seven, we can become deeply involved with and in imagination. Children having imaginary friends they see as being completely real often shows this. This imagination plays a big part in how we think, and what thinking we believe to be real. At a very young age, the mind starts to realise that imagining seems far better or safer than real life. The mind also realises it can use imagination to try and avoid any situations or interactions which may cause it insecurity or fear and our addiction to imagination begins. Imagination eventually gets taken over by the fearful part of the Psychological Mind, and the fearful processes of the insecure psychological-reality intensify this. Then the ability to imagine negative things becomes automatic, and the ability to imagine good things diminishes (sometimes almost completely), at least until you evolve to become 'deliberately consciously aware'.

In my opinion, imagination has allowed the mind to create a separate version of reality, which it has created to give itself the perception of some psychological safety, without the mind even realising it has done so. All of this has taken us out of experiencing the *Now*. Nearly all the challenges within the fear based psychological-reality, and therefore humanity as a whole, are mainly caused by conceptual thinking (along with indulgence in the memory processes, active self-image (ego) processes, and perceived memory), that engenders imagination, which makes it all appear real. The damaging quality of much of this imagination is based on the low quality conceptualisations and perceived memories which the current low level consciousness of much of mankind, creates and indulges in, non-consciously and even consciously.

As far as I know, no other species indulges in imagination, although I believe some species have a base intelligence that uses deductive reasoning, which may utilise a very basic form of imagination. However, no other animals randomly indulge in imagination, nor do they have any psychological self-image or Ego to imagine around or over. Imagination can give you the almost real experience of anything you can think of, conceptualise or remember. In fact, it is imagination that actually allows us to remember, as it is only through imagination that we can bring anything that is not actually *happening right Now* to perceived life! It is also imagination that keeps thoughts alive in your thinking mind. The mind uses imagination to bring conceptual thinking to life and uses perceived memory to validate it, thus giving the illusion that conceptual thinking is plausibly real and therefore valid. Thoughts are brought to life with imagination. If they were not, they would just briefly pass through the mind and be replaced immediately by other thoughts. Imagination is certainly real enough to fool the mind into believing it is having an actual experience, enabling the psychological-reality to create all the corresponding emotions which make it appear a wholly plausibly real experience. Imagination is perceived as so real by the mind it also creates physical and chemical reactions in the body that add to the *realness* of it, as well as causing even more discomfort. In some cases a chemical addiction to some topics of imagination, like blame and personal drama can be created. This is the psychological-reality in motion.

As soon as you go into imagination, you are entering a dream or an actively made-up simulation, every time! Never treat anything as real, which has thinking or imagination involved in it, including memory. Imagination has become a tool of the Thinking Mind and psychological-reality (using the active self-image - Ego) to help it try to create the illusion of safety. It is often used to bring the perceived past back to life, which of course causes you to suffer over it. Or it is used to validate the perceived present, and is used to help pre-empt the perceived or presumed future, which is usually a multitude of assumed futures. The Thinking Mind *tries* to find a safe solution to something it is imagining, which *may* plausibly or justifiably happen, but hasn't happened yet. This is therefore already causing you to experience it through the very imagining (simulation) of it. The Thinking Mind is often trying to find a solution to a perceived, imaginary problem that has not yet manifest, which is usually a problem assumed and imagined by the psychological-reality processes anyway.

Because of the psychological-reality's ability to imagine what could or might cause pain, it constantly runs through imagined scenarios and works to evaluate events, situations and interactions that have not even come about yet to support the lower mind's need for safety. The psychological-

reality is working out if these scenarios hold any risk of physical injury or, more importantly, any perceived psychological risk. This evaluation process causes discomfort, insecurity and fear by generating the appropriate emotions to fit each imagined scenario. This actually causes you to experience the corresponding discomfort, insecurity or fear over something that hasn't even happened. The psychological-reality is trying to fulfil its job of keeping you safe by helping to avoid these imagined events, situations or interactions but this process in and of itself causes psychological discomfort, worry and fear, which is also experienced as real. So how exactly have you avoided anything? The bizarre thing is that whatever you imagined, probably has not, and probably will not, happen for real. If it does, it will still not happen in the way you imagined and suffered over it. If the mind does not know the difference between what actually happens and what you vividly imagine, then how can you avoid pain by sub-consciously, or even consciously, imagining what *could* go wrong? By bringing it into the present moment experience of reality and generating the corresponding emotions without it ever happening? What really happens is that you end up experiencing far, far more discomfort, conflict, hurt or suffering than you would if you only had to experience and deal with, in-the-moment events, situations and interactions.

"I have had many tragedies in my life, most of which never actually occurred."

- Mark Twain

The psychological-reality is creating large amounts of discomfort, conflict and turmoil for you by consistently running numerous imagined painful or possibly disturbing scenarios in an attempt to avoid pain. You may not see this for yourself yet because you may be unaware of it, accustomed to it, or somewhat able to live with it. How exactly does that work to help you avoid suffering? All the psychological-reality is doing is essentially *borrowing* suffering from an imagined future and causing you to experience it anyway, when it has not even happened for real. It is bringing up perceived memories and rerunning them, bringing them into psychological and emotional life with imagination and again creating the very discomfort and upset it believes it is, you are, trying to avoid or escape by imagining it.

Running through uncomfortable or annoying scenarios using imagination, at any time (never mind consistently), *will* cause you conflict, hurt or suffering. Using imagination to imagine a solution to an imagined

problem, based on an imagined event and experiencing imagined fear (often over imagined meaning about you, is surely ridiculous and very Un-intelligent, don't you think? This is basically what the psychological-reality is doing all the time over multiple imagined issues, outcomes and perceived memories. How can you avoid this turmoil or suffering if you psychologically indulge in experiencing imaginary scenarios, without them actually happening? Or even imagining memories and doing the same, when you can do nothing about what is past? This to me is part of the insanity man is going through at this time. Become as deliberately consciously aware of this as you can, so you can deliberately and intelligently let go of indulgence in it.



Here is an exercise. Did you know ten minutes ago that you would be reading exactly what is written on this page (if you haven't read it before)? Honestly? Well here is an exercise to help you get to the truth of the illusion and misunderstanding that you should indulge in imagination, especially about the assumption of future, because you sub-consciously or consciously believe you can predict it, even if only a few minutes in advance. Especially when most, if not all, of this imagining or fantasising is based on what could or might go wrong, instead of what is good, or what could go right (remembering that good, bad, right and wrong are only *subjective* perceptions), from a genuinely believing and expecting perspective. This is a process that has virtually all of mankind trapped to a large or larger extent, even if they are not aware of it consciously or ready to admit it. Are you?

Today is the day you were worrying about yesterday. Did your worrying yesterday, about today, actually reward you with a better day, either yesterday or today?

It is required that you be totally honest with this exercise if you genuinely want more balance and psychological peace in your life. On a sheet of paper write down all the things you think will happen tomorrow. I don't really mean scheduled or planned things, or things you do every day, or things you already know enough about to guess how they will go. Funnily enough, even those things never go as you expect. What I am really referring to are conversations you are not expecting to have and their content and detail, people you will meet or bump into you are not expecting to meet, phone calls you don't expect, or new or different topics of conversations, or circumstances and so on. Perhaps there may be traffic or travel issues, or other events, situations or interactions are out of the

ordinary. Write down everything you think will happen and don't cheat to feel successful or to allow your Ego to feel ok. You'll only be cheating yourself, and perpetuating the illusion which is destroying the quality of your perceptual life! Use your crystal ball if you must; peer into the future and write down your predictions for tomorrow. This exercise is for the sake of *your* peace, tranquillity, conscious awareness, happiness and freedom so do your best to be consciously, deliberately and genuinely *honest*!

After you have completed your detailed *prediction* list (make it as detailed a bullet list as possible) put it away in a place where you can forget about it for a day and go about your life. Then at the end of the next day, just before you go to bed, take out this prediction list. With *TOTAL Honesty*, tick all the things you were '*absolutely*' correct about in '*every*' detail. How many things did you actually get correct? And how many things happened in a different way to the way you expected, or that you didn't expect? Honestly? Were there conversations which turned out differently to how you had thought they would, was there gossip about topics you didn't expect, moods or any other variations? Did any events happen you could not have imagined happening only a day or hours earlier? What you are looking for is evidence that life unfolds in a way that is *not* in agreement with what your imagination *predicted* would happen. Your imagination may have gone over every scenario it could think of about how an event, meeting or interaction would go, yet it was still not accurate or even correct! In fact, if you have been truly honest with yourself, you will probably find you were hardly ever correct about anything you imagined would happen. Most things probably occurred very differently to how you had imagined them happening, unless of course you are willing to be dishonest with yourself and adjust things to feel more successful (adequate, based on active self-image measurement), which you can do if you are willing to be unintelligent.

So how useful was indulging in any imagination over any time? Other than to effectively cause you insecurity, nervousness, worry, concerns or fear? Remember, honesty with yourself is the key to freedom in your life, so be totally honest with yourself. If you are dishonest with yourself about this, you will be dishonest to yourself about anything. Lying to yourself, which is what it really is, is just fear manifesting as control, and is all about psychological Ego driven fear, rather than freedom.

Repeat this exercise, as many times as you need to, to prove you do not have the power to foretell the future. Not by an hour and not even by five minutes with any accuracy. If you believe you are psychic and still got very little correct, then accept your ability is more about your ability to imagine

well and convincingly than it is to tune into something higher. Be honest. This will free you from your fear over your *image*. By the way, I am not trying to cause you to feel bad. I am attempting to open your eyes to what actually causes most of the noise in your head, what disturbs your peace of mind and why you are missing out on life as it truly is. I am showing you that most of your psychological time is spent in conflict or suffering over indulgence in completely fantasised outcomes. It is destructive, not constructive, no matter how much the mind wants to convince you it is keeping you safe. By indulging in all this imagining and fantasising you are already suffering what you are trying to avoid and missing out on actually *living* and experiencing life. This exercise is designed to free you, and allow you to truly *live* in the moment with conscious awareness, allowing you to feel genuinely good, and good about yourself and your reality, far more often.



How much of the stuff you suffer psychological discomfort or worse over actually comes true, other than in your imagination? And if it actually did come true, did you attract it or create it 'because' you indulged in this kind of imagination? It is important to understand that you attract situations into your life with your expectations. This is the *Law Of Attraction* in action, which goes on continually. You will find that by focusing on these imagined events, situations or outcomes, you can actually cause them to have an increased chance of happening. You not only borrow the suffering from the future by imagining it now, you also give it more chance to happen for real through the *Law Of Attraction*. Most people don't realise most of the life experiences they have are in line with those they imagine and truly expect to have. Without realising it, they are in fact helping to attract them. Imagine the change in your life if all your sub-conscious or Conscious imaginings involved feeling great, or if they involved uplifting and inspiring outcomes, events and situations, most of the time?

If you must use imagination, at least imagine things going in your favour or creating happy outcomes, ones that allow your self-esteem, self-respect, self-belief and self-confidence to grow, and which help Creation manifest good things for you. Once you understand the power of the deliberate and truly intelligent conscious thought processes, you will realise it is pointless going over scenario after scenario, past or future, sub-consciously or consciously, in an attempt to know exactly what might or might not happen, just so the mind can have some sense of certainty based relief. Consciously realise 'now' that suffering is going on in over made-up scenarios and memories. I promise you; when you are consciously aware in the moment, and out of imagination, you will have all the brainpower and intelligent choice making processes you will need

to deal with *any* situation, which occurs in virtually any moment. There is no need to imagine the future; it will become a present moment at some point. Deal with it then with a clear mind and with the increased ability to respond spontaneously, consciously and intelligently. When you can live in the present moment more and more, you can move closer and closer to experiencing life, happiness and peace.



FEELINGS - DIFFERENT TO EMOTIONS

A real feeling is not the same as an emotion; a real feeling is the automatic and spontaneous 'natural feeling experience' that comes with an experience (not a created emotional state) or the instinctive drive to pay attention or fulfil a genuine survival need. We also have physical sensations not caused by psychological evaluation, which can be described as instincts. The distinction between true feelings and created emotions is very important. True feelings are spontaneous, automatic, natural and often fleeting. These feelings are either meant to keep you safe, or cause you to feel experientially great and alive. None of them will cause you to psychologically suffer. Only the simulated psychological versions of these feelings, and the psychological stories created over them, will cause emotional suffering. I believe there are only a small number of what I refer to as real feelings. These are; **HAPPINESS, RAPTURE, JOY, BLISS, SURPRISE, AWE, PRIMAL ANGER, REVULSION, COMPASSION, GRATITUDE, PRIMAL FEAR, SADNESS, GRIEF**, and possibly **UNCONDITIONAL LOVE**. I say 'possibly' because I believe true *Unconditional Universal Love* is above feeling, despite still fitting in the category of feelings (not emotions). By *Unconditional Love* I mean true and pure love, but although this may be the highest level of feeling we could experience as humans, it does not mean we are actually yet capable of experiencing the raw experience of *Pure Love*. The closest feeling to *Pure Love* I believe we can experience as humans at this point is *Bliss*, which can be described as love, happiness and joy combined. Bliss can also be *simulated* by psychologically constructed emotional states but this is not real. Psychological states cannot create experiential or spiritual states; they can only create more psychological states and emotions. Every *emotion* you experience is some combination or abstract of one or more of these true feelings but an *emotion* can only be a physical sensation over a Thinking Mind or psychological-reality *construct* of a feeling. Emotions are all psychological assimilations and simulations, created by the Thinking Mind and the psychological-reality, to mimic one or more of

these feelings. This gives you the simulated experience of these feelings so the mind, using the psychological-reality, can keep control of your perceived reality and feel alive itself. True feelings cannot be described as they are experiences, but emotions can because they are described by the conceptual thinking that generates them. A true feeling is an experience in and of itself, whilst emotions create an experience through the indulgence of their accompanying psychological description based state.

HAPPINESS: (*Higher Conscious Mind*) – The true feeling of happiness comes when you are fully experiencing the moment through your *true* nature (not you constructed character), when whatever you are doing in that moment has your full and complete attention, without evaluation or commentary. So much so that time and everything else that does not have your attention, disappears or ceases to exist for you in those moments. Actual happiness is an experience of the joy available when you are fully experiencing in any moment. It is not governed by the rules applied by the Thinking Mind. Happiness, for no apparent reason, is the feeling you may experience when you are fully and truly consciously present in the actual present moment. It can also *possibly* be experienced in the *Psychological* present moment. Feeling good and feeling happy are different. Feeling good is usually an *emotional* result of some perceived circumstantial process, which appears to lean in your needy favour, whilst the feeling of happiness is an *experience* and is not dependent on any circumstances or perceived outcomes. Happiness and circumstances are only loosely related. Satisfaction and disappointment are related to circumstances, but true happiness is not a circumstantial experience.

Happiness is a feeling available as an experience all of the time, even when challenging situations or circumstances are present. Believe it or not, we are actually designed to be happy naturally. It is psychology that takes us out of the experience of happiness and replaces it with the conceptual perception and emotions created by the mind and psychological-reality. You only need to look at a child who has not developed its Thinking Mind yet. As long as a child is not suffering any physical illness causing it pain, see that it is always present, happy, and always wants to be happy. See how quickly it returns to happiness when its Primal needs have been met and it is not in any physical discomfort. I do not teach people to be happy as a lot of others try to do. I teach them to see that which stops them experiencing the true happiness available to everyone. I teach them to see that which stops true happiness shining through, once the active self-image (ego) and psychological-reality has shrunk or dissolved enough (through conscious observation of it) to allow the true feeling of life to come through. When your self-image is gone, you get to experience your 'true' nature, and with it true peace and happiness.

RAPTURE: (*Higher Conscious Mind*) – This is a state one can go into when an insight into the workings of the psychological-reality has been discovered. This triggers the true feeling of Joy, which briefly breaks through and takes over the confused psychological-reality, although often only for a few seconds or moments.

Joy: (*Higher Conscious Mind*) – This is the feeling of intense happiness. This can only really be experienced once much of the psychological-reality, and certainly the active self-image (ego), has dissolved or become smaller through deliberate conscious awareness of its processes. The mind can of course simulate or build you up into a state of emotional intensity which feels like rapture, but that is as close as the psychological-reality can get to simulating joy. Intense satisfaction can often feel like joy to someone who hasn't yet experienced true joy, or even real happiness.

BLISS: (*Higher Conscious Mind*) – Bliss is really the closest we can get to experiencing Pure/Raw Unconditional Love, and the electricity of Creation itself. For an awakened being, Bliss is never far from being experienced. However it is really a non-functional state (which means experiencing the bliss is everything at that time) so it cannot really be a consistent state. If it were, then a carer would be required.

SURPRISE: (*Primal and Higher Mind*) – This is a feeling that calls the body to readiness. It is usually just a call to action by the Primal and Higher Mind to alert the Psychological Mind to evaluate a situation for possible threat. As long as there is no actual threat, you can return immediately to your previous state, letting the adrenaline and other effects naturally dissipate. Surprise focuses all of the senses in order to check out and evaluate the environment, bringing your whole being to a level of alertness for a split second. Time appears to slow down because the mind is running, or evaluating, so much faster than normal and because the Primal and Higher Mind instigate it, it brings you out of the psychological-reality for a short time, into the *actual* present moment. This is usually why it feels so intense but only for a second, until the psychological-reality has evaluated and got back control of your perception. Any surprise that continues (not to be confused with Confusion) is purely a psychological agenda based performance or process.

AWE: (*Higher Conscious Mind*) – This is our highest perception of experiences such as beauty and can be similar to Joy or Bliss. Wonder can be classed as a level of awe. If you can cultivate this feeling by focusing on the beauty of anything or everything around you, including the miracle of yourself, you will feel far happier in your life. There is so much more beauty in this world than there are causes of discomfort, if only you look with an open mind and heart. We are like flowers; we are at our most beautiful,

and our most receptive to Creation, when we are fully open. Everything you see, touch, taste, hear, smell and feel is an 'awe-some' wonder to experience, if you can consciously step out of the psychological-reality, even for a few seconds, and allow yourself to experience the miracle of life.

PRIMAL ANGER: (*Primal Operating System*) – True anger is an energetic state. It allows us to reach a level of powerful energy very quickly, one that can physically help us protect ourselves and others (such as our children and loved ones) from attack and allow us to attack if needed, True anger can follow instinctual fear or true surprise and it also triggers many physical responses. Anger brings on the physical effects of chemicals like adrenaline, which can last for a couple of minutes for each experience of anger, even after the anger itself has dissipated. Anger is not a good state to be in and therefore should only ever be triggered by physically threatening or dangerous situations, not through prolonged psychologically imagined possibilities, scenarios, perceived threats or outcomes, or through attempted protection from perceived psychological hurts, inflicted by yourself on yourself. Otherwise this will put your body into unnatural states for prolonged periods, which can bring about intense, hyper-vigilant reactivity, fatigue and eventually illness.

REVULSION: (*Primal Operating System*) – I believe this is another state which is part of our survival mechanism, or the Primal Operating System. Amongst other benefits, it helps us decide whether a food is edible or not. If we are starving and willing to eat almost anything, the Revulsion reaction has to be strong enough to override our survival need to eat, if for example, something is rotten. This is also the main reason the nose is placed directly above the mouth. Revulsion of seeing physical damage to another may also limit our ability to cause physical harm to other living creatures, as long as the Thinking Mind does not override it. There are, of course, other stimuli that can trigger Revulsion, but I won't go into them here. Some may also refer to Revulsion as physical disgust.

COMPASSION: (*Primal and Higher Conscious Mind*) – By compassion, I do not mean sympathy, empathy, pity or sorrow. True Compassion is to truly wish for, and seek, what may be best for the well being of another (or others) without desire for personal reward, or personal reward. Compassion is to care for and about someone, without indulging in any hurt or suffering over or for them and with no judgement of right, wrong, good or bad over or around them or their circumstances. Otherwise this is not compassion but comparative empathy, which is psychologically projecting you (an imaginary you) into *your perception* of the circumstances of another. Empathy requires you to imagine what their suffering may be (which will be based on your own perception of

suffering), or sub-consciously imagine and access your own suffering and project your self-perception and your imagining's into what you perceive to be their perception and circumstances. This can only be your perception of what it would be like for you if you were they, in what you perceive to be their circumstances, which you are not. As an example, you can't be embarrassed for someone unless you have judged what they have done as embarrassing, and projected yourself into them perceptually (within your own imagined perception). Then *your* perception has made that judgement, so it is your embarrassment, not theirs. Whenever you do this, it becomes about *You*, and not them, which also creates judgement and suffering in you. This is usually called empathy but I call it *Perceptual Trans-positioning*.

Most people will only have what they call compassion for someone who is in a similar position to one they have been in, or are in or one they do not want to be in, but can perhaps imagine. Again, this is *identification* and a form of empathy, which is not the same as true compassion. Compassion is about being able to care about others and of course yourself (yes we need it towards ourselves) regardless of circumstances, perceived or otherwise, and without projection or identification. I believe what is commonly called Karma is partly designed to teach Compassion and that I believe that a sense of caring for others is a true part of our Primal programming. We recognise, from a higher perspective, that we are drawn to help others to ultimately help ourselves (see the section on Collective-Consciousness in the chapter on 'The Evolution of Consciousness') ???. Having a good feeling *for* someone, as well as being happy for and over his or her success, is a form of compassion. I do believe we can all experience compassion and genuine caring to some degree as we all have an innate understanding of the human conditions (physical and psychological) and a need to care, as we are all wired as social, tribal creatures, even if our psychology can override that or convince us otherwise. Even people who appear to hate everyone do so partly because they feel unloved and need love, or do not trust but still want to trust. We need others to care about us and we need others we can care about (even if we transpose that on to animals, or sometimes even things). As we grow in our ability to experience compassion, we start to take all creatures into account, as perhaps all mankind once did long ago. I have fallen over trying not to step on a bug before now, and I will do what I can, if is Intelligent, to protect any bigger life form. Why should there be any difference? A life is a life, no matter how your psychological-reality works to measure another life's significance or lack of in comparison to yours.

There is an internal warmth which comes with the feeling of compassion (deep, *unconditional* caring). I suggest taking some time to write down

exactly what compassion means to you; how you experience it, how you show it and how you expect it to be shown (do some study on Compassion and get more clarity about it). Be honest! Identifying its special feeling in you will also help you associate with it more quickly if you need to direct your mind away from a less empowering thought process at any point, and so you will also have more chance to experience this intense feeling automatically. Experiencing compassion can cause you to feel good about yourself. Compassion is a *natural* state for humans, and we have just become disassociated from it through the self-centred, selfish drives of the psychological-reality.

As a footnote, I won't sympathise with, pity, or feel sorry for, anyone. That to me is patronising and would essentially feed the psychological challenges they already have, and I refuse to do that. Compassion is caring whilst sympathy and pity are based on empathy. When you indulge in sympathy, it is, and becomes, far more about you, than about the other/s.

GRATITUDE: (*Higher Conscious Mind*) – This is a very strong feeling and may even be able to be created as an emotion by the mind. Even if it is created by the mind, it would be a very high-level emotion so it doesn't really matter if it is a feeling or an emotion, because it creates such a great quality of experience in the moment, and for that reason I have added it here under feelings. Even if it is a constructed emotion, it may actually be the highest level of emotion we can experience as it can help us cross over into functioning from the higher Conscious Mind and be a way to access a higher quality of intelligence. The basic definition of happiness about the external world is being genuinely grateful for what you have in your current experience of your world. When you are experiencing true Gratitude, you cannot experience any *disempowering* emotions at the same time although you can experience the high-level feelings of compassion, happiness and emotional excitement in conjunction with Gratitude. This is why I prefer to describe it as a more of a feeling than an emotion. Gratitude originates from the right brain, where low-level thought structures cannot emanate from, and it can dramatically change what you attract to you, and therefore your Destiny.

Most people don't get what they think they want, simply because they don't know how to be grateful for what they already have or they are not looking for why they should, or can already be grateful. Find all the reasons you can to feel Gratitude; write a list of 100 or more things you can be grateful for, no matter how big or small, either now or at any other time in your life. List honestly and caringly what you like about yourself, life, the people around you, where or how you live, and the very fact you are alive, or anything else that gives you any sense of being grateful,

or having something to be grateful for. Read it whenever you can and intensely and energetically experience the Gratitude these things deserve. Do what you can in any moment to generate the emotion of Gratitude, or indulge Gratitude as often as possible. It will help you experience the true 'feeling' of happiness, and will dramatically improve the quality of your life, psychologically, perceptually and experientially. It will also help to attract the best quality of life towards you, based on the so-called Law of Attraction. Speak to yourself in a way that implies gratefulness for being uniquely you and for being alive as you. Make statements or repeat mantras to yourself. Create your own statements starting with; "I am so grateful for..." You will know innately what will help you feel gratitude. Rehearse these morning, noon and night, like a mantra, and see the difference this makes in your life in quite a short time.

PRIMAL FEAR: (*Primal Operating System*) – I am referring to the real feeling of alertness that accompanies any recognition of real or potential *physical* danger. Fear is simply a state which calls us to action for survival and should not be present very often. It is generated by our instinct in the moment or by visually seeing a physical injury threat or other genuine life threatening stimuli which trigger adrenaline. Our instincts are attached to true feelings. By instincts, I do not mean what your mind thinks is going on, I mean your base level operating system is reacting to its surroundings and a present moment physical stimulus. Instincts are part of the sensory operating system that allows us to survive, evaluating if there is any immediate 'physical' danger, and is not psychological in nature. If there is a physical stimulus, it triggers the feeling of fear to bring your body into a state of readiness for 'fight, flight, freeze or to play dead'. The body can bring the mind to a state of readiness through fear. In reverse, the mind, because it has senses like sight and sound feeding into it, can bring the body to a state of readiness by triggering fear and adrenaline for increased energy and Awareness. Universal Influence, talking to us through Collective-Consciousness, can also inform us that something to give attention to for our survival is imminent, without any external stimulus telling us it is so, which I call higher instinct.

Humans often override their instinctual fear because that would cause their Ego to feel weak. This often leads to them getting hurt, or worse. You will never see an animal override its instinctual feelings to avoid threat or danger, ever! They may freeze on the spot rather than run but that is an attempt not be noticed, or to Primally evaluate a threat so the safest reaction can take place. Once they are sure they have been seen or have decided what the threat is, they will run, play dead or fight. This is not the animal overriding their instincts in the way I a described above; this is using particular Primal survival strategies. Always trust your instinctive

feelings and your immediate gut feeling over your thoughts. When you can trust your *true* instincts implicitly (not the thinking that pretends to be instinct) and live in the moment without manipulation from the psychological-reality, you will be able to experience spontaneous right action in almost any physical situation.

There are times when it is good to override physical fear; for instance, the experience of skydiving is one worth having, as are many other *Primal fear*-generating pursuits. If you are about to jump out of a plane with a piece of canvas strapped to your back, you will be experiencing some level of genuine fear but you will also be experiencing psychological (imaginary) fear because your mind will be running through all the possible physical (and psychological self-image based) scenarios of what could go wrong. This is unnecessary fear. The operating system (your underlying programming) is not interested in what the situation is, nor what precautions have been put in place to ensure physical safety, it is only recognising that in this case, there could be physical dangers and alerting you to the fact, or in other circumstances, the mind may hold a charge from the past and is drawn to avoid anything associated to it in the present. This can also be the cause of phobias. Any adventure driven person will tell you fear is a good thing and can keep complacency out of the experience. Overriding true fear, when you know there are protections in place to guarantee maximum safety, can radically enhance activities when they are done correctly and can bring you into the experience of the actual present moment, which can also bring on the experience of feeling truly alive! This can only be experienced in the true moment, hence the feeling of aliveness when there is true physical threat that causes the mind to be fully present to survive, even if it is just a few seconds.

SADNESS: (*Primal Operating System*) – By Sadness I mean Primal Loss; the feeling of loss from connection to another in the Primal ‘pack’, including ones chosen partner. This is, however, short lived and once the loss has been accepted, or forgotten about, sadness as a true feeling cannot remain. What remains is the psychological sadness you are creating and perceptually sustaining over your perception of an event, which is really about the effect on yourself and the meaning created over or about *you*. This can literally last indefinitely, if it is not let go psychologically, and accepted.

GRIEF: (*Primal Operating System*) – This is a true ‘feeling’ of intense sadness or Primal Loss and is very different to created grief, which is based on the psychological meaning the mind creates. Again, true Grief should be very short lived if experienced fully as it naturally comes up in brief waves, rather than creating meaning based grief and sustaining it using

psychology and imagination. Grief is something we are rarely allowed to experience in Western society and most people need a 'plausibly justifiable' reason, such as a funeral, to be able to experience their grief. Many only show or fully experience Grief when they are in such 'plausibly justifiable' circumstances. Even then, we are often taught not to emote because of how we might look to others, or to those associated to us. Then these reasons to feel this way get stuck in our perceptual calculation, and become reasons to feel like these are trapped emotions that are affecting us. These reasons become ways to suffer emotionally.



There are many misunderstandings about love, so I will try to give some clarity here. There are three main forms of love:

PSYCHOLOGICAL LOVE (Conditional Caring)

UNCONDITIONAL LOVE (True, Pure or Raw Love)

DIVINE LOVE (Love from Creation, that entity or consciousness often called God)

Each of these is very different. If you don't truly know the difference, you will believe or convince yourself through Ego, that you are experiencing the highest of these at any time.

PSYCHOLOGICAL LOVE: (*Left-Brain Psychology*) – (Conditional Human Love) – To make sure there is no confusion with *Unconditional Pure Love*, when I talk about psychological love I mean 'false love', or psychological conditional love (which also includes so-called romantic love). Psychological love is conditional, attachment and rule based love, and is the emotional feeling generated by the psychological-reality based on the perceptual and psychological meaning applied to, or over, the object of love, and to the *self* in association with this object of love. To be able to explain this properly, it is important that you understand that what we call the heart most of the time is actually a psychological heart. This is a physical tension in the area of the heart (more in the solar plexus) what gives us the experience or physical feeling of psychological love and what gives us the experience of the heart being broken if the physical tension is high enough. Most of the time, what we call Love is a combination of good emotions associated to something or someone. This love appears to be much easier for us to experience if it is attached to another person, or another less threatening living creature, especially if it or they appear to validate or care about us. This perceived love, is also based on the reactive emotions this person may help us to avoid, or they don't trigger those we fear them triggering. Psychological love is about perception, validation, values, rules, attitude, mood, and perceived situation and circumstance dependent. There is something strongly triggered in us when we feel

cared about, needed, validated or valued which can feel like love. The feeling quite often referred to as love is usually just a level of intense comfort with, or attachment to, someone or something, which appears to help us feel good or at least better, or like we matter. Often the object of your attention is satisfying a set of needs and rules you have, validating you somehow or perhaps just not triggering fear or pain, so the feeling you have when you're around them is nice, certainly at first. Since the Thinking Mind is a pain-avoidance mechanism, lack of pain or fear in relation to a person can be perceived as love if you have never experienced genuine Love.

The real test of whether it is true Love or just psychological love, is when things are not going so well. Psychological love can turn to resentment or hate, often very quickly, if the rules that they met or didn't break to start with, or others, are broken, or if your needs are no longer being met, or you no longer feel validated or psychologically safe. This was therefore never 'true' love; this is just 'mind' conditional or psychological needs driven love. Need can also be confused for love, so be aware that any reaction to rejection does not show your level of love; it usually just shows your level of need, insecurity or fear and your accumulation of historical pain associated with rejection or perceived rejection, and is based on assumptions and beliefs of perceived personal inadequacy or worthlessness. By this I mean the accumulated pain of all the times you have been, or thought you were being, rejected in your life, including feelings of rejection by your parents or significant adults when you were very young and your subsequent rejection of your self-image because of your perception of its inadequacy or unworthiness. Add to this the false stacking effect of blaming all these rejections on your perceived lack of adequacy or worth as a person or individual, and you can see how a negative perceptual overview of yourself and life, in relation to worth or lack of worth to others, is created by the Thinking Mind, which causes it to feel like one big experience.

This is projected onto each personal situation, giving others the ability to trigger these beliefs and assumptions of unworthiness in you, if you perceive they have rejected, or will reject you. However, this rejection is really a rejection of you, by you. The perception of rejection brings you face to face with how you really feel about yourself (which is disturbing but is a gift to be embraced). Your own process of self-rejection and your own perceived level or lack of self-worth, worthlessness, adequacy or inadequacy, continually triggers your internal personal self-criticism, recrimination or punishment processes. We often believe rejection makes us worth less, or actually worthless, but it is our own negative self-meaning and the self-punishment that follows it, which actually causes

our suffering over rejection. Although getting or getting back the object of your attachment can temporarily alleviate the suffering, and give you the illusion of confirmation that your self-pain is about the object of your attachment, and therefore the assumption that you must be in love, your internal abuse processes can never be resolved by getting back the object of your attachment. Know that this destructive story is over and about your confused negative, mis-assumed illusion of *You*, and no-one else. There is nothing wrong with you, you just think there is, and you are simply (or complexity) confused about the true causes of your personal suffering. People are quite often just trying to convince themselves, and act like everything is basically ok, when actually, perceptually it rarely is. You won't see the truth that there is nothing wrong with you, until you see the truth that you think there is. Observe it and see this for what it is. You may not find the real story of inadequacy or brokenness that's running underneath, and you don't need to, although it does help if you can see the underlying reasons the mind is suffering and causing suffering over. Just the observation of the process itself will allow the mind to eventually see the pointlessness and perceptual unintelligence of it.

People often seem to think the emotions associated to rejection are about love. I have witnessed so many people (including myself in the past) suddenly experiencing what they call 'love' for someone, right when they believe they have just been rejected by them, even if they actually wanted to end the relationship, or escape from this person, or didn't particularly want to be with them before they were rejected. It's very often the one being rejected who suffers the most. Some people are so scared of rejection that they spend most of their time in a relationship looking for signals that they may be rejected, or looking for signs that their perceived inadequacy or worthlessness will be pointed out, discovered or triggered, so they can get out of the relationship first, before they are actually rejected (even though nobody can reject you, you can only reject yourself over what you believe to be their rejection). Or they reject the other person first (because they actually expect to be rejected at some point anyway), thereby trying to avoid the added pain of being rejected themselves. Ultimately this just ultimately makes things worse and often ruins the relationship anyway, creating something of a self-fulfilling prophecy. I have seen people become 'very' desperate to get back with someone, just so they can end their rejection pain. They then reject the other person in turn so the relationship is still over, but this time they are the one doing the rejecting, or because they fully expect it to be 'discarded' again. People who perceive themselves as having been rejected often become obsessed with trying to get themselves un-rejected, or try to get retribution by trying to punish the other, especially if they won't allow them to get 'un-rejected'.

REJECTION CAN TRIGGER OBSESSION. The mind holding a core negative self-image and using the psychological-reality, which has created a moment-by-moment version of a managed self-image (the Ego) to guide it, wants to avoid the pain it is experiencing over the perceived rejection. It thinks the stimulus triggering the pain is the other, or the perceived loss of the other person, or what it thinks the other is doing 'to' it. However, the true cause is its own self-judgement and self-punishment (its own psychological violence inflicted on itself) for perceiving itself to be too inadequate to keep the other person, along with the sense of worthlessness it remembers for all past rejections stacked together.

The true solution to the suffering you are feeling from rejection, or any other form of suppressed pain, is to fully experience it to its conclusion, intelligently, in safety (and by this I mean alone or in a place you won't be disturbed), whilst observing the true perceptual reasons for it (and no, the other is a stimulus, and the rejecter is you rejecting you). Do not try to hide it, hide from it, suppress it, amplify it, exaggerate it or disconnect from it. Express it authentically, and let it go. Do not get involved with the story, or create another story about it, or continue running justifiability scenarios that prove the rejection and its circumstances that actually generate more pain. Simply sit with it and experience it. Allow the story that is running inside you to complete without giving it any 'meaning' at all. Just let the emotions run through without taking any action at all, and do not try to speed up the process. The Thinking Mind will want to stop your pain immediately unless, of course, your psychological-reality gets comfort or perceived safety from it. Just let it pass. Do not wallow in it, feel sorry for yourself, or cause yourself more suffering, and remember that it is all conceptually and perceptually made-up and imagined anyway. Just experience it without judgement, knowing it will pass, as it always has, whilst observing it as if watching someone else go through it, knowing you are essentially safe, and without being in a hurry for it to do so, as this creates more conflict in you. You will soon feel much better. It can actually pass much faster than you think. Make sure you are not feeding the story or creating more stories and dramatisation using imagination, or adding more reasons to criticise, punish or abuse yourself, which of course, would just create even more suffering. If you find yourself getting involved with the story, you need to let go of indulgence in it by directing your attention, focus and attitude onto something else more uplifting and supportive. Otherwise the story will just continue. Remember this destructive story is over and about your confused illusion of *You*, the other person is just a trigger.

Because psychological love is conditional, people often only experience love from someone when it is expressed in a way they are looking for it to

be expressed or in a way they can relate to it. When someone is actually being 'loving', but not in the way the other wants them to be, that love won't be experienced by the other. Often we make being loved the goal, rather than being *loving, kind and caring*. We often only give this love if it is given to us first, or we withdraw it as soon as there is any hint of a threat to it, or no reciprocation for it. We often see it as too risky to give it first or to keep giving it, if there is any perceived risk of being hurt. However, giving love is the very key to receiving love, as *Giving Love* is the only time you really get to experience Love.

Romantic love is a very complexly combined Primal and Psychological process with many different components. When you understand all the needs and drives of the Psychological and Primal Minds, you will see a lot of these are being met with romantic love. This not only creates psychological comfort, it also triggers chemical reactions in the body which can cause chemical addictions to people, especially if you are unaware of these processes going on in you. We often hear people say, "I love you, but I am not in love with you". This shows there can be a deep feeling of Primal connection and caring without psychological need and attachment processes being a part of it, or visa-versa. Romantic love and psychological love are different but can be combined to amplify the feeling of 'psychological love.'

Many people believe they really love animals but they usually only love the animals that seem to love them back. This is loving animals that treat you well or give you something psychologically (your psychology) and is different to unconditionally loving God's creatures. Not wanting to kill an animal does not mean you actually love them. You can profess to love animals and still eat meat. This may help you see what Psychological Love is. Unconditional love, pure and true, can only be experienced in the 'absence' of any psychological evaluation and agenda in any given moment, otherwise you are experiencing Conditional psychological love. This is not a fault and simply is what it is, and is what is required to be grown and evolved beyond. Pretending to love unconditionally is not spiritual, nor humble, it is a psychological image based strategy.

If you have never truly felt love for an animal, or one of God's creatures, (not need but true, pure love) you will be emotionally and spiritually incomplete

UNCONDITIONAL LOVE: (True, Pure, Raw Love) – (*Higher Conscious Mind*) – Genuine, Unconditional Love is very different from psychological

or romantic love. True, pure, Unconditional Love is the Universal energy that binds the physical, energetic Universe together.

We can usually feel Unconditional Love for children no matter what they do *'wrong'*, at least when they are very young and as long as we are not in a bad mood that triggers our perceptions of inadequacy and frustration. We know they are inexperienced in life and therefore simply do not know any better. We can forgive them immediately (actually we do not judge and blame them, and therefore have no resistance to them being as they are), as long as they haven't triggered a process in us that causes turmoil, which is then blamed on them. We do not tend to have a pile of rules we use to evaluate whether we should or can love them; we love them anyway, as we are usually wired to. If you approached all your relationships like this, and did not hold rules for other people's behaviour or how they should perceive you (or have flexible rules if you must have them, so you can be caring and kind rather than judgemental towards them), if you accepted them for all their perceived frailties, struggles and challenges as well as for all the great things about them, which you focused on constantly, you would have an extraordinary relationship and life with them all of the time. You don't have to agree with someone or support them in disempowering behaviours, to still love them unconditionally. Until you can experience True Love, with anyone, regardless of their colour, creed, behaviours, attitudes, physical appearance, beliefs or approaches to life; love for you and others will be predominantly conditional, and therefore you will engage in adversarial perception around and with them.

True Love is only truly experienced when we give it. The love we give to others is the only love we really get to experience. When you truly love someone, you care immensely about their welfare and their happiness over and above your own. If this means they can find more happiness with someone else other than yourself, then you are happy for them because you want them to experience everything that will help them be happy in their life. If this is not the case, it is psychological love you are experiencing, and their being with another hurts you, over and about you! If you genuinely love and value yourself, their leaving you does not reflect on your value or self-worth. Acceptance (non-resistance) of this kind may be seen as an extreme form of expressing your love but if it is True Love and not Psychological Love, this is not difficult at all. If you are truly capable of this, then you are truly a lover, and will never have to worry about your partner leaving you for not loving them enough. If you can really love at this level, you are probably dedicated to pleasing this person as much as you possibly can, without neediness, or of needing to get a return on time and energy. You would not be doing it for what you get back, but for what you want to give, because you love them and truly want

them to be happy. Giving out of neediness, or by compromising your own boundaries or self-worth through being a martyr or pleaser, or through relinquishing your own ability to feel happy, is not love, and not what I am talking about here.

True, or Pure Love, can be experienced towards all creatures, including one's perceived adversaries and enemies

True love is about giving, not getting. When you genuinely, truly and unconditionally love someone, you give them everything you have with no expectation of a return on your investment. If they are capable of loving you back to this high level, they will give you everything they have to give as well, with no expectation of anything in return, and will be getting what they need anyway. Then there will be no need for neediness or insecurity. When people do their best to meet their partner's needs, without compromising their own boundaries and esteem for themselves, then an extraordinary level of relationship is experienced. These relationships are very rarely experienced in this day and age because of the neediness of the Thinking Mind and the psychological-reality and its adjustable/managed self-image (Ego) measurement, comparison and judgement, and its predisposition to approach anything and everything with insecurity or fear. This only proliferates its sense of separation and aloneness, which has set up the conceptual structure of 'you or me' thinking rather than 'we' thinking. The Thinking Mind and the psychological-reality are basically selfish, and only interested in its own needs. But when true, Unconditional Love can shine through, because we become genuinely consciously aware enough, we can create a community awareness of 'we' and 'us' instead of the usually and apparently acceptable 'me' or 'give to me first' approach.



Even more importantly, this level of connection can also be experienced when showing love towards yourself. If you can experience this level of relationship with yourself, you will soon never suffer emotionally again, because you will wake up from the illusion of a self and self-image. Loving or at least caring deeply for yourself, is something that is constantly advised. However, it is something that is very, very rarely explained. I believe self-love is about treating yourself (and others) lovingly and kindly, rather than just trying to force this feeling of love for yourself. Treat yourself as the most important person in your life without descending into selfish self-centeredness through unawareness. Do everything you need to do to help yourself be happy and at peace. Depending on your level of internal conscious awareness, you might doubt this is possible, or you may even

think it ridiculous. Please hear me when I say **You** absolutely deserve this, especially from yourself. Nobody is more valuable or important than *you* in *your* life (and I don't mean from a selfish perspective) and nobody is more valuable or important than any other in the eyes of Creation or the Creator. See yourself as the person you're prepared to give anything to, no matter what happens, to help and support you. Use kindness, encouragement, praise and forgiveness no matter what does or doesn't happen. If you can do this, you will have no *need* to have another person in your life fulfilling these needs. You will also treat others far better and you will be free to experience far more condition-less love.

When there is something missing in your relationship with yourself, and someone else can come in and fill that gap, they can also leave you and take it with them, leaving you feeling incomplete again. This will create fear around them for you so you will probably spend a lot of your time monitoring them to see if they're about to hurt you in any way, even if it is not true and your insecurity or fear is just causing you to imagine it. Then you will be able to try to get out of the relationship before they manage to do anything 'to' you. How can you possibly feel Loving, never mind caring, comfortable, relaxed, connected, contented, happy or free, with this going on? How could your partner? However, when there is no gap in you because you already give to yourself everything you need psychologically, they can enhance your experience of life, but they can never take anything away from you if they leave. When someone entering your life enhances your life but does not complete it, because it is already internally complete, there is no neediness projected onto that person. They are free to be themselves because they are no threat to you, and therefore you will not be trying to change them, or constantly measuring their actions or judging them through insecurity or fear. I suggest they will care for you even more if you have this approach to them.

The solution to this challenge is being able to give yourself all the love, validation, support and caring you may need, so you don't 'crave' it from anybody else. Work out what you really believe you get from having another person in your life. What kind of people do you choose and how do they treat you? How do you want them to be? How do you want them to act? How do you want them to be perceived by others? How do you want them to treat you? By this I mean how do you want them to praise you, or help you feel good, or support you? What do you need from them to feel of value to them, or yourself? Write down your answers in as much detail as you can. Once you have them, you'll know exactly what you need to give to yourself. If it is praise, validation, support or encouragement, give those things to yourself, not from a false public-identity performance or a victim-hood perspective, but honestly. Treat yourself as you would

your very best friend, if you wanted to support them completely and never have them feel bad or feel any need to get away from you.

Catch yourself doing things well, or as well as they need to be done with good standards. Identify your perceived strengths. Accept anything you see about yourself you consider to be a challenge or short-fall and intelligently work out what you need to learn or practice to grow beyond them, or see that non-resistance to them will bring peace over them. Sing an amusing song or write a poem about all the traits and behaviours you may want to change in your self-image. Laugh about them and give yourself permission to let go of your expectations of yourself, and your need to be different, and just live. After all, at least for the moment, you are human. You are also perfect just as you are and are the way you were meant to be, absolutely complete and already perfect. Creations perfection is after all, in our equal differences. You just need to truly discover these things for yourself, and not just assume it. When you care for and accept yourself, as you are, and let go of *Image* driven agendas, other people cannot affect you with their words or their actions. That does not mean do not have goals and work towards their manifestation, even if that means learning new skills within yourself and externally. When you let go of the need to be different and see that it is a process of learning new skills only, it becomes a joy to be in your own company (and truly Waking-up is not far off). When you reach this level of self-love, people can't help but want to be in your company, even if it scares them a little, or a lot.

There is a certain feeling and vibration that comes from someone who experiences unconditional love and who constantly treats themselves and others lovingly, especially if they are truly Awake. Their presence raises the level of vibration in a room and the vibration of people who come into close proximity with them. Probably the most common observations made through history about those who have become Enlightened, are about what it **feels** like to be around them. The feeling of genuine caring that emanates from them, mainly because of the Wisdom they experience, is palpable. It is not some energy that is channelled *through* them; it is a vibrational experience that comes *from* them because they experience total acceptance and true love, and therefore love for everything else, at such a high level. True Love is a very high vibration, and these people vibrate at this level virtually all the time. Unconditional self-acceptance and self-love are not only attributes that become stronger as someone moves towards Awakening; they are a prerequisite to Waking-up in most cases. Honesty and authenticity (internally), gratitude, non-resistance and true love, are the only true passages to awakening; cultivating true *Wisdom* through the pursuit of conscious awareness and conscious intelligence is the only true path that can take you to *enlightenment*.

Divine Love, however, can be experienced any time you are *Truly* open to it, not just when you think you should be, or think you can or want to, but when you are *Honestly* open to it and *Authentically* asking for it.

DIVINE LOVE: (not part of or within the mind at all) – (God’s Continuous Divine Love) – Divine Love can only be given by Creation, the Creator or the Divine, however you relate to it or describe it. You can only experience it; you cannot give the experience of Divine Love, or any other part of Divine Love, to anyone else. You can share True Love (which is Universal to anything in this Universe), which may help someone open up to experiencing Divine Love, but you cannot share or give Divine Love. There are very distinct reasons for this, which I will not go into here, as this book is very much about coming to understand the mind rather than anything outside of your direct awareness and experience of created and creating perception. Unconditional Universal Love is the only form of love we can share if we can and do, *truly* experience it. Many believe they do but are lost in their psycho-spiritual *Image* based constructed identity. Sharing true *unconditional* Love can help someone function better perceptually and therefore vibrate at a higher level, which could help open them up to ‘their’ experience of Divine Love. Love from the Divine is being given to you at all times, yet for the reasons I have talked about in this book, it is very difficult, if not impossible, for most to experience Divine Love at this point in linear time.

You may not be able to see or feel the warmth of the sun when it covered by clouds. However, it is certainly still there. Do not fear that it might not be there or fight to see it. Instead trust and become fully Consciously Aware of that which is in the way.

It is covered by the dark clouds created by the Conceptual Thinking Mind and its created *Psychological Reality*, constantly using imagination as its basis for corrupted personal perception

We can only *share* Psychological Love and True Love with others and with ourselves, and we can only *receive* Psychological Love and True Love from others. Divine Love can only come from the Divine, so we can only experience it from the Divine. Make sure there is no confusion over this. Expressing Love (internally as well as externally) will help you open up to experiencing Divine Love but nobody can give it to you or share it with you, even if they experience it themselves.



It is possible that the root cause of most psychological and existential

suffering is lack of true love and Divine love. We suffer through the need to be loved and the need to love, which is usually just a lack of caring for the self. Pure Love, however, does not have an opposite. You could say that fear is the opposite of love but fear is not, and should not be, a state of being. Fear is, and should be, a temporary state. True fear is merely a survival mechanism and we can still feel love whilst experiencing fear. Love can be, and should be, a state of being as you can happily continually experience the feeling of love regardless of circumstances. We are actually wired to be able to do this but we are perceptually and psychologically conditioned and programmed out of experiencing it most, if not all of the time.

We are also conditioned to believe, especially in spiritual environments, that we should experience love all the time. If you are looking for constant or deep love, or any other specific state, you have already lost your way as far as experiencing the true experience of the moment, no matter what that is, and the potential to experience true peace and happiness goes. When you can be in any state and this state be perfect and not something to resist psychologically, then you will be more able to experience peace, happiness and true love.



In the English language we have words to describe literally thousands of emotions, as emotions give meaning to events. Again, I am going to talk here about what we need to know to evolve beyond psychological hurt and suffering. We need to see how we keep being disempowered by the mind so I am going to focus here on what most people don't want to see about perception, rather than the nice spiritual platitudes about emotions that just **sound** fluffy, good or empowering. I have not written this book to help you feel positive, I have written it to help **Free** you, and if that means what I write disturbs you first, then so be it! You may not like what I say next or may even disagree with it but it can **set you free**, so please open your mind and listen for the truth in what is said.

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We are unfortunately taught and conditioned to believe that:

- 1/ The external world, as we perceive it, is real

- 2/ The perceived external stimuli are causing how we feel in any moment
- 3/ The perceived stimulus has to stop before we can feel any different
- 4/ What we *perceive* to be happening in the external world is actually happening
- 5/ That any blame towards the external stimuli is justified

All of this creates the believable trap that the external world creates how we feel and that we are relatively helpless to do anything about it, other than to try and control, protect, defend, cover-up, retaliate or present a 'good' *Image*. This could not be further from the truth, as this book is designed to teach you.



Emotions are a way to describe what something 'feels' like to you and/or in relation to you. As the Conceptual Thinking Mind and psychological-reality became more complex, they started to create more complex emotions to give more meaning to events. Emotions are really the physically manifested experience (physical sensation) that is the outcome of the psychological thinking process, created by the Thinking Mind and psychological-reality. Simply put, thinking creates meaning (often debilitating) and that meaning creates psychological reaction. This psychological reaction creates a physical sensation in the body, often described as the feeling of an emotion or emotional pain. The physical sensation becomes a side effect of perceptually creating the emotion, and the side effects then become something to try and avoid, without the mind even realising it created the very emotion which caused the side effect it is trying to avoid in the first place. Emotions and accompanying physical and psychological side effects are often perceived as processes we must endure and often in turn become a 'reason' to suffer even more.

Emotions are also the mind's way of trying to create warning signs when psychological discomfort, hurt or suffering may be present, or perceived to be coming, so it can avoid the discomfort, hurt or suffering it then creates over them. The physical sensation was originally (and still is) a way for the Primal Mind to get your attention and get you to avoid something perceived as physically dangerous, but it has now been adopted by the Psychological mind as a way to try and avoid psychological threat, or get out of experiencing undesirable emotions. However, without the mind realising it (or not being able to do anything about it), the very emotions the mind and psychological-reality create, are what cause the discomfort, hurt and suffering the mind then needs to try and escape. This comes about because the psychological measurement, judgement and reaction is created in different parts of the sub-conscious mind, and the emotion

is created in another part, then another part of the mind measures the emotion created, another part measures the emotional discomfort created by the emotion, and then yet another part reacts and tries to protect against this discomfort or pain because it doesn't feel good (remember the mind is a pain avoidance mechanism at its core). Without conscious observation of this mind taking place, this process goes on unseen by the very mind creating and indulging it, until enough conscious awareness is available to observe it happening, then something will change. Almost every emotion is the result of an internal psychological reaction, which in turn creates more internal reaction using the same processes and so on indefinitely.



Emotions are also created to give the mind information about what experiences to keep in memory from the day so they are not discarded during the dream state defrag at night. The Thinking Mind and psychological-reality create physiological intensity through creating emotion, to give strong meaning to events, situations and interactions, and to know what to store for future psychological analysis and use. I call emotions 'thought feelings' or 'simulated feelings'. I also refer to most of them as 'de-motions,' because in most cases they tend to demote your well-being. They can cause you to feel anything from not too good, to absolutely awful. Negative emotions are like mental toxins. I do not believe we were ever meant to suffer this way. This is merely a side effect of the safety driven Thinking Mind and psychological-reality taking control of our experience of life and creating discomfort, conflict, hurt and suffering, all under the illusion of creating some psychological safety.

Created emotions require a thinking concept and a personality structure (traits, processors and filters) to create and fuel meaning (and stories), which then give emotions more perceptual life. There are some emotions that feel nice but there are many more that do not. The mind is predisposed, through a need for pain avoidance, to focus on and therefore actually non-consciously create or indulge these negative emotions. To me, reaping what you sow means that the emotions you create and indulge give you your experience of psychological-reality. So what you create, and/or indulge, you get to experience - emotionally. You reap what the mind sows. Watch how your hurt gets confirmed, justified and reinforced, every time, you indulge your story about how you have been wronged. With every indulgence it gets stronger and more complex. In unawareness you are sowing what you are reaping, yet still blaming someone or something else for it. Look into this. The more attention and energy you have invested into a story or an emotion, the harder it is to let go of indulgence in it, so it can dissipate. Every created emotion that is not in line with pure love

is a result of perceptually and sub-consciously created and inflicted, sub-conscious, psychological damage, injury, or error.



Emotions are the basis for experiencing the psychological-reality, and the life it creates. Even if those emotions cause it suffering, and then their other effects also need to be psychologically avoided somehow. However, the more dead someone feels, the more intense or extreme are the emotions required to feel alive. Hence the more unaware someone is, the more dramatic, angry and violent they tend to be, either towards others, and/or themselves. Or they indulge intensely in their perceived suffering, or physically uncomfortable life. If you let, or use, suffering to define your life, or to feel alive, or you have no other way to define yourself or life, then the only way to feel alive is through conflict and suffering. Some people do what may be considered horrendous things, in part because they are the only things which help create the emotional intensity that allows them to feel alive. Everyone is drawn to feel alive, as in essence, the psychological-reality is a dead illusion and the mind innately knows this at some level, so when emotions are not being created or indulged, the Thinking Mind (as it sees itself as the self-concept and self-image in the centre of it) can feel like it will also die or risks recognising it is already dead. It is constantly trying to validate that core self-image and the psychological-reality it creates around and for that *self-image*. This often manifests as some kind of validation or importance seeking in ‘comparison’ to others. The adjustable/managed self-image also uses emotional dramas as another form of self-validation and self-importance. Generating ‘any’ emotion gives the experience of being alive to a ‘conceptual mind’ (a mind holding a self-concept and self-image) and an illusory psychological-reality desperate to stay alive, even, and sometimes especially, through creating intensely negative emotions.

Emotional pain is also the mind's way, using the psychological-reality, of trying to create change within itself (or the managed self-image). But if creating painful emotions over what it wants to change doesn't immediately help the mind to ‘change’ (which it can't truly do), that process just becomes another creator of pain to be psychologically avoided and punished for. Then the mind's processes for creating its own discomfort and pain just get bigger and stronger, and messier.



Emotions can be broken down into *Protection* and *Experience* categories. *Protection* is all about some form of psychological protection, which includes as I said earlier, justification, defence, retaliation, retribution and presentation (of how you want others to perceive you and ‘your *Image*’). Protection mode is the default state of the Thinking

Mind and psychological-reality and this is something you need to become forgivingly, consistently and deliberately consciously aware of. Although there are many good emotions to experience, most people don't often truly experience them. Unfortunately, most emotions people experience regularly, or consistently, are disempowering or negative in some way. The mind also simulates experiences so it gets to experience any associated satisfaction it may get over this process. All constructed emotions come from an evaluation of the self-image (both the core self-image and the adjustable managed self-image) one way or another, as they are the focal basis of the psychological-reality.

The Experience category of emotions is where the mind *simulates* true experiential feelings and where it experiences satisfaction (often intensely). Remember, satisfaction is probably the highest-level emotion we can experience. Emotions are different to feelings. Feelings are true experiences that have no construct. Emotions are constructs created by a description and meaning applied by the psychological thinking process because we believe we have reasons to do so, which by definition means they are made-up, and there is usually also some kind of resistance to them. The Thinking Mind can simulate any true feeling into an emotional reality. True 'feelings' however, are a spontaneous experiential '*experience*' and are usually very brief, at least whilst there is a psychological-reality present. Emotions you experience can also be what your Thinking Mind or psychological-reality 'thinks' feelings should feel like. Since true feelings do not come from the sub-conscious mind or its created psychological-reality, it must simulate a true feeling, or create a meaning that engenders what feels like a real feeling, and then keep it going with conceptual imagination so you can experience it as real. This construct also remains an emotion and is not a feeling.



Discovering, or remembering, a *reason* for an emotion will cause you to experience the emotion again. If you resist this, you will be resisting looking into the reason for the emotion. It is therefore vital you be willing to experience and simultaneously observe emotions as they pass through. Experiencing the emotion and observing its structure and 'reason' at the same time, will help uncover the injury, damage or error driving the perceptual 'reason' for the emotion. We often indulge emotions and suffer because we believe we have past (stored) reasons to do so. Consciously observe how you create the emotions you experience and truly 'see' the reasons you believe justify or cause them. Then you can see how your mind creates or indulges your emotional states and their perceived reasons, you will also be able to see the emotions the mind creates from the 'reasons' you then try to avoid.

Surface emotions are usually the first you experience because of the reactivity to the managed self-image, and these emotions are the ones you then try to run from experiencing. They are really the lid, or the concealing cover-up emotion. People are usually afraid to experience these as they believe it will get them in touch with deeper emotions they are even more afraid to experience, or reasons they think are there or do not want to find. These surface emotions include things like insecurity, blame, anger and fear. It is under these 'concealing emotions' you try to avoid, that the underlying perceived reasons for these and deeper emotions can be found. It is these perceived reasons you need to discover and observe; by fully experiencing emotions and observing their perceptual 'causes' at the same time, they will be released. All emotions should be experienced in the way a child would experience them; they simply just experience the raw emotions as they pass through, or away, and often they do not get stuck (or the reasons for them do get created or held onto in their perceptions, where they would then become reasons for more emotions of the same kind).

Unfortunately, this is very difficult for most adults but if this is not done, the superficial concealing 'reason' for the superficial emotion can be experienced indefinitely, without you ever finding out what the causal 'reasons' for the deeper fear of emotions really are. These deep reasons and their corresponding emotions we are trying to avoid are almost always some kind of shame or grief type reasons and emotions. These obviously seem to hurt the most and feel like they are so big they will consume us if we get in touch with them fully. It therefore requires a genuine desire and commitment to become honestly and authentically, consciously aware enough to be able to face and internally experience these deeper emotions so you can 'see', then become free of, the psychological reasons for them. Listen to and observe emotions like anger, because they're telling you there is something, a 'reason' you are hiding from, emotions you are not observing and experiencing to their end, such as embarrassment, shame or grief.

Parents often stop you experiencing emotions, therefore these unexperienced emotions then have perceptual reasons created or adopted for them, and these get trapped in perception as 'reasons' to feel those emotions, and these build-up. Emotions should be allowed just to flow and be experienced without resistance or judgement. Otherwise, these blocks create non-conscious beliefs or charges, which are subsequently become more perceived reasons to suffer. These non-conscious beliefs and reasons then create more suffering within perception, subsequently creating and triggering stronger emotional reasons and ever more apparent 'emotions' to avoid.

Emotions are the same no matter who experiences them. In each person, psychological fear is psychological fear, jealousy is jealousy, blame is blame, guilt is guilt, hurt is hurt, and satisfaction is satisfaction. They must be as they're all based on the same underlying perceptual computer programming structure and simulations. Although the detail within each emotional reason may be different for each perceiver, your discomfort, conflict, hurt or suffering, is no different from the discomfort, conflict, hurt or suffering of anyone else. Seeing the sameness of psychological suffering, we see that our suffering is not unique and that we are all essentially the same. It is all the same bag of coal we carry and blame, and the same psychological sewer most live in.

Feeling good is already good, so let's look at what causes us to feel emotionally challenged. We only need to become more consciously aware of what causes us suffering and what stops us feeling genuinely good so we can observe this and either experience emotions that need exorcising or see them as they are being created. It's not about trying to force yourself to experience particular emotions; instead, it is about the mind observing and realising how it causes its own suffering, so we can consciously choose not to indulge its processes of creation of these things, and by letting these processes go, happiness and good feelings can return automatically.

Below is a very short list of some of the more commonly generated emotions, or de-motions, which come under the *Protection* category. They include: **PSYCHOLOGICAL FEAR, GUILT, REGRET, PSYCHOLOGICAL ANGER, HATRED, RAGE, ANXIETY, JEALOUSY, BITTERNESS & RESENTMENT, DEPRESSION, BLAME, GRIEF, SATISFACTION & HURT.**



PSYCHOLOGICAL FEAR: This is the most insidious, wounding, hurtful and damaging of the generated emotions. Psychological fear triggers primitive behaviour, both physically and psychologically. Yes danger can be real, but unfortunately, if you indulge in psychological fear or 'imagination danger', you will experience more of it. Then it becomes fear of fear itself. The creation of thinking fear is just your Thinking Mind and psychological-reality's way of trying to keep you safe by imagining what to be worried about or sacred of. Sadly however, your Thinking Mind no longer knows the difference between a real threat and one that is merely imagined. The Thinking Mind, stuck in the psychological-reality and driven by the managed/active self-image (Ego), is predisposed to imagine every angle of every situation that could cause it any kind of thinking or emotional discomfort or suffering. The deep underlying fear is the fear of not being enough (not being lovable, which is already the assumption), which manifests as a fear of inadequacy (which is already the assumption), or the fear of being perceived (by others or yourself) in any moment, as not

being adequate or as inadequate, which must already be an assumption of what already is, or it would not be a concern (which any sense of being perceived as 'wrong' will expose you to).

If you are feeling fear, where no actual immediate physical threat exists, then the fear is based on an imagined event simulation or an assumption based imagining. If you're imagining a negative event, situation, interaction in the future, or you're remembering (re-creating) your perception of a negative event from your perceived past, then your fear is not real. It is being created using conceptual thinking, memory and imagination, along with the meaning creation structures and processes of the psychological-reality. You don't need to experience this; you don't ever really need to sub-consciously or consciously go back into the past, especially if it causes suffering. Your mind has already stored all the information from your perception of past events it needs to evaluate with now, and the future is not here yet. Imagining negative or pessimistic future outcomes just ruins the quality of your life in this present moment, right now! And this then contaminates your future and your future destiny. What is the point of that?

Many fears are inherited, and are actually irrational most of the time. People often fear the things that are the most 'unlikely' to hurt them. For example, in the UK, spiders cannot hurt you yet many people have a fear of them, partly because of what they imagine, or have imagined, could happen, yet conversely they will stroke a strange dog or cat, both of which 'can' hurt them, possibly badly. Most psychological fears are irrational and if they go unquestioned, they will remain and fester and be used psychologically by you again. The mind also works on assumption and association; therefore it assumes that if something has caused you psychological suffering, and/or physical pain once, it always will do. For example, eating or drinking something that has caused you to be sick, will often cause you to dislike or fear that particular food forever, even though this is often irrational, and people can even throw up imagining it.

Psychological fear is a very low-vibration thought process. This kind of fear is used to keep the masses in line. When you live in fear or through fear, you are easy to control and you need leaders and distractions. The entertainment industry is worth trillions because of this - and isn't it interesting those who own these industries also own most of the media that proliferates imagination-based fear? People living in unawareness (or low awareness) are controllable through their worry and fear as Psychological fear slows down and lowers your vibration, making you feel more helpless and trapped. Fear of the unknown is psychological fear created by a lack of certainty, which is insecurity, and fear of losing the

known (fear of uncertainty). Even if it is imagined fear of actual physical injury, it is about psychological imagination fear, not anything else.

Power for the few has been brought about by cultivating the thinking fears of the many

Psychological fear or 'imaginary circumstance' fear (e.g. any fear where there is no immediate physical threat) should always be observed challenged and questioned. Fear is a coward because it is essentially using an illusion to incite psychological blackmail. When faced it retreats, so as not to expose the underlying reason for the simulated fear in the first place. Clouds look so solid and real from a distance that you can imagine you could sit on them. That is until you move closer to them or travel through them on an aeroplane and then you see the illusion created by this thinking or belief. In this sense, psychological fear is the same. When you face and transcend any psychological or imagined fear, you relieve yourself of other 'similar' fears; some may be fears you are not even aware you hold. Facing a fear will eventually cause it to dissolve and this will cause other similar fears to dissolve as well, without you even having to face them.

Remember this; if there is no physical threat present in the actual moment, the only way you can experience fear is by remembering, using imagination, a fearful situation in the past or by imagining a disempowering or fearful situation in the present or future. So Imagination is the cause of this type of anxiety and fear. If it is fed and indulged (either consciously or not), it will cause some people to experience debilitating anxiety, commonly known as anxiety or panic attacks. Anticipation is a strong cause of psychological fear, anxiety and worry and stress, because we think this helps us prepare. In some ways it may do if required, but normally it is not required and just causes uncomfortable anticipation, and usually non-conscious anticipation of negative events, interaction and outcomes. If you are using imagination to bring memory from the perceived past to life, or you are using imagination to create an imaginary future, you cannot be in the present moment where life actually happens, and no psychological fear is actually required. This in itself can generate false fear. Where any psychological fear is experienced, there is a real opportunity for growth and happiness in that moment, if the nature of psychological fear is directly recognised and faced.

Guilt: This emotion arises from a combination of broken personal rules (either your own, which could be called standards, or those you have

inherited or picked up) and the blame you direct at yourself for, or over, your perceived failings or shortcomings, when you believe you could or should have done differently. Yet guilt is created by the very mind that experiences it. Guilt and many other generated or simulated emotions are really just an outcome of self-ridicule, self-criticism or self-punishment, which just create or feed your perception of unworthiness. Guilt is often an ‘attempt’ to fix one’s own perceived self-image, either directly in you or with others, or it’s an attempt to gain the illusion of some safety by indulging in it. Punishing yourself for something you cannot change, under the illusion it will help you, or stop you doing something similar in the future, is just pointless psychological violence and personal torture. Nor will it help you function better, or change what happened, or help you make better choices in the future; instead it will cause you to feel worse and even more reactive, and so increase the chance that again you will not make the decisions you would like to, that might help you or others feel good, either now or in the future. This might even cause you to feel even guiltier. Guilt is your voice of persecution telling you over and over in detail what you *perceive* you did wrong, under the illusion this is helping or will help you in some way. It is such a disempowering and pointless experience, especially if you want to experience self-esteem.

REGRET: Regret often comes with, after or alongside guilt. Regret is not being able to let go of the past, and continually measuring your present experience, or evaluating your present perceived version of self-image against choices you have or have not made in the past, or against what you could be experiencing now, if you had made or made different choices, or experienced different circumstances, in the past. All of this is uncomfortable and pointless. Forgive yourself immediately (let go of blame) and move beyond regret. Regret will just cause you to do things that cause more regret, guilt and eventually shame. Forgive yourself and let it go!

PSYCHOLOGICAL ANGER: The emotion of psychological anger is usually a build-up of reasons to feel hurt, manifesting as a physically intense outburst to push away, protect, or end the perceived stimulus you believe or think is causing you to feel certain emotions, or as a way to avoid experiencing deeper emotions in you. The healthy, spontaneous, true physical feeling of anger, when used at the right time, can be advantageous as a survival mechanism. It can stop an attack, or help you or someone you are protecting to survive an attack. However, when it is simulated or generated through the psychological meaning you give to an event, situation or interaction, to psychologically protect or avoid feeling other emotions, and when there is no immediate physical threat, it is a very destructive emotion, which can lead to violence or other destructive

emotions such as hate. The Thinking Mind is designed to avoid pain but now it believes emotional pain (which it creates psychologically, mostly through its own imagination) is just as, if not more dangerous than physical pain, partly because psychological suffering can manifest as physical pain as well, but mainly because the psychological self-image is seen as more vulnerable and needs to be protected.

Psychological Anger is often triggered over the public-identity self-image, or victim-identity, as a psychological protection, defence or retaliation mechanism. In fact, the victim-identity is never far from experiencing this generated emotion. Anger is most often created by the mind and the psychological-reality because it is experiencing generated emotional pain or suffering, and wants to escape what it blames for this experience. Psychological anger is usually directed at or about ones own perceived self-image. Most created or generated anger is really internal self-blame, self-dislike, self-abuse or self-hatred, which is often projected externally through the blame of others whom you perceive to have triggered or risked exposing your self-discomfort. Psychological anger is basically a level of active insanity, as shown by the similarities between the brain scan of an angry mind and the brain scan of a clinically insane mind (although every mind at this point in time is somewhat functionally insane). Imagining anger can trigger psychological anger, and it can also intensify it. Psychological anger always requires blame. External blame appears to ease internal blame, which creates the perceptual experience of lowering the suffering experienced over the constructed/managed self-image (Ego), yet it also propagates internal blame, thus creating a trap. Anger also causes the assumption that there is no choice between reaction or response because in fact it actually takes away the ability to make choices. Who is experiencing the true brunt of your anger, others, or you and those close to you?

HATRED: Hatred is really intensely justified and indulged blame, driven by your plausibly justifiable judgements, descriptions and stories! How does hatred for 'anything' or 'anyone', especially ones self or self-image, improve your life or the experience of the moment, for anyone? It's like taking poison yourself (which slowly guarantees the destruction of your perceptual and often physical life) in the hope the other dies or is injured by it. Whose quality of life do you think is really being killing? Hatred creates, looks for, indulges and justifies, adversaries and enemies and adversarial behaviour. Anger can pass if allowed to, but resentment and hatred will corrode your perceptual life. Anger will pass but resentment and hatred will fester and grow in complexity and intensity, destroying 'your' life and perhaps the lives of others, until true, deliberate, intelligent conscious awareness is brought to bear on the 'perceived reasons for these

emotions, not to fix them but to observe and nullify them.

RAGE: Sometimes psychological reasons for anger, which have been suppressed to the point of explosion, can combine and ignite. Perhaps anger gets blown out of proportion when it is finally expressed, perhaps because it has been triggered by a new or known external stimulus, other times rage arises because the psychological-reality, constantly indulging in a self-persecution story (internal psychological violence), increases the intensity of the personal emotional experience until it becomes unbearable. This is either expressed as rage for one's self or self-image, or externalised by using blame of someone or something else for triggering discomfort over it or something else. However, in my opinion, rage is always the result of internal violence creating multiple and intense, unresolved, plausibly justifiable psychological reasons for continued internal abuse. This often comes from being unwilling or unable to consciously observe one's own perception and suffering. For some people, they cannot see they are suffering at all because suffering is just the way life is and it therefore appears normal and is not considered as suffering to them, or for some it is because that would mess up their superior spiritual identity, and ruin their *image*.

Victims, who have decided not to be victims any longer, can be consumed by rage for how they perceive they let themselves be victimised. They can perhaps be so determined not to be a victim to anyone again, that they can often end up treating everyone as a possible or potential abuser, and become hyper vigilant of potential mistreatment, and end up seeing it when it is not present. This can of course cause them to become bullies. Some bullies can even generate simulated rage at will, if it has become important to them in their environment, as this often gets people to back down quickly or to avoid upsetting them.

ANXIETY: Whilst true fear ends, anxiety (a form of psychological fear) does not. We can experience mild primal fear as a feeling of anxiety, which ends when the physical stimulus is no longer present (unless an animal has become stuck in a sense of fear). But psychological anxiety is a much scarier experience, as it can intensify out of control and beyond all rational limits, completely independent of any actual stimulus, and because it is psychologically created, it can continue indefinitely for as long as it is indulged. Psychological anxiety is mainly caused by the minds insecurity over an inadequate core self-image, constantly imagining disempowering future events, situations and interactions, either sub-consciously or even consciously. Imagining the physical experience of the anxiety the psychological anxiety is causing; this is fear of anxiety or panic attacks, and this very fear ultimately causes the anxiety or panic

attacks. Bad imaginings cause anxiety and panic, and a bad self-image, or said in another way, low-quality psychological-reality creates an expectation of bad outcomes. Be very consciously aware that worrying, having disempowering fantasies and feeling anxiety will not cause events to come out in your favour.

JEALOUSY: This is essentially a fear of inadequacy projected onto someone else who could trigger or expose it, either through blame, or through comparing yourself to another and finding your self-image lacking in comparison. It arises when your mind, using the measurement system of the psychological-reality, compares your core self-image to that of another's, and decides you are lacking in comparison to them in an area that is important to you. You cannot feel jealousy unless you first perceive your self or self-image to be lacking in some way. This emotion also comes with the assumption that the other, or others, are 'better' or more valid than you in some way, or deserving in a way you do not believe you are. Low self-belief and self-esteem are usually an issue here as well as a lack of self-acceptance (resistance to how you think you are), and possibly blame for one's self or self-image in some area of life. If you are experiencing jealousy it means you have feelings of insecurity about yourself and your perceived level or lack of perceived self-worth, which needs to be faced and dispelled through intelligent observation and questioning, to see the true cause of it and to help minimise your propensity to create this emotion. It is required that you work on building your self-esteem, self-worth and self-belief, through personal kindness and self-acceptance. Jealousy can also appear from fear of rejection. Be aware that many relationships degenerate through this kind of self-centred, insecure thinking. It is not about the threat of the other, but about your own insecurity about yourself and your misassumptions about your own perceived potential. If you like to engender jealousy, and the crumbs of other people's apparent envy or jealousy are all you seek as pleasure, you will surely starve, and will probably not be able to see that you are already starving.

BITTERNESS & RESENTMENT: Like holding a grudge, or another emotion generated by the mind through the comparison of self-image; bitterness is the Thinking Mind blaming someone else for its perceived shortcomings, or the perceived circumstances of your life. It also relies on the false assumption that others can make you feel things; it's like saying to another; "Look what you did to me," and resenting them for it. It is based on your level or lack of perceived self-worth, the extent of your pent up psychological anger and the size and strength of your victim-identity. It will also be that you feel bitterness or resentment towards your self or self-image, which is then projected onto another using blame. You may resent others because they may have what you want but don't believe you

deserve. Resentment destroys your quality of life and brings no happiness, or even relief. Let it go, it is only hurting you. It's like holding a hot rock and refusing to let go in the belief you will somehow get some relief from your suffering or it will lead to a good outcome. Both are unintelligent, at best.

DEPRESSION: Psychological Depression is a symptom of how badly you think about yourself or self-image, your perceived life circumstances and perceived lack of options. It is also an indication of how disappointed you are over your psychological-reality and self-image, and life as you see it relating to you. Depression is like self-dislike and anger without any enthusiasm. If you give attention to and focus on your 'perceived' failings, shortages or disadvantages, with enough intensity, and you feel like there are no other options in your life, depression will ensue. It is the indulgence in the feeling of separation, loneliness and pointlessness, and is almost always based on dislike of your core, psychologically made-up self-image. Depression can also come from a belief there are no better choices for you to make to improve your life, or that you do not deserve anything better. This is certainly not true for anyone. Depression is really the experience of 'compression', of being crushed under your negative belief systems and your injured and confused perceptions about your self-image and perceived life circumstances. All is solvable, I have helped many depressed, and even suicidal people go on to live fulfilling lives.

Many people actually alternate between anger and desperation in some form most of the time, mainly because they get angry about what they perceive to be unfair reasons for them experiencing in the way they do, but then they get submerged again by their indulgence in the perceptions that cause depression, usually because they believe it all to be real. Whilst you are experiencing depression you will not consider yourself to have a compelling future. Creating the perception of a compelling future is required to create the hope that pulls people out of depression and gets them to start moving and thinking honestly and intelligently. If there is no compelling reason to be active in growing in any way, then there is no reason to rise beyond the base level of basic physical and psychological discomfort. To grow beyond depression it is required that you create and indulge a compelling future for yourself, whatever that would be for you, and at the very least find a way to serve others. If you want to move away from the experience of depression, self-less service to others will help you fulfil your higher needs and give you the experience of fulfilment. This will be a first step to giving you a reason to live beyond your own base needs and poor reasons for survival.

To become free from depression, it is also required you step back from

indulging in the internal self-violence that encourages depression. Self-abuse and self-pity help create depression and certainly cannot relieve it! Depression and self-pity can become psychologically addictive, although few are ever willing to see this because of the heightened self-punishment (psychological violence inflicted on ones self over ones self-image) that would normally follow an insight like this. Also because these appear to help take away any need to take responsibility for ones self. Be aware that all emotions can become psychological addictions. Consciously check to see what emotions you indulge in regularly.

BLAME: Blame is about making someone, or something else, responsible for how you feel, or assuming they or it are responsible. People often blame others, because it minimises their own self-punishment, self-criticism or self-abuse briefly, although it also traps them at the same time. People usually think taking responsibility is about taking the blame. That's why people in general don't want to take responsibility for the quality of their life, because taking responsibility would apparently mean taking the blame for all they *perceive* to be wrong with it, and them. Blame, anger and other associated emotions may allow you to feel significant and in control, even though blame really demonstrates unawareness, or low awareness of how you perceive, in a way that gives you no real perceptual choice, so what level of control is that? Taking personal responsibility (not blame) for your perceptions, creates an opportunity to learn and grow, but again, it should not be used as an opportunity to inflict psychological disappointment or violence on ones self. Spitefulness is a form of judgemental anger, based on blame, which manifests as the punishment of the self or others. It is an internal process externalised through blame. If you are spiteful, then directing that spitefulness outward will appear to alleviate the internally directed spitefulness, giving a brief respite to your self-inflicted suffering, created by the psychological-reality using the adjustable, managed self-image (Ego) processes. This gives the illusion that using blame and directing it outwards is the right thing to do to feel a bit better. However, it really just causes more blame for you and, in you, whether you are aware of it or not.

Forgetting is not forgiving (letting go of blame). Awareness that leads to the letting go of blame will set you free, whilst ignoring or attempting to forget will not, and neither will the justification of any blame. Unfortunately, most people non-consciously complain and blame others for the quality of life they themselves are unwittingly co-creating and indulging in, through unawareness. Again, deliberate, intelligent, conscious awareness is the solution.

GRIEF: Now psychological Grief is based on a true 'feeling'. However,

we create many psychological reasons to feel ‘psychological grief.’ If these reasons are not explored, and any actual need to grieve is not expressed as a feeling, this can create an underlying feeling of too much emotion to handle, especially when added or associated to all other reasons to feel this way held in your memory banks. Therefore, any time we experience an emotion that could come even close to triggering this or these reasons for grief, we tend to try and run away from it or them. We therefore become accustomed to trying not to experience emotions at all, and get stuck only ever briefly experiencing the surface emotion, which we then immediately try to suppress or escape.

SATISFACTION - (CIRCUMSTANTIAL OR CREATED PSYCHOLOGICAL PLEASURE, PERCEIVED AS HAPPINESS): This is the highest emotion created by the Thinking Reality, put another way, the highest experience the Thinking Mind and psychological-reality can have, and is usually experienced as pleasure, and when intense enough, can be experienced as contentment. Satisfaction and contentment can give the illusion of happiness, but it is usually only short-lived. Satisfaction is basically psychological needs based counterfeit happiness. So the best you can experience just through thought, memory, imagination and your perception of the external world (circumstances and perceived opinions etc, or acquiring external ‘stuff’, or position etc.) is psychological Satisfaction. The acquisition of external ‘stuff’ in the external world, including validation of your perceived *Image*, can only bring psychological satisfaction. Happiness is an experience, and not a thought or emotional process. Until you recognise this, you will keep trying to achieve happiness by seeking attachments in the external world that appear to create it, when it can only be satisfaction at best. Satisfaction comes from fulfilling psychological needs or avoiding psychological fears, and it is usually fleeting, unless you have a strong internal process that keeps creating or manufacturing it.

If something relieves psychological fear and brings satisfaction, it can be perceived as experiencing happiness. However, once satisfaction dissipates, the void where happiness should be experienced reappears. In *general*, we all enjoy satisfaction-based emotions and don’t enjoy dissatisfaction-based emotions so we work hard psychologically to avoid one and get the other, often thinking this is how we be or become happy. Any ‘happiness’ dependent on perceived circumstances is not happiness; it is satisfaction. It may be intense satisfaction and there may be enough consecutive reasons to feel satisfied that it appears to be continuous, but it is still satisfaction. Any happiness generated by psychology (thinking) can only be psychological and is therefore ‘conceptual’ or psychological-reality created, and can only therefore be satisfaction. Satisfaction is always short lived, simply because the Thinking Mind is a problem solver and is always

looking for certainty and safety. So as soon as it has solved something, it needs to start looking for and working on anything else it thinks it needs to resolve, to avoid any future fear of uncertainty. Satisfaction is a short-term fix, not a long-term solution. Striving and achieving can help you feel better about your surface self-image through experiencing satisfaction, but it cannot give you happiness or fulfilment. Actually, in most cases it does the opposite because it feeds the drive to become what you think you need to be or become, in order to be or become acceptable, which can bring on satisfaction. Peace, balance and Awareness are goals in and of themselves when experienced in full *Awareness*, without interference from the drives of striving or becoming, usually there for the purposes of creating counterfeit happiness. Satisfaction includes pleasure seeking.

Pleasure seeking (seeking satisfaction) is an easy way to get distracted. Indulging in any kind of 'pleasure' too much, especially non-physical, or low-level physical distractions can cause you to become ignorant and dull-minded. This, by the way, includes any addiction to sex and/or masturbation. The opposite of fulfilling pleasure is abstinence. Abstinence can also be a way of hiding from experiences and uncertainty, and can bring a sense of satisfaction because you may have avoided psychological discomfort. Abstinence can cause people to become inverted or introvert, and can cause them to move away from almost anything that could be genuinely enjoyable, in the hope there will be no need to experience anything negative by not experiencing anything at all. These people will often try to stop others from enjoying themselves as well, so it stops the sense of innate discomfort they feel through others having experiences they are themselves avoiding. These people often experience depression. People like this may earn a lot of money but will usually not enjoy it, nor will they allow others to enjoy it, and these are often something certainty and control based fear driven people do also. If abstinence of anything becomes a craving or obsession, it will cause suffering, as at some point it has become an attachment and possibly a way of gaining significance, self-importance or the illusion of control. You can experience satisfaction by doing many things, including giving and being nice (which is better than the opposite, and can feel genuinely good), but until fulfilment comes from truly serving others, with no self-validation or self-important motives or needs, and until it is no longer a trade for validation and is a genuine self-less act of giving, you will not feel truly good.



HURT: (*Psychological Hurt & Injury*) decide for yourself and write down what the term 'hurt' means to you. To me, it is the personal core self-image meaning we give to events, situations and interactions, the 'story' we are telling ourself about what we perceive to be happening 'to

us', and what that is perceived to mean 'to' or more importantly 'about' us. This type of hurt creates personal (self) bitterness. All emotional suffering creates some form of personal bitterness over ourselves, which is then often blamed on others. The description created in perception is almost instant but the story is often a carry-on or carry-over of other descriptions and stories of perceived hurt and suffering. Hurt is psychological and is the process that decides how you feel about yourself, based on what you believe to be the reasons for your actions and the actions of others. It is basically you hurting yourself; it is not others hurting you. It happens because your perceptions cause meaning about *you*, which are derogatory in some way, causing you to feel bad about yourself or your self-image.

What is more important *to you* at this point in time; healing or hurting? The true answer will lie in the evidence of what you indulge in or not in the present moment, and which perceptual processes you gravitate towards in an automatic or default way. Constantly revisiting and reliving hurt strengthens and reinforces it, even making it worse and sometimes more complex. Until we see that indulgence in our unhappy or 'hurt' thoughts actually 'causes' our unhappiness and '*hurt*', and most of our psychological injury, our unhappiness will continually grow and get worse. People often hold onto blame or resentment with some belief it will allow them to get some kind of justice. How much corrosion and destruction do you need to cause within your perception and your life before you are willing to let go of indulgence in these unintelligent yet primitively plausible processes and patterns?

Holding onto hurt is like treading water with a big rock, barely being able to survive, struggling to breath yet refusing to let it go. Whose perceptual (and sometimes physical) life is at risk of being destroyed? Often blame and hurt is held onto or used so you can avoid self-blame, which is what you experience anyway as this is what the hurt actually is and is over! If you indulge hurt, perhaps you feel hurt allows you to feel like you matter? Indulgence is justification of hurt and suffering and justification indulges perceptions of hurt and suffering. Hurt will be created and remain in you if you see it as part of winning or losing. When peace and kindness become more important to you than holding onto (indulging) hurt, blame, winning and not losing, and selfishness, you will be happier. You have only ever won when you can experience peace, no matter what is happening externally. Consciously start intelligently and deliberately *observing* the consequences of indulging hurt (blame, resentment, bitterness, anger etc.) so you can actually see the pointlessness and unintelligence in it and are able to become free of indulgence in it, and your current injuries. If you do not become consciously aware of how you indulge hurt (if you do), you will gravitate towards relationships (or the signs you recognise

in the people) that represent, create or trigger the hurt you are used to indulging, or you are actually looking to re-indulge or are trying to fix something about yourself or someone else, or some remembered dynamic, by doing so, which is impossible. All hurt and suffering happens because of Non-Awareness, unawareness and Unintelligence of the processes that create it, feed it and confirm it within you. Emotional pain is telling you there is confused and destructive thinking to be discovered underneath your current consciousness or awareness of your thinking. It gives you emotional evidence something is going on 'in your perception' and gives you clues as to what kind of thinking to look for and observe, within in *You*.



There are good feeling emotions like *Excitement* and *Optimistic Anticipation* and even the Simulation of *Love* (yes the simulation). However, if you are not consciously aware of emotions and how you generate them, then unfortunately it is mostly the negative unsettling emotions you will most often become a victim of. Become consciously aware of when you are experiencing emotions. Use self-enquiry and be truly honest. Ask what you are, or must be, asking or telling yourself to think and feel this way? What are you remembering and projecting onto this situation? What description are you creating, and what story are you running or indulging in, or what are you psychologically scared of or trying to avoid or fight off? Observe what your attitude is displaying. What is the mind's *real* agenda right now, what is your approach and what are you focusing on (giving your attention to) and how, for the mind to create these emotions? What would I need to believe and be telling myself right now, about what I believe to be happening, and what I am perceiving, for me to feel this way? Question the emotion. Ask yourself; "What was the emotion or emotions I just experienced or am experiencing? What would I need to be thinking to create and generate this emotion? What perceived memory would I need to be indulging with imagination to feel these emotions? What beliefs do I hold that would justify this emotion? What do I perceive to be the 'reason' for this (or any) emotion?" Try to see what's generating, driving and sustaining it. True conscious awareness of any emotion can end it. Unawareness of the cause of the emotion guarantees it will continue being created, and avoidance will follow.



There are times when we need to fully experience emotions but if you get into creating or indulging any emotion and stay in it, it can go on indefinitely (as it is being created *Now*). You will simply become more wounded and the mind will create more reasons to justify continuing experiencing emotionally in the way you already do. All emotional states

carry physiological responses or symptoms. These can act as warnings or indicators of the emotions you are generating. Practise consciously recognising the signs and symptoms of negative or dis-empowering emotions and learn to see the evidence displayed in how you are perceiving and feeling about how they are being created, driven and sustained. Try to do so earlier each time. Conscious awareness of your body's messages, using its tensions and sensations as a reference for how you must be thinking, will give you the information you need to see in order to be able to, if you are consciously aware enough, influence your attitude and agenda, the direction of your approach, what you focus on and how, and the thoughts the mind indulges in, so these emotion creation processes can be non-indulged wherever possible.

Remember this; you don't hurt someone's feelings, you can only trigger their thinking process, which in turn evaluates and creates emotions *over* and *because of* their perception and what they make it mean about them. This is what hurts them and vice versa. The same goes for how you hurt yourself and blame it on others. It's like me touching a sore on your arm and you saying; "Look at the pain your touch causes." But if you didn't have the open wound or injury in the first place, my touch would not hurt. We psychologically function in the same way.



Much disease, in my opinion, is a physical manifestation of a thinking challenge. Separate out the word and the origin of its meaning becomes clearer. Dis-ease is actually a state of being, created by unawareness of non-conscious, sub-conscious and conscious thinking, and perceptual processes and structure. The physical manifestations of dis-ease can be avoided or cleared away in a lot of cases by consciously and deliberately finding the 'thinking' condition, the internal thinking dis-ease, and the emotion generating reasons they create that are probably causing the physical illness. Even true conscious awareness of the cause itself can often be enough to cure it. Mind-made emotions generate emotional pain. Scientists are now proving that for every emotion we generate, there is a chemical created to match that emotion. Uplifting emotions create life-giving chemicals and disempowering emotions (de-motions) create life-taking, corrosive or degenerative chemicals. As an example, raising the body to alertness through generated psychological fear for extended periods of time will cause disruption in the body, which can cause illness and disease. People who continually experience disempowering emotions, or see themselves as victims, regularly have some form of illness, sickness or physical disability. Emotions are literally life-giving and life-taking energies. You need to know that we have as much power to influence and heal the body as we do to create illness within it. Dr Vincent Gianpap

reports that stress generates the chemical 'cortisol' in the body and this also speeds up the aging process. When you go into stress, you speed up your aging, so stress shortens your life. It also reduces the production of melatonin, which can cause you sleeplessness. Sleep and the delta brainwaves of sleep slow down aging. Human Growth Hormone (HGH) is generated during sleep, so lack of sleep also speeds up aging. Basically, science has now proved that turmoil and stress cause you to get older more quickly.

Emotions create chemicals in the body that you can become addicted to in the same way the body becomes addicted to nicotine or heroin. As a result, these emotional states can be triggered, or brought on (created) by the psychological-reality, to meet your body's need for these chemicals. You can actually become addicted to emotions like misery and especially self-pity, just so the corresponding emotion triggered chemicals are created in the body. We already produce far more adrenaline psychologically than we need to nowadays, even just through insecurity and image based pursuits, and imagining fear generating events, which can also become addictive to perception. Ask many ex-servicemen who come back from war zones and then join peacekeeping forces like the SWAT team, who face danger literally every day. Many are still addicted to the rush of adrenaline they became accustomed to during their time as servicemen, and have to do something dangerous to not only feel alive, but to get their 'fix'.



Pain is inevitable because you have a physical body, and some emotions do genuinely 'feel' painful because of the intensity of physical reaction they create in the body. However, suffering with, over, or through emotions and the physical discomfort they cause, is still an option you can consciously choose to indulge in or not (if you are consciously awake enough). However, you cannot end the creation of any emotion if you non-consciously, or even consciously, indulge and immerse yourself in them.

We are actually created in a way that allows us to feel good (watch the happiness in a child before it is old enough to think negatively and derogatorily judge itself). So any behaviour you indulge in which causes even mild suffering, is happening for a psychological reason and is in some way giving you a comfortable or safer feeling. It may be that your expectations have been met so you feel a sense of safety through your perceived certainty. Feeling safe may be the closest you are prepared to get to feeling good because survival choices appear to be your only choices. Human beings, based on the psychological-reality that drives and directs them, will generally only perform actions that have some kind of a psychological pay-off, usually one emotion or another, or something to do with assumed *Image* perception. Essentially, everything we do we

do for a reason. Actions that come through true conscious awareness usually include caring and kindness, and the opposite is usually true for unawareness and reactivity.

A lot of the people who complain about how bad their life is actually *want* to feel bad or disempowered, often without realising it, or they indulge in feeling bad or negative, but can't or won't see that. For them, this emotional state is apparently the easiest way (or the only way they can see) to try and stay psychologically safest or alive, or at least as comfortable as they are used to feeling. This becomes the 'emotional outcome' they most consistently indulge in. In their own way, this is how they avoid perceived psychological pain. Even though they will tell you they want to be happy, they probably spend their days predominantly focusing on, and looking for, reasons to feel offended and upset; not because they are bad people, but because they sub-consciously generate and indulge only the emotions that are familiar and perceived as relatively safe or the safest for them to experience. Perhaps deep down they don't believe they deserve to feel any better or they believe they somehow actually deserve to feel bad or wounded. In the end, everything comes down to you experiencing what you expect to experience, what you 'indulge' in, and what you believe you deserve. If you could choose to be happy or unhappy, understanding or offended, what would you actually choose? What 'do' you already choose? Honestly? Have a really close look moment by moment and you may sometimes be surprised.

Write down all the emotions you experience in a week, for more clarity do it a day at a time for a week, honestly and in as much detail as you can, so you can see where you live emotionally, your emotional (and therefore your perceptual) centre of gravity. Do you experience doubt, worry, insecurity, blame, anguish, frustration, anger, hate, depression, disgust, self-disappointment, self-dislike, self-hate, satisfaction, curiosity, excitement, empathy, or cheerfulness? If you are honest, you will find some of these, and remember, "The Truth will set you free"! Can you see that you are actually creating and indulging in them, without making that or you wrong, just observing this? Or are you just a victim of them and resisting some or all of them, and experiencing them even more as a result? Is this how you want to live and how you want to continue to experience life from now on? If you have children, what are they learning from this with you as their role model? And how do you really want to teach them to experience?

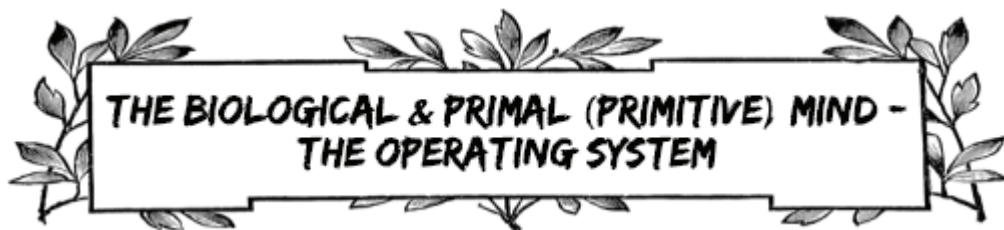


Emotional pain is telling you there is not only some perceptual issue underneath to be discovered, but more importantly that it is required that you discover it. Each specific emotion tells you something about what is

going on within your perception (your thinking, both sub-conscious and conscious), and indeed gives you evidence of what it may be, and how it relates to a belief or assumption about life, or more importantly, your self or self-image perception.

Action often (actually almost always) comes from psychological hurt or injury, non-acceptance or resistance to the internal or external world. Action is therefore often the symptom or effect of an internal fight or conflict. So what 'is' right action? Pleasing action? Ideal action? Perfect action? Truthful action? Is that classed as 'Getting what you want' action for you? Right action is actually a choice made from peaceful clarity, not enacted or faked clarity but real clarity. Any choice made in conflict will not be right action, nor will action without clarity. Any choice made in, or driven by hurt or suffering, will ultimately be a detrimental choice, either short-term or long-term, even if it seems to bring a good result short-term. That is circumstantial luck, not right action. So where you can, let go of any hurt or conflict and come to a place of calm. Right action also takes into account the 'well-being' (not the happiness, but the 'well-being') of others where required. This is not about sacrificing yourself; it is about inclusive and caring (of the greater good) choices and actions. Right action is carried out with 'full attention' of and on what is occurring and the choices being made and why, and actions being taken and why. Right action is actually action born from *Awareness*, from a consciously intelligent mind free from conflict in the moment of choice, which believe me, allows for amazing clarity. When any action is experienced in full *Awareness* and deliberate *Attention*, the sense of separation will dissolve and Oneness with life will be experienced.

As a side note, as some people don't believe they can do the above, if you can't decide on the right choice in any moment, at least identify the least unsupportive or least effective choice, based on intelligence, and based on the recognition that it will not create, or will disrupt the experience of your longer term desires. Just remember, right action cannot come from conflicted thinking, blame, hurt injury or suffering, as this is unintelligent thinking.



THE BIOLOGICAL & PRIMAL (PRIMITIVE) MIND - THE OPERATING SYSTEM

I will now detail all the elements of the structure of your underlying perception in a way I believe help you understand perception better, and the order it was created or evolved, actually a combination of both. The Biological or DNA Mind is the first, lowest level, or base part of the mind. This runs processes like breathing, sweating, heart rate, fitness and muscle growth, sleep, lust and other base level drives, along with the production of adrenaline and other created chemicals. The Biological Mind is the underlying mechanism designed purely to run the physical organism and keep it biologically alive, through basic physical survive, thrive and procreate programming.

The second part is the Primal Mind, or the lowest level *sentient* mind, which uses rudimentary drives and thinking processes. This Primal Mind is designed to evolve at a rudimentary survive and thrive level and encompasses the need to eat and sleep comfortably (which are also biological as well as Primal), visual physical attraction and the drive and need to procreate (or experience orgasm which is Primal but has been mostly taken over by psychological processes). Attraction is a Primal process and we are still physically attracted by Primal values and are still attracted to what is considered the best genetic models of our species from a protection of the family (female choice) to being able to best care for a family and the hunter (male choice)), hence the popularity of the Chippendales and Playboy, for example (remembering that breasts equal food quality and quantity to a Primal Mind). However, attraction has also been adopted by the psychological-reality and is now mainly driven by psychological rules and needs, which still however take into account the above rules. *Creation* can of course cause attraction through Collective-Consciousness to enable you to have the relationships you need to have, with the people you need to have them with, for you to learn about your own perception, and evolve accordingly, if you are consciously aware enough to actually 'see yourself' and learn.

The Primal Mind is also wired to expend the least amount of effort in any moment so we have the most energy and resources available if there is a physical threat. This is why most humans experience what could be called laziness, which many can override through psychological needs or drives.

This is why you will only ever do what you Primally and psychologically 'need' to do, or believe you need to do, to ensure your physical survival or the survival of your psychological-reality.

The Primal Mind, or part of the mind, does not require any conscious or sub-conscious thought or belief system to cause it to function, as it is hard-wired, automatic, immediate and unchangeable by psychology, although there is a low-level decision making process involved which is just about physical safety and encompasses the modes of fight, flight, freeze or play dead. The Primal Mind also drives us to find higher levels of physical comfort, including shelter, warmth and better safety. Animals that function at the level of a rudimentary operating system always gravitate towards doing what feels comfortable or safest. So it is an underlying, automatic survival mechanism. The Primal evaluation process is automatic and no thought is required for the Primal Mind to function; it is always alert and monitoring your body and environment, even when you are asleep or unconscious.

The psychological thinking process is not part of the Biological or Primal Minds, or parts of the mind, but it is built from and on top of the Primal Mind, which is constantly feeding information and base level needs and drives to the Thinking Mind, as well as just doing what it, and the Biological mind does. This helps (or forces) the Thinking mind to evaluate any danger to the physical body, which then gives feedback to the Primal Mind, which can be called the operating system, to help with physical responses and the release of chemicals within the body. Like many other animals, we have a pack or tribal mentality, a drive to be part of a community and to feel attachment and association to a group. I refer to this need to belong to one group or another as tribalism. This has perhaps come about through the recognition of a potential for a higher level of physical safety in numbers (or a directive from Creation), which ultimately helps the species to survive. The need to be part of a similar group, which also underpins the drive that creates the mindset behind gangs, is evident in all societies in one form or another. We have developed a Primal need for association and connection to and with others in our evolution. Tribalism is also the basis for Primal Loyalty, which has since become the basis for Psychological Loyalty, which is essentially psychological rules and values based loyalty.

Part of the Primal drive is also to be either compliant or dominant. This is required for the safety of the 'pack' community, as there can only be one pack leader to follow amongst animals, as this allows for the best balance and the safest 'pack' structure. If there are two potential leaders, they will be drawn to fight it out until there is only one left, one way or

another. This is the way of animals and we are still animals in our base Primal programming. Some 80% of lions are killed by other lions. This is how Primally driven animals work to keep the safest hierarchy and the best opportunity for the strongest genes to proliferate for the benefit of the species long-term survival. This hierarchical structure also exists in humans (especially in men) and again has evolved to ensure the best possible chance of survival of the species, including the procreation of the best genes. As a *very basic* example, put a group of masculine men together in a room and give them a task. The first thing that will happen (under the guise of being the first to solve the challenge) is that a struggle will start to sort out a hierarchy and prove who is the most able or superior to lead the group. Put a group of **truly feminine** women in a room and give them the same task, and they will work out a way to solve it by working together and supporting each other as doing what is required (unless any of them trigger insecurity in another, then other things happen). Men (if they are truly masculine) seek dominance and indulge in hierarchy automatically, but over other men only, and truly masculine men value and honour women above themselves. And women (if they are truly feminine) seek harmony and balance and are drawn to conflict resolution. We are just different at our most basic levels of programming and that is how it is. This should be honoured (and managed), not resisted. Men are the safe environment creators so women can be vulnerable, as they certainly are for some months around childbirth, and women are the life givers. We are meant to work in harmony, not fight for superiority under the illusion that it will bring some kind of psychological safety, which it will not.



Beyond its need to support survival, the Primal Mind, at its highest level, does indulge in rudimentary logic and low level deductive reasoning, based on association. There is a level of basic thinking that creates the structure of a very rudimentary self-consciousness, a kind of recognition of being an apparently separate physical entity in competition with others for everything from food to survival. It also evaluates how to interact with others within a community, and has a structure for Primal respect, but this has been built on and largely taken over by the psychological-reality with its confused psychological needs. However, these Primal structures and processes are still going on underneath and are so profoundly complex that it is no wonder the Higher-level minds have become so convincingly complex in these areas.

We are all drawn to fulfil at least one of our Primal drives at all times as these bring with them the strongest experiences of comfort, pleasure and certainty. Primal drives ensure we survive, be safer, eat, procreate, use minimum effort, compete with one another (including combat) and

adhere to the rules of dominance and compliance (even if someone has a dominance based job and then goes to a dominant for compliance fulfilment). Primal drives are the basest level needs we are required to meet to feel safest and survive and *basically* to feel alive. This is one reason why people who don't expect much from life or don't feel they deserve much, will often gravitate to meeting just their base needs, expending minimum effort (laziness) and gravitating towards comfort, food and often sex or masturbation. Even the Universe itself is designed to function in a way that consistently draws it towards the least expenditure of effort or energy.

The left hemisphere, and lower thinking mind, are still close to the perceptions and skills of primitive thinking and brutality, and many are still closer in functioning to the Primal or Primitive mind than the Conscious Mind. If conscious intelligence does not override automatic psychology and Primal pursuits, you are still essentially functioning as a primitively driven organism. The higher the level of unawareness in a person, the more Primally satisfying and therefore seductive the drives usually are towards dominance, comfort, food and sex usually are. Sexual fantasy is another psychological alternative to sex, either during sex or as a stimulus for masturbation and this often replaces intimate sex, partly through convenience, hence the huge market for pornography. Extreme dominance and extreme compliance can also create very intense experiences, and if associated to sexual feelings, can give the experience of sexual ecstasy. These sexual pleasures can be the most immediate and intense physical pleasures people can indulge in (food being a close second for some), which means these can easily become addictions. These pleasures are at least fulfil the needs of the Primal Mind, which is satisfied enough with comfort and base level pleasure to allow someone to survive. Primally and physically, sex is about physical stimulation/sensation, and psychologically it is about stimulation and the thrill. Perversion and fetish etc are about psychological thrill. Sadly, the closest most people have been to experiencing bliss is during orgasm, and is one reason they may regularly or obsessively seek to have them. Sex can also be mistaken for intimacy and caring, or at least used to replace it. The higher the unawareness, and therefore the lower the psychological quality (or intelligence) of a community, the more Primal or primitively driven in these ways it will be. In essence, all subconscious thinking is primitive thinking because it is mainly discomfort and pain avoidance based.

The drives and needs of the Primal Mind are experienced as instincts and drives, or as automatic physical experiences. The Primal Mind has an automatic consciousness we are not consciously aware of, other than when we feel instinctive sensations, and sub-conscious or conscious attention is drawn to what the Primal Mind dictates attention needs to

be given to, perhaps a new physical threat that needs to be evaluated for the first time or an already known potential threat. The Primal Mind is the mind that reads the ‘feel’ of other animals, as this is the underlying energetic language of interaction in the animal kingdom. Other ‘language’ in animals is just rudimentary sound to amplify the feeling or energy an animal is projecting, such as a warning to others or an indicator of physical pain. More complex language is a psychological structure and is therefore conceptually made-up by the mind to give meaning and describe in a more complex way by creating and translating into meaning, more complex noises. I do a lot of work with dogs and they clearly experience the ‘feel’ or energetic state first, of other animals (including human animals), then the smell and sound and lastly, the look of them. This order can change if this ‘feel’ causes them to be wary if they feel a challenge to dominance or are anxious, or if the dog has become conditioned to use any of them out of order or not at all. If a dog starts evaluating with the eyes or ears out of fear, they have lost their ability to evaluate as a balanced animal and have become stuck in a state of anxiety or fear, which often manifests as aggression. Animals other than humans function only from the Primal Mind and do not rationalise. They act according to Primal instincts and directives. They do not think like humans do.

We, as human animals, have the ability to ‘feel’ people in this way too. This sense has become **extremely** acute in me since I woke up as the mind has rebalanced to experience the *unfiltered* Primal process again. This is, however, an instinctual ‘feel’ and not a thought process. Be warned, the Thinking Mind can easily convert this to fit its own psychological assumptions, expectations, needs, agenda and story, or to validate its current perception, or project its own perception onto another, **assuming** it is the feeling of the other, and so convince you it is genuine mind reading. Do not trust any ‘**thought**’ about instinctual feelings, or this demonstrates they are already being corrupted by the psychological-reality’s existing agenda, assumptions and translation method and agenda. If you are not **completely** clear of psychological need, even the **feeling** can be **adjusted** by the psychological-reality to fit its agenda, and your assumptions or expectations. ANY psychological thought is about your perceptual translation process.



Unfortunately, the psychological-reality is constantly triggering the Primal Mind with psychological worry or fear, which causes regular, if not constant, uncertainty. This can cause an underlying Primal sense of insecurity, concern or fear, sometimes simply over the mis-perception of a stimulus. Adrenalin or other chemicals may be triggered to get your sub-conscious and possibly conscious attention (which means you

momentarily wake-up), if anything, even your imagination, is perceived as a serious enough threat. Adrenalin can become addictive and can become another reason for the Psychological mind to create dramas that trigger more adrenalin (and other chemicals). From this and from psychological fear, there is no physical escape; the only escape is through conscious awareness of it so the mind lets go of indulgence in it.

Contrary to what I have heard others say, I believe the mind can only evaluate or experience one sense at a time. But the speed of shift between them seems like they are all being experienced at the same time. However, one will always be more dominant in any moment. Usually one of the senses becomes more dominant and is used as a default; either sight, hearing, smell, taste and touch (external kinaesthetic). You can consciously and purposely give your full attention to one sense and experience that sense more intensely. However, the Primal Mind will still be evaluating all senses for signs of physical threat, as will the psychological-reality for signs of potential psychological threat, even if that is within any current imagination.

To help you understand the Primal Mind better, I am going to use a very simple analogy that anybody with basic knowledge of how a computer works will understand. I am trusting that those who don't use computers will be able to understand it as well. If your computer has a Microsoft Windows operating system, this means the basic underlying programming that allows the computer to work, even before you install any programs on top of this basic platform, is Windows. If you have an Apple Macintosh computer (a Mac) the basic operating system of the computer is a Macintosh operating system. Every computer needs an underlying operating system to guide it and a set of basic rudimentary directives and instructions that give it a structure to work to. In addition, the operating system will cause the computer to act in certain ways no matter what programs (organised behavioural traits) are installed on top of the basic platform. On your biological computer, which is the conceptual Thinking Mind, these installed programs (or perceptual structures) are your self-images, all your ideas, beliefs, expectations, understandings, assumptions, agendas, approaches, strategies, attachments, behaviours, patterns and so on associated to them and your perception of life. These have all been hijacked or created by the psychological-reality virus, which is also a group of programs that gives the illusion of being one program, one real consciousness, which they are not. These programs basically dictate your psychology and personal thinking, and how you create and experience your version of reality. This includes almost everything you

do, and how the mind deals with all the information it receives from your senses and memory, or from its own created and directed imagination. All of this generates how you perceive and experience your version of reality, your psychological-reality.

Now although the operating systems of Windows and Macintosh perform somewhat similar functions, they are basically very different operating systems. Although men and women both have operating systems, they are quite different in some fundamental ways. The differences show up in our basic 'Primal' masculine and feminine drives, if we are true to our underlying programming and do not attempt to override it by trying to be different. The book 'Men Are From Mars, Women Are From Venus' (see *Recommended Resources*) does a good job of explaining these differences very clearly. Although we are of absolutely equal value, and should be treated as such, men and women are very different, and this is also how it is meant to be! This concept of the underlying operating system could also explain why some men and women believe they are the opposite sex in the wrong body; they may simply have the other operating system installed or activated instead. A simplistic view I agree, but based on the understanding I have, I believe it to be absolutely plausible. That said, the majority of cases will be centred on psychological processes and conditions that cause individuals not to want to be the way they perceive themselves to be, and to sub-consciously blame this on the sex they are, or think they want to be the opposite sex. Alternatively, there may be some underlying fear or hatred of the same or opposite sex they are or are not aware of.



Our operating system has been 'basically' the same since we became sentient beings. The drives and underlying needs of our species all reside in the Primal operating system. At this level we are still essentially cave men and women, with the same basic organic computer; it is just that now we are in a different environment, and we think far more conceptually complexly and therefore make decisions very differently. We are now dominated by the Psychological mind, which has become confused because of its addiction to concepts, memory and imagination, which is ones own psychological-reality.

The adaptive part of our operating system, which allows our bodies to adjust to changes in the environment by triggering changes in our DNA, is still 'basically' the same. We are really a biological technology, in which each cell of our body contains what is essentially needed to be a semiconductor. Semiconductors are what computers use to store and process information. Apparently our cells have a crystalline structure that is similar to those used in microprocessors and memory storage devices

in computers. Each cell holds or uses about 1.17 volts of electricity. This helps each cell to store programming information in a similar way to computers. Essentially this means we have an operating system in every cell of our body. It's called DNA. Some people believe DNA is just a building manual or set of directions for creating our body and that true intelligence lies in the mind but I would suggest they are only referring to intellectual intelligence. DNA is the biological or physical software based computer created and supplied by Creation itself. Surely the structure with the highest intelligence would be the structure that created everything, including the body, brain and mind, in the first place?

I've heard the term 'junk DNA' mentioned a few times, which focused me on contemplating the content of DNA. Through this contemplation, I perceived that DNA holds all the other variables of what we could have been, and that less than 5% of our DNA is actually active. The rest of our DNA consists of all the other variations of past evolutions and all the possibilities of future evolutions as well, including all the entities or creatures we could have been or could still become. We might have been born as a horse, an ant or a crow. In essence, an ant has the same DNA as a human, only it has different elements active to those of a human, and different bits are dormant. Part of the 'junk' DNA in an ant is the bits that would be active if it were a human instead. Similarly, different bits of DNA are active and dormant in every other creature. Essentially we are all the same because we all come from DNA and that is the same.



What about the debate over *evolution* versus *intelligence*? I don't see there is a discrepancy here. Everything evolves, including every situation and interaction. Evolution comes about through DNA adjusting the characteristics of a physical entity to help it evolve and thrive. Where did the intelligence come from that allowed and enabled us to evolve? Anyone should be able to see that DNA has a level of intelligence beyond our understanding. DNA is clearly of intelligent design, from Creation itself. It must have been intelligent at the beginning to be able to know how to evolve in the first place. Ask any computer programmer to create a DNA program that can evolve itself, and they will most likely say that it requires a programmer to create the original program. So where did that original intelligence come from that created DNA and what was it? Where do the underlying directions and directives come from that drive the evolution of any creature, in ways that may seem crazy but are always very functional? Never mind natural selection, what decides what to try out in the first place? How can a plant evolve from feeding on sunlight to eating insects, completely on its own? How could it possibly make that kind of leap by accident, without some kind of guidance? If you want to say it always did,

what decided to have it do that? Look around and you will see *Intelligent* evolution at work, even if you don't want to believe in it. Something in us has the ability to evaluate our environment, and consistently create physical change in a life-sustaining way, without thinking or evaluation, and in many cases, without obvious trial and error. Thanks to our ability to evolve, it is possible we could adapt to living in literally any environment, given enough time, and given we are not 'doing' it, but it is being done 'for' us.

I call DNA our 'Divine Natural Awareness'. When I contemplate deeply on DNA in a state of meditative concentration, the words 'God Within The Body' come forward. So perhaps our connection to what is known as 'God' (if that is what you call it) is partly or wholly through our DNA. Perhaps a good acronym for the word GOD is 'Grand Organisational Designer' or 'Gift Of Divinity' or even 'Get Oneness Directly'!

THE ORIGINAL OR PRIMAL EGO

I talk a lot about Ego in this book, and I will be talking mainly about the surface, superficial, constructed and managed self-image (the super-Ego). But there are three main kinds of Ego, Primal Ego, Core Ego (which is the original self-image) and the Adopted or Desired Ego (the surface constructed managed self-image – the super-Ego). The Primal or original base Ego is the original organism-centred program that's all about the individual entity surviving and thriving, whilst in competition with other physical beings for survival. This Ego came about once the Primal survival mind became more complex. The Primal Ego is only about its own survival and procreation; me against you and me or you. This causes the mind to indulge in comparison for the purpose of competition, survival and procreation of an 'individual's' (unique) genes. It is designed to help create and promote the most advanced and strongest animal (and on a basic level we are animals) that can survive in, and perhaps lead a pack. The Primal Ego is physically adversarial. It sees everyone as some form of physical adversary, competitor or enemy, even if that is not apparent to modern-day humans. It is responsible for our competitive drive and is therefore the basis of all physical sport and 'competitive' drive.

In most men the Primal Ego is hierarchical and territorial, driven to dominate others based on the Primal need to procreate its own genes, and for the survival of the fittest and best genes within the species. It is purely part of a reactive and defensive Primal process, which is the basis of the thinking reactivity and defensiveness of the psychological-reality super-Ego (the desired or adopted self-image). The Primal Ego is also responsible for the basic construct of Primal respect (this is animalistic respect) and this is all instinctual and about the 'physical', entity, not the conceptual

psychological self-construct. In masculine men it measures if it is or isn't getting masculine respect, and the ability to be the dominant one in the pack, if they are truly masculine. Be aware that many men have become disassociated to their masculinity for psychological survival reasons, and find it easier to sit in the background or become compliant for safety or simplicity. The Primal Ego measures continually, both for respect and for physical weakness that can be exploited. Hence why the psychological mind does so, but it is far more complex, and is about psychological, rules driven respect. It uses the psychological-reality super-Ego, which is based on the Primal Ego, to ensure psychological survival of the psychologically fittest, to look for psychology based respect, and to attack perceived psychological weakness, or perceived inadequacy, in an attempt to make the other seem wrong or inadequate, and to feel superior by comparison to the other. This is one of the main reasons why the Thinking Mind is so self-centred and self-involved, and why it is so focused on how it is being perceived in its groups and environments.

Truly awakened people still experience Primal Ego, as it will always be there; however there is no resistance to it, and no psychological super-Ego (desired self-image) supporting or guiding it. There is a recognition of its drives and its needs, and there is conscious awareness that can override it if its actions would be determined as detrimental in any moment, yet it is always fully trusted for instinct purposes. When awakening truly happens, the super-Ego, which carries out and creates the need for psychological self-protection, self-validation and self-importance, will no longer have any influence. There may be some residue of the core self-image and psychological super-Ego within any personalities used to interact with the external world, but the total awareness of what the mind is up to all the time, simply overrides and dismisses it, if it interferes any unacceptable way. You cannot become free of the Primal Ego; however you can minimise its effects by being fully consciously aware of its drives and needs, and its effects on you, and by not indulging in any level of self-validation or self-importance competition over, or in comparison to, others. However if self-validation is going on and you are indulging it, be honest and recognise this, it's not wrong, it's just disempowering and injuring you, and will be causing insecurity, at best. If you have the need to feel significant, what is missing? What perceived hole in you, or misunderstanding about you are you trying to fill, avoid or repair using this strategy? If you truly and honestly experienced yourself as complete and perfect, why would you need to indulge this? The solution is to look for that which is being missed about your current perception and also your beauty, not feeding the dysfunction by trying to satiate the insecurity, misunderstandings or addictions.

Attachments and Drives of the Primal Ego:

1. To survive
2. To be chosen for procreation
3. To be respected
4. To be dominant (if the animal is truly dominant, otherwise it will be compliant) or
5. To follow a leader if compliant (all humans can be compliant but it is harder for those who are truly wired to be dominant, and I don't mean those who are controlling because they are psychologically fearful, but those who are truly wired to be dominant).



The Physical Brain is the Hardware whilst the Mind is the Software

The Thinking Psychological Conceptual mind is built on, and based on, the Primal Mind. It is a more perceptually powerful mind in that it gives us perceptual choice and is designed for 'psychological' (and therefore conceptual) measurement, judgement and analysis. It is the mind or part of the mind we use to do all our planning, comparing, analysing, judging, conversing and any other function that needs at least a basic level of psychological thought. It is also designed to evaluate information from the senses and the Primal Mind and to make far more complex choices (hopefully evolution based) than the basic Primal Mind is designed to make. The Thinking Minds primary and low-level purpose is to support the Primal Mind through creating certainty of physical survival and comfort. The Thinking Mind is therefore strongly driven by certainty, which is the perceived psychological equivalent of physical safety. The Primal Mind calculates as 'me or you' physically, whereas the Psychological mind calculates mainly as 'me or you' *psychologically*. The psychological version of a 'me' (the self-concept), causes the mind to think in psychologically 'me or you' terms, or 'you against me'. The Primal Mind sees you as a separate entity in competition with others to physically

survive. The Thinking Mind is a complex extension of the Primal Mind, which is all about physical survival, where as the Thinking Mind and the psychological-reality are all about perceived psychological survival, and the protection and promotion of the psychological-self.

Although it started out as a much more complex version of the Primal Mind, the Thinking Mind has become lost in its own complexity because of its now constant association to, and use of, imagination, and the Thinking Minds misguided ability to believe its own made-up concepts and imaginings. It is designed to help us survive and thrive at a much higher level than animals; however it is still based on the base Primal Mind. The Primal Mind is based in actuality, but the Thinking Mind has isolated itself from actuality (by its use of imagination) and this has caused the loss of the recognition of connection to all that is, and as it gradually became more complex and self-sustaining, it started to have the feeling of being a separate 'physical' entity. This meant it needed to create a much more complex version of a perceived self, which became the core self-image, in order to be able to properly and safely measure and evaluate psychologically. As the creation of the early Thinking Mind was guided by the Primal Mind, or was built on top of it, this is what has made the core conceptual self-image, and the psychological-reality and its version of the active super-Ego self-image, evolve into what they have become at this point in our evolution.

Because the Primal Mind is predominantly based on survival and physical pain avoidance, the Thinking Minds main underlying function is still one of pain avoidance, but it is focused on 'psychological' survival and 'psychological' pain avoidance, especially associated to its self-images, which of course can cause emotional suffering. This means the Thinking Minds focus is always on pain or psychological discomfort or suffering, one way or another, either in an attempt to escape it, or to try and avoid it in the first place. Unfortunately, without being consciously aware of it, this same focus helps create the very psychological suffering the Thinking Mind is trying to avoid or escape, without realising it is creating it all anyway.



When you have an actual experience, the mind needs to convert it into a series of 'concepts' to be able to measure it, evaluate it, and describe and explain it to itself. It must therefore create a concept or label about, over or for everything it becomes conscious of, so it can then measure it and psychologically define it. Everything in the Thinking Mind is a concept, a constructed idea of what something is and what it means, a hypothesis. But these are still only conceptual programs in the Thinking Mind and are therefore illusions, because they are all about conceptual perception,

or made-up reality, rather than actuality. Everything you think about is only a concept of what the mind assumes it is. Every thought is a merely a psychological construct, as are all your beliefs, expectations and even the words you use to describe anything to yourself or your perception, including every word you're reading here. Language is just a concept, and each word is a mini concept. Language is a made-up psychological construct, based on giving meaning to sounds by association to conceptual thoughts, and we use language to create all description and meaning. The psychological mind is always creating or looking for meaning, either to achieve certainty or a sense of made-up psychological understanding. The concept of the words, phrases or sentences and so on in a language are not the same to anybody, even if it is the same language they speak, because the meaning of every word is perceptually and conceptually *subjective*. Your mind holds a concept of what each word or collection of words means to you, and words also affect each other, and meaning, within a sentence or a paragraph. This is why you will not understand if you are hearing or reading a language you have not learnt, especially if you can't see the speaker, simply because your mind has never created a construct or conceptual structure for the words or sentences being heard.



The Thinking Mind is basically the same for everyone; however the detail of each person's experience is dependent on their constructed perception (especially their core self-image) and conditioning. The structure of the physical brain is basically the same but the data in the Conceptual Thinking Mind is somewhat different for everyone, yet it is held within a defined structure. Everyone has a perceptually different journey from conception onwards, which means everyone generates a different perceptual version of his or her reality from conception onwards, although psychological thinking doesn't really start until about fifteen months on. The conceptual Thinking Mind holds our basic overall beliefs and therefore our expectations. These are then used to create the perceptual structures, personalities, that become our 'states; and encapsulate unique structures of agendas, needs, motivations, values, rules, attachments, assumptions, projections and justifications, along with situation specific beliefs, memories and rules, and so on. The Thinking Mind also creates the conceptual imprint of every person and object we have known in our lives, which it converts to perceived memory.



The Thinking Mind separates everything into opposing categories, which causes a constant thinking duality. So if the Thinking Mind thinks one thing, it automatically, sub-consciously creates the opposite perceptual structure as well. It has to; this is perceived as psychological

safety and causes psychological duality. So with pleasure comes pain, with right comes wrong and with good comes bad, and vis-versa, along with thousands of other dualities. Satisfaction and disappointment, known as forms of pleasure and pain, are a dualities, therefore psychological satisfaction and a sense of disappointment, lack or worse will alternate regularly and consistently, as with most other dualities. As long as you indulge one side, you will also experience the other. However, the one you *indulge* the most will seem the most real to you, and the upside is when the mind becomes genuinely intelligent, it works in the background to only focus on the ones it sees as most beneficial or advantageous to you. Actually it is already doing that, but unintelligence will allow it to focus on the negative and disempowering sides of dualities, and insecurity or fear will cause it to have to.

A well-known celebrity I worked with asked me how they could stop experiencing rejection, and I simply said; “Stop indulging in the illusion of fame, and any the need for perceived approval or validation from others. Whilst there is an attachment to one side of the duality, there is always the experience and fear of the other close by, along with the turmoil and tension (inner war) of trying to experience only one side of the duality. Have no attachment to any side, or to what others might think at all, see the illusion of thinking you know what is, or might be being thought over or about ‘you’, and the insecurity, fear, struggle and suffering will end. The more you seek fame, the more likely it will expose you even more to your sense of inadequacy which drives the need for fame or public approval”. They didn’t like this answer, but it is nonetheless true. Remember, I didn’t make these rules, I only discovered them, and I endeavour to help others to.



The Thinking Mind carries on all the time; it does not stop and it is not programmed to stop. It carries on even when you’re asleep and you often experience this thinking and imagining as part of dreaming. However, in dreams the thinking does not have the reality rules and boundaries of your semi-conscious waking logic to hold it in check, so dreams can take any form. During sleep, one of the parts of the mind affected, or that does go to sleep, is the critical part that holds your rules and logical boundaries. This is why dreams appear to be devoid of many of the normal physical rules present during the waking state of dreaming (the psychological-reality dream). This is also the measurement and judgement part of the mind that alcohol and drugs numb up. Dreams are also a way for Creation to reach you through Collective-Consciousness to attempt to influence the mind to have insights about itself, as dreams can be experienced as reality by the mind, and therefore can have an impact over its perception. Dreams

can be, and often are, of scenarios which can cause the mind to think, as dreams use the imagination process, which is at present integral to the psychological-reality. So the psychological-reality continues in night-time dreams as it does in the daytime dream, albeit a little differently. In computer terms, dreaming is in part the Thinking Mind defragging at night. It re-organises files or deletes what is classed as unimportant or as non-emotionally tagged information no longer required for evaluation. It keeps only emotionally relevant information and logistical data to evaluate with, along with the 'memory overview' created to give any overall event, situation or interaction its memory meaning. Dreams clear out the memory residue the memory overview process does not need any more. This is to free the mind of unnecessary information so the computer does not get clogged up with too much data, as it does if we cannot sleep. It simply cannot hold all the tiny details of a full life in its structure, so the majority must be discarded during each sleep. This is another reason the Thinking Mind created emotions, to help it work out what information to keep at this time.



The Thinking Mind needs to understand everything. Its rationale is that if it can understand it, it can measure it, evaluate it, imagine it and can therefore run all possible scenarios involving it, so it can best defend against it. Most people are almost completely unaware of these sub-conscious thinking and imagining processes going on, yet they still get the experience of this. The Thinking Mind will have you believe that knowledge equals Enlightenment. It does not. In fact, so-called knowledge can hinder Awakening and Enlightenment. Knowledge can give you conceptual information on the subject of Awakening or Enlightenment, but conceptualising it cannot give you the actual experience or knowing of them. Unfortunately, the Thinking Mind is worshipped in the Western world. People are valued more highly for their thinking intellect than their ability to live in the present moment (now) and authentically experience and enjoy life. Knowledge accumulated about the external world will never equal the knowing accessible through conscious awareness, once you can experience this and truly live in the present moment. That ability is beyond the Thinking Mind's design. Knowledge does not necessarily bring good quality behaviour either. There are some very well educated, intelligent people who have low-quality thought processes. Scientists or mathematicians may represent the highest level of intellectual thinking to many, but they usually do not represent the highest level of conscious awareness or *wisdom intelligence*.

Constant intellectual thinkers usually become obsessed with thinking even more, which keeps the left-brain conceptual mind and imagination

very active. The need for understanding creates more 'perceived' understanding, which in turn drives and creates the need for more understanding. The more you have, the more you need. This is a process without an end. It can go on forever and ultimately this process can never bring the mind certainty, as there is a limit to what the human mind can know and understand, and there is so much the mind cannot know. So why be addicted to the need for certainty? The goal is the process itself, and this can become an obsession as it is all about craving perceived safety through information, which just distracts the perceiver from the truth, which their fear and unawareness is not allowing them to see. Life is to be experienced with an open heart; it does not need to be understood for one to feel free and at peace. The quest for knowledge is driven by the fearful need for certainty and often alongside it the need for self-validation and self-importance. Discovering something new, if it does not bring with it more conscious awareness of your own perceptions, and remove any unawareness, will only feed the process of need and will not heal you. It can become a sickness in the same way any other addiction can. This drive for knowledge does have a purpose in helping us live a better physical life, but what is the point of this if the internal psychological life is poor, and it almost always is in some way?

Having said that, I believe the highest-level thinkers can eventually transcend the Thinking mind and become Awakened through their questioning and search, if they are questioning for answers they do not yet have, as long as they are constantly and honestly inquiring into their own perception, thinking and beliefs as well. If they are constantly questioning what they find, they can become open to a higher-level approach and higher right-brain reasoning, yet this still does not guarantee Awakening and does not even guarantee conscious awareness. When their search to find the truth behind something reaches a point where they no longer have attachment to their current concepts, or the achievements of their thinking, then they leave an opening through which true conscious awareness and authentic Awakening and *Wisdom* can reach them.

The need to know the external 'truth' is a conceptual process. There is no so-called truth; there is only psychological truth, which is one's own perception of truth. Externally, there is only what 'IS' in actuality. All thinking truth is conceptual, and therefore subjective and made-up. Truth is an illusion and different for each perceptual process deciding on and believing in that 'truth.'



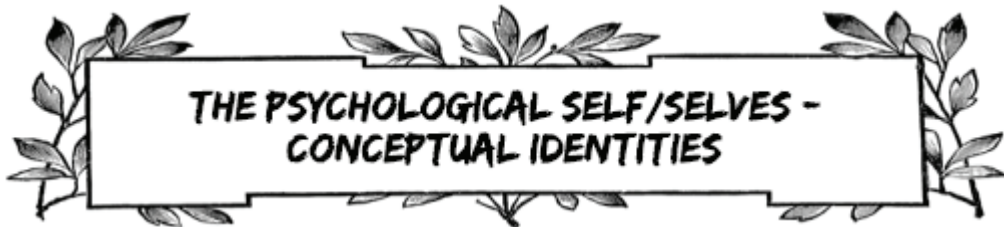
As well as being spiritual beings, we are physical beings living in a physical world; therefore we need to use the Thinking Mind to function in the physical world. We can never have total freedom from the Thinking

Mind. Contrary to what many teachers and others say, you cannot stop the Thinking Mind from thinking. It is not designed to be quiet and it is not yours to stop. Nor does it need to stop for you to experience peace. It is designed to be constantly evaluating and measuring your surroundings to make sure you are not in any physical danger. And as long as you have a self-image, it will also need to evaluate for psychological safety over and about that self-image in every moment as well (as this is what disrupts the experience of peace, not the logistical thinking required to function).

Without drugs or disabling injury you can no more stop the Thinking Mind from thinking than you can stop the waves hitting the shore or the wind blowing the leaves. To attempt to struggle to stop thinking is futile; to try and do so is a war waged against your psychological mind with the very same psychological structure that is creating the thinking and conflict. This is essentially the insanity of man and it just causes more discomfort, more turmoil, more suffering and even more thought and imagination, because the mind needs to keep the conceptual self-image alive through thought and will fight to avoid the discomfort over it that it itself creates.



Up until relatively recently, meditation was perceived as the only way to attempt to quieten the mind. If done correctly, it is a great process that offers you the 'potential' to access the peace and quiet available to you by quietening the nervous system, and letting go of indulgence in imagination. However, you can't function in the physical world while you're actively meditating, because meditation is a non-functional exercise. So as soon as the meditation has ended, the Psychological mind kicks back in and again usually disrupts any sense of peace with the usual thinking turmoil and imagination normal to the individual, if not immediately, then certainly soon after when a plausible or conditioned trigger is presented. Meditation is therefore a short-term fix for most people, and if imagination is used during meditation, it is feeding and supporting the underlying problem (keeping imagination as the reality simulator and as an apparently required part of moment by moment perception) rather than resolving it. However, if meditation is used as a process to allow the clear observation of any thinking going on in the person meditating, it can help in a much more valid way to clear conceptual injury, damage and confusion, however this is extremely difficult for most, if not impossible, because they want to hide from or avoid their underlying core self-image.



THE PSYCHOLOGICAL SELF/SELVES - CONCEPTUAL IDENTITIES

This part of the book will help you understand psychological and self perception better, and I am going to start by describing the elements of perception that make up our psychological-reality, so that when I describe what I believe went wrong for mankind, or you go back and read it, you will have a better understanding of what I am talking about. I will also mention some things by way of introduction I will come back to explain in more detail later. There is a reason for this, as with everything said, so please bear with it.

There is a 'physical' reality (actuality) and a psychological-reality (constructed psychological perception). The underlying 'core self-image' at the core of the psychological-reality (under and behind the Ego - the adopted and managed active self-image) could also be called our true psychological self-identity (I say true because we believe it to be the real us, but it is till made-up), or at least our first, core and strongest psychological self-image. I say first and core because the mind creates other, later versions of self-images (constructed perceptual identities) that are more acceptable to the mind, but they are not how we 'actually' perceive ourselves to be underneath, at our core of who or how we think we really are. They are usually just how we want or need to perceive ourselves to be, and are created to try and bring this perception about. It is important you understand however that none of these are real in actuality.

They are all made-up concepts and were never real to start with, including the first or original psychological self-identity. The mind only believes they are real, and therefore buys into their perceived 'realness'. All identities are essentially fake, and you really need to evolve in conscious awareness to see this for yourself, to eventually become free of it all. If you can recognise, at a consciously aware level, that concepts are just made-up ideas, that yours are only real to you, and that this includes 'what' and 'who' you 'think' 'you' are, then all the negative thoughts and dialogue you indulge in over you, lose their perceived power over your experience of *you*, and your perceived reality, and a level of peace unexperienced by most at this time will be experienced.

To create any concept, the mind starts with an assumption or idea about

whatever has its attention. This causes it, based on its unceasing need for certainty, to look for evidence to support that assumption, and to see if it can be perceived as 'real' and 'true' or not. If the mind finds evidence to support it, that assumption starts to move towards becoming a belief, and a regular presumption and basis for assumption and therefore expectation. The mind will always look for evidence to 'support' an idea or assumption and therefore expectation. It never looks to 'disprove' it. To disprove something would usually require a lack of evidence (not enough evidence to prove it), which would cause uncertainty, as the evidence 'could' still exist, and the mind needs certainty, which comes from having plausible evidence, which gives it the required level of certainty. So it is logical that the mind always looks to 'confirm' its assumptions and ideas rather than disprove them, as logically (based on a need for certainty) disproving one thing requires proving something else. If enough evidence is found, that idea or assumption grows strong enough to be accepted as a belief, and is therefore perceived as something perceptually real, valid and true. Once you have a belief which creates, presumes and assumes (whilst continuing to look for more evidence to support that belief for even stronger certainty), the mind then creates expectations around that belief (usually through the use of imagination, or what I call 'expectational hallucinations') so it can pre-empt what may be coming in association to that belief. By doing this it assumes it can protect you and its psychological-reality better. These expectations either create or are preceded by presumptions (pre-assumptions), which means your mind then 'presumes' it knows what to look for, and what is coming in life. This causes the mind to think you know what to expect, and therefore actively looks for it. Because of these presumptions, you actually get the life you expect because you are looking for it to manifest, and are therefore actively helping to attract and manifest your expectations. This is very scary if you hold underlying presumptions of a poor or negative self-image and expectations of life.

So first, there come ideas and assumptions, which the mind looks for evidence to prove. These create beliefs, which feed other beliefs and create and feed presumptions and expectations. These in turn are confirmed and fed further, along with a myriad of other presumptions, assumptions, expectations and beliefs. This is the basic structure of the process which brings about 'how' the 'concept' of the core 'self-image' is initially formed and perceptually confirmed, and explains how the mind can create beliefs, presumptions, assumptions and expectations about almost anything, real or not. This process also continues through life, getting more and more complex. The psychological-reality can only work with concepts and not experiences (the Thinking Mind and psychological-reality can only conceptualise what it believes an experience is like).

From the time psychology started to become more complex than simple Primal consciousness, the Psychological Mind has had to create a concept about everything and anything to be able to measure, evaluate and judge, in order to help us stay physically safe and to give us the perception of psychological safety. This includes creating a concept of what you think 'you' are psychologically, the self-image the mind believes you need to be like to be able to interact with and in the external world, especially with others.

The Psychological Mind, as it just starts to develop, creates an underlying self-concept that starts development around the age of one and a quarter, and continues to grow and get more complex, and confirmed through to around seven years old. This is the static, underlying *Core Self-Concept*, or self-identity, that all 'personal' perception is then based on. From this moment on, the psychological-reality is created in reaction to, to try to change, and to protect, the core self-image.

OUR CORE CONCEPTUAL IDENTITY - THE BASIC SELF-CONCEPT & SELF-IMAGE

Simply put, the self-concept creates the basis of being a separate person, and the core self-image 'is' the internally constructed psychological 'Person'. It is the perceptually made-up (conceptually constructed) version of what the mind assumes is the 'you' in the body you are in or the 'you' the mind believes you are, who, what and how. The core psychological self-image is, in its basest form, just a big set of assumptions and beliefs about who and what we think we are, and this creates assumptions and more beliefs about what we think we are and are not capable of, what we think we do and don't deserve and what we think we can and can't have, based on assuming this core self-image is real. The psychological mind needs to make up a description of us to work out how to be and not be, to be safe in the world, or perceived world, once it recognises it is an individual physical entity. The creation of this basic or core self-image begins at about 13 to 15 months old, when the mind starts *psychologically* thinking, and innately realises you are (apparently) a separate *physical* entity to those around you. This *Self-Concept* is complete and fully accepted by the mind by six and a half to seven years old. From then on we live in reaction and confirmation of it being real.

Assumptions were the basis of perception in the very early days of our psychological-reality (and still are now). They played a *Very* big part in the creation and construction of the *Self-Concept* and the psychological-reality. From about seven onwards, all the mind had assumed and accumulated evidence of, for, or over, was then accepted as totally real.

Logically, this meant it no longer needed to be, nor would be, given attention or questioned *ever* again, unless the Conscious Mind becomes active enough to question it later in life. The Thinking Mind's basic job is to measure and evaluate everything for threat or possible danger. To be able to do this job well, psychologically (conceptually) the mind needs to label and describe everything separately so it could know how to measure and evaluate everything as accurately as it can. The more complex the label is, the more complex the created description of it also needs to be to be able to evaluate it. To measure and evaluate as successfully as it can, the mind needs to work out the perceived relationship of one thing to another and what something is or isn't 'conceptually', in comparison to other things; therefore all psychological perception is based on assumptions of perceptual boundaries, concepts and contexts.



From birth until about 15 months old, we are essentially experiential beings. We experience the full experience with everything we come into contact with, and only experience what is right in front of us. There is only what is being experienced, and no 'psychological experiencer', which is the mind providing a constant running commentary in the mind to psychologically evaluate everything for threat, or to adjust it so we feel safer, over its *Self*. In this early phase of life, there is no psychological-reality *Self-Concept* interfering with the experience, and separating us from the true experience of life as it happens. There is only the Primal Mind, the very basic Thinking Mind and the Experiential Mind functioning at this stage of life. We are blissful and happy, as long as there are no physical ailments that cause physical pain, or any Primal drives not being met like hunger or being physically uncomfortable. Basically we are only interested in physical survival at this stage; psychological and emotional survival comes on later. Watch children under 18 months old and see how alive, in awe, focused and experiential they are in any moment, and they only experience 'feelings' and not emotions. Nothing else exists for them other than what has their attention in that moment, and why pain, discomfort or hunger is so strong for them. Also they are everything they experience is like it is them, 'I am that' experiencing. There is no psychological separation associated to what *is*, only the full and complete experience of what *is* and no resistance to it, as long as no physical pain is present.

From about 16 months onwards, the Thinking Mind is developing. At this point we start to experience a 'sense' of, or 'feeling' of, individuality from the rest of the physical world. We recognise we are treated as a separate entity by our parents, carers and other significant humans around us. We are even given a separate label, a name, which identifies

us as different and separate to others. We also innately recognise we are somehow dependent on these *others* and we start to experience delineation between this physical body and everything else. The '*Me and the Not Me*' is then experienced for the first time. As humans, this is when we begin to lose the experience of Oneness and the mind starts to create a *Self-Concept* and gets lost in the ability to imagine.

Now we start to move into the experience of the mind creating and indulging in the psychological-reality. To do its job of protecting you, the mind first needs to describe what '*You*' are to itself, and then decide its place in the world, and how it fits in, or not. It needs to work out how to relate to the external world before it can decide what to believe and what to expect, and this is '*why*' the *Conceptual Psychological Self* is created. Of course this *Self* is only a '*Psychological Concept*' of a '*You*', because all the evaluation and construction is done by the Conceptual Thinking Mind, which can only work in and with *Concepts*, so it conceptualises but does not experience. That must be done through imagination, unless something is actually real, and if it is real then it will be experienced by the Experiential mind, not the Conceptual mid. Indulgence in the illusion of this '*psychological me*' feeds the duality perception of the '*not me*' and seeing or observing the '*not me*' feeds the psychological perception of a '*me*', which feeds the need to create and indulge more and more in the emerging psychological-reality, for the perceived safety of said psychological-reality and *Self-concept*. Unfortunately, we are taught that this lonely separateness is the way we should be, or are meant to be, or we believe we can't do anything about it, and get stuck from this point on. The Thinking Mind easily believes in this because it appears logical and real, and society helps to condition it within us. This is what I call inherited functional insanity.

When you are young, the Thinking Mind is just a higher level and more complex survival mechanism than the Primal Mind. Although it is designed to become intelligent (from an intellectual standpoint) and help us think and make decisions to thrive in our environment as a species when we get older, it's strongest pre-programmed base need is Psychological Certainty, which is a psychological process it believes is paramount for safety and survival. The Thinking Mind is partly designed and programmed to help the Primal Mind do its job and keep you physically safe in the external world, but it is inherently more about psychological perception and perceived safety than physical needs. Basically the Thinking Mind needs to be constantly *certain* it can take care of you as a perceived psychological entity and protect that *Conceptual Self* psychologically (especially from its own hostility, which can't work because it creates it also). It uses the Primal Ego as a guide as this is already in place to aid the proliferation

of the species and is designed for survival, competition, interaction and hierarchy. The Primal drive of Tribalism has evolved to cause us to congregate within communities for safety.

The Primal Ego is there to aid in the survival of the fittest and in the structures of protection hierarchy within a community, for the benefit of the community. To make sure we survive as a species and that only the best genes are propagated, this Primal Ego creates Primal drives like 'me or you' or 'me against you' (physical self-centredness). By its very nature this causes adversarial behaviour and rudimentary self-centred and 'separate' thinking, even before conceptual, perceptual and imagination based psychology took over our reality, and added a *Psychological Self* into the structure. The Primal drives guided the *Psychological* mind to be based on self-centred and self-centric approaches, so the creation of a *Psychological Self-Concept* was automatically a requirement for the mind to be able to have certainty, even before psychology became much more complex and the psychological-reality was created.



There is a base underlying nature that helps in this process of the creation of the psychological character of a person. Your nature is how you are programmed underneath (in a hard-wired sense) and your character is more about how you act and behave through your conditioning and your *Psychology*. Nature vs nurture is; Nature creates your underlying nature and basic unique approach to life, and nurture helps to create your Character. We see different kinds or types of children within the same families because their individual natures are already somewhat different, but their Character can often be very different. Siblings usually have either very similar or very different characters because of attraction to, or discomfort or resentment of, certain character traits, whether they be traits in themselves they feel they should like or dislike, or in parents or other siblings, or because of resentment of certain expectations imposed on them.

Just to be clear, you cannot use effort to change your base nature or your pre-programmed characteristics, which were present when you entered this physical form. The programming that came in your DNA for this life experience is firmly implanted in your physical being as your base nature and functional drives. Your character, however, is a psychological process and evolves with you. Any psychological process helps to define your character, and this can actually evolve as your perceptual world changes. You most definitely can change your psychological experience of life through changed perception, just not in the way we are traditionally taught. 'Who' or 'what' you truly are, and how you perceive your underlying core self-image to be, through your psychological-reality's descriptions,

are very different.

So what defines the kind of nature we have? Because this guides the creation of the self-concept and the kind of character we are predisposed to create based on our nature, environment, and those associated to our birth. Below is a detailed breakdown of how our base nature and character are formed and what contributes to the feeling of our early life. We will also look at how we experienced as a child and that which guided the 'feeling' of what we were, along with what defined and guided our underlying feeling of worth (worthiness) or lack of worth (unworthiness) at the time the *Self-Concept* was being created, that has stayed with us ever since.

I believe there are eight main processes and stages that affect our nature and character, all of which help to guide the creation of the basic *Psychological Self-Concept*, which then becomes the core and basis of our *psychological-reality*. Although we bring some of our nature with us into this body, the stages of birth coming into the world which have the biggest impact on the child will add to its underlying nature and the basis for its coming character. This, along with the first period of time in the physical world, will create the general approaches and attitudes of that person to themselves and their perceived world and the underlying feel of them. All of these stages have some effect on our perception of our-self and our feeling of and about life, and Creation designs each experience for us so we start with a psychological structure somewhat similar to where we left off in a previous incarnation. Where we 'left off' (vibrationally and experientially) in our previous evolution of consciousness is where we start out, so we can 'progress' from here and stay in alignment with the processes of that evolution of consciousness (this is an *evolution of consciousness*, not a random process or some constructed deal we do so we have the illusion of some control over what we have to experience now. Creation presents the best and quickest education we can have, and far better than we could choose).

So the vibrational and perceptual level of consciousness you had when your previous incarnation ended is the vibrational and perceptual level of consciousness you come into this life predisposed to start this life with. It becomes the starting point required as the basis for the next evolutionary stage of your journey of rising in *consciousness* and *awareness*, and is different from your previous circumstances, by the addition of new parental imprints and the new environment you are placed in. The circumstances and level (or lack) of conscious awareness, level (or lack) of intelligence you are born into, is where Creation believes you need to start from for the best chance of evolving in true *Awareness* from where you

were previously to leaving physical life. This is why suicide is pointless when trying to escape yourself or self-image, and your current level of perception, perceptual injury, hurt and suffering, as these are carried with you into your next incarnation in vibrational and experiential form. It is merely a way of prolonging that suffering by guaranteeing you are taking the level of perception and unawareness you were trying to escape from, into a new life, and starting with it again, only this time in a more difficult environment and with even more challenging dynamics, so you learn what you tried to avoid learning previously. You will go through it again and again until you grow from the associated unawareness and become consciously aware enough, of the real challenges within perception you need to address. Then you can grow beyond the injury, hurt and suffering that drove you to suffer perceptually (psychologically) and eventually commit suicide previously.



Every evolution will help you evolve in intellectual intelligence, and perhaps conscious intelligence and awareness, and bring you closer to experiencing genuine happiness, peace and true balance, but this could and does take many, many evolutions. Sometimes things (circumstances etc.) need to get 'worse' before they can trigger perceptual growth, so things evolve and get 'better'. However, there is no rush by Creation, as evolution has to be real, genuine and authentic, for the growth and evolution of true Consciousness to take place. It has taken nearly 14 billion years to reach this point, and it has more than another 12 billion years to go. This is the way I believe it is, and needs to be. There are no hops, skips, jumps or side-steps, so kindly and compassionately face and accept what you need to become consciously aware of about your own perception, now, so you can genuinely evolve beyond any conflict, hurt, injury and suffering as soon as is possible for you. Yes it is often hard and painful, but you need to evolve through it or it will progressively get worse.

Here are those eight stages and some of the possible effects from these stages for each physical entity:

1 - PRE-CONCEPTION (PREVIOUS EXISTENCE) – Our series of lives are a journey. From an evolutionary standpoint, I believe you start energetically and vibrationally in this life where you left off in the last life, not as the self as you know it now but as the vibration of the spirit associated to the soul. We are therefore already predisposed to feel a certain way about life and the perceptual construct of our perceived self-image; i.e. our personal worth and value (or lacks there of), and whether we perceive ourselves to be acceptable or not to ourselves and others, based on how we felt about our previous core self-image and our perceived value or lack of value in our previous incarnation. Whilst the previous perceptual self-image is

long gone, the residue of it remains with the spirit, and is recorded in the soul. However, a new self-concept and core self-image will be created psychologically in this new physical and psychological incarnation, and this will keep happening in future incarnations until we no longer create or indulge any self-image, or a constructed psychological-reality based on an individual self-concept.

The 'Spirit' is really the vibrational signature of our unique part of Universal Consciousness itself, and the 'Soul', is like a barcode with vibrational memory, always there in the background, and which ties together the spirit and the physical form the spirit inhabits. The soul and the spirit stay together, but the physical body is discarded when the physical incarnation of the body ends its association to the spirit and soul. So there is no true death of the consciousness you are. This imprinted level of vibration and predisposition to particular perceptions and behaviours that are carried with the spirit by the soul, and which is defined by our previous 'perceptions', is the very thing Creation will be helping and encouraging us to evolve beyond, by placing us in the life we are in, and into the entanglements and circumstance we will experience. The process of the creation of poor quality self-concept and core self-image, based on unawareness or low-level conscious awareness, and lack of true intelligence, which creates low vibrational states brought with us when we start a new life, is part of the cause of our continued suffering as a species. But it is required for us to evolve beyond this, individually and as a species, in a linear evolutionary process.

However, if there is a lot of what can be called 'good Karma' (record of good deeds done) in the previous life, that can be used by Creation to 'cushion' the quality of this new life, so you may be born into a higher *physical* quality living environment (although this does not guarantee a higher quality psychological environment, or a higher psychological *Awareness*). There are, after all, plenty of psychologically dysfunctional, rich, famous and powerful people! No matter what the quality of your current environment, you are going to create Karmic effects for the next incarnation based on how you act, or not, now, so be very mindful of your choices, actions or inactions, and your minds *intentions* at any time!

2 - CONCEPTION – From the moment of conception, to the moment we come into this physical world, we are imprinted with a whole reality strategy and combination of historical belief systems and structures from our biological mother and father. We are also affected by the combination of DNA traits that come from our mother and father. Certain traits and characteristics of our parents' natures will be coded into our nature and therefore general approach to life, beyond what we just pick up, psychologically inherit and learn from them. The disposition of our

parents before and during the energetic coupling that results in the conception of the child also carries energetic information. I won't go into all the different combinations of attitudes and approaches the parents can have up to and during intercourse; however, it is important to approach an intended conception with as much positive, loving, caring and compassionate energy as possible. The thoughts going on in the parents before and during conception have an effect on the perceptual evolution of a child. Remember that you could be creating a life with this coupling; what quality of life do you want that to be? If possible, both parents should be very clear, before conceiving, about the nature and character of the child they would like before conceiving. Both parents are advised to visualise this often and intensely (like a mantra) before conception takes place. Make sure these are higher nature requirements and not selfish or image driven, greedy or competitive. Such mentality will not generate a good vibration or bring to you a happy child.

The level of unawareness, or level or lack of conscious awareness and intelligence of the parents, will also have a big effect on the intelligence of the child. You will usually be born to parents with a similar level of unawareness, level or lack of conscious awareness and intelligence that you had at the point of leaving your last incarnation. I believe a child is born into the level of Psychological unawareness or *Awareness*, Unintelligence or intelligence that matches the journey they (their Spirit) need to experience to evolve beyond where they currently are or where they have been stuck. By the way, *none of this is about blame*, just conscious awareness of what creates current perception. If you feel bad about what is said, or what you think you have or haven't done, forgive yourself, and others, and work with 'what is' in order to evolve beyond that. Anything else will slow you down or grind you to a halt, and injure you more.

Mutual orgasm can also have an effect on the creation process of a child. I personally believe this is the main purpose of orgasmic energy and that reaching mutual orgasm at the moment of impregnation will be a strong, energetic, life force stimulant and nutrient to that new physical entity, even more so if all the other suggestions above have also been employed.

3 - COSMIC FORCES – We are also affected by the energetic environment based on the planetary or cosmic alignments at the time of our conception, commonly known as the Zodiac. These energies tend to instil certain tendencies into a person and this happens at the time of 'conception', and becomes part of our Nature. A person's star sign should be calculated based on the full-term gestation period of nine months from the date of *conception*, not as is most commonly believed, on the day of birth. The true star sign must also be calculated using the most up to date zodiac

chart, with Christmas currently falling under Sagittarius rather than Capricorn, which is a couple of weeks out from the most commonly used charts. It is often possible to see correlations between the typical motivations of somebody born under a particular sign and their general tendencies and traits (their Nature). The best book I have read on this is 'The Third Enlightenment' by John Locke (see recommended resources for details). Your character can evolve but your Nature cannot; getting the two confused will cause confusion.

4 - PRE-NATAL (0-4 months) – What is commonly known as the 'Soul' (which is the Spirit and Soul) does not enter the body of a child until around four months after conception, for several reasons I won't go into. However, the foetus can 'physically' experience the emotions and psychological states of the mother before that time and this can leave a strong imprint. Until the spirit and soul associates with the body, the experience for the foetus during this period of time is really an experience of nothingness or emptiness. There is a lack of motivation to do anything, as there is no need to do anything at all at this stage of life; it is a pure experience. There is normally plenty of food, warmth and space in this stage of the physical journey.

POSSIBLE LASTING EFFECTS: If the child becomes too closely associated with this stage of pregnancy, it will add to any tendencies to be apathetic and lethargic in life, and appear to have little interest in much at all, over and above basic physical and psychological survival.

5 - PRE-NATAL 2 (4 months to Birth) – This next period lasts from around four months until birth. The child is affected by changes in the mother, and is affected by the mother's moods (the feeling of her body), chemical substances triggered by hormonal changes during pregnancy and any drugs or chemicals ingested by the mother. Every 'state' the mother experiences, psychologically and emotionally, is transferred to the child both chemically and energetically. The child is also sensitive enough to experience the energetic state of others around the mother, through the mother's vibrational state. There are also chemicals transferred to the child during the onset of the birth process, which cause it to start moving around and becoming more active. At this time the child may feel there is little room. It may have a sense of being trapped or suppressed and can perhaps become Primally frightened, and may start to experience the desire to escape its confinement. Obviously, no matter what the child does, it cannot escape at this time as it is not ready to be born.

POSSIBLE LASTING EFFECTS: If the child becomes strongly associated with this stage of pregnancy, it can be imprinted with a feeling of hopelessness or meaninglessness and can be plagued by a sense of despair and

hopelessness. This can show up in life as a tendency to quit very soon after starting anything, accompanied by a feeling of always being predisposed to eventual failure. People stuck in this phase can perceive themselves as a victim right from the outset of their life, especially if they entered this incarnation pre-disposed to experience a feeling of worthlessness carried vibrationally from the previous life. This can trigger the onset of psychological victim-hood, which I will talk about soon.

6 - LABOUR & CONTRACTIONS – This phase starts with the birth process when the child is made ready for its entry into the world along the birth canal. The process begins with the child hopefully turning to face the exit and then being aided by the contractions of labour. As the child moves along the birth canal it begins a tremendous struggle. The labour contractions seem to help but also constrict the child from moving forward at certain points during the long process. The child can instinctively sense that freedom is at hand, yet the closer it gets the more it seems to be held back from final escape. The child may alternate between a sense of hope and helplessness as it progresses towards the final outcome. This fight for life is required to give the physical entity the ability to have drive and determination. This can be taken away by having a caesarean birth, although I believe some research needs to be done to confirm this theory. If a child does not turn and tries to exit feet first, life begins even harder and can then be perceived as even more of a struggle.

POSSIBLE LASTING EFFECTS: If the child becomes strongly associated with this stage of birth, it may lead to a poor self-image and may perceive and experience all of life as a struggle. It may seem like there are always obstacles in the way whenever there is an attempt to progress; one step forward, then two steps back as they say. This person may start projects with a desire to complete them well but will soon give up. If the person does continue, they may perceive it to get harder and harder to continue and they may also experience a sense of helplessness and pointlessness in life, and in whatever they do. There can certainly be some serious effects if a child is born by caesarean as the experience of overcoming the birth experience and breaking free is taken away. This is a very important part of the creation of a life form, which confirms and even switches on its desire to live and thrive. This can cause lethargy and a disinterest in self and life. If a child gets stuck or comes out the wrong way, it can instil a sense of helplessness or clumsiness that can then follow them through life as part of their self-image.

7 - BIRTH – When the child finally enters this world, regardless of the shock of leaving the body and entering a much bigger, seemingly hostile world (getting a smacked bum on arrival) and being removed from its

mother, the child may experience a great sense of relief. It finally has freedom from its confinement and external life begins.

POSSIBLE LASTING EFFECTS: A child that associates mostly with this stage can experience the sensation of being free. If they fought hard to be free and succeeded, then life for this person can seem easy and free flowing. They can have an abundance of drive and determination. They may perceive very few obstacles and perceive no problems or difficulties dealing with the obstacles they do experience. However, for some, a scary birth experience (being smacked and removed from its mother) can cause life itself to feel scary. If the child's experience of life at birth is of an unpleasant nature, or there appear to be few immediate feelings of affection, caring and love, they may go through life experiencing a lack of fulfilment in everything they do create or achieve, so they may never experience fulfilment in what they do. They may also start life feeling like a victim, and again, if they had a victim mentality in their previous life, it will be much easier to assume, create or indulge psychological victim-hood in this new life, especially if they are around others who indulge in blame and psychological victim-hood. The poor helpless and/or badly done to me attitude.

8 - THE FIRST HOUR – The final stage in the completion of the birth process is the first few hours, but the first hour in particular. Whether the child experiences being nurtured, or is uncomfortable or alone and isolated in this first hour, or if there appear to be few feelings of affection, caring and love, is critical to how the child's mind will create and structure its self-concept, core self-image and psychological-reality, and how it will perceive itself and physical life to be. The first hours (and weeks) dictate how the world feels to us and whether it feels safe or hostile, physically or emotionally (a child of this age experiences this as a *feeling*, and not as emotions, although it will predispose it to create and experience emotions like this). The first three years of physical life have a huge effect on the creation of our perception of safety or un-safety, value and worth (or lack thereof), and the supportive or unsupportive, constructive or destructive quality of our constructed character and psychological-reality, and how it evolves from then on. If something happens between birth and one and a half, which leaves us with any kind of negative feeling, this feeling will become part of the basis of what we assume about life and how we perceive life to be, and the kind of emotions we then create and gravitate towards. This basis of our self-concept and core self-image, and how we perceive life, then forms the basis of how the developing mind and the developing psychological-reality, structures the self-image and vice versa. Again, if these things happened with your child, what I am saying is not to blame, and you should inflict none. Learn what to do now, and help that way. What is done is done and cannot be changed. Forgive everyone for his or

her unawareness, including any of your own, and live caringly from now.



Essentially everybody is, psychologically, the culmination of the influences that went into the creation and programming of their self-concept and core self-image. A young child is 'very' sensitive in a 'feeling', experiential way, to its world. A foetus can be emotionally wounded (in the physical sensation of the emotion way) by its carrier, but does not experience this like an adult would. However, it will become part of the basis of how the child starts to perceive as it's psychological and emotional world starts to develop, and may perceptually experience a feeling of damage, or of being damaged, or of something being innately wrong with it. The whole process described above, creates amongst other things, a 'feeling' of either being physically of value or of a lack of value (which translates into the perception of a self-image that is worthy or unworthy) in the young child. The perception of value and worth or the perception of lack of value and worth of those around a child also affect it.

The assumption of a self-image with self-worth, or lack of self-worth, starts with a Primal 'feeling' sensation, not an emotion. Did you feel safe or unsafe as a young child? Were you fed as soon as you were hungry, or did you start to experience any Primal feelings of concern or fear that you may not survive, simply because your hunger was not immediately resolved? Did you feel like you were in some form of physical danger or experience some kind of abandonment or concern of being left, that nobody was coming back to care for you, real or not? All of this can be experienced before the mind can even think psychologically, so you won't remember any of these things accurately (even if you imagine you do now), just look to see if there is evidence of these, and that will help clear them up now. Be very aware that the mind, as it becomes more complex and needs more psychological certainty (and not knowing the difference between what actually happens and what is assumed or imagined), may sub-consciously go back into these very young memories using imagination, many years later, and unknowingly replace tentative assumptions with new information it perceives to be real. This is partly because the mind has now decided on what it believes to be the basis of its suffering, and also because it is trying to make incomplete assumptions more real to create more certainty.

Here is a good example; a client once told me she stood in her cot at 20 months old and decided she should not have been born because she was worthless. She completely believed this had happened. What 20-month-old child would, or even could, think or rationalise like that, and come up with that belief about their self? What essentially happened was that when the mind revisited that time of perceived abandonment (which would

have only been a Primal feeling of fear at that time and not a thought construct), it simply added a conceptual meaning to the feeling of fear and described it as abandonment to be able to conceptualise over it better. The concept she constructed from it, and therefore the assumption she arrived at over it, was that she was of no value to her mother, and therefore did not deserve to be born (it was a more complex sequence than that, but I am sure you get the gist of it). This combination of projection, layered mis-assumption and misunderstanding, and constructed mis-truth, then became as real to her psychological-reality, as if it had actually happened, and this illusion was then added to the calculation of and over her self-image. This then helped govern her life from then on, and caused her to genuinely believe she was pretty much worthless, based on that incident and others perceived to be similar, which actually never happened in that way. Looking back in an intelligent way, I helped her discover the truth of it, and that her mother was actually sick and away a lot because of this, and had to hire someone else look after her a lot, but the need to give meaning to her self-image over it, and the assumption of worthlessness etc. The recognition of the misunderstandings around or over this, and the untruth of the psychologically guessed assumption, caused this evidence to be dropped from her negative perception of herself, because it would be unintelligent for the mind to continue to believing in it, therefore raising her self-esteem and self-belief as a result, which effected her core self-image and visa versa. This is an example of how you can non-consciously create an assumption over and about your perceived value or perceived lack of value, as well as your perceived worth (worthiness or unworthiness) compared to, and compared with, those you perceive around you, and it not be true at all.

Before thinking becomes complex, we have already experienced the feeling of being safe or not in our physical surroundings. If we are not 100% cared for as the mind starts to develop, it begins to sub-consciously recognise on a primal and then a conceptual level that something is not quite right. It also assumes through inexperience that everyone else must be okay, simply because it doesn't have the knowledge or wisdom to see that others are struggling with their own psychological demons and challenges. We are often told at a very young age, or at the very least it is implied or shown to us in some way, that there are things wrong with us, and that we are perhaps sometimes disappointing or annoying to those who are important to us, or caring for our survival. These things are accepted as true by a mind that knows no better and is looking for how to conceptually define itself, so the child can often (and almost always does in this day and age) assume at an early stage that there may be something wrong with 'it', if it experiences any conflict and turmoil around itself.

Collective-Consciousness also affects the young mind, and especially the emotions generated by the thoughts of those in close proximity. If a mother doesn't feel worthwhile or of value, at her core, this feeling is also passed to the child as experiences, both before and after birth, and is confirmed psychologically as the child learns to think and evaluate. Then these become assumptions the developing mind uses as it starts to work out how to think about itself, the core self-image, along with its assumptions of where and how it fits in this world, how the world relates to it, and how it relates to the world. The Thinking mind then needs to check if its assumptions are true and starts to look for evidence, which of course it will find, to support them to try to ensure certainty, whether these are accurate assumptions or not. The mind then looks at its assumptions and gives attention in a way that creates beliefs about the self-image and the external world, as it is perceived to relate to that self-image. Then it creates 'expectations' of the self and of the external world, as it relates to that self-image. Perceived assumptions, especially assumptions around self-worth, beliefs and expectations, then interact with each other to support and validate each other, in order to get certainty about the self-image and the developing psychological-reality.

Expectations support and validate your beliefs and your perception of self-worth or lack of self-worth. This assumed level or lack of self-worth confirms your beliefs and expectations; then your beliefs prove your assumed and perceived level or lack of self-worth, and validate your expectations about yourself and life. This starts the process of the mind describing *itself* to *itself* consistently, which is the beginning of what creates the superficial, adopted, adjustable self-image (Ego), and is the basis of how it works. Any update in the psychological-reality will, by default, be based on the beliefs, expectations and perception of worth or lack of worth the mind already holds about the self-image, and its perceived potential or perceived lack thereof, just to keep certainty. If you believe you are inadequate, unworthy or broken, any update will usually be to gain more certainty about your perceived inadequacy, unworthiness or brokenness, at least until you can deliberately question and observe this with conscious awareness and intelligence and become more truly consciously aware and intelligent in each moment.



So the self-concept is based on an experiential feeling and primal assumption process, and the core self-image is based on a conceptual measurement and judgement process based around the self-concept, and it starts to be developed at about three and a half to four years old. From about four years old onwards, the mind, using the forming psychological-reality, starts to intensely, and more completely, describe your perceived

self-image to itself, and this give rise to the more complex core self-image and helps the mind describe the self-image and as it perceives it relates to the developing 'perceptual concept' of a 'you', until it can do this automatically and consistently itself. The mind consistently runs this internal narrative about itself, your core self-image and the psychological-reality built around it. The psychological-reality also describes and re-describes the surface, adopted, managed and adjustable self-image, the Ego version of the self-image, to itself, over and over again, whilst still holding the underlying carved in stone description of the core self-image to help it keep as much certainty as possible. This is why we often feel confused over ourselves and our perceived image. The mind relates everything it perceives to happen to and through the psychological-reality to be over or about the core self-image or the Ego (adopted self-image), or both, to try to get certainty about itself, via the psychological-reality. So it translates and makes almost everything and anything it perceives to happen to be 'over' or 'about' the self-image, itself, you, in some way. The mind also works hard to stay congruent with that narrative (how the psychological-reality describes its self-image to itself and the mind) to keep more certainty. This is essentially how and why the adopted, active self-image is formed after the core self-image has been accepted as unchangeable by about seven years old mind.

The core self-image is then essentially complete as a referential concept and no longer needs to be looked in to, but the mind still tries to change it and 'fix' it, so it creates a superficial, adopted and adjustable self-image (Ego) to help it feel better, even if it is only a few seconds at a time. Thus the Ego is born, cultivated, managed, used and updated. Every perceptual experience is related to, against and through, that conceptual narrative or perceived self-image. This supports the perceived reality and illusion that there is a 'psychological you' and what this psychological you is perceived to be like at its core. The mind therefore assumes (so-called logically) there must be a 'you', because perceptually everything is related to, over and about the psychological you, your core psychological self-image within your perceptual psychological-reality, so everything is deemed to be about you, that self-image somehow.

This goes on dynamically within the psychological-reality, second by second, over and over, becoming ever more complex as the ideal self-image and the reactive Ego (adopted self-image) develops. This process continually reconfirms the psychological-reality and the moment-by-moment dynamic perception of the adopted self-image, in order to keep certainty about the underlying core self-image, even though another part of the mind is trying to change it, hide it (or hide from it) and escape it. This also causes you to act in the external world in a way that is consistent

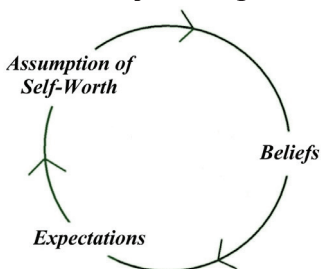
with this core self-image description, continually creating and keeping you in line with what you believe to be your 'true' potential (or lack of), and what you believe you do and don't deserve to do, get or have. By the age of seven, the core self-image is deemed complete and essentially sealed as real. So the emotional and perceptual experience of you created then, all those years ago, is the underlying 'perceptual experience' of you now, no matter how hard you try to escape it. But take relief in the fact that this is all made-up, a very complex set of concepts and conceptual stories. And what you truly are, and what I am endeavouring to help you discover, is that you are far more, and of far more value to Creation, than you can ever imagine now. There is way more to you than your made-up labels, stories and descriptions of and about you, would imply. You basically approach and experience yourself and life based on this process and the psychological-reality confines you to constantly re-confirm the core self-image to meet its need for certainty, no matter how hard you try to change it, ignore it or hide from it. This is how your mind re-describes and redefines its core self-image and psychological-reality, over and over within any interaction, situation or event and dictates your experience of life in any moment, and why it creates a superficial, adopted, active self-image (Ego) to try to feel better within or over any perceived circumstances, interaction, situation or event. This then defines how you feel emotionally, and, ultimately, how you feel about yourself, thus starting the dynamic cycle over again. The mind is too tangled up in this to actually be able to truly experience life outside of your perception of it.

It is your psychological need to describe yourself one way or another that stops you experiencing what you truly are. You are sure you are this or that, fixed on the need to 'be' something or 'become' something else and never experiencing what you truly are! Which is not what you 'think' you are

You are not the computer; you are the operator and the spirit or life force in that body. You are not the body or brain or that conceptual thinking. If you believe that you are your computer, or you identify yourself as the computer, or that conceptual thinking as yours, then you must also be all the mis-programming, flaws, viruses, corrupt files, misunderstandings, conflicts and confusion within that computers programming. So if you believe this computer and it's conceptual thinking is who or what you are, as most people do, then its assumed concepts, beliefs and expectations will define your self-image, conflicts, turmoil, hurt, injury and suffering. You will spend your life actively trying to escape from or fix your illusory *Self-Concept*, using the processes the psychological-reality offers as

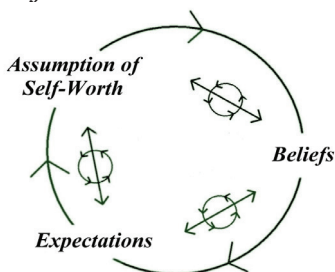
solutions (the Ego), which only cause more conflict and suffering. The external world is merely a reflection of the psychological-reality your mind indulges in, using the base level self-image and adopted self-image as its basis for all its perception. It is not real in the way you perceive it to be.

The basis of the *Core 7yr old Psychological Self-Image based off the feeling of the Self-Concept*



The most base level component of the self-image is the self-concept and its assumption of value and worth (or *assumption* of lack of value or worth) as an entity, based on the primal feelings we experience up to three yrs old. From this come our assumed and therefore our ‘perceived’ level of self-worth and adequacy (or lack thereof). Then there comes the creation of beliefs and expectations about your perceived core self-image and the world as it is perceived to relate to you, and how you perceive yourself to relate to that world. This is a dynamic, interactive creation process, with these parts interacting with the ensuing perceived self-worth (or lack of) to create, confirm and support the core self-image, the core identity. The core self-image is consistently used as the basis of perception by the psychological-reality, and this using the adopted self-image in a way that constantly re-describes and re-defines a surface or superficial adopted self-image, in a way that gives some level of certainty to the mind, even if it causes conflict, hurt or suffering in other ways. This is an ongoing process for the life of the psychological-reality and the core self-image, which for many people, certainly at the present time, may be for the rest of this physical life.

Interaction & Confirmation Within The Core Self-Image



You do what you do because of how your mind, using the psychological-reality, consistently describes your self-image to itself, both as a core self-image, and a superficial, moment-by-moment active or adjustable self-image. Your psychological experience of everything is based on your psychological-reality and your underlying core self-image. Everything we experience in life we do so because we have some form of association with it or to it, or a relationship with it, to it or around it, all based on our psychological-reality using it to create a moment-by-moment dynamic adopted identity (surface self-image). As a physical human, everything in life associated to any kind of thought is experienced in relation to our core or active (adopted) self-image, or rather, in relation to what anything means to or about your perceived 'You', overall, or moment-by-moment. Remaining consistent with your perceived self-image, which is your core self-identity, is the strongest psychological drive you have, because it also brings with it the strongest certainty you will experience. However, defending, protecting and promoting the active self-image is the most instant and superficially automatic drive at this time, as it appears to give brief relief, instant gratification to discomfort avoidance to the *Psychological Mind*, and often significance, depending on what it can convince you about yourself, and is right at the forefront of human perception at this time.

The next strongest automatic drive is keeping the psychological-reality the same in order to ensure certainty, even if this psychological-reality is causing misery. Whether you like your core self-image or not, or whether you even know that this is what defines how you perceive yourself and your life or not, you'll still sub-consciously do your best (or the mind will) at all times, to remain consistent with how you truly describe your core self-image to yourself, at a sub-conscious Semi-conscious or even a conscious level. No matter how hard you try to perceive yourself differently, using an Ego and an 'ideal self-image' to try to become acceptable to the psychological-reality in any moment, you will almost always end up doing what it takes to remain consistent with how your mind and psychological-reality 'actually' perceives your core self-image to be. And you will always experience what the psychological-reality, using the self-concept as its basis, 'truly' expects to experience, even when it is trying to use the adopted self-image (Ego) to feel better in any moment, usually by doing whatever allows it to briefly feel better about itself, such as seeking approval, significance or self-validation, or creating the illusion of self-importance to feel better, safer, or of more value. Alternatively, it may simply remain consistent with its current perception of you by bringing about evidence to prove it is already correct. If you perceive you are a failure, your psychological-reality will cause you to do things that make

sure you fail, both long-term and often short-term, because you actually expect to fail (whether you are aware of this or not).

Your psychological-reality will always remain consistent with its core self-image, no matter whether that core self-image is uplifting and inspiring, or disempowering and destructive. This perception of your core self-image will cause you to act in a way that supports your underlying beliefs and expectations about the core self-image. It dictates how you approach anything or anyone and how you interact in any moment. No matter how hard the mind tries to create a different experience of the self or self-image, using the adopted self-image to indulge in a better perception of the self, but this can only make you feel better for a few seconds or moments. This can go on indefinitely, or at least until you become so consciously aware, intelligent and kind to yourself, that these processes cannot continue.

Your perception of reality is just the mere reflection of your perception of your Self and your level or lack of perceived personal worth. See and truly accept this 'perception' of your Self and the experience of your reality will change

The conceptual-self feels innately alone, as does the psychological-reality. It feels as if there is no other like it, yet it gravitates towards those it sees as 'similar' so it doesn't feel quite as alone. This way it can feel at least some illusion of safety through the perception of validation from others (or at least it can perceive itself to receive less judgement). For as long as you have a psychological-reality, you will always be expressing, fulfilling, protecting, defending or presenting the needs of that psychological-reality. The 'mind' and the psychological-reality will convince you that if you don't have them, you will have nothing, and no protection, and the fear created by any uncertainty will appear to support this.



We have a rudimentary primal sense of being an individual physical self, and we are programmed to keep that physical self alive, which is the basis for the psychological mind believing we, or rather our conceptual-self, is completely separate from everyone and everything else. The psychological Thinking Mind is built on top of the Primal Mind and so is designed to support the Primal Mind in its needs, and for survival. The Psychological Mind is therefore very closely associated to the Primal Mind, and so the Psychological Mind feels like the 'physical self' will die if the psychological self (self-image) dies. Of course it is programmed not to let this happen and will therefore do anything, psychologically (and physically as a reaction), to keep the psychological conceptual self and the psychological-reality

alive, thereby protecting the perceived life of the core self-image. It can also feel like you are going to physically die if the mind and psychological-reality becomes scared of being exposed or losing certainty. The Thinking Mind attaches to anything, internal or external, that allows it to keep the psychological-reality and the self-images alive. The mind is almost constantly in turmoil because it needs to protect the psychological self (the self-image) and keep it defended, defined (described) and alive. The survival of this psychological self-image and the psychological-reality requires your unquestioning indulgence in it and your identification with and to it. It will constantly try to assure and convince the mind that you need them to function and I promise you, you do not! The 'psychological self' is a psychological child that always feels unacceptable or not quite good enough as it is. It innately feels it is inadequate and not enough, and often acts this out through the psychological-reality.

The actual core self-image was formed by a six and a half to seven year old child, and has not matured any further since it was accepted as totally valid by the deep sub-conscious mind, at around seven years old. Although plenty of processes have been built up around it within the psychological-reality, the core self-image itself never grows up. (Although through deliberately using conscious awareness and intelligence, the mind and the psychological-reality can be encouraged to adopt new beliefs and expectations, which can clean up the core self-image, but this can only happen by the mind and psychological-reality seeing how old beliefs or expectations cause suffering). At around seven, once the core self-image was fully formed, the mind started making decisions about you and life based on its core self-image, and has been doing so unquestioned ever since. The mind sub-consciously uses this information to make all our choices and decisions and to filter our perception, usually for the rest of our lives.

This core self-image will never have been questioned 'on purpose' by the sub-conscious mind, because it was created so early on in life that it was accepted as totally real by the mind, at a time when it was too young and inexperienced to know any better. Anything accepted by the mind is considered completely real and valid until questioned, which it has had no reason to do itself, and nor will it, until you're consciously aware and intelligent enough to do so on purpose. The only way the mind and the psychological-reality can adopt new beliefs and expectations is by seeing how its old beliefs or expectations cause it suffering. Until now, most of you will have had no conscious awareness of these 'psychological self-images' and will have just accepted them without question, as 'who you are'. At this time, almost all mankind are functioning through and being guided by, an unquestioning seven year olds perception of life, 'at

best,' and wondering why their mind and life is conflicted, confusing, uncomfortable and often downright painful.

So I am going to say it again because it is very important to understand. At about one to one and a half years old, your mind had assumed your perceived individual safety and value (or lack of value) from a feeling perspective, and accepted it as real. Between then and the age of seven, your Psychological Mind created an assumption of perceived 'psychological' value or lack of value, worth or lack of worth, and perceived adequacy or inadequacy. From this basis it adopted conceptual beliefs and expectations about you and the world, and how the two perceptually related. This became your base core self-image, and the basis for your psychological-reality, which was also by then well on its way to being fully forged. From that point onwards (seven years old onwards) you have lived in reaction to the core self-image and functioned from and through that perception of worth or lack of worth, adequacy or inadequacy, and those beliefs and expectations the mind created and accepted when it was too young and inexperienced to know better! Then the psychological-reality found a way to start creating a new version of the self-image, which it could perceptually adjust or convince itself of, moment by moment, to give the illusion of a better 'self', which was also used to try to fix, and attempt to hide, the underlying core self-image, both from itself and others. This could perceptually allow it to briefly perceive its self-image as different, by acting certain ways or pretending it is a certain way, and by trying to convince itself it is of more value in comparison to others, or in the perceptions of others, than it truly feels. This became the active, adopted self-image (the psychological Ego).

Isn't that all quite scary?

If you truly understand what I just said, is this as mind blowing to you as it was to me when I first discovered it, and genuinely realised the significance of it? If you can truly get this, you will be able to see why mankind as a whole, is in such a conflicted tangle at the moment. The unconscious conditioning and acceptance of this whole process has been going on for some eight thousand years, and particularly intensely for the last three thousand plus years. So it is inherited insanity, and very easy to continue with, and continue intensifying and making even more complex this conditioned and conditioning process as a society, and continue to ignore it because everyone else is apparently suffering from the same confused and conflicted dream state. In fact, we actually help each other function this way because everyone else seems to be doing so, which makes it apparently *normal*, and therefore acceptable. But it is far from *Natural!*

Because the psychological-reality is based around the self-concept and the core self-image, and therefore everything is about you in some way, anything experienced perceptually becomes about the core self-image. Any negative feelings would therefore be considered as evidence of the value or lack of value or worth, adequacy or inadequacy of that core self-image, even if it had nothing to do with you. If the psychological-reality experiences a negative emotion or makes a negative assumption, this becomes over and about the core self-image, the psychological perception of a you. It essentially becomes real 'to' you and 'about' you, yet the mind itself is not even aware it holds a core self-image, or an adopted, surface self-image, because it believes it is those self-images. So before anything can shift, the mind itself must start to see what the psychological-reality is, and what it is based on, before it can start letting go of the core self-image as the basis of its perception. Then the made-up psychological-reality can dissolve also, and visa-versa.

The psychological-reality must be dissolved through deliberate conscious awareness of its processes and its indulgence in both firstly the active self-image and then the *Core Self-Concept*, so the mind can see it and let it go. Until you can consistently become deliberately consciously aware of what actually goes on in the mind, the conceptual child within the mind (the confused and inadequate '*Self-Concept*') will continue to automatically rule your life. Your Thinking Mind and the psychological-reality has caused you to forget what you are, and has fooled you into believing you are only your *Psychological Self* and the conceptual reality created around it. This is based on mis-assumptions and imagined false perceptions that were created by a mind, which was too young and inexperienced to actually make those rationalisations or decisions it made, and these now dictate your perception and your reactive perceptual strategies and processes.

Finding out how to firstly define your underlying core self-image, from a kind, caring and forgiving perspective, requires deliberate conscious awareness and non-judgemental observation of the core self-image and the psychological-reality. It is not just a case of finding it out of course; it is a case of accepting (having no resistance to) the underlying core self-image you are hiding or hiding from, and your psychological-reality surface self-image, so they can be seen for what they are, illusions, so they can pass away. Once you are truly consciously and intelligently aware of how you truly perceive yourself, your underlying, deeply held self-image, no matter how that self-image is different from how you 'want' it to be, or 'think' you 'need' to perceive yourself, or be perceived, then you will evolve. People are often shocked to learn what they 'actually' believe about themselves, what they truly expect, both from life and themselves,

and how they speak to and treat themselves internally. However, when their underlying beliefs, assumptions, presumptions and expectations are genuinely questioned, from a caring, curious, forgiving and optimistic approach, and they realise their long held sub-conscious beliefs and expectations were never actually true in the first place, they can just dissolve out of their reality calculations. Yet until this point they had sub-consciously allowed these assumptions, beliefs, presumptions and expectations to shape and govern their experience of life, and their self-image, without question, and with full belief they were ultimately true. From then on however, their perception of their self-image, the perceptual experience created by their psychological-reality, and the way they treat their self, will all change.



I now believe the underlying psychological core self-image is a required part of the psychological growth process in humans. It is needed to help create the personalities (moment by moment perceptual structures) required to function and interact in the external world. However I do believe it should dissolve by the age of eighteen or so, when enough perceptual structures have been created to allow the 'person' to function with, and around others, and in any community. A self-image is initially required to evolve within a community in order to become an effective and valid part of a community as an individual entity, so initially it is a valid process. However, because of the creation and indulgence of the psychological-reality, because it has become so complex and confused, and has adopted the core self-image as its basis of all personal perception, and because we have become trapped into constant imaging, and become so concerned about how we are or are not perceived by others, or ourselves, and believe we need to change to become acceptable to ourselves and others, that the mind has become almost completely trapped. The mind has created the 'acceptable, ideal, or desired self-image' to try and fix the core self-image, which has been taken over by the psychological-reality's active self-image as a tool to use to measure its success at fixing or presenting you. This has created so much more turmoil and conflict within the psychological-reality because the active self-image covers and overshadows everything the mind needs to see, that it has become almost impossible for either the adopted or the core self-images to dissolve at all. This causes perceptual psychology to literally *stagnate*, break down and spiral out of intellectually rational bounds (logically irrational), as it becomes ever more complex, conflicted and confused within its own hall of perceptual mirrors.

All your psychological, spiritual and existential suffering, is based on your unaccepted or unacceptable *Self-Concept*

I can almost guarantee that for nearly everybody the underlying assumptions and beliefs created by the mind, up to the age of seven, have 'never' been questioned. Understanding this alone has helped many of my clients evolve in their approach to themselves and life forever. The Ego, core self-image and the psychological-reality can be dismantled, as can any psychological construct, simply because they are based on conceptual assumptions and ideas which are not actually real. When the mind can see this for itself, the truly intelligent mind can help you update and function differently.



The above information may also help you to relate better to your children and their (or your) perceived challenges. If you are a pregnant mother, are you excited, happy and relaxed in expectation of your child and the quality of life your child will enter? Or are you stressed and in fear? Do what you can to relax, find peace, and have an optimistic outlook. Raise your level of caring and compassion for yourself and others for the sake of your child, if you can, if not forgive yourself. If you're a man and your partner is pregnant, what can you do to help her become more relaxed, peaceful and optimistic for the benefit of your coming child?

If you already have children, how would they describe you as a parent? Indifferent? Selfish? Bullying? Controlling? Demanding? Intolerant? Wrapped up in your own little world? Only interested in what you want, or how you think they should be? Or would they say you are genuinely intelligent, understanding, friendly, supportive, attentive, loving, caring and compassionate? A parent who genuinely engages with, and truly listens to, their children? Answer these questions honestly, so you can see how you could perhaps adjust your approach to your offspring, and yourself. Doing so may improve the quality of perception of their life experiences and yours. If you genuinely can't, forgive yourself.

A child should always be treated and spoken to as if they are truly intelligent. Yes, I know that sounds difficult, if not impossible for some. However doing that will give them more opportunity of high self-esteem and intelligence, and engender a greater quality of life for them. It may help them to relate to you differently and to value you and themselves more. It may even help them choose to behave in more supportive ways of their own volition, and it will have a positive effect on many others in their life. This does not mean you should not teach them boundaries and the

consequences of their actions. However, do so from an intelligent, loving, caring and emotionally supportive place, as if they are your best friend and your equal, and you do not want to lose their friendship. Treat them as if they are the most sacred and valuable thing you have in your care and at the same time recognise you sometimes need to tell them what to do, kindly and caringly, with measured language and tonality, and without debating it or negotiating with them. It is in the delivery of the required guidance that shows how important they are to you, or not, and how much you value and respect them, or not.

So treat your child like a Prince or Princess up to the age of seven, as a King or Queen from seven to fourteen, and from fourteen onwards as an equal and a valuable friend. During this whole time you should also be guiding your child, through balanced and caring dialogue, to be able to make good, intelligent, consciously aware choices, which support not only them but also the people around them. This will help them to create the kind of experiences they want to have in any moment and which are genuinely good for them, so they can have true self-acceptance and self-esteem.



All of life can feel like a struggle for psychological survival if you have a poor core self-image and psychological-reality. Yet the mind fights so hard to keep the psychological-reality and the core self-image the same, because it is always afraid of uncertainty (which feels like impending psychological threat or even death). When the core self-image is no longer part of the calculations of the mind, then all thinking is simply *logistical* (logistical, not logical), and nothing can be personal. Although some level of logistical certainty is still required, the mind finds better ways to meet that need. Suffering ends when the mind drops the core self-image as its basis for all perception, and because of this the adopted , surface self-image and psychological-reality cannot continue to be seen as valid. Actually it is required that the active adopted self-image (Ego) be seen and dropped first of all, otherwise its defensiveness will stop you seeing what is required to be seen about the core self-image before the rest can dissolve away. Remember, all suffering is created by the psychological-reality and is over core self-image or the adopted self-image (Ego), one way or another. Living without these cannot possibly be something to be scared of, although the mind will tell you that the uncertainty this will create will be too scary to survive. This is absolutely not true. The mind always finds certainty, one way or another.

When the mind itself is no longer holding a core self-image or an active/adopted psychological self-image, this is essentially freedom from the mind, because there will be no identification with you as the thinking

or the mind. This brings freedom from ‘identification with’ the mind, and freedom from ‘identification’ with thinking, which is what we actually need. Freedom from the self-images ‘is’ freedom from the psychological-reality, because these are its core drivers, and the basis of all its current personal perception. So when the mind truly sees the psychological-reality for what it is, through observation and awareness, this will allow it to let go of the underlying core self-image. This will bring freedom from the mind or more specifically, freedom from all psychological identity, which is what has been fooling mankind into believing you are the mind, the thinking, the self-images and the body in the first place!

WHAT OUR CORE SELF-IMAGE DEFINES

Your underlying core psychological self-image affects every psychological experience in your life, because it is the basis of your psychological-reality. The active adopted self-image is created by the psychological-reality to help it do what it needs to do to get you psychologically safer, and to help you feel better, but the core self-image, which is the basis of all your ‘personal’ psychological perception, precedes the psychological-reality. It directly defines many things, such as your perceived level or lack of self-worth, self-esteem, self-belief, self-respect and true level or lack of self-acceptance, your underlying perceived potential and your perceived capabilities/ in-capabilities and perceived limitations. It also defines what you believe you do and don’t deserve and what you believe you can and can’t have and therefore your comfort and fear zones. The mind and psychological-reality will work hard to stay congruent with all of these, even when it is using the adopted self-image to pretend the core self-image is different, trying to convince itself it is better than the mind actually perceives it to be.

Everything the core self-image dictates, such as potential, level or lack of self-belief and self-respect, is also affected by your beliefs and the expectations, and therefore the assumptions and presumptions driven by those beliefs. You can influence beliefs through external actions and *doing*, by consciously recognising that the outcome of the doing contradicts your current beliefs, expectations, assumptions or presumptions in a particular area, if you are consciously aware enough and genuinely intelligent enough to observe this and translate it to the core self-image. Being able to have influence over your self-belief, self-confidence or self-respect, or any of the others processes that define your perceived potential, will also affect the perception of your reality as a result, even if only a little. These adjusted beliefs and expectations within the psychological-reality then affect the processes defining your perceived potential and so on, all of which adjust and affect the underlying calculation. ‘Doing’ what is required to raise

self-belief or self-esteem and genuinely seeing these are potential to you will help to affect 'perceived potential', self-belief and self-esteem, and help raise what you believe you do or don't deserve, along with all the other elements defined by the core self-image. This is possible because new beliefs and expectations 'override' the underlying early beliefs and assumptions, and often prove them to be obsolete. And whilst this causes old data about the core self-image to become invalid, it therefore has less effect on perception as a result. On the other hand, trying to force change with any form of internal 'psychological violence', such as self-criticism and self-punishment will not work in any good way.

WHAT YOU PERCEIVE/ASSUME/BELIEVE YOU DO & DON'T DESERVE

I assume you do good things to help others. If you do, this helps to start attracting a better life towards you. However, as that better life starts to manifest in small ways as a gift from Creation, you may well reject them because underneath, you probably don't believe you deserve this new kind of life? So you end up in a perpetual state of going round in circles, with your current kind of life you don't think you deserve, or don't want. Many people try to create the kind of life they want but then reject it as it tries to manifest, without even realising it, or without realising why they do this. This is of most importance to those who cannot understand why things and success always seem to elude them. To get anything in the physical world, you must first believe you deserve it. To stop being in places or situation you don't believe serve you, you must first 'genuinely' believe you deserve better so that these behaviours become simply unacceptable. You create, and indulge in, the world you 'actually' think you deserve.

We will only ever move towards, or accept from life, what we psychologically believe we deserve. You will simply, or complexly, reject, invalidate or destroy anything else. Can't sometimes means; "If I do it and succeed, I will have crossed a boundary in my perception of myself because deep down I don't believe I deserve this thing, so if I get it then it will cause uncertainty, so I can't do it for that reason and must reject it or spoil it." You will not 'expect' to get what you psychologically believe you don't deserve, and you will still 'expect' to get what you don't want but believe you deserve, through simple unawareness of this process. Expectation is the most powerful manifestor in our perceptual and physical world. What you perceive you do and don't deserve is based on your perceived level or lack of perceived worth and your true beliefs and expectations about yourself, and the world as you perceive it to relate to you, and vice versa. It is also affected by your perceived potential; your level or lack of self-belief and what you believe you can and can't have.

By 'what you believe you do and don't deserve,' I don't necessarily mean

good things. If you believe you deserve to be treated badly, then you will accept being treated badly, and you will attract or create that behaviour as well, especially if you have low self-esteem or low self-respect. If you truly believe you deserve to be treated well, the same applies. If you don't believe something is possible for you, it won't be possible for you because you'll only ever do what you truly believe you deserve to get or succeed at, and you will only expect to achieve what you think you deserve. If you genuinely believe you deserve to be successful in whatever you choose to do, then that will be true for you and vice versa. Success in any area requires you to believe you genuinely deserve it, yet paradoxically most people usually need to succeed first in that area to believe they deserve it. So, even if you can just imagine doing what is required to be done, to succeed in that area, it is a start towards actually believing you deserve to succeed at it, although you must then follow through and genuinely take the actions required to give yourself the references required to come to believe you deserve it, which is evidence. If you have ever 'done' something similar or something equally as difficult, then you will have the 'evidence' that this 'other thing' is possible for you. So action is required in these areas to help prove something is possible 'for you', therefore allowing it to become part of your comfort zone, and therefore part of your perceived potential.

Success requires intelligence; however, it has as much to do with true beliefs, true expectations, your true perception of self-worth and your genuine belief that you deserve it. You probably earn right now what you believe you deserve to earn, and very little more. This does not just relate to money, it relates to all areas of your life. You probably get treated by others the way you deep down, 'actually' believe you deserve to be treated. In all areas of your life you will see evidence that shows how you are willing to accept being treated, or how you are willing to treat yourself. No matter how bad that may be, it will be unlikely to get better, only worse, if you continue to accept it. Providence moves to those who expect it to, and who genuinely believe they deserve it. However, if providence moves towards somebody as a way of bringing them a learning experience or a windfall (like a lottery win), and deep down they don't truly believe they deserve it, they will quickly find a way to squander it (on distractions or ways to engender the illusion of self-importance), lose it or have it taken from them. They may even destroy it, simply because it will cause too much fear and uncertainty if they don't truly believe they deserve it. If you are not getting or doing something you believe you need to get or do, first look and see if you think you deserve it. If you find you don't truly believe you deserve something, *honestly* and *authentically* ask yourself why, in an intelligent, kind, supportive and uplifting way, to see if there is any

real truth behind what you find, or if there is any other disempowering belief about yourself which tries to imply you don't deserve it. For you to feel good, it is required that you genuinely believe you are worthy of anything you want to experience or get. If not, you will create suffering for yourself, just so your psychological-reality can at least try to get or regain the illusion of certainty, and have the feeling and illusion of some control. Control is really just your own perception that you are in control, which is of course an illusion.

YOUR PERCEIVED POTENTIAL

Your perceived potential is based on your 'true' *assumptions* about yourself, your 'true' *beliefs* about yourself and life, and how you believe they relate to you, and your 'true' *expectations* of yourself and life as you expect it to relate to you, and over you. It's not based on what you 'think' these are, but what they 'actually' are. At the same time, your assumptions, beliefs and expectations rely on your 'true' perceived level (or lack) of assumed worth and value. What also affects this is your self-belief and what you believe you do and don't deserve. You will only ever really try to do what you believe is possible for you, maybe a bit more, and what is possible for you is based on what you perceive as your potential to succeed or fail in any area. Your perceived potential dictates what you will and won't do or 'try' to do. It is also instrumental in choosing your friends, intimate partners and where you work, along with many other areas of your life.

There is no real underlying biological difference between how you perceive and how others perceive (other than men and women have some different underlying programming and drives). Perception of your available choices helps to define your potential; therefore, if something is possible for someone else, then it is probably possible for you too. However, you will only see that as true as long as you truly believe it to be possible for you, *and* you believe you deserve it. Many of your beliefs are based on what you believe is possible and not possible for you personally, including how you believe you should be treated. Your perception and perceived potential is influenced by everything you 'do' or fail to do, therefore it can be adjusted and updated every moment you are consciously making higher level, more supportive, intelligent choices to 'do' things that move you in a direction of more possibility and potential for 'you', or towards a better feeling or emotional experience. I guarantee that your true potential is so much more than you can possibly imagine right now, no matter who you are.

You need to be clearly aware that if something is perceived *by* you as a limit *for* you, then it will be a limit or obstacle for you, unless and until you

consciously influence your perception of your potential in that area to see that it doesn't need to be. Your underlying perception of your potential or lack of potential in any area, is what your psychological-reality will work towards supporting, just to keep certainty, no matter how hard you try and strive. Any perceived limits would be self-fulfilling prophecies for you. The strongest sub-conscious drive we have is the drive to remain consistent with our mind's actual perception of us, firstly our *Core Self-Concept* and then our active self-image version, not how you want to be, how you think you are, nor how you think you should be.

THE IDEAL SELF

The Acceptable, Preferred or Perfect Self Image is a psychological 'Image' of how we ideally want to perceive ourselves, how we think we should or need to be, and therefore how we want others to perceive us, and visa-versa. The idea is that this public self-image will then help us, using the adopted self-image (Ego), to be perceived, and perceive ourselves that way, and give us the illusion of actually being the way we 'think' we 'want' to, 'need' to or 'should' be. The desired, ideal, required or perfect self-image is used in conjunction with other parts of the perceptual processes of measurement and judgement, to try to change you, which would only be your perception of you, as the mind ultimately believes you need to change to become acceptable (whether you like me saying that or not). The ideal self-image is what the mind uses to try and 'become' different. It is the internal representation of the externally focused public-identity, and was the main drive behind the creation and functioning of the Ego, which caused it to become tangled up in trying to present and defend your best self-image.

This version of the self-image started its creation in earnest at about four years old, when the mind started to realise, both cognitively and conceptually, that you were perhaps not always (or ever) as people wanted you to be. There was a psychological comparison to others going on in *you*; one that often caused the mind to find 'you' (the Conceptual You) lacking in one way or another, perhaps not quite as good as others in some area, or maybe even completely inferior, or with the sense that you were perhaps even unwanted or unloved. I don't say this to blame, but most people grow up being told, or at the very least it can be implied (or you can perceive it to be), that how we are is not good enough, and we should be better or different, one way or another, to how we think we are. Maybe we assumed or perceived that our parents or carers seemed unhappy or dissatisfied with us somehow. We could have perceived they were somehow dissatisfied or disappointed and we didn't know that it was rarely over us, but usually about them or their perception of life in some

way. However, as the psychological-reality was developing, everything was becoming about 'us' ("its all about me" somehow). Whatever the cause of this feeling of being somehow inadequate (and yes, everyone with a psychological 'self' has this underlying or very obvious feeling of inadequacy) the mind and developing sub-conscious psychological-reality had to find a way out of the innate discomfort over that core self-image.

The moment you realise you are not as you or others think you should be, you become psychologically disappointed that you are 'you', perhaps from a self-image perspective, or to be more accurate, your mind, indulging the growing psychological-reality, decides there is something wrong with its core self-image (you as it assumes you are), and it therefore needs fixing. At the same time it becomes immediately disappointed with this, or rather the psychologically 'conceptual you'. Internal duality/plurality is induced by the imperfect Conceptual Mind becoming disappointed about its own core creation, the self-image that it has become fully associated to, and identifies with, and tries to fix 'itself' by the creation of yet more misconceived concepts (self-images, identities), so it can present a different 'you', or to protect the hidden you that has become unacceptable, from others or yourself seeing it. This creates the illusion that if I can only become like I think I should be, or at the very least pretend to be like I think I should be, or stop being like I am, I can eventually become acceptable to others, myself or perhaps possibly even both. This is why most of the reasons you feel innately unacceptable or inadequate have no real causal explanation when you truly look inside and ask, simply because they were frail misassumptions accepted as real, when an immature, inexperienced, intellectually unintelligent mind accepted, created and compiled the original beliefs and assumptions that formed the original basis for the core self-image.

Your *Desired*, or *Ideal Self Image*, holds a database or list of attributes, behaviours, habits and perceptions that you believe will cause you to be perceived as, as valuable, more valuable than or superior to others; or less valuable than, or inferior to others, or perhaps of no worth at all, if your mind decided to function and live through, and in the victim-identity. This database or list of how you think you should or shouldn't be is compiled intensely until about the age of fourteen, but the ideal-self-image is continually being updated and added to after that. This process never really stops; however, most of the reasons to feel discomfort over your core self-image are created up to the age of seven, and then more are created and adopted, and more perceptual injury and symptoms are created and adopted up to the age of fourteen (and of course later), especially more perceived injury, and all will usually remain totally unquestioned unless you do so by honestly, deliberately, consciously and

intelligently asking into them, and looking for the truth. From seven on we live in reaction to what is created and adopted psychologically before that, and we create a lot of symptoms from this that we then add to our database of 'memories' about why we need to change or be different, and what we perceive to be wrong with us. Yes good stuff is added also, but that is not what a self-protection based conceptual mind is mainly looking at, if at all. Know that the *Core Self-Concept* created before the age of seven is definitely not questioned, even sub-consciously, ever! Don't ignore or dismiss any of this. It is the basis of all psychological suffering over your self and self-image, whether you can see this, or have any inkling about it, or the structure or contents of that core self-image and the psychological-reality, or not!



How you believe you should be, act or think, is still mainly based on what you perceive as unacceptable, acceptable, superior or celebrated, and what you perceive as being judged as inadequate or inferior, how you believe others want you to act, or not, and what you believe will cause you to be perceived as inadequate, inferior, acceptable, superior or celebrated. The *Image of the Ideal Self* also holds a version of what you think you need to look like and what you think your body should be like. The mind uses the *Ideal Self Image* as a yardstick to find the 'perceived' lack, both in you and what you perceive as lack in others. The mind has also accumulated a list of all the things you think you have done wrong, can't do, won't do and didn't do, and it adds all these to your memory overview of your *Core Self-Concept*. These things are also highlighted in memory due to the intensity of attention given to them, the intensity of emotion generated at the time, and the insecurity felt over them. And these are used to support your perceptions or your perceived *Core Self-Concept*, and define your active self-image in the psychological present, and your projected illusion of the perceived future for you based on what these tell you. This feeling adds to almost always experiencing the underlying illusion of being inadequate, broken, damaged or unacceptable in some way.

We are already perfect. We're just blind to it because of what we 'think' we are and what we 'think' we are not, and what we 'think' we need to be or become

Whenever the mind sees yourself displaying any unacceptable characteristics (based on the *Ideal Self Image*) it will do its sub-conscious (and sometimes Conscious) best to punish or shame them out of you, so that you can become more like how you think you 'should' be. Self-

recrimination processes cause more discomfort for you, leading to lower self-esteem, self-dislike and perhaps even self-loathing. If you make 'who' you are, 'how' you are, or 'where' you are, wrong in any moment, you are in psychological trouble because you are, will remain, or will become more, unacceptable to 'you'. Then you *will* suffer through more self-criticism, self-punishment, *self*-ridicule and self-abuse, and all are forms of internal psychological violence.

What you are or are not is not the real problem. The measurement between the *Ideal Self Image* and the *Self-Concepts* is actually the continuing cause of the feeling of inadequacy, and therefore cannot be the solution to it. How can something feel good if there is always something 'better or more superior' different being compared to it? By trying to be or become different, what are you constantly telling your psychological-reality on a sub-conscious level, as well as the mind itself? That it (perceived as you) must *not* be good enough as it is, or is inadequate or broken somehow, otherwise you would not be driven to be or become different. You would simply evolve to function in a more supportive and constructive way no matter what you were indulged in externally. The suffering comes from the comparison, the disappointment and the resistance to how you perceive you are (or are not), and not from you not being as you think you should be, or being how you think you shouldn't be. If you think you can only be happy if you change and become how you think you should be, when does that stop? When do you actually get to be happy with yourself? If there is nothing for the mind to measure against to find you lacking, how can there be any suffering over yourself or any need to be or become anything other than what is? Do you think no growth or personal evolution would take place if you didn't do this? If you were not comparing, how could you feel wrong being how you are? You would already be perfect. I hear some of you say; "But how will I grow then?" Evolution is guaranteed, so how will you not grow? Do you really believe your growth is dependent on continual self-judgement, self-criticism, self-punishment, measurement and comparison?



Choose standards and behaviours based on intelligence by all means, as this will help you have a different quality of life and destiny. But having a concept of an ideal or acceptable self-image, and trying to live up to this, therefore by default making how you currently perceive yourself to be wrong, will cause you discomfort and suffering at the very least, even if this version of self-image is perceived to be a higher-level version of a self-image; i.e. a spiritual-self-image. By trying to live up to this or any other identity, version of self-image, you will need to present and protect these images, and try to convince others (and yourself) they are real, so you can

feel better about yourself. However, you will always have some level of fear of being found out and experience the suffering that goes with this, whether you are aware of it going on or not.

ADOPTED MANAGED (MOMENT BY MOMENT) SELF-IMAGE

There is also a in play. This is your moment-by-moment perception of how you perceive 'you' (your *Self-Concept*) are being perceived, and how you perceive your self or self-image to be, in any and every moment, compared to how you think you should be. Your moment by moment *feel* of yourself is based on whether you perceive you are adequate or inadequate in any moment, and also what your perceived level of personal value, or lack of, and your perceived adequacy or lack of, is or isn't in any moment. Hence, why you will be protective, or defensive in any moment, and working hard to feel adequate and not inadequate, right and not wrong and so on. In a sense, it is really your adjustable/active self-image (Ego) which is creating the moment by moment perception that causes suffering, because it is this active self-image which is creating your moment by moment description and feeling of yourself, and therefore whether you should feel good or bad about that *Self*. This is essentially experienced as what is currently known and described as your Ego. This Ego (A.S.C.) will convince an unaware mind that its approach or 'act' is the only thing keeping you safe, when in fact it is actually part of the very thing causing the psychologically unsafe perception in the first place.

The active self-image is still based on the underlying *Core Self-Concept* so it cannot move too far away from that *Core Self-Concept* for long, as discomfort of potentially being uncovered will be experienced, and you will be moving further from your perceptual comfort zone. If whatever this Ego tries to get you to do, think or believe, violates the expectations based on your *Core Self-Concept*, there will be reluctance and resistance in this area of perception or action, and an inability to carry out this external behaviour and expectations, no matter how much you have convinced yourself this should be different or think you should be able to do, have, or get something, or deserve to. If it does not fit with what your true *Self-Concept* dictates you do or don't deserve, it will not happen because the mind will make sure of it. As an example, people start becoming successful in their business, and slowly start to sabotage what they are doing. Often not realising this until it is too late, if at all.

Although the mind uses the Ego to try and fix 'itself' (the perception of you), it will never change the *Core Self-Concept*, which will always be the basis of your description of your psychological-reality (whilst a *Self-concept* is being held onto by the mind and psychological-reality) and it will be the dictator of your level or lack of perceived worth, or feeling of

adequacy or inadequacy and so on. Paradoxically, the psychological-reality is trying to use the active self-image to stop you experiencing discomfort over the *Core Self-Concept*, by creating and supporting a justifiably different description of you from the underlying *Self-Concept* the mind is trying to escape or fix. This then basically causes more psychological protectiveness and defensiveness. The active self-image operates on a moment by moment perceptual value basis. It can believe it has fooled someone into believing you are a certain way, and for a few seconds or minutes you can feel of value, worthwhile or adequate. Or someone can imply or say something about you, which you perceive to mean you are not of value, and then you feel of less value, unworthy or even worth-less in yourself. This is the Psychological Ego, a psychological process that is about trying to gain approval and avoid disapproval, both externally and internally. This is the moment-by-moment perception of an adequate or inadequate self-image, which drives almost all your perception and reactivity from a very young age. The protection and presentation of the active or manipulated self-image, or Ego, is one of the reasons why we feel the need to indulge in instant emotional feel-good gratification, because it helps us feel ok.

As long as you have an Ego, the mind is only trying to validate and prove that the kind of person (identity) you think you want to be, or are pretending to be, is what or who you really are. The psychological-reality is constantly looking for every opportunity it can find, using the strategies of the , to **convince** itself that it is (you are) of more value than it feels deep down, which because the *Core Self-Concept* is unchangeable, it cannot change or escape (it cannot be changed, only dropped by the mind itself as the basis for psychological perception). The best you can expect from the psychological-reality measuring in association with the Ego, is suspicion, because it is suspicious of everything outside its own self-important, self-obsessed, self-centric little world. To the psychological-reality, everyone is a possible threat and so the Ego is essentially the mind's psychological protection and self-perception adjustment mechanism. It creates a made-up concept of a more acceptable *Self* it thinks will project and promote itself more effectively, and enable it to survive in its psychological world, and the world of the psychological-reality.

Whilst the Ego appears to be the thing which over blows people's personas and attitudes, it is actually a process designed to try and fix and protect the perception of a *Self* internally. Ego can have a place and serve a purpose when needed, however, if you are indulging it all the time as a 'measuring and trying to feel better' tool, especially in comparison to others, then it will measure *you* all the time, and will undoubtedly find fault with you. This then helps you feel bad or inadequate, which is

ultimately what your thinking is trying to avoid. The psychological-reality continually measures and finds fault with you and others, because the Ego is based on a measurement and comparison system and structure. It will continually measure you and others and will measure you as thoroughly as anyone else, if not more thoroughly. As long as you use your *Ideal Self Image* as your yardstick (how you believe you should be), you will always feel yourself to be lacking in one way or another, guaranteed. Our *Psychological Image* also includes how we think we should, or want to look, and how we shouldn't or don't want to look, so how much unrequired discomfort is that going to cause?



Again, just for clarity and so you can clearly separate the two, there is a **Physical Person** (a body, which includes the physical mind), and a **Psychological Person/Self**. The *Physical Person* is physically real in this physical world. However, the *Psychological Person/Self* is a *Psychological Concept*, which means it is basically an idea, an assumed description, or an hypothesis of what and who you think you are. This is something *made-up* and constructed by the mind, as all concepts are, and is used to be able to evaluate with and against, through a need for psychological certainty and safety. Firstly the mind develops a basic *Core* concept, and then another as a dynamic, or active and adjustable moment by moment concept, which then becomes the thing the mind needs to protect and keep safe, because that is the one that appears to be the most hurttable now. It is very important to separate the psychological-reality from the physical world and see how the mind has been fooled into believing it's psychological-reality is actuality.

You are not what happens. However, you appear to be the Psychological Conceptual Self that it seems to be happening to

The physical body is simply the experiential vehicle your soul and spirit is 'in' for this journey. The conceptual made-up psychological-reality, using the made-up core self-image and the adjustable, manipulated, surface self-image as its basis for reality, causes ALL your conflict, turmoil and suffering. All because the mind and the psychological-reality nearly always perceives the underlying core self-image (your 'actual' underlying perception of yourself) as unacceptable. The mind, using the psychological-reality, basically uses the 'conceptual person', or self-concept and core self-image, as a reason to take perceived psychological ownership of the physical person's mind and body, and completely identifies with it, and over it. This is a contradiction in terms and also an illusion, simply

because the *psychological person* is an illusion and cannot therefore be, own, or control the physical body. Nor can the body or brain 'be' part of the conceptual psychological person. The body and brain are basically a transmitter and receiver for the spirit; which is essentially where the mind resides, and that is why this body and brain is not yours or you, but is merely a vehicle. It allows the mind to experience the external world and transmits perception into the physical body, and it enables the physical body and brain to transmit stimuli to the mind. This mis-assumption about the perceived association between the psychological and the physical helps create the illusion that the *Psychological Self* being used to evaluate personal perception over, must be real, simply because it appears to be associated to the actual physical body, and this appears to validate it even more.

OUR TRUE EXPECTATIONS

WE GET WHAT WE TRULY 'EXPECT' TO GET - I have already talked about basic expectations helping to create and support the *Core Self-Concept*. However, they are so important to be aware of that I am going to go into more detail about them. Your mind and the psychological-reality automatically look for the evidence of what you anticipate, and you are therefore primed to see or experience that which you expect and anticipate, and sometimes we even act as if something has already happened before it has, even if it won't. More often than not, you see, get or experience what you anticipate. Your 'true' expectations create anticipation (not the expectations you may think you have, but your true underlying expectations) and that anticipation creates assumptions and presumptions. This triggers the mindset and behaviours (the personality traits) that come forward, and that filter and guide your perceptual reality experience, which looks for signs of what you anticipate occurring, so you then get to experience it as if it is actually happening, even if it isn't. You often see what you expect to see, even if it changes. This is typically called Change Blindness, but I call it Expectational Hallucination.



What do you experience the most; self-love, self-respect, self-criticism, self-ridicule, self-loathing, disappointment, criticism, disapproval, attack, challenge or other negative circumstances? Or do you mainly experience things going your way, and being valued by those around you? Your answer is whatever you will most consistently *expect* to experience. If you truly expect something, you will already be looking for evidence of it, or reasons to experience it, so what you are truly looking for is often all you are actually predisposed to see in an area of perception. Can you recognise you are much more likely to see that which you are looking for or expecting to see, hear or experience than anything else? And that

you only tend to focus on, or give your attention to, is what you expect to experience? Your true expectations helped to direct the creation of your beliefs, and your beliefs are also in harmony with your true expectations. Beliefs are, of course, assumptions we trust as true, because we have found evidence to support them, or someone else or others we trust hold them too, and there is almost always a decision preceding a belief. Your life moves towards your true expectations, which can be affected by your intentions. You also attract experiences that are 'like' your expectations. Expectation is the same as an energetic invitation for things to come into your life. A prayer is a psychic invitation that is heard by Creation, and will usually be fulfilled one way or another, if it will truly help you evolve. Our true expectations are actually our non-conscious prayers and these are the ones we actually have the most commitment to, and therefore the ones that usually get answered. To pray for something new, and to receive it, your expectations and beliefs about what you do and don't think you deserve, must be in line with receiving what you pray for.

In my view, we are clearly co-creators of our world and scientific evidence through quantum physics is finally proving this to be true as well. Experiments done by several different scientists on Quarks, the smallest known particles of matter that can currently be studied (at this time) apparently produced different results for each scientist. What they specifically discovered is that the particles always appeared to respond in the way the observer somewhat expected. This proves at a quantum level that we have a direct effect on our reality through our *True* expectations. Use this knowledge to your advantage and see the evidence of your true expectations in what you already get and experience, internally and externally. I see clearly that expectation and intent are attracting and creating the situations and changes that occur in our lives; this is also the basis of the movie 'The Secret'.

Believe it or not, we actively create most of the circumstances of our adult life by the perception we have or indulge in. Your true *expectations* (what you *truly expect* to arrive or happen, not what you think you do or want to expect) help to manifest part of your future. The more intense your expectations and the more certain you are of them happening, the more energy that goes into their manifestation by you, and by Universal Influence, Creation. If you really don't expect to get something, you won't get it, or at least you won't usually spot the experience or evidence of it if it is offered to you because your attention will be looking for evidence that supports your original expectations, so you probably won't notice it. The mind is always looking to support its current beliefs and assumptions, which means by default it is always looking for, and supporting, its current expectations.

The body usually acts out or experiences what the mind truly expects. There was a study carried out in a major university in America to see how much of an effect expectations can have on a person's experiences. They took a reasonably large group of students and separated them into two groups. They gave one group a tablet containing amphetamines (like speed or cocaine), which speed the body up significantly, and the other group received tranquillisers, which slow the body down significantly. They told the group receiving the amphetamines they were receiving tranquillisers, and the group receiving the tranquillisers that they were getting amphetamines. The reported results were surprising. A significant percentage of each group experienced the physical changes they *'expected'* to experience, based on what they had been told they would experience. Some who had been given amphetamines experienced a slowing down of the body and drowsiness, while some who had been given tranquillisers experienced a speeding up of the body and became more active, even hyperactive. Both responses were totally in opposition to how they *should* have felt based on the physiological changes that *'should'* have taken place in them. This means the mind not only had to create the physical response expected but it also had to override the physiological responses triggered by the actual drugs. The symptoms the students focused on getting, based on their beliefs and expectations about the substance they were told they had been given, and their ensuing expectations, became reality to them, in many cases totally in opposition to what *should* have physically happened. This is a fantastic example of people getting exactly what they *'expect'* to get and not what is actually presented to them, and why some people create or intensify illness, whilst others can cure themselves.



Bad luck is still luck (attraction) and is also manifested through expectation. A great golfer once said; "It's a funny thing, the more I practise, the luckier I get." Practice raises expectation of success. Your intent is very important when you are directing yourself to receive a certain outcome. Intent is not only important in accruing so-called Karma, it is also very important in your approach to life. Luck (good or bad) appears when intent, expectation and opportunity (guided by Universal Creation) coincide or combine. This is all called coincidence, co-in-cide-nce. Another way of putting it is that luck is the residue of intent, expectation and planning, and is guided by the direction of attention and indulgence of perception, and by Creation supplying circumstances. What you perceive as bad luck is just an experience presented to you by Creation to offer you a learning opportunity with the intent to help you become consciously aware of the kind of expectations or intent you already have, hold, or are indulging at present, and which you need to observe in order to grow beyond it.

Your low expectations cause virtually all of your perceived limitations

If you expect to feel bad, or expect to fail, you will attract other people who expect to feel bad or expect to fail. You also become like the people you hang out with! Most people's lives are a direct reflection of the expectations of their peer group, as being associated with that group is the safest way to apparently stay more secure psychologically. Unfortunately, your peers will also try to bring you to their level, usually their level of unawareness, which means that if your peers are perceiving at a lower psychological level, they will attract and influence you down to their level, as this is safest for them, and will become upset with you if you start to evolve beyond them, exposing them to their insecurity and fear. If you are also unaware of these processes, this will appear to be the safest place for you too. For this reason, it is best if you find peers with higher expectations and standards than you already have. Pick your peer group, and whom you model from (copy, emulate) *very* carefully. Take a look at the five people you associate the most closely with the most often, and feel the most *equal* or *similar* to, and you should see the correlation with what I just said (if you're ready and willing to be genuinely honest).



What you want to believe you deserve, and what you actually believe you deserve (and therefore truly expect), may be two very different actualities. Your psychological-reality may convince you that you expect something one way, when you '*actually*' expect it to happen another way. The discrepancy between the two may even help to support your underlying true expectation that perhaps you don't deserve better. Pay attention, in a kindly curious and forgiving way, to the evidence displayed by your actual outcome, as these are showing you what you need to become consciously aware of within your psychological-reality, about your true expectations. Success and failure are predictable, based on the true expectations of the person involved, along with their attitudes, approaches and what they focus on and give their attention to. If you believe that you can, and honestly expect to succeed at anything you put your mind to, you are right. If you believe you will fail and actually expect to, you are also right. Your psychological-reality (and Creation) will engineer either to fruition, depending on your true expectations, and your mind will not allow itself to appear a liar, so it will make it so, just to have some certainty.

Remember this; people live up to or down to their expectations of themselves and their perception of life. If you expect to fail, your psychological-reality will create challenges that stop you succeeding, just

to keep underlying certainty about you and your perceived potential. This may manifest as being late for important meetings when you *honestly* don't really need to be, or not doing the things required to be or to become financially affluent, or emotionally successful. Then you will find appropriate (plausibly justifiable) excuses, just to explain this behaviour away and avoid external or internal criticism, or self-criticism, even though that will happen anyway, often through blaming some 'thing' or 'someone' else. The psychological-reality is basically consistently creating self-fulfilling prophecies based on your true expectations, and guided by your perceived potential, which in turn is guided by your perception of your level or lack of (true, not desired or pretend) self-worth and self-esteem. Be aware that your expectations will always bear fruit, both in your internal world and in your external world. A psychological self-fulfilling prophecy (internal story) is created by your psychological-reality to keep you in line with what you truly expect to get, yet this is often hidden behind the Ego's version of what it wants to think you expect. It aims to keep you consistent with your perception of your core self-image so it can have certainty. A self-fulfilling prophecy is just the psychological-reality saying; "This is what I expect to happen so I will make sure it does, just so I can feel certain and therefore safer." Then when it comes about, the active self-image can say; "See! I told you I was right", so you believe in it more. As an example; failing to plan creates an expectation of failure, as well as the expectation of failure causes the failure to plan. For as long as you believe that the psychological-reality you are fully entangled in is real, you will indulge and protect that psychological-reality and active self-image in any way you, or the mind, can.



'Trying' essentially means you already have the expectation of failing, giving up, or running away at some point during the process. Trying also brings with it the presumption and expectation of failure, so the mind will be looking more for how you could fail or get it wrong, than on how to succeed and what is required to succeed. This means you are predisposed not to succeed or get whatever it is you want. To me, to *Try* means I will continue to make choices to achieve what I want to achieve, or to move in a certain direction, until I reach the point where I become uncomfortable, or expect to fail or become uncomfortable or scared if I continue. Then I will make other choices; or excuses, to avoid failure (which by then has then already happened perceptually). The words '*try*' and '*trying*' also bring with them the implication of potential failure. Listen *Very Carefully* to the perceptual *implications* of your words. What do they imply or presuppose? Listen to the meaning or reality they create or imply. The mind is predisposed to look for things associated to the presupposed or

implied potential failure, and therefore give them attention. People only ‘*try*’ when there is potential for perceived failure. All this predisposes you to failure, simply because the mind is looking for how you may fail rather than how you could succeed. Try also means to be willing to put in effort without the willingness to succeed. People who consistently succeed are looking at how to consistently succeed, usually intelligently! Succeeding at anything requires a genuine commitment and expectation to complete what is required to succeed.

If you don’t currently have evidence that you can succeed at something, you can effect expectations, and therefore how much you actually try, if you consciously use imagination to help you succeed by imagining yourself succeeding. If you do it with enough emotional intensity and repetition, then, as long as your perception of self-worth is not too low, your mind may accept it as possible and even probable for you. If you do it often and intensely enough, the expectation of success in this area of your life can become more real and may then become part of your comfort zone, and part of what you believe you can have or do. Done enough, it can become part of what you believe you deserve, however any undeserving beliefs must be challenged and cleared away or made obsolete before this thing will become easy for you. Your Thinking Mind only has to accept something as possible ‘*for you*’ in order for it to genuinely become a perceived possibility for you. Use the fact that your psychological-reality does not know the difference between what you vividly imagine, and what actually happens, to condition it in your favour with regard to what is possible for you. If you have ever done something once, you can believe it is possible for you, even if the experience only took place in your vivid imagination. I bet, in fact I almost guarantee, you are already doing this with negative stuff, so now instead, use this process in your favour.

Creation also often supplies people with what they truly desire, if it fits with what they **truly** expect, and it will help them evolve. People often live up to your expectations of them, in *your perception* at the very least. So only indulge in the expectations of them that you want them to fulfil (obviously from a higher-level intelligent perspective), and there is a good possibility this is how you will experience them.



Expectation and so-called Karma are like supply and demand. If someone is expecting to get hit, and Creation decides this may help them or help them clear some of their negative deeds, then someone expecting to or looking to hit someone, will arrive. Expectation helps Karma give you what you need from both sides of the balance sheet; i.e. so-called good and bad Karma. Karma needs perpetrators but perpetrators still get negative internal Karma for their negative actions, which will eventually

accumulate to create a shift in their perception.

If you experience the circumstances of your life as being bad, it is not because this is what you deserve; it is because this is what you 'actually' *expect* to experience one way or another, sub-consciously, Semi-consciously or often even consciously. It is also because you are describing your life to yourself in a way that makes it feel bad! You may not believe you expect some of the things that happen to you, part of you probably wants to think you expect better, but listen more intently and consciously and look a little deeper, and at the evidence provided. Look at the evidence regularly presented to you in your experiences, and you will find your experiences are more often than not in line with your true expectations of your core self-image, others and life itself, as you perceive it relates to you. You attract experiences that are *like* your expectations, so you get what you expect to get, see what you expect to see and hear what you expect to hear.

When you imagine a bad outcome in the future, you feel bad *now*, and it hasn't even happened! So if you must imagine, surely you can instead imagine a good outcome for the future, so you get to feel good *now*? Do this honestly, authentically, and intelligently, whenever you can? Which would you prefer to experience, feeling bad or feeling good? Be honest (if you like feeling bad, be honest and forgive yourself, it's a start to growing beyond it). When you can manage the mind in this way, then you have the potential to become free of any need to manage the mind at all, because it will be functioning in a much higher and supportive way on its own. Then you will be free to simply have the experience of this wonderful and bountiful life you already live in.



Now let's look into how the psychological-reality and the active self-image became so powerfully complex and confused. There is a natural duality between consciousness and physicality, and there is a natural duality between physical energies such as Ying and Yang. There is the duality between experience and thinking and there are many other dualities which hold the natural world together and allow it to function. In fact, the physical world is all based on duality and opposite forces or it would not be able to exist physically. There is also a duality between *all*

thinking concepts. The mind is always comparing, so once one concept arises, it automatically brings with it the opposite concept, making both psychologically real, and therefore indulged in, even if you don't want to, and even though they are completely conceptually made-up (as is the underlying psychology that creates them). Within us there is the experience of having more than one person, thinker or talker inhabiting the mind, whether you are ready to consciously recognise this or not. Our multiple identities (different versions of psychological self-images) are one of the things that cause the experience of *psychological duality* or plurality. However, this *psychological* duality in the mind is unnatural; it is part of the constructed psychological-reality and these multiple -identities are, in fact, conceptually created image structures within the conceptual mind.

For the purposes of this book, I will briefly document the three main identities the psychological-reality uses to function through and measure against, along with a fourth it uses to try and get psychologically safest (as it would describe it), if none of the others appear to offer it psychological safety. The *Self-Concept* (which I have already described) is the basis for the Congruent identity (that which you believe you are 'actually' like at your Core), the *Ideal or Desired Self-Concept* (how you need to be or become to be or become acceptable) and the *Public Conceptual Self Image* (the publicly display or hoped for image that the Ego (A.S.C) uses to act out and project adequacy, capability and value). This public-identity Image is what the mind and psychological-reality work hardest to protect and present so it is hopefully accepted both externally and internally. Finally there is the extra identity, the ultimate attempt at psychological safety mechanism, the *victim-identity*.

All of these cause internal conflict as the mind indulges, measures and compares between them all. Each identity is also an image to both present and protect. This interaction between identities within the psychological-reality can feel like different people living inside you. These different versions of *Psychological Selves* also have multiple personality 'states' supporting each identity, as I will show you, creating further conflict, duality and plurality, even within an identity. You will experience each of these identities with varying degrees of frequency and intensity, depending on the degree of attention and indulgence the mind and psychological-reality gives to each of these identities, and depending on how many personalities are created from each identity to function through.

Be very aware we can quickly shift backwards and forwards between these identities (using and being directed by, their unique personalities), depending on the external and internal stimuli and what situations or

circumstances we perceive we are in. The more intense the stimulus, the more intense the identity or personality shift can be. An identity can engender a personality to function through, or a personality that is triggered by a reaction can take us into a specific identity.



To give you more understanding of this, the mind has to create a '*Self Concept*' so it knows what '*it*' is in relation to others, as I have already explained. The psychological-reality that adopts and supports the *Self Concept* is hollow and empty, and so the mind already innately experiences itself as inadequate or insufficient at some level, perhaps even damaged or broken. At some basic consciously unrecognised level, the mind senses the psychological-reality is not real, but it is too plausibly believable to ignore or dismiss. Early on, the mind senses there is something inadequate about the *Self-Concept* it created at a very early age, and which it now holds and uses as the very basis for all its 'personal' *Psychological* perception. What this really means is that no matter how hard you or others tried, the sub-conscious *Psychological Mind* decided early on that its inadequate underlying *Self-Concept* had caused it to be or become a disappointment to itself, in one way or another. As the mind evolved and started thinking and deducing more, this *Self-Concept* appeared to be the cause of its emotional suffering. And as the psychological-reality developed, the mind, because of its belief in and dependence on its psychological-reality, experienced emotional suffering over this *Self-Concept* and its perceived failings, shortfalls and perceived weaknesses. At no point did it realise it had made all this up itself, psychologically, justifiably and convincingly so, but nevertheless, still made-up.

The mind deduced that something needed to change so it could avoid suffering over its own *Self-Concept* in this way. It assumed that it needed to fix this *Self-Concept* to get better, so at a young age, perhaps from around six years old onwards, the mind assumed it needed to change that *Self-Concept* so it could become more adequate or acceptable. So to resolve this and protect itself (the psychological version of 'you'), it compiles and creates the '*Ideal Self Concept*' (which defines what you believe and assume you need to be and act like to become acceptable, and to escape the suffering over your perceptually unacceptable *Self-Concept*). At a very young age your mind starts to accumulate a list of everything that would help it to '*become*' acceptable, if you could just be, become or act, or not be or act, that way. This is also when the mind itself, using the psychological-reality, becomes the '*Becomer*' (always working to '*become*' or '*be*' something different).

Unfortunately this cannot actually work. This ideal image (or *Ideal Self-Concept*) then just becomes the '*measurement*', or *yardstick* for

the adequacy or inadequacy measurement of the '*Self-Concept*' in any moment (whether that be the *Core Self-Concept* or the psychological-reality '*Active self-image*'). It actually 'causes' us to suffer more, often immensely, because it causes us to feel even more inadequate in comparison to how we think we should or should not be. But it is all that the mind and the psychological-reality 'thinks' it can do to feel better at a young inexperienced age. As I said earlier, the conceptual mind is all built on and with often very complex misassumptions. You may have the underlying feeling that something isn't right about something but when you get something to measure it against, that can often amplify the negative feeling about it, and cause it to feel even worse by comparison to it. And the more complex the *Ideal Self Image* against which the *Self-Concept* is being measured becomes, the worse the *Core Self-Concept* that is being measured appears. So by creating the *Ideal Self Image* through the use of irrational logic as a way to fix the *Core Self-Concept*, the mind actually creates something which causes it to feel even worse about the very *Self-Concept* it is trying to fix. At some point the mind eventually realises it isn't changing the underlying *Self-Concept* with this strategy, or it decides it cannot change the underlying *Self-Concept*. And because it is a pain avoidance mechanism at its core psychological programming, it continues looking for ways to escape the very suffering it created and goes on creating, without realising it.

When the above process doesn't work, the sub-conscious mind, using the psychological-reality then creates a further series of conceptual programs, which become version of self, self-images, or identities, to support and aid in this illusory process of change and perceived safety. These are developed as a way to help the mind avoid, or get out of psychological suffering, again because of underlying logical but irrational mis-assumptions and adopted conditioning. The mind also learns to try and change through taught, learnt, adopted and the again, logically but irrationally constructed processes of self-judgement, self-criticism, self-punishment, *self-ridicule* and self-abuse, which unfortunately just causes self-disappointment, *self-dislike*, self-hate and even self-loathing, if intense enough. As we psychologically grow further, we see that some people, or behaviours, get approval and some do not. This is something we are aware of from a very early age, so in an attempt to '*become*' acceptable, or at least '*act*' and convince itself it is acceptable, the mind uses the '*Ideal Self Concept Image*' as guidance, and begins creating the '*Public Identity*.' This is commonly known as our external image and is often seen or described as our Ego, which of course is part of the moment-by-moment adjustable or active self-image (adjustable and dynamic because it is being made-up moment-by-moment, over and over again, in

a dynamically active process, for attempted psychological safety). This is a structure to create a projected act of competence and adequacy into the external world, in order to try and influence the perceptions of others, and hopefully the mind itself (so it can feel better about its *Self*), into believing that some of this *Ideal Self* is how you actually are.

If you can't become how you think you need to be or not be, then at the very least it is sub-consciously, and often consciously, very important to the mind to try and convince yourself, and others, that you are at least adequate and not inadequate. This type of 'acting' is essentially all that is left for the mind to use to feel adequate and not inadequate within the psychological-reality, and to appear adequate to those in the external world whom it is trying to hide its consistent sense of inadequacy from. It gives the perception of bridging the gap between how you think you are, and how you think you *should* be, or *want* to be, or be perceived, and it protects you from, or avoid the perceived judgement that will inevitably cause self-criticism over perhaps being, or being perceived as, inadequate.

Unfortunately, for far too many of us, our early years lead to a perception of ourselves as not being worth very much, if anything at all, or as innately inadequate or damaged and needing to change or be different somehow. If most of the things we do to try and gain approval or love, or avoid criticism or rejection, do not work, then we are far more likely to be drawn towards trying to be or become, or at least be perceived, more like our desired or *Ideal Self Image*. But if the gap between how we 'think' we are and what we 'think' we need to be like is too different, the mind may sub-consciously think; "What's the point of trying?" and give up. Consequently, we not only feel helpless and of little worth, but we can also become psychologically helpless as well. If the mind and the psychological-reality decides it cannot become the *Ideal Self*, and does not believe it can pretend to be that *Ideal Self* well enough, it then creates or amplifies the victim-identity, and finds perceived psychological safety based comfort, in indulging the suffering it assumes it needs to endure. It often perceptually amplifies this suffering (using conceptual thinking and imagination) beyond what it perceives others could cause it to experience, just to feel safer, even though it is creating all the psychological suffering itself in the first place without knowing it.



These are the four 'main' versions of '*Self*', or internal identities, that the mind and psychological-reality are constantly having conflict with and over or are working to present or protect. The order of their psychological structuring or construction is; If, by seven years of age, you have a great *Core Self-Concept* and 'truly' believe you are acceptable and valuable as you are, then you will function as a congruent-identity, because the mind

will believe you deserve, and expect, good experiences and will not create or feed the other identities, and you will simply not cause or indulge in any perceived psychological hurt or suffering in, about or over 'you'. This, however, is very, very rare. If, instead, your sub-conscious underlying belief is that you are okay and not completely damaged, inadequate, unworthy or worthless, and just need your *Core Self-Concept* to change for you to become acceptable, then the mind will create and try to use the *Ideal Self Image* as a guide to change 'you'. When it eventually perceives this is also not working to effectively 'change' you, it will then move to creating and functioning more through a public-identity and one or more of its ever complexifying constructs. However, if you feel or believe you are irreparably unacceptable and cannot change or evolve, the mind and psychological-reality will create, and you will start functioning mainly through, a victim-identity.

So basically, by the age of seven, either you are 'Acceptable', you want to 'Become Acceptable', you try and 'Pretend to be, and try to *Convince Yourself* you are acceptable, or you try to get '*psychologically safe*', by creating and indulging in the victim-identity; "*Poor Me!*" The bigger the gap between how you think you should be and how you perceive your core self-image to be, the bigger and more intense your inner conflict, self-disappointment (or worse), and the stronger your suffering will be.



This plurality of conceptual selves, or 'image based identities', also leads to a kind of low-level self-awareness, which almost everyone in the Western world has at this time, which is just about experiencing the different versions of *Psychological Selves* within, but most people still do not have true conscious self-awareness of the psychological-reality and the underlying *Psychological Self-Concepts*, and what the mind is up to in each moment. To have true freedom '*within*' the mind, you need to be constantly, deliberately and intelligently, consciously aware of the agenda, patterns and processes of the mind in any, and eventually every, moment. To have freedom 'from' the mind there can be no psychological identities present. Enlightenment is the loss of *all psychological identity*, not the polishing up of old identities, or the creation of better or more spiritual psychological identities.

Whatever you are trying to do, you will almost always get lost behind the images you indulge in to try to try get safer, or to give yourself the illusion of psychological safety. Be *very* aware that your psychological identities cause you to play, and often get stuck in, painful roles. So what you are perceptually, the Core psychological you, eventually ends up huddling down so far behind apparently safe (or safety giving) psychological concepts and made-up presentation images and identities,

that you actually get lost to the world and the true experience of it (usually starting when you are still young). I think you would agree that it's almost impossible to see someone who is buried under multiple strong defence or presentation (image) performances, whether they are designed for protection, defence, misery or approval.

THE PUBLIC IDENTITY

The Public-Identity is a process within the active self-image, and is the projected identity created for the adjustment, support and presentation of the *Desired Self image* within the psychological-reality. This publicly presented part of perception is what is perceived by most as the Ego. It's the external convincer strategy of the mind using the internally held *Ideal Self Image* as its guide; displaying the *Ideal Self Image* to the external world in the hope you will be perceived in the way the psychological-reality wants you to be perceived by others to feel the safest in any moment. It helps us pretend we are more like how we think we should be (the *Ideal Self*) and it helps to try to convince the psychological-reality that what it is projecting is true, but it is all an internal, perceptual illusion. The Thinking mind and the psychological-reality are always looking to see the image of ourselves we want to see, because that generates less internal self-disappointment and self-punishment. Public identities are partly created to help the mind inflict less criticism or violence on its *Self*, which paradoxically happens because there is this *Psychological* structure (which I call the psychological-reality) created to try to help and protect a mind programmed and driven to avoid discomfort and suffering, but which ultimately causes it.

The external element of the public-identity is designed to try and convince or influence others into believing we are as we 'want' to be, think we 'should' be, or whatever we want to convince them we are, or are not. This is then used as evidence to sub-consciously convince the mind that we 'are' as we 'want' to be, 'should' be or 'need' to be, or not as we don't want to be or don't want to be perceived as. This also validates the *Ideal Self Image* and the active self-image within the psychological-reality, and gives the mind the illusion of possible safety. This internal perception is then projected onto the outside world and vice versa, in the hope and desire that others (and our own mind) will perceive you as acceptable, adequate, superior, spiritual, or even just likeable or lovable. This then minimises internal self-disappointment and therefore self-criticism and self-punishment.

If the mind cannot create change in you, it will at least try to look to the external world, like you are different to how you perceive yourself to be internally (your core self-image), and will try to promote your belief

in that. The public-identity, which is part of the superficial active self-image (Ego) is basically about self-presentation, self-promotion and the promotion of an at the very least adequate self-image which you want to be accepted externally. It has to be accepted externally so it can be believed and accepted internally, which will help you feel better about yourself. This is why the mind created the active self-image in the first place. Feeling inadequate is painful, so the mind and the psychological-reality works hard to perceive itself to be adequate, no matter how much it needs to plausibly and believably lie to itself in order to achieve that. This is why people, more often than not, convince themselves they are more advanced or better at something than they actually are, simply because this engenders less *self*-disappointment and self-criticism. It is used as a form of pain avoidance or protection and is one reason why people can be extremely defensive.

A great deal of effort goes into trying to influence the perception of others, and how you perceive them to think, and what you want others, and yourself, to think you are, or are not. This of course then becomes something that has to be protected and defended, causing a constant underlying insecurity, fear and worry. The mind turns to protection in the form of presentation, the Ego's public-identity and its associated *personalities*, to at least feel successful, even if it is only in your own mind. This also helps to minimise the self-criticism and self-punishment the mind itself inflicts on its own perceived inadequate *Self*, to continue trying to get it 'you' to change.

The mind, using the psychological-reality, also tries really hard to buy into its own illusion of an *Ideal Self* through the use of the public-identity, so it also works hard to convince you that you are as you think you want to be, even though it never truly works. It builds the illusion that you are different to how you actually think you are (but don't want to be, or think you shouldn't be) and looks for ways to confirm this, even if it needs to lie to itself and act like you are more advanced in a particular area than you really are. This is one reason why so many people are desperate to believe they are as they want to be, especially spiritually, and are often blind to how they actually act, or perceive themselves to be, even when it appears obvious to outsiders. This becomes the delusion of the *Self Image*; working hard to believe it is more like it thinks it should be than it is, as opposed to dealing with the disappointment of inadequacy that comes with how it innately thinks it is, which is a psychological illusion anyway. This is no intelligent solution, it just supports the real problem, which is unawareness of what is and resistance to being any other way.



The mind also creates these Public-identities because we need to be

able to function well within a group to be able to take into account the needs and wants of others, just as we inherently desire our own needs and wants to be taken into account. Public-identity is based on a Primal program (the Primal Ego) designed to help us perceive and evaluate ourselves and others during interactions, to make sure we are not inviting physical threat, or missing an opportunity to exploit physical weakness in an adversary. This helps to keep us safer and to create the basis of our perceived value as a separate physical entity in our environment, and we still have pretty much the same operating system we had when we were cave dwellers. We are still driven by the same base level urges (Primal Mind directives) and influences that kept us alive then, and we still have the same base underlying programming. The psychological-reality therefore uses the Primal Ego's hierarchical structure as a basis for achieving the self-validation, self-importance and 'perceived' psychological safety, required by the psychological Ego (the *active self-image*).



If you are treated at least okay when you are young, and if the way you perceive yourself does not have too damaging an effect on your self-esteem (but you still do not have true self-esteem, self-belief and self-confidence) and if you do not go into self-inflicted victim-hood, then you will tend to seek approval from those around you by becoming more like how you think they want you to be. You would have found that certain behaviours, attitudes and approaches gained approval from others, and others did not. These are known as Conditions of Worth. Your perception of these Conditions of Worth dictates how you need to behave to be 'of value' and what you need to believe in order to feel, or be treated, as if you are 'worth' something to those whom you perceive matter to your survival, or to be worthy of their approval.

As soon as the mind realises that acting in a certain way brings better results or a better kind of attention, the mind strengthens and indulges more in the creation and support of the public-identity and *Desired Self image* in that area, and your attachment to it and desire for it gets stronger. We find out the beliefs and rules of our significant caregivers or people we value so we can act as if we are the way they want us to be. We want to feel of some worth to them, especially if we do not perceive ourselves to be naturally good enough to please them and gain approval. When others have expectations of us that we feel we can't meet, usually because of our lack of self-esteem and self-belief, we often end up outwardly pretending to be the person we believe they want us to be. This becomes the 'performance' that public-identity is all about. As we grow older, we keep updating the internal elements of our public-identity and *Desired Self Image* to include what we perceive society and other significant people in our lives perceive

to be acceptable.

Trying to work out what other people want us to be like, so we can be more accepted or acceptable, is usually confusing and painful, and it is not the path to self-esteem. The more someone indulges in *Image*, the more critical they will be of both themselves and others, and the more *Image* they will indulge in. People believe that if they can ‘become’ that version of *Self*, ‘then’ they can accept themselves, but sadly, not before. Unfortunately, many parents give and withdraw love (if it can truly be called love, as it is conditional, based on behaviour) so many children learn that the difference between getting and not getting conditional love, or caring, is dependent on their behaviour, and sadly, of course, often on how they pretend to be. The reactions they receive to so-called bad behaviours are then incorporated into their *Desired Self Image* calculations. This deepens the process of displaying or acting out only ‘acceptable’ behaviours, which gain approval, according to your *Ideal Image*, unless you start to hate. Then you can do the opposite to pretend you don’t care. In fact, when you see teenagers who are extremely angry and don’t seem to care what anybody thinks, want or need, it’s usually because they don’t feel they matter, and are not acceptable to themselves.

They have usually tried so hard to be accepted by becoming what others wanted, yet they still apparently failed, which then proved to them perceptually that they were not of value. Or they had an outstanding sibling they were compared to constantly, and were always found to be the one lacking. So the mind decided; “Why bother at all?” They probably became very angry at life, at everyone else, and especially themselves, for being unacceptable (which was not true in the first place). The gap between how they thought they should be (*Desired Self*) and how they think they really are (their *Core Self-Concept*), is often so great that they believe there is no point trying to bridge the gap. They perceive that they are somehow broken or damaged, often becoming victims through their own self-dislike or self-hatred. Unfortunately, in trying to become someone they were not to gain approval, and usually failing at this too, they never get to know who they actually are or what they are truly capable of, or that they are already lovable as they are.



Bad behaviour is really just low *Awareness* about the choices that are available to meet your psychological needs and is usually the result of how you feel, often about yourself, within your psychological-reality in any given moment. Sometimes it’s just a way to feel significant or know that you matter somehow. Even low-level significance that comes through bad or disempowering behaviour is still a sense of significance or importance, especially if others with the same disempowering attitude pat you on the

back. The Thinking Mind and psychological-reality will settle for it if it thinks it's the best you can expect. It's the same with fake self-esteem. This can be created in any area of life by being perceived as being valued by others because you conform and act the way they want you to. It can also be created by arrogance and can create arrogance. Arrogance is really about drastically buying into your own self-validating, self-important, self-promoting thinking and using it to feel superior to some or all people. It does not need to be based on true traits or skills. It merely needs to seem plausibly real to the person creating and indulging it. Mild arrogance can seem like confidence, yet arrogance is very self-validation driven and is usually about justification and your significance in comparison to others, one way or another. These people can often believe they are giving and humble.

Arrogance is something to be very wary of. Arrogance is not self-esteem; it is synthetic, made-up, constructed self-esteem. It is the mind simulating self-belief and fake self-esteem. self-belief and self-esteem based on public-identity performances is just arrogance. It is one of the most delusional and disempowering faces of the public-identity (*Ego, D.S.C.*) because arrogance is also believing that your 'you' is better than someone else's, and you will try to prove it. Arrogance is really just an attempt to feel better about your self-image and your psychological-reality. It is a symptom of believing in the illusion that there is a *Self* to measure against in the first place, whether it is a great *Self* or a broken *Self*. The *Psychological Self* is a made-up illusion. So making up another version of it, the active self-image, which can appear to be adjustable and presentable, does not clear the illusion, it just compounds it. Vanity by the way is also this Ego in action.

Even saying you have no ego, or never come from ego, can be an Ego presentation

In my opinion, public-identity and its associated personalities have become a destructive psychological process in today's culture. Although this public-identity version of the active self-image has been around for hundreds if not thousands of years, the modern public-identity, or psychological Ego based public *Self*, became more prevalent and more fully formed in most of society (and not just in those in positions of awarded power) between the 1500s and 1700s. This was the time when people began displaying their position in society so they could be judged as better than others, and not be judged as less than others, as this appeared to also help with physical survival and comfort issues, so this reinforced the psychological justification for it. Society very much used

the measurement of superiority and inferiority to evaluate each person's position in the human 'tribe' at that time. This could mean the difference between eating or not, comfortable surroundings or not, or even the difference between life and death for some. Sadly, much of our society still works in this way.



Almost everyone nowadays spends their moments monitoring their Image, both the *Image* that is presented to others, and the *Image*, which is presented to themselves, that they want to indulge. It has become an obsession. Public-identity part of Ego has become so strong in our culture that I am willing to say this is actually a psychological illness much of mankind indulges in, just to survive psychologically. It is the new religion of public perception. As an example, some cultures will even 'murder' their daughters or sons because they want to marry someone '*socially unacceptable*' to the family. What would people think of them if they allowed anything else? Their social standing may be ruined. They would rather murder their own offspring than go through the upset of a fractured imaginary Ego Image. This is an extreme example but can you see how ridiculous this image stuff has become?



Some people have more than one public-image. This depends on how hard they are trying to escape their underlying *Core Self-Concept*. I would consider these people to have what is commonly known as schizophrenia, which to me is someone functioning through multiple 'disassociated' Public-identities or self-images. I believe that when someone has strong, convincing, and negative emotion generating thought processes about their *Self*, due to a very poor quality psychological-reality perception of themselves, and which holds bad or dysfunctional beliefs about that *Self*. And so does not offer them enough perceived comfort or safety, then their sub-conscious creates and associates heavily with a new public-identity *Image* or *Self*, in an attempt to disassociate from how they see their psychological-reality and underlying *Self-Concept* to be. They may actually find brief respites from internal suffering whilst pretending to be different using alternative identities, self-images and imagination. Initially this appears to alleviate suffering, which then confirms to the psychological-reality that this is the right strategy. However, if they still cannot escape how they feel about their core self-image, the obvious solution to the Conceptual Mind is that a different conceptual-identity or self-image must be required.

The same process can happen again and again until multiple versions of disassociated Selves have been created. This person's psychological-reality can sub-consciously move through these 'identities' or 'selves',

trying to avoid experiencing their own self-hatred or self-loathing. These identities can be so strong that physical changes (even changes in eye colour) can occur. This ability to metamorphosize will give you an indication of how powerful the Thinking minds psychological-reality truly is at effecting perception and the physical body. It has the ability to directly affect perception and the body to give you what you expect to get, even to the point of changing your apparently unchangeable biochemistry to do so. However, they can still never completely escape the underlying sense of self-dislike or self-loathing driving this, simply because they are using the same psychological-reality they are trying to escape, to try to create an escape. You cannot solve a problem with a mind that is stuck in the level of thinking that is creating or designing the problem or challenge in the first place.



Public identity always feels vulnerable, so it is always on guard and ready to defend. How do you feel when someone perceives you to be wrong, or someone else (or you) catches you making what is perceived to be a mistake, either privately or publicly? Do you become embarrassed or even angry? Do you defend it, try to cover it up or pretend it didn't happen? Or do you immediately assault yourself for it? The Egoic public-image always feels unsafe because inherently it knows it is an illusion. If you are always defensive or afraid of being perceived as wrong, it will always feel like others are trying to make you wrong. The behaviours and attitudes that you believe will make you acceptable to others, and yourself, are all you really want to see, have seen, or portray; they are what you are defending, as well as what you are using to hide, or hide from. If you or others start seeing what your psychological-reality wants to hide, it becomes scary for your psychological-reality's Ego, and the mind, and then the perceived threat of exposure needs to be somehow stopped.

Pretending to be a certain way (the way you 'think' you 'should' be or 'need' to be) allows you to hide how the mind really perceives and believes your *Core Self* to be. Internally this *Core Self-image* is usually considered partly or wholly unacceptable to you, and therefore needs to be hidden from others in case of their judgement and criticism (and yours). The mind also evaluates as if you are being perceived externally in the way the mind, using the *Ideal Self Image*, wants to be, so the mind can be convinced that you are being successful using this approach. Unfortunately, this always creates a sense of insecurity or fear that you may be found out. One very famous person I coach had just secured a massive deal, with every perceived benefit and resource available to them, yet they sat alone crying, feeling scared and overwhelmed? Unless they felt their perceived sense of underlying inadequacy and insecurity was at risk of being exposed, to

them or to others, why would this happen. They feared this could be the moment when they got ‘found out’ to be the fraud they feel themselves to be underneath, something they have spent their whole life trying to escape by becoming famous in the first place. And this is way more common than you might imagine. Money and fame are amplifiers of what is. They are simply human, and humans have the same perceptual processes as other humans. We are all the same.

If the only way to feel of value is to pretend that you are of value, that you are rich, famous, strong, spiritual or awakened for example, then the psychological-reality will just work out how to do that in the closest and most plausible way it can, and will create an identity structure to present and portray that. The big challenge is that if that performance is ever questioned by anyone, it will trigger defence, justification and cover-up. So this performance always carries with it some level of insecurity and fear, and an underlying Awareness that it is partly, or mostly, fake and constructed. Virtually all defensiveness around the *Self* arises because of trying to protect the public-identity *Image* ‘presentation or presentations’.

If you measure others, you also expect to have your self-image measured too, and because you measure and judge your self-image and others this way, it is only logical to expect almost everyone to measure and judge you and your image this way. If you are competitive or interactively defensive, you are scared of being judged, either by others or by yourself. You will also become defensive if you perceive that others are seeing you as *wrong* or *inadequate*. We learn, especially at school, that being wrong can mean we are substandard or inadequate somehow. What you then do to yourself (inflicting psychological violence on yourself) in an attempt to change, can be very perceptually and emotionally painful. Depending on your conditioning, and based on what you assume others may be thinking of you (which is actually based on your measurement and judgement system, and what you would be thinking of someone else in your perceived situation), being perceived as wrong or incorrect may be too painful to tolerate. This is an indication of a strong active self-image (Ego).



We are often influenced by our peers to judge others and find them lacking in order to feel better about our self. This starts very young, is strongly conditioned and a hard pattern to break for most. Putting others down is sometimes perceived as the only strategy available and is an attempt at feeling better by comparison, and a way of trying to avoid experiencing your own insecurity. If you don’t have the tallest house in the street and you want to, or think you need to, you can either build the biggest house or knock everyone else’s down. Which seems easier if you don’t believe you have the skills to, or don’t deserve to, build the tallest house? But how

can judging someone else as lacking, in any way, genuinely give you relief from your own discomfort or perceived inadequacy? Honestly? Surely, no matter what you do, your underlying perceptions of your inadequate *Self* will seep through, as they always have, and will continue to do so until you transcend the perceptions that believe in them and feed them. If your self-belief or self-confidence is flimsy, and dictated by a comparative measurement against others, someone will always be able to unsettle you, and you will therefore always be unsettled and insecure anyway.

Superiority is just an illusion. The psychological-reality is always trying to feel successful and this is just one strategy. This is why it will judge others as less than you and why it will want to fool you into believing you are superior to others. It actually does this so you don't feel *inferior*, as this causes self-criticism and more (which is all suffering to be avoided). Yet you will still be feeling *inferior* if you indulge in this process. You may get a sense of satisfaction from it in the short term, but it can only hurt you in the long term. If you feel inferior to someone when interacting with them, your mind will have so much of your sub-conscious attention focussed on trying to deal with that, that you will miss the experience of being able to truly interact with them. If you use judgement by comparison to others, you will use it on yourself. This rejection is far worse than any rejection you can experience from others. When you reject yourself, you are also rejecting the Divine in you and the Divine representation that you are. You are with your internal self-image 24/7 (until it truly dissolves), and the mind is fully associated to it, so there is no escape from this kind of rejection within your own mind and psychological-reality, the very things that created the self-images in the first place.

Another problem with having a strong Egoic image (and wanting to be like that image, wanting to believe that who you pretend to be is the true you) is that you'll protect and defend what you *want* to believe about yourself or self-image. As a result, you will never have the chance to see, experience and accept (have no resistance to) who, what or how you currently are, and therefore will not grow beyond it. You will likely never be able to lose your insecurity or fear over the perceived perceptions or opinions of others. I can't imagine a worse trap for any mind to be in, as I once lived there. Start to see and observe your active self-image, your Ego, your protection and presentation processes, that which is normally perceived as the Ego in action, because until true non-resistance to the core self-image takes the place of self-rejection, you will always be in some form of denial, discomfort, conflict, struggle, torment or suffering.



If a person becomes too closely associated with their public-identity and the illusion of being their *Desired Self Image*, they can become

addicted to their own created (*Ego*) Persona. Assuming it to be real and flaunting it to anyone willing to give it their attention. They buy into their own propaganda and feel satisfied only when someone supports or agrees with the *Projected Image* of how they want to be perceived. They are never truly happy or at peace, and are always ready to defend that *Image*. Everything they do is designed to be ‘acceptable’, or even to be envied by others. Or they may be a rebel in a way others may want to be, but don’t have the courage for, because of how they may be judged. Often it doesn’t matter if their behaviour is not acceptable to themselves, because deep down they may believe they do not really matter. To them, it’s only what others might think of them that matters, and avoiding the internal discomfort of being judged. So the perceptions of others ‘do’ define them in this case.

We all know or see people like this, especially on television. I’m going to go as far as to give this overblown condition a name. What is normally referred to as a very big Ego I’m going to call ‘Public Identity Disorder’ or ‘Image Disorder’, as it can become so profound in some people that it can destroy their lives. It can take them so far away from what real happiness is, that they may never truly experience it in this lifetime. They only experience brief satisfaction from assuming their image has been validated, accepted or revered, and will often just accept brief satisfaction as enough. If they are in positions of power, their obsession with it can destroy the lives of others as well. The cult or religion called ‘celebrity’ is an example of the grip public-identity indulgence has on much of our society, as many ‘ordinary’ people believe these celebrities are ‘worth much more’ than themselves and fantasise about being of value in the way they appear to be.



Whilst I was writing this book, something happened which brought the consequences of this type of disorder starkly into focus. An apparently wealthy man with a great family, and what could be considered enviable possessions, killed his wife and children, and even his pets and animals. He then set his house on fire, killing himself in the process. A friend of mine was disturbed by this event as he had met the family on a few occasions. He came to talk to me to see what I thought. At the time, nobody knew what had actually happened. I told him; “Possibly he was going broke. Since he appeared to have a very polished or obsessive public-identity from what I had been told, perhaps he could not live with the thought of this acceptable *Image* being destroyed and him being perceived as worth-less (or him returning to a feeling of worthlessness) because of it. How would people perceive him once his ‘desired image’ was shattered? How would he then perceive himself or return to perceiving himself? It’s possible he could not

live with the change in perception of himself he would have had to face. Perhaps he could not live with his family perceiving him differently, even after he was dead. Perhaps it mattered immensely to him that they not find out. Perhaps he even thought his family would experience the same pain as he expected to when their public-identity or *Image* was shattered, once his secret perceived shame came out. Or perhaps he didn't want his wife to remarry and be 'replaced' as a husband or father", especially with someone perceived as 'better'.

For whatever reason, he took his life and their lives as well. I do not know the man, so there were probably other things going on as well. But in essence this appeared to me to be about public-identity and *Image*, and how important it was to him. I found out many months later that he had indeed been going broke. His creditors were apparently going after his assets and home the following week. Most people around him were apparently shocked to find out about this. He had clearly kept it from everyone, and it's possible he was even unwilling to look at it himself. All I felt for this man was compassion. His childhood and formative years had probably given his psychological-reality the belief that the only way to survive, to progress in life and feel of value, or not unworthy, was to pretend to be different to the way he perceived his *Self* to be internally. He must have felt inadequate, or of no value, just as himself. Money and position had helped him feel of value through his perceived *Image*, and in comparison to other that appeared to have less, when actually he perceived his *Core Self* to have very little true value.

Money, as it is a conceptual value measurement system, appears to give those with it value. But *it* does not if *they* feel they are not of value! If you confuse your 'Net' worth with your 'Personal' worth, you are in the s***, and you are going to suffer. You are going to try to feel of worth, or of more worth, through the accumulation of another created illusion called money, believing it boosts your 'Personal' worth or value. As with fame, money is an amplifier, and if you acted like a jerk before money, you will just act like and appear a bigger jerk with it. Unfortunately people think it is not spiritual to have money, however that is not true at all. It is the attitudes and beliefs you have that dictate a spiritual approach, not what amount of money or assets you do or don't have.



In general, people don't like people who pretend, unless they are in a movie or a play, or unless one person is meeting the others needs with that pretence. Much of the strong *Image* driven environments (like Hollywood), and many so-called spirituality environments are like this. People support the 'Performance' and 'Presentations' of others so they can offer their own 'Performance', and it be supported, or at least not

outwardly challenged. In spiritual environments especially, people can pretend because what they present is all subjective, and often can't usually be proved or disproved as real or pretended. It becomes easy to act in these environments and often the environment itself becomes fake and corrupted by constructed psychological presentations.

Many people become actors because they like pretending to be someone else, or just get to not be themselves for a while. Acting is what public-identity is all about, pretending to be different to how you actually are and to be or feel like you are someone else or not you for a while. If done purely for fun and entertainment, it can be a healthy outlet for expression, but often people don't know the difference, and usually want to believe it is for some higher reason so they can convince themselves it is real and good. Actors, at least good actors, usually get roles because they can convince themselves first, and others second, that the fake role they are playing is real. Actually everyone is doing this to different degrees already, and it is almost never really authentic, just perhaps occasionally convincing. Society right now, especially Western society, is full of people convincingly acting out roles and constantly worrying about the quality and delivery of their performances.

The fear and assumption of ensuing judgement or attack means they are continually living in self-created psychological dramas and pressure. You may not like this but if you cannot *honestly* see that most of your life is taken up indulging one act, performance, character or another, you are lost in the convincing structure of your psychological identities. And if this is the case for you, you will never be able to be 'authentic' until you see the truth in this (by observing it, not by making it wrong and trying to criticise or punish yourself out of it, or making this book or part of its contents wrong). If this is what you are sub-consciously, or even consciously indulging, you will never be able to experience true self-esteem, which is required to be able to progress on the path to the dissolving of the psychological-reality and the illusion of a *Psychological Self*, so the mind can be set free, so you become free to *Live*.



Ego and public-identity also create the feeling of an internal public audience that can cause you to feel embarrassed, even when you're on your own. It's like having someone watching you all the time, ready to judge you, tell you off, and point out your perceived failings. When you judge externally, it is only a reflection of the internal judgement system 'you' hold and indulge. Both internal and external processes support and reinforce each other. Have you ever wanted to dance but decided not to, because of what people might think of you? Even in the privacy of your own home, and with nobody else even present? Did your inner voice of

judgement tell you it would judge you if you did? We often play small because we are scared of being judged critically by others, but mainly by ourselves. That is part of your internal public-identity system, controlling and judging you as if others were watching. If you indulge in public-identity, you no longer need others watching in order to suffer what feels like external judgement. The public-identity structure has its own perception of what will cause you to be judged, and will inflict that on you at all times. How much fun is that, really?

Showing off is also a symptom of public-identity. People do it to achieve some level of public approval satisfaction. If you show off, you also risk looking foolish, therefore you risk experiencing turmoil and insecurity through your need to show off. If you enjoy fame or importance, then you are driven by other people's opinions of you and your need for approval (externally *and* internally). Therefore so-called 'bad press' or negative opinion will affect you, actually far more than the perceived fame, compliments or good press ever will. Fame and perceived power creates and feeds insecurity or fear for all involved.



Personal success nowadays is predominantly measured by how people 'think' they are perceived by others, or how they convince themselves they are being perceived. This includes perceived external worth being measured by how much money someone has, or appears to have. People are much too concerned about what others may or may not think of them, which can only ever be your perception of what they 'might' be thinking, not what they may actually be thinking. Even if they say you are right thinking what you do, they could be lying. They also manage themselves and their lives based on perceiving themselves to gain external approval or avoid disapproval, both real and imagined. Your Ego based public-identity will try to gain approval from people you don't even know, or perhaps don't even like, in fact almost anyone or everyone. It is the cause of at least 95% of the struggle and conflict someone fully associated to public-identity will experience, through continually projecting, presenting and trying to become their *Ideal Self Image*, and trying to avoid and hide from anything else.



There are so many reality shows on television at the moment that offer people the opportunity to become famous. So many people, when interviewed to participate, use phrases like; "I want to be somebody". This presupposes that they are nobody or nothing unless they have fame, followers or good public opinion, to allow them to feel like they matter, simply because they don't really matter to themselves. public-identity and the psychological-reality's need for self-validation will tell you that only

people who are acknowledged by others are of value, or worth something, and that only external forms of measurement can be used to define your self-worth. It will use 'pretending' to bring you satisfaction, using 'pretend affluence' or 'pretend importance', like spending sprees that briefly allow you to pretend you are wealthy or important (especially if you believe the attendants think you are an important or wealthy person when serving you, or you think they envy you). It is really an attempt at escaping from your perceived lack of value, by pretending you are different from how you perceive yourself to be. Just let me go out and pretend I am affluent or important for a short time. But it only lasts as long as the satisfaction does, which is always fleeting; then at some point the bills arrive. Then often the need to hide or escape arises again.

By needing and courting any fame, you feed your sense of not being enough, which is actually the very thing you will be trying to escape. When you court fame, you expose yourself to criticism and rejection. If you indulge in fame, you will come face to face with your insecurities at some point. People who associate with you because of your power, money or fame, will not be real friends of yours; they will be friends to the power, money or fame. If your power, money or fame disappeared, so would most of those so-called friends. If any friends were left, and they did not expect you to regain what you had lost, then you would know who your true friends really were. They would probably be your friends because they actually liked you as a person, however, could you ever trust that?

As long as you have power, money or fame, or look like you will get it or inherit it, you may never really know who your true friends are. Unfortunately, as people become famous, they usually leave their true friends behind, the ones who liked them for themselves, perhaps deeming them to be 'unacceptable' to their new *Image* based public-identity peer group. As a result, *public-identity* life can become very lonely and full of fear. No matter how much fame you get, you will always be insecure and scared by it, and you always risk coming face to face, often publicly, with your 'perceived' inadequacy or unacceptability. Everybody who craves recognition or fame suffers from insecurity in some form, certainly at the beginning of their fame, and probably throughout their whole life. They either wake up to the illusion of what fame is, and surrender their attachment to it. Or their attachment to public-identity *Image*, and their fear and delusions, just gets stronger. Whatever you achieve externally will not have an effect on your actual *Core Self-Concept*. It will just create more support and justification for the public-identity and active self-image, the Ego, as that is what the mind will believe has achieved the success.

Unfortunately, people who indulge in fame, money or hierarchy, can start to believe they are special in some way, or superior to others if they get it and indulge it for too long, or to a high-intensity. This is just another level of the same kind of dysfunction they need to grow beyond, or they will eventually crash psychologically, or overdose on something they are trying to use to numb it up. No matter what you achieve, if the active self-image's (Ego's) public-identity (presented image) is involved in your perceived success, you will never feel like it was your 'true you' that achieved it, as the mind will credit the 'acting' and 'actor' with any perceived success, rather than the deeper you. So it unlikely even raise your actual level of self-esteem for you; instead it will help to convince you prove that external judgement and measurement is real and valid, and something to be honoured and feared, and that will drive you to be a better 'actor' and 'performer' both externally and internally.



Become self-reliant. Being a sheep will not bring you freedom. Conforming to what others want all the time will just feed your insecure public-identity. Getting people to conform has been the goal of governments and religions for centuries, and in most cases, not for our greater good. Religions and governments are often Dictatorships and are borne out of insecurity or fear, often killing those who disagree with them or who question their beliefs, usually to avoid having to question them themselves. If you look back in history, it was the people who did not conform to the expectations of the other sheep, or their herders, who became the innovators and those who changed our future prospects for the better. The Japanese apparently have a saying to influence people to conform; "Don't be the nail that stands out above the rest, because you will be the first one to get hit." Public-identity indulgence has helped those in power to influence more sheeple (people who follow like sheep); now the sheeple coerce other sheeple to conform to perceived public opinion, through public-identity *Image* pressure. The sheeple keep themselves in line through conformity to public-identity, and because of the fear of what others may or may not think of them, and of being judged and ultimately rejected. People, who genuinely do not conform because they see the illusion of this, are immune to this kind of suffering.



The biggest challenge of active and adjustable self-image is that you're always measuring your self-image against how you believe you should be. You are always measuring the perceived self-image against the desired self-image, with the result that you always find or feel yourself to be lacking underneath, even if you think you are successful at fooling others with your surface self-image (Ego). Through this you become your own abusive

parent, constantly trying to fix your self and self-image and trying to force yourself into alignment with this illusion of how you believe you should or shouldn't be, or want or think you need to be. You'll never have any peace whilst you indulge this process of conflict. Yes, raising your awareness of what is required to consciously and intelligently choose higher standards for yourself is a good thing, and this may involve using discipline in the moments when you can. But that is about making consciously intelligent standards based choices, and is not about using self-disappointment and self-punishment to try and accomplish change. That won't work to do anything but cause you far more disturbance, conflict and suffering, and lower self-esteem, than it can possibly alleviate.



How others may think, defines them and their psychological-reality judgement system and structure, not you or your psychological-reality, or yourself or self-image, unless you agree with them. In which case, if it's derogatory, you'll probably amplify your criticism of your self-image, and the need to try and protect yourself or self-image, or retaliate. If it's positive, but you don't really believe it, then it's of no use to you, as you will dismiss it as irrelevant. Being concerned about what others may or may not think will cause you pointless discomfort at the very least. Understand that people do what they do because of how they perceive themselves, and how they think they are, not because of who you are, or how they think you are. People tend to just be evaluating what kind of threat, or potential for satisfaction, you present. What people may think of you, simply shows you *their* beliefs, assumptions and judgement system, and it does not, and should not define you or your self-image. Those who do not use the measurements and judgements of others to define themselves are generally the most genuinely happy, as long as they are genuinely intelligent and define themselves well (or are free of the self-image altogether, which is highly unlikely at the time of writing this). Some stand out and can lead mankind to a better future, as long as their intent comes from a high-vibrational, conscious awareness, and a genuinely Wise perceptual process. Rather than from a desire for any form of psychological safety through projecting a 'good' self-image, self-validation, self-importance, significance, fame or reward. So become a positive disruption, and be an example to others, not a warning.

VICTIM IDENTITY - HURT SELF - POOR ME

The worst of our four main identities is victim-hood, 'poor me', the victim-identity. This is the most personally destructive and psychologically corrosive of the constructed identities. The poorer the quality of the psychological-reality of an individual the more defensive and self-destructive that person will be. I am not going to go deeply into

this as I just want to give an overview of it in this book, so that anyone who has symptoms of it can become consciously aware of what may be going on, and then make intelligent decisions about how not to indulge this process, and how to use this book to grow well beyond it, or the need for it. When I say *Victim* in this section, I mean someone who suffers through their own indulgence in victim-hood and self-pity. The kind of *Victim* I am referring to is someone who has become a victim of *their own* negativity, perceived inadequacy or inability, self-dislike or self-loathing. This can also create and attract external events which can translate as victimisation from others, as victim behaviour often invites and attracts external victimisation. Victim-hood creates self-fulfilling prophecies.

I am not making these points so you can start making yourself wrong, blaming yourself or beating yourself up. It is important, however, that you understand how victim-hood can affect you, and what it can cause you to do, not because you are bad or broken, but because you may think you are. I can say without doubt to you, there is nothing actually wrong with you, if you think there is, it is just because you think there is. If you define yourself negatively, in any way, by your perceived struggles, hurts, injuries and suffering, then you indulge in victim-hood. If victim-hood is identified with intensely, it is much worse than public-identity for the experiencer. However, victim-hood affects only some people heavily, whereas public-identity affects almost everybody now, especially in the so-called civilised or intelligent world.

Self-pity is that warm, tense feeling you get inside when something is not going your way and you feel bad for yourself, or when you feel sorry for yourself. It is often experienced as a warm tension in your solar plexus area, akin to experiencing mild despair or even love. It can feel very much like self-love or caring because it is such a deeply self-involved process. It may even be assumed it is self-love, because of the intensity of the feelings when you are young. self-pity can become a replacement for self-love, but unfortunately it brings with it intense suffering, no matter how you cook it, because it is about suffering and nothing else. The mind can logically (but irrationally) believe that if the self-pity were to stop, then so would the intense feelings that appear akin to caring or love. So the mind fights to hold onto it, and can often make it even more intense, so much so that victim-hood and self-pity create and therefore trigger **many** programs to help you get to self-pity. These programs are needed to get to self-pity because it is such an unnatural state, and these programs can remain active for a long time, even after you decide you no longer want to be a victim, a cause you to slip into self-pity.



I tell you this in the hope that it helps you see whether there is any

of this in yourself. About ten years after my attempted suicide, although I felt so much better, I didn't realise I had not fully grown beyond the *Victim* in 'me', and that self-pity was still a place I visited. At the time I hadn't recognised that the victim-identity was a separate identity created for perceived psychological safety, and that it, and its created and adopted programs, were still influencing my perception. One day I was talking to a friend over the phone and (without realising it) was whining and feeling sorry for myself about a recent relationship break-up, and what I perceived it meant about me, and how it therefore defined my lack of personal value. As I was wallowing in the misery of it all, my friend suddenly said; "You take yourself very seriously, don't you?" I suddenly had an '*In-sight*' and realised that I was! I cannot really do justice to explaining what happened to me when I had this in-sight.

It was the culmination of all the self-awareness work I had done up to that point, and in that moment I looked directly at and into my *Self*, and I saw my *victim self*. It was as if it were a hologram standing in front of me, and I had suddenly came face to face with the part of me I will call 'the sufferer' or 'poor me'. In that moment, I realised that contrary to what I wanted to believe (having grown to experience life much more positively since the attempted suicide), part of me actually felt comfortable feeling bad and indulged negativity wherever possible, as if that is what I deserved, or expected. Before that time, I would have said that all I wanted was to be happy, but that something was stopping me, usually blaming other people, situations or my perceived past for how I was feeling. However, I realised right then, in that moment, that a big part of me actually worked hard to feel bad, and it got comfort indulging in ways and reasons to experience discomfort.

On closer inspection later, I found that the victim-identity part of my perception felt much safer being unhappy, because it appeared to have much less to lose emotionally in that state. After all, who could take that away from me? At that time I clearly felt more alive complaining and generating the kind of emotions that would accompany that kind of thinking. This process also met all of my base psychological needs; massive certainty that I could perceive myself to be safest (so my Primal needs were met); deep connection with, and validation of my constructed self, through self-pity; high self-importance because my suffering was so significant and intense; and pleasure through low level satisfaction, because all my other psychological needs were being met at an intense level, and I got a warm feeling from the self-pity. I recognised quickly that experiencing the emotion of self-pity was like a 'homely' (well known, familiar) feeling. It was so well known and familiar to me that it was somehow perversely comforting, and had clearly, through the

unawareness of it and its processes, given me the illusion of a sense of perceived safety throughout my life, up until that point. All victim-hood people (and complainers) will know this feeling, even if they can't describe it, or would try to describe it differently, or perhaps even deny it.

A very intense burst of energy ran through me, and in that moment, a realisation set in. I burst out crying and smiling intensely at the same time, also realising that the things we learn from people are rarely what they want or expect us to learn from them, or are even what they are trying to teach. Every insight that triggers' learning is simply what we are ready to see and learn at that time, and we never really know what might trigger a learning experience or insight. To say I could not stop smiling for weeks after this experience is a complete understatement. The smile must have been two inches wider than ever before, and parts of the face hurt for weeks, but I really didn't care.

That night I took a walk at a local nature reserve and spent what turned out to be hours, just looking up at the moon, having lost all sense of time. I could not believe how different it looked that night. It was as if the moon was suddenly round and full, three-dimensional and expanded. It now had real depth and colour, where previously it had looked pretty much like a flat grey picture. After that experience, I spent several months not quite feeling like I was properly in this body. It felt as if I was somewhat blurred, as if the physical entity and consciousness, were not quite inhabiting the same dimensional space. Everything was now experienced as expanded including all senses. When I finally sort of 'landed' about three months later, I knew I had a very different outlook on life, and my *Perceived Reality* was very different.

After that day, whenever this "hurt" identity came forward, and started to try and feel self-pity (which is one of the main vehicles and payoffs used by the victim-identity, and because that was what it believed to be its safest and well know psychological hiding place, and one which initially it tried not to lose), I consciously and intelligently observed this with full awareness, and chose to not indulge it. Instead, I deliberately and intelligently directed conscious thinking, and full attention, onto something else; that I believed would allow me to feel good, or at least not uncomfortable. The conditioning of the mind fought this at first, but my constant redirecting of perception away from indulgence in it and onto something more supportive, interfered with, and then soon completely disrupted, the running of the programs that had been developed and conditioned into me over the years, by the Thinking Mind and psychological-reality, that had been working hard to get me back into victim-hood in an attempt to regain this old perceived psychological safety. Of course it was this very

same psychological-reality that had created and supported the *victim-identity* to begin with. I did this whenever I had *Awareness* of any of the associated ‘sadness’, ‘complaining’ or ‘*Self-pity*’ programs either already in flow or gearing up to run. I was also able to recognise the emotions involved with suffering, and choose to no longer indulge them, therefore eventually becoming free from this kind of suffering, partly because the mind itself realised the benefit of this.



As I have said previously, very early in your life you either perceive yourself as good (congruent-identity), you get good (public-identity) or you get safe psychologically (victim-identity). If the mind perceives that you cannot thrive by trying to become the *Ideal Self*, then it will decide you just need to survive psychologically, which is totally logical to the mind if it is noticing perceived benefits from functioning through the ‘poor me’ victim-identity, as the helpless, hurt one. A strong victim-identity can be carried over from the previous incarnation, or brought on or amplified during gestation and birth.

Alternatively, it can begin in *very* early childhood because the child becomes used to feeling bad or hurt. It is created if life is perceived as bad and, if it is not too bad, then it can be created very early on alongside the public-identity. It has to be present in very early childhood to be present at any time during later life. You cannot learn this kind of, and intensity of victim-hood (*Self-pity*, self-disappointment, self-dislike and self-loathing) later in life, as it would be illogical if it were not there from the start. It is something you start out with or become associated to *very* early in life. It is such an alien program to how life should be that it has to be created when the mind has no idea how else to be. It is created by a young ignorant (by ignorant, I mean the mind has no idea of any alternative) confused mind that is then able to fully accept it as real. It is such an irrational process that your perception of brokenness must be constructed and fully accepted before the mind is mature and intelligent enough to deliberately and consciously question it, therefore it must be in place by the time you are five or six, seven at the absolute latest.

Once someone starts getting any kind of familiarity, comfort or sense of safety from their own sorrow or misery, or the sympathy or pity of others, they are doomed to suffer, not least because they will look for other perceived *reasons* to suffer to experience *self-pity*, and to continue to get this illusion of comfort, safety and familiarity, along with the self-validation, certainty and significance that comes with it. Victim-hood creates a false sense of internal intimacy, which can often feel like it creates external intimacy through the pity of others. Some people, actually many, spend most of their day looking for reasons to be offended or upset.

Know any? Some will be offended by what I say here, even though I am attempting to help them, and not see that being offended is a daily, if not hourly experience for them. I now find it really interesting and also bizarre how people are able to manufacture psychological injury from the unaware and often un-intending actions or inactions of others.

You've surely heard of delusions of grandeur; well
victims suffer from delusions of worthlessness

Victim-hood is actually a safety mechanism. The victim-hood mentality thinks things like; "If someone else causes me to suffer, and I expect them to, then it will hurt more than if I cause my *Self* to suffer. My suffering is easier, moment-by-moment, if it is created by me and perceived as under my control. This way I am less vulnerable." If it appears that others can hurt us, and we believe that we either can't stop it, or that we deserve it, then it seems less painful to us if we are already experiencing hurt by inflicting it on ourselves, hopefully before others can (at least that is the thinking). It can give us a strong experience of certainty, which can create perceived psychological comfort and the illusion of emotional safety. However, for this strategy to be logically effective, you must also create more suffering than others could trigger in you, or be perceived to inflict on you. It can give you the illusion of having some control over the suffering you will fully expect to have to endure. Think about it; who can take 'this' away from you? But when you are the one causing your own suffering by inflicting the abuse and violence on yourself or self-image, then how can you escape it?

We can also get a strong internal connection to ourselves through self-validation, and perhaps even the illusion of self-importance, because our suffering appears awful or stronger compared to others, or perhaps worse than anyone else's. People can become addicted to misery and suffering, especially if it leads to self-pity, even though this just causes the illusion of worthlessness and deserving bad to intensify. This is a low-level form of thinking and carries a very low vibration. It can be a very painful place to live; I know as I lived there for many, many years. However, if you think it's all you deserve, then you may choose to make it your experience of life, and try to have some control over it. Even though you don't feel truly safe, it is as close as the psychological-reality can get to feeling safe, if you associate closely to, and function through *Victim-identity*, because in this state there appears to be very little to lose, or lose to others emotionally.

Self-pity binds you to how we create suffering, and will blind you to the happiness available to you in every moment. It creates the hurt you are ultimately trying to escape, but in a way that is perceived as safer or familiar and somehow comforting

I believe we have an underlying feeling that we should be cared for and taken care of emotionally and physically, at least when we are young. When that doesn't happen in the way we think it should, or we don't get attention for the 'good' things we do, we start to do different things to try and elicit that caring, perhaps by getting people to feel sorry for us if this feels like the only way to get that caring. This causes us first to construct, and then to replace, what we perceive as pity from others with self-pity. This can easily become seductive because of how psychologically comforting self-pity can be, especially if it is a familiar emotion to you. You can quite literally become chemically addicted to self-pity because the brain releases a substance that can give you a sense of comfort during self-pity. Someone addicted to self-pity is essentially functioning in the same way as somebody addicted to smoking, alcohol or even heroin. It's partly a chemical addiction; however, the chemicals are all being created in your body on demand. This can be broken in the same way as any addiction, first by becoming honestly and intelligently, consciously aware of the addiction, and the underlying perceived reasons for it, and then consciously choosing, in every moment, not to indulge the addiction or the patterns that support it or help bring it on. Again, becoming consciously aware and intelligent is the only true solution, and essentially everyone is ultimately capable of this.



The victim-identity feeds off insecurity, fear, negative emotions and situations, and even illness. It needs negativity to survive and will create it if it is not present. Victims often compile information to help create a story that creates more suffering or more pity, especially self-pity, to have the illusion of control over the suffering, or to get some comfort from it. Yes it's bizarre but it's totally logical (and it's where I used to live psychologically, so I know its structures intimately) going round and round on the self-pity merry-go-round. It wants you to keep feeling bad or feel that you have been treated badly in some form, or it can't feel fulfilled. Victim-hood also tries to keep us safe from losing 'good' feelings, or having them 'taken' from us, by trying to stop us experiencing them in the first place. By avoiding the higher quality emotions, the highs, especially when you don't feel worthy of them, the lows don't seem so bad. Feeling good

can feel unsafe, or even downright scary for a true Victim. The Victim would rather stay in suffering (and in perceived control of it) than risk the fear of pleasure being taken away, which they fully expect it to be, and being exposed to the possibility of emotional or mental pain, which the *Victim* always believes they will experience eventually anyway. This kind of enforced loss is perceived as ultimate pain and pleasure simultaneously because it triggers self-*pity* (perceived pleasure), and at the same time a strong sense of worthlessness; remember everything that happens is translated by the psychological-reality as; “What does this mean about me?” which obviously translates to something very negative in this process.

Feeling *truly* worthless is the worst thing the mind can experience, so creating a psychological construct (which the mind believes it has perceived control over, using the psychological-reality), of what the experience of worthlessness would feel like (so it never has to ‘actually’ experience what it perceives would be the real experience of worthlessness) seems logically safe. The mind therefore creates an identity that generates the simulation of worthlessness by turning most experiences into a way of feeling bad. This way the mind believes there is no way the *real* feeling of worthlessness can be experienced. By psychologically constructing the feeling of worthlessness the mind gets the illusion of feeling safe from experiencing true worthlessness (which it believes is ultimately real, but of course is not, it is just a psychological illusion). Indulgence in this simulated worthlessness can become an addiction, yet staying there all the time is virtually impossible, as it requires us to override our natural higher drive to progress, feel good and evolve. It takes a lot of work, effort, energy and psychological strategies and focus to stay in, or get back to, this state, so the mind and psychological-reality sub-consciously build up many supporting programs and thinking strategies to help get them to this negative ‘safe’ place called feeling sorry for yourself, feeling helpless or experiencing self-*pity*. An awful lot of psychological strategies are required to help us feel sorry for ourselves consistently and to turn or translate any information or stimulus into a way of feeling aggrieved or sorry for ourselves, but it can be done.

The feeling of worthlessness (or anything milder) can be very seductive because it allows the psychological-reality to experience strong emotions, which give it the illusion of being real and alive. Worthlessness can meet the needs of the psychological-reality at a strong level, not a high level, just a strong level, which is often enough for the payoff. You really need to get that the psychological mind is interested in safety, not happiness. The desire for, and experience of happiness, comes from a different part of the brain. The thinking part of the sub-conscious mind is only interested

in psychological safety and pain avoidance. To the psychological-reality, happiness (which is actually psychological satisfaction) is experiencing less discomfort or emotional ‘pain’, which is bizarre, considering it will actually irrationally create ‘pain’ and suffering to try and avoid ‘pain’ and suffering. It just seems like a slightly better ‘pain’ because the mind appears to be in control of it. If you only expect ‘pain’ and suffering, this will appear to be the most logical thing to do, no matter how irrational it really is.

Victim-hood will use perceived memories as a reason to suffer. It holds onto all the reasons to suffer it perceived in the past, and uses it as a way to continue suffering in the present. This way, all current and future failings can be blamed on the past, which usually has something to do with blaming others, or yourself, anyway; “How can I do this or that, when this or that happened or was done to me in the past?” This causes them to focus on the very kind of suffering the mind is trying to avoid being triggered by in the external world and it becomes what the mind indulges in, and actively creates dramas over, to feel alive and get the illusion of at least some psychological safety.



Be very aware that feeling sorry for yourself is also psychologically and physically corrosive. *Victims* of their own psychological processes often tend to have physical afflictions because internal self-dislike and self-punishment can unbalance their natural state. Many *Victims* have illnesses that would dissipate if they let go of their self-criticism, as these challenges have often been brought on by victim-hood in the first place. *Victims* however, often get significance (a sense of importance) from having an illness or physical challenge because this may sub-consciously feel like the only kind of significance they can get or feel they deserve.



If someone is totally associated to the victim-identity they will have trouble achieving anything of a long-term nature, other than being conflicted, disturbed, miserable and unhappy, or physically ill. Even if they have dreams of achieving things, success is often virtually impossible for these people, at least until they let go of, and grow beyond, their enforced and misguided victim-hood. Ultimately they will keep taking success from themselves so they can’t have it taken from them, which they always expect to happen at some point. I did this for years. You may do this even if you are a mild Victim or think you are not one at all. If you don’t move towards true success, there is a part of you that doesn’t think you deserve it, this is basic victim-hood at its mildest level.

Victims hate responsibility and do the bare minimum in situations where more responsibility could be generated for them. They fully expect

to fail and be exposed to perceptions of judgement and rejection, which will trigger self-abuse pain in them, which for them feels more intense than for most. Actually, even mild victims avoid responsibility, and often avoid taking responsibility for themselves, even if it is just their personal cleanliness that suffers. Even those who only experience occasional victim-hood (or don't even know they have this challenge) may complain a lot, avoid feeling good, avoid being clean, or avoid being able to be successful, without even realising it. They often have trouble hearing or accepting anything nice about themselves, and usually do not trust anyone, especially those who says nice things to them, even though they want to hear these things. They will usually blame someone else, or lots of other people, for their situations and how they feel. Again avoiding taking the responsibility that would eventually help set them free of their suffering. And whenever there is blame, there also comes with it a need to punish the object of blame.



A bully is someone who externalises some of their self-bullying and bullies others, in an attempt to ease their own internal suffering, by punishing others for how they feel internally. The Victim, on the other hand, mainly internalises their bullying and blames the *Self* before others. However, they usually believe they blame others and externalise this, or they feel the need to punish someone else for their own suffering, perhaps because their low-level reasoning tells them that doing so will ease their suffering a little, and give them some perceived satisfaction. Unfortunately, these strategies create yet more suffering in them by causing the *Victim* to feel even worse about themselves. *Victims* go for internal control through generated suffering, whereas bullies go for perceived external control; however both processes are really very similar. Victims can often become perpetrators out of a need to control at least someone or something. Some Victims become hard and cold so they have the illusion they are safe, yet they still care what others may think.

If you indulge in victim-identity you can have a sense of being consistently punished by someone, or something unseen, like a higher power. You may believe you don't deserve to achieve your goals or that you're not as good as someone else, but perhaps won't admit this to yourself. You may think people have the right to treat you badly in some way and run the "Poor me, look what's being done to me" program when this happens so you get a self-pity 'fix'. If you are in any form of complaining mode you are running a personality that comes with the victim-hood identity. Victim-hood needs enemies or adversaries to focus on or blame, so if people can't help you in the way you want them to, or think they should, they are often converted to adversaries or enemies,

even councillors or coaches. I know this from experience on both sides of the coin. When you have a sense that you have enemies of any kind, you're usually functioning through public-identity or victim-identity. Sometimes victim-hood indulgers can feel strong hate towards others, especially if they can justify that hate to themselves, and even worse, if others agree. This shows its face in race crimes etc. Hate can give the perception of an empty life meaning, even if it is only self-hate driven meaning. Some people dislike or hate themselves so much that they do things to be disliked or hated because they believe they deserve to be, or to justify their belief that they deserve to be mistreated or treated badly, or disliked or hated. Even if it is only by themselves.



Strong victims actively court *pity* or *sorrow* from others for their situations and circumstances, usually without even realising they are asking for these things. They do not realise that for the most part, they are creating much of their experience of life themselves, as are we all. People who indulge in victim-hood will often *compete* to see who has, or has had, the worst life, as one of the only ways for them to feel significant. The victim-identity uses exaggeration in its perception process to amplify what it perceives and what it creates (as does public-identity) to strengthen believability, perceptions and emotions, and thus feel more superficially alive. *Victims* often use their suffering as a way to manipulate people. As I have said, the victim-identity is very seductive, powerful, controlling and manipulative. It can be, and often is, both *Victim* and *Aggressor* at the same time, giving the illusion of strength. What traditional psychology calls Passive Aggressive behaviour, I often call *Passive Manipulative* behaviour. A Victim can be aggressively manipulating you by being needy, scared, stubborn, sullen, intentionally inefficient or helpless, and will often revert to tears to get you to do what they want. These are just a few of the ways this *Manipulative* behaviour might be displayed.

Unfortunately, Victims are usually hoping that someone or something will rescue them, even though they don't really want to be rescued, and don't really believe rescue is possible 'for them' anyway. Nonetheless, since they don't feel like they can rescue themselves, they view outside help as their only chance of salvation. However, they will usually reject help if it is given, and have strong justification for why this is the way they should feel, and how they have no choice other than to feel as they do. Now, if you are this psychological process, and it was possible for someone else to save you, isn't it reasonable to expect they would have done it by now? I would suggest it is then up to you to use this book to help yourself. Others may have helped you logistically in some way, but nobody can help you *psychologically*, unless you are open and willing to be consciously

aware of what they are trying to show you, because it is in your 'seeing' your own perception, that the cure to this is found, not anything else. I suggest it's up to every one of us to save ourselves, no matter where we are psychologically, by deliberately and consciously raising our awareness and conscious intelligence through conscious self-enquiry.



Do you ever indulge in self-criticism or self-punishment? Do you experience any sense of self-disappointment, or even self-dislike at any time? Victim-hood can be indulged in small ways, like occasionally feeling a little sorry for yourself and thinking that things or people appear to be against you, or that life is harder than it should be, or that everything always happens to you, and so on. The Victim can also be indulged in major ways, to the point where you perceive that everything, including God, is against you, and that you are inadequate, worthless, broken or even unlovable. If this is the case, see if you can identify *any comfort* you get from that, perhaps through the feeling of some kind of familiarity. Don't make it wrong and criticise (or psychologically brutalise) yourself if you find any. Forgive yourself immediately, and just become very consciously aware of it, without letting it become, or turning it into another reason to feel bad.

If you do not want to continue functioning as a victim in any form, you must first become clear about the strategies and tendencies your *Victim-Identity* uses on you. Then, whenever you become consciously aware of any strategies or programs running, disarm them; first by immediately forgiving yourself, and secondly by refusing to indulge the process, and indulging something else instead, preferably something more intelligent. Decide what behaviour would support you better, or help you feel genuinely good, and then indulge in that instead, with all your *full conscious attention*, or decide what else to give your full attention to.

I consider the victim-identity to be your historical emotional residue, the *pain memory* or *suffering memory*. In other words, your internal *Victim* has adopted and identified with all the perceived reasons for you to suffer; in fact it's one of the things that will have created or caused most of that suffering. You do not need to try and rid yourself of the victim-identity. Conscious awareness and intelligence are the solution. Just become more consciously aware of the victim-hood patterns, dialogues and behaviours, and what it does to attract disempowering situations, or how it translates your perception in a way that causes you to feel disempowered. Always do so with personal kindness and caring towards your self. Intelligently focus on what you could learn about yourself, and your psychological processes and structures in these moments, from a caring, kind, curious, non-judgemental, uplifting and inspiring perspective. Do not indulge in self-

criticism, self-ridicule, or any form of psychological violence perpetrated against ones own self-image. It won't work, and will just cause more conflict, hurt and suffering.

If you catch yourself telling a story, which causes you to feel sorry for yourself, or you start gossiping or complaining, simply stop, and let go of indulgence in it, most effectively by doing or focussing on something else instead. This in itself will help you feel better, and to grow beyond this process. If there is behaviour you would like to change, then becoming fully consciously aware of it, kindly and caringly, as this is all that is really required. If you don't do this and continue abusing yourself for the thinking or behaviour you don't like, therefore creating even more discomfort, you are probably sub-consciously enjoying or getting some sense of safety or comfort from the discomfort in some way. You are also continuing to feed the never-ending cycle of self-discomfort and victimhood, no matter how mild it may appear to be.

THE CENTRE-OF-GRAVITY SELF PERCEPTION - A DEEPER LEVEL SELF-IMAGE

This process within the mind allows for growth and perceptual evolution, and whilst it is not as strong as the reactive identities (V.I., P.I. and Ego), when those are diminished and consciously and intelligently let go of moment-by-moment the centre-of-gravity identity can shine through. Do not confuse this with the active self-image (Ego), although the Ego can be influenced more and more by intelligent observation of your abilities and achievements when this Ego gets weaker. Now, if this is confusing for you to start with, don't worry, just keep reading and come back to it if it doesn't click into place for you. The centre-of-gravity assumed-identity is like the Memory Overview I taught about earlier, and is essentially a static (yet somewhat evolvable) perceptual overview structure of 'how' you think you really are day by day (assumed because it is how we assume we are). This is structured around and from the *Core Self-Concept*, but it is also influenced by the choices of the mind in that it holds the evidence of what you 'do' as possibility for future actions and results (which can be great for growth), and what allows us to evolve bit by bit. It is also what the mind can use to slowly ignore the structure of the *Core Self-Concept* because the evidence accumulated in it can allow the mind to see misassumptions within the *Core Self-Concept*, and allow it to override its influence in areas of your life. This can almost replace the *Core Self-Concept* if enough overview evolution is experienced; yet as long as the *Core Self-Concept* remains it will still be used as a guide by the mind, and will therefore still effect you.

The *Centre-of-gravity Assumed Identity* can be overshadowed by the Ego or victim-id, but when the moment-by-moment Ego or victim

activity and indulgence diminishes, the underlying structure of the centre-of-gravity overview identity again comes through. The quality (or lack thereof) of this identity dictates the identity the mind will gravitate towards and functioning through as a way to evolve or get safe. This will dictate whether you feel adequate in yourself, and whether you try to become adequate through public-identity, or whether you try to get the perception of safety through victim-identity instead. The *Centre-of-gravity Assumed Identity* is the identity we are most often in when we are doing what we are most used to doing, or most conditioned to automatically do, and when we are not reacting or trying to influence the perceptions of others. It is basically where we function from when we are in our *comfort zone* and feel no pressure to act differently or be different, other than our usual internal conditioned pressure. We are functioning from centre-of-gravity identity when we are not in 'presentation' mode, 'psychological safety' mode or victim-hood mode.

It is where we usually function from when we are alone and can, as we say, 'Relax and be our *Self*.' Even if we don't actually like being this *Self*, we come more into alignment with it (face to face with it) in this mode. Although for many people it is rare just 'to be', as the active self-image (Ego) has become so active and dominant, and it is almost always trying to distract you into some kind of action. This is one reason why some people refuse to stop and relax, because they do not want to come face to face with how they 'actually' perceive themselves underneath, because their overview-identity also contains the influences of the *Core Self-Concept* they are trying to escape or deny. In the moments when their fame, money or position does not matter, they are left again innately facing their perception of the *Self* to experience. Instead they keep trying to stay distracted and indulge (usually non-consciously) the active self-image to try to feel safer or better, or at least okay about themselves or life. Although almost everyone will experience this need to avoid facing themselves, either a little or a lot, until they are 'truly' at peace with who and what they perceive they are, however some will 'burn out' through never stopping still or experiencing true relaxation because of this avoidance. These are often the people who turn to distractions like alcohol or strong drug use, or constant partying and noise. Our centre-of-gravity identity also has its own perceived level or lack of value or worth because it still has the *Core Self-Concept* in its evaluation process, and whilst it is usually where we feel most comfortable, if our *Centre-of-gravity Assumed Identity* is unacceptable to us, we will strive to become our ideal or acceptable self-image through Ego driven public-identity performances and will use internal psychological bullying and psychological self violence to try and bring this about, meaning no true peace can be experienced yet.

As with the other identities, centre-of-gravity identity has its own set of personalities to function through. The behaviours you indulge in the most feel like those you should indulge in. This Identity also conforms to what you believe you do and don't deserve. Once you do something and see that it is possible and then even probable for you, it usually moves to becoming part of what is available to this Identity, and what it assumes (*you*) can do. Whenever you are functioning outside of this identity you will experience psychological discomfort, insecurity and fear, but paradoxically you will also experience psychological discomfort, insecurity and fear by trying to stay true to this identity, although it will be more tolerable as it is more normal. Growth and evolution in a consciously intelligent direction and way is the only true path to freedom from discomfort or worse psychological experiences. True confidence can only come from what you do whilst in this identity, not whilst in the public-identity (your public *Image*). That will just give you fake confidence, mostly called arrogance.

The centre-of-gravity identity can grow and evolve as long as the old beliefs, which define and hold it back, are observed through true conscious and intelligent observation, which I call conscious awareness, then they can be dissolved or replaced. The more you challenge fears and negative beliefs (about you or life), the bigger and more encompassing this overview-identity can become, which means you will be able to live far more often from this more *authentic* place. The less you make your perception of this *Centre-of-gravity Identity wrong*, the more comfortable and acceptable you will feel to yourself. Eventually there will be no desire or need to 'change'. Intelligent behaviour will be easier, and the more comfortable you will feel being the *authentic you*, through honesty and *authentic integrity*. The more you function from this more congruent-identity rather than any other identity, the more balanced and peaceful you will feel and be, until all identities will eventually dissolve, and then you can 'live' spontaneously, in every moment, without any need for a *Psychological Self-Concept* at all. *Centre-of-gravity Identity* is the only place from which you can be authentic and honest; the more you avoid it and therefore indulge in the 'reactive' identities like Ego, the less honest and authentic you can actually be.

EACH IDENTITY HAS ITS OWN PERCEPTION OF PERSONAL VALUE

Each Secondary identity, Ego-self (A.S.C), Public-Identity (image) and Victim-Identity, has a structure for creating perceived worth or value (or destroying it as the V.I. will expect and work to do). The Ego based public-identity perceives your worth to be more when it believes it is being externally perceived in a way that is aligned with how the *Ideal Self Image* dictates you should, want or need to be perceived by others, and

yourself. If the mind, using the psychological-reality *active self-image*, perceives it is convincing others to believe in what it is trying to project, it feels of more value whilst that illusion is present. Yet if it believes it has failed to convince somebody to perceive you in the way it wants you to be perceived, or perceives that others may think in a negative way about you, your psychological-reality perceives you to have lost value, which causes it to jump to more protection or presentation.

The victim-identity automatically perceives itself to be of less value than others, and uses the *Image* of the *Ideal-Self* to measure *itself* and find out where it perceives it is lacking. It does this for certainty, and to make sure no one else can point it out first, and to help it feel bad and get to self-pity as quickly as possible when required. This often enhances the *Victim's* perception of being of less value than others, which creates a sense of safety through removing the need to take responsibility for the *Self*. For the victim-identity, having little or no perceived value, means there is little or nothing to lose or have taken away. Even so, the mind is still self-centred and needs validation, so it will fight to be noticed and get its own way, as a victim, or as someone in need of sorrow or pity. The Victim is looking for every way it can to confirm, define or perceive the *Self* within the psychological-reality to be of little or no value, so it can feel safer and indulge in self-pity as its payoff and drug of choice, and avoid having anything to lose. This brings with it a delusional sense of comfort, safety and certainty, through the dysfunctional illusion that there is no point, and no need, to take any personal responsibility for growth. This way the Victim feels safe from making any mistakes, which of course couldn't be further from the truth.



The size of the gap between how you want to perceive yourself to be (desired self image) and how you 'actually' perceive yourself to be (underlying self-image), will dictate the level of psychological and therefore emotional suffering the mind inflicts on itself, or you, over that core self-image. If the gap is small, you may just experience disappointment with or over your self-image, along with low levels of self-criticism, self-punishment and psychological bullying to 'change', be different or do something differently. However, if the gap is bigger, you may experience far more self-criticism, self-ridicule and self-punishment, along with a sense of self-dislike or even self-hatred. This can create or engender a level of self-pity which can be perceived as comforting, and create a psychological safety (and chemical) addiction. If the gap is even wider, you will experience self-disgust or self-loathing, and a great deal more self-abuse and psychological violence inflicted on the *self* internally. The more intense the negative emotion generating thoughts over the self-

image are, the more likely it is that the individual will function through victim-identity consistently, and only receive comfort and a sense of safety through intense self-criticism and deep self-pity.

The size of this gap also dictates your level or lack of self-caring, and the discrepancy between the two adds to the sense of separation from Creation and life itself experienced. We are separated from our connection to Universal awareness only by the psychological-reality, which is based on and fuelled by the minds confused indulgence in its conceptually made-up thinking, memory and imagination, and its belief that it (you) is a solitary entity. Indulgence in your *perceived* faults or failings can only serve to increase suffering; it certainly won't decrease it, and it absolutely certainly is not safe.



Each concept of a self-image is essentially an identity. However, all identities are *Conceptual*, so they are just psychological ideas, constructs that are sub-consciously made up by the mind. It's the same for the *Core Self-Concept*, but this must be in place before the other identities can develop. We can only have one *Core Self-Concept*, one victim-identity and one *Ideal Self Image*, which between them encompass all the ways the mind believes or assumes we need to change in any area. But we can have multiple public-identities or self-images, used to project things out to try and influence the perceptions of others, include our own perception of our self-image. All identities are generally created in sub-conscious unawareness by the mind, although the Public and Victim selves can be supported and amplified with semi-conscious intellectual indulgence in them, or their associated personalities. Each identity or self-image has created and adopted many personalities, which all have strategies and structures to support them and aid in each identity's overall needs and reality strategies and reasons for protection. The mind is always looking for perceived conceptual structures and strategies to add to an identity to make it more convincing (even if only to you), or for it to be perceived as more real and complete. Be aware that it is *very easy* to believe you are your public or Egoic version of your self-image, and think that is your real self-image. It is not, and never can be real anyway, and you will always be in sub-conscious discomfort, insecurity or fear of your presentation being seen through, and your underlying-image being exposed. Public-identity and victim-identity are both programs constructed by the psychological-reality to meet its insecure needs. All self-images are inherently faked, and the mind that used the psychological-reality to create them, innately knows it. This causes the mind to be inherently defensive and afraid of them being exposed (to others or to you) or of them being challenged, and so the mind adopts mainly protective personalities and approaches

towards almost everything and everyone as a default. At the very least it is 'on guard' all the time, hyper vigilant, ready to defend its presentations, justifications and cover-ups, and what it is trying to hide and hide from.

Deep down, the psychological-reality knows that you are 'acting' or 'faking' when you are functioning through these identities in order to feel safe; therefore anything achieved through the public or victim identities is therefore considered false and fake, as I said earlier. So if you predominantly function through either of these identities, you will always feel like some kind of a fraud, and will regularly experience discomfort, insecurity, anxiety or fear, as both identities are protection based programs which inherently have something to hide, protect or present. Although the victim-identity will often get a strange comfort from the fear and sense of worthlessness. For some people, complaining and creating the associated emotions, is the only way they can feel alive, so they keep looking for reasons to complain, and will use almost every interaction or event as a way to do this. The identity you spend most of your time in totally depends on how much you truly like and accept yourself as you are, and core self-image as it is, or how different you want to be, or be perceived as, from how you truly perceive your core self-image to be. Or how much you dislike or despise your core self-image.



I find it very interesting that only humans seem to have any attachment to identity. Every other creature is just what it is. Although it may suffer physically in a poor environment, or from a physical anxiety or fear created by physical circumstances, no animal has a hard time working out how to 'be' that animal. It does not suffer 'over' or 'about' itself, or try to be anything else other than what it is. A horse won't look at other horses to see how to be or become acceptable, or to work out how it can be perceived as the best, or at least not the worst, so it can feel better about itself in comparison to other horses. It lives completely in the moment, just as it is, with total non-resistance (traditionally called acceptance) for what and how it is. It may non-consciously and Primally work out how it fits in with the pecking order of the group, but that is programming at the operating-system level of the Primal Mind and does not come from fear of public psychological judgement. I do not believe any creatures other than humans want to live anywhere but in the present moment, or even have any experience or concept of anything other than the actual present moment experience. On this basis, I find it interesting that most humans judge animal life as perceptually inferior to human life.



Most people believe, because psychology has taught this, that we have one personality; however, what is traditionally called our personality I call our 'character', as I believe this offers greater clarity and distinction. Within our character we have many sub-structures, or personalities for creating and translating psychological perception. Wayne Dyer (see Recommended Resources) once said; "When you squeeze an orange, what comes out? Well, what is in there of course, orange juice"! What comes out of you, behaviour-wise, when you are squeezed (psychologically triggered, challenged, or psychologically pushed by a perception, event, situation or person)? Although it is not what he said, to me, Wayne was talking about *Character* as much as anything. However, as different reactive strategies, attitudes and behaviours can come out at different times, to me whatever personality you are in at any time decides what will come out of you. Each personality will give a slightly or hugely different reaction or response to every stimulus. Simply put, to what and how you give your attention, dictates your expectation, attitude, behaviours and results.

A personality to me is a unique behavioural construct, a type of perceptual operating strategy. They are functional structures created for specific functions, and based on many perceptually constructed traits, such as agenda, intent, attitude, approach, focus, beliefs, expectations, physiology, language patterns, rules and memories and-so-on. This structure is required for all external activity and interaction, and for all internal psychological-reality interpretation and translation of all internal and external interactions. Everything delivered into the external world, and experienced psychologically, is done so through a personality construct. The mind, using the psychological-reality, creates the *Ideal Self Image*, and then the Public Selves to project, defend and present this *Ideal Image*. It also creates the victim-identity to try and get safe internally. All personalities have been created around, and for, each specific conceptual identity, and for functioning in an interactive way in general. So we all have many hundreds and often thousands of personalities, or psychological 'states', as they can be called. Personalities give us adaptability and flexibility, and they can be created at any time, for any number of purposes. They translate, decipher and construct our *Reality Experience*, but always based on the needs and guidelines of the identity they serve.

Personalities display themselves through unique combinations of attitudes and behavioural traits, and are the 'state' creators of any 'state' we are in at any particular time. All *states* are psychological (and outside of these psychological states everything is just happening). They are our perceptual 'filters' and 'reality creators', so all information and stimuli will be perceived, adjusted, filtered and described differently by the mind, depending on the agenda, expectations, attitude, beliefs, attachments and needs and so on, of the personality you're in at that time. Personalities enable a stimulus to be described to the mind and the psychological-reality, and give perceptual information to the reasoning process so it has something to reason with, or over. Personalities have an effect on reasoning because all the traits of a personality affect the information your mind reasons with; in essence they create and justify the 'reason' for perception as it is at that moment. They create the description or story the psychological-reality is telling the mind about what is being perceived by that personality.

Reasoning is logical so it will logically work with what is given to it, and come up with a the best logical 'reason' for what it perceives, and an assumption about 'why' whatever it perceives is happening. Your active personality in any moment therefore dictates how you experience any stimulus, including thoughts, and what 'meaning' and 'conclusion' is created over and about it, and unfortunately 'you' (as the conceptual person). Behaviours are basically a direct result of the personality you are in at any given time, which is driven by a unique agenda, attitude, need or motivation, and-so-on. Your reasoning will support your personality approach whether it has an uplifting approach or not, just so the mind and psychological-reality get to experience certainty, and because in unawareness, people believe whatever the mind tells them to believe, think and do.



To better explain the concept of how your personalities work, imagine a line of over one hundred different 'people' all lined up at the back of a stage, all with slightly different traits (agendas, needs, attitudes, approaches, behaviours, beliefs, rules and attachments etc). Imagine we are standing at the centre point of the line, behind them, and they are lined up so that the most defensive, reactive, non-conscious and unaware 'people' are positioned towards the left. And on the right hand side are the least defensive, the most conscious, aware, balanced, and more intelligent 'people' (states). Where each 'people' stands is totally dependent on the level (or lack) of conscious awareness and genuine intelligence they have actually and '*authentically*' reached, from the lowest at the far left, to the highest at the far right.

All of these constructed ‘people’ are in line, waiting for a simple sign from the mind that it is their turn to step forward and take centre stage (e.g. process, translate, describe and create the minds perceived *Psychological* version of *Reality* in that moment). That ‘people’ (*Personality*) is then creating your psychological-reality experience in the moments they are centre stage, because they will be describing and reacting to it in their uniquely constructed and structured way. Only one can step out in front and take centre stage at any one time. They may be able to swap who is centre stage very quickly, but there is only one personality centre stage at any time. If only some of the traits or behaviours of a personality are needed, there may be another personality available that better embodies the traits or behaviours required. However, when this personality steps forward, it will bring with it the other traits that also come with that personality, and these will also affect you and your description of perceived reality in those moments as well. This can cause you to spiral slightly up or down emotionally, depending on which side of the line they came from, and cause you to move into a slightly higher or lower perceptual and emotional quality of personality. If you move lower you are at risk of moving to a lower level identity altogether, if you weren’t in one already, and then you will function through one of this lower level identities associated personalities.

So, standing behind these personalities at the middle point, see to your right a line of increasingly high quality, more positive, intelligent, supportive and uplifting personalities. Then see to the left a line of personalities ever increasing in pessimistic, disempowering and destructive attitudes, agendas and approaches. Moving to the left will create more insecurity and fear, and moving to the right will mean the ability to make more intelligent and supportive choices in any moment, and the ability to be more caring, supporting and curious. If you take the personality in the middle (which will be your default centre of gravity personality anyway), the personality quality to its left is slightly lower and the one to its right slightly higher in perception and emotion generating quality. It only takes a small, barely noticeable shift in attitude etc. to move left to the lower level personality, and then another little shift to move lower still, and so on. This can happen progressively without you noticing it, and is far more automatic than moving to the right. To move right deliberately, ‘on purpose’, usually requires a conscious decision and more Awareness and intelligence.

I often have people say they can be in a good ‘state’, and then hours, or perhaps days later, they suddenly realise they are feeling pretty crappy, and assume it has just come upon them. However, it is usually a process (through lack of conscious awareness, unawareness) of not actively

cultivating the 'good' perceptions, and therefore they can subtly slip *down* through ever decreasing quality of personalities, into a succession of increasingly lower level states, with almost imperceptible signs. Suddenly the emotional state they are in becomes strong enough to get their conscious attention; however, it is important to understand that it is unlikely this has just happened in an instant, unless of course there is a genuine strong external stimulus taking place right then.



Each personality will only come forward when its traits or behaviours are most required, or when it appears to be the most appropriate for how you feel or depending on what stimulus is perceived to have been presented, all of which is usually decided reactively by your psychological-reality. The personality perceived to be the most adequate or protective for the particular situation or interaction you are perceived to be in, will be pulled to the front, or it pushes its way forward because it is triggered by perceived circumstances, or because it has been so well practised and conditioned it is a normal personality for you. Therefore if you are not consciously and deliberately choosing which personality you want to use, function through or experience through at any time, the sub-conscious fear based mind and the psychological-reality, will choose for you. And it will almost always choose based on some form of psychological protection or presentation (which is only attempted protection anyway). Personalities will also be protective of the psychological-reality and the *Psychological Self* unless you are intelligent and open enough to being Honest and looking for the authentic truth. But you cannot do both at the same time as each of these approaches are driven and guided by two different parts of the mind, and by totally different perceptual structures.



NLP (Neuro-Linguistic-Programming) teaches that a state has three parts; Focus, Physiology and Language. I realised at some point that this comes nowhere near explaining why we do what we do. I now believe each personality (state) has slightly or largely different: Agendas & Motivations, Beliefs, Expectations, Assumptions, Approach & Attitude, Perspectives, Focus, Language Patterns, Physiology, Attachments, Associations & Relationships, Perspectives, Projections, Habits & Behaviours, Standards, Limits, Boundaries, Rules & Values & Personality Specific Memories. Each Personality also has its own *Justifications* of all the other traits of that personality. So the 'perceived' experience you are having in any moment, and the emotions you are experiencing, is really very dependent on the personality you are in during that moment, creating that experience.

You have a personality for (or rather, that creates, simulates or supports) pleasure, satisfaction, disappointment, sadness, self-pity,

anger, bitterness, resentment, frustration, and for every other emotion you can experience, inc all enjoyable emotions. You have some for when you are at work, some for when you are with friends, some for when you are driving or watching television and-so-on, along with literally thousands of others, depending on how active you are in life. Emotions are ultimately generated by the personality you are in and its perceptual structure drives and needs, so there are emotionally higher and lower levels of personalities. When you enter a particular 'state', you feel the associated created emotions generated by that personality. Conversely, if an external stimulus triggers you into feeling an emotion, it will draw you into the personality associated most closely to that, or to those emotions.

You are almost always fluctuating between, or moving up or down the emotional quality scale of personalities, either a little or a lot, depending on the discomfort or turmoil generated by your psychological-reality, and the level of insecurity, apprehension, worry, anxiety or fear you experience in any moment, whether you know what you are experiencing or not. The more intense the stimulus causing the shift from one personality to another, the more intense the personality and possibility of any identity shift. Often when the mind decides to switch from one identity to another (say public-identity to victim-identity), it will move to the most similar personality in this new identity to the one it is in, partly to stop you consciously noticing, particularly if it is moving you towards a more disempowering personality, even though it thinks it is keeping you safe and serving you. This strategy also causes the psychological-reality to create similar or close personalities within different identities. If you do not have a personality to fit a new event, situation, or interaction; let's say for example you start a new job or move in with a friend, your psychological-reality will sub-consciously create a new personality to fill the perceptual, judgement and behavioural gap, with all the traits of a personality. This is part of the birth and evolution of personalities and why they come about. Any personality created will never be deleted, simply stored in case of a future needs for it. Every unique element or trait of a personality can be held by another personality, although there is no need for any identical personalities, therefore each conscious and hopefully intelligent adjustment towards a different approach or personality trait can help to deliberately move you into another, more supportive personality.

The personalities you have used most in the last six months will be your most prominent, easily accessible and automatic personalities at the moment, or your so-called default or go-to personalities. The more you indulge a personality and its traits, the stronger it becomes and the less you indulge a personality and its traits, the weaker it becomes. This is known as conditioning (practicing something so it becomes more automatic).

The mind's psychological life has been spent creating and using personalities to interact and deal with events, situations, interactions and perceived threats since you were about two years old. Once a personality has been created, it will always be available to you. Personalities are either reactive or pro-active but rarely neutral. Until you become genuinely consciously aware, they will almost always be reactive, as the sub-conscious mind and psychological-reality is always in psychological protection mode, in one form or another. Being conscious of what personality you are in at any time brings with it the opportunity of psychological choice about whether to remain in, and indulge that personality or not. You then have the choice to consciously change your agenda, approach or attitude to something more functional or supportive of you or the greater good.

Each personality is basically unaware of other personalities. By this I mean the psychological-reality can only be in one personality or another at any one time, and that becomes its experience creator. Because the mind now lives almost fully in reaction, and becomes so engrossed in each complex personality, it cannot see the other personalities when it is indulging one. It only experiences and indulges the personality that has its attention in any moment, and it does not really decide which personality it is in. It is living almost purely in reaction to perceived stimuli because of the psychological-reality's active self-image, which triggers it into using whatever personality its complex conditioning decides is best in any moment, for best perceived safety. It is only through deliberate conscious awareness that we can monitor our personalities, and, if we are intelligent enough, decide if we should continue to indulge them in any moment or not, or whether to shift to another, more supportive personality (state). Through being deliberately consciously aware of what is going on in any moment within your perception, the sub-conscious mind gets to see what it is indulging in and can then decide if a particular personality is genuinely serving it or causing it discomfort. Then 'it' (the mind) can decide and adjust accordingly, so it is no longer causing its own suffering in that particular way, and this is growth at work. If you are unaware, and not consciously aware, any personality you are in at that time, is simply happening to you, and you are essentially just along for the perceptual and emotional ride. Until you become more consciously aware and genuinely intelligent, you'll be unaware of any personality possibilities other than the one you are in at any moment, and will fully indulge, justify and support it. Unless you are deliberately consciously aware, you will simply be a stimulus response mechanism, living at the mercy of what you believe to be a real stimulus in your external or internal world. This is

not wrong; it is just what it is, and simply requires that you become more consciously aware and genuinely intelligent about what and how you are experiencing, and any available alternatives.



Personalities are filters, translators and meaning creators, and depending on the personality you are in at any moment, all information and stimuli will be filtered, described and perceived based on that personality's underlying agenda, needs and motivation etc. Become acutely consciously aware of what agenda your mind holds or is indulging in any moment! Language patterns can also be the hook that changes a personality. Listen to your language, the words you use, their tone and intensity, and most of all, their perceptual *implication*. By the term *implication*, I also mean what do they perceptually presuppose? Listen to the meaning or Reality they create and imply to and for you. Listen to see if there is any exaggeration. See these convincing (convincer) strategies in action, and become acutely consciously aware of who and how it is actually trying to convince or fool. Notice the change in you when you start talking about different subjects, especially when you are gossiping or complaining. Become consciously aware of the changes in your agenda, attitude, approach, focus, tonality (language structure) and body language, as personalities are accessed, indulged in or changed. Different personalities (states) 'feel' different. Use this to become consciously aware of the personality you are in. This requires honesty and integrity and can often be uncomfortable, especially if you realise the mind is lying to or tricking you.

Are you being defensive when you believe you are listening? Are you thinking about what you are going to say next, when you should actually be listening, but think you are? If so, you are engaging and indulging a different agenda than the one you may need in that moment, and you will therefore basically be unaware and unintelligent at that point (this is why it is called a *failure of intelligence*, and is to be unaware of what is going on in you in any moment and going with it anyway). You may think you have an agenda of listening and learning, but the evidence shows your real agenda may well be; "How do I protect myself or present myself right now?", "What do I say, what do I say, what do I say? Etc.



An interesting exercise is to sit down and write out all the different personalities you believe you have available to you; e.g. the controller, the supporter, the victim, the driven one, the happy one, the disappointed one, the complainer, the bully, the dominator, the playful one, the irritable one, the stubborn one, the selfish one, the cruel one, the know-all, the one who just can't be wrong, the arrogant one, the helpless one, the 'poor me', the giver, the barterer, the lover, the masculine one, the macho man, the

feminine one, the macho feminist, the joker, the artist, the compassionate one, the understanding one, and there will be many, many more. Any or perhaps all of these will be part of your own personality repertoire. Use a separate piece of paper for each personality, then have a look at how each individual personality is structured and document each of its traits in as much honest detail as you can; what it needs, wants, believes and expects, what it is trying to achieve, what its justifications are, when it comes out and what it is trying to protect again or achieve, and so on. Be Truly Honest. This information will give you a strong grounding in how your psychological-reality and therefore your approach to life really functions personality-wise, and therefore perceptually, moment by moment.



When people talk about behaviours they would like to change or eradicate, they are usually talking about one or another of their personalities and its behavioural outputs. Personalities have been built up over many, many years of perceived experience and personal psychological-reality evolution. Every one of them has at some point been very useful to the protection and evolution of the psychological-reality, and as far as the Certainty based mind is concerned, they may well be again. Furthermore, the traits of personalities could be harnessed or used by a new *personality* that you might need in the future, so they won't be deleted. You will never get rid of personalities; however some and even many can eventually become obsolete. Even so, if you are consciously aware enough and know what to deliberately do, you can ensure your mind indulges in the more supportive and uplifting personalities most of the time, and only deliberate conscious awareness can help in this process.

Personalities also support and validate other personalities in a complicated network. The mind itself is the only thing that can authentically decide not to use a personality again. Erasing personalities or parts of them, would serve no functional purpose, nor can it actually be done. Furthermore, it would not necessarily serve you if personalities could be deleted. As an example, where I grew up in Australia, violence in the town I lived in was common. I used to spend a lot of time in personalities that allowed me to appear intimidating to others, whilst being balanced enough and non-threatening enough not to trigger or attract undue trouble. This personality saved me from a great many attacks and fights when I was younger. I also had a personality that could be violent if I needed it to be, by manifesting and harnessing my self-anger as fuel. Now this is certainly not a personality I would like to have taking part in my everyday approach to life now. However, if I, or any person I felt I needed to protect, were about to be attacked, I would absolutely want access to this personality if I decided I needed it, as it could be lifesaving. That said, I certainly don't

want this personality to be pre-eminent, or to pop up whenever it decided, nor do I want it to be part of my default approach to life and other people.

Now, as a fully conscious observer of the mind, if I ever see the traits of these or other undesirable personalities starting to manifest or come forward because of external stimuli, I either have no resistance to them, and consciously monitor them, or I deliberately and consciously choose another more intelligent approach to whatever it is that has my attention. Changing the agenda, attitude and approach gives me influence within perception at that moment. I then consciously choose a to indulge the traits of a personality that will serve me more resourcefully at that moment, if intelligence tells me I need to. I certainly value all these personalities, but accept they are just a small part of this mind's makeup, and not all of what it is capable of. I am not a victim of these personalities any more as I am no longer identified with, nor tied to the mind. However, personalities are required when I am using the psychological mind to interact with the external world, but if an old personality comes forward that could be disruptive, I become consciously aware of the traits that come with it. When I recognise these traits are present or emerging, I look at the perceived reasons for why the mind thinks these traits might be needed right then. At the same time I am consciously choosing how I look at whatever has the mind's attention. I can therefore consciously choose how to direct the mind's approach and attitude in a way that allows the most supportive outcome. This is Conscious Intelligence in action!



Acceptance of personalities is just as important, if not more important, than being able to direct them where required. As an example, there is a particular personality I use when I'm in a hurry to do something. This personality is very direct and straightforward. It is very focused and knows what needs to be done. When I'm in this personality, I'm not the best person to try and have a conversation with, simply because that is not the motivation (agenda, intent), attitude, approach or focus of this personality. I experience joy talking to people, but I don't want to talk or interact in this personality. That is not the purpose of this personality; its purpose is to get done what needs to be done in the allotted short time with the fewest distractions. I recognise that the traits and behaviours that come with this personality can come across as abrupt to some but I have no resistance to it because I know this personality is effective at getting done what needs to be done in a hurry. I just excuse myself and go about my business. As soon as the task is done however, I let go of indulgence in this functional personality.

I don't have judgement for how I am in any particular personality, because there is no longer the illusion of a *Self* to judge. The personalities

are what they are: psychologically functional requirements for interacting in or with the external world. In a sense, who you are in any moment is the personality you are functioning through, driven by the identity you are in and brought forward by the Mode (protection or Growth) the mind is in, all overseen by the psychological and perceptual structure of the mind itself.



Personalities create a vibrational state, and can often bring out the personalities in others that are in resonance (vibrational likeness). So be aware of this when interacting with others, and if you are having challenges with others, consciously work out what it would take to bring out the best in others. That said, also be aware that you cannot ‘make’ anyone function or react in any particular way. That can only happen if their psychological-reality does that, not you. The same applies the other way round; no one else can ‘make’ you feel ‘anything’. You feel what you feel because of a perceptual translation, description or story created by the filtering and adjustment processes of your psychological-reality structures, processes and detail, not theirs.



YOUR PRE-EMINENT PERSONALITIES – What personality do you display most of the time? What are the attitudes (approaches) and behaviours you are most recognised for? By others, or yourself? Are you short-tempered and irritable or are you laughing and joking most of the time? Are you encouraging people to give you sympathy and acting out why life is punishing you? Or are you generally excited and optimistic? Honestly? What are the agendas, motivations, attitudes, approaches, physiology and language patterns you use most often? Are they positive, negative or critical? If you want to believe you display mainly positive traits but you also want to learn to be truly *honest*, check with others whom you know will be genuinely honest with you. How do they see you acting most regularly? How easily are you triggered into negative or disempowering personalities (states) over your perceived attitudes or behaviours of others? How often do you blame others for causing you to display these personalities?

Personalities that support lower-level needs like certainty, comfort, self-validation, self-importance and significance, are the strongest personalities we can have when we are fully associated to our psychological-reality. They are all based on the protection of the *Psychological Self*, the promotion of the *Ideal Self Image*, and the processes associated with the active self-image (Ego). These are therefore the most challenging personalities not to indulge, and to move beyond, or try to, in any moment. The personality you are in at any time is a choice the mind makes, either sub-consciously

or consciously. If you are unaware or not consciously aware enough, it probably doesn't feel like you can choose them at times. In fact, you may feel like a victim of these personalities (states) most of the time, and think you have no choice over them. The more consciously aware you become of the Thinking Minds agenda, and your generated psychological-reality, the more deliberate and conscious psychological choice you will have.

Any personalities which the psychological-reality or you (consciously and deliberately) have practiced accessing lots of times, with emotional intensity, will become easy to access or go back to, and are more likely to become a pre-eminent personality. If you deliberately and consciously do this with any personality, and the sub-conscious mind accepts it is more valid or beneficial than other personalities it may have used before, then it will be accepted as a new 'automatic' personality. Practice consciously and consistently choosing and indulging the personalities you want to experience Reality through and with as often as you can, and condition them through conscious repetition of their traits, so they can also become your more pre-eminent (automatic) personalities.

You have done this all your life already, so why not now do it now deliberately, consciously and intelligently? Of course I suggest using personalities that cause you to feel genuinely good, balanced, peaceful, uplifted and inspired, but the choice is yours. Decide what agenda or motivation you would need to adopt and what attitude and approach you would need to have, for this personality. What will you focus on within this approach, and what physiology and language patterns will you need to adopt in order to gain access to this personality, or keep it active? This will also help you learn how to identify personalities as they come forward, and will help you call up specific personalities as and when required, because you will know how to trigger or indulge them. If you can do these things, you will be able to create a different level and quality of *Reality* for yourself, consciously, at any time.

Accept that personalities are there for a reason and only consciously access them, or allow certain ones to come forward, when they are most needed. When you can become consciously practiced and deliberately good at this, you can become really good at accessing any personality you want, as you need it. It just takes conscious practice, commitment and some discipline to function from a higher level of intelligent thought and reasoning, and a conscious desire and deliberate commitment to feeling the way you want to feel emotionally. Believe it or not, you already have a commitment to feeling the way you do. Is it a high enough quality of experience? If not, decide and use the teachings in this book to influence your psychological-reality.

When you can become a conscious observer of 'your' thoughts and actions, instead of being totally involved in and identified with them, you will start to see the different traits and behaviours of your different personalities. You will see how you can be hooked into certain behaviours by triggers that bring out the personalities which use certain attitudes, behavioural traits, memories and beliefs. When you can expand your conscious awareness of how 'your' psychological-reality operates, you will be able to view your own multiple personalities and see how they have evolved to support your current identities, your perception of life, and of course, your psychological-reality and *Core Self-Concept*. This will help you become more consciously aware and intelligent, and more able to intelligently direct the mind and the psychological-reality.

AGENDA, NEED OR MOTIVATION

Whilst there are many parts to a personality (which I will document in much more detail in another book), it is really important to emphasise the 'Agenda' (motivation, intent) element of a personality. The sub-conscious mind is essentially only really interested in protection and safety through ensuring certainty, and in moving away from anything it perceives to cause pain or suffering. This mind, or part of the mind, whilst it want to learn (especially to protect better) is not driven towards growth, as this requires going into uncertainty, which it is strongly driven to avoid. Many people will believe they are open to growth, whilst they are actually only usually indulging in protection 'agenda' (often subtle) through one of its many elements, such as psychological self-defence, cover-up, justification or presentation (of a desired *Image*) and so on. It is usually not growth but protection that is the **true** underlying agenda of their psychological-reality on a regular basis, but they may be, and almost always are, basically completely unaware of this. As stated earlier, each 'agenda' or need of the automatic sub-conscious psychological mind, will almost always be driven by the active self-image. And because this mind (or part of the mind) is a survival and protection mechanism at its core, by default nearly all its 'agenda's' will be some form of protection, defence or presentation strategy.

The mind, guided by the psychological-reality and active self-image (Ego), is absolutely convinced it needs to protect you (it) with its own agenda. Every personality is built around and sensitised towards its own motivation and agenda, which is always based on the intent and *need* it is trying to fulfil in any moment. The mind therefore only sees and hears (perceives) what is in line with this 'Agenda' based filter and meaning creation construct (*Personality*), because that is all it is looking for, or looking to meet, or prove. The agenda of the mind in any moment dictates

what you are looking for, what you use the information for and how, why and what you apply it to, along with the perceptual and emotional outcomes this creates. Basically the agenda is whatever ‘you’ or the mind and psychological-reality want to achieve, get, do, hide from and so on, or what this particular personality was created to achieve and protect against. The underlying agenda of a personality is always driven to achieve or meet the need-based agenda it was created for. Always be aware of the ‘true’ motivation or ‘need’ (and intent) your mind is ‘*Actually*’ trying to meet in any moment. Not just the motivation or need you think you have, or the one you think it is supporting.

The sub-conscious mind, using the psychological-reality, is a slippery, subversive thing, because you are often, if not almost always, unaware of its true purpose, intent and agenda, and it can fool you into believing it is completely, plausibly and logically justified in doing whatever it does, even convincing you it is for some higher reason, when it rarely truly is. The psychological-reality has vast experience of creating many plausible reasons and justifications within each personality, and it loves illusion, because this helps protect the Ego (A.S.C) and the underlying perception that drives it, which you assume to be ‘*you*’, from its own punishment and abuse.



Turn your perceptual awareness inwards and ask; “Does the agenda I (or the mind) have in this moment (or in any moment) resemble any kind of protection, defence, justification, rationalising, philosophising, cover-up, back-pedalling, storytelling, attack, positioning, attachment, presenting, self-promoting, blaming or trying not to be wrong? Does it involve feeling sorry for myself, or trying to get pity or sorrow from somebody? Is there any indulgence in dramas or stories? Is this in any way a disempowering, aggressive or adversarial state?” If so, become very deliberately consciously aware of this, and don’t make it wrong. Just observe it and then cease indulgence in it, by consciously changing to a more supportive agenda, unless you are aware and balanced enough to simply observe it and not allow it to translate into unintelligent actions or behaviour. Any agenda that even vaguely resembles those mentioned above will keep you trapped in any discomfort, conflict, turmoil or suffering you’re in or make it worse. Unfortunately, until your agendas are driven by passion (for what you are doing in any moment), intelligence, caring, kindness (for yourself and others) and a true desire to experience genuine Compassion or Happiness, then protection, insecurity, fear, and avoidance of any perceived threat to it (internal or external), will be the underlying drive for almost all your personality’s agenda’s.



If your true agenda is to learn and grow, you will be consciously listening and looking for the truth in whatever feedback or advice you get in as many moments as possible. You will be internally observing to see how the mind is truly functioning, and what it is up to in any and every moment possible, not just trying to work out what to say next, or how not to look or sound inadequate. If your true agenda is to protect or defend (whether you are aware of this or not), the mind will be thinking about what you need to say next in the hope this will help you be perceived, or not perceived, in a certain way, to protect your image. You cannot be truly listening when you are in protection mode, with a protection-based agenda; therefore you *cannot* 'grow' in those moments. You can only be supporting the mind's agenda of learning to protect and defend better, which is about keeping you where you are and protecting the psychologically held status-quo. How often are you thinking about what to say next and not really listening, or listening for clues as to what you need to say next, or thinking "Yeah but" and not really listening? Honestly? If you actually listen to the mind when you notice you are tense, it is often repeating; "What do I say now, what do I say now, what do I say now? How can I protect or present myself in the best light, so I can feel as safe as possible right now?" This leads to a presentation, and that is a one-way interaction, if it can be called an interaction at all.

If you are finishing people's sentences, you must be listening to your own internal version of what you think will be said, or is being said, rather than listening to what *they* are *actually* saying. Your mind is doing this to appear adequate and intelligent by using your understanding to look like you know what they are going to say, before they say it. Do you actually feel 'heard' when you talk, or when people finish your sentences like this? There is actually so little genuine listening and authentic communication going on between people nowadays, because it has become more important to protect and present than to actually listen and engage? This comes from insecurity, not security or mind-reading skills, so become consciously aware of when you do this, and observe it in action. Alternatively, perhaps you talk constantly to cover every possible angle and perception so you can try not to be judged harshly or criticised? If you do this, how is it working for you in terms of enabling you to feel safe? Really? Or does it just create more insecurity? Observe without making it wrong, and you will see the latter.

Take responsibility for your own perception (not blame, but responsibility) and start cultivating an agenda and structure for genuine listening, for the purposes of true learning and growth, and to help you have genuine growth insights about your own perception. Embrace feedback from others, as it will help you see that which you should want to know

about yourself, for growth and not punishment purposes, but may not be able to see for yourself. Feedback, when adopted, becomes feed-forward, as long as intelligence is used in the process of evaluating feedback. Don't use feedback to criticise yourself, and don't blame others for how you feel about any feedback; in other words, don't assume they have 'made' you feel like that. I once heard someone say that feedback is the breakfast of champions. I would add to that and say it is the food (sustenance) of true growth, usually only avoided by insecure people. Feedback, or rather asking for and *openly listening to* feedback, and looking for the truth in it, is the meal of choice for those who evolve intelligently, and this includes organisations, companies and businesses, as well as successful people. Feedback will allow evolution in a more supportive and positive direction at a much faster rate, and I don't necessarily mean the type of feedback you *want* to hear, in fact quite the opposite, as long as it is given for constructive and supportive reasons.

You can only learn if you're truly listening and open to learning.
Not when you are working out what you are going to say next,
or assuming you know what the other is going to say

To intelligently evolve, it is required that you consciously and deliberately choose the agenda that will help you achieve or experience whatever you want to, in any moment. This will engender the personalities you want to experience through, which will create the reality experience and emotions that you prefer to experience. Otherwise, you simply get what you're given by the reactive, insecure psychological-reality. Be honest and openly watching for whatever agenda you are in, in any and every moment. It is extremely important you know what agenda your mind has at *any* time, because when the mind is looking for solutions, it will only be looking for solutions which fit with the current agenda and personality structure it is indulging and working with. The level of perception creating any challenge cannot solve that challenge; it can only adjust it or create similar, which means you will only ever find solutions that fit with the agenda the current psychological-reality personality filters active or being indulged in, at any moment. Essentially this means you get to continue functioning in the same or a similar way, at least until you become consciously aware and intelligent enough to look for true solutions to the bigger picture.



Even more importantly, is your agenda truly about moving '*towards*' that which you *want* to experience, or is it about moving '*away from*' what you *do not want* to experience? This is a huge distinction to make.

UNDERSTANDING YOUR TRUE DRIVES & MOTIVATIONS – I am talking here about your true psychological motivations or drives in any moment. In this example, we will compare the drive ‘towards’ and the drive ‘away from’ any particular stimulus. Pull is far stronger than push, which means that moving, or being drawn towards something, is far easier than psychologically trying to get away from something else. Quite simply, if you wish to design a vehicle to go faster, it is required, and far more intelligent, that you give your attention to how to make it go faster, rather than contemplate how to stop it going slowly. If you want to make a plane fly, it is required, and far more intelligent, that you direct your thoughts, optimistic approach and Intelligent higher reasoning towards working out how to get it to fly, rather than consider how to stop it falling, or how to stop it staying on the ground. Wouldn’t you agree?

I hear so many people describe themselves as moving towards growth or intelligence. Yet the evidence would usually show that defence and protection in order to avoid any psychological discomfort is the real drive, and with it is a ‘hope’ that the other is achieved. This means the direction of their perception is *away from*, not *towards*. It is important you understand that your psychological motivation must be consciously directed onto what you *want* or *desire* to come about, rather than indulging in the psychological-reality’s desire to focus on getting *away from* what the mind (‘you’) doesn’t want to experience or wants to stop you experiencing in any moment. Paradoxically however, we do need to (temporarily) give full conscious attention to what we are psychologically trying to escape from, in order to be able to see what holds us back and down, and what we are trying to escape about our perception of our *Self*, our life and our psychological-reality.

By default, the sub-conscious mind moves away from uncomfortable experiences rather than towards higher experiences. It is a pain ‘*avoidance*’ mechanism, not a pleasure ‘*getting*’ mechanism. To the sub-conscious mind and the psychological-reality, perceived pleasure is discomfort and pain avoidance. Right from the beginning of the evolution of the psychological mind in mankind, it was drawn to, and then *logically* decided that the only way to feel less discomfort was to avoid and move *away from* and try to avoid, rather than *move towards* something different. Just so you are clear, I am writing this section so you can actually discover your own true drives and decide what to indulge and not indulge from now on, so you can consciously and intelligently bring about the kind of experiences you want to have (not so you can strive to *escape* yourself better, or get yourself to change). You may believe you are always moving towards what you want. However, I will almost guarantee that when you consciously

look with honest and genuine integrity, you will find that what you think you want is really a way to stop feeling or experiencing whatever it is you don't want to feel or experience. Or it may be a way to escape something you already feel or experience, like an underlying sense of inadequacy or facing the underlying perception of you *Core Self-Concept*.

As an example of the pointlessness or unintelligence of trying to move away from something, or trying to stop something being thought or experienced, in the *hope* of thinking or experiencing something else, here is an analogy. If you are standing still and want to start running, there is no point focusing on not standing still or trying to stop yourself standing still, or criticising yourself for standing still, or '*hoping*' you will stop standing still, under the assumption this will somehow create the experience of running. Even if you did happen to stop standing still, you could end up doing several different things other than what you *want* to experience,, in this example running. You could start walking forwards, moving sideways or just start standing still. The mind will automatically do whatever seems the next *easiest* or obviously *simple* (or most conditioned) thing to do instead. So essentially, if you are not deliberately thinking, doing or indulging what is required to move *in the direction of creating what you want to experience*, the mind will do whatever it perceives to be the easiest, least or least scary option in any moment, rather than what you think you want it to, or would rather do or experience. It may choose standing still as the easiest option for not walking, and this would obviously not give you your desired outcome. You could *hope* for *luck* that you get your desired outcome, but hope is not a strategy for success. This is why you need to consciously and deliberately decide what outcome you want and then do whatever is required to move towards or bring about that outcome, no matter what area of life it be in, or whether it be an internal or external process.

For you to be able to definitely go from standing still to running, it is required that you give your full attention and commitment to completely indulging and doing that which you 'want' to experience, rather than indulging that which you want to 'stop' experiencing. That which you desire will not happen until you give your full attention and focus to whatever you want to experience, and fully apply yourself in the direction of the experience and outcome you want. When you focus your full attention on running (in this example) and take the action required to bring it about (because this is truly what you want to do, and are committed to it, and you also believe you deserve it), then the standing still automatically stops happening as a natural outcome of doing applying yourself fully to running instead. Without you having to give it any attention at all to what you '*don't*' want, it automatically stops happening or stops being experienced.

Logically then, based on what I just said, when it comes to your thinking or emotional state, it is therefore also required and intelligent that you approach and give your attention and focus to, thinking and physical life based on how you 'want' to think or feel, *Not* by focusing on, or giving attention to whatever you want to *stop* or *avoid* thinking or experiencing, or that you believe is causing your discomfort or suffering.

When you want to escape an emotion, such as fear as an example, your Thinking Mind and psychological-reality must keep your attention on the perceived fear in some form, in order to measure whether you are moving away from it, or not. Based on the fact that you experience what you give your attention to, how can you escape the experience of it when it still holds some or most of your minds perceptual attention? You can't stop thinking about what you don't want to think about, because that requires you think about it! Remember, what you focus on and give your attention to, and how you psychologically describe it to yourself in any moment, dictates your perceptual and emotional experience in that moment, you *Reality* experience. In order to really move away from something, you must metaphorically, energetically and psychologically turn your back on it by removing all attention and focus from it, and deliberately and intelligently direct your fully focused conscious attention towards something else you want to think or experience instead. At the same time it is required that you surrender your attachment to, and attention on, the *perceived* source of your discomfort or suffering, and your stories about it. If you do not consciously and intelligently guide your attention in another direction, and let indulgence in the other go, you'll be constantly stuck with the experience of what you're trying to move away from or not experience. Then self-criticism or self-punishment will further intensify the discomfort or suffering over it.

Paradoxically, you need to *face* your suffering when you can to see what it is really about, so the mind can stop creating it. It is also required that you *face* and consciously observe the *psychological-reality* (especially the Ego A.S.C) and the underlying core self-image for them to no longer effect your perception, rather than you continue to indulge them, run away from, hide from or try to escape them. However, in your moment by moment experience of life, what I am teaching you here is very important in helping you let go of the negativity and insecurity about life and yourself, which the mind automatically wants to indulge in to try to hide and escape its created discomfort and worse.



As another example to help make sure this 'direction of perception' process is fully clear, the 'drive not to be fat', rather than the 'drive to be slim and healthy', is a real challenge for many. This distinction may seem

confusing to some but the two motivations are completely different. Again, the difference is between *moving away* from something uncomfortable or *moving towards* something else, something which is more uplifting and supportive in the longer term. The 'drive to be slim and healthy' is very different, and actually perceptually opposite from the 'drive not to be fat'. Being aligned with the right motivation will help you make the choices, moment by moment, that support you in any particular area. People will only ever do what they feel they 'need' to do so find a way to make what you want an Intelligent 'need', without employing any force or psychological violence such as self-criticism, self-punishment or self-abuse.

If the direction of perceptual drive is to get away from an experience, let's say being overweight or being broke, most of the time you will only be driven to do something about it until the pain or suffering it causes in you has dissipated enough for it not to directly upset you anymore. You will only move so far away from discomfort because as discomfort diminishes, so does drive and activity involved in moving away. Only '*towards*' activity can continue indefinitely. If you feel fat you will be driven to lose weight only until you no longer feel fat, rather than until you are truly slim. Or if you are broke you will be driven to strive for money only until you don't feel broke any longer, rather than until you are rich (unless of course the *Image* of being very slim or very rich is required for your active self-image to feel safe, then that will create drive). In both cases, and this applies to any other type of issue you are trying to avoid or move 'away from', once the drive dissipates you will return to your old conditioned behaviours that got you into the situation in the first place, and the cycle will start over again. It requires that you truly 'want to be slim' or 'want to be rich' for the drive for either (or anything else) to continue beyond a certain point. When you have the drive '*towards something*', it is much easier for this drive to persist beyond just getting comfortable and you are therefore much less likely to return to your old conditioned ways.

'Away from' performance is inconsistent and always requires a level of discomfort to drive activity and performance. 'Away from' values and motivations tend to ease and dissipate when you perceive you are far enough away from that which you are trying to avoid or escape. 'Towards' values and motivations create a continuous movement in the desired direction. You may have conflicting '*towards*' and '*away from*' values, and also have more than one '*towards*' or '*away from*' value in any area of you perception or life that are in conflict. For example, moving towards money, and moving towards insecurity driven safety, may create a conflict in you as money may expose you to the potential for its loss, and therefore expose you to self-criticism for its loss, and the underlying psychological motivations are trying to keep you safe, whilst the Egoic or logistical

motivations are trying to drive you to accrue money. It can be the same in relationships; “Don’t leave me, but don’t get too close to me either!” Be *Totally Honest* with yourself about this and let the evidence of your immediate choices show you the true default direction of your perception.



Remember this; desire can be driven by open perceptual desire, or by perceptual or psychological injury based desire. Someone can become financially wealthy because money flows to them when they do what they love, and their perception is not telling them they don’t deserve it, whilst someone else can become financially wealthy because their insecurity, hurt or suffering (the sense of inadequacy they may either be scared of or not even aware of) is driving them to try and ‘fix’ how they feel, using the Ego based *Ideal Self-Image* as the driver, to become or be perceived as adequate, through the acquisition of wealth (or fame). Both desires are very different, but they could be perceived as the same if you are not truly consciously aware of how different drives and motivations work, and what the difference in ‘direction of perception’ is.



Now you know this, I will show you how to consciously create or indulge only the kind of personalities that have truly supportive agendas, motivations, drives and traits associated to them.

CREATING SUPPORTIVE PERSONALITIES

From the structure of personality traits I have described in the ‘*Personalities*’ section, we can work out how to create a personality that serves us better in any situation, event or interaction. To create a strong personality it is first required that you work out or compile all of, and especially the most important traits of a personality, to support you in a higher way. Then you need to consciously practice and indulge them as often and intensely as possible to create the perceptual structure of what you desire. Consciously define each part or trait in as much detail as you can, and then refer to them, and indulge them as often as you can to stay in alignment with them. Do all this with *no* self-criticism or self-punishment At All.

Unfortunately, people tend to go into a new situation or circumstance where a new personality construct is required, but they start with an old personality and just allow the mind to create a similar one that seems to fit with the new situation. However, this ‘new’ personality is still based on describing, filtering and experiencing Reality in the same old ways. Be intelligent when creating new personalities. Consciously choosing the personalities you want to function through, as often as possible, and the traits that translate Reality for you in the way you want them to, will change your quality of life forever. This is very important to understand; in order

to quickly create and condition a personality, you must be consciously directing the mind to indulge all the strongest elements of a personality (agenda, attitude, approach, focus, language, beliefs, assumptions and physiology) to effectively create, adjust or change a state fast. You can change your regular situational personality to one you have created consciously that is calm or confident, whenever you to, simply by adopting the most important traits that are in line with creating and maintaining a calm and confident state. If you don't have a calm, confident personality like this already (or another that will help you feel better in the required situation), create one in the way I will show you in a minute.

Actors and actresses construct the personalities of the people they play, often without even realising that this is what they are doing. Tom Cruise apparently spends months on a character perfecting that character's personalities and their traits so he knows how that character would think, react or act in almost any situation. He may not realise it, but he is constructing many personalities for the character to play the part through. This can become quite dangerous, because if you don't realise you are constructing personalities of many different 'characters', they will affect how you function continuously in your every-day life. People can reach a point of feeling like they're actually going insane because of this, because they don't know how to act anymore because there are so many constructs in place, they don't know which are theirs or not.



CONSTRUCTING A PERSONALITY: First, become fully associated to the perceptual or emotional outcome you want this personality to generate, as well as the logistical or external results you're looking for, in as much detail as possible. Then, using the headings and guidance below, define and create each personality trait in as much detail as possible.

AGENDA - MOTIVATION - PURPOSE - INTENT: What conscious agenda, motivation or intent would this personality need to have or indulge in to be able to achieve what you are looking to achieve, either emotionally, logistically or both? Think about this from the most *Intelligent* and supportive (also of the greater good) perspective you can come up with.

APPROACH - ATTITUDE: What approach or attitude would you need to consistently have and indulge in for this personality to be successful in achieving or creating what you want it to, or for you to feel that way you want to?

ATTENTION - FOCUS: What would you need to consistently focus on (give your attention to) perceptually, emotionally, logistically and physically, to create the outcome you want?

LANGUAGE (PATTERNS, WORDS & TONALITY): How would you need to describe

things or speak about them (including stories) to yourself and others? And what kind of words or language patterns would you need to indulge in to create your desired outcome and create how you feel and how it feels to you and for you?

PHYSIOLOGY (BODY LANGUAGE): How would you need to hold the body? How would you breathe, how would you hold your shoulders and head, and how would you act physically to create and experience the state you want? How would you influence the mind into believing that you're absolutely serious about, and expectant of, the outcome you want, as if you already have it?

EXPECTATIONS: What would you need to consistently expect to come about for this personality to be successful? What would you need to expect from yourself, for yourself and from the external world to enable this personality to define, translate and attract into experience exactly what you want?

BELIEFS: What would you need to believe about yourself and the external world in the area this personality is for, for you to be able to create or experience what you want, and for this personality to be able to achieve that outcome?

ASSUMPTIONS & PRESUMPTIONS: What would you need to presume and assume was going to happen for this personality to be effective? And what would you need to presume and assume about yourself and others (in an uplifting way) to allow this personality to expect and create the outcomes you desire, cause you to feel good and help you achieve your external or internal goal?

ATTACHMENTS - ASSOCIATIONS: What outcome would you need to be associate to or desirous of getting (from an uplifting perspective) to be able to make this personality as strong and effective as possible? What would you know you have to do or not do for it to work?

BEHAVIOURS & HABITS: What kind of behaviours would you need to create and indulge in, and practice consistently and habitually, for this personality to be successful?

STANDARDS: What kind of standards would you have to create for yourself to bring about your desired outcome? What would you need to stop indulging in, and what would you need to start indulging in habitually, to create the standards required for this personality to be successful? When you have standards for avoidance instead of standards for achievement and expectations of outcome and required effort, you do things differently. Trying not to do something wrong is not the same as doing something correctly and effectively, because that is now your standard of expectation for effort, behaviour and outcome.

VALUES & RULES: What rules and values would you need to create for yourself in order for this personality to thrive and prosper? What rules do you already hold that you would need to adjust or let go of for this personality to work and for you to get your desired outcome, either logistically or emotionally, or both?



When you have constructed your personality make sure you are completely clear about each of the traits required to ensure the personality can function as effectively and as intelligently as possible, and is in alignment with the outcomes you desire, internally as well as externally. Consciously indulge all its traits as much as possible within the environment or situation where it will be required. Also, be flexible and ready to adjust any part of the personality to make sure it is functioning in the way you want it to, and creating the Reality you desire, and that it is in alignment with bringing about the desired outcomes.



ARCHETYPES – To me these are strong personality constructs and complex psychological strategy models that appear quite distinct when observed. There are distinct personality types which have very different agendas, strategies, beliefs, expectations, needs and approaches, and other different personality traits, that can be used very effectively to consciously change your *Reality* experience. There are many, many archetypes, but I will only talk about a few in this book. Some of the more uplifting and supportive archetypes are the **SOVEREIGN**, the **WARRIOR**, the **MAGICIAN** and the **LOVER**. To me there is also another two, which are the **COMEDIAN** and the **SAGE**. More negative archetypes include the **WOUNDED CHILD** (poor me) and the **INADEQUATE FAILURE** (*Self-loathing* at its most intense), and there are many more along the scale of psychological-reality strategies. Each of these personalities will deal with a stimulus (event, situation or interaction) in a very different way, often creating a very different experience around them.

This is not exactly how I learnt about them but it is how I now see them. The *Sovereign* is always clearheaded and decisive, with the best interests of its subjects at heart, and always able to make intelligent, caring and humble decisions. The *Warrior* is willing to fight if needed, but values honour and respect (especially genuine respect of the opposite sex) above all other things. To a true *Warrior*, being able to avoid conflict and have everybody feel respected is a win-win. To the *Magician*, everything is possible and everything is doable, once the right strategy or attitude is found, yet it is all still an illusion. The *lover* is soft, kind and seeks mutual benefit and connection, caring deeply both for itself and for everyone else. The *Comedian* finds the humour in everything and is like the *Magician*, in that it can be light-hearted about anything because it

recognises things are only in their perception and therefore changeable, and so takes nothing seriously. But the *Comedian* is even less serious than the *Magician* and finds the humour in the irrationality of most thinking over almost every perceived event, situation and interaction. The *Sage* practices non-attachment, and can step back from any situation and look at it from an overview perspective. Like the *Magician*, the *Sage* knows and can clearly see the illusion of thinking and perception. The *Sage* looks towards constant balance and intelligence and is interested in not disturbing natural peace and tranquillity, and in not using psychological force. The *Sage* just observes for intelligence purposes, so that higher-level choices can be made, or so life can simply be experienced.

The *Wounded Child* is a construct that begins when we start feeling sorry for ourselves at a very young age and this, and self-pity, becomes a perceived place of psychological safety. It is a way to experience that causes the addictive drug of self-pity. As a side effect, or another symptom, it creates the perception of the *Inadequate Failure*, which is used to avoid self-blame. However, this doesn't work, as self-blame is the cause of that which is trying to be avoided in the first place, and therefore is already indulged by this process, and is really a way to avoid taking any responsibility, as well as an excuse for, and creator of, perceived failure.



Use the *Positive* Archetypes above as the basis for any new personalities you would like to create and work out all the traits each would have that would help you in your endeavours. Also be aware of the negative traits to be consciously aware of and not indulge or use. Consciously and deliberately observe these so the mind itself can see the pointlessness and destructiveness of them.

Consciously cultivate the quality new personalities as much as possible, with kindness and non-judgement. AND remember you **must** know your *Desired Emotional Outcome* when constructing any personality, and in fact in *anything* you do. Do this **without** *Judgement or Criticism* if it is difficult to start with. When you have learnt to create personalities with a commitment to feeling good, you will also have a better conscious awareness of which personality you are operating and perceiving through in any moment. This will allow more conscious choice within your perception to influence how you perceive in any moment, and will help you eventually be free of negative perceptual structures and strategies altogether.



HOW IT ALL COMES TOGETHER TO CREATE OUR REALITY EXPERIENCE

Here is a brief overview of the areas I have described earlier in the book, as well as a few other elements and processes you need to be consciously and deliberately aware of so you can authentically see how the mind is functioning and creating your reality in any moment. This will enable you to genuinely manage the mind and wake-up, in any moment, to what is going on within your own perception. This whole book, by the way, is a brief overview of perception and is by no means the complete picture. However, I have described in this book everything you actually need to know about for your conscious awareness to grow, your intelligence to increase and for perception of your reality to change forever.

Nothing happens in your 'perceptual reality' (your psychological-reality) without your sub-conscious mind or your Conscious Mind making either a reactive or conscious choice. No matter how you perceive anything, it is based on the reactive processes and psychological perceptual choices being made in every moment by the mind, whether you are unaware or consciously aware of them. Your whole perception process and psychological-reality is reliant on each micro process within that perception process. This is one reason why every mind creates a somewhat different *Perceptual Reality*. All of this happens at the speed of light and possibly even faster. In fact, it can happen several seconds before that (for reasons I won't go into here) and is a very dynamic and intertwined process. Each part is updating, changing, validating and confirming the other parts of constructed perception (your psychology), microsecond by microsecond. Psychological perception is a process, a journey and a destination, all of which feels completely real even though it is actually all 'made-up'.

Any conscious, deliberate and intelligent choices we make towards perceiving and feeling better during any part of this process cycle, will have a beneficial effect on the whole cycle (the whole basic underlying calculation of perception). The same goes for any automatically sub-conscious or Semi-conscious reactive choices that are protective, defensive, negative or disempowering. Any automatic choice we indulge that takes us towards feeling bad or worse, during any part of the cycle, whether we are unaware or conscious of it or not, will have a disempowering effect on

every other part of the cycle (perceptual calculation). This can cause you to spiral up and feel better, or spiral down, and feel worse. Deliberate, *conscious* and intelligent choices usually tend to move you towards feeling better (at the very least in the long-term) and becoming more intelligent and the rest, guided by the protective and insecure psychological-reality and active self-image (Ego), will either be trying to keep you where you are to ensure certainty and some perception of safety. Or will be further deteriorating your psychological state towards fear or self-punishment, under the illusion it is keeping you safe. Safe from what exactly? Its own created perceptions!

The psychological mind and the psychological-reality have a hierarchy of needs and drives they will try to meet. I call these evolutionary drives, motivations or needs (which I described in the 'Understanding Consciousness' section). I believe we have evolved to adopt these drives and motivations as the minds have become more complex. Any behaviour that meets both a psychological and Primal need at the same time, especially if it is a Primal need that brings physical pleasure, will become a stronger drive and can even become an addiction. The Higher mind also has drives; however it is unlikely people are consciously indulging these drives as most are predominantly guided by the reactions and needs of the lower more primitively driven thinking mind and its *psychological-reality*. The quality of your psychological-reality (and therefore your perception in any moment) dictates the hierarchy of evolutionary needs you, or your psychological-reality will try to meet and which mind (or part of the mind) you function from or through. This also defines whether you use a constructed identity like public-identity or victim-identity to function through in any moment and what physical and psychological vehicles you choose to use to meet your needs and help you feel validated. This in turn dictates what personality is either sub-consciously (through unawareness) or deliberately and consciously chosen (using conscious awareness) to deal with any event, situation or interaction you believe or perceive you are faced with. The identity and personality the psychological-reality is functioning through in any moment gives information to each part of, and therefore the whole of the psychological-reality. Each part of this perception cycle helps to create, influence validate and support the other parts of the perceptual cycle.

The stimulus can be either a thought, assumption, expectation, imagination inspiration, or an external stimulus entering your internal perceptual process, which is then filtered and given a biased evaluation and description by your perception in that moment, using the personality which has been chosen in unawareness or awareness to decipher, filter, adjust and give meaning to the perceived psychological input it has

received. Or a personality may have been triggered to come forward and do this. Your psychological 'state' in any moment causes you to be biased in a certain direction of perceptual creation, translation and meaning creation. This means we are biased in the direction of the creation of a certain kind of description of our perceived reality, based on the perceptual personality (state) we are in at the time of perceiving and describing any stimulus. The agenda and attitude or approach of that personality will then directly affect and be affected by your perception, intent, perspective, focus, assumptions, expectations, beliefs, questions, statements, stories, behaviours, standards, values, rules, attachments and so on. This creates your *Psychologically Described Reality* of what you perceive to be happening, or the story you are telling yourself about what you perceive to be happening or about what is being experienced. The mind's psychological reasoning process then takes that description or perception and comes up with a 'Why' (reason/s) about, over or for whatever it is that is perceived to be happening, or what the psychological-reality assumes might be happening. This is then used by the psychological-reality to decide what it 'means' *to, over or about* 'You', firstly the Ego (A.S.C) you, and the *Self-Concept* it holds as its basis of perception, either in relation to the stimulus or in general.

Remember that the psychological-reality also creates and holds a 'feeling' of your *personal worth* or *lack of worth* in any moment within the reactive active self-image, so unless it is addicted to victim-hood and feeling as bad, it is constantly trying to feel of *worth* or adequate and avoid feeling *worth-less* or *inadequate*. This is what directly drives the Protection Mode I described earlier, which can only be overridden or influenced by conscious awareness, a high enough level of intelligence, followed by taking or making deliberate and genuinely intelligent, conscious choice. This whole process then creates the emotions we experience, and of course these emotions then become new stimuli to evaluate and evaluate with, or avoid, creating more reactions and emotion creation, and more emotional reactions or responses which then feed and support your original reasons, reasoning and perception processes, as does every other part of the psychological-reality *calculation*. This loop of psychological description fuelling emotion and emotion fuelling more description can escalate out of all proportion, if you indulge in it consciously or not, or are unaware of it going on. Watch people who indulge in victim-hood or personal dramas. They can take any bit of information and turn it into a big emotionally charged drama, which can keep going completely devoid of any new stimulus, or even the original stimulus. Yet it can all seem completely real to them.

Something only has to have the potential to be plausibly real for you to be able to suffer over it

This also affects and supports each part of the cycle in some way and of course, our underlying beliefs and expectations of life itself. Our perception of actuality, our perceived Reality, feeds and confirms our assumptions, beliefs, perceived reasons, and expectations, both of ourselves, others and life. The whole cycle (calculation) gives feedback to the whole cycle (calculation), and, all of this is being evaluated and measured within the mind against how it wants to be perceived and what psychological needs it is trying to meet, and what it is trying to avoid. This is constantly engendering judgement (which is an automatic process of the mind), which unfortunately becomes *personal* (about the *Self*) and drives self-disappointment, self-criticism, self-punishment and even self-abuse, which then become another stimulus to avoid or react to. This whole internal cycle and calculation of psychological perception affects and drives your actions and their symptoms and your actions and their symptoms in turn affect your internal cycle of perception, your perceptual calculation. You define and redefine your psychological-reality version of *Self* by your consistent actions and behaviours. Your actions dictate your results and your results influence or support your perception, your self-esteem, self-belief and self-confidence. All of this directly affects how you define your comfort zone and therefore your discomfort zone, and your perceived potential or lack thereof in any area, as well as what you perceive you do or don't deserve, and what think you can or can't get, have or experience. It's all very simple yes?



All this should show you that your minds made-up psychological-reality is 'automatically' and very complexly directing your minds perception in a way that causes it to find supporting evidence for what it is assuming it will, or expects to find, and experience, in the first place, usually through unawareness, without you even realising it. However, with deliberate conscious awareness and conscious intelligence, it is possible to do something about it. You feel and experience how you 'truly expect' to feel and experience, not how you want or think you expect to feel and experience. Almost all of this can be disrupted and influenced with deliberate, intelligent conscious awareness and through truly intelligent (wise) choices. Consciously, intelligently and deliberately questioning and choosing how you perceive information during any part of the perception cycle will allow you to affect any and every part of this

cycle in a new way. If you are consciously aware and being intelligent then any part of the information being used or created can be consciously adjusted or replaced. When you are consciously aware enough, you can choose to view or think about anything how you want to, based on how you want to think, experience and feel, which will change the emotional outcome either in a small or significant way. Alternatively, when you are consciously aware and truly awake enough, you can simply observe and experience the thoughts and emotions happening, without reaction, and let them eventually dissipate naturally.

You are already doing this main process of creating your *Reality* described above; however it is probably to your perceptual and emotional detriment and in the direction the mind is guiding you, which is causing you discomfort, conflict and suffering. When you are genuinely consciously aware, you will consciously indulge only the intelligent choices and quality of information you deem intelligent in your perception of any stimulus, to experience higher quality emotions and ultimately create a better quality of *Reality* experience in any moment. Put more simply, you can change the conclusion or psychological experience of any stimulus you arrive at, simply by changing how you perceptually describe something to yourself, or what you perceive it to mean about yourself or self-image, either a little or a lot. This is a process of directing the mind away from creating unnecessary suffering in any moment. However, it does not replace the conscious skills of simply being able to observe the mind in action so that it is held accountable and exposed to itself and its own uncomfortable perception and negative Reality creating strategies in any moment. This is what causes it to clean itself up. It can be an uncomfortable process but experiencing this process as it happens, without making wrong, and being kind and caring, and being genuinely intelligent and non-emotionally indulgent, during and with it, will allow it to pass through in the fastest manner and will enable you to evolve in the quickest and most effective way.

Change can only come about by awakening to Genuinely Intelligent new choices and then, of course, Consciously choosing to make them

The bottom line is; your underlying perception of your *Core Self-Concept held by the mind in the psychological-reality*, and its need to view itself in certain ways keeps you where you are at, in terms of your level of awareness or unawareness. And will continue to do so until you consciously, deliberately and intelligently decide to observe it, so you can get clarity and be able to intelligently decide how you want to influence

each part of this cycle of perception in an uplifting, kind and supportive way, in order to raise the quality of your life experience.

The thoughts that the psychological-reality indulges in always create actions or inactions. They cause you to do something or not to do something; therefore thoughts always have results, either in your psychological and emotional world, or in your external physical world, or both. The results you get are a good indication (evidence) of the types of thoughts, descriptions and stories your psychological-reality indulges in. These results define the quality of your psychological-reality and how it causes you to feel and experience; they also display the quality of your underlying *Self-Concept* and your perceptual feelings about that *Self*. This will continue indefinitely until the Ego *Self-concept* and then the *Core Self-Concept* dissolve. So look carefully at the things you perceive to be happening in your life and what your perception truly expects. See how the thinking you indulge in and the way you describe things to yourself, based on your mind's current moment agenda, intent, approach, attitude beliefs, attachments and what it focuses on, and how, is translating, causing or attracting these things in your life. Be *very* consciously aware of the true agenda your mind is working towards or on in any moment, and the intent it holds. What you get to experience regularly is the evidence which points to how you perceive regularly, and the type of psychological world your psychological-reality creates for you, along with the kind of perception you sub-consciously, or even consciously, indulge in on a regular basis. Seeing this is a gift to a truly Intelligent person.

Just think of it like baking a cake. The ingredients you use to create the cake are going to be present in the flavour of the outcome you must digest, whether you like that or not. Be fully consciously aware of what those ingredients are and how they are created. Choose your ingredients carefully; the thoughts you indulge in (usually non-consciously) create most of your emotions and emotional reality, and your perception of your value or lack thereof, as well as your beliefs, expectations, approach and focus etc. Your questions and statements, and your description or story you are telling yourself about what you believe you are perceiving, help dictate your quality of reasoning you indulge, and the meaning you come up with regarding how any stimulus relates *to* you, or what your mind and psychological-reality ultimately thinks it means *about* you. These will dictate and create the flavour of the *Perceptual* and *Emotional Reality* you will have to swallow.

Become intensely but kindly and internally consciously aware in every moment. The mind uses labels and concepts, measurement and judgement, and imagination and memory, to basically create a dream or,

in some cases, a nightmare for you. This is almost always perceived as a reality 'over' or 'about' you, which takes you out of the true experience of life and causes psychological, emotional, existential and often physical suffering. Consciously and intelligently question your old beliefs and expectations (without self-criticism) and consciously, intelligently and deliberately choose how you describe anything and everything to yourself, otherwise your automatic, sub-conscious, fearful and negatively conditioned thought process will choose for you. Decide how you want to feel and do what is necessary to allow or enable you to feel that way. It is far simpler than you may have previously imagined, or perhaps even thought possible. Just understand it cannot happen through force or inflicting psychological violence upon yourself to make you be or act different, or to make you change. It can only happen through kind, caring, curious, deliberate and consciously aware, internal *observation*.

I trust by this point you can see that the mind and psychological-reality is creating and then feeding imaginary scenarios, and imaginary worlds, inside an already imaginary world, which always has 'you' or your perception of 'you' (your *Psychological Self-Concepts*) firmly at the centre of it! This causes and dictates how you relate to life, the world, and yourself, as because of how it functions, it always appears to be *over* or *about* 'You' (and I'm betting an inadequate perception of 'you' at that) in one way or another. That is not a criticism or an insult, it is an assumption based on understanding of how perception itself is structured and translated by the mind of human kind.



You cannot find peace within the psychological-reality, as it is a world of psychological measurement, judgements, needs, conflicts, misunderstandings, turmoil and created emotional states. To experience true peace your perceived psychology must no longer bind you to it. Good psychology and the ability to direct and influence thinking, merely manages and minimises conflict, hurt and suffering. Whereas true peace is the absence of anything which disrupts peace, like psychological discomfort, resistance, conflict, hurt and suffering. This peace I speak of comes about not because you have changed, but because you no longer have conflict over who or what you think you are. True peace comes from being unable to relate any experience to mean anything about the *psychological, conceptual* 'You', because there is no longer a *psychological* or *conceptual* 'you' to measure anything against or in relation to, or you know it is a made-up and therefore illusory construct. True peace can then return. You are not the mind, the thoughts, the *Self-concept* or the active Ego. What you are is so much more. You are the life force within that body and brain. You are an immensely valuable child of *Creation*, one that is

required and expected to evolve in conscious awareness, whether you want to, are ready to, or not! When would 'Now' be a good time to wake-up and cultivate clarity, balance and freedom?

2 - Changing Your Experience Of Moment by Moment Life & Your Reality





DECIDE YOUR EMOTIONAL OUTCOME IN ADVANCE

Knowing how you ‘want’ to feel, before you start experiencing anything, will help you feel the way you would rather feel in any moment. Make sure you decide to make your outcome what you ‘want’ to experience emotionally, not what you want to ‘stop’ or ‘avoid’ experiencing. Knowing your emotional outcome helps you notice when you are feeling a different way to how you want to feel. Then you can consciously and intelligently observe and influence what you indulge in so you can do what is perceptually and psychologically required to move closer to what you want to experience, and as a direct result, away from what you would like to stop experiencing, both emotionally and experientially. If you do not know how you want to feel, either in the present moment or in the future, then how will you know what psychological choices to make in order to feel the way you want to feel, or move towards it, in any moment? Knowing the emotional outcome you desire before you do anything and consciously, deliberately and intelligently indulging in what will bring this about, will allow you to change your experience of life by choice.

Remember that your Psychological-Reality’s perception is created and adjusted by all the processes running within it and any personality it is functioning, filtering and translating through, and by the other needs and processes of the psychological mind. When you become conscious enough, you can start directing these elements within a personality, and also the needs and processes of the psychological mind. This helps create the perceptual-reality you would prefer to experience, rather than the one you may otherwise be given sub-consciously (in unawareness), and automatically as a reactive stimulus-reaction mechanism.



Many people ask me about goal setting as an outcome process. My simple question to them is; “Why do you want that goal”? Invariably they tell me about all the benefits of having this goal. However, they almost always miss out the most important and only ‘real’ reason they usually want to achieve this goal in the first place. How they will feel *emotionally*, when they have, get or achieve this goal or thing they are after. This can also be based on how they will feel about their *Self*, often in comparison to others, and usually only briefly, when they have these external ‘things’, ‘situations’ or ‘circumstances’ apparently present. What I show them is that whatever they seek, it is actually the perceptions and emotions that come with meeting their goals or getting their desired outcomes that

they are actually looking for. So deciding how they want to feel and *only indulging* the thoughts, processes and actions that will allow them to feel that way, is what is really required to bring about what they desire. Even if they want something in the physical world, it is required that they work out how they want to feel, on the journey towards it, and what it would feel like if they get it. This will help them make the choices required to bring them closer and closer to what they desire, perceptually, emotionally and experientially. It always comes back to a desire to feel the way they believe they will feel if or when they achieve this goal. How much time do you actually spend being cheerful, or even wanting to be cheerful?

If you do not know how you want to feel and you assume that the feeling you seek is in the acquisition of the 'external' result or things, you will always be seeking external things and perceived circumstances, and with no real understanding of why. And whilst you may experience some brief sense of satisfaction when you get these 'things' or outcomes, you will soon need to find another object or perceived outcome in a further attempt to satiate the real need you are not recognising in yourself, the need to feel or be perceived as adequate, externally and/or to your *Self*.

As an Awareness exercise list how you regularly want to feel, in as much detail as possible. Do you want to feel adequate, healthy, safe, at peace, balanced, intelligent, calm, wealthy, superior, hurt, inadequate, depressed, curious, compassionate or fulfilled? Honestly? All of these possibilities and many more are available to you, some more quickly than others, if you already indulge or practice them, as they are almost all psychological perceptual constructs. You may not even know a lot about what you actually seek but if you want to evolve in *Conscious Awareness* and *Intelligence*, it is absolutely required that you make *Conscious* psychological choices in each and every moment you can, which will bring you towards experiencing what you do seek. For instance, you can't have calm, peace and balance if you're constantly striving for more in order to feel adequate. This will never create what you seek internally and remember, that is where all your Reality is created. If you don't really know what you seek, you will continue to move towards the things you think will give you the feeling you can't even define.

Decide, *in as much detail as possible*, how you want to feel in any and every moment. This will help you *Consciously* decide in those moments what choices you need to make psychologically, to be able to experience in that way. It will also help you decide how you would need to describe something to yourself, including yourself, in order to feel the way you want to feel. The mind is already making the required choices to bring about how you feel now, and this will keep happening to you unless you start

Consciously, Deliberately and *Intelligently* choosing, and this can only be done using, and as a result of *Conscious Awareness*. If you do not know how you want to feel emotionally or experientially in every moment, you will not know what choices to *Consciously* make to move towards feeling that way. and will probably just receive the automatic emotion creating choices the mind usually makes for you, which will predominantly be choices of the perceived safety, protection and defence kind.

If someone were to come up to me angry, perhaps shouting, accusing or blaming, I have an immediate choice, which only comes from being *Consciously Aware*. I can go with the immediate conditioned reaction and psychological description the old mind would have given me, something like; “How dare this person speak to me like this? Who do they think they are? I really need to protect myself against, or retaliate against this person”. This of course would cause me to feel a certain way emotionally, which obviously would not be pleasant or comfortable. However, if this is not the way I want to feel emotionally (and it isn't) I would *Consciously* know this, take a deep breath, step back internally, and recognise the immediate reaction of the mind. Then, when I have disassociated and stepped back far enough internally, I can make a *Conscious* choice to see the situation differently, as long as I know how I want to feel instead.

Knowing I would rather feel calm and at peace, I would immediately look for a more supportive and caring way to describe this event, situation or circumstance to myself, *Deliberately* creating a perceptual description that will at least allow me to feel more like the way I want to feel, and to help me be *Intelligent*. In this particular example, I could therefore *Consciously* say to myself internally something like; “This person is clearly very hurt, for whatever reason, and they have probably had quite a harsh life for them to react in this way, so in what way could I act now that would show compassion and caring towards them, which may be very different to what they are used to experiencing and could perhaps help them calm down? But whatever happens, it will likely bring or create a better outcome.”

Do you think these two perceptual choice scenarios would create a very different emotional experience within perception, and the body? Of course they would. So which psychological description of this same event is *real*? The *reaction*? The reactive description given by the hyper-vigilant, over- protective Sub-conscious mind? Or the more *Intelligent* and *Consciously* contemplated *response*? Actually neither. I could look at a scenario like this and describe it in many different ways. It is whatever I give attention to and indulge which I will experience as real, and which will become my psychological-reality for as long as I indulge it. I could

have made up dozens of other descriptions for that scenario, as with any event, situation or interaction, and any one of them could have become my *Perceived Reality* in those moments if I had given it my full attention, and if I had *indulged* it as real.

So knowing how you want to feel before anything happens, will help you make the *Conscious* choices required to help you *Consciously* adjust your perception in order to feel more like the way you want to feel, both in the short-term, and as a result the long-term. However, it is all about *Consciously* setting yourself up to feel the way you want to feel through *Deliberate, Intelligent, Conscious* choice making, which can only be done effectively if you know how you want to feel emotionally and experientially before anything happens (or is perceived to happen). How do you 'want' to feel consistently? Decide how you want to feel and do not wait just to see what life delivers before *reactively* deciding how to feel. Adjust your perception by finding more uplifting and supportive ways of describing things to yourself and more supportive ways of describing yourself to yourself right now, *proactively*.

Also do this based on how you *want* to feel and experience, and not on what you want to avoid. The greater your level of intensity and commitment to this process, the greater the potential of it happening within your *Reality* experience. Balanced and *Intelligent* standards and discipline, in your pursuit to feel the way you want to feel, will vastly improve your odds of feeling that way. But it must be just because of a *Consciously Deliberate* intent, and done by using kind and supportive dialogue with, and within yourself, rather than through any form of psychological violence like *Self-criticism*. Achievement comes through commitment and a willingness to choose *Intelligently*, not through *Self-abuse* or *Self-sacrifice*. If you truly know before-hand what you want to achieve, it will greatly improve the odds of this happening, so make a commitment today to make *Conscious* and *Intelligent* internal and external choices that will improve the quality of your created *emotional* experience of your Reality. Be committed, caringly disciplined and *Consciously Aware* in your pursuit of a better quality of moment-by-moment emotional life. You deserve it!



Your future emotional outcome is directly dependant on the choices you make now. So decide **now** how you want to feel *consistently*. Focus on what thoughts, personality traits and agendas you would need to give your attention to, most often, to bring about how you really want to feel. Decide **now** how you want to feel about anything and everything you do, including interacting with other people, before you even begin to get involved in the processes of it. Work out how you want to feel regularly or consistently so that in each moment you know what *Conscious* perceptual

choices to make now, in order to move towards how you want to feel. This way you do not have to live in reaction, no matter what happens, nor do you need to accept the best the mind can logically and plausibly come up with in any moment, to try and feel safest in any moment. Ask yourself what could you indulge in less, and what could you indulge in more of or instead of, *Now*, and at any time, to *Intelligently* influence your emotional and experiential outcome **now** and so bring about a better feeling of life when tomorrow arrives?

I would prefer to feel peaceful and balanced in every moment. I know what kind of choices this requires me to *Consciously* make, in every moment I perceive that choices need to be made, so I can continue experiencing feeling peaceful and balanced. No matter what happens externally or internally, I know perceptually what direction I want to be moving in, therefore I already *Intelligently* know what kind of *Deliberate Conscious* choices need to be made in any moment, about thoughts or actions, in order to continue to, or return to, feeling peaceful and balanced.



So if you are an emotional person, and especially if you are reactive, know the emotional outcome you want to experience before anything happens. Make sure you know *Intelligently* how to act or respond to bring about that which you *want* to experience. Also continue to be an impartial observer of the mind, and *Intelligently* watch how it is working, and see what it is ‘actually’ up to (what its true agenda is) in any moment. This will help you observe the cause of any emotional reaction in you, whilst not allowing the mind to plunge you into more deeply experiencing disempowering emotions and reactions.

INFLUENCING AND MANAGING THE MIND

Again, I will point out that you are **not** the mind in the body and therefore, as automatic thinking is done by the Sub-conscious mind, it is not you thinking these thoughts. You cannot ‘stop’ any of these thoughts, but you can be *Intelligent* about which thoughts and descriptions of your *Reality* you *Indulge in*, and which you do not, if you choose. By ‘indulge,’ I mean give attention and energy to and so breathe life and validation into. If you cannot yet consistently observe your perception process *Consciously* and *Intelligently*, without the need to adjust it or hide from it, or if your mind is still creating too much conflict or discomfort to stay with it and you can’t adjust your circumstances

to feel better, then look to *Resolution* or *Dissolution*. Either resolve it externally or perceptually dissolve it (or any attachment to or with it) internally. You cannot decide what the Sub-conscious mind thinks and gives you as your Reality description. But if you are *Consciously Aware* in any moment, you can decide not to accept or indulge these thoughts, and instead choose to create and indulge *Conscious* thoughts, which create a different perceptual and emotional experience, a different psychological-reality.



Now be clear; the process I am describing here is all about managing your psychological environment, rather than changing the underlying thinking. *Doing only what we like is mind management. Liking and enjoying whatever you do is freedom to truly live.* What is ultimately required to experience true peace is not the changing or replacing of thoughts, but the bringing of *Conscious Awareness* and *Genuine Intelligence* to thoughts, emotions and all psychological structures and strategies, perception, and then to evolve to simply experiencing life as it unfolds as a child would. The mind itself ‘*must*’ decide to do this ‘*itself*’ through insight into how it creates its own challenges, discomfort and suffering, and then letting them go as part of the perceptual calculation. This can **only** come about through ***Deliberate Observation*** of the mind, in a way which can trigger true ***Insights***. *Intelligently* deciding how to *Consciously* think will change your experience of Reality no matter what the Sub-conscious mind wants to do, but it is up to that mind itself as to whether it sees, and whether this changes perception at a deeper level. This process of directing or redirecting perception helps you manage your perception but it will not fix it.

This is **not** freedom ‘from’ the mind. It is a level of freedom ‘with’ and ‘within’ the mind, which helps with the moment-by-moment experience of life and helps the mind see what it is doing to itself. This is being *Consciously Intelligent*, and is not the same as being *Awakened* or *Enlightened*. That comes from the mind itself, cleaning up its own internal environment to the point where all Identities and versions of *Self* dissolve. Then there are no version of ‘*Psychological You*’ to have internal conflict over or to promote, and the mind changes how it psychologically and physically functions, which brings the whole brain and mind into true balance. Again, that only comes from true *Observational Conscious Awareness*, not from mind or thought management. The process I am showing you here is merely about being genuinely *Consciously Aware* and *Consciously Intelligent* and using this ability to *Consciously* and *Intelligently* decide which thoughts and descriptions to indulge in or create and which not to indulge in, based on how you *Consciously* decide you want to feel,

instead of reacting to the default psychological and emotional experiences the mind already gives you. I am talking here about using the processes which are already going on in the mind, but using them in a *Conscious* way to help your perception evolve, in any 'chosen' and more *Intelligently* constructive direction, both short-term and long-term.

This is very different to using effort and force through the use of internal psychological pressure, hostility or violence. This is what we have been taught to indulge in almost all of our lives to try and 'change' our thinking, behaviour and ourselves. These processes have been passed down and inherited for many thousands of years, and increasingly intensely for many hundreds of years, progressively making things worse internally in some ways, rather than better. Surely if these processes worked, as almost everyone is an expert at indulging them, our world and our cultures would be very different by now. However, they are not and mankind's psychological and emotional environment is deteriorating more and more because of what is still being taught and proliferated through conditioning, confusion, misunderstanding and *Unawareness* or higher level alternatives. This is becoming increasingly more complex, complexly confused and irrational as time goes by.

To be clear about this also, I am certainly not talking about dressing things up so you experience them in a better way or encouraging you to practice being dishonest with yourself about what 'is'. That is what I would call using 'psychological deodorant' to cover up the 'psychological odour' of the automatic thinking being indulged in by the mind. Be *Aware* that all processes of adjusting thinking after thoughts have happened are essentially psychological deodorant. People who believe their perception of life is real often do this to mask the smell of the psychological and emotional 'crap' the mind is already excreting and indulging in, mostly with no *Conscious Awareness* that the underlying thinking can evolve and be cleaned up by the mind itself. What I am talking about and teaching here is to recognise when the mind is creating or indulging in damaging or corrosive thinking and then *Consciously, Intelligently* and *Deliberately* influencing the direction of your perception and your psychological description, labels and stories in those moments, to help create a better psychological perception, emotional experience and outcomes. By doing this you are influencing your perception to influence the mind to function in a different way, using it only at the specific times, and in specific ways, and this process will help you become more internally and psychologically *Intelligent*, and more genuinely honest.



Thinking is usually either destructive or constructive, rarely neutral. Someone who is not feeling good is almost always 'thinking' in an un-

supportive or disempowering way. The process I am showing you here is about *Consciously* thinking your way out of negativity (which is already created by thinking), or behaving yourself out of it, whichever works best for you and is genuinely the most *Intelligently* constructive. This involves *not indulging* in negative emotions and negative behaviours and instead, *Consciously, Deliberately* and *Intelligently* choosing what will create a better psychological and emotional experience for you. All high functioning people are doing this already through *Deliberate Conscious* choice, even if they don't realise it or believe it. I teach these skills of influencing and managing the mind to athletes and racing drivers also, people who consistently and immediately need to be able to manage the mind second by second, in the required direction, so they can do and experience what they seek. The top in these fields already know what to immediately let go of indulgence in, otherwise the mind will restrict their ability to deliver what is required. Unfortunately they don't often use these skills in their private life, or outside their chosen sport.

If you're not *Consciously* directing your Thinking Mind, it will Sub-consciously arrive at the most logical pain avoidance solutions and conclusions to your perceived experiences, questions, statements and reasoning it can. This will be based on the same conditioned and flawed information the mind has accumulated and used up until now, which means it looks at everything with the approaches, attitudes and focus's of finding any potential discomfort or pain in any perceived experience, so it can try and avoid it, ignore it or defend against it. Unless you are *Consciously* and *Deliberately* directing the mind and the psychological-reality to focus in a way that allows you to feel good, it is always, by default, predisposed to cause you some level of discomfort or worse. If you're not *Consciously Observing* and managing your thinking and psychological-reality, your Sub-conscious, conditioned Thinking Mind and its psychological-reality will be managing you. In that case, you will again simply be a victim of its conditioned pain avoidance thought and perception processes.



Everything you experience emotionally is a symptom of how you perceive psychologically. Would you rather feel good or bad, free or trapped? Excitement is just a thought away. Unfortunately, so are sadness, disappointment, insecurity, blame, guilt, anxiety, panic, depression and psychological fear. Which do you *truly* want to experience? If you *Consciously* decide to give your *Conscious* attention only to the thoughts that will create your desired emotional outcome, and you *Consciously* choose to only indulge these *type* of thoughts, or *Consciously* give full attention to things externally, or using imagination, that cause you to feel the way you want feel, then you are *Consciously* and *Intelligently*

directing how you feel. Indulging in feeling bad or in any other negative emotion needs to become **unacceptable** to you. *Consciously*, kindly and forgivingly step away from indulgence in these thoughts and emotions. It is a skill, and I am teaching you this, and the other skills in this book, so you can feel good or great all of the time, if you want to or believe you deserve to. These skills will allow you to *Consciously* and *Deliberately* move away from indulgence in any synthetic unhappiness the mind is indulging in but this will only happen if you are committed to *Consciously*, *Intelligently* and *Deliberately* choosing to do so. You already have most of these skills, although the psychological-reality is currently using them in the Sub-conscious indulgence of often non-supportive thinking and attitudes.

You may find this new process of consistent, *Deliberate Conscious Awareness* to be difficult at first. But everything is difficult until it becomes easy through consistent, persistent, *Consciously Intelligent* practice. Aren't you good at how you think now? You had to learn and practice that. No matter what you need to do or want to do, there is always a starting point for learning any skill. If you wish to learn an instrument or develop any other skill, you do so by finding out what to do in order to do it effectively. You learn from an expert and then you practice until you become proficient. Why would these skills I am teaching be any different? Except with an instrument, you can choose to pick it up or not, and it is unlikely to be part of your life in every moment. With the mind and perception, you cannot choose whether to pick it up or not and you will live with this mind for the rest of this physical life. So why not consciously and intelligently master your influenceable perception 'now'?

I guarantee your Sub-conscious mind is using these management skills I am teaching to your disadvantage, perhaps without you even knowing it, other than through the disempowering emotions, discomfort, stress, conflict, turmoil and tension you will be experiencing. Learn to work *with* the mind's processes and not against them. I am teaching you how to use the mind's patterns and processes, and *influence* them by *Consciously* nudging them in the direction you actually want to experience, rather than accepting or fighting against what you are given by your fear and pain avoidance based thinking computer and your *Imaginary Reality*. Be aware that this process is not about you changing, although it will create perceived change. Change and progress are not the same. Change can be a sideways or backwards move, whereas progress is always forward in the direction of attention, so be 'very' careful of the direction of your attention. The processes I am teaching here is about consciously and deliberately 'directing' your psychological experience of perceived reality and the creation of any emotions, experienced as your psychological-reality.

Directing the mind is about *Consciously* and *Deliberately* shifting the focus of *Conscious Awareness* and attention onto something else or onto another way of looking at or describing what already has attention, and seeing what the mind is making it mean about you, and questioning that. If you are *Unaware* in any moment, you will be on autopilot and merely reactive and reacting to your perceived inner and outer circumstances. By *Consciously*, *Deliberately* and *Intelligently* redirecting thinking and perception, you can train the mind and the psychological-reality to move towards certain kinds of thinking and away from others. This also allows and helps the mind to see that other forms of thinking can be more advantageous to it and its perceived psychological-reality, rather than its old conditioned forms of thinking and perceiving. As a consequence, the attitudes, behaviours and emotions they manifest are seen as unintelligent and therefore become unacceptable to the mind itself.

Becoming more *Consciously Aware* (waking-up more) will allow you to influence and manage the mind a lot more, and be more able to be vigilant (*Deliberately* and *Intelligently*) of when the mind is defeating itself. Even though you cannot choose the thoughts coming up (because you are not the mind) you can influence or manage whether or not you automatically interact with any particular thoughts and breathe life into them. Also, by indulging in *Conscious* and more *Intelligent* thought, you can *Deliberately* give *Conscious* attention to other things which generate a higher emotional state instead. This will also attract the higher-level thoughts and experiences you wish to experience. If you are *Consciously Aware* and genuinely *Intelligent* enough, by *Consciously*, *Deliberately* and *Intelligently* choosing how you approach any thought, perception, perceived event, situation or interaction you can have some influence over your vibrational frequency. Observing what the mind's *true* underlying agenda, intent and need is that it is trying to meet or avoid, and then *Consciously*, *Intelligently* and *Deliberately* deciding what agenda to give your *Conscious* attention to and how you focus on it instead, will dramatically change your experience of your reality in that moment. This influences the reasoning process that creates meaning and the conclusion the mind perceptually comes to over what whatever 'it' means 'to' or 'about' you. Whether you realise it now or not, you can develop this ability right now to *Consciously*, *Deliberately* and *Intelligently* influence the mind's perceptual psychology (description) and therefore how you feel.

If you don't feel good at any time, look at what you are focusing on (giving your attention to), and how, and what your mind's true agenda is, what you are saying to your *Self* and how you are saying it. If you are *Consciously Aware* enough, you will then see why you are in discomfort, hurt or suffering. Then, if you are intelligent enough, you can simply re-

dialogue or refocus it in the next moment onto something that causes you to feel good, so that you do feel good in the following moments. Direct your attention, approach and focus towards whatever causes you to feel good in every second you can, with an attitude that can create it and sustain it. Without *Consciously* influencing the mind it will simply continue operating in the way it always has and wants to continue doing. ‘Influencing’ the mind through *Deliberate, Intelligent, Conscious* choice has always been a part of functioning in a higher way and is a process that is required to wake-up from the illusion of thinking itself. Remember though, that the ability to manage or influence the mind, including the creation of *Conscious* thoughts, creates Freedom ‘with’ or ‘within’ the mind. This is simply the ability to use the mind in a higher way, but it is not the same as *Awakening* from the mind; that requires the loss of all identity and identification with the mind. The ability to choose your psychological perception (creating and experiencing psychologically as you choose to) and therefore your ability to change your *experience* of your world was summed up beautifully by a great man named Viktor Frankl, who once said, “We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.”



We can, and we need to use psychology as a tool to help evolve beyond our basic physical and psychological needs, and our psychological misunderstandings. Your thinking processes within this powerful mind (and the psychological-reality, believe it or not) can cause and allow the body to function in a way that ensures it can walk on red-hot coals during a fire walk without getting burnt. Or these same processes can cause you to be badly wounded by what you *imagine* someone may be thinking about you. I could be locked in a dark room and shackled to the floor but how I perceive that experience is up to my process of perception, no one else’s. I can either simply experience it or, if I need to and if I am *Genuinely* and consistently *Consciously Aware* and truly *Intelligent* enough (and have developed and practiced it enough), I can decide how to describe that experience to myself in any and almost every moment, in any reasonable, plausible and believable way I want (the mind is *already* and expert at this for *all of us*) in any moment. This can cause the mind to feel almost any way I want it to feel. If I am *Unaware*, or not *Consciously Aware* enough, I will experience it however the mind and the automatic psychological-reality decide to describe it to me. I also get to experience

the effects of what that *Reality* then makes it mean to and/or 'about' me, and I get to experience the emotions this creates in me.

Even if we don't realise it, the neurotic Thinking Mind and the narcissistic psychological-reality are directing and training the mind at a Sub-conscious level virtually all of the time, and predominantly in a disempowering, fearful, defensive, protective or paranoid way. We are regularly (if not always) 'given' how we experience and feel, by the mind, without even realising it. We are 'given' psychological and emotional outcomes through our *Unawareness* (and blameless) ignorance of 'what is', or through our inability to *Consciously* interfere or intervene with, or de-indulge certain thinking. As an example, not voting in an election is actually voting for whomever others vote for; avoidance **is** automatically indulging in what is already happening. Avoidance inhibits motivational drive and the ability to evaluate. Face everything authentically and avoid nothing. Avoiding any psychological process is like closing your eyes to avoid seeing what you are going to trip over, then wondering why you tripped over. Facing anything can only be done now. It can never be done tomorrow or even in a minute's time, as now is the only time that is real. Everything must be faced in the **now** in order to evolve beyond its influence.

To feel good consistently, or even often, it is required that you *Consciously* and *Deliberately* direct the mind and cultivate (or only indulge in) high-level, caring, optimistic, intelligent and supportive thoughts and attitudes. Managing yourself externally also requires a reasonable level of *Conscious Awareness*; however, to be able to manage your *Self* internally, especially consistently, requires a far higher level of *Consciousness Awareness* and *Conscious Intelligence*. People who are 'Aware' or somewhat 'Awake' (reasonably Semi-conscious) can fashion and adjust stories, descriptions and their own personal *Image* in their mind. However, truly *Conscious* beings can consistently fashion perception itself if they so choose. I have named this process of *Consciously Aware*, perception adjustment '*Perceptioneering*' (engineering perception through *Deliberate Conscious Choice*, intent, *Conscious Awareness* and *Conscious Intelligence*). Commit to *Consciously* and *Deliberately* changing your perception and your views, attitudes, emotions, actions and behaviours change and therefore your psychological and emotional outcomes change.



Before we continue, I want you to do a quick exercise if you can. Stand up straight, back straight, shoulders back, chest out, head back, look straight out, breathe deeply and put the biggest smile on your face you can, and hold it. Imagine you are on a stage and everyone is giving you

a standing ovation and clapping loudly. Do this for a minute or two, and *Genuinely* and *Consciously* see how it feels and how it changes your state (and see if you really want it to). It will either start to move you from a negative state or enhance a positive state. This is an instant tool you can use to feel better, or more resourceful, at any time. The body's physiology is constantly giving the mind 'cues' about how to feel, so deliberately do whatever it physically takes to influence the mind to feel better. As a result the mind will move to vibrating at a higher frequency, which will therefore cause it to indulge thoughts differently, or experience different thoughts of a higher quality. If you suffer from depression, commit to doing this exercise often and for extended, committed periods, and just see how long you can 'honestly' stay depressed, even if you think you want to! Do the same with anxiety and see what happens.

Processes like depression are things we 'do', not things which are done to us, although if you are Unaware, or not *Consciously Aware* enough of how it is created and sustained in you, it can feel like it is just happening to you. It takes a particular psychological strategy to do depression or anxiety, or any other thinking structure or emotion for that matter. If you could *Consciously* document the process and strategies you have used to get to depression (or any other emotion, *de-motion*), you would see that this psychological and perceptual '*map*' would help most people to experience depression (or whatever else it was designed to create). The same goes for feeling good. If you can work out what psychological '*map*' to follow in order to feel good, great or cheerful, perceptually and emotionally, you or anyone else following the precise instructions of the '*map*' has a very strong chance of experiencing whatever that '*map*' (perceptual structure) has been designed for. *Consciously* seeing any of these challenge (problem) causing processes at work '*in your perception*', and how they work, is one way to learn to manage your mind and psychological-reality. And this will allow you to adjust it to generate how you want to be experiencing, by using one of these supportive and constructive '*perceptual maps*', and creating experiences you really want to have, which would be more intelligent. Rather than simply accepting what the Sub-conscious mind and the psychological-reality gives to you automatically, as that would be *Unintelligent*, wouldn't it?



I have said this several times in different ways but I am going to reiterate it again, because it is absolutely key to the teachings of the *Conscious Intelligence Code* and the key to your experience of yourself and your perceived psychological-reality. You, or the mind, can only properly give attention to one thought at a time, either *Consciously* or Sub-consciously with psychological perception. Thoughts may come and go so rapidly

that it can seem like you are thinking many things at once but there is really only one thought at a time. You can only be psychologically *totally* focused on one thing at a time and therefore you will only experience the emotional *Reality* experience of one perceived stimuli at a time. Your perceptual and emotional experience of everything comes from the psychological-reality and the mind giving it a description and perceived meaning, and most of that will be over or about your *Self-Concept* and *Core Self-Image*. So whenever you become *Aware* you are thinking about something that causes you discomfort or worse, decide how you want to think and feel, and then *Consciously* think and make decisions accordingly, in the direction and way required to achieve your desired perceptual and emotional experience. I call this '*thought replacement*' or *Perceptioneering* – managing attention away from the unsupportive or destructive thoughts and behaviours that have attention and are being indulged, and onto those that are more *Intelligent* and will help you more.

It also helps if you have *already* decided how you want to most consistently feel in terms of your regular or default experience of life '*before*' any psychological experience happens. How do you want the overview of your life to feel? How do you want to feel most consistently? *Consciously* and *Deliberately* use '*thought replacement*' or '*thought redirection*' to move attention and indulgence from the thinking that causes or engenders what you are experiencing, to the thinking which causes or engenders what you want to experience and feel. Remember you have no choice what the Sub-conscious mind thinks. You only get to decide (if you are *Consciously Aware* and *Consciously Intelligent* enough) whether to indulge those thoughts or just get them and what they bring. You can only give your *Conscious Attention* to indulging *Conscious* thoughts, so envelop yourself in *Intelligent Conscious* thinking by *Deliberately* giving your full psychological *Attention* and *Awareness* to *Conscious* thoughts of your choosing. Then the whole thinking mind will be too busy to indulge only Sub-conscious thoughts.

Use your imagination if you must (from a totally positively creative perspective and expectation) to enhance this new version of *Reality*. Then as soon as you feel good, focus back into the moment with your eyes and your senses. You want to come back into experiencing the *Now* moments as soon as possible and let go of any reliance on or indulgence in imagination, as imagination is controlled predominantly by the very psychological-reality you need to transcend. Bring those good feelings back into the present moment, and then you will also attract more experiences that are in harmony with how you currently feel in any moment (this is always happening, whatever level and quality of thought you indulge in). Do this as often as required, and in every moment you can to start with,

to create a much higher experience of the present moment *Reality* and of life as a whole.

It is a certain *type* of thinking that causes discomfort and a certain *type* of thinking that causes uplifting and feel good emotions. This process I am teaching you is about *Consciously* and *Deliberately* redirecting your *Conscious* mind to choose a different *type* or quality of thought, which engenders a different approach, attitude, focus and agenda, and therefore results in different perceptual and behavioural patterns, and therefore different emotions. When you do this on a regular basis (far more frequently than you indulge the old thought processes or behaviours), you will eventually create a different regular experience of *Reality* and condition in a different Sub-conscious process that can Sub-consciously come forward when similar experiences are detected by the thinking mind and psychological-reality. Decide how you want to feel and consistently *replace* disempowering thoughts in this way as soon as you become *Consciously Aware* of them, by *Deliberately* focusing on *Consciously* chosen thoughts which allow you to feel good or more resourceful, or which help you make different internal and external choices. Immediately forgive your *Self* for thinking any negative, bullying or disempowering thoughts, and always be kind and caring towards your *Self* no matter what.

Consciously and *Deliberately* directing the psychological process is like learning a new language. At first you need to understand the concept of the *word* you're trying to learn, and how it relates to the word and meaning of the word you already know. Then you must *Consciously* and *Deliberately* 'translate' the word you know into the word of the new language, or if you hear a word in the new language, you need to *Consciously* and *Deliberately* 'translate' that word into the word you already understand in your language. This requires a lot of *Conscious* and *Deliberate* attention on what you are doing in each and every moment to start with, in order to be able to learn and do it effectively. Once you have done it enough times with certain words or phrases, you no longer need to put in so much *Conscious* and *Deliberate* concentration to be able to 'translate' and use these words. It's all about becoming very *Deliberately Conscious* of what you need to do, and *Consciously* and *Deliberately* practicing it, with full attention (at least to start with), to get the outcome you desire. It is required that you do this as often as possible, *Consciously* and *Deliberately* adjusting what you are doing in each moment until you become Sub-consciously proficient at the new language. Remember, *Consciously* directing or managing the mind is all about *Deliberate*, *Conscious* thought choice and repetitive conditioning.



Gandhi once said; "Those that know how to think need no teachers."

It is important to note he is actually referring to those who have the ability to *Consciously, Deliberately* and ***Intelligently*** direct their thinking (perception) in a constructive and more supportive way, which allows them to grow and prosper psychologically, emotionally and experientially. Wisdom can be described as *experientially* knowing how to view and describe things by *Consciously* and *Deliberately* directing thinking and reasoning in a higher, more caring, supportive and compassionate way through true *Conscious Intelligence* and *Awareness*.

This process is also about challenging negative beliefs about your *Self* with an empowered or uplifted voice of higher reasoning. The old or current disempowering beliefs you have about your *Self* and *Core Self-Image* are like a mirage. When you look at them you think they are real; however, when you move closer to them to test the truth of them, you find that what you believed about their substance (if questioned correctly) was just an illusion and they dissipate in front of you. Of course, you have to genuinely test them to find this out. Developing a voice within you that will support you and challenge any negativity you hear yourself saying about your *Self*, internally or externally, is very important. You have the voice of persecution within you, guaranteed; now develop the voice of your best friend and make it stronger than your bullying voice, using *Conscious, Intelligent* and *Deliberate* repetitive practice. *Consciously* and *Deliberately* create, grow, and nurture the friendly voice of higher *Intelligent reason* within you, the friendly voice you use when you are caringly and compassionately showing a friend that a particular perception, behaviour or belief they hold is not supportive or is simply untrue, or is different in your opinion to how they perceive it to be. You already have this voice and the ability to use it so use it within you, for you and over you. At present, you probably use it rarely to help yourself feel better, or perhaps you only believe others deserve to feel good? We all need mirrors (so-called teachers) to reflect back to us our perception of our *Reality* and how we truly perceive ourselves. Our biggest teachers (mirrors) are those who trigger us the most.

To **direct, manage** and **train** the mind you need to make a commitment to yourself on your own behalf, to think in a way which supports you to make the decisions and take actions which will allow you to feel good and which will help you genuinely evolve in *Conscious Awareness* and *Intelligence*. This commitment has to be real because every new moment brings an opportunity for your commitment to be tested by *Creation*. You will need to make your commitment anew in every moment because each moment is new. As with giving up smoking, you don't just make the decision once. You make the decision every time you get the thought or urge to smoke. You are presently having the kind of thoughts

you have practised for many years or even decades. You have become great at thinking and reasoning the way you do, and you can *Consciously* and *Deliberately* become great at thinking and reasoning another way, if you want to and believe you deserve to. It just takes practice and, of course, true *Conscious Awareness* of the underlying thoughts and perceptions you have which create your perception and generate your experience of reality, and to know what to *Consciously* indulge in instead.

Practise brings mastery, so be very, very careful what you practise!

The Sub-conscious Thinking Mind thinks many, many thousands of thoughts a day and it is predisposed to be insecure, nervous, pessimistic and biased towards discomfort and pain avoidance. Are you *Consciously*, *Deliberately* and *Intelligently* directing your perception towards higher-functioning thoughts in a genuinely supportive way? Or are you just passively allowing them to direct you and merely experiencing (and reacting to) what you get given? Undirected or misdirected thinking causes much of your turmoil and stress. Imagine being in a river and being taken along with the current. Although you are being swept along, you have a pair of oars called *Conscious Awareness* and *Free will* (freedom of *Conscious* psychological perceptual choice, which is the only free-will we truly have). You can Non-consciously choose (have the mind choose for you) to be swept helplessly along through Unawareness or, if you are *Consciously Aware* enough, you can choose to *Consciously* and *Deliberately* direct and guide your perceived *Reality* journey in a way you can enjoy, whilst *Intelligently* avoiding psychological discomfort and pain. If you cannot do this yet, then it is imperative that you practice becoming more *Consciously Aware* of your thinking and perception processes, in a kind and curious way.

When you can do this effectively, through *Conscious* and *Deliberate* practice, behaviours that bother you now will no longer be an issue. You will be able to override them and ‘swap’ them for more uplifting and supportive behaviours through *Intelligent* choice of perception and without force or effort (willpower), just *Conscious Intelligence*, as soon as you become *Consciously Aware* of the disempowering thoughts the mind is using to try to avoid things and meet your (its) needs. Most people perceive personal change is about eradicating something from their themselves such as behaviours or something they perceive they want to get rid of about themselves, through forcing themselves to be different. For one thing, the process does not work like that, as this book should have confirmed to you by now. You can’t get rid of a habit or behaviour by

fighting it or flogging yourself. However, through *Intelligent Conscious Awareness*, you will see the unintelligence in it, let go of indulgence in it and *Deliberately* choose another perceptual structure and behaviour when the urge to run the old habit or drive appears.

Use thought redirection and direct the mind to bring out a different *Personality* by *Consciously* giving attention in another way, which brings with it a different intent, agenda, motivation, approach, focus and behaviour and so on. Alternatively, *Consciously* choose to indulge different behaviours to bring out a different Personality. Don't give the old behaviour any indulgence; instead give *Deliberate Conscious Attention* to the indulgence of a different agenda and other behaviours instead. Choose a behaviour that supports you in feeling genuinely good, or *Consciously* choose an opposite behaviour and *Consciously* practise indulging that one instead, at least when you are *Consciously Aware* enough to choose an alternative behaviour in the moment. Eventually, with enough practice, you will override the old habitual behaviour with the new uplifting behaviour, and the mind will see the advantages of this, and the old behaviour will be dropped and the ability to bring it forward will wither through lack of attention. At this point the mind will Sub-consciously adopt the new behaviour, perhaps permanently. This is using *Conscious Intelligence* to train the mind to work to support you, rather than letting your bias Sub-conscious Thinking Mind and the psychological-reality conditionally choose for you.

Directing and training the mind is not about eradicating or adjusting behaviours, traits and patterns so that you can like yourself. Although the process does bring a higher level of *Self-acceptance*, it is really about helping raise you to higher levels of *Conscious Awareness* through feeling and perceiving in a more supporting and uplifting way. I want to make it completely clear that you are required to go through this process as part of your journey towards *Self-acceptance*. It cannot be used instead of *Self-acceptance* and *Self-acceptance* and real *Self-esteem* cannot happen without it. Truly seeing the difference between how you *want* to perceive your *Self* or think you *should be* (*Desired Self-Image*), and how you *actually* perceive your *Self* to be (*Core Self-Image*), will reveal the size and depth of your challenge with *Self-acceptance* and *Self-esteem*. Unfortunately, if you are using any of the strategies I teach to try and implement changes which are in line with how you think you should be, you are merely feeding the very judgement, disappointment and punishment processes and programming that is causing discomfort over and about you in the first place. Everything I teach is about *Consciously* and *Intelligently* observing, managing and influencing your perception and your perceived experiences, where necessary, until you naturally

become free of them. It is not about how to help you change who or what you perceive your *Self* to be through your *Core SelfImage*. Without *Self-acceptance*, you will merely focus all the time on what you want to change about your perceived *Self* and you will therefore only experience the perception that what 'is', is wrong or inadequate in or about you. In short, you will therefore only really experience what you are uncomfortable with and that which you are trying to escape, and as a result, you will not feel good about your *Self*, which is already a big part of the challenge. How can you feel good about your *Self* if you focus on what you *perceive* to be *wrong* or *inadequate* with, in or about your *Self* more consistently than anything else, whether you are aware that is happening or not?

Self-acceptance is the only true path to being at peace with your *Self* and with others. Making peace with your *Self* does not mean finally escaping traits and behaviours you dislike. When you have true *Self-acceptance*, perceived shortcomings or inadequacies do not need to change because they are accepted with no resistance. The *Self-punishment* ends through non-resistance to what is, not through judgement or enough *Self-punishment* (because this doesn't work). The only way to create a shift in behaviour in anyone, including you, is through inspiration or seeing the *unintelligence* of previous processes, patterns, attitudes or approaches. Athletes are a perfect example of the importance of influencing, directing and training the mind to create an empowering *Reality*. Ask a top-level athlete who really enjoys their sport how they think about an event before, during and afterwards, regardless of whether they have been successful at that event or not.

If they have not been successful, almost every one of the thoughts they go through, after the initial disappointment and evaluation, will involve an optimistic, supportive approach, and the expectation of a good outcome from what they have learned from the experience. If they experience challenges along the way, they have developed an empowering way to *translate* these experiences into learning opportunities and think about them differently. They turn perceived failure into opportunity for perceived success. To reach the required level and quality of thought and reasoning they had to condition and train the mind by *Deliberate, Conscious* management and intelligent direction of their *Conscious* thinking and perception. To be truly successful, they have to undertake this form of training just as intensely, if not more so, than any physical training required to enable their body to perform at the highest levels.

For most people, this new directed and supportive thinking process is totally different from the way they were taught and conditioned as children and teenagers, and because the Thinking Mind is not Sub-

consciously predisposed to function in this way, unless they were raised by an athlete or someone with high-level *Conscious* thought processes in this area, and a high quality of supportive and optimistic outlook on life. These individuals, through accruing new evidence from 'doing' differently, and deliberately using these thought processes so many times that they will have restructured many of their 'personal' views about themselves, their core self-image, and will therefore perceive and approach situations associated with their sporting life differently, and increasingly better. The rest of the time, they are usually quick to recognise when they are not thinking supportively or optimistically and immediately redirect their attention and *Conscious* thinking to do so, whether this thought process is directly about themselves or about perceived events, situations or circumstances in their life. This attitude often carries across into the rest of their life experiences. They may not *Consciously* recognise they can use many of these same *Conscious* thought processes in any part of their life because the *Personalities* they use are associated to their sport but all they need to do is create personalities for everyday life situations where these intents, agendas, approaches, attitudes and motivations also apply and can create a good outcome.

I know many people say; "It's easy for them because they are top-level athletes". But the truth is, that they are top-level athletes 'because' they have learned to consciously, deliberately and intelligently direct and re-direct thought processes and attitudes in a way that changes their reality in a higher, more supportive and constructive way. They regularly, if not consistently, think in a way that allows them to feel uplifted and capable, with the expectation that different attitudes or ways of functioning are always available to them, if they look or perceive in the way that manifests or creates them. Even the most gifted athletes in the world will not succeed unless they have learned and practiced deliberately directing and re-directing their thought processes towards uplifting, optimistic, constructive, supportive and empowering thinking and attitudes. I believe many athletes at the highest levels will agree with me when I say that at least eighty per cent of their success comes from the way they think, not from how their body works.

Rather their body often works in the way it does 'because' of how they perceive and use the mind to train it. To be successful, these high level thought processes must be practised consciously, deliberately and consistently. Also, an athlete's ability does not just suddenly appear; it takes more than one performance to win a race or a gold medal. In fact it takes thousands upon thousands of directed practice performances to be able to consistently achieve an elite level of performance. It cannot be underestimated just how important an uplifting, optimistic and inspiring

psychological and thought process is for anyone, anywhere, in any situation at any time.

More often than not, top-level athletes who make constant, instinctive decisions during the process of 'doing' their trained sport, are usually consciously present, at least when they are engaged in the second-by-second process of their sport. Being fully consciously present in the moment allows some athletes a split-second sense of what is about to occur before it actually happens. They have not actually learned to be this way on purpose in most cases, it is a by-product of full and consistent concentration in a particular direction that brings this shift in perception about. This pre-emptive ability is available to all of us, but so few people are consciously present and clear in any moment that most can only experience it by 'accident', if at all. When you can be regularly consciously present in the moment, the ability to receive premonitions can extend to several seconds or more. However, be aware that the Thinking Mind and the psychological-reality, using imagination and the need to feel certain, adequate or superior, can fool you into believing this is happening and that you have the ability of this, when it is really just your imagination fulfilling your need to experience this. This is another reason honesty is so important.



Thoughts carry vibrational frequencies that cause the mind and body to vibrate at certain frequencies (the lower the quality of emotional experience they engender, the lower the vibration and vice versa). Indulging in any thought, giving it your attention and concentrating on it, increases the amplitude of that thought and therefore its vibration. This helps to create and amplify any emotions that are experienced. This process also sends out a signal to Creation, which is mainly listening to the 'feeling' of you (the emotions your Psychological-Reality creates) and this acts as an attractant or signal for more experiences that are in vibrational harmony with the vibration being indulged. Therefore the amplitude of thought, and the reality it creates, is based on your attention on it and your indulgence in it. This also creates and affects the way the body feels, both emotionally and physically, and its ability to repair and regenerate. So be very clear, how you want to feel and experience is directly within your ability to influence. Choose very carefully what thoughts and perceived realities you indulge in and amplify.

As an example, there have been studies carried out in Japan by Dr. Masaru Emoto who exposed crystallised water to music, spoken words, typed words, pictures and videos. The water crystals apparently changed shape and structure depending on the particular directed intent of the communication forms the water was exposed to. For example,

one container of water crystals had the word 'Love' taped to it and one had the word 'Hate' attached. Low vibrational intent like hate caused the crystals to take on ugly, inconsistent shapes, whilst loving and compassionate intent caused the crystals to become beautiful structures (see Recommended Resources for website pictures). The structure of the water, which the crystals were created from, must also be significantly changed by the intent applied to the energy around the water. Your body is over seventy percent water. If seventy percent of your body is capable of restructuring based on the intent of your thoughts and words, towards either constructive or destructive forms of thinking, how much do you think that could affect you physically in any moment? Your physical state also affects your psychological state and vice versa, thus potentially degenerating the water even more, how much could this process really be affecting you?

If you want to see how this works and the effect your thoughts have on your physical form and energy levels, here's an exercise. Get a friend to stand to the side of you rather than directly in front of you. Hold your strongest arm out to the side at right angles from your body and then get your friend to press down on it whilst you resist, getting a feel for the resistance the arm can give to being pushed down (NB this is not a macho exercise to prove that you can resist your friend at all costs, or that your friend can press your arm down no matter what). Then think of something that causes you to feel good and ask your friend to press down on your arm to test the resistance, whilst you again resist having your arm pushed down. The point is to show the difference in the energy in your body and your relative internal 'strength' when you think different kinds of thoughts. When you have done that, stay in the same position and think about something that causes you to feel disempowered, angry, upset, annoyed, resentful, bitter, guilty, vengeful or judgemental; anything that would generally put you in a 'bad' mood if you were to indulge it. After a moment, once you're experiencing the emotions created by these thoughts, get your friend to push down on your arm again in the same way, and again resist, feeling the difference in your ability to hold your arm up. You will be amazed by the result if you have done it honestly. Immediately after the exercise, shift your body to another spot, redirect your mind again to the thoughts that caused you to feel good and whilst getting totally involved and indulging in the good emotions again, get them to push down on your arm one more time and again see the difference. This way you will feel good again and the exercise can be used as practice to get better at purposely moving to a higher state whenever you want to.

Empowering, supportive, optimistic, uplifting thoughts give you energy and disempowering, negative thoughts drain away energy and

weaken you. It is good to know the effects of how you think if you suffer from any physical challenge or illness. Do you want to give your body more energy to help it heal? Or do you want to continue the drain on energy and possibly allow your illness to get worse, or allow an illness to manifest through indulgence in low-level psychology? Whenever you can, maintain a constant, intelligent, non-judgemental, non-blaming awareness of the thought processes that do not serve you, such as disappointment, dislike, disgust, disapproval, inadequacy or doubt about or over yourself (including how you perceive yourself to be being perceived by others) and towards, about or over others. These kinds of thoughts are low-level, low-vibration energy drains. They will only cause you to feel psychologically and emotionally weak, meaning they will lower your vibration and perhaps cause or allow illness to set in, or get worse. Not because you deserve it to, but just through unawareness of these processes. The key to higher conscious awareness is continually, deliberately, consciously and intelligently making choices about the kinds of thoughts you want to indulge in and therefore the emotions you want to experience. It is also based on your ability to be honest and truthful with yourself. Again, ignorance is not bliss. It is simply postponed, festering, prolonged suffering; postponed because you will still have to face it and festering because it creates yet more symptoms you then have to deal with and live through. Consciously and deliberately practise indulgence in high-level *intelligent*, supportive and uplifting thoughts. They will eventually cleanse away and override the low-level disempowering thoughts and memories, giving you a consistently better experience of reality and therefore of life.

There are two kinds of ignorance - Unawareness and Inexperience, and therefore not knowing, and there is choosing to ignore that which you know, or is available for you to know

Can you train yourself to believe something? Of course you can. How do you think you ended up with most of your beliefs and expectations? Without you knowing it, the mind and the Psychological-Reality decided to direct attention in a search for evidence about any ideas it had. When you were younger, this allowed beliefs to be formed instead of you 'consciously' choosing the beliefs you wanted to have and then consciously searching for evidence to support them. Start creating a list of the things which cause you to feel good when you think of them. Any time you feel disturbed, bad, angry, depressed, annoyed, uncomfortable, disappointed or any other disempowering de-motions, ask yourself honestly; "How am

I truly feeling, and do I want to feel like this?" If the answer is no, how else could you look at whatever is causing you discomfort so you can perceive it in a way that supports you feeling good? Alternatively, go to one of the things on your feel-good list, give your full attention to it and let it become your emotional experience of reality in that moment instead. Practise doing this as often as possible, especially anytime you start to experience any level of discomfort or negative emotion.



The Thinking Mind is lazy and will only do the bare minimum to achieve or do what it needs to do. Anything else must be done through conscious choice. Look at fitness. If you are not actively working towards becoming fit, you will not become fit. And even if you become fit through doing what is required, if you stop the exercises that got you fit, the body will not continue to use its resources to stay fit. If you stop training, the body biologically and primally assumes that the fitness is no longer required to that level and then continues utilising the lower level bare minimum of resources required in that area. Psychological fitness is almost exactly the same, although if you stop practicing this new perception or behaviour, the mind often reverts quickly and strongly back to whatever it practiced before the new behaviour or perception was introduced, especially if it was a strongly and non-consciously conditioned behaviour (which it usually will have been). The mind and the body will only do the bare minimum it needs to do, in any area, so for anything more than the bare minimum to happen, *conscious* and *deliberate* intervention by a *conscious* process of evolution, along with consistent action in that area, is required.



Mankind's ability to think and imagine in the way it does to conceptually make-up and process its perceived reality, has almost destroyed this world. It has certainly seriously impaired the quality of internal psychological life for most people. The current situations certainly looks like they will get worse before they get better but the content of this book proves there is a way. Intellectual thinking and logical reasoning is not enough. What is required is caring, high-level, deliberate, Intelligent, consciously aware, directed thinking and reasoning, otherwise the mind will continue indulging in psychological survival based, reactive and undirected thinking that just causes fearful, selfish and self-centred discomfort and suffering. So remember; recognise and become consciously aware of the discomfort, dis-ease, struggle, torment, suffering and limitations of the thinking that controls you, and then consciously and intelligently direct your conscious thinking in a way that changes what you are perceiving, or how you are perceiving it (describing it to yourself), or consciously and deliberately move your attention away from the thought process that causes these

unsupportive psychological (and emotional) experiences onto something more uplifting and supportive.



Here is an exercise for you. I suggest listing all the emotions you experience in a week of your life. Then select the five you experience the most frequently and work out what you are focusing on, or how you are approaching and thinking about events, situations or interactions to bring about these emotions. If you can't do this, work out what you would 'need' to focus on and how you would need to approach it, in order to experience these particular emotions. This exercise will give you some clarity about why you feel the way you do much of the time. Remember, you experience these emotions not because you deserve them but because the mind generates them through unawareness of their consequences. The exercise will also give you more awareness of the choices that could be available, and whether you want to carry on generating those emotions or not. Emotions are the basis of most of your feeling experience of life. Choose the emotions you want to feel and focus only on or give your attention to those things which will create them in this or any moment. Continue to do so in every moment you can and you will have an amazing experience of life.

When you genuinely realise that what you see in your head is like watching a movie and that you are actually the actor, director and projectionist, you are then able to change the movie virtually any time you want, into what you want. One of the keys to happiness in this physical form is developing balance that brings about a happy mind through consciously and deliberately focusing on, or only giving attention to happiness-inducing type of thoughts. Can you now recognise that you have the ability to perceive things in a way that creates negative emotions or disempowering experiences? (If not, you should read the whole book again) If you can recognise this, you should also be able to recognise that you have the ability to perceive anything in ways that either create a more positive or uplifting experience 'in' you, or in a way that creates a more negative or disempowering version of reality 'for' you? Learn to manage reality as you see it.

If you are unable to redirect the mind into creating a better reality, you must accept you are helpless to do anything about it. Admitting helplessness with humility and asking Creation for a solution will supply you, at some point, with a solution you could not have thought of yourself, at your current level of perception. Become a beggar of grace and ask Creation for help, preferably through the entity you most associate to Creation, whether this is a Creator, God or another description you prefer. This magnifies your focus of intent. Having a focal point or image

of Creation or something to interact with will help you pray much more easily and will help manifest that which you wish to invite into your life, but first you must acknowledge yourself as helpless in the area you are stuck. However, the quality of your expectation, which dictates your reply, is by far the most important part of your 'prayer.'

Thought replacement, which is really thought redirection, is like weight training; you train one muscle to the exclusion of another so it becomes bigger and stronger as a result of getting your attention, whilst the other withers through lack of attention. Remember, where attention goes, experience of reality flows. Where attention no longer goes, experience of that no longer flows. This goes for almost all perception, and particular habits, practices or strategies, once no longer exercised or indulged in, will wither. Choose wisely and mindfully which thoughts and imaginings you choose to interact with or indulge in, because you 'will' experience them. Let go of trying to catch yourself doing things wrong and start catching yourself doing things well and that support you, help you get where you want to go or help you feel good. There is a saying that you have two gardens inside you. You have a garden that represents the parts of you that you perceive as negative, inadequate or disempowering, perhaps even damaged or broken, and you have a garden that represents everything you perceive as positive and uplifting about yourself. *Which one do you water?* Or which one do you visit and give your attention to the most often and feel is real? Your 'perceived weeds' will not stop growing until you stop feeding them by removing your attention from them, so your convincing belief in them dwindles and dissipates.

If you can adjust the way you think about yourself and what you indulge in psychologically, even for a few moments a couple of times a day (and increase this as often as you can), this could add up to at least a quarter of 1% of adjustment in a day? Consciously and intelligently give your attention to the perceptions that help you move forward rather than looking back. Focus, in a kind and caring way, *only* on what will allow you to feel genuinely good about yourself. If you do this every minute in every day you can, then with compound growth you could have consciously and deliberately adjusted your attitudes, approaches and behaviours by up to 100% in under a year! So decide how you want to be experiencing in a year's time, and bring that about. You are going to arrive somewhere, physically and perceptually, in a year's time, in one state or another (based on the destiny you are creating now), so why not arrive there feeling much more balanced, uplifted and at peace on a regular basis, through deliberate conscious awareness, non-resistance, and internal integrity?

Ask yourself whether you would choose to feel the way you feel, if you had a choice? Well, you do!

Growth and Change only comes through Awareness ,and Awakening to, new choices, and then actually Deliberately choosing those choices

If you suffer over your *self-image*, it is because you are a good person struggling with the concept that you are not, that you are not adequate or valuable, or you may even feel broken or damaged. If you feel jealous, hurt, selfish, stubborn or any other disempowering emotion, recognise this and be open about it, hold this in your conscious awareness and forgive yourself immediately. Don't try to blame, punish yourself, or try to ignore or escape it. When you become openly *aware* of these emotions and are willing to honestly experience them fully (without exaggerating or changing them), you give yourself the opportunity to genuinely transcend them. Giving them your attention, if you can, in a non-judgemental, non-critical way, will allow you the opportunity to grow and evolve through raised conscious awareness and intelligence. This also opens you to Universal Influence, which is compelled to support you in your unique journey. So decide how you want your journey to be, and intelligently direct your thinking to allow this experience to become reality for you. We often try to reactively and unintelligently change what we have or how we perceive we are; yet we don't make intelligent choices about that which we can affect. If you find all this managing the mind stuff a challenge, simply ask yourself continually and consistently "How can I be cheerful right now if I want to?"



Rituals create patterns, which become conditioned as regular behaviour through repetition. Create rituals for the behaviours you would like to become regular in your life. You can condition the mind through the ritual of regularly indulging in and practicing your newly chosen processes, patterns or strategies more often than you indulge the old ones. Be aware of the direction of your thinking processes and be clear about how you want to progress. It requires deliberate, conscious, intelligent choice to be able to update the mind's beliefs in a more uplifting and supportive direction. Using the Conscious Mind as a mirror, become consciously aware of your 'true' core self-image and adopted/managed self-image (Ego) in action. You also need to become consciously aware of the mind's true underlying beliefs, expectations, presumptions, patterns and processes, and of the psychological-reality that holds onto and uses all these processes. If you can genuinely do this, the psychological-reality's choice making will be

slowly overshadowed and replaced by the more consciously intelligent mind, which is in effect the mature adult. Then you can reach a point where thinking moves to being about logistical matters and all other un-required thinking essentially ceases. This does not mean the mind stops or is disconnected. It can never stop what it is programmed to do, nor is it meant to. It continues to evaluate your physical safety and other needs, as required, but when there is no longer any identification with thinking through any adopted self-image, the mind can carry on without causing any disturbance in you. Then peace becomes the norm and all functional thought is simply logistical, intelligent, effective solution based thinking, used only when required.



Remember that what you have read is a series of teachings. What you do with these teachings is now up to you and your choice process. If the only thing this book has taught you is to *consciously* watch and observe your perception within the mind, to come to the senses and experience life outside of imagination every few seconds, to experience discomfort fully and intelligently until it dissolves, and to avoid indulgence in any negative thinking of any kind, this book will have done its job!

As an exercise; record yourself talking for about twenty minutes every week honestly and openly, about your life and how you perceive it, any challenges you are experiencing and your self-images (both core and surface). Listen to the recordings in sequence a month later for your own feedback. Look for and see what you can become consciously aware of about how your perception, and what you 'indulged in', has caused discomfort, conflict, hurt or suffering in you, and see if most of your perceived external challenges are in harmony with your internal thinking and expectations. This will help you wake-up to how you help create the quality of your current life.

At night, just before you go to sleep, reflect on all the things you can be grateful for in your life (and nothing else), even if they seem like small things. Write down everything you did to support yourself today in an uplifting, supportive and inspiring way. Feel gratitude in the strongest way you can so you can be emotionally involved in these grateful thoughts. Then do the same as soon as you wake up in the morning. Remember to become fully emotionally involved in the gratitude and send that gratitude

to all the people you will be interacting with in your day, including those you don't know about yet, or perhaps don't like. If you do this consistently and with enough emotion, all of your interactions will start to change dramatically. Approach people with an expectation of how they will help you and what you can be grateful to them for. Every person you come into contact with, even if you have had challenges with them, ask yourself; "What can I be grateful to this person for?" Watch how the quality of life changes for you.

Ask always, "What am I making this mean 'about me?'," and when you discover that, "Is it true or not?" Ask, "How else could I look at it, or me, to create a different experience?" or "What would be the most intelligent thing to think or do right now?"



FINAL REFLECTIONS

(I would suggest turning to this part of the book at any time to get inspiration or to get some clarity).

- Breathe deeply, be deliberately consciously aware, and become kind and caringly curious about your own perception.
- Live enthusiastically, face everything and hide from nothing.
- Be open to everything and attached to nothing.
- Care deeply, speak kindly, give generously, hold nothing back (yet be intelligent), help when you can, forgive immediately, forget quickly, kiss slowly, love truly and fearlessly, laugh uncontrollably, never regret anything by seeing the benefits of it.
- Break the rules intelligently and dance freely like there is nobody watching.
- Start living the life of the senses and come out through the eyes to see what is actually there. The more you use your senses, the less you use imagination and the less discomfort, turmoil, hurt and suffering you'll experience.
- Learn like you're going to live forever with a peaceful, intelligent quality of life and live your life as if you may die next week.
- Have conscious awareness of any and all thoughts, especially those that cause disturbance, *without making them wrong*.
- Kindly and curiously observe thinking, and hold the mind caringly accountable to how it is thinking, using conscious awareness (not judgement and punishment).
- Ask consistently (and honestly observe); "What Agenda does the mind have right now and how is it translating life into reality for me?"

Whenever you feel discomfort, ask internally; “What am I making this mean *to* and, ultimately, *about* me? How do I really want to feel or experience right now and ultimately? How am I describing this stimulus to myself and how else could I describe it to bring about how I really want to feel or experience?”

- Based on what you ‘want’ to experience, ask yourself what would be the most intelligent choice to make about what to give your attention to right now, what thoughts to indulge more, how to behave, what standards of behaviour and actions and what choices to make for the longer-term betterment of your life?
- Recognise when you are in imagination and step immediately out of it and indulgence in it.
- Always be clean and do your best to make sure your living environment is a place you enjoy being. Make sure it is a place you would have no embarrassment in inviting people to visit, whether anyone will see it or not. You will already know and you will judge yourself for it. Don’t give your mind the opportunity to do that, for your own good.
- Accept your self and self-image, be kind to yourself and experience that you are loved and needed by Creation as much as anyone and everyone else!
- When you live fully and fulfil your deepest calling, you risk falling more deeply in love with your life every day. If you really understood the experience of this, no risk would be too great.
- If you are strong enough to be vulnerable, you’ll experience a gradual opening of the heart that will not heal, thank God.
- If you are courageous enough to make a mistake and not punish yourself but instead see and learn the lesson offered, you will experience a level of self-esteem and strength never before felt by you.
- If you are kind enough not to judge yourself harshly, and instead look for your true value and the opportunity to learn, you will experience a beauty previously unknown to you.
- If you are honourable enough to be honest to yourself and others, no matter what the consequences, you will find a light of self-admiration burning you may never have realised could even be lit.
- If you’re caring enough to be respectful and compassionate to others, even when you do not agree with them or their situation, you will experience a level of compassion towards yourself that will support you in caring for yourself, no matter what.
- If you are open enough not to judge others no matter what their choices, you will experience a much stronger level of peace over your self-image.

- If you are serene enough to accept your heart breaking and still experience the joy life has to offer in every moment, you will be rewarded with an experience of life and love rarely experienced in this day and age.
- If you are generous enough to give to those in need of your time and resources, without a need for any kind of reward, or even for them to know it was you, you will feel a level of fulfilment your heart has ached for, and your need for validation and significance has robbed you of.

Every passing moment is an opportunity to update your perception of your life, and your Psychological Reality. When you go to bed, the challenges of the day will be over, and this day will be gone forever. Of course you could let those challenges go immediately as they arise during the day, and leave behind an even better day. Make the choice 'right now' to become Deliberately, Intelligently, Consciously Aware, and improve the quality of how you feel 'Right Now', the quality of your future life and your Destiny!

Thank you for reading and I trust it has been of value to you.

PLEASE go to Amazon and leave a Review so that this information can get out to more people and have more chance of saving people from suicide, and help transform lives and our world! Helping in a cause like this will bring good Karma and this will also help you feel good. If you desire that mankind grow and evolve, then please help by doing what you can to help them find what will help. After all, this is your world too. Please leave a valuable review that brings all good Karma.

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Please let me know what other questions you would like to have answered or what you want to know about. You can also make suggestions for further books, courses or products that will help people. I would really like to know if this book or information has impacted on you or someone you know. Please do let me have your valuable feedback and I will reward your interest and time with a valuable free gift

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GLASSARY

Katy, you please fill these terms in below to see if you truly have an understanding of them, and any more you think need to be listed, and I will change them as required :o)

- Psychological Reality – The reality created by your psychological calculation and story.
- Core Self-Concept – The Initial recognition that we are separate entities in this physical world.
- Core Self-Image – The constructed description of you as you perceive yourself to be at your core of personal perception.
- Adopted – Desired – Managed – Active Self-Image (A.S.C) - (Ego) –
- Psychological Self – psychologically constructed Self-perception/ identity, either Core or Adjustable (Ego).
- Awareness – Deliberate Conscious Attention on internal perception in any moment
- Conscious Intelligence – Intelligent arrived at through deliberate contemplation of all that can be contemplated by you in any area.
- Identities – Conceptual structures and versions of a Psychological Self.
- Personalities – perceptual states that are filters and translators of internal to external and external to internal behavioural and perceptual strategies and description and perceptual detail generators.