



Master Your Mind

The Mind Owner's Operating Manual

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Introduction

**The Mind is powerful indeed.
It can make the best of the worst,
and the worst of the best.**

You can not THINK your way to Happiness; you can only FEEL your way.

In all advanced spiritual development, the mind is a roadblock.

You must go through your mind and into your BEing.

**Your mind is your greatest ally or your greatest enemy,
depending on whether you control it or it controls you.**

If you are unhappy or suffering, if you have relationship conflicts, if you suffer worry or anxiety, if unfulfilled desires disturb your serenity; your mind is out of control.

Your mind is a major determinant of your results and happiness or pain in your life. What is going on in your life is a reflection of what is going on in your mind. The condition of your mind is almost infinitely more important to your success and happiness than the external circumstances of your life.

Your mind is a most powerful instrument. Like all instruments and weapons of power, it is a two-edge sword; it can cut you down just as well as it can cut your way through the world. Your mind is so powerful that it can easily be your worst enemy in life. If you do not understand and control your mind, it can and will devastate your life. Most people do not realize the importance, power, and impact of their mind in their lives.

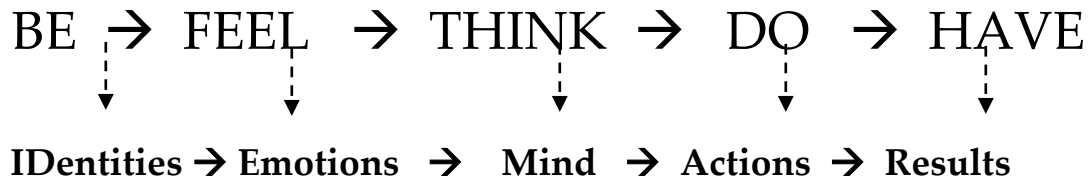
On the positive side, your mind permits you to acquire knowledge, and so understand and therefore control the physical universe. Secondly, by energizing the mental models of that which you wish to experience, you can attract and manifest those events and things in your life.

Then there is the negative side. The uncontrolled mind will damage and destroy your relationships and your ability to love and to be loved. It will block your manifestation of what you want in life, and will manifest negative things and events that you do not want. It will trigger your negative emotions and send you into suffering. Your uncontrolled mind is the source of regret, guilt, fear, anxiety, sorrow and your problems and conflicts. No outside influence is ever as effective in making your life miserable as is your own mind.

How to use the mind positively is only introduced in this book, as it is a large subject that requires a book in itself.

The Causal Sequence

Life operates according to a Causal Sequence of five factors:



The elements of the lower formula are alternate names for the elements in the upper formula. In other words, the two formulas are expressing exactly the same thing.

Your life consists of your Causal Sequences. Everything in your life falls into one of these five areas. Verify¹ this statement by trying to think of anything in your life that cannot be classified into one of these areas. There isn't anything, but don't take my word for it: look yourself

The Causal Sequence is the most powerful formula on earth. It will do for you life what "E = mc²" did to physics. When you deeply understand how the Causal Sequence works, you will control your life and everything within it to the maximum extent possible for a human being. You will be able to eliminate all neuroses, compulsions, and addictions from your life. You will be free yourself of the negative, painful emotions such as anger, fear, guilt, resentment, hate, grief, and depression. You will no longer have relationships problems or conflicts. You will find your life purpose and live a life of passion and joy for what you do. Everything you need will come to you easily just in the course of living.

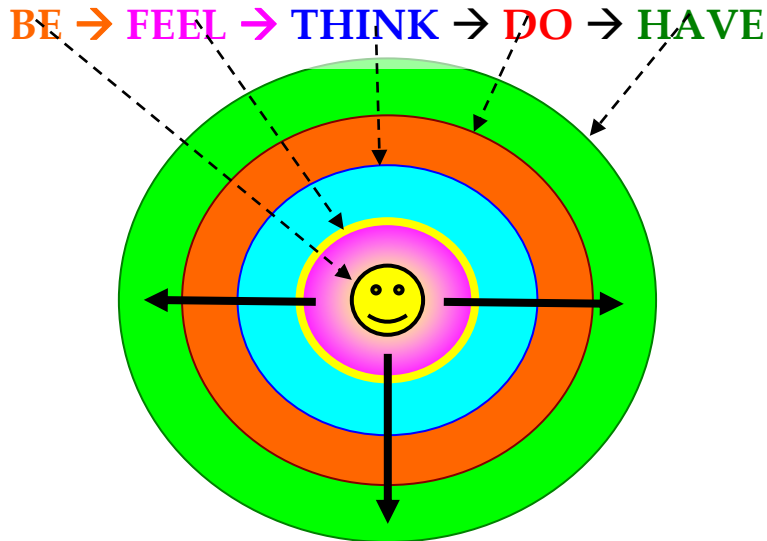
It is a *Causal* Sequence because each area determines the content and energy of the following area. Your BEing will determine your FEELing, your emotions; as proved elsewhere in psychanics. How you FEEL will determine how you THINK, and how you THINK will determine how you ACT (DO). (Some people will argue that THINK causes FEEL, but a deeper observation shows that it is not so.)

For example: when you FEEL angry, you will THINK about attacking, stopping, changing, punishing or destroying something, and will tend to ACT to do so. When you FEEL joyful, you will THINK loving, caring, expansive thoughts, and ACT accordingly to care for and better things around you.

The beauty of the Causal Sequence is that you only need to understand and control your "field" of BE, your BEing, to control your Causal Sequences and thereby your life. We will introduce the concept of your BEing in this book, but its full majesty and deepest secrets cannot be explained here.

¹ Verify, from Latin "veritas" = truth, means to establish the Truth of a statement.

The Causal Sequence can also be drawn as concentric circles with your BEing in the center. Life works from the center, BE, outwards, inside to outside. However, most people live from the outside to the inside, which makes life hard and painful.



The Causal Sequence can be represented with concentric circles. You have great power, and life is easy, when you live according to the Causal Sequence, BE to HAVE, from

You will be learning psyanics according to the Causal Sequence:

BE – FEEL → THINK → RELATE & DO → HAVE,

although not necessarily in that order. Your mind is your THINK in the Causal Sequence.

The purpose of this book is to present who and what it is that has a mind, which is to say your BEing. So our next chapter is an introduction to your BEing.

You, the BEing

To understand your mind, you must first understand what has and uses the mind: you. To control your mind, you must first understand what is it that is going to control it. What are you, the controller and the experiencer of your mind? The underlying reality of what you are is incredibly beautiful and powerful, love-able and love-ing.

You, the Spirit-Being.

You are a “particle”, an atom if you will, of the ONE INFINITE LIFE FORCE, which is the abbreviated name for the ONE & ONLY UNIVERSAL SUPREME INFINITE CONSCIOUS LIFE CREATOR LOVE JOY BLISS SPACE ENERGY BEING, aka the GREAT SPIRIT, the SUPREME BEING. Let us call it “IT” for short.

The underlying foundation of everything that exists is IT. Everything that exists is created by IT, formed by IT out of ITSELF, for there is only the ONE, and therefore nobody else to form any thing, and, of course, nothing else to form anything of. There is only IT. IT is both the CREATOR and the CREATED. It is the ULTIMATE REALITY, the UNMOVED MOVER, the CHANGELESS CHANGER. The universe is ITs projection, ITs illusion, and ITs playground. Everything that exists is made by and out of this LIFE ENERGY, including those things which we humans tend to consider as being LIFE-less (such as rocks). IT is all ONE. We are all ONE; one with IT ALL.

That ALL is ONE, mystics have been saying for thousands of years. However, quantum physics is now confirming it by discovering that the sub-atomic particles (those quirky things) are quanta waves that arise out of an underlying field of, what the scientists can only describe as an Intelligent Force Field.

The purpose of the creation is play: to experience, to live, to know. The universe is IT molding part of ITSELF into an infinity of forms in order to have something to do with ITSELF, have something and someone to play with ITSELF (After all, there isn't anything else to play with; being just the ONE is quite lonely.) The universe is ITSELF seeking to explore ITSELF, experience ITSELF, to know ITSELF in all ITs infinite possibilities of BEing, FEELing, DOing, and HAVEing. The universe is IT playing peek-a-boo with ITSELF. It is great Drama and Fun, including the painful parts, as these are essential to the existence of the positive parts, a law we will see when we get to Polarity.

You are really ALL of IT, the INFINITE ESSENCE, but have created the illusion of being less than all, of being separated and isolated for the purpose of playing the Supreme Game of the descent into Materiality to have the adventure and challenge of return to Spirit-uality. So, for our purposes, we are going to consider you as a particle of the ONE, a “chip off the old block”.

When we analyze the nature and characteristics of IT, of the LIFE FORCE, as far as we humans can perceive them, we can identify many qualities, including: Consciousness-Awareness-that-is-the-capacity-of-Perception-Feeling-Experience-Knowing, Understanding, Intelligence, Intuition, Creativity, Cause,

Will, Power, Creatorship, Value and Evaluator, Space, Love and Bliss. All of these are Polarities, such that the dark side of each exists and must exist. .

Just these few characteristics of LIFE are too numerous and cumbersome to be repeating all the time, so we shall distill it all down to just four summary characteristics: **Wisdom, Power, Value, and Love-Joy**, abbreviating them as **WPVLJ** (pronounced whipple). Let us call those four qualities or energies, WPVLJ, the **Essence of Life** or the **Essence of BEing**, or just **Essence**. You are made, formed, of Essence. You are a ball of Life Essence Energy, aka a spirit. The technical name for this ball of Aware Life Energy Essence Being that you are is: "psycan". Psycanics is the science of the nature and ability of psycans.

That your Essence of BEing is Wisdom, Power, Value, and Love-Joy is of extreme importance. It is your BE in the Causal Sequence. The ignorance of what you are and how your Essence works is the cause of all your troubles and pain in life. In fact, the ultimate motivation of ALL human behavior and effort is to increase Essence, to BE-FEEL more ESSENCE.

For our story in this book, the story of your mind and how to master it, you need only understand yourSelf as two of the qualities of LIFE: Consciousness and Will.

Consciousness is the ability to perceive and experience and therefore know anything.

Will is the ability to be Cause, to form and to move energy.

You are an Aware-Will entity, a Perception and Control unit of energies and things. You are **Conscious Cause**. You are an individualized particle of the LIFE ESSENCE ENERGY, an immortal psycan, temporarily plugged into a human body so that you can play in the physical universe.

Remember, your isolated individuality is an illusion: you are always still connected to and part of the ONE. So it might be a little more accurate to say that you are a tentacle of the ONE, extending down into physical reality to play in it and to expand creation from within. You are a sub-Creator, "son" of the CREATOR. You are not currently conscious of this connection, but the ONE is, and it experiences absolutely everything you experience, both within you and without you (i.e. the physical universe from your point of view). You might say you are a data terminal of the ONE, feeding experience back to IT.

To understand your mind, you do not need to understand all the Essence of you. It is sufficient to know that you are the Aware-Will, the Conscious Cause entity that rides around in the body, kind of like the rider on a horse. I tell you here the story of your Essence only to make sure that you do not think that Aware-Will is the all of you.

Your BEing is an essential element of your mind, so let us introduce the players.

WILL

Will is your power to be Cause. Cause is the ability, the innate force of a Life Force Entity= BEing to create, initiate, control, change, or move energy or matter. What Will is exactly, we do not know; it is an attribute of the ONE beyond our comprehension. With Consciousness, it is the fundamental characteristic of LIFE. Whatever it is, it is part of your nature; you have a Will.

INTENTION

Intention is a ray of Will. It is a beam of Will directed towards a specific target or purpose. This is best explained by an example. Think of a unicorn. What force created that image of a unicorn in your mind? That was your Will focused to a specific objective, in this case, the creation of a unicorn in your mind. Your Will focused to a specific purpose thusly is Intention.

Observe the unicorn. Notice how your Intention focuses your Consciousness, your Attention on the image of the unicorn. Change the color of your unicorn to red, then to blue, then to yellow. In each case, notice how you generate an Intention, an act of Will, for it to change color. Now move the unicorn to the back of your head, then have it circle around your head. Again, notice that it is your Intention, a ray of directed Will that moves it.

CONSCIOUSNESS

Consciousness is your ability to perceive, feel, experience, and therefore to directly know a thing. It seems to be a field of ultra high-frequency energy that is impacted and modulated by the denser energies of thoughts and emotions, and by energy signals from the body that permit it to perceive correctly in the physical universe. You may think of it as a spider and spider web. Any thing that touches the web makes it vibrate and that vibration is perceived by the spider. When a thought "hits" your Consciousness, it vibrates it such that you experience the form, the image and information, that is that thought.

Remember that science is knowledge. Consciousness is that which knows. Thus, we have an interesting play of words between consciousness and "con-science" (conscience). Conscience usually refers to knowing right and wrong, but in the wider sense we are using here, it is consciousness.

ATTENTION

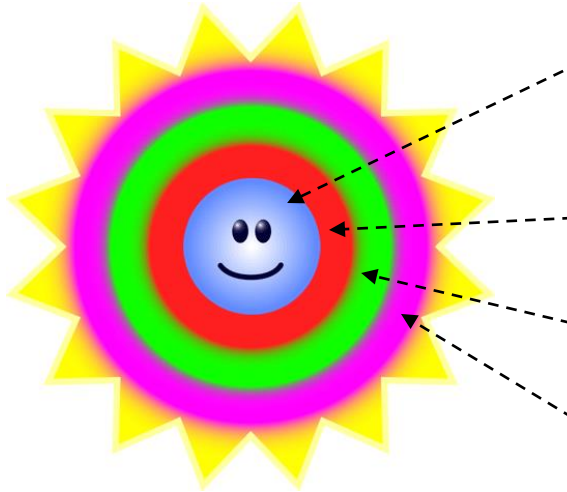
Just as Intention is a ray of Will, Attention is a ray of Consciousness. Attention is a beam of Consciousness directed to a specific target. Let's go back to your unicorn. Your Consciousness perceives the unicorn, and the more Attention you put on it, the more Consciousness you are directing to the unicorn. Notice that as you were playing with it in the exercises of Intention above, changing colors and moving it, you had your Attention on the unicorn, and so less Awareness (another name for Consciousness) on the rest of the universe.

You will later be learning how to create and discreate anything in your mind, emotions, and your life. The forces that you must understand to do so include Will→Intention and Consciousness→Attention. These are the major factors of your mind.

Now, don't forget to feed and water your unicorn. We will need him later.

The symbol for the psycan or BEing in psycanics.

The colors represent the four fundamental energies of Life Essence, the Essence of BEing: WPVLJ.



Consciousness = Awareness, that is the basis of experience and knowing, which is the basis of Wisdom. Color: light blue

Will, which is also the ability to create and move energy and things, and therefore is Power. Color: red.

Value, which is also Esteem for Self or others. Color: green.

Love, which is also the only Happiness and Joy that exist. Colors: magenta and yellow.

In this book, we are only interested in Consciousness and Will, blue and red.

For our purposes in this book, we will be ignoring the totality of your Essence and defining you as:

CONSCIOUS CAUSE AWARE-WILL

Will→Intention and Consciousness→Attention

At the same time that we say what you are, it behooves us to mention what you are not.

Mind

You are not your mind. Your mind is the sum total of its contents plus the ability of the psycan to create, analyze, record, and manipulate the contents. The contents include: memories, data and knowledge (all that you have learned whether formally by study or by past experience), thoughts, ideas, visions, images, mock-ups and models of things, understandings, concepts, sciences, beliefs, values, programs, paradigms, religions and philosophies (if you have studied one or more of these), likes and dislikes, values, personality, among other things. We shall include all of these under the concept of “thoughts”.

Much of your mind content is positive and useful, but as we will see in Part 2, there is also a lot of junk in there causing you problems and pain.

Our point here is **that you are not your mind**. You have a mind; you are not your mind.

Neither are you any of the content of your mind such as your human identities and roles, your personal history, your past, your ego, or other forms of personal importance. You have all these as possessions, but they are not you. You are the psycan, that which creates and experiences all these things.

Body

The body is a bones and meat “vehicle” that you, the psycan, use to focus in, experience, and manipulate the physical universe. The study of the body is the province of biology, chemistry, and medicine, and we shall have little to say about it in psycanics.

Just as you are not your mind; you are also not your body. You have a body; it is something that you ride around in and use, just as you do your automobile or any tool.

Nor are you the circumstances of your birth, your skin color, nationality, religion, sex, age, your job, your money, your possessions, or any other temporal factor or element of the physical universe. You don't even come from the physical universe. You are a descent, an extension of SPIRIT down into it.

The Brain

There is another important distinction that we need to make. That distinction is between the **mind** and the **brain**. The brain is a **physical** organ that regulates the body, and also serves to transduce physical universe and corporal perception energies up into the spirit-ual frequencies best perceived by the psycan who is consciousness = experience.

The consciousness and its offshoot, the mind, are completely non-physical. Consciousness interfaces with the brain, and through the brain, with your body; but it is totally separate from the body. The brain is physical; the Aware-Will and its mind are psycanic. The mind is the space within consciousness that is the area of creation-and-perception of the psycan. (This will become clear later.) The mind, like its owner and operator, the psycan; does not come from the physical universe, and exists before and outside of the physical universe. When you leave the body (i.e. die physically), your BEing, your consciousness, and your mind go with you.

Now that we have seen what you are, we can examine the nature of the mind.

Reality

Reality is a major and important concept in psycanics as it plays a central part in many of your desired powers in life: creation, discreation, communication and negotiation, and the ability to identify truth.

In the previous chapter, we saw what you, the psycan, are. You are what has and operates a mind. You are the BE that THINKS in the Causal Sequence (BE--FEEL→THINK→ DO→HAVE). . We want now to see what your mind is. However, to understand your mind, you must understand the concept of Reality. Understanding the concept and nature of Realities is important to your being able to control your mind and to all your Power over life, especially your Power to create and discreate realities.

Experience is the perception of any thing; therefore, it is the knowing of the existence of anything. All experience is the experience of some thing, of a **reality**.

A reality in psycanics is anything that exists, whether physical or psycanic. Every object and every form of energy in the physical universe is a reality. A chair is a reality, light is a reality, heat is reality, cold is a reality, etc.

Likewise, every thing and energy in your mind and emotions is a reality. Your unicorn is a (mental) reality. Each of your thoughts, every *thing* in your mind, in your consciousness and subconscious, is a reality. Every one of your emotions is a reality, an energy form. Your anger is a reality, as are hope, fear, guilt, and sorrow. If you experience it, then you are experiencing some *thing*, and that thing is a **reality**.

Everything that exists is energy (as shown by Einstein with his famous formula $E=mc^2$). All “things”, physical *and psycanic*, are made of energy. Every thing that exists is energy “molded” or modulated into a specific shape or waveform. Therefore, all experience is the experience of energy, of energy-forms, of forms of energy. Energy forms in psycanics are called “realities”. All experience, all perception, all knowing, is the experience of realities. In fact, there are only two things that exist in the cosmos: realities and psycans, who are the creators and experiencers of realities.

Realities and Experience are the two sides of the same coin; they are Cause and Effect.

Realities-Experience are Cause-Effect:

Realities Cause Experience. Experience is the Effect of a Reality (on Consciousness).

Consciousness is the capacity of the psycan to perceive, to experience, to know. Experience is the effect, the impact, of a reality on consciousness. Experience is consciousness functioning in registering the presence and nature (modulation) of a reality.

Example 1: A table is a physical energy form, a physical reality, and **causes** you the experience of its shape, color, weight, temperature, etc. Give it enough velocity and have it impact your body, and it will **cause** you the experience of physical pain

Example 2: A thought is a psycanic energy form, a psycanic reality, and **causes** the perception and experience of its form, e.g. an image. Exercises: 1- Recall (bring up from your subconscious and experience in your Consciousness) an image (memory) of a place where you went to school. 2- Experience your unicorn again. (Your unicorn is a reality you created and now experience as an image in your mind.) These are both examples of psycanic realities causing you psycanic experiences.

Putting the pieces together

On understanding Will→Intention, Consciousness→Attention, and Realities→Experience, and Experience←Realities; you can begin to understand your mind.

Your Intention (your Will in action) pulls in from your subconscious to your Consciousness→Attention (your perception-experience) the psycanic reality that is the mental image of where you went to school, or of your unicorn, a mental-energy reality that you created in the previous chapter. You experience that psycanic reality as the mental image of that school (or of the unicorn). That thought-energy reality causes the mental experience of the school (or unicorn) on your conscious energy field. You created that image when you “took a picture” of the physical universe. Your BEing does this all the time, automatically. You see it and it gets recorded on the energy film of your Consciousness and sent to the warehouse that is your subconscious. .

Besides taking pictures of the physical universe, you can also create a thought-energy reality out of nothing, as you did with the unicorn. You also create images as you listen to or read words. Words are symbols, representations for realities that permits us to manipulate the realities that they represent symbolically in the mind. To understand text, you translate the words into images in your mind.

You can apply varying degrees of Intention (Will) and therefore energization to make data and image “recordings” in your mind long lasting or permanent. This we call memorization. You can apply Intention to bring your recording back into Consciousness= experience: that we call remembering.

All energy = realities follow exact laws. All your experience is the action (effect, impact) of energy forms = realities on your consciousness. Ergo: all your experience follows exact laws. When you understand the laws of energy and reality, you can create and discreate your experience, both psycanic and physical. That you learn how to create and discreate anything in your experience, both psycanic and physical experience, is a major purpose of Psycanics.

For now, we will limit our discussion of creation and discreation to your mind. You are the creator of your psycanic realities (thoughts), and these realities, your creations, cause your experience. **You can discreate any mental reality you have created and thereby eliminate any undesired experience.**

What is important to take with you from this chapter is the concept of reality and realities, and the understanding that everything in your mind, whether within your awareness (perception), or out-of-

awareness in your subconscious, is a reality. It is a thought energy-form. IT IS A THING, just as a table or chair or a rock is a thing.

**Thoughts are things, called mental or psychic REALITIES in psychic science.
Your thoughts are objects, literally. They are energy forms, as is every thing that exists.**

All of the following are mental objects; they are things= realities: thoughts, ideas, memories, mental images, beliefs, values, paradigms, programs, data, knowledge, dreams, visions, imaginations, plans, desires, expectations, opinions, judgments, and any *thing* else within your mental experience.

Realities (such as ideas and beliefs) by themselves are not true or false; they just are. We will get into the nature of Truth later.

Definition: Because Realities-Experience are Cause-Effect; because Realities Cause Experience and Experience is the Effect of a Reality, we coin the word RExp (pronounced Reps) to communicate this relationship.

ADVANCED CONCEPTS

Meanwhile, here is koan for you to mull:

THE PSYCAN IS CREATOR OF ALL HIR RExp (Realities→Experience)—
INCLUDING THE RExp (Reality→Experience)
THAT S/HE IS NOT CREATOR OF HIR RExp (Realities→ Experience).

Let us break that out:

I am the creator of all my mental realities,
including the reality that “I am not the creator of my realities”,
when that is my reality.

I am the creator of all my experience,
including the experience that “I am not the creator of my experience”,
when that is my experience.

I am the creator of all my realities,
including the reality that “I am not the creator of my experience”,
when that is my experience.

That they are NOT the Creator of their RExp is the RExp (reality→experience) of most people. Most people live in the experience that they are not creators of their experience, (especially their emotions, and includes all aspects of their lives) believing that external events cause their feelings and emotions. They will never be able to control their RExp while they are in that reality about life. And it is a reality, not Truth; because the Truth is that they are the Creators of their RExp.

In other psychanics materials, you will see that you are the creator of all your thoughts and emotions, including the thought = belief= reality that you are not the creator of your thoughts and emotions. Your beliefs = mental realities create your experience = perception of the reality in which you live. If you are

currently experiencing that you are not the creator of your experience, then you are experiencing your creation= reality of "I AM NOT CREATOR of my experience." Your reality causes your experience.

If you are not experiencing that you are the creator of your experience, then to whom or what are you assigning the role of creator of your experience? Notice that you will then have to try to control that thing to control your psychic experience. When you have assigned that "cause of your experience" is to another person, you will then have to try to control the BE, SAY, DO of that person and that will ALWAYS create relationship conflicts. The main cause of all relationship conflicts is this attempt to invalidate and control the BE FEEL THINK DO of the other person.

As long as you believe= hold as your reality→experience that you are not creator of your experience, you will not be able to take control of your creations, or to discreate those that you don't want to keep experiencing.

In more advanced psychics materials, you will come to know beyond all doubt that you are the creator of your psychic realities→experience. This is a major turning point, the beginning of the highway to happiness. Until a person understands that s/he is the creator, and learns how creation and discreation works, this is little hope for hir happiness.

What is Your Mind?

Now that you have know all the players: You, the psycan, who are Aware-Will, Conscious Cause, that operates with rays of Intention and Attention; and who is the Creator and Perceptor-Experiencer of your mental Realities=thought-energy forms, we can answer this question. It's quite simple really:

There is no such thing as a mind.

Go inside yourself, or wherever you think you keep your mind, and inventory everything you can perceive. Try to find anything other than mental **realities** (thoughts of any kind). What does your mind look, taste or feel like? Can you find anything other than memories, data, likes, dislikes, values, dreams, pictures of things, of places, pictures of the past, imaginings of the future, hopes, fears, etc? Can you find any thing that you can point to as a mind apart from thoughts, which are things? Try to find anything "inside" you other than Will, Consciousness, emotions, and thoughts.

There is nothing there but thoughts. What appears to be the mind is simply the psycan and its psycanic creations; you and your mental realities. Your mind is the interplay of you and your mental creations.

Your mind is the interplay of four elements. The first two elements are your BEing, the Psycan, the Aware-Will entity of perception and control that consists of two qualities: Will and Consciousness. The third is your thoughts. The fourth is the space around you that is out of range of your consciousness, of your immediate psycanic perception.

The four elements are:

- 1- Your **Will**, you as the Causal Force that creates and manipulates your thought realities.
- 2- Your **Consciousness** that perceives=experiences your psycanic realities.
- 3- Your thought creations= mental realities = mental "things"= mental matter.
- 4- Your **subconscious**: the psycanic space around you that is outside of your perception= awareness= consciousness.

Let us examine these four elements in more depth, and in a slightly different order (see the drawing for a graphical representation of the following data).

The Four Elements that create the Hallucination of a Mind

1- Will: is the Causal Force that you that forms, moves, and manipulates psycanic energy, the physical body, and by means of the body, the physical universe. Your Will molds or modulates thought energy to

the form, image or data representation desired. You are the creator² of your mental realities= thought experiences, consciously or unconsciously. If you doubt this, see how many different images of something--trees for example--that you can create= image-ine (imagine).

After you have created a thought form, you can manipulate it like any object. With your Will, you move thoughts, compare them, analyze them, add them *follow their logic* compute their consequences, and then decide your course of action (if relevant). This is the Causal Sequence.

You can also Will→Intention more energy into a mental reality, whether to impress it on the ONE INTELLIGENT ENERGY as a communication of what you want to manifest in your physical universe, or to record, to “engrave” it more permanently so that it lasts longer. You can store these recordings up in the “space” of BEing around you, in what is called your subconsciousness (explained below). This energizing to record and store a mental reality we call memorization.

Sometimes you unknowingly and unwilling create such recordings with resistance energy, sometimes with a lot of energy, negative energy. These are your painful memories and traumatic incidents. However, no problem: with the Psycanics Creation and Discreation Technology (CDT), you can quickly and easily erase any pain or trauma.

You can recall your recordings at will, which is to Intention them back into Consciousness= perception= experience. This we call memory and remembering. Sometimes our recordings, especially the high-negative-energy ones, the painful or traumatic memories, are easily triggered by present time events. When we don't know how to erase recordings, we will experience the same negative emotion and behavioral patterns over and over again, whenever they get triggered.

Over time, some recordings lose their energy, which is to say they lose reality, so that we can no longer access= perceive them. This we call forgetting.

2- Mental Realities: mental objects, mental matter: thought energy forms. Remember that a reality is any mass of energy --thought, emotional or physical-- that exists, and so can cause you its experience. Your thoughts are things, they are creations; they are thought-energy forms; they are mental realities. You are the Aware-Will; that which forms (creates), perceives (experiences), and can compare and manipulate thoughts.

With your Causal Power, Will→Intention, you create (form out of mental energy) your mental realities, your thought forms. These are creations= things= objects= energy-forms= realities. Realities Cause Experience: your thought realities cause your experience of them (the mental image) by affecting, impacting, stimulating, vibrating, the conscious-energy field that you are.

² You do not create the energy itself – only really big BEings can do this. You form and modulate the energy giving it its identity, making it what it is.

Examples of Mental Matter = Realities:

- Images, mental pictures
- Ideas
- Concepts
- Goals
- Purposes
- Programs
- Paradigms
- Beliefs
- Values
- Your morality
- Your ethics
- Knowledge
- Sciences
- Data
- Information
- Opinions
- Judgments
- Likes and dislikes attractions and aversions
- Past experiences
- Memories
- Dreams
- Traumas
- Etc.

3- Consciousness. You are a field, a sphere, a globe, of consciousness energy that perceives=experiences the denser energy of thoughts and emotions. Consciousness, awareness, attention, perception and experience are different aspects of the same phenomenon. When a mental reality is within your sphere of consciousness, within your awareness horizon, you perceive it. You perceive it as that thought form, as that data or image. Experience is the Effect is of a reality on Consciousness. **Your thoughts are experiences** of your mental realities.

4- Subconscious. Your subconscious is the psycanic space around you (who are a sphere or globe of conscious energy), but out of the range of your awareness=perception=experience. There is no such thing as a separate entity that is a subconscious. It is simple the space around you where your old mental realities “hang out”, *outside* of your perception for the moment. You can call up realities from this area when you want to see them: this is memory or recall. You can best think of the subconscious as a closet or a warehouse, or as your psycanic hard drive, to use a computer analogy.

An Analogy

It may help understanding if we compare your mind to a television or a computer. These are made in the image and likeness of man.

Think of your Consciousness as the screen of a television or a computer on which the images are displayed.

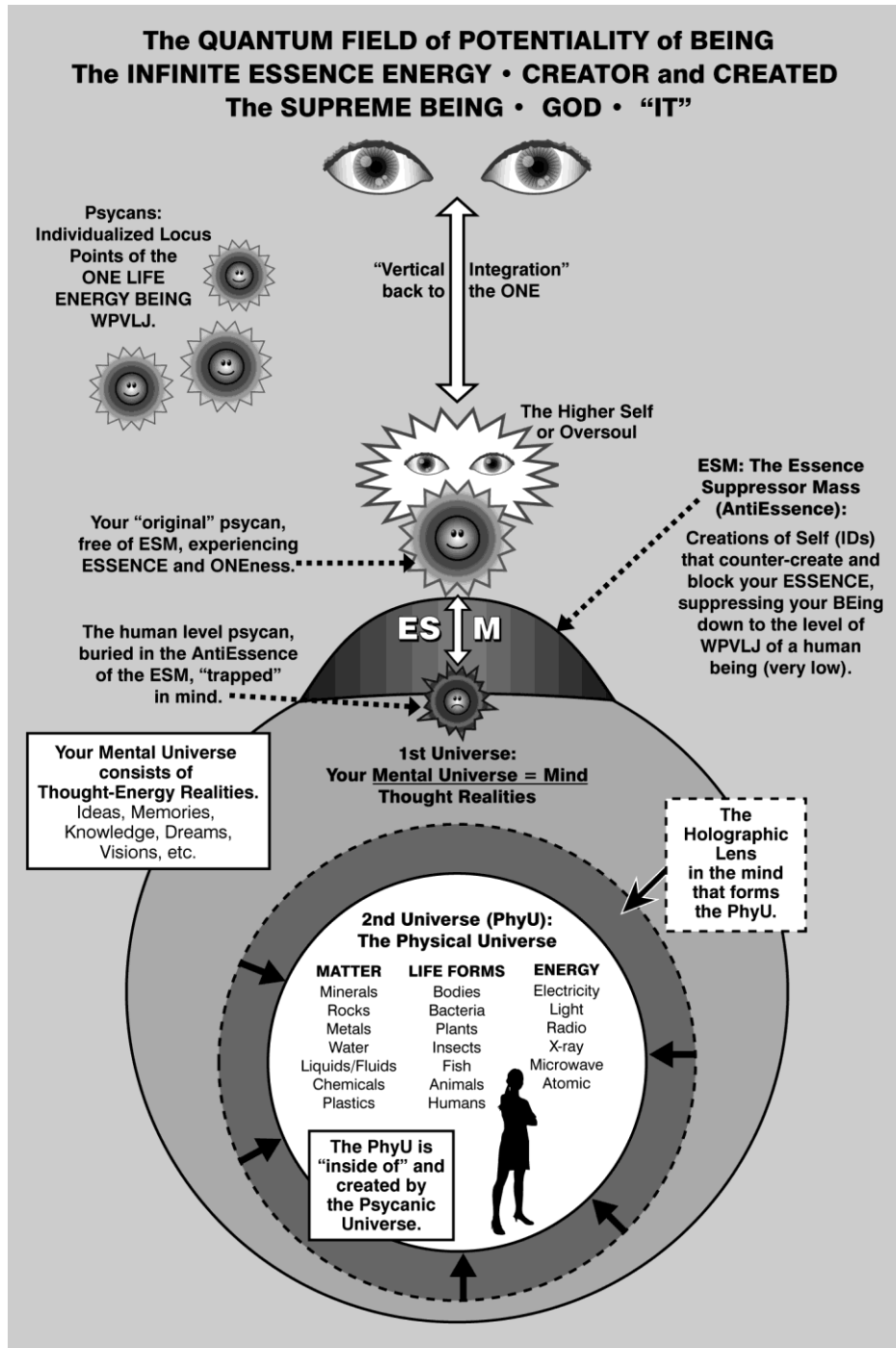
Think of your thoughts as the modulated energies that play across the screen forming the images on the screen.

Think of your Will as the electron gun, as the force, that modulates the energies and directs them onto the screen.

Think of your subconscious as the hard drive where your out-of-awareness = off screen realities are stored.

**You are not only not your mind;
you don't even have a mind.**

You are a psycan, a particle of ESSENCE, an immortal spirit, temporarily using a body to experience, manipulate and play in the physical universe. You are a Creator of mental realities, and through those realities, of your physical life conditions and events.



You Are Cause

You are CAUSE over the contents of your mind. You create or otherwise choose and determine what is in your mind, as well as labeling some ideas true or false. You are Cause in several ways.

You directly CREATE what is in your mind. You create your thoughts. You can create them by putting your attention = consciousness on something and willing/letting thoughts about it to come. You can create them by analyzing and forming opinions, judgments and conclusions. You create visions of what you desire in the future. You create interpretations, meanings and histories, and the other Great Hallucinations that we will see in Mind Course 2.

Or:

You DECIDE (the use of your Will) to import the thoughts= ideas or beliefs of others. You can acquire Knowledge→Power rapidly this way, but when you are not careful, you will also acquire the Hallucinations and other mental garbage the generate your pain and suffering. This will all be explained in Course 2. (Of course, you are transcending one of the Great Hallucinations now: the illusion that you have a mind.

You also let the deeper levels of your BEing operate without control so that they generate a constant stream of thoughts about anything and everything. Learning to stay out of your “thought show” and then to shut it off completely is a major characteristic of higher levels of BEing, as we shall see later in this book.

There is nothing in your mind that you did not put there, either creating it or importing it. No one else has power over your mind. Can anyone make you accept or believe something you don't want to believe? Can anyone make you think about something you don't want to think about? Can anyone make you accept something as true that you know as false? For example; suppose you are a Catholic and someone comes along and wants you to become a Buddhist. Who determines whether you change religions or not? Who is Cause, who is the final authority in your mind?

You are the Creator of the content of your mind. You are God in your mind. You are Powerful, indeed, and that power is a two –edged sword, depending on whether you control it or it is out of your control, because you don't understand it.

As there is no such thing as a mind, we will in general cease to use that term, and henceforward refer to your THINK or to your mental realities. Should we use the word “mind”, we will be referring to the interplay of the four factors explained in the chapter. We will use the words “unconscious” or “subconscious” to refer to the location of your mental creations that are out of your experience at the moment.

Summary

There is no mind. What exists is the Being = spirit = psycan, consisting of Will and Consciousness, Creator and Experimenter, Cause and Effect; and hir creations = thought realities. Thoughts are things, objects made of psycanic energy. Thoughts are the contents of the psycanic universe, in the same way that material objects are the contents of the physical universe.

Just as the human being molds energy = matter in the physical universe to create the objects = realities that s/he wishes to experience, so too does the psycan create hir psycanic realities (thoughts and emotions, and above all, IDentities) by molding psycanic energy. These thought realities then act on Consciousness to cause hir psycanic experience of that thought form

Your Three Universes

You are a spirit, a psycan, visiting the physical universe for Games and the Drama of it. (Is your life not dramatic?) However, you create and experience, live and operate, in three distinct universes³. The consideration of your existence as being multi-dimensional (multiple universes) is very useful to understand your life and acquiring power over it.

A universe we define as a coherent and internally consistent Space-Energy matrix. (The concept "Space-Energy Matrix" includes matter and time. Matter is a special, "frozen" condition of Energy; and Time is any Change of the energy in form or space.) The three universes we can denominate as physical, psycanic, and spiritual.

Physical Universe. You are undoubtedly quite familiar with the physical universe. (If not open your eyes and look around and touch something.) It consists of flowing or radiant energies; of the condensed, rigid-form (appearing solid) energy we call matter; and of space, including "outer" space. Time is change or movement of energy in space. The nature and laws of the physical universe are documented in our physical sciences, and we shall have little to say about the physical universe. We will use the abbreviation FU to mean the "fysical" universe.

In the FU (physical universe), notice you can fabricate objects, and take them apart or throw them away. You can put your attention on them, or look away. You can touch them and so feel them, experience them. You can manipulate them. You can modify them. You can store them away in a closet; you can get them out of the closet. You can compare them, analyze them, evaluate them, form opinions about them, value them or reject them, paint them, and so on: all the things we do with physical objects.

Your **Psycanic Universe.** You also live in a personal universe of all your non-physical creations=realities→ experiences. Consider your consciousness and subconscious as the space in which your thoughts exist and are experienced – just as the physical universe is the space in which exist and you experience physical matter and energies. Exactly like the physical universe, your psycanic universe consists of an almost infinite variety of objects (thoughts) and energies, both the ones that flow through your consciousness→experience and they ones that are buried deep in your unconscious beyond your normal perceptions.

Exactly like you do in the physical universe, you fabricate your thought objects, consciously or unconsciously. Just like in the physical universe, you then perceive= see them with your psycanic "eyes", your rays of Attention. Just like with physical objects, you can manipulate your thought realities, change them, add to them, take away from them. You can compare them, analyze them, evaluate them, form opinions about them, value them or reject them, "paint" them with opinions and judgments, and so on:

³ It is a valid point of view that there is only one spectrum of energy ranging from the densest matter up to consciousness itself, rather than separate universes. However, it there are conceptual advantages to considering life as two distinct universes.

all the things we do with physical objects. You can put your thought realities in the “closet” of your subconscious (memorization). You can call forth those realities from the “closet” of your subconscious, which is memory recall. We will use the abbreviation PU to mean the psycanic universe.

Your “mind” is actually the space of and your perception of another universe, one of space and energies much more subtle than your physical universe, but no less a universe for that. In fact, it is more powerful than the physical universe and actually controls the physical universe, which is why you can attract and manifest things in the physical universe by first creating a pattern of them in your psycanic universe.

Both universes consist of Space, Energy-Matter (objects), and Time (change). You perceive= experience in both universes. In both universes, your experience is the perception of things, of objects, of “realities” in that universe. You are Cause in both universes. You can create, change and destroy things in both universes.

In fact, these are only two things that exist in the all the known universes: BEings, who are the creators and experimenter of realities; and realities, which are always the creation of some BEing. Try to name anything that is not one of these two things: Life or realities.

In the PU (psycanic universe), you appear to be fixed and still, and the realities (thoughts) appear to move past you. In the FU (physical universe), the realities appear to be still (for the most part) and you appear to be moving through them (as you travel in the FU). The FU you co-create and share with other BEings: your PU is your private preserve.

Both universes are “legal”: they operate according to exact laws and principles. Everything in both universes is Cause and Effect. The physical sciences (such as physics, chemistry, biology, etc) are the laws of the physical universe. Psycanics is the laws of the psycanic universe and your psycanic experience. Power comes from the Knowledge of the laws of operation of the respective universes. Ignorance of the laws of either universe guarantee inability to produce the desired results, problems, conflicts, pain and suffering in that universe.

Note that of the two universes, **your psycanic universe is more important**. All the things that you most seek in life are psycanic: love, good relationships, joy, passion, knowledge, intelligence, wisdom, power, self-esteem, happiness; **all are psycanic**. They do not exist in the physical universe and can not be produced there. Furthermore, everything you want in the physical universe beyond your basic needs, you want because you are hoping that they will cause you psycanic experiences such as: love, security, respect and happiness.

You live in two universes: psycanic and physical. You need to put the same time and care in controlling, weeding, cleaning, ordering, and beautifying your psycanic universe (the residence of mind, emotion, relationships, love, happiness, personality, character, intelligence, creativity, etc.) as you do in your physical universe. Until you do, now matter how much you decorate your home and physical surroundings, you will not find true beauty, peace, and happiness.

Nothing physical ever causes psycanic experience, and therefore you can never achieve happiness no matter what you achieve or how much things you accumulate and hoard in the physical universe. Furthermore, nothing in the physical universe ever causes you psycanic pain (negative emotions). Your

body will eventually die and you, the psycan, will depart the physical universe leaving behind everything you have here. What you will take with you is your psycanic universe, especially the love and happiness that you have developed while traveling through your life here in the FU.

The FIRST UNIVERSE: ESSENCE

You come from and are always part of a first universe, the “space” of BEing itself, the ONE, our friend, IT. This is the quantum field in physics. IT is not actually a universe, but rather the CREATOR FORCE FIELD that forms all the universes (out of ITSELF, remember) and in which all other universes exist. However for simplicity, we will consider it a universe. As it is the ONE, we must capitalize it: the UNIVERSE. This is the most beautiful and interesting of the three universes, and glimpses and experiences of IT are usually labeled “mystical”. It is the universe of pure BEING, of INFINITE LOVE and BLISS, of your re-integration with the ONE SUPREME SPIRIT that is your origin and Essence. In Christianity, it is known as the Kingdom of Heaven (which means it is where God hangs out, and you are trying to get to).

The Essence of BEing that you are made of: Consciousness, Wisdom, Will, Creator Power, Value and Love-Joy (WPVLJ), comes from this FIRST UNIVERSE, of pure BEING ITSELF. Your emotions, both the positive and the negative ones come from this UNIVERSE. (Your emotions are the Love-Anti-Love Energy Polarity, and this UNIVERSE is mad of LOVE.) You, the Essence Entity= psycan are an extension, a projection, a tentacle, of that UNIVERSE into the other universes (PU and FU). Within PU and FU, you serve as both a sub-creator to continue to expand creation from within, and as a point of view, of experience, of each universe.

As a human being, you do not have much conscious access to this UNIVERSE while focused in the other universes (PU and FU), even though it is your Ground of BEing, yourSELF. However, for about three hours every night, and in the deepest of human sleep and unconsciousness, you-psycan return to this UNIVERSE to recharge your energies. Until you reach the 5th State of Consciousness, Samadhi, you will have no conscious memory of this.

As you advance in your studies of psycanics, you will come to understand that the ultimate motivation of all that you are and do is to return to this UNIVERSE – not that the other two are not fun, but they cannot compare with this one. This book is the beginning of a Path of how to do that. You are currently blocked out of experiencing this UNIVERSE by what we call the Essence Suppressor Mass, which you will study and learn how to discreate in other books. We will mention this UNIVERSE again when we get to the Seven Levels of Consciousness.

Note: Although emotions are LOVE and from the First UNIVERSE, part of your BEing itself, for simplicity, I will often include them as psycanic universe energies. Thus, I will often define your psycanic universe as your thoughts AND emotions.

The great question in all of this is: Of the entirety of everything that exists in the three universes, how much of each are YOU conscious of, are you experiencing at any moment?

Of the totality of everything in all three universes, with how much are you identifying as your Self and repudiating as not your Self? (We will see later that one of the characteristics of Spirit-uality is Re-Integration to the ALL THAT IS.)

Notice that a rock has almost no experience and identity with the rest of the three universes. The ONE has total and perfect experience and identity as ALL of the three universes. As a human being, you are somewhere between the two (and much closer to the rock than to the ONE).

Experience is Consciousness "at work". Our next chapter introduce the nature of Experience.

The All Important Concept of Experience

Experience is one of the most basic concepts and most important concepts in psycanics. You can not understand or control life, or achieve much love or happiness, without understanding Experience. We saw Experience briefly when defining Reality. Experience is the awareness of, the perception of, any thing, of any reality. Realities Cause Experience; Experience is the Effect of a Reality.

Experience is any sensation, any feeling, including the sensation, the perception, of your thoughts. Your **experience** is everything that you perceive, sense or feel, whether physical or psycanic⁴. Your body is an experience. The physical universe and everything in it are experiences. Your thoughts are experiences. Your emotions are experiences. Your self-esteem is an experience. YOU are an experience to you, and to others. There is nothing that you know of, nothing that exists for you, that is not an experience, at least mentally.

Your Experience is 1- your perception of yourself, and 2- your perceptions of the universes, of “things” in them at any moment. You know of the existence of anything, including yourSelf, only to the extent that you experience it.

The prime experience in life is your experience of being Essence and the emotions which are the Love-Anti-Love Polarity.

Your thoughts are mental experience, but this is only a small part of your total Experience. Your total Experience is everything that you perceive, are aware of, feel and live, in Present Time, in the Here & Now, especially your emotions.

One of the Laws of Experience is:

The ultimate motivation of all human behavior is to control one’s Experience; to avoid both physical and psycanic pain, and produce pleasure and happiness.

Consciousness is the ability to experience. Experience is consciousness in action perceiving things. While you are conscious, you are **always** experiencing something, even if only dreams, or even if only yourself. When you are unconscious, as in deep sleep, after a blow to the head, or in a coma; you have no experience. When you have no experience, including no experience of yourself as in dreamless sleep, you no longer exist from your point of view. Thus, **experience is existence; it is Life itself.**

⁴ There is another definition of *experience*: “knowledge or ability acquired by familiarity or practice in the past”. For example, a person can say: *I have experience in teaching art. I have 2000 hours of flying experience. I have 10 years experience on the job.* In psycanics, the term “experience” always refers to your present time perceptions. It refers to things done or learned in the past only when the word “past” is added.

You exist in three universes, although you only have experience of two of them: your personal psycanic universe and the physical universe. Each universe has its own experiences, and each universe of experience operates by its own laws. The physical universe you share and experience with others. Your psycanic universe is private. It consists of all the energies and realities that only you experience, including everything in your mind and emotions.

**Experience is the content of Consciousness.
Consciousness is that which experiences experience.**

We make the following distinctions of 1- physical experience; 2- psycanic experience; and 3- Self experience.

1- Physical Experience: anything perceived in or through the body.

- Corporal experience, experience of the body itself, including position, pleasure and pain.
- Experience of the physical universe: things and energies such as sound, heat, light, etc.

We will be mostly ignoring physical experience in this book as we are interested in your non-physical experience.

2- Psycanic Experience: all non-physical energy forms experienced directly in Consciousness (Spirit), body not needed.

- 1- THINK. Mental experience includes the perception of any and all mental energies and activities: thoughts, beliefs, values, paradigms, ideas, memories, learnings, knowledge and data, understanding and comprehension, dreams, visions, imagination, plans and designs, desires, expectations, analysis, opinions, judgments, intuition, creativity, etc.:: everything that occurs in your "mind".

Mental experience includes psychic experiences: clairvoyance, telepathy, energy readings, etc. All psycans innately have all the psychic abilities. However, most people have these blocked.

- 2- Life Conditions experience. These are polarities and therefore have a range of possibilities. Examples include: Scarcity<>Abundance; Poverty<>Wealth; Failure<>Success; Sickness<>Health; Life is hard<>Life is easy; etc. .

3- Spirit-ual Experience: experience of Self, of your BEing, of Essence

Although your experience of your Essence is the most powerful of all experiences, it is subtle and most people have not distinguished their BEing from their minds. Furthermore, our experience of Essence is often negative (Anti-Essence), which the root cause of all the painful emotions. Your experience of Self, of your BEing, includes:

BE in the Causal Sequence:

- The experience of awareness of Self; the experience of "I"; the experience/knowing that you exist.

- The experience of your Will: intention, decision, determination, commitment, persistence, etc.
- Identities. Identities are your creations of what you are and what you are not. Most are Polarities, and most of them take the form of "I AM". Examples: I AM intelligent <> I AM stupid. I AM able <> I AM unable.

The Essence IDentities are affirmations or negations of your Essence of Wisdom, Power, and Value. They are the most powerful creations on earth and control the Causal Sequence. Positive Essence IDentities are the ultimate motivation of all human behavior. You seek to BE again the INFINITE ESSENCE from whence you come.

FEEL in the Causal Sequence.

- ❖ Self-image and self- esteem: your ideas about yourself and your evaluation of yourself that is self-love.
This includes self-image, self-respect, self-esteem, self-confidence, and self-love.
- ❖ The emotions+/-: all feelings and sentiments: e.g. enthusiasm, joy, interest, hostility, anger, anxiety, fear, sadness, sorrow, grief, jealousy, guilt, desperation, frustration, depression, to name a few. We will include Esthetics, the appreciation of beauty, here also. Your emotions are your love or Anti-love for your Self according to your Essence IDentity of the moment. We will not be going into this in this book.

A Concept about Experience

Notice that all your experience, physical and psycanic, is the perception of some thing or energy, of some reality. Realities cause experience, experience is the perception of a reality. In the physical universe, material things and energies (i.e. light, heat, etc). cause our physical experience. In the psycanic universe, psycanic objects and energies (thoughts and emotions) cause our psycanic experience.

To control your experience in each universe you need to control the realities causing your experience in that universe.

Nothing in the physical universe ever causes psycanic experience, which is to say that nothing in the physical universe ever causes your emotions pain or can ever cause you happiness. This is obvious: there are people who “have it all” and are miserable; and people who have very little and are happy.

Happiness is a purely psycanic experience. The secret of happiness is to control the psycanic realities causing your psycanic experience. This you can do discreating directly the psycanic realities that are causing you negative emotions, and by creating the psycanics realities that cause positive emotions. (This is the same as you would do to control your home environment by removing ugly furniture and installing beautiful ones.) Furthermore, this direct creation and discreation of psycanic realities is the ONLY way you will ever achieve happiness, because nothing in the physical universe can ever cause psycanic experience.

Very few people, however, know this or do this. Most humans try to control their psycanic experience (be happy) by controlling their external, physical world. They try to change external things and situations to stop emotional pain and to try to cause themselves happiness. They attack others with anger to try stop, change or destroy what others say or do that appears to be causing their anger. They try to get, accumulate, and hoard material things to quell their anxieties, insecurities and fears; and to cause themselves moments of pleasure, which are never true happiness and always pass.

You will never find any great degree or permanency of happiness by trying to control your physical universe realities. Happiness is purely psycanic and it can be achieved only by your work in your psycanic universe. You can create and discreate your psycanic realities, just as you can fabricate and eliminate any physical object. This is the only way you can control your psycanic realities→experience; and therefore, the only way you can achieve the experiences of Wisdom, Power, Value, and Love-Joy that are the ultimate motivation of all human effort.

Your Experience is Your Life

Life is experience, and ONLY experience

To verify this, ask any resident of a cemetery how goes their experience. They can't even experience your question.

Experience is the content of Consciousness. Experience is the perception of realities (things and energies) by Consciousness. If Consciousness had no experience of any realities, it could not know that that reality even exists.⁵ If Consciousness had no experience of self, it would not exist for self. For example, when you are in dreamless sleep; you have no experience: none of the physical universe, none of your THINK or FEEL, none of yourSelf. For you, all of these cease to exist.

You are ALIVE to the extent, to the degree, to the quantity and the clarity that you are conscious and are so experiencing. The more you experience, the "aliver" you are. Some people seek extreme situations and danger to cause themselves to experience more fully, to be "aliver".

Your life is your experience and ONLY your experience. Your experience is the ONLY thing that exists for you. There isn't anything else.

Let's take this moment to kill off a famous but highly inaccurate statement.

"Cogito, ergo sum"= "I think, therefore I am", is famous declaration, usually attributed to Descartes but probably proposed before him by other philosophers.

Cogitation, THINK, is way down the existential line, long after BEing = Consciousness= Experience = FEEL.

You are because you experience that you are. Experience is knowledge. To experience that you exist is to know that you exist. For experience to exist, for it to be experienced, there must be that which experiences, the Aware-Will.

THINK is just one kind of experience, long after experience of self, of the experience of "I AM".

Perhaps this philosophical confusion arose because those thinkers had not distinguished sufficiently between THINK and BE-FEEL, between mind and BEing.

⁵ (The memory of a reality that you have experienced in the past is an image reality existing in present time and being experienced in your THINK.)

Experience is always Present Time, Here-Now

Your Experience is always, and can only be, of whatever is existing or happening right now, right here. Experience is always Present Time, the HERE & NOW, in the Eternal Present. Even if you refer to past experiences, they were present time when you were experiencing them, and the memories you have of them are your present time experience of mental images of those events. These images are existing in Present Time and you are experiencing them in Present Time.

Your life is always what is happening, what you are *experiencing*, Right Now, Right Here. Your life is what you are living and that living can only occur and be lived moment to moment in Present Time. Experience=Life is always what is occurring in Present Time.

Time is an illusion. There is no such thing as the past: when you think you are in the past, you are experiencing pictures, images, memories, of past events that you have stored up in your mind. Those pictures exist in Present Time in your mind, and your experience of them is Here & Now, Present Time.

Any negative emotions that you have connected to those memories (resentment, guilt, regret, etc.) are masses of emotional energy in your subconscious. These emotion energy masses are existing in Present Time in your subconscious. You are carrying them around with you all the time. Events activate them and they move from your subconscious to your Consciousness = experience, whereupon you suffer whatever that negative emotion is.

Just as there is no such thing as the past, there is also no such thing as the future. When you think you are in the future, you are experiencing pictures, mock-ups, of what you hope or fear might happen in the future. Your mental pictures of possible futures are always existing in, and being experienced by you, in Present Time. The “future” is always mental and emotional experience in the Present.

Experience is Life. Experience is always Here & Now. Life is always Here & Now. Your experience moment to moment is your life. Your life and living is your experience in the Present. Thus, we have this equation, in any order of the factors:

Life = Experience = Present Moment, Here & Now

Life occurs in the ETERNAL PRESENT. Eternity is not a long time; Eternity is perfect focus and total experience in the Eternal Present such that all sense of Time is lost. The Present Moment never ends (including at death of the body).

You are happy right NOW, or you will never be happy.

You are happy right NOW, right HERE, this instant; or you are not happy AND YOU WILL NEVER BE HAPPY. You will never be happy because there is no other time, no future, to be happy. There is such thing as the future; there is only NOW. So you are happy right NOW, or you are not and never will be because there is not other time than NOW to be happy in.

Likewise, there is no where you can wander to search for happiness: you are always HERE. Therefore, you are happy Here & Now, or you never will be happy, because there is no other place or time. Life is always Here & Now, and happiness can only be a Present Time Experience.

You as a psycan, a spirit, as an Aware-Will entity, are a globe of consciousness, a point of perception, of experience. Half your job in life is to experience. The other half is to create what you want to experience. There is nothing else going on in Life except:

- 1- Experiencing (includes experiencing your THINK);
- 2- Creating the positive realities (physical and psycanic) you want you experience;
- 3- Discreating the negatives realities that you don't want to experience.
- 4- Resisting the negative RExp when you don't know how to discreate them.

Try to think of anything you do in life that is not one of these four actions.

The untrained mind interferes with the first three actions and throws you into the fourth. We shall soon see how the mind distorts or blocks your experience (and therefore your life). The untrained mind will fail to manifest what you want; will create a lot of what you don't want; and prevent you from discreating what you don't want. Watch out for your mind; it can wreak havoc in your life.

To achieve any significant degree of Wisdom, Power, Value, and Love-Joy, you must understand and control your THINK, your mind.

Summary

We have now put into place the foundation blocks of knowledge on which we can build our understanding of mind. These blocks include:

You are an illusorily-individualized-and-localized "particle" of the ONE CONSCIOUS LIFE ESSENCE ENERGY CREATOR SPIRIT BEING of which Consciousness, Wisdom, Will, Power, Value and Love-Joy are the fundamental properties. Abbreviating even that Essence, you are a non-physical, **Aware-Will, Perception & Control, Entity**, a Spirit. We call this entity, so very precisely defined, a **Psycan**, to avoid any confusion of definition with "soul". Psycanics is the study of the nature, origin and abilities of the psycan.

You, the psycan, are temporarily located in a meat body in order to play in the physical universe. Thus, you are currently operating as a trinity. You are a tripartite BEing consisting of Body, Mind, and Spirit=Psycan. You are a Spirit who has a mind; you are not your mind.

You live in, can experience in, **Three Universes**: Physical, Psycanic, and Mystical. As an adult human body and through the natural maturity process, you have learned to control your body and manipulate the physical universe. However, few people have matured their in relation to their psycanic universe; few have learned to control their mind and emotions. As to the FIRST UNIVERSE, the Mystical, very, very few people have ever even glimpsed the nature of their true Self. You must first learn to control

your psycanic universe, your mind and your emotions, before you can perceive the mystical or spiritual universe, much less be “reborn” there.

Polarity. A Polarity is one thing stretched in two opposing directions. Both sides must exist for either to exist. As no change of any given experience eventually dulls your perception of that experience for lack of contrast, you must periodically refresh your experience of one side to be able to experience the other. This includes your experience of the ONE, of your INFINITE SELF, of the INFINITE CREATOR and LOVE that you are.

The **Causal Sequence** of how life works: BE > FEEL > THINK > RELATE / DO > HAVE. In this book, we are only interested in THINK, in the mind, but to understand THINK, we must first understand the BEing, who is creator and experimenter of hir (FEEL and) THINK.

The **Seven Levels of Consciousness.** Consciousness is a spectrum that goes from no consciousness to INFINITE CONSCIOUSNESS. Nature imbues humans with the first three levels – but no farther. To achieve more consciousness, you must work at it. Most humans are lost in the Third Level and do not even know that the higher levels exists. The purpose of the Psycanics Mind Course is to introduce you to the Fourth Level.

Experience

Experience is the perception of realities, physical or psycanic; thus

Experience is Consciousness in action.

Experience is the only thing that exists; there is nothing else, nothing exists beyond your experience of it.

Experience is Life itself. Your Life is your Experience and only your Experience.

Experience is always in the Here & Now in Present Time. The past and future are illusions; they do not exist; they are experiences of mental images in Present Time. Thus Life and living are always Present Time.

The only motivation of all human behavior is to control one’s Experience; above all, to achieve more and more experience of our Essence, of Wisdom, Power, Value, Love & Happiness.

You control your physical experiences by controlling physical realities. You control your **psycanic** experience (most importantly: Wisdom, Power, Value, Love & Happiness) by controlling your **psycanic** realities, by creating and discreating them.

Physical realities NEVER cause psycanic experience.

Most humans are trapped in The External Quest. The External Quest is all efforts to control your psycanic experience (achieve Happiness) by controlling things in the physical universe such as other people, things, and situations. The External Quest is not only impossible and doomed to failure; it assures unhappiness.

The ultimate motivation, the Existential Imperative, is to return to the INFINITELY BLISSFUL Experience of BEing the ONE INFINITELY CONSCIOUS CREATOR LOVE BEING from whence you

come. This is achieved by moving up the Seven Levels of Consciousness by re-discovering WHO YOU ARE, by finding the Kingdom of Heaven within you.

To re-discover who you are, you must go inside yourSelf. The two great barriers to this are mind and emotions.

Realities. A reality is any form, any mass of energy. Realities Cause Experience. Experience is the Effect of realities on consciousness. You are the sole creator of all your psycanic realities, of all thoughts and emotions. (Emotions are covered in other materials.) You are the experimenter of those creations – which takes us back to “Experience” above.

With these realities now planted in your awareness, we can proceed to understand what mind is.

Experience Versus Mind

FEELing⁶ Versus THINKing

We now have the pieces to understand a critical datum about THINK and FEEL.

To review:

We have defined Experience as all perception and knowing of realities, whether physical or psychic. However, we are only interested in psychic realities in this book.

We have said that your life is your Experience, all your Experience, and ONLY your Experience.

Your primary Experiences, in order of importance, are: self, emotion, thought, body and physical universe. These correspond to BE FEEL THINK DO HAVE.

We have said that your Experience is your Life and they are always and only Here & Now. Your Experience= Life is always what you are FEELing, seeing, hearing, touching, DOing, and HAVEing right Here & Now.

The past and the future are hallucinations. What you think of past and future is the Experience in the Here & Now of pictures of past events, or imaginings of possible future events. (This is an important understanding and we will return to it in a “future” chapter.)

We are going to make the observation that one form of your experience, THINK (mind), can be “Anti-life”.

Technically, your mind (THINK) is one form of Experience; it is the experience of thoughts. However, your THINK= mind will absorb so much of your attention= awareness= consciousness that in effect, you lose awareness of most, or even all, of the rest of your Experience, including Self, Essence, emotion, body, and even the physical universe⁷.

To the degree that you are absorbed in your THINK, that you have your Consciousness reduced to your mind; you lose contact with your other forms of Experience. To lose the experience of your Experience is to miss your life as it goes by. As your Life is your Experience, you thus “lose” your life. Your life passes you by without being experienced, without being lived.

⁶ FEEL, all capitalized in psychics, refers to the second element of the Causal Sequence and is technically only the emotions. However, your emotions are your primary psychic experience and so for general purposes we can equate them. More exactly, feel (not capitalized) is experience. Here we equate Experience with FEEL in order to use the parallel expression of Mind= THINK and Experience= FEEL.

⁷ As an example of losing contact with the FU, have you ever driven a car some distance lost in thought, and find you have no memory of the trip, and that maybe you even drove past your exit or turn?

We call this state “living in your mind” or “lost in mind”.

Living in your mind takes you out of Present Time Experience of everything else going on within and around you. Thus, your mind takes you out of the Here & Now and puts you in Elsewhere and Elsewhen, into illusions and hallucinations. Mind takes you out of the Now and thrusts you into the illusion of Time, and Time is the father of suffering, as we will see later.

To the extent that you are trapped in your mind, you are “out of touch” with Life; you are out of touch with your Experience. Above all, you are out of touch with your Self and your BE-FEEL. Positive BE-FEEL is the only Happiness that exists, as we shall prove in the advanced books. To the extent that you are in your mind, you are often suppressing or avoiding unpleasant psycanic experience, but you are also making it impossible to increase your experience of Love and Happiness.

Having the mind full of thoughts also interferes with or totally blocks your “sixth sense”, your natural psycan ability to directly-know things. This sixth sense is the basis for both your intuition and your creativity. Thus, mind, especially chewing over problems, blocks intuitive solutions. Think about something until you understand the situation, and then let it go so that the creative solution can arrive intuitively from the First UNIVERSE.

THINK will drown out your Experience of Self and the *milder* emotions. In other words, THINK will drown out BE-FEEL. Peoples also use their THINK to ignore, deny, rationalize, block, or suppress *strong* emotions.

To the extent that you are living in your mind, you are “out of touch” with Life; you are out of touch with your Experience. Above all, you are out of touch with your Self and your BE-FEEL. **Positive BE-FEEL is the only Happiness that exists.** To the extent that you are in your mind, you are suppressing or avoiding unpleasant psycanic experience (you must FEEL it to discreate it); and you are making it impossible to increase, or even FEEL much, Love and Happiness.

Human beings flee to mind to avoid experience; you flee to THINK to avoid FEEL. This is an extremely important datum because that fleeing is a form of resistance to your FEEL, and **Resistance Causes Persistence.** To discreate any reality (and to thereby end any negative experience in FEEL, THINK, DO, RELATE, or HAVE in your life), you must be able to FEEL it, to experience it fully. The law is Experience Experienced Discreates; Resistance (negation to experience) Causes Persistence.

These laws will come into their full importance when you learn to discreate. We mention them now because this book is a preparation for discreation by having you understand your mind and distinguish between THINK and FEEL. We must show you how to get out of your mind= THINK and get back into and open your FEEL. (For some people this is easy; for others, the mental types, it is very difficult.)

This brings us to an important Law:

**You cannot THINK, DO, or HAVE
your way to Love, Happiness, and God:
you can only BE-FEEL your way.**

THINK reduces or blocks your FEEL of:

1. Sense Experience (physical experience).
2. Self Experience, experience of I.
3. Emotional Experience.
4. Deeper Self Experience: IDentities
5. Deepest Self Experience: Penetration of Self to find the Kingdom of Heaven within.

The purpose of your Consciousness= Experience is to enjoy the universes. The purpose of your mind is to create in the universes the realities that you wish to Experience. **However, Experience has another purpose: it discreates realities.** To control your life, to control your Causal Sequences, you need a lot of discretion. Everything negative in your life needs discretion. Thus, it is critical that you are able to get back into your non-physical Experience (#2 to #5).

Thus, although thought is technically one kind of experience, *for practical purposes*, you are either in Mind, or you are in Experience, you are lost in THINK or you are centered in FEEL.

Thus, *for practical purposes*, we make this distinction: that

Mind is opposed to Experience.

THINK obstructs FEEL

Hereafter, we will treat Mind = THINK as opposed to Experience = FEEL. Again, this is not technically correct, but it is so as a practical matter. We will consider that you are either in one or in the other: you are in THINK or you are in FEEL. As we shall see, it is essential for the higher States of Consciousness, for ever-greater Spirit-uality that you be primarily in Experience. You must learn to be in your BE-FEEL, to FEEL your BEing. You must learn to work with the subtle energies of your Essence and this can only be done with FEEL, not with THINK. You must learn to turn your mind off most of the time, to turn it on only when you need it for Creation and Manifestation.

Your BEing can only be FELT, not THOUGHT. The Essence that you are and the INFINITE ESSENCE that you seek: you can only BE-FEEL these; you can only BE them and FEEL them. THINK is your psycanic universe and it only serves to take you out of and away from the First UNIVERSE that you seek

To be lost in THINK to the detriment of your FEEL, to live in your mind instead of in your experience, to live life mechanically and dully, is one of the main characteristics of the 3rd State of Consciousness, Waking Sleep. (There are Seven States, which we will see later.)

This is the state we seek to wake you up from. We seek to get you out of your mind and once again attending to your present time, moment-to-moment, Here & Now Experience, to your Life as it unfolds around you, and above all, within you. We seek to wake you to yourSelf and start you on the journey to SELF. This awakening starts with your living in the 4th Level of Consciousness: Self-Awareness at all times; never lost in thought, never forgetting Self. It is the formation of a Permanent Center of "I".

As a normal human being, whether you recognize it or not, you are avoiding most of your interior life, your BE-FEEL, because of pain that you have repressed within, because of the Essence Suppressor Mass. However, this avoidance also suppresses your experience of love, joy, and happiness. **One of your primary methods to avoid the pain within is to flee to and hang out in your mind.** Staying absorbed in your Mind dulls your senses, numbs your Experience, keeps you half-asleep as regards both the outer and the inner worlds. Above all, **it keeps you in the 3rd Level and blocked from all true Spirit-ual growth.** You are spirit-ually stuck there until you understand your predicament and take continual and persistent action to get out of your mind.

Psychanics will give you the tools to go into your interior experience and eliminate the pain so that you can return to the FEEL of your Essence and Love-Joy again. Remember, you can only FEEL God, never THINK Her.

Consciousness is the ability to Experience, to perceive, be aware of, and therefore to know, first of the existence of anything, and then more deeply, as experience of that thing increases, the nature of it. Notice that science is based on observation and experimentation which are simply lots of experiences of something to know it better, knowledge that leads to power.

Therefore, Experience is Consciousness at work. Experience in the name of the game in life; it is the ultimate purpose of existence, of all creation. As a human being, your ability to experience, your Consciousness of the totality both of yourSelf (as the ONE), and of the three universes is very small. However, you always innate TOTAL CONSCIOUSNESS, simply because there is ONLY ONE THING, and ONE CONSCIOUSNESS and you are innately ALL OF IT.

Thus your Consciousness→Experience, your amount of awareness-experience of both Self and Other (Other is anything in the psycanic or physical universes.) can range from zero, as in deep, dreamless sleep; to Cosmic Consciousness, which is total awareness of all that exists in all universes. This is the state of Consciousness of the ONE, of the SUPREME BEING.

In the next chapter, we examine the States of Consciousness and the path of expansion on them from human being to SUPREME BEING.

The Seven States of Consciousness

Note: There are 10 easily identified **stages** of human consciousness on the journey from Materiality to Spiritual Illumination. These are: Survival, Security, Sensation, Dominion, Dark Night of the Soul, Search, First Awakening, Second Awakening, Warrior, and Illumination. These are explained elsewhere in psyanics. Do not confuse the Ten **Stages** with the Seven **States** of Consciousness.

Your **Essence** of BEing is a portion of the ONE LIFE ENERGY CREATOR BEING **ESSENCE**, which is a trinity of three main energies: Will, Consciousness and Love. We humans experience Essence primarily in four flavors: Wisdom, Power, Value, and Love-Joy (WPVLJ). Essence is really one energy, not many. To understand this, think of Essence as white light going through a prism: there is one white light going in and all the colors of the rainbow coming out. In this chapter, we will be using the word “Consciousness” as if it were the only element of Essence, of BEing, but really all are included:

Essence= Consciousness is not a fixed energy or quantity. Consciousness varies greatly from person to person, some people being much more aware, alert, wise, causal, loving, and happy (the Essence Energies) in life than others. Consciousness of Self (and therefore, consciousness of Essence) also varies in the same person in the normal daily cycle of sleeping and waking. They also vary according to how much vital energy we have used and wasted in thinking and emoting and resisting life. Spirituality is all about the accumulation, conservation, and wise use of energy.

Your Consciousness, remember, is your ability or your amount of awareness of both Self and Other (anything in the psyanic or physical universes). This awareness can range from zero (as in deep, dreamless sleep), to Cosmic Consciousness, which is total awareness of all that exists in all universes (the state of Consciousness of the SUPREME BEING.).

It is hard to classify something as fluid, complex, and multi-dimensional as Consciousness (Essence), and the different spiritual schools have various points of view on how to do so. Here, we are going to distinguish seven levels of Consciousness = Essence = BEing, ranging from zero Awareness of anything to Cosmic Consciousness: the Awareness of Everything that Exists by BEing IT ALL.

The Seven States are. :

1. Deep, dreamless sleep.
2. Dreaming asleep:
3. Waking Sleep
4. Awake
5. Samadhi
6. Unity Consciousness
7. Cosmic Consciousness.

Our purposes in this book is to awaken you to the existence of the Seven Levels; let you see where you are operating now; motivate you to want to evolve yourself to the next level, and introduce you to psycanics as a precise technology of how to do so.

The Seven States of Consciousness

Of the 7 States, only the first three levels are known to most people. Few people even know of the existence of the States 4 through 7; much less have any personal experience with them. The States of BEing 4 through 7 do not come naturally; they are blocked by the Essence Suppressor Mass, and a person must work long and hard on hir BEing to achieve them. Only 235 humans since the “beginning of time” have achieved the 7th State, Illumination or Cosmic Consciousness, of which the best known example are Jesus, Buddha, and Krishna.⁸

1st State: Deep, dreamless sleep

In this level, you have no consciousness of anything whatsoever, neither yourself nor anything in any of the three universes. There is no Reality→Experience whatsoever. Ergo, you do not exist and nothing exists for you. There is no one home at **all**. There is neither object observed nor observer. This is a state of non-existence as far as you, the human being, is concerned. (You-psycan have gone back into the First UNIVERSE to recharge the energy necessary to create and maintain the “show” here for you. This is a state of unconscious Samadhi.)

2ng State: Dreaming Sleep

In this level, you have some Consciousness and therefore Experience, albeit muddled and confused. You will have varying degrees of vague and hazy consciousness of yourSelf, of ‘I’ and of your existence, and of psycanic energies (thoughts, images, and emotions). You may occasionally have enough consciousness and stimulus to vaguely perceive your body or the physical universe. However, both your Consciousness and your Cause (control) of realities is very limited. (Remember, you are Conscious Cause; in this state, there isn’t much of you there at the **moment**.)

3rd State: Waking Sleep. Lost in the mind

This is the “standard” state of most humans as they go about their daily lives. It is a state of living lost in the mind, of walking around and going through the motions necessary for survival and comfort of the body with minimal OBJECTIVE AWARENESS of Self and of one’s Experience in the Here & Now. .

In this state, what Attention the BEing has left over from handling the physical universe (DO and HAVE) is absorbed almost wholly in their mind= THINK. People here are lost in the compulsive External Quest for money, things, prestige, position, power; for more and more material things. They live dreaming and scheming, contriving and conniving to get what they think will finally fill the emptiness within and

⁸ For information on Illumination and those who have achieved it, I recommend the book, “Cosmic Consciousness”, by Richard M Bucke, written 1898.

make them happy. They live in the past or the future, and in fantasies of what could have been or might be. (Daydreaming is an excellent example of this state.) They live brooding on their resistances to What Is (people, events, circumstances) when these do not show up as they think they should. They take things personally, and mull over perceived slights and offenses. They live stewing over failures to get what they want. They suffer continual bouts of anger, regrets, guilts, resentments, hates, anxieties, fears, and depressions. **Their psycanic universe (mind and emotions) is a dark, tangled jungle in which they are trapped, lost, and struggling.** Their experience of the UNIVERSE of BEING is also of much negativity: the Anti-Essence Identities⁹ and Anti-Love in the form of negative emotions

There is not much love, joy or happiness to be found in the Third Level of Essence. It is a state of dissatisfaction and pain, interspersed with fleeting moments of being pleased when external circumstances fall into place for the person. Life is fundamentally dissatisfactory and often painful in the 3rd State of Consciousness, and all the worldly comforts and pleasures can not long assuage the suffering.

Above, all there is no **Permanent Center of BEing**, of "I". The **Awareness of Self** that is the prime characteristic of the 4th State is mostly extinguished in the storms and turbulence of the psycanic universe, and the turbulence of that universe creates turbulence in the person's physical universe, including problems and conflicts with others, and health problems.

The 3rd State gives us the illusion that we are awake and aware --and that illusion is part of how it traps us. The standard human being not only thinks s/he is awake; s/he believes that s/he is at the "top of the food chain". As s/he looks around, certainly no animal has a higher level of Consciousness, of BEing. Thus, s/he feels that s/he has it made.

However, there is no reason whatsoever to suppose that "standard" human consciousness is all that we are capable of. It is not even close. The 3rd State is little more than somnambulism, zombieism, compared to the 4th State, almost rock-level compared to the still higher ones.

Part of the problem is that we do not have many examples of the 4th State to compare and contrast. Even 4th State humans are scarce: and 5th, 6th, and 7th States, well, there may not be a single 7th State BEing on the planet at the moment. Furthermore, should our standard human consciousness person encounter a person of Higher Consciousness, s/he would not know it. It is impossible for a lower level to understand or even perceive a higher level; no more than a deaf person can understand a Beethoven symphony. A States of consciousness can only be understood by experiencing it.

The 3rd State of Consciousness is a generally unhappy state. It was never meant to be a resting place, or your final state of Consciousness. It is the point of departure for the higher states, not the highest level of Consciousness of Man. The 3rd State of Consciousness is driven by Anti-Essence and Anti-Love¹⁰. It is characterized by the External Quest for ever more material things, to the detriment of the Internal Quest

⁹ Anti-Essence IDentities. One's creations of Self that counter create, deny, or suppress Essence (Wisdom, Power, Value) Examples: I AM stupid, I AM unable, I AM weak, I AM a failure. I AM less than others, I AM not good enough. They are the cause of all Anti-Love (painful emotions).

¹⁰ Anti-Essence: the negation and opposite of Essence. Consult the Psycanics Dictionary.

and spirituality. It is characterized by all that is negative in the mind: unconsciousness, ego, greed, jealousy, indifference, and hate. It is characterized by division, separation, and good-bad-evil polarization, which triggers Anti-Love, which is the only pain and suffering that exist. We can call Anti-Essence, “psychache¹¹”, the general unhappiness and --sometimes acute-- pain of separation from the ONE which all humans are suffering consciously or unconsciously. The drive to escape psychache drives the External Quest. We can see Anti-Essence and Anti-Love at work by looking around the planet at the brutality of the External Quest, and observing Man’s indifference to the plight and fate of other BEings and of Nature.

The only real Happiness that exists is to live BEcoming daily more and more Essence (really, to restore the Essence you already are). Your final fate is to BEcome the INFINITE ESSENCE once again. To do so, is the ultimate motivation of all human effort, something that is proved beyond all doubt in psycanics. Thus, Happiness requires an evolution into the Higher States of Consciousness. Happiness begins with the serenity of the 4th State of Consciousness.

We try to escape FEELing the psychache by fleeing to and hiding out in our Mind, but we are only wasting time. Sooner or later, we must face the pain, go into it, discreate it, and so advance on our journey HOME.

The next stage in your journey HOME, back to the First UNIVERSE is the 4th State of Consciousness.

4th State: Permanent Self Awareness, Objective Consciousness of Self, also known as the Awakened State, Enlightenment, Self-Remembering, Self-Observation, Witness. In Zen, this state is called Satori; in Taoism: Wu-Wei (emptiness, no-mind).

In this state, the person is awake and aware of the Self, of “I”, as a distinct entity separate from mind and all human identities. In this state, the person **maintains consciousness of Self at every moment**, as well as objective, non-identified, unattached, awareness of his Experience, both psycanic (identities, thoughts, emotions) and physical. This is the state of the development of a **Permanent Center of Self, of “I, which** is always present, awake, and aware of Self, no matter the turbulence of the psycanic or the physical universes.

Our “standard” model human being has no Permanent Center of I. The “I” of most people is swept away and lost in the pressures of physical universe and in the chaos of their psycanic universe the way a rowboat is lost in a hurricane. Their “I”, their Attention and Will is drowned out by their internal energies that include negative identities, emotions, ego, thoughts, desires, conflicts, resistances, etc. and desires and conflicts To straighten all this out, to put order into your internal house, you must first

¹¹ Psychache: ache of the psycan, psychological ache, the existential angst, the body pain of Tolle in his book “The Power of Now”, the fundamental suffering of life according to Buddha. This comes from a mass of energy that you created to suppress your ESSENCE and have the polarity experience of not being IT ALL. The Essence Suppressor Mass is explained in the advanced materials. Suffice it here to know, that when you go deeply into your Experience and Self, you will find pain. This pain must be crossed by going through it. Avoidance of the pain is what keeps you in Mind and locked into the 3rd Level.

establish a permanent Center of Awareness and Cause. You must wake up your BEing, separate it from you mind, and then turn around to control your mind, identities and emotions

This objective awareness of Self is the tower from which all other experiences, including mental experience (THINK), are observed and experienced. Furthermore, Experience is observed and experienced without creating mental additives and overlays such as: opinions, judgments, resistances, personalizations, polarizations, interpretations, or meanings. "What Is" is perceived as "What Is" without creating mental hallucinations about it. This state is an extraction of the "I", of the BEing, from the chaos of the mind and the clatter of the physical universe. From this distinguished and separated state, the "I" can then turn back to the mind to control it and to eventually extinguish it, which is the gate into the 5th State, Samadhi.

This is a state of no-mind, of out-of-mind, of silent mind. The person is in control of hir attention at all times and consciously directs and holds it where s/he will. The mind is turned off (unless needed for creation or directing action), and the person lives in the direct, pre-mind experience of Life, which is always the Here & Now. The 4th Level BEing has "blown hir mind" and now lives "out of hir mind".

The 4th State person keeps hir mind turned off unless s/he needs it for a specific purpose, one example of which is a state of concentration in which you become so absorbed in an activity that you lose all sense of self and of time and of anything outside of what you are doing. You become one with what you are doing. This is a highly creative and esthetics-expressive state, well known to most writers, artists, inventors, musicians and some athletes. The mind is quiet and highly focused on the activity and used only as needed and only on the matter at hand.

The 4th State of BEing is the dawn of many other CHARACTERISTICS OF TRUE SPIRIT-UALITY.

There occurs a dis-identification with the limited, one-life-only, human identity, and a growing awareness and experience of oneself as a BEing, as an immortal spirit.

There is a natural dis-engagement from the dramas of life, both one's own and those of others. The world becomes the four dimensional, full color, perfectly-real illusion, a playground and movie-set for spirits that it was designed to be. Life becomes a movie that one observes and enjoys but without the identification (loss of awareness of being a spirit), and without the attachment (clinging) or aversion in which 3rd State humans live their lives.

A 4th State person knows that there is balance and perfect justice in the universe as each immortal BEing experiences hir creations and the consequences of hir decisions and actions. Thus, the 4th State person can see the dramas of others with understanding and compassion, but without getting sucked into them and suffering himself, or letting himself be manipulated by them.

The 4th Level of Consciousness is characterized by the beginning of true, spirit Love. Love starts with Space¹². Space is the end and the absence of all negative energy, of resistance and Anti-Love. It is non-

¹² Space is a concept that will be covered in Part II.

resistance and acceptance of self and others exactly as they are. It is acceptance of Life however it shows up, moment to moment.

The 4th Level person becomes emotionally non-reactive to people and events; able to accept unconditionally and flow with whatever is. S/he is free of Anti-love and negative emotions. S/he is serene and peaceful at all times.

The 4th State person starts the process of Re-Integration to the ONE (another name for Illumination) by transcending the creation of Good and Bad, and the polarization this produces. S/he no longer classifies people and events to then to exclude some of them from hir Space and Love. S/he exercises hir new Identity as part of the ONE by recognizing the ONEness of all people and all that exists. Thus s/he reverses the situation of Man, represented by Adam and Eve, who were expelled into the world of sweat and suffering when they ate of the Apple of the Knowledge (really, their creation) of Good and Bad. Thus, s/he is returning to Paradise, to the Kingdom of Heaven.

The 4th State person begins to open to, FEEL, and live in the INFINITE sea of LOVE in which we all exist. S/he begins to perceive and to communicate with IT. S/he transitions from the 3rd level human that lives self-identified as a human animal, mortal with but one life, and in fear of death; to living as a Spirit just visiting this planet, knowing that s/he is immortal, and that hir body is but a temporary vehicle.

The 4th State person understands perfectly that s/he needs nothing outside of himself to be happy all the time no matter what.

The 4th State person perceives that hir needs are always met. There is no worry, no anxiety about tomorrow. Most desires, and all false needs and attachments fall away. S/he loses the neurotic compulsion to forcefully control others. S/he no longer competes, struggles, fights with others --and against the Flow of Life-- to accumulate and hoard material things, common behavior of 3rd level humans. The External Quest for security and material things, for more and more and more, fades away. Peace and satisfaction with the Eternal Present dawns.

The 4th State transcends the fears and resistances to life that are characteristic of the 3rd State. Resistance is the only cause of pain and suffering. The 4th Level person does not resist any event in Life, not even hir own death. Thus s/he does not generate the negative-emotion resistances that are the only pain and suffering that exist. S/he flows with life and is attached to no particular outcome, so that whatever happens is an interesting experience: it is the next scene in the movie of hir visit to earth. Thus, a 4th State person transcends suffering and lives in Space, serenity, harmony, love, and joy.

The 4th State person's main interest in life becomes to work on himself. S/he is still in the world, but no longer of it. S/he performs hir life duties and responsibilities as best s/he can, but knows they are of secondary importance to the liberation and evolution of hir spirit and hir Return to the ONE. S/he understands how the Kingdom of Heaven is within and now truly seeks IT, and seeks IT first, above all other values and priorities. S/he truly follows the instructions of Christ which were to "Seek FIRST the Kingdom of Heaven. The Kingdom of Heaven is within." Of course, all the Great Teachers of humanity, Buddha, Krishna, Lao Tse, etc, taught exactly the same thing: Go within.

Paradoxically, as s/he loses the neurotic compulsion to control life, and to accumulate and hoard material things, s/he also acquires more real power to control hir life, to manifest what s/he wishes to experience. The 4th State person is also aware of hir life Purpose and Plan (Destiny) and actively aligns hir self with it. S/he knows why s/he is here, what s/he came to do. Understanding that we are all ONE, s/he usually finds that hir Destiny is some kind of selfless services to others. S/he perceives that service as an opportunity to Love, and as we are all ONE, knows that it is service to Self.

The 4th State is the transition from Materiality to Spirituality, from primary focus on your human-ness and the physical universe, to primary focus on BEing a Spirit.

One of the purposes of this book is to introduce you to the existence of the 4th State. One of the purposes of the Mind Course is to give you an experience of the 4th State and the tools to start working on yourself to achieve it. As you progress through the Course, the 3rd and 4th States should become very real for you.

The Mystical States: 5, 6, and 7

Throughout history there have been a few men who have turned away from the passions of most humans, from seeking romantic-c love and pleasure, from seeking fame and fortune; and, in fact, have shown a marked indifference to Materiality. They have spoken of and pointed to some “sacred” state, a god-like state, beyond the ken of normal people. Were they crazy?

A few of them, such as Buddha and Jesus, tried to explain to 3rd State humans what they found and how to find it. Unfortunately, most of them never wrote anything themselves, and what they supposedly said was not recorded until many years after their deaths, by people who never knew them. Their verbal explanations are the bases of the myriad religions we have today. In most cases, the original meanings of their teachings have been so lost or distorted as to be useless.

To understand the Mystical States of Consciousness, we must return to the nature of the cosmos¹³. We spoke of this when we presented what you are, but for convenience, we will restate IT here:

There is a ONE INFINITE CONSCIOUS INTELLIGENT CAUSAL CREATOR LOVE LIFE ENERGY LOVE SPIRIT, the FIRST CAUSE, the SUPREME BEING, the ALL THAT IS. Everything that exists is made of IT and made by IT. There isn't anything else to make anything of. IT is both CREATOR and CREATED.

The purpose of the cosmos, of all creation, is Experience. The creation is this ONE BEING seeking to explore and experience ITSELF, and thereby know ITSELF, in all ITs infinite possibilities of BEing FEELing, THINKing, DOing, and HAVEing. IT pretends to divide and separate ITSELF into all the apparently distinct things and entities that exist. IT then plays with and experiences ITSELF from as many View Points (a BEing is a View Point on the universe) as possible. IT experiences each part of ITSELF from multiple View Points: from “within” that entity as that entity; from “without” as other entities experience that entity; and IT experiences the “without” from the View Point of that entity. The cosmos is the ONE exploring and playing with ITSELF. (See the book *Cosmology* for much greater detail on this.)

However, all that division and separation is a pretense, an illusion. There is only the ONE: You are one of those “pieces” of the ONE. Your separated, isolated individuality is an illusion. You are part of and connected to everything that exists, to the ONE, *all the time*. However, in the 3rd State of Consciousness, you do not have the level of BEing necessary to be aware of this, to perceive it, to experience IT. In the 3rd State, separation, followed by division and polarization: Me-You; Us against Them, is the norm.

You descend out of SPIRIT, out of the ONE into the Many, out of Spirit-uality into Materiality (a body and the physical universe). **The Supreme Game of your current existence is for you to return and re-**

¹³ Cosmos: All created realities and universes. The cosmos is all creation, in which our physical universe is but a speck. There are innumerable universes.

integrate to the ONE. This is a great challenge, a huge adventure, and lots of Drama. Drama is one of the “juiciest” forms of experience, and Experience is the Name of the Cosmic Game. Experience is the purpose of all the creation.

Thus, not-experiencing UNITY is part of your Supreme Game. The ONE pretends to be the many, not-ONE, and separated so that you-IT have the challenge of re-discovering WHO YOU ARE, and the adventure of evolving in Consciousness and IDentity and return to the ONE from whence you come.

Because of the laws of Polarity, this game must exist. Both sides of a polarity must exist. Furthermore, to know and to appreciate one side of a polarity, you must periodically experience the other. The “opposing” experience creates a contrast, creates a “background” without which you can not experience the other side or the “foreground”. For example, if you have a white figure on a white background, you can not perceive=experience=know the figure. You need (the experience of) the dark background against which the white figure can be perceived (experienced). As another example: you must appreciate an air-conditioned room when you come into from a hot, humid outside. If you are a long time in the cool room, you lose the appreciation of it, until you go outside into the heat again.

To be able to appreciate your ONEness, your High Consciousness, and your Essence (WPVLJ), you must occasionally visit the opposite polarities of Not-ONE, of the Many, of Un (or Low) Consciousness, of Anti-Essence (not-Wise, not-Powerful, etc), and Anti-Love (the negative emotions). This is what you are doing here on earth, experiencing the negative polarities of Spirit. You have created the illusion of not-BEing the ONE INFINITE CONSCIOUSNESS and gone to the opposite pole of minimum Consciousness and negative Essence to have the adventure of working your way back up the spectrum of BEing to BE IT ALL AGAIN.

There is only ONE CONSCIOUSNESS. The “I” in you is the same “I” in everybody. The universe is one big “I”: I AM. It is the “I AM ALL that I AM”. There is only the ONE, INFINITE POWER LOVE ENERGY. As you advance up the States of Consciousness, you are re-discovering this, that you are the ONE, *in experience* rather than just theoretically. You eventually re-awaken or return to TOTALITY of yourSELF.

The failure of so many religions to understand and teach our ONEness is cause of untold suffering on this planet (including terrorism), now and throughout history. If humanity does not realize its ONEness within the next 100 years of so; it will probably destroy itself, as ever-more-powerfully destructive technology seeps down in the hands of a few people living in the hallucination that the ONE would ever want them to attack, dominate, kill, or destroy other parts of ITSELF.

Level 5: Samadhi. As there is no name for this level in English, we will use the Hinduism term for it: “Samadhi”. Samadhi is your first, full experience of returning to the ONE. It is a union, a merger, back into the First UNIVERSE, into the ONE INFINITE CONSCIOUSNESS CREATOR LOVE BLISS BEING.

It is the fruit of either discreating or penetrating the Essence Suppressor Mass, and so going fully back into the First UNIVERSE, into the Kingdom of Heaven. (The fastest and best way in my humble opinion is to combine penetration with discreation, and this is the way I teach, and for which the Mind Course is a first step.)

Samadhi is usually achieved only after thousands of hours of practice of penetration and discretion. You must go behind, or beyond, or out of, both the psychic and the physical universes. There must be total, absolute stillness on all levels. There can be no mind or other deviation of attention whatsoever into either universe. Thus, it is usually first achieved in a meditative state in which all experience of the other two universes is transcended. As it is said. "Be Still, and Know That I AM God."

To achieve Samadhi, requires a great increase in the energy of Consciousness. This energization is achieved by concentrating and feeding back the consciousness-attention energy onto and into itself. You must learn to focus, without the slightest deviation, your attention on your "I", on the center of Self from which attention emanates.

Samadhi is very deep, meditative state, in which you lose all contact with external reality. Once achieved, you will usually delight in spending at least 3 hours a day in this rapturous, ecstatic state.

It is for this reason that we find meditation at the center of the Teachings of all the Great Masters. All emphasize meditation: Buddhism, Hinduism, Taoism, Sufism, and Gurdjieff, to name a few. Christ stated is as: "Seek first the Kingdom of Heaven. The Kingdom of Heaven is within." We also find meditative states reported with the Christian mystics, St. John of the Cross, for example. You will also find mention of it in the Conversations With God series of books dictated by God to Neale Donald Walsch.

Level 6: Unity Consciousness. As you progress in your expansion of Identity, of BEing, recuperation of the TOTALITY of yourSELF, and RE-Integration to the ONE, the state of Samadhi gradually strengthens and lengthens so that it becomes your normal full time state, *including while using your mind and/or focused externally in the physical universe*. Thus, the experience of ONEness with and LOVE for all that exists becomes your experience all the time, even while moving about normally in daily life.

In the 6th State, you have your individuality, but at the same time live in, not just the intellectual understanding, but the experience of ONEness and the BLISS of LOVE for everybody and everything all the time. You constantly and fully communicate with ONE and know the divine purpose for everything. You know that the happiness and eternal life of every BEing is in the long run absolutely assured.

But even this state is not the final one possible. Separated, personal individuality can merge and fade until only the identity of ONE remains, which is the 7th State. However, some BEings choose to remain in this 6th state, even for all eternity. You are free to do as you please.

Level 7: Cosmic Consciousness. In this state, you have merged all individuality back into the ONE. There is no duality whatsoever. The ONE has awakened with full consciousness of SELF within the creation, which is now also experienced as SELF. Your former individuality is now the same as all other individualities: one more of the infinite experiences of IT of ITSELF, one ore of the faces of God. This state is called Nirvana in Buddhism, and is the state from which Jesus Christ said: "Who has seen me has seen the Father. The Father and I are ONE." This is God awake and walking the planet.

When enough of humanity (maybe as little as 5%) reaches the 6th and 7th States, all of humanity will pulled up and infused with more Consciousness, so that all of humanity awakens to being God Awake on the planet. Humanity will move into a golden age of love and cooperation beyond our imagination.

The Levels 4 through 7 are rare in humans, especially in the western world where they are not even recognized as existing, much less held forth as the ultimate purpose of life. Level 7 is so rare, even in the oriental philosophies that know of it, that only about 235 humans have ever reached it since the beginning of humanity

You may be asking why we are talking about States of Consciousness in a book on the mind. The mind, or more exactly, a mind out of control (as it is with most humans) is a major obstacle to the higher states of consciousness. To expand your BEing, your Consciousness, and your Happiness, you must stop your THINK and go out of it and eventually beyond it. THINK is the lens through which you project (create) both universes. Imagine a movie projector and how it projects light through the film to create the 2-dimensional scene on the screen. Now imagine yourself as inside a 360 x 360 x 360 degree sphere made of millions of thought realities, each acting as a holograph of some small part of the physical universe. The light of the CREATOR that you are, connected to all the POWER of the ONE, projects outwards through each thought reality holograph to create the physical universe in which you play. You have to collapse the sphere to "see" the ULTIMATE REALITY behind it all, and of which it all is formed.

We can look at the process of growing up, of maturing, as a process of taking more and more control over energy and matter, both in the physical and the psycanic universes. Nature provides us with control of our bodies, standing, walking, talking, etc., and the ability to manipulate physical objects. However, neither nature nor current education give us control of the mind, and few people ever achieve much, if any.

Psycanics, and especially the Creation and Discreation Technology, is powerful in supporting your to move into the higher states of consciousness. The purpose of this book is to inform you of the 4th State, prove to you that it exists, and introduce you to a system of BEing development whereby you can achieve it.

Sanctuary

The term “sanctuary” comes from the Latin for “sanctus”, meaning sacred and so to be treated with the greatest respect. A sanctuary was originally the innermost part of a temple or other place of worship, and thus was the place of the highest spirituality. It was usually a place walled off from the rest of the world, with maximum protection from intrusions and interruptions.

Thus, Sanctuary is a most fitting word for your establishment of your 4th State of Consciousness. (I use the word establishment here in two senses: the act of founding, and a place or building where something has been solidly and lastingly created – like a Sanctuary.)

Our next step in mastering your mind is for you to establish your Sanctuary. It will be a place of great spirit-uality for you are a spirit and it is here that you come to be with your Self and work on your spirit-uality. It is a place that you will set off from both physical and the psycanic universes, a place to be protected from all intrusions and interferences, especially from your thoughts. It is sacred because it is the antechamber and the parting place for your return to the WHOLLY ONE.

The 4th State of Consciousness starts with your establishment and maintenance of yourSelf in Sanctuary. The 4th State is the beginning of true spirit-uality, of living in the spirit, and requires a great deal of practice to achieve. It is a state of Permanent I, of always being Centered in Self Awareness. From that tower of Conscious Cause, the BEing can begin to take true control of hir psycanic realities (mind and emotion).

It is much, much easier to begin your development of the 4th State in a state of concentrated dedication to it, in Sanctuary, that to try to create 4th State Consciousness and maintain it while focused in Materiality.

Here is a summary of many of the characteristics of the 4th State. Could you remember to do all these things while distracted not only by your psycanic universe (THINK), but also by your physical universe? (If there are mis-understood words in this list below, you may ignore them. As you advance psycanics you will learn what all these concepts mean and how to development them in you.)

It is a state of refocus from the External Quest to the Internal Quest.

It is a state of internal silence, of silent mind.

It is a state of out-of-mind and into Experience, out-of-THINK to live in BE-FEEL, in Self and enjoyment of the all three universes.

It is a state out of Time and focused in the Here & Now.

It is the absence of the Hallucinations: Time, Good & Bad, Confusion of Truth, Interpretations and Meanings, Personalization, Victim, Programs, Beliefs, and Ego (Only Time is in Mind Course 1).

It is a state of Space, of the absence of Good and Bad.

On ceasing to polarize the world into Good and Bad, all Resistance and Anti-Love to What Is ceases.

Anti-Love is the only pain and suffering there is. When there is no Anti-Love, there can be no pain or suffering. Thus the 4th State is one of emotional serenity, the foundation for all happiness.

The 4th State has no “programs” about how other people or the world should or should not be. Therefore, it does not resist how they are, and it does not try to control or change them, much less with negative energy (Anti-Love).

The 4th State of Consciousness is always alert to activations of the Anti-Essence IDentities, those creations of I AM or I AM NOT that deny Wisdom, Power, or Value. It eagerly discreates these when they occur. The standard human being flees these confrontations, to mind and other forms of the External Quest.

It is a state of at least intellectual awareness that all is ONE and therefore nothing is to be rejected or Anti-Loved. Thus it is a state of Space, acceptance of What Is, As It Is. .

As a state of Space, it is the beginning of true Love for all that exists: Love that starts with Space. as

It is a state of detection, of actually FEELing the presence of the INFINITE.

All of the above start with Sanctuary. Sanctuary consists of removing yourself, your attention from the physical universe, and then from your psycanic universe (mind) to then just be with your Self.

Sanctuary starts with distinguishing your BEing (Conscious Cause, Aware Will) from your THINKing. Most humans have never done this. They identify with their mind or their human identities and roles in life. To establish your Permanent “I”, your permanent Center of Awareness of Self and of your Experience, you must first identify and distinguish that Self.

Then you must practice maintaining your Awareness of Self and avoiding getting lost in your mind. This is to practice, maintain, and build ever stronger your Sanctuary. This is how you build the presence and strength of BEing necessary to then turn back to and control your mind. We must first get you out of your psycanic universe and build your level of BEing, your Will and you ability to remain Aware of Self, so that you can then turn back to your psycanic universe and take control of it.

Because of the Essence Suppressor Mass, your Present Time Experience of Self, your FEELing will begin to open to negative experience (anxiety or sadness, for examples). You may or may not be consciously aware of your underlying negative BE-FEEL (ESM), but trust me, there is a part of you that knows about it all too well and is afraid of it, in panic of it. However, as you study psycanics, you will acquire the sword that you need to hack through the jungle of your subconscious, to weed out and uproot the negative things you will find there. You will thus eventually convert your Sanctuary back to the Garden of Eden that was originally.

You will compulsively want to flee the FEELing of your Self, your BE-FEEL, and the higher levels of Consciousness by going back into and getting lost in your mind. You will find it very – extremely-difficult to maintain Sanctuary, especially for the first several thousand hours of practice.

You will experience this fleeing of your negative BE-FEEL, of your Essence Suppressor Mass, as the mind trying to suck you back into THINKing and into unconsciousness of your Self. We call this “buying a ticket on the Train” and that is the subject of our next chapter.

We are now to the point where words are useless. You must now learn what Sanctuary and the 4th State are and feel like: it is time for Experience. Go now to your Course CD for the exercises that will guide you to creating and understanding your Sanctuary.

Trains, Tickets, and Travel

Now use your mind: imagine one of those long, long, freight trains, the ones that have over a 100 cars, sometimes well over. Have you ever stood at a crossing waiting for one of those to go by? Seems interminable, no?

A train is not a bad analogy for your THINK. All day long, interminable, your thoughts come and go one after another after another, like the cars in long freight train. Endlessly, they roll across the screen of your consciousness, filling your life with mental noise and turbulence: clackety clack clackety clack clackety clack clackety clack clackety clack clackety clack. If you are agitated by events, they may speed up, but they never seem to stop.

Sometimes they come faster and mixed, bunched up, and all pile on top of each other --like a train wreck. We will come back to train wrecks later.

We call this your **Thought Train** or just the **Train**. The term refers to incessant stream of thoughts running through your "head"¹⁴ all day long, without stopping --and more importantly-- without YOU being able to stop them. **When you can't stop something, you do not control it.**

Do not confuse our term "Thought Train" with the expression "train of thought" that refers to a series of thoughts or reasonings all about some specific thing or event. Here we mean all thoughts and all kinds of thoughts, about anything and everything. It is sometimes called the "stream of consciousness", but that is inaccurate. It is not consciousness, it is THINK.

The first thing you must do in taming your mind is learn to stay off the Train. To understand this, let us contrast two states.

The 3rd State of Consciousness: You are riding the Train around "touring" your psycanic universe, your attention pulled hither and thither by whatever thought catches your fancy. Your Consciousness is not centered in the ivory tower of Awareness of Self; your BEing is not home, but off touring your mind. This is a state of "lost in thought, "gone", "nobody home".

Sanctuary: the beginning, the very lowest level, of the 4th State. You are sitting with your body balanced relaxed and your eyes closed to help shut out the physical universe. Your attention is "internal", on your Self. You have distinguished between your THINK and your BEing.¹⁵ You are observing your thoughts as they go by, as if you are watching the wagons of a train. There is you and there is your Thought Train, and the difference is clear. You are standing to one side of your mind; you are Self-Aware.

¹⁴ In your head is an analogy: Remember that mind and brain are two totally different things. Although most people experience themselves and their minds as inside their heads; actually, your body is inside your mind, and your mind (thoughts) is inside your BEing, and the TOTALITY of your BEing is the ALL THAT IS.

¹⁵ There are guided exercises in Mind Course 1 to make sure you have done this.

Eventually, and probably with a minute or two, you will “board the Train” and off you go! You probably cannot even remember exactly when or how you got on. Your awareness of yourself just disappeared without you being aware of it. You “went to sleep”, and you got hauled off by the Train, back into the 3rd State of lost in thought, of daydreaming.

Sometime later – a few seconds, a few minutes, or hours; you suddenly wake up on the Train thinking. “Oh! I am supposed to be Centered in my Awareness of Self! Where am I and how did I get here?”

What happened was along came an interesting wagon in the Train. You Will→Intention was weak, and the wagon was able to seduce your Consciousness→Attention --and away you went on the Train! You went to sleep, wandered off into your mind again, lost your Center of “I”, lost your Awareness of yourSelf. You were sucked back into the 3rd State: Waking Sleep, or Dreaming Awake.

We call this “**Buying a Ticket** on the Train”. You were in your Sanctuary, Aware of Self, centered in the 4th State, in your BEing, and separated from your THINK. Then a nice thought came along and you “bought a ticket”; you got “hooked’ by the Train. Away you go, traveling again through the “State of your Mind”, wandering around your mental countryside wherever the Train takes you.

As you work on awakening and maintaining the 4th State of Consciousness, you will buy hundreds of tickets. Each time, simply wake yourself up and get off the Train. Center back into Awareness of Self. Do not citizen yourself or get flustered about it. It is part of the process and we all have to go through it. Learning to stay awake in the 4th State of Consciousness is like water wearing away stone: it does so by constant, persistent, patient efforts. Never give up, never give in.

Staying off the Train during a sitting, concentrated meditation (Sanctuary) is the first thing you must learn to move yourself from the 3rd to the 4th Level of Consciousness. It is probably one of the most difficult things you will ever do in life. Only once you master this, can you hope to master the more advanced things you need to do to Awaken fully into the 4th State.

Our exercises for this chapter are designed to give you an experiential understanding of what it is to center yourself in Awareness of Self, and watch the Train, and what it is to buy tickets, travel on the Train, then wake up and get off Train and return into Self-Awareness.

Recommended Application and Practice:

You should practice Centering in Self and staying off the Train, at least 20 minutes 2 or 3 times a day. You should not miss more than 10% sessions a month. If you do it twice a day, that would be 2 x 30 days = 60 sessions, so you should not miss more than 6 sessions in a month.

Once you have achieved that frequency and constancy for at least 3 months *straight*, you are ready for the next stage.

Time

One of the favorite destinations of the Thought Train is Time. Time is the illusion of Elsewhere-Elsewhen, of Not Here-Not Now.

Your mind will take you into Time, into the Past or the Future, if you let it, if you don't control it.

As Time is an illusion, you are already in trouble. As Time doesn't exist, you are on the track to no-where, which takes you out of now-here. Worse, you are on the mainline to pain, because Time is a place of pain and suffering.

Time is one of the Great Hallucinations of Mankind. There is no such thing as the past or the future. There is only the Now, the Eternal Present. What we think of as past or future are thought realities, mental pictures and data, existing in the present moment in our psycanic universe, our awareness. These psycanic realities are memory images of events that did happen; or they are "image-ations" of possible events that you either hope or fear might happen. The point is that they are psycanic realities / things / objects existing in and being experienced by you **in present time**.

We create the illusion of past time by calling forth mental energy recordings from our subconscious and experiencing those images, reliving them, in our present moment experience. But this experience of the memory images is always a Now event. We are experiencing mental realities in present time; there is no such thing as past time.

Likewise, we create the illusion of the future is by mocking up images of possible events that have not occurred in our experience (and may never occur). This image-ation can be useful and important in attracting the events that we do wish to experience at some moment of our NOW. But that image is existing and being experienced Now. The actual event, should it ever come to exist, will likewise be Here & Now. There is no future time: the Time is always Now.

You create the illusion of Time in your mind when:

- 1- You bring up from your subconscious and look at mental pictures of the past or the future. Furthermore, you will often resist Who You Were in those pictures which is to say that they will activate negative emotions including anger, resentment, guilt, anxiety, and grief.
- 2- You try to escape present-time activations of negative emotions by "fleeing" to pictures of remembered happier moments in past or imagined happier events in the future. Thus, you flee to Time when you are resisting your present experience.

Your Experience is your life and your Experience is always and only of what is happening in the Present. At time, what is happening in the NOW is your mental images of events already occurred or that might occur. But your life is always and only occurring in Present Time. You are living in the Here & Now, or you are living in pictures that create for you the illusion of time. If you take these pictures seriously, you will find yourself in the Hallucinations of Elsewhere and Elsewhen. These are places in the Never-Never Land of your mind.

This said, we will continue to speak of the Past and the Future as if they were real, just as we do of the mind.

Going into **Mind-Time** damages your life in many ways. To begin with, it takes you out of being fully present in life, out of your Experience, and therefore, **it takes you out of Life**, as we saw in a previous chapter. Your life, remember, is your moment –to-moment experience, of all that is happening within you, to you, and around you; it is you're Here-Now. As we say, to the degree that you are focused in mind, you tend to lose awareness of the rest of your experience.

Secondly, Mind-Time, Time-in-the-Mind, is often about **Resistance** (to the past or to the future). Resistance is the source of all Unhappiness, Pain & Suffering (UPS). **Your Resistance to What Is the only UPS that exists in life. UPS is never the events, but your Resistance to events.**

You will never control most events in your life, but you can control perfectly your Resistance – and that is all that is needed to end UPS. Ending UPS is the first step to Happiness.

It is “bad” enough to be resisting What Is in your Here & Now. But to be resisting your own hallucinations of past and future, to be resisting your mental images, surely that is the height of foolishness. Truly: hobgoblins in your mind!

The 5 Sectors of Time

Both the Past and the Future have a negative, and what *seems* to be, a positive side. However, they are really both negative as they all take you out of the Present and put you into pain.)

We can perhaps best show the **Four Quadrants of Mind-Time** with the table on the following page:

First, we show the table with past to the left and future to the right, and with resistance on top, and “glories” on the bottom.

PAST		FUTURE
<p><u>RESISTANCE = pain to the Past</u> Dragging past time pain to the present time.</p> <p>resentments, regrets, guilts, failures, sorrows, slights, offenses, grudges, hates, desires for getting even and vengeance; and “What Might Have Been’s” and “If Only’s”.</p>	<p>NOW The Eternal Present</p>	<p><u>RESISTANCE= pain to the Future</u> Importing pain about the illusory future into present time.</p> <p>Fear, insecurity, anxiety, worry, helplessness, hopelessness, depression, etc.</p> <p>Anti-power: I am not going to be able to handle the future, to do or get (whatever).</p>
<p>GLORIES of the Past: attempt to escape from present time pain by fleeing to the past.</p> <p>The Good Old Days. Life was better then. What I did, Who I was then and how I felt, Oh! How appreciated, loved, successful, famous, rich, etc. I was back then.</p>		<p>GLORIES of the Future: attempt to escape from present time by fleeing to the illusory future.</p> <p>“I am not very happy Now, but I will be happy when I finally get (whatever). (relationship, married, divorced, success, fame, money, power, whatever.)</p>
<p>To be happy, you must discreate all your charges from the past and all fears of the future. You must also discreate the causes of your unhappiness in the present that makes you flee Present Time Here & Now to the future or the past.</p> <p>Psyanics teaches you how to do this.</p>		

Here is the same table re-arranged with Resistance to the left and Glory to the right, with past above, and future below.

RESISTANCE to Time	NOW The Eternal Present	GLORY: Resistance to Present
<p><u>RESISTANCE = pain to the PAST</u> Dragging past time pain to the present time.</p> <p>resentments, regrets, guilts, failures, sorrows, slights, offenses, grudges, hates, desires for getting even and vengeance; and “What Might Have Been’s” and “If Only’s”.</p>		<p>GLORIES of the PAST: attempt to escape from present time pain by fleeing to the past.</p> <p>The Good Old Days. Life was better then. What I did, Who I was then and how I felt, Oh! How appreciated, loved, successful, famous, rich, etc. I was back then!</p>
<p><u>RESISTANCE= pain to the FUTURE</u> Importing pain about the illusory future into present time.</p> <p>Fear, insecurity, anxiety, worry, helplessness, hopelessness, depression, etc.</p> <p>Anti-power: I am not going to be able to handle the future, to do or get (whatever).</p>		<p>GLORIES of the FUTURE: attempt to escape from present time by fleeing to the illusory future.</p> <p>“I am not very happy Now, but I will be happy when I finally get (whatever). (relationship, married, divorced, success, fame, money, power, whatever.)</p>

Resistance is Pain

The essence of Unhappiness, Pain, & Suffering (UPS) is the negative emotions. Examples of common unpleasant emotions about the past can include: anger, resentment, guilt, failure, sorrow, slights, offenses, grudges, hates, desires for getting even or vengeance, and regrets. The resisted past may also contain: “What Might Have Been’s” and “If Only’s”: “If only it had (or hadn’t)”; “If only I had said or done . . .”; etc.

The Pain of the Past:

Most people are holding on to in their mind or subconscious and so “dragging around” with them, psychic images (memories) of the past. They resist these images (for reasons that will become clear in other psychanics materials). That emotional resistance to the reality of What Was is a source of UPS. This is, in effect, “dragging” past pain into the present – as if it weren’t enough back then.

It is important to understand that the “past” consists entirely of psychic (mental and emotional) *realities* that exist in Present Time in your mind. You can discreate these realities and completely free yourself of them forever. You may not be able to change the events of the past, but **you can absolutely change your creations of your Experience (i.e. resistance and pain) about them.** You can totally discreate them.

Discretion is always superior to just staying out of the “Past” in your mind. However, this book is on the mind, and the mind can not discreate-- only you, the BEing can.

Pain of the Future

The painful side of the “future” is purely our emotional resistance to mental images of possible “bad” things that could happen. Here our generation of the negative emotions, of UPS, can include: fear, insecurity, anxiety, worry, frustration, desperation, helplessness, hopelessness, depression, etc.

All of these are flavors of Fear, and Fear is always future tense. If you have any of these negative emotions in your life, you are generating them mock-ups, images, in your mind. First, you create the illusion of the future, then you resist it, and then you suffer that resistance it. It is all quite do-it-yourself.

Surely you have enough pain in your past and your present without having to create and import it from the Future?

There is ONLY one cause of Fear: the IDentity (creation of Self) of **Future Anti-Power**: “**I AM NOT GOING TO BE ABLE TO** (do it, handle it, avoid it, control it, whatever)”. As always, the best solution is to discreate the Anti-Power IDentities that trigger your fears. In the meantime, you can train your mind to stay out of the future, except when you need to visualize specific desired creations and plan your actions to achieve them. .

The “Positive” Side of Time

The “positive” side of Time is what we can call the “glorification” of the past or future. You glorify the past or the future to escape Present Time UPS (boredom, monotony, sadness, depression, etc.). However, you are still leaving Present Time and therefore Life. Happiness only exists, remember, in your Present Time Experience. Despite the illusion of glorification, there is no happiness in the past or the future.

Glorification of the Past:

Some people live in the “glories” of their past. They look back to the past as the “good old days”. They look back to who they were then, to what they achieved, to how good things were “back then”. Should you go into their homes, you often find them plastered with mementos and photos.

Living in the glories of the past is an attempt to escape present time dissatisfaction and unhappiness by fleeing to past, “better” times in the mind. Disappointed with their lives in the present, they see the past as happier than the present. Sometimes this mind mechanism is so severe that the person considers his life over and is just going through the motions waiting to die.

Thus, the glory side of the past is a **Resistance** to Present Time Experience. It is fleeing UPS in the Present by escaping to the “good old days when things were better and I was happier.”

You can never find happiness, which is always in Present Time, by escaping the Now to hide in the Past. This is another form of the External Quest. The External Quest is all efforts to increase your Essence of BEing, the only Love and Happiness that exist, anywhere outside of your Self -- be that in relationships, things in physical universe or in Mind-Time. You flee to your mind, to your memories of the “good, ole days”, to the “glories” of the past; because you believe that those days were happier than your Now.

Glorification of the Future

The “glory” side of the future is an attempt to escape Present Time dissatisfaction and UPS by fleeing to an illusory, “better” future. Such a person lives in the: “I’ll finally be happy when”: “I will be happy when I achieve this or that; when I get this or that, when this or that happens; when I get married, or when I get my divorce; when I get a new job; when I get a raise; when I am successful; when I am famous, when I am rich”, --whatever.

We escape into our mind, into daydreams and schemes of a better future, to the “glories” of an imagined Elsewhen, to escape our dissatisfaction with your Here & Now. We are avoiding our Here & Now unhappiness by trying to mockup a happier future. However, the only Happiness that exists in life is our experience of our State of Essence, of the amount of Wisdom, Power, Value and Love-Joy we are BEing. You “be” this state; you “carry” it around with you all the time. You will take your State of Essence into any and all “futures” with you. The only way to be happier in the future is to change Who You Are.

To see this, think back to your younger years. How many goals have you had and gotten? Get a girl or boy friend, graduate from school, get a job, get married, earn a certain quantity of money, get a car, a

house, get divorced, travel, etc. You “better” future has come many times. Are you really much happier than you were back then?

When we do achieve such goals come, we will experience a Moment of Pleasure (MOP). MOPs are fleeting; they ALWAYS pass, and we return to our chronic level of experience, which for many people is dissatisfaction and UPS. We must then set a new goal – and be unfulfilled until we reach it, when we get another MOP, that always passes so that we return to our chronic level of negative experience, to then set a new goal, and on and on. This we call living on the Merry-Go-Round. We live hoping to one day finally snatch the golden ring of happiness, all the meanwhile bouncing up and down between MOPs and UPS. Thus, we live predominantly in a future that either never comes, or comes, deposits a MOP on the hat of our happiness, and then flies on.

It Is All About Resistance

Both of the Glorifications are “movements” into Time as **Resistance** to your Present Time Experience. Both of the Pains (about the past or the future) are also **Resistances**, resistance to your Present Time Experience of your images of the past or future.

Thus, we can see then that Time is created by **RESISTANCE**. You are either resisting the images of the past or future in your mind and thus suffering in Present Time. Or you are resisting your Present Time Experience in the Here & Now, and fleeing to better “times” in your mind. (pun intended).

However, the law is. **Resistance Causes Persistence**. Your fleeing to the past or the future to avoid your Present is a form of Resistance and thus persists the pain you are trying to avoid. Resisting the images of the past or future in your mind is painful and causes the persistence of those images. The discreation of all UPS in your life is possible and it begins with confronting your pain armed with the Psycanics Creation and Discreation Technology, not fleeing from it. As you go deeper into your mind, beyond Sanctuary, you will need CDT because the pressure on you to avoid the pain of the Essence Suppressor Mass with multiply.

Experience, Love, Life, and Happiness exist and can be experienced, only in Present Time, in the Here and Now. Living in the past or the future is to live out of your Life.

The External Quest

The Mind and Time and all this Resistance are part of the External Quest. The External Quest are all the behaviors and efforts of the human being to control his Experience, to avoid UPS and be happy, by trying to control anything other than his own Essence. We try in a million ways: to control the BE-DO-HAVE of others, to achieve fame and fortune) amass money, material things, comforts and luxuries, prestige and power. When those don't work, for they are can never be more than MOPs, we try suppressing our experience with substance abuse and neurotic activities.

The Mind and Time are just another way we resist and flee from our Here & Now BE-FEEL, made unpleasant by the underlying Essence Suppressor Mass We resist the UPS and try to flee to Elsewhere-Elsewhen

The External Quest is impossible of success. Notice that there are thousands, even millions of people who “have it all” in life, and are intensely unhappy. There are several millions of millionaires in the US alone. There are people who are super-successful and famous in their fields – movie stars, rock stars, sports stars, politician -- and equally also famous for their External Quest Antics: search for pleasure, ostentatious spending, collections of things, drugs, failed relationships, etc..

There is no correlation whatsoever between external conditions and human happiness. There no amount of things or events in the physical universe that will ever make you happy. All you can ever achieve is short-lived MOPs. These always pass so that you must continue your search, looking for Happiness where it does not exist and can not be produced: outside of yourSelf. This makes life a roller coaster, with more time at the bottom in UPS than at the top in happiness.

You can never find happiness in the past or the future (Elsewhen) or in the External Universe (Elsewhere). They exist only in your Experience of Self, in your BE-FEEL, and that is always and can only be Here & How. You must look inside for Love-Joy, not outside. The Kingdom of Heaven is within you. .

However, when you first look inside, you will find the unpleasantness of the Essence Suppressor Mass; you will find a mess of negative identities and painful emotions. Your mind, your psycanic universe, is your great protector from the Essence Suppressor Mass, and therefore the final bastion of your External Quest. The Kingdom of Heaven is just on the other side of the ESM. You must conquer your mind to do battle with the ESM. To do so, you must be armed with all the knowledge that you will be acquiring in psycanics.

To increase your Happiness until you are able to discreate all the negative experience that compels your to flee into Time, you must control your mind and not let it suck you into your hallucinations of past and future.

Despite your memories, you weren't happier in the good old days; it only looks that way from your unpleasant present.

Nothing you THINK, DO or HAVE in the future will make you happier than you are now other than momentarily. Those moments of triumph always pass.

**You cannot THINK→DO→HAVE your way back to
Essence, Love-Joy, and the ONE.
You can ONLY BE-FEEL your way back.**

Psycanics is training you how to BE-FEEL your way back. That training starts with showing what your mind is and how it works, because you must get out of your mind and back into your Experience, into your BE-FEEL, your BEing and FEELing.

Summary

Your Life is your Experience moment to moment in the Here & Now.

**Your mind takes your Attention-Consciousness-Experience out of the Here & Now
sucking them in illusory Past /Future and the Not-Here.**

**Your mind is often Anti-Here & Now;
your mind is often Anti-Life and Anti-Happiness.**

Advanced Knowledge

Everything that exists, ever has existed, and ever will exist and exists Right Now and all the Time Forever, as there is no Time, only the Eternal Present, which is Eternity. Furthermore, all possible variations of everything that can exist also exist and Right Now. Let us call this the Cosmic Matrix of all Realities and Universes, or just the Matrix for short. Think of it as an infinitive, multidimensional block of all possible realities-experiences in an infinite number of universes. If you can't get a picture on that, think of an infinite block of Jell-O in which you can exist and which you can move through.

Time is not a flow of something moving past you. Time is change, be it of the form of a reality, or of movement of that reality in space. The sensation of change that you experience of time is you= Consciousness moving through the Matrix (the block of Jell-O) experiencing that part of it around you as you move sequentially through the Matrix. Time is you= Consciousness= perception= experience, moving along a line through the Jell-O, through the multidimensional Matrix in which all that exists.

Everything that exists exists in all stages of its existence. For example, you are a worm with you-the-zygote at one end, and you-the-old-skeleton at the other. You experience only a slice of you-the-worm in the present time moment. You move through the worm, being it at each slice, with that slice being your present time experience of yourself.

Moving through the Matrix is kind of like being in a car and moving through the landscape. The landscape, (as the analog of the Matrix of all Possibilities of Experience) is always there; it is you that are moving through it. Your movement through the Matrix is change and creates the illusion of time.

Your movement along an object in its different stages of existence also creates the illusion of change of that object and of your movement through time. To our analogy of the landscape, now add in that each object, a tree for example, is present at every stage from seed to fallen, rotted trunk turning back into earth. Imagine yourself traveling along the existence of that tree and only seeing a slice of that existence "at a time". The entire "movie" of the total existence or life of the tree is there, but you only see one moment of it "at a time". As you move along the totality of the tree from slice to slice, you experience that movement as change of the tree and as a progress through time.

Think of a movie film. Everything in the movie is always there on the film and it is still. But by running it through the projector, we experience it a frame at a time, and this creates the illusion of change and therefore of time.

Thus Time is movement in a fourth dimension, imperfectly perceived by us three dimension creatures.

This might be easier to understand if we use an example that reduces the dimensions so that the movement in the imperfectly-perceived dimension is within our ken. Imagine a "universe" of 2 dimensions: a plane; for example, a sheet of paper. Now imagine that there are 2-dimensional creatures that live on the paper surface and they can perceive only in the 2 dimensions of the paper: length and breadth.

Now, you pass your hand and arm in the 3rd dimension of height up through the plane. Imagine what the 2-dimensional creatures would see. First, in one place there appears the tip of your tallest finger. As that finger goes up through the paper, all they will see is a spot that changes and grows where the finger is intersecting their 2-dimensional world. They will see the spot grow and change as the finger moves up, as the meat and bone dimensions change (especially at the knuckle, for example). That slice of your finger they perceive is changing over time, but all of your hand is always existent: it is just moving in a dimension they can't perceive. changes.

Then another finger tip will appear "over there" in their world. Then it too will be seen to change. Then another and another. Then as your hand passing through the plane reaches the palm, all the fingers will seem to grow together and connect, and now there is one big spot changing as you continue to move your hand up through the plane. All of your hand exists at all times, but they can perceive only that part of it that intersects their plane of perceptions. Thus what appears to them to be change over time, is actually movement in a dimension (the 3rd dimension of height) beyond their perceptions.

Once you understand this, and as you can control your movement through the Matrix within the limits of your Destiny for this life, you can create things in your life by moving to that point in the Matrix where you have that thing. This covered in the advanced course of Creation and Manifestation.

If the above doesn't make any sense, you can safely ignore it. It is not important to our discussion of the mind.

Thought Addictions

Control

Control is the power to start something, guide or process it, and then stop it. Notice if you cannot do one or the other of these three actions, you do not control that thing. For example, if you can drive a car and stop the car, but you can't start it, you do not have control. If you can start it and drive it, but can not stop it, you do not have the control, you need a third party.

Addictions

An addiction is any compulsion to a behavior beyond the control of the person. By definition, an addiction is a behavior over which you have little control: it controls you. This addictive use of anything is always detrimental to the BEing and hir happiness, although this detriment is not always perceived, much less understood.¹⁶ The compulsive behavior can be the ingestion of substances or the carrying out of an activity.

Examples of common addictions include: alcohol, tobacco, over-eating, medications (tranquilizers, barbiturates, etc), drugs (marijuana, cocaine, meth, etc.), television, not being able to be alone, shopping sprees, gambling, sex, workaholism, etc.

The purpose of the substance, activity, person, place, or thing of an addiction is to avoid, change or suppress (negative) psycanic experience (negative identities and emotions).

Behind ALL addictions there is negative (painful) psycanic experience. The power of an addiction over a person is the imperative to avoid pain and seek happiness.

All "standard" human beings have suppressed, repressed, and buried negative experiences, emotions and traumatic incidents within them (the Essence Suppressor Mass). Let us call this interior pain "psychache", as an abbreviation of "psychological ache" or "ache of the psycan".

The ultimate motivation of all human behavior is one's happiness. Thus, the imperative to avoid pain and seek happiness is always operative in the human being. We MUST strive to avoid negative experience and seek happiness. We have no choice in the matter of seeking to control our Experience. As the upper levels of our interior life = experience of Self are negative due to the ESM, we are compelled into the External Quest to control our experience. Addictions are another form of the External Quest.

The addicted person may or may not be aware of the negative experience s/he is trying to change or suppress. S/he may only feel the compulsion to act or use the substance. However, **there is always an underlying negative experience being avoided or suppressed.**

¹⁶ In fact, some addictions are considered good, such as attachments to other people, which pass for "love".

The power of an addiction over a person is the power of the imperative to avoid UPS. In other words:

The power of an addiction over a person is the power of hir own negative emotions, the power of hir compulsion to avoid them.

This is important to understand, because the Psycanics Creation and Discreation Technology (CDT) empowers a person to discreate any negative emotion. Thus, CDT quickly and easily terminates any addiction.

One of our favorite methods to avoid the pain within is to flee to and hang out in our mind. Remember that THINKing blocks FEELing; that Experience and Mind are opposites. We flee to mind, to Time, to THINK, to avoid FEEL and BE. Without long practice of Sanctuary, we have no control over this.

This avoidance of our negative experience also blocks our Experience of Essence, of Love-Joy, and of the ONE. We then live in a grey world of trying to avoid and suppress pain, which efforts also kill love, joy and happiness.

Your Mind, Control and Addiction

To control something you must be able to start it, guide it, and stop it. If you are not able to do all three things, then you do not control that item.

So: STOP THINKING. Just stop it.

You will soon notice that you can not stop thinking for more than a few seconds, if at all. You mind is going, going, going all the time you are awake.

You can start, change, and stop most things in your life: walking, sitting, running, eating, sleeping, dressing, etc. You have control. But . . .

You can not stop your mind. Ergo, you cannot control your mind. When you compulsively do something and have no control to stop that behavior, you are addicted to it. No control to stop a behavior, remember, is the very definition of an addiction.

In other words: You are ADDICTED to mind, to thought, to THINK.

That addiction is stronger than any heroin addict's addiction to heroin.

The compulsion to go into mind-time, into the past or the future, is part of this. For example, many people have an addiction to the future, to their plans, efforts and hopes to be successful, accumulate toys¹⁷, become rich, etc. They can't stop thinking about them. It is an addiction.

¹⁷ Toys: the word toys in psycanics means all the material things that people accumulate in the External Quest for happiness, things that are not necessary to a satisfying life. It includes second automobiles, boats, vacations houses, jewelry, works of art, fancy clothes, private planes.

Our addiction to thought is exactly the same as another addiction. We use the Mind to avoid our negative psycanic Experience, the psychache, the ESM; and WE HAVE NO CONTROL over doing that without long practice.

You have two weapons to break your addiction to mind: Sanctuary and CDT (taught in other psycanics materials). In the next chapter, we will strengthen your ability to practice Sanctuary by using Cognitive Centering Devices.

Cognitive Centering Devices

Imagine that you are floating alone in the ocean in the middle of a hurricane (your mind). All is turbulence and chaos. It is hard to even stay a float as you are pounded by wind and waves from all directions. Then you spy something floating – a life preserver it turns out to be-- that you can cling to. It gives you something solid and permanent to hold on to. It stabilizes you and helps you to stay afloat and survive in the storm. That is what Cognitive Centering Device¹⁸ does for you in your mind.

Imagine that you are all alone on the top of a small, grassy knoll in the middle of a dense forest. The forest is full of wolves, hungry wolves. The wolves are your thoughts, circling you waiting for a moment's inattention to snatch you and carry you off for dinner (theirs, not yours). The wolves can't get you as long as you are awake and aware of them. But all they need is the slightest weakness, a moment's inattention, a moment's forgetfulness, and you are a goner. What can you do to keep yourself awake and aware? How can you stay on guard? You can light a fire and concentrate on it. That is a Cognitive Centering Device.

It is very difficult to jump directly from the Thought Train to maintaining Objective Awareness and just watching the Train. In the beginning, your addiction to THINKing is simply too powerful and overwhelms your Will. Despite your best intentions and efforts, you will find yourself buying tickets again and again. Despite your best efforts, you will sleep and the wolves will grab you.

Staying in your Sanctuary without a CCD at the beginning of your practice of the 4th State is like trying to pick up mercury with your fingers. Your "I" is slippery: hard to get a hold of, and even harder to maintain that hold.

The intermediate technique is to use a Cognitive Centering Device (CCD)¹⁹. A CCD is any single thing that you use to focus your attention on, to give you a single, static target for your attention in the midst of the turbulence and chaos of your many and fast moving thoughts. Instead of staring at the train which is always moving and tempting you, fix your attention on something stationary and of little intrinsic interest.

Definition: Cognitive Centering Device (CCD). Any thing used to center attention and therefore consciousness. Any thing used as target of attention to maintain awareness and stability of consciousness and to avoid being sucked into mind. The most common CCDs are the breath, and silent sounds, words, or phrases, without or without meaning. (See the list at the end of this chapter for examples.) Known as a mantra in Eastern meditation technique.

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¹⁹ Hinduism calls a CCD a mantra.

There are many kinds of CCDs

The “lowest” kind of CCDs are external physical objects such as mandalas or candles or flowers, or even whatever is in on the floor in front of you (as in Buddhism). However, as you must eventually leave the physical universe altogether, I see no sense in using a CCD that anchors you in it.

Other CCDs are body experiences like your heartbeat or your respiration. There are two traditional spots for fixing on your respiration; one is at the point of entry at your nose, and the other is in your belly. In both cases, you simply fix your attention on your breath and experience it. Avoid all opinions about your breath and have no intention to affect or change it.

Breath can also be combined with sound mantras. Sound mantras are designed to “vibrate” you and to synchronize with your breath. The most famous one is probably Ohmor Aum, which you repeat, mentally, not verbally, on each inhalation or on each exhalation. Another very famous mantra is Brahman, which is also the Hindu word for the ONE. As this has two syllables, you synchronize it with both inbreath and outbreath.

Many CCDs are simply words with or without meanings. If they have meanings, you do not pay attention to the meaning as that will only send you back into thought. Let the meaning be picked up by your subconscious; you stay out of mind. We will come back to this in the section on Contemplation below.

A very powerful CCD is the question: Who Am I? backed by the Intention to penetrate the experience of your existence, (not the name, idea, or thoughts about self) and so finally know the Truth of your Self directly in your BE-FEEL. This comes from the Indian Illuminati Sri Ramana Maharshi. However, this CCD is not recommended until you know how to discreate the negative energies it can trigger as you penetrate the ESM.

Another famous and effective CCD is to look out through your “third eye”. This is the chakra centered in your forehead about ½ inch above the eyebrows. To use this CCD, you imagine that you are looking far off into the distance through the third eye. You then maintain that experience. As there is nothing “solid” here to focus on, this one can be a bit slippery for beginners.

You can also create a dome of attention around your head and maintain that experience. As you advance in meditation and are able to accumulate a sensible amount of energy, this dome will form naturally. As you progress even more, the energy will begin to compress and concentrate. Eventually, the crown chakra will come alive, become sensible. You can then bear down on the chakra with pure Will and it will energize even more. When you can do this, you are not too far from Samadhi.

You use the CCD as a **single point, a single thought** to focus on, among the multitude that is your mind. The objective is to give you a fixed target of attention, to replace the many and moving ones.²⁰ The CCD is an enormous aid in learning to control your attention, to avoid buying tickets, to avoid being sucked back into the mind and the 3rd Level of Consciousness.

Contemplation

When you use as a CCD a word or phrase with meaning do not focus on the meaning; that would only put you back into Mind. First use contemplation. When you first select a CCD word or phrase that has meaning, contemplate extensively that concept. A contemplation is a state of focus on a word or idea to understand it fully. Therefore, you do go into mind about it. You seek out and study everything that the word means and refers to. Do not confuse contemplation with meditation: it is still very much mind, and meditation's entire purpose is to be without mind.

Once you have contemplated and absorbed the meaning of word and are ready to use it as a CCD, be careful not to focus on or think about the meaning. You use it only as an attention centering device on which to maintain awake your Consciousness and awareness of Self. Just repeating the word *without thinking about its meaning* it will impress the meaning on your subconscious.

Let's use Patience as an example of contemplation. I may start by looking it up the word "patience" in dictionaries and encyclopedias. Then, I go into an internal focus state and I ask myself such questions as: What is Patience? What is the opposite of Patience? How does Patience behave?

Thoughts come to me that Patience is acceptance of what is, tranquility, serenity, never getting angry, giving time to things, that there is a time to every purpose under the sun, that impatience is doubting the outcome, and therefore doubting my own power, and doubting the ONE, and whatever else comes to me. Then maybe I ask myself: Where am I acting with Patience? Where am I not acting with Patience? What would it look like if I start acting with Patience where I am not doing so?

Thus I keep mulling over the concept and application of Patience until no new data comes to me. Then I leave the concept totally alone. When I use the word as a CCD, I just repeat "patience" and use it to center and stay out of thoughts; I do not go into all the conceptual information about it again. The word now serves as an unconscious trigger for its concept and is programmed in my subconscious without further attention or effort, while consciously I use it for a CCD to transcend thought.

Do not change your CCD during a session! To do so will put you into mind. Choose one CCD and stay with it for all that session. In fact, **it is best to choose one and work with it for many sessions before changing.** Try the various ones that seem of most interest to you, each for a session. Then select one that

²⁰ In advanced meditation, and to reach the 5th Level of Consciousness, you must leave the CCD and venture into pure Consciousness, but this takes years of practice.

feels effective for you or that you like, and stay with it for a month or more. Indeed, you can use a sole CCD for years, if you want. In some traditions, the Master gives the student a single mantra for the entire student's life.

Some CCDs may activate your Essence Suppressor Mass, which consists of your Anti-Essence Identities and Anti-Love. You may experience these activations as movements or pressures of energies or masses in your head or body²¹; or as negative feelings and emotions, including sadness, fear, anger, or hate. This is normal and good. It means that these suppressions on your BEing are presenting themselves for elimination (discreation). However, you will need the knowledge of CDT (Creation and Discreation Technology). Until you know how to handle these negative energies, it is best to cease using the CCDs that activate you. The activations will make it more difficult to stay out of mind (as explained in the next chapter) and can grow to be painful physically, even causing strong headaches or muscle aches.

There are two ways to use a CCD

- 1- You can slowly and rhythmically repeat the CCD in your mind (not out loud). It is good to synchronize the CCD with your breathing, those that lend themselves to this.
- 2- You can also simply greet each thought as it arises with your CCD, using the CCD on an as-needed basis.

Try both as see what works best for you.

The exercises for this lesson in the course take you to experience what it is to use a CCD and the different CCDs and their effects.

It doesn't really make any difference which system of meditation or which mantra you use. ALL practice of true meditation (staying out of, and then going beyond thought) will eventually take you to the same place.

All the time you are concentrated on your "I", you will be accumulating energy, and that energy will eventually show you where to go and what to do. All the time that you are in thought, you are consuming energy, as opposed to accumulating it.

Actually, when you are meditating, the only time that really counts is when you are in the 4th State itself, out of your mind. When you are in the 3rd State, lost in thought, no meditation, no accumulation of energy is taking place.

All CCDs and mantras are intermediate steps. Eventually, when you are ready to move beyond Sanctuary towards Samadhi, you will leave off all CCDs, because there are still a deviation of your Attention into the lower universes (physical or psychic). Your objective is to go beyond all Created Reality back into the FIRST UNIVERSE, ULTIMATE REALITY.

²¹ These can reach the intensity of severe headaches.

List of CCDs: Cognitive Centering Devices

Where *** is used, substitute your word for whatever you consider the Ultimate BEing or Power of existence: God, the Creator, Love, Life, Essence, Supreme Being, Allah, Jehovah, Jesus, the Infinite, whatever has the most significance for you. If you are agnostic or atheistic, LIFE is a good one, as its existence is inarguable and it is the ONE made visible in manifestation and action.

List of common CCDs

Breath: be attentive to and experience your breathing. You can do so at your nose as it enters or in your belly, or all together. Do not think about it, just watch and feel it. Let your breath become totally natural and tranquil.

OM or **AUM:** traditional Hindu and Buddhist mantra with a nice vibration and resonance. Let the vibration permeate you.

Look out your Third Eye. Eyes closed, look out into the far distance through the center of your forehead just above your eyebrows. This will tend to take you out of thought and will give you a certain experience of distance or space: concentrate on maintaining that focus and that experience.

The Dome of Awareness. This is similar to the Third Eye, except you expand your Consciousness to a sphere 360 degrees around you.

I AM: be attentive to and experience your I and the experience of existing. Do not think about it or analyze it: just I AM.

I AM + Breath. The I AM is a CCD that works very with the breath. Experience "I" on the intake, and AM on the exhale.

Brahman, and **Brahman + Breath.** Brahman is the Hindu word for the Supreme Being. It is also a sound that has a very nice vibration and resonance. It also synchronizes perfectly with your breath as it has two syllables.

One Word CCDs

Do not hesitate to use any word that is significant for you. Remember that it is best to do a contemplation on a significant word the first time *before* you use it as a CCD. Do not contemplate (think about the meaning of) the word when you are meditation. On the contrary, you are want to use it to keep yourself out of thought and in Awareness of Self. The meaning will impress itself on your subconscious without additional attention or effort from you.

Energy	Persistence	Life	Health	Happiness
Power	Achievement	Vitality	Strength	Joy
Purpose	Success	Alert	Youth	Love
	Mastery			

Phrase CCDs

I Am Here-Now.	I Exist.
I Am Centered.	I Am In The Middle Of ***
I Am One.	I Am Part Of Everything / ***.
I Am One With ***.	I Am Immortal.

Identities

Identities are your creations of Self by Fiat, by simple declaration of What Is. By using IDentities as CCDs, we are dual-purposing, adding an element of creation to the CCDs.

These IDentities (declarations-creations of Self) are very powerful and will tend to activate their polarity opposites (i.e. I AM Strong will tend to active weakness). Should they activate you, you should cease using them until you learn how to discreate the negatives in further psycanics materials. There are four “flavors” of identities that are especially important: Wisdom, Power, Value and Love-Joy.

WISDOM	POWER	VALUE	LOVE-JOY
I know.	I am Cause	I am Valuable	I am Love
I am Intelligent	I am Creator	I am Worthy.	I Love Me.
I am Intuitive	I am Power	I Deserve	I Love Love.
I am Creative	I am Powerful	I am Important.	I Love.
I am Wise.	I am Strong	I Matter.	I am Happy.
I am a Learner.	I Can	I Treasure Me	I Release my Joy.
I am a Scholar (area optional	I am Able.	I am Useful.	I am Space.
	I am a Success		I Accept Me as I am
	I am Free.		I Forgive Me.
			I Forgive All.

Appreciation and Gratitude

The expression of Gratitude will open you to experiences of Love and Joy. It also manifests in your life more of what you are grateful for. For example, if you wish to experience more financial abundance, be Grateful for the finances that you have now.

The * is included, but you can just create pure Gratitude, without the ***.**

Thank *** for my existence / life. (Examples: Thank God for my life. Thank LIFE for my life.)

Thank *** (Examples: Thank LIFE. Thank CREATOR.)

Thank *** for (here put in the good things in your life, both one at a time per session, and when you have covered all of them for at least a session, do them all at once.)

I am Grateful.

I am Grateful for LIFE / my Life.

I am Grateful for (here put in the good things in your life, both one at a time per session, and when you have covered all of them for at least a session, do them all at once.)

And of course, you can create your own CCD with whatever idea is significant for you.

Living in the Fourth Level

In this chapter, we want to distinguish and then practice three variations of the Fourth Level of Consciousness. Your work to maintain yourself in whichever of these three states that is appropriate at the moment is the heart of this book and of your developing the 4th Level of Consciousness.

The three states are:

1. **Basic State: Self Awareness, off the Train.**
2. **Zensory Experience**
3. **Sanctuary: R & R.**

In addition to these three, we can introduce the concepts of two more states, 4 and 5. However, these require advanced knowledge from advanced psyanics materials to apply.

Psycanic Universe Work: Creation and Discreation in FU and PU.

Penetration of Self in the direction of the 5th Level of Consciousness (Samadhi).

#1- The Basic State: Self Awareness, separated out of Mind.

The first gradient of the Fourth Level of Consciousness is to distinguish and separate your Self, your I, you as the Aware Will that is the BEing, the Psycan; from your thoughts which are your creations, your things, your realities, your possessions.

Once you have distinguished this state, you must practice maintaining it. You must practice staying off the Train, not buying tickets. You must be able to sit on the hill without the wolves ever getting to you and dragging your off into thought.

You have already done this with the exercise in the course and we will repeat those here to assure this base state. From this base state, we will go into the other states. The first is to external, physical universe focus; the second is to greater interior Self focus, and eventually to penetration of Self to find the SELF (5th, 6th and 7th Levels of Consciousness).

#2: Zensory Experience: Maintaining the Fourth Level in the Physical Universe.

Your sense or sensory experience is everything you perceive through your body and its senses; everything you see, hear, feel, touch, and do in the physical universe. In the Third Level of Consciousness, you do most things lost in thought and without much awareness of perceiving or doing them. Lost in your mind, you do not suck every drop of Present Time Experience out of Life.

Paradoxically, when you finally grok through Experience of Self that you are an eternal, immortal BEing; that you never cease to exist and that there is always a "future" such that you do not have to fear End of Experience = Life = the death of you; paradoxically that pops you back into the Eternal Present with the realization that the only sensible

thing to do and the only thing you need to do is to enjoy the present to the max, suck out every bit of experience you can out of the Present.

The Present is never going to end so you don't need to worry about future supply, and as you are not going to pass this way again, get all you can NOW.

You can perhaps understand this intellectually, but it was the profound Experience of it that really moved me.

Common examples of this 3rd Level sleep-walking inattention to the Present include getting dressed, driving, and walking to get somewhere. Anytime you are focused in your mind, your awareness of what is around you and what you are doing is reduced. Most people are focused more in their mind than in their moment-to-moment experience=life. **This "lost in mind to the Present" is the essence of the Third Level of Consciousness.**

ZEN

Zen is a Japanese adaptation of Buddhism, known for its focus on concentrative and meditative practice rather than theory. Its purpose is precisely the development of the higher levels of Consciousness. It calls the Fourth Level, Satori, often translated as awakening or enlightenment. The teachings of Zen are very similar to those in this book, not because I know a lot about Zen, but because spiritual teachings are fundamentally about the same thing: the evolution of you-psycan up the Levels of Consciousness.

There is a famous story in Zen about the total awareness that is a characteristic of the fully-blossomed Fourth Level.

There was once a student who, after studying with a Master many years, was sent out into the world to practice mindfulness. After a time, he returned to visit the Master. He entered the Master's abode leaving his cane and his shoes beside the door as was customary. He went into the garden where the Master asked him how well was he doing in his practices. The student responded about all that he had achieved. The Master but listened. When the student finished speaking, the Master simply asked him on which side of his shoes had he placed his cane. The student could not say; and, abashed, return to the world to continue his practice.

Once you are able to maintain your Awareness of Self in sitting meditation, you then practice it while attending to your five senses and thus to the outside world. You maintain your Awareness of Self while in you sensory experience.

In a play of words and in honor of Zen, we will call this state and its practice **Zensory Experience**. Zensory Experience is "mindless" experience of your Experience. It is to maintain the Fourth Level, Objective Self Awareness at the same time that you are full aware of and fully experience your body and the physical universe (your sense experience). It is direct experience without opinions or evaluations or any thoughts so ever about that experience or about anything else.

To do this you must 1- keep yourself out of your mind, keep your mind silent, turned off; and 2- maintain your attention focused in your body and the physical universe, in your **DIRECT EXPERIENCE** of these. Do not think, analyze, opinion, judge: do not use your mind.

One place you tend to enter this state is when you are listening, and only listening, to music, especially to instrumentals (as words can carry you into mind). Music is pure sensory experience of the physical universe. By special attention to maintaining Awareness of Self, we make that Zensory Experience. Sticking your mind into the middle of the music can only reduce your enjoyment. .

As you learn to maintain this state, you will begin to experience the heightened perceptions, feelings, joy and freedom that are characteristics of the 4th Level of Consciousness.

Note: The “real” Zen is not limited to “Zensory Experience”; it also includes internal, highly concentrated meditation, called “zazen”.

#4 Psycanic Universe Experience and Work: Creation and Discreation

Note that we are covering this one out of the order we have given above. That is because your psycanic universe is very similar to your physical universe, and you must learn to treat it the same way to have power over it.

First, you must learn to perceive and experience its realities without going into mind about what you find there. You must learn to have no opinions, no judgments and therefore no resistances to anything in your mind, to any thought, to any emotion, to any identity. You must learn not to create opinions and judgments of good and bad, right and wrong about your psycanic realities (IDentities, thoughts, emotions, etc). You must learn to experience them fully without resistance, especially the “negative” or painful ones.

Above all, you must learn to work with your psycanic objects (realities), especially to create and discreate them. With CDT (Creation and Discreation Technology, you will transform your Psycanic Universe from the jungle that it is for the average human being into a garden.

#3 SANCTUARY

The more you focus on, go into, and experience your Self, your “I”, with such concentration and experience that you *lose awareness of all externals*, (both of the physical universe and of your psycanic universe, the Train); the more you will enter into pure Consciousness, into pure BEing, into Self. This is a very restful and eventually ecstatic state. There is just YOU. Tranquility. Peace. Serenity.

Let us call this state your Sanctuary.

Just as you take vacations from the pressures and turbulence of the physical universe, so can and should you take vacations from your psycanic universe, your mind and emotions.

In this state, you not only stay off the Train, you cease to be even aware of its existence. It fades into the background, and eventually (after long practice) disappears altogether.

In your Sanctuary, you are not doing anything. You are not going anywhere. You are not worrying about anything. You are not making plans. You are not thinking at all. There is no Mind; there is no Time. You are totally in the Here& Now of your Self-ness. You are in your Present Time Experience of Self, of just BEing. You are totally in the Eternal Present (that some day will open up into Eternity for you).

This is Sanctuary, a reclusion from all universes and worlds. It is your interior castle, your temple, your monastery, your cathedral. With practice it will become impregnable to all external distractions, especially your mind. It not only a highly pleasant and desirable state in itself, it is the entry point for the higher Levels and for your eventual meeting with the ONE, with the INFINITE. The Self is the portal to SELF: to the Kingdom of Heaven, the residence of the ONE, of the SUPREME BEING is within. Christ was very specific about this, as was Buddha and Krishna²².

#5 PENETRATION of SELF and The Road to the 5th Level, Samadhi.

Eventually, you will have your Sanctuary well established and solid. You become stiller and stiller; there must be no movement whatsoever, not of the mind, not even of your Attention itself. BE STILL AND KNOW THAT I AM GOD. You can then begin procedures of concentration and energization that take you even farther into the Self and eventually into the SELF, into the merger with ULTIMATE REALITY, with the CREATOR. These are beyond this book.

Daily Practice

It is best to establish a routine and keep to it: The routine should include time, place, and position.

Time. The optimum for starting is at least two 20-minute sessions, usually one in the morning and the other in the evening. If you can do one a mid-day, it will greatly accelerate your process.

Increasing Time: Your control of your attention is like any muscle: it gets stronger with exercise. In muscle-building, the saying is: "No Pain, No Gain". This is true for meditation also. To become stronger, meditate the time that it is comfortable to do so, not only corporally, but also mentally. At the end of your meditation, you will find your mind very difficult to control; you have a really hard time staying off the Train. When you get to that point, force yourself to meditate a few minutes longer. Thus, you are always pushing your limits and that is what makes you advance. For example, you might increase your time a minute every month. After 12 months, you would be at 32 minutes. That is a good pace.

Place: At first it is best to have a place where there are minimal interruptions and distractions. Once you have advanced, you can meditate anywhere.

²² We shall consider Krishna as the base "authority" for Hinduism, as we do Christ for Christianity, Buddha for Buddhism and Muhammad for Islam.

Position: Whatever is most comfortable for you. The idea is that your body be still and not bother you, not distract you from your Self. Your body does needs to be balanced and back straight, head centered, so that **absolutely no muscular tension** is required to maintain the position.

Common positions are:

- Chair: seated in a chair with the back straight (as opposed to a recliner).
- Half-lotus position. This is with your legs comfortable crossed. This can be without or without a pillow under your butt, and with or without leaning back against something (like the wall). Do whatever works best for you.
- Full lotus position: legs crossed and interlaced with the feet up on the opposite thigh. If this works for you fine. However, despite popular myths, it is not much used by meditators.
- Lying down does **not** work well. Your body is trained to go to sleep in this position, and fighting against that makes meditation much more difficult.
- Hands: you can put them in your lap with the fingers interlaced, or with one hand cupped inside the other (my favorite). Or you can put them on your knees. Whatever is most natural to you.

Once your body is settled, close your eyes and go into your internal space. Separate yourSelf from your mind using any of the techniques you have learned on the CD. Then transfer your attention to your CCD (of the Vipassana technique) and keep it there. When you buy a ticket, wake up as soon as possible and return to your Awareness of Self and your CCD.

Zensory Experience: You should practice Zensory Experience all the time that you are not in internal focus as above.

The first thing you must do in taming your mind is learn to stay off the Train. To understand this, let us contrast two states.

The 3rd State of Consciousness: You are riding the Train around, touring your psycanic universe, your attention pulled hither and thither by whatever catches your fancy. Thus, your BEing is not home, not centered in the ivory tower center of Awareness of Self. This is a state of “lost in thought, “gone”, “nobody home”.

The beginning, the lowest level of the 4th State. You are sitting with your body balanced relaxed and your eyes closed to help shut out the physical universe. You attention is internal, on your Self. You have distinguished between your THINK and your BEing. You withdraw your Attention from your thoughts and maintain a simple, released awareness of yourself you’re your existence. You are paying no attention to the Train. It is running in the background but you have little awareness of it.

Awareness **penetrating** Self. You increase your Will to see into yourSelf. This may activate the psychache. The Mind is silent, or very, very much in the background.

Absolutely NO thoughts. This is a mystical state that usually requires thousands of hours of high penetration mediation to achieve. No thoughts includes the ability to totally leave the physical universe as it is created by thoughts. (It is not inaccurate to say that the physical universe is thoughts in the mind of God.)

You withdraw your Attention from your thoughts and maintain a simple, released awareness of yourself, simply experiencing that you exist. You are paying no attention to the Train. It may be running in the background, but you have little awareness of it. You are not going anywhere; you are not doing anything, but just BEing fully present to your Self. Maintain this state as long as you can.