



Introduction to Psycanics

A SCIENCE OF SPIRITUALITY

By

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www.psycanics.org

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FOREWORD

Psycanics is a Unified Field Theory of life that explains ALL human experience (thought, emotions, love happiness, suffering, etc.) and ALL behavior (goals, addictions, neurosis, relationship conflicts, etc).

Psycanics is scientific: it proves its laws and principles with evidential facts and logical proofs. It is not a belief system; it eschews faith, dogmas and doctrinal authority.

Psycanics is a Unified Field Theory of existence that integrates philosophy, psychology, and spirituality into one knowledge system that creates accelerated personal change and advanced spiritual development.. It is at the cutting edge of knowledge on humanity's existence.

Psycanics is extremely powerful in permitting the practitioner to understand him/herself and others, and to be able to control his/her life and achieve the Wisdom, Power, Love & Happiness that are the ultimate motivation of all human behavior.

Psycanics is a new model of human existence, one that developed out of the mystical experiences and investigations of Thomas Michael Powell, who spent over 25 years in Oaxaca, Mexico in constant searching and philosophical evolution.

This book is a highly concentrated summary of the introductory book to psycanics science: Psycanics: A Spiritual Philosophy. As this book presents only the Principles and Law, the reader will need to consult the more advanced works for the proofs and explanations.

www.psycanics.org

Chapter 1

PRELIMINARY INFORMATION

PSYCANICS, PSYCAN, AND PSYCANIC

Psycanics is a Unified Field Theory of human existence that integrates philosophy, psychology, non-physical energy physics, and spirituality into one body of knowledge. It is a science: it proves its Laws of Life and eschews faith and belief.

As an accurate model of how life works, and as does all true knowledge; Psycanics gives you the power to understand and control your life. It is Power to you to resolve problems, eliminate all your negative emotions, pain & suffering; better your relationships; grow your self-esteem and self-love and love for others; and expand your happiness. Its central themes are your relationship with Wisdom, Power, Love and Joy.

A **psycan** is the non-physical LIFE Energy entity, consisting primarily of Consciousness, Will, (Causal Ability), and Love-Joy. Synonyms include “spirit” and “soul.” You are a psycan, an immortal Spirit, temporarily located in a physical body for the purpose of experiencing and manipulating the physical universe. **Psycanics is the study of the origin, nature, functioning, abilities and purposes of psycans.**

Psycanic is an adjective that means: of, belonging to, or related to, psycans. Anything psycanic is anything that is non-physical, which cannot be detected or

measured by the human body or physical instruments. Psychic energies/realities/things/experiences include: your identities¹, your thoughts and all the content of your mind and subconsciousness (memories, data, ideas, imaginations, dreams, knowledge, plans, goals, values, beliefs, dogmas, philosophies, religions, etc.); and all your emotions: anger, anxiety, fear, sadness, sorrow, grief, guilt, resentment, depression, frustration, desperation, etc.

Notice that the most important things in life are psychic, not physical. For example: Consciousness, Wisdom, Intelligence, Creativity, Imagination, Enthusiasm, Love, Joy, Will, Relationships, feelings, suffering, fear, depression and Happiness are all psychic phenomena. They all obey exact laws and principles, just as everything in the physical universe does. You can learn to control all the psychic phenomena within your experience.

SPIRITUAL VERSUS RELIGIOUS

I will often write the word “spiritual” as “spirit-ual.” This is to remind the reader **not** to confuse spiritual with religious.

- **Spiritual** means “related to spirit,” to a non-physical, Life-energy entity. Spirit means “Life” or the “Animating Factor” in the universe. Its prime characteristics are the Essence of Life or the Essence of BEing, which are the properties of Consciousness, Awareness, Intelligence, Will, Love and Joy.

There is only ONE SPIRIT or LIFE ESSENCE BEING that in different levels and amounts, imbues ITSELF into forms, creating the appearance of many separated, individual BEings. You are one of such BEings, an individualized, Life-Energy “particle,” a spirit, temporarily focused in a physical body. All the laws of Spirit and spirit-ual energy apply to you.

- **Religious** means “related to a registered brand name of dogmas, doctrines, and rituals about God.” A religion is a system of beliefs about God—as contrasted with a science that deals only with evidence and proof. Beliefs are the opposite of knowledge and contrary to Truth.

¹ Identities: the meaning of this highly important concept will be clear later in the text.

Most people confuse these two words, spiritual and religious, as the same thing. However, they are not only **not** the same, but are sometimes **opposites**. Something can be very spiritual and not at all religious, e.g. meditation, mysticism, telepathy. And something can be very religious and not at all spiritual, e.g. illogical dogmas and doctrines, intolerance of others of different religions, inquisitions, crusades, jihads and other “holy” wars, and terrorism, to name a few.

Psychanics is highly spiritual in that it deals with you as a spirit and how you function spirit-ually. Psychanics is not a religion and is not religious: it eschews dogmas, doctrines, faith and belief. It is a science, founded on evidence and proof.

The following ideas and explanations of text conventions are necessary to fully understand this text:

COMPREHENSION

Knowledge is Power. Comprehension is Knowledge.

Never proceed beyond a word or idea that is not completely clear to you. Misunderstandings and confusion snowball, as each basic idea not understood impossibilitates the understanding of the following ideas that build up the previous ones. To continue reading beyond a misunderstood word is to guarantee increasing difficulty and eventual total failure in understanding any text.

Whenever you do not understand something, the problem is one or more misunderstood words in the idea. You are studying a science and it has a precise terminology. You will find a **free Dictionary of Psychanics** at www.psychanics.org. You will need it and an English language dictionary.

NEVER PROCEED BEYOND SOMETHING YOU DO NOT UNDERSTAND FULLY.

STOP and CLEAR the meaning of the words in the sentence and only proceed when the meaning of the sentence is clear.

GENDER

Where a sentence includes both or either gender, I use these dual gender forms: **s/he** for she or he; **hir** for him or her; **hirs** for his or hers. E.g.: Whoever fixed that; s/he is very intelligent, but s/he left behind hir tools.

ACRONYMS, ABBREVIATIONS, SYMBOLS, FORMULAS & EQUATIONS

Psychanics has many acronyms, abbreviations and symbols: PIRs, NIRs, RespExp, neg emo, EmoLoveJoy, Rxx, Perxx, UPS, to name a few.

Examples:

- “→” means “Causes or Produces.” Example: “BE→FEEL” means BE causes FEEL.
- “UPS” means **U**nhappiness, **P**ain & **S**uffering. (Memorize this one: you will see it frequently.)

Each is a symbol to be learned and connected with its concept. These are listed in the free Dictionary of Psychanics, www.psychanics.org.

POLARITIES AND THE SYMBOL + / -

Many of the most important phenomena of existence, and therefore in psychanics, are **Polarities** (as explained in the text). When the concept of **Polarity** is important to the term being discussed, the symbols of + / - will be added before or after the word.

Examples:

- “**Emotion+/-**” This means “both positive emotions and negative emotions,” or “any emotion whether positive or negative,” or “the entire Emotion Polarity Scale from lowest negative to highest positive.”
- “**Love+/-**” means both positive love and negative love. (The concept of negative love will be explained in the text.)

The term "anti" may be used to express the negative polarity, for examples:

- “The concept of Power+/- includes +Power and AntiPower.”
- “The negative polarity of Love is AntiLove.”

WORD EQUATIONS

You will often see two or more words with an equal sign between them, and all the words underlined to group them into that thusly-created word equation. The equal sign between the words means that the underlined words share the same concept; or one thing is included in the other, or they are in some way highly related as to meaning.

Underlined word equations connect or unite different words that refer to the same phenomenon. This is extremely important to full conceptual comprehension.

Three examples of word equations:

- 1- Negative emotions = MODs = activations = resistance = AntiLove = UPS
- 2- Consciousness = perception = feeling = experience = knowing
- 3- Emotions+/- = Love+/- = Happiness+/- .

In each example, these words appear to be different phenomena, but they are really all the same thing. In many cases, it is unfortunate that we have different words for the same thing as this has prevented real understanding of the phenomenon.

When studying, until you understand why and how the equation-linked phenomena are all the same, you have not understood any of them fully. Any time you do not understand why the equal sign is there, why and how the terms are intimately related, you do not have full conceptual understanding in the area.

Make sure that you understand the sentence with each of the words individually and with all the words together. At first, word equations may feel a little awkward, but you will soon get used to it and eventually appreciate how they add to your understanding..

WORDS IN ALL CAPITAL LETTERS

1. All words referring to that indefinable FIRST CAUSE beyond human comprehension are written in all caps; and there are many. Examples include: INFINITE, CONSCIOUSNESS, INTELLIGENCE, LOVE; WISDOM, CREATOR, CAUSE, WILL, POWER, ENERGY, ESSENCE, SPACE, the ONE, the ALL THAT IS, IT, the EVERYTHING-NOTHING, TAO, SOURCE, ESSENCE, etc. Pronouns referring to IT are also capitalized and will usually be dual gender: S/HE, HIR, ITSELF, etc.
2. The elements of the Causal Sequence, BE→FEEL→THINK→RELATE→DO→HAVE, are always written in all caps to make sure that the reader recognizes that we are referring to elements of the Causal Sequence. This rule includes their derivatives such as BEing, FEELing, FELT, RELATEing, RELATIONS, DOing, DID, HAVEing, HAD, etc. When you see any of these words with capital letters, remember to add in the entire concept of the Causal Sequence and of that element of the Causal Sequence in particular.

3. BAD and TRUTH are written in all caps to remind the reader of their total concept and the extreme importance of those concepts to human existence. As an example of such importance: BAD is the only entry point to AntiLove; **it is the only cause of all pain and suffering**. This book introduces the concept of BAD; its totality is explained in the book The Fundamentals of Psychanics.
4. Your BEing consists of all your IDentities. IDentities are written in capital letters: for example: I AM ABLE; I AM INTELLIGENT; I CAN DO IT. The purpose is to insure that the reader recognizes that these are IDentities and that all the laws of IDentities apply. Like BAD and the Causal Sequence, IDentity is a crucial concept in Psychanics.
5. The first time a technical term of the psychanics terminology is introduced in the text, it may be written in capital letters for emphasis: e.g. ACTIVATION. It will also be defined at that point.

CAPITAL FIRST LETTER ONLY

Words with a capital first letter refer to the entire psychanic concept of that phenomenon. The major psychanic concepts are usually so complex and extensive that they require multiple chapters, even entire books to explain. Examples of such major concepts include: Love, Power, Cause, Space, Polarities, Responsibility, Fatal Paradigm, and Victim. IDentity and SPace are written with the first two letters capitalized that are also their abbreviations: ID and SP. Each of these concepts is a major and important concept in psychanics and the first letter is capitalized to help the reader remember this when s/he see the term.

When a word is written without a first capital letter, it is used in the normal English sense of the word.

Chapter 2

YOU ARE A PHILOSOPHER

You are a philosopher. You are a philosopher whether you know it or not, and whether you want to be or not, and whether you like it or not. **YOU have a Philosophy of Life²** (includes religions for the moment); one that addresses most, if not all, of the 12 Great Questions. (You will find the 12 Great Questions in the Appendix and at www.psycanics.org; see if you have answers to most of these questions—no matter what the answer is or where you go it. If you do have an answer, you are a philosopher as we prove in the main book, [Psycanics: A Spiritual Philosophy](#).)

The purpose of a philosophy is to guide you to understand your existence so that you can live the “good life” and so be Happy. The ultimate purpose of all philosophies and of all religions is your **Happiness**. This can be seen and proved by: 1- examining the nature of philosophies themselves; 2- by reference to the Law that “The only motivation of all human behavior is one's own happiness”³; and 3- through understanding the Causal Sequence and the IMPERATIVE. **The purpose of all philosophy in general and yours in particular, is happiness.**

² Philosophy and religions address the same questions. The difference is that philosophy uses evidence and reason for its conclusions, while religions claim divine revelation. Here we include religions within the concept of philosophy.

³ This Law is proved in the main book, [Psycanics: A Spiritual Philosophy](#)

What you—and every other humbe (human being), without exception—seek in life is **YOUR** happiness. **Human beings are universal in what they seek:** their happiness. What varies is where and how they seek it—and this is determined by their philosophy/religion.

Your Philosophy of Life is the most important thing in your life because it is your Magna Carta, your “Operating System” on which all of the rest of your THINKing→DOing is based. It is the basic programming that guides your DO (actions), and so ultimately **determines your goals, success and happiness** in life.. In fact, your philosophy even defines for you what “success” is, an answer that varies greatly from person to person.

If your philosophy is not an accurate model of what life is and how it works, it cannot fulfill its purpose of guiding you to your happiness.

Observation of the lives and experience of most humans makes it clear that most people's philosophies do not work. Their lives are filled with problems, conflicts, emptiness, dissatisfaction, and the negative emotions = UPS⁴. Most have addictions to food, alcohol, tobacco, drugs, emotional dependencies on other people and on things; millions use tranquilizers and barbiturates.

The most common kind of pseudo-philosophies on the planet are the religions: few of these contain any TRUTH, and certainly do not work to bring Love, Happiness, peace or abundance to self or the planet.

⁴ UPS: Unhappiness, emotional Pain, & Suffering: the opposite of Happiness, Love & Joy.

Chapter 3

HAPPINESS

Our next questions are: Given that the purpose of our philosophy is happiness: **What is Happiness?** And then: **What causes Happiness?** We certainly can't expect to produce much happiness in our lives if we do not know with total precision what it is, and what causes it.

We established that Happiness⁵ is a state of positive experience, especially Joy, ALL THE TIME⁶. We proved that Happiness is ALL THE TIME or that the condition of Happiness does not exist for that person. Just as health or wealth are not existent if at one moment you are healthy/wealthy, and the next moment you are sick/poor; Happiness **is not** if at any moment of your life you are unhappy or in emotional pain or suffering. If you live bouncing in and out of the negative emotions = UPS⁷, then you do not qualify for our (admittedly high) standard of "Happy."

The negative emotions include: hostility, anger, anxiety, worry, fear, shyness, terror, sadness, sorrow, grief, frustration, desperation, guilt, resentment, hate, despair, depression, to name a few. If you live experiencing **any** of these more than extremely rarely (more than once or twice a year), you do not qualify for the condition of Happy.

⁵ Remember that the first letter capitalized means that the word refers to the entire definition and concept in psycanics, which in this case of the concept of Happiness includes ALL THE TIME.

⁶ This is **proved** in the main book, Psycanics: A Spiritual Philosophy, of which this book is a summary

⁷ UPS: abbreviation for **U**nhappiness, **P**ain & **S**uffering. Remember "UPS" as you will see it used frequently in psycanics.

Very few humans ever reach a state anywhere near Happiness. Almost all live with frequent activations, even daily, of their negative emotions. Those who have learned to suppress their negative emotions pay the price of living in a grey, neutral state without much experience of love or joy: likewise, not Happiness.

We next saw that happiness is **purely emotional**. We showed that happiness is never the events⁸, but how you FEEL = your emotions during, about and after the events. People struggle in life to control events, to control externals⁹, but what they really seek is the FEELing involved. People seek to stop negative events to avoid or stop emotional pain. They seek to cause positive events to produce in themselves fleeting moments of good feelings (called MOPs; Moments of Pleasure—not real Happiness as they always pass).

The blessing here is that **you do not have to control events to be Happy**—that is impossible anyway—you **only have to control your emotions = FEELings**. If you had to control events to be happy, there would be no hope for Happiness, as no one who has ever lived, no king or emperor even, has had enough power to control events. **Controlling your emotions, on the other hand, is totally within your power *when you know how*.**

We then proved that the events themselves are **never** cause of your emotions. Different people will FEEL differently, even oppositely about the same event (see our pet cobra example in the main book). This violates the Laws of Cause & Effect. A supposedly same “Cause” producing widely varying Effects is scientific proof that that event is not the Cause of those Effects. The fact that humans generate such differing emotions about the same external events proves that events are not the Cause of the internal emotions.

Events never cause your psycanic¹⁰ experience, ever.

⁸ Event: A technical word that means any of these: any occurrence, arrival, departure, change of any thing or person; any situation or circumstance, any object or energy, any person, any person’s words or actions. The word “event” in psychanics is very general and refers to anything occurring or existing, usually in the physical universe.

⁹ External: short for External Events: an external is anything outside of the BEing: see the definition of “event” above.

¹⁰ Psycanic experience: your mental and emotional perceptions and feelings

Therefore:

#1- Events are never the cause of your UPS in life: nothing external to you EVER causes you to suffer; and

#2- No kind or amount of events can ever make you Happy. Nothing you DO or HAVE in the external world will ever make you Happy.

As regards #1- People waste their time and energy trying to avoid and stop events to avoid pain: This is a waste of time because:

A- Events are not the cause of your pain; and

B- Because there will always be new events you can't control (the death of a loved one, the loss of money or a job, etc). If it were necessary to control external events to avoid pain and suffering, you would never be able to avoid them and would never be able to be Happy.

As regards #2- People waste their time and energy trying to produce positive events and to get and hoard things to be happy.

A- To begin with, you often don't get what you want in life: this is painful. Or you do get it eventually, but suffer a long waiting period.

B- But even if you do get what you want, no amount of power or things can ever make you Happy. Notice that there are many people who "have it all" and are intensely unhappy. (Hollywood and the sports world are famous for mega-successful but unhappy people and their antics including substance abuse.) Getting what you want can only give you Moments of Pleasure (MOPs) and **these always pass**. They are not true Happiness; they do not last, and you will never be able to get enough of them. You will always be on the merry-go-round of **more** and **MORE** and **MORE**—as so many people are.

This waste of time and energy trying to control externals to be Happy (as opposed to learning to control the true, internal mechanism of Happiness) is called the External Quest. The External Quest is all struggle and effort to control the external world to control our internal psychanic experience = our BE-FEEL = be Happy. The ways the human being blindly runs through life Questing externally are legion: the entire list of negative human behaviors, as explained in the main book.

The External Quest is impossible and doomed to failure.

Nobody who has ever lived has ever won Happiness in the External Quest. Nobody who has ever lived has had enough power to control adequately the external world to eliminate all negative events, or maintain himself in continual stream of positive events.

As long as the mechanism that causes your negative emotions continues to exist in your subconscious, you will continue to suffer in life. In the External Quest, you continue to live bouncing in and out of negative emotions, a condition that is a specifically excluded from our definition of Happiness. The External Quest is impossible and makes people compulsive and neurotic. Nevertheless, almost all of humanity is lost in it.

This brings us to the question: **“Given that external events do not cause our psychic experience, our Happiness or Pain¹¹, then what does?”**

Obviously, it must be something internal to each individual—there is no other possibility—but what is the mechanism?

¹¹ Pain, in psychanics, always means emotional pain unless physical pain is specified.

Chapter 4

POLARITY

In seeking to understand the causes and dynamics of Happiness—which requires the understanding of Life itself—we must start with an overwhelmingly important phenomenon: **Polarity**. Most of the important factors that control life = experience are Polarities—including Happiness+/- itself.

It is impossible to be Happy without understanding and respecting the Laws of Polarity. The human being who does not understand and respect the Laws of Polarity will suffer and will not be able to stop hir suffering—guaranteed.

A Polarity is an idea or concept (for a kind of experience <> as opposed to the experience itself) that is “pulled apart,” s t r e t c h e d, into two opposing directions or poles.

This creates a scale or spectrum of possibilities of experience between those poles. The poles, and their respective halves of the total spectrum, are called generically “positive” and “negative,” especially when one side is more desirable experientially than the other (e.g. rich<>poor, healthy<>sick). A good example is the Temperature Polarity, with the poles of hot and cold, and the spectrum, all the gradients, of temperature between the two poles.

One of the Laws of Polarity is that you cannot have one pole (e.g. the positive side) of a polarity without having the other (negative) side. One pole (and/or one half of a polarity spectrum) cannot exist without the other. It is both or nothing.

Similarly, you cannot define the position of any experience on a polarity spectrum except **relative** to another point that can serve as a pole. This is the phenomenon of **Relativity**.

Another of the Laws of Polarity is that **you can know and appreciate one side of a polarity only to the extent that you have known the other side**. Furthermore, you must refresh your experience of the other polarity (negative) occasionally to maintain awareness and appreciation of the one you like most (positive). For example, if you are always in a warm room, you lose consciousness and appreciation of that. To revive your experience and appreciation of warmth, you must go out into the cold awhile. Understanding Polarity is critical to understanding what you are as a Spirit, and to understanding why you exist and how life works

The Laws of Polarity, and of Games and Drama¹² (which are dependent on Polarity), are the reasons why you are here on Earth being a human being. You have descended from ESSENCE into AntiEssence¹³ to have the adventure (experience, game, drama) of ascending again into ESSENCE, now with full awareness and appreciation of Who You Are (ESSENCE). **That awareness and appreciation of ESSENCE is not possible without your occasional visits to AntiEssence.** (Besides, you get bored with being ESSENCE = perfection all the time and so go out into the Cosmos looking for a little action.)

Life is the play of opposites, and the play between opposites.

One of the importances of understanding Polarity is that **Life is a Polarity**, and therefore both sides are essential for either to exist. **All your UPS (Unhappiness, Pain & Resistance) is resistance—and only your resistance.** If you are ignorant of psycanics, you will tend to resist one side or the other of the many Polarities in Life. Such resistance is foolish as:

- 1- It is to resist Life itself as it is and as it must be (i.e. resist Reality);
- 2- Resistance Causes Persistence; and
- 3- Your Rxx¹⁴ is your ONLY UPS in life.

¹²**Game:** technical term: the effort to overcome an obstacle to reach a goal. Everything in life is a Game, including life itself. **Drama:** technical term: maximum experience or feeling produced by exploring and pushing the limits of a Polarity. These terms probably require much more explanation than space here permits. However, it is impossible to understand life without understanding them. See the advanced texts.

¹³ ESSENCE<> AntiEssence: The main Polarity of Life. The fundamental ENERGY of LIFE= SPIRIT = BEING. They are Consciousness, Intelligence, Will, Cause, Power, Value and Love-Joy. AntiEssence is negative Polarity of ESSENCE, necessary for ESSENCE to exist. “God” is ESSENCE; humanity is dramatizing AntiEssence. You must read the main text to understand this as it is too long to explain here.

¹⁴ Rxx: abbreviation for Resistance.

By resisting events (with your negative emotional energy), you generate your pain and suffering in life. And if what you are resisting is one side of a Polarity (being poor, events that “should not be,” BAD things, to give three examples); then you are resisting Life itself as IT IS (resisting REALITY); and as **it must be** for the other pole (rich, what “should be,” and Good, in these examples) to exist.

What you most resist, and is most deadly to resist, is your Self in the AntiEssence IDentities. This generates self-AntiLove, and that is the only pain and suffering that exist. (This is far too long to explain here; you must read the main text.)

CHAPTER 5

REALITY

REALITY

What you do in life is try to control reality; to get everything to be as you want it to be. To control reality, to reach Happiness, you must first understand it: few humans do. Above all, you must understand the distinction between psychic realities and physical realities.

Everything that exists is made of an underlying, transcendent **INTELLIGENT ENERGY**. This **ENERGY** field underlies and permeates all that exists, and **forms itself into the almost infinite variety of things that we perceive**. Think of each thing (each reality) as a knot tied in a bed sheet (the **INTELLIGENT CAUSAL CREATOR ENERGY field**).

All things that exist are forms, modulations, and agglomerations of this **ENERGY**, resulting in waves and objects of many kinds, frequencies and densities. Each form, wave, thing or object is called a **reality** in psychics. Anything that exists is a **reality**: a wave form or object made of energy. Realities can be physical or they can be psychic (thoughts & emotions, for example).

CREATION

All realities are creations: somebody sometime created them. You are a Creator of your realities, and can discreate anything you have created. **Understanding how you create and can discreate your realities is the secret to Power, Love & Happiness.**

TWO UNIVERSES

You are a non-physical Life Energy entity, a spirit, a psycan, concurrently but temporarily residing in this physical universe. You exist, and create and experience realities in two universes at the same time: the physical universe and your personal, **psycanic** universe. Your psycanic universe consist of all your non-physical = psycanic realities, such as your identities, thoughts and emotions. Each of these is an energy form, wave or object. **Each of these is a psycanic creation = psycanic reality, causing you psycanic experience.**

EXPERIENCE¹⁵

Your **EXPERIENCE** is the only thing that exists for you. Your experience is your perception, feeling and knowing of realities. Something exists for you, and you know something **ONLY** to the degree that you experience it—either directly, or through experiencing (reading) the experiences of others. **The ONLY motivation of all human behavior is to control Experience.**

Realities operate Cause-Effect. **All your experience, both physical and psycanic, is the Effect, the impact, of the corresponding realities on your Consciousness.**

Realities Cause Experience; Experience is the Effect of realities.

You are a Creator of Realities, especially your psycanic realities (thoughts and emotions, for example). You are therefore the Creator of your Experience.

You are a psycan: Your psycanic realities are your Creations.

You are the Creator & the Experiencer of your realities.

However, creating realities and experiencing them is only 2/3 of the equation:

What you have created, you can discreate:

No creation is greater than or beyond its creator.

Realities Cause Experience.

**When you are experiencing anything that you do not want to experience,
you can find and discreate the underlying, causal reality; and
thereby end that experience.**

This is done with CDT: Creation & Discreation Technology (formerly PEP).

¹⁵ Major concept in psychanics, but not really explained in this short book. See advanced texts.

Chapter 6

TRUTH

There is a huge difference between reality and Truth.

A reality is anything that exists, physical or psychic. Psychic realities include all the emotions, and ALL thought-energy forms: memories, data, knowledge, ideas, mental images, visions, values, goals, dreams, **opinions**, Good-Bad =Should/Should Not **BE**, programs, paradigms, beliefs, doctrines and dogmas, etc. **Everything anyone ever thinks, says or believes is a reality. Relatively few of these realities are TRUTH.**

Humans are creators of psychic (mental) realities (and physical ones, but we are here interested in the psychic ones). Realities are a nickel a million. Every mind, every day, generates about a 200,000 realities such as thoughts, ideas, opinions, programs (should/should not Be's→BADs), ruminations, beliefs, likes and dislikes, emotions, religions, dogmas, doctrines, etc. Some of them are saved, deliberately or not, in the subconscious. Study, for example, packs the mind with thousand of data realities. Every human being has millions of mental realities, both conscious and subconscious. **Relatively few of these realities are TRUTH.**

TRUTH is the degree of demonstrated correspondence between a reality and a statement about that reality.

Thus TRUTH¹⁶ is any statement about a reality that is **proven, demonstrated** to be correct and accurate description. If the correspondence, the accuracy, is not proven, not demonstrated, then the Truth is not known to exist, and the statement is not and may not be labeled TRUTH.

TRUTH exists **ONLY** when there is a proven correspondence between the reality and the statement. A statement can receive the **CERTIFICATION, the GUARANTEE** of **TRUE** only when the correspondence is demonstrated to the satisfaction of all rational beings involved. Any failure to demonstrate correspondence means that the statement does not fulfill the condition for a **Certification of TRUTH** and may not, in Truth, be so labeled.

A failure to demonstrate correspondence = Truth is in no way mitigated by the fact that the reality is not available to show correspondence. If there is no reality to measure, then the TRUTH cannot be known and may not be certified. Any reality that is not proved TRUTH is NOT TRUTH (or MU—see advanced texts).

BELIEF: A belief is statement about a reality to which the holder has awarded the label of Truth **arbitrarily, without proof** of its correspondence to the reality.¹⁷ Because a belief has been falsely assigned the label of TRUTH, all beliefs are NOT TRUTH, and the holder of the belief is lying to himself (and others) when s/he calls that TRUTH.

TRUTH is sacred in psychanics. Belief is a dirty word in psychanics. You either **know** something (know that correspondence exists and therefore the datum is TRUE), or you know that you don't know the TRUTH of the matter, in which case you know that it is a reality and NOT TRUTH.

¹⁶ Knowledge is a synonym for Truth.

¹⁷ Note: “Belief” contrasts with “Knowledge” in psychanics. You either know something, know that it is TRUE; or you know that you have no correspondence and therefore you don't know TRUTH, which is the condition of NOT TRUE. You hold as TRUE only those things which are truly TRUTH. Anything else goes into the NOT TRUE bin. If you have any beliefs, you **know** that they are beliefs and not TRUTH—at which point they are no longer beliefs, but realities.

All science (and philosophy) MUST work ONLY with TRUTH, never with belief, or TRUTH gets totally lost. For example, a mechanic who *believes* that this or that is wrong with your car, instead of really checking and finding out (TRUTH); is going to do a lot of things to your car (\$\$\$), but it will be happenstance if s/he actually fixes it.

Religions are one of the many violators of TRUTH on the planet as most of the things they assert have no evidence whatsoever. Likewise with a lot of advertising claims.

In addition to their importance in philosophy and in creation and discreation, the concepts of Reality, Truth, Knowledge, and Belief are also very important in communication and relationships. When you understand that people speak their realities and rarely the Truth, you no longer need to fight with them for the Truth. This eliminates many arguments and conflicts.

To achieve Happiness, you must be able to distinguish between reality and TRUTH, especially as regards your own mental creations = realities. Most people are not able to do so.

In the next chapters, we are going to examine a case of how this failure to distinguish causes so many problems and so much pain on this planet.

Chapter 7

SHOULD NOT BE = BAD, AND RESISTANCE

The first kind of created-by-people-**realities** that we look at in the main book is the **SHOULD BE<> SHOULD NOT BE Polarity**, which is intimately linked with the **Good<>BAD Polarity**. They are so closely linked, that for practical purposes, we can consider them the same thing.

Your ideas of what **should** and **should not BE** are called your **Programs**. Any thing that violates your Programs of how something **should or should not BE** (or FEEL, THINK, DO, HAVE), you will **label BAD**.

The problem with BAD things is you will **resist** BAD events with negative energy to stop, change, punish or destroy them. Your negative energy against BAD starts **with your negative emotional energy**. You can activate your negative emotions only in the presence of something **BAD = should not BE**. **Your negative emotions, generated against something BAD, is the ONLY UPS** (Unhappiness, Pain & Suffering) **that exists**. You ONLY suffer in the presence of something BAD, and you only suffer because YOU are resisting that BAD thing with your negative emotions. **THIS IS THE ONLY CAUSE OF UPS in life**.

You love = generate positive energy about that which is “Good” and therefore **should be**. **That love is the ONLY happiness that exists**.

We proved that YOU are the SOLE Creator of your REALITIES of should/should not BE = Good<>BAD. You are the SOLE creator of BAD (events, people, things) in your world.

We proved that there is never any objective reality of BAD in anything. There is no and can never be an objective quality or measure of **BAD**, and so can never be any

correspondence. Ergo, Good-BAD is never TRUTH. All your programs, your ideas of should BE<>should not BE, of **Good-BAD**, are merely your opinions, your realities, and not True. You can never know the TRUTH of how anything **should be** or **should not be**¹⁸—particularly other people. You can only know **What Is**. Should not be = BAD are realities and never Truth.

We proved that should not be = BAD does not exist outside of your mind and is only by your creation. Your realities = programs of should/should not BE & BAD are illusions, delusions. They are your **hallucinations**.

You are the SOLE generator of your the negative emotions as a result of your creation of BAD (as we show in the main book). Ergo, you are the SOLE creator of your UPS in life—and you create it because of a hallucination!

Furthermore, most of what you resist is one side of a Polarity and therefore something **essential** to the existence of that Polarity and its positive side—and therefore to Life itself. For example, you resist your negative emotions, but without negative emotions = pain, there can be no positive emotions = happiness. To resist anything is to resist the TRUTH of What Is, and that is to resist Life as IT IS and MUST BE. This is AntiWisdom = foolishness.

Your creating the **thought-emotion Sequence** of Should Not BE→BAD→Rxx→ Perxx→ UPS¹⁹ is foolish as:

- 1- It is to resist Life itself as it is and as it must be (i.e. resist Reality);
- 2- Resistance Causes Persistence of that which you resist (especially your own neg emo = UPS)²⁰; and
- 3- Your Rxx²¹ is your ONLY UPS in life.

¹⁸ Unless you are looking at a broken machine and have diagrams and schematics of how it should be to work. Life doesn't work like that.

¹⁹ This reads: Should Not BE triggers BAD that triggers Resistance that Causes Persistence (Perxx) of that which is resisted; and which Resistance is Unhappiness, Pain and Suffering.

²⁰ Neg emo: negative emotions, the only UPS that exists.

²¹ Rxx: abbreviation for Resistance. Perxx: Persistence.

To change your negative emotions to positive emotions, you must understand **EmoLoveJoy**²², where it comes from, and how to discreate and create your psychic realities. **Your resistance to your negative emotions only causes their persistence and more UPS for you.**

BAD is something you create, project and “paint” onto reality, and thereby distort it and lie about it. **BAD/Should Not BE** are worse than mere illusions or mirages; **they are self-created delusions; they are hallucinations.**

Wandering around out-of-touch with reality and lost in hallucinations (should not be & BAD to name two; there are many more) are the traits of an insane person. Is it not a frightening thought to realize that most of humanity is certifiably insane?

Furthermore: No one has ever done anything BAD or wrong **from their point of view at the time of the act.** (When you contradict this sense of right and goodness, you will get a conflict.)

In summary,

YOU are the SOLE Creator of (your realities of) Good-BAD and thereby of your pain or happiness.

**Your UPS in life is never the events,
but rather your RESISTANCE to events
that violate your Programs of what Should Not BE = is BAD.**

Your Rxx = UPS is triggered by your own Creation of BAD, not by the event.

Should Not Be → BAD → Resistance → UPS & Persistence

You think you resist events because you *think*
they **cause** your resistance = UPS
something we have proved is not so.

**What you *really* resist is not the events, but
your “BAD” AntiEssence IDentities that
you activate in relation to those events.**

²² EmoLoveJoy: Emotions = Love = Happiness, explained in the next chapter.

Whereas:

A- your negative emotions are the only UPS that exist in your life; and

B- you can activate them only in the presence of something BAD:

It is impossible to suffer in the absence of BAD; and

C- you are the sole Creator of BAD;

all you have to do to stop your UPS is stop creating BAD / Should Not Be.

You are the sole Creator of BAD. STOP IT!!

The solution to creating BAD is to be Space.²³

Nothing is Good or BAD,

and everything has

Characteristics, Prices & Consequences.

Wisdom is the ability to foresee the consequences of your actions.

Accountability is that part of **Cause, Responsibility²⁴ and Love** wherein you respond for and repair the negative consequences of your actions.

Responsibility and Love do not exist without Accountability.

The consequence of saving people from the consequences of their follies is to fill the world with fools.

Never save your children from the consequences of their actions if you wish them to grow up Wise, Responsible, Effective, and Love-ing. (See the main book.)

²³ S**P**ace is a major concept in psychanics, one of the 3 fundamental forces of the Cosmos, and part of ESSENCE. The concept is too big for this book and will be found in the advanced texts.

²⁴ Responsibility is spelled with an "a" in psychanics when it refers to this all-important major concept of psychanics.

The Should/Should Not BE→BAD Polarities are the catalyst for the **EmoLoveJoy+/-²⁵ Polarity**, which is the Self-Love=Happiness <> AntiLove = Resistance = UPS Polarity. (We will see this in a coming chapter.)

Next Three Chapters:

What you most create **SHOULD NOT BE = BAD** about is
your SELF in your **ANTI ESSENCE IDENTITIES**.

Your negative emotions = AntiLove for Self for BEing in AntiEssence IDentities is the ONLY UPS that exists-

Your positive emotions = Self Love for BEing Essence IDentities is the ONLY Happiness that exists.

²⁵ As proved in the main book, Emotions, Love and Happiness are Polarities and are all the same thing, the same energy; a fact which we represent with the word EmoLoveJoy+/-.

Chapter 8

YOUR BEING

WHAT ARE YOU? WHO ARE YOU?

ESSENCE

Observing the universe, it is obvious that there is a CAUSAL ECTROPIC²⁶ LIFE FORCE acting in and on matter. This LIFE FORCE, often called “God,” distinguishes matter into many elements, organizes the elements, and has them cooperate with each other producing life organisms (i.e. bodies). And then it uses the bodies to experience and manipulate the physical universe²⁷, thereby expanding the Creation from within.

This FORCE, IT, displays the qualities of **Consciousness = Awareness, Perception & FEELing, Cause, Will, Creator, Intelligence, Wisdom, Value and LoveJoy (among others)**. These are characteristics of BEing, of LIFE entities. (Life is a spectrum of these qualities along a gradient or spectrum from rock to plant, animal, human, to higher BEings, and finally to the **SUPREME BEING = INFINITE LIFE FORCE**.) We call these qualities the **ESSENCE of LIFE** or the

²⁶ Reference to the Ectropy<>Entropy Force Polarity in physics. Ectropy is the force that increases organization and energy (i.e. life). Entropy is the force that works against Ectropy to decay things into minimum energy and into homogenization: death, mud, dust.

²⁷ This is a very brief presentation of a large concept. See the main text.

ESSENCE of BEING and abbreviated them to **Wisdom, Power, Value, and LoveJoy: WPVLJ.**

The LIFE FORCE ESSENCE BEING, to experience and know ITSELF, operates as a **Polarity**. One pole of the LIFE FORCE ESSENCE BEING performs as **Cause** (in the Cause-Effect Polarity) and acts on the other, “created,” parts of ITSELF (the universe) that is the **Effect Pole**.

The **CAUSAL** part of the **LIFE FORCE** acts to “pull” things “up” into ever higher levels of Life: of energy, differentiation, order and organization: this is called **ectropy**. Another part acts to pull ITSELF “down” into the lowest possible energy and homogenization states: this is entropy. Thus, we have a basic polarity of existence: **Ectropy-Entropy/Life-Death/Order-Chaos/Distinction-Homogenization**.

Another extremely important Polarity of the LIFE FORCE BEING is ITSELF that manifests in the **ESSENCE-AntiEssence Polarity**. Because of the Laws of Polarity, part of IT must go “down” into minimum ESSENCE = AntiEssence = minimum intelligence, knowledge, wisdom, will, cause, power—so that the other Part can BE-FEEL the opposite: ESSENCE. You, as a (human) being, are currently in the AntiEssence Polarity—whence all your problems and pain in life.

AntiEssence is any creation of Self, any identity, any “I AM,” that denies or counter-creates ESSENCE and so blocks or suppresses the awareness and experience of ESSENCE. The three main kinds are AntiWisdom, AntiPower, and AntiValue. These statements that so create you are called IDentities, and the negative ones are NIRs: Negative Identity Realities.

Examples of Anti Essence IDentities = NIRs

AntiWisdom NIRs = IDentities = BE	AntiPower NIRs = IDentities = BE	AntiValue NIRs = IDentities = BE	AntiLove <u>Emotions = FEEL</u> rather than BE
I can't learn (It's hard to learn.) I am dumb. I am stupid. I am ignorant. I am unwise. I am not smart enough (less smart than others).	I am powerless. I can't do it. I can't get it. I can't control. I am unable. I am incapable. I am a failure. I am weak. I am a coward.	I am less than. I am not good enough. I am unworthy. I don't deserve. I am BAD. Nobody loves me. I am alone.	Anger Fear Anxiety Sorrow Grief Desperation Guilt Resentment Hate Depression

As a human being, you are an immortal spirit currently dramatizing the AntiEssence IDentities: There are many ways to express the AntiEssence IDentities, but the concept is always AntiWisdom, AntiPower, or AntiValue. ALL negative emotions are self-AntiLove for BEing in one of the IDentities—there are NO exceptions to this rule. The purpose of CDT (Creation & Discreation Technology) is to discreate these IDentities permanently from your subconsciousness, so that your Essence shines forth once again.

People come from ESSENCE, are a part of ESSENCE, and are ESSENCE: ONE fire, many candles. Thus, the Essence of your BEing is the same as that of the SUPREME LIFE FORCE BEING: Wisdom, Power, Value, SPace & LoveJoy. We truly are made in the “image and likeness” of the SUPREME BEING.

A **human** being is a psycan (Spirit BEing) deeply embedded in AntiEssence Realities (IDs). The psycan counter-creates hir ESSENCE with BE’s of AntiEssence for the purpose of suppressing the consciousness, knowledge, and experience of ESSENCE²⁸. Thus s/he can descend into AntiEssence reality to have the Great Experiential Adventure Game²⁹ of playing in and exploring the cosmos, all the while ascending again to ESSENCE.

The ascent back to ESSENCE is the Existential **IMPERATIVE** of your existence; the ultimate motivation of all human behavior. The descent into AntiEssence is necessary (by Polarity) to refresh the experience of ESSENCE. It is all part of the GREAT COSMIC POLARITY GAME DRAMA in which you are engaged.

AntiEssence is any creation of Self, any IDentity, any “I AM,” that denies or counter-creates ESSENCE and so blocks or suppresses the awareness and experience of ESSENCE. These individual creations of Self are realities and identities called NIRs: Negative Identity Realities. They are **identities**; they are **creations**, they are **realities**, and they are the **negative half** of the ESSENCE Polarity, and each one is itself a Polarity: all these concepts and their Laws apply.

The opposite polarities of AntiEssence are the Essence IDentities, called PIRs: Positive Identity Realities. These are declarations of Self that affirm ESSENCE, that affirm Wisdom, Power, Value and LoveJoy.

²⁸ This may require additional information about AntiEssence available in the main book to be comprehensible.

²⁹ Game: the effort to overcome obstacles to reach goals. To have Game Conditions, you **must** limit Knowledge (Wisdom) and Power. Note how limited the human being is in these qualities; just above animal and light-years below the SUPREME BEING.

**NIRs are the root cause of all human problems, conflicts,
all neurotic and psychotic behavior, and all UPS.**

They are the true enemy of humankind. Each humbe must eventually confront and defeat them by discreating them and so liberating once again hir ESSENCE. **Their elimination will restore PIRs (Essence) and transform this planet into a dynamo of ESSENCE, of Wisdom, Power, Love, Justice and Abundance for all.**

The compulsion to first escape AntiEssence = NIRs, and then to climb the Essence Polarity Spectrum back to ESSENCE is the ultimate motivation of all human behavior and effort: It is the **Existential Experiential Imperative**.

Chapter 9

ANTI-ESSENCE

The **sum total** of the **AntiEssence IDentity reality masses** that suppress your remembrance and experience of your ESSENCE is called the **Essence Suppressor Mass (ESM)**. All your UPS in life is an activation of this ESM, in the form of activations of individual NIR Masses.

The Essence Suppressor Mass is made up of thousands of NIR Masses. A NIR Mass is a NIR (an Anti-Essence IDentity), “painted” BAD (I **should not BE** that) and “encased” in a mass of **self-AntiLove resistance = negative EmoLoveJoy** energy.

Abbreviated, a NIR Mass is: **NIR + BAD³⁰ → Self AntiLove = UPS**.

NIR Masses activations are the underlying cause of all pain and suffering and of all negative behaviors (addictions, compulsions, neurosis, AntiLove to other, relationship conflicts, etc.

**The NIR Masses are the world’s ONLY source of ALL UPS,
and of all compulsive and neurotic behavior.**

There are three basic “flavors” of NIRs: AntiWisdom, AntiPower, and AntiValue, all of which when **BADed** (AntiSpaced³¹), will be accompanied by **AntiLove = negative emotions**.

³⁰ BAD: personal creation = opinion = judgment that something or someone is BAD—in this case, your creation that you are BAD, for BEing a NIR. BAD, you will remember, is always a reality, never Truth. It is a hallucination.

³¹ I AM BAD, which is AntiSpace, can be considered a fourth kind of NIR

Repeat: **Examples of AntiEssence IDentities = NIRs:**

AntiWisdom NIRs = IDentities = BE	AntiPower NIRs = IDentities = BE	AntiValue NIRs = IDentities = BE	AntiLove <u>Emotions = FEEL</u> rather than BE
I can't learn (It's hard to learn.) I am dumb. I am stupid. I am ignorant. I am unwise. I am not smart enough (less smart than others).	I am powerless. I can't do it. I can't get it. I can't control. I am unable. I am incapable. I am a failure. I am weak. I am a coward.	I am less than. I am not good enough. I am unworthy. I don't deserve. I am BAD. Nobody loves me. I am alone.	Anger Fear Anxiety Sorrow Grief Desperation Guilt Resentment Hate Depression

An AntiEssence IDentity, BADed³², will be AntiLoved with negative emotions (anger, fear, guilt, grief, depression, etc.).

Behind every negative emotion, there is always an AntiEssence IDentity.

There are NO EXCEPTIONS to this rule.

An **ACTIVATION** is the triggering and movement of a NIR Mass³³ from the subconscious (which is packed with them, with the ESM) to Consciousness = Experience. It is there FELT primarily as negative emotion, but the NIR and BAD are always underneath the emotion (which denser energy tends to obscure the perception of the lighter, mental energies of BAD and the NIR).

Synonyms for an Activation include: MOD (Moment of Dolor=Pain), MOA (Moment of AntiLove); AntiLove, Self-Resistance, negative emotions, negative EmoLoveJoy, and UPS. Each is a slightly different viewpoint on the same phenomenon: the emotional aspect of a NIR Mass. Although these words focus on

³² BADed: “painted” with an opinion of BAD.

³³ A NIR, painted with the Opinion of BAD, and resisted with Self-AntiLove = negative emotions, creating a mental-emotional reality mass. The subconscious has thousands of NIR Mass that can activate = move into consciousness= experience= FEEL with any trigger event.

the emotional aspect, the NIR and the creation of BAD are always present or there would be no emotion.

A trigger event, or just trigger, is any event that activates a NIR Mass into Experience = FEEL. It can be absolutely anything, any perception or change in either universe, including one's own thoughts.

Your **Emotions = Love = Happiness/UPS** is your Love or AntiLove for yourSelf according to the Essence IDentities you are assuming at the moment.

The **ONLY Happiness** that exists is the Self-Love celebration of Who You Are when you are in Essence IDentities = PIRs.

The **ONLY UPS** that exists is your AntiLove Resistance (neg emo) to Who You Are when you are in AntiEssence IDs = NIRs.

BE → FEEL

Be Causes Feel in the Causal Sequence

Your Point of Power:

- You cannot control most events in life.
- You cannot control your emotions directly, and suppression of them is unhealthy.
- **Your Point of Power in life is your control of your IDentities. Here you have total Power: you are the Creator and the Discreator.**

Chapter 10

YOUR EMOTIONS

Your emotions are a Psychic Energy Spectrum that runs from the deepest depression and despair, up to bliss and ecstasy; passing through grief, hate, guilt, fear, anger, indifference, satisfaction, interest, enthusiasm, joy, and passion, to name a few points on the Emotions Spectrum.

As we demonstrated: The Emotional Energy Polarity, the Love<>AntiLove Polarity, and the Happiness<>UPS Polarity are all the same energy. Your emotions are the Love Energy Polarity Spectrum. **Emotions+/- = Love+/-**.

The only happiness that exists is the experience of Love energy; the only pain that exists is the experience of AntiLove energy. This energy is the Emotions Energy Polarity. **Emotions+/- = Happiness/-**. **Happiness+/- = Love+/-**.

S/he who does not understand that emotions, love and happiness are all the same, understands NONE of these things and is condemned to suffer in life. You cannot control what you do not understand.

Emotions+/- = Love+/- = Happiness/Pain:

It's all the same!

To include all these concepts in one, we call it:

EmoLoveJoy+/-

Happiness+/- is purely Emotional+/- . You cannot separate the Happiness or Pain of any event from your emotions about that event. Nor do events ever cause your emotions; this is proved beyond all doubt. **The beauty of this is that you do not have to control external events (something basically impossible) to be happy; you only need to control your emotions—a much, much simpler task.**

As your emotions are Love+/-, to be happy, you only need to learn to Love and to eliminate AntiLove. Psycanics is teaches you about Love and how to Love (as well as about Wisdom, Power, SPace and Happiness.)

You are the Creator of your **emotions = EmoLoveJoy+/-** through your **IDentities**. This fact is expressed in the Causal Sequence as:

BE → FEEL = IDentities → emotions. .

Your emotions are your Self-Love

Your emotions+/- are your Self-Love+/-.

Your negative emotions are your Self-AntiLove.

**Your Emotions are your Love or AntiLove
for your Self,
for Who You Are = BE, in relation to any given event.**

Your **Emotions** are your Love or AntiLove for Self, and that Love+/- is the only Happiness or UPS that exists in the Cosmos

Your Emotions are your Love or AntiLove for yourSelf,
Self = the IDentities that you assume
in relation to the events.

How you FEEL in life is ALWAYS about YOU;
not about the events, **but about Who you**
ARE = BE = Essence+/- IDs = PIRs & NIRs
in relation to the events.

Nothing external EVER causes your Emotions = FEEL.

The Facts of Life:

- **You cannot control most events;** either to stop most of the negative ones (triggers), or to produce enough positive ones to maintain yourself in MOPs all the time.
- **You cannot control your emotions: they are automatic love energy reactions to Who You Are, to your Essence+/- IDs, your BE.** Suppression is not control and is unhealthy physically and emotionally.
- **What you can control is Who You Are, your BE. You can learn to create and discreate your IDentities.**

TIP on Falling in Love with others:

You don't: you fall in love with yourSelf; with Who you BEcome (PIRs) in relation to the other person.

**When you “fall in love” with someone,
it is because you are loving Who You Are**
in relation to that person.

You are activating in you such IDs as: beautiful, important, wanted/needed, good, appreciated, loved, capable, powerful, successful, etc.

As you love BEing those IDs, you glow with your Self Love, and that Self-Love is the ONLY happiness that exists.

You then attribute the cause of your Self-Love to your partner, and say that you love hir, which Love is a projection of your Love for Self.

Chapter 11

THE EXISTENTIAL EXPERIENTIAL IMPERATIVE

Imperative: a compulsory order or course of action due to its importance, or through great authority or force. **Existential:** applies to your entire existence as an immortal, spirit, not just to one or a few lifetimes. **Experiential:** having to do with your experience, particularly your BE-FEEL.

The IMPERATIVE is the fundamental, always operative, force deep within every BEing to return to BE-FEEL the highest Experience: ESSENCE.

(It is a **return** to that from whence you come.)

The IMPERATIVE is the power behind the Causal Sequence and the External Quest. When a person does not understand the IMPERATIVE and how to fulfill it through the Internal Quest, s/he will embark on the External Quest. As human being out of ESSENCE and in AntiEssence, s/he has NO choice: s/he must find ESSENCE.

The vast majority of humanity is in the External Quest. As the power of technology increases without a corresponding increase in spirituality, the External Quest will eventually destroy humanity, as people continue to compete & kill for power and wealth. It is imperative for the survival of the human race that the Internal Quest begin to reign on this planet.

According to your level of understanding, the IMPERATIVE can be expressed in many ways:

The ultimate motivation of all human behavior is:

1. **To control one's Experience**
2. **Avoid Pain, find Pleasure**
3. **To control one's FEEL = emotions**
4. **To be Happy / find Happiness**
5. **Love: be loved; love others**
6. **Self-Love: to realize that self-love is the key to Happiness & love for others.**
7. **Increase one's BEing to BE more and more self-Love-able**
8. **To control one's BE-FEEL (as one thing, as what one is)**
9. **Essence: to BE-FEEL ever more Essence**
10. (Return to and) BE-FEEL the INFINITE ESSENCE—again

The IMPERATIVE manifests in the experience and behavior of humanity according to each individual's Level of Consciousness or BEing. As the person acquires more Consciousness, more BEing, his target within the External Quest to satisfy the IMPERATIVE will evolve. The general line of this evolution is:

LEVELS of CONSCIOUSNESS

Lower Human: Survival, Security, Sensation (Pleasure), Dominion. 80%+ of humanity is in these lower levels of Consciousness, of BEing. **People in these levels of consciousness will not be interested in Psychanics, and many will resist and even attack it.** Humans in these levels are still very much focused in the External Quest, and are not ready to being any kind of true spiritual search. If they have a spiritual component in their lives at all, it will be a religion. Religions are a spiritual cop-out. They are easy and comfortable, as they forbid questioning and so require no thought, no personal effort to seek Truth. Religions encourage people to believe that they have resolved the questions of existence, spirituality and God; when in actuality, they close their accounts with ULTIMATE REALITY behind irrational dogma and blind faith.

Transition: Dark Night of the Soul: This is a stage of burn-out of the lower levels, desires, and goals so that they higher ones can be born. For those who have reached this level of Consciousness, life will appear empty and meaningless. This is usually a time of great suffering and can last many years. At its onset, it can come and go in spurts, but eventually becomes all the time.

Upper Human: The stages are named: Happiness, Love in Effect (be loved), Love of Others, Love of Self, BE Love-able = WPVLJ = BE-FEEL Essence, BE-FEEL the SUPREME ESSENCE BEING. The explanation of these requires the main book as it is too long for this summary.

The IMPERATIVE operates at every stage. The difference is the knowledge, understanding and application of the person. Seek ESSENCE is what ever human being is trying to do at all times, according to hir Level of Consciousness. This is what YOU are trying to do at all time; this is what you really want. You can either reorient your life in direction of the “heavens,” or continue to fool around here on earth, visiting “hell” every time your AntiEssence activates and you go into UPS.

“If it's to be, it's up to me.”

Chapter 12

THE CAUSAL SEQUENCE

The Causal Sequence is:

BE → FEEL → THINK → RELATE & DO → HAVE, aka
IDENTITY → EMOTION → MIND → RELATIONS & ACTION → RESULTS

Everything that occurs in your life, all your experiences, fall into one of these areas; and that area and its experience is **always** part of a particular Causal Sequence. **Your life is the sum of your Causal Sequences.**

It is a **Causal** Sequence because each area **determines, causes**, the following ones.

For example: your BE = IDentities = PIRs & NIRs determine your FEEL = Emotions+/-. **All emotions are your Love or AntiLove for self according to your ID of the moment**—and your IDs are the **ONLY** cause of your emotions, and therefore of your happiness or unhappiness. Your BE-FEEL then determines your THINKing; and your THINKing guides your actions = DOing to produce your results = HAVE in life.

When you are living as life was designed (i.e. in the Internal Quest and creating your BEing), your life flows naturally out of your BE and all along your Causal Sequences to finally produce your HAVE, whether that is the quality of your relationships or material things. A positive BE (PIRs) will produce a positive FEEL = Self-Love-Joy, and a positive all-the-rest of that Causal Sequence.

A negative BE = NIRs produces a negative FEEL=AntiLove=UPS, and negative THINK, DO, and HAVE. You experience a negative Causal Sequence every time you are activated (angry, fearful, sad, depressed, feeling guilty, etc.). You will have noticed that life doesn't work very well when you are FEELing like that (neither do your happiness, your relationships, your behaviors, or your results).

Furthermore, you are FEELing like that precisely because your life is not working as you want it to at the moment, that is, according to your Programs. You are not getting your desired results—and you are not getting them because you are in NIRs, and in the External Quest to NOT BE those NIRs.

All you have to do to control your life is to control your BE. Your primary BE is your Essence Polarity IDentities (PIRs & NIRs). You control your BE with CDT, by discreating your AntiEssence IDs and creating Essence IDs.

However, this is exactly what the average human being does not do. Most people resist and therefore persist in their NIR Mass and turn to the **External Quest** for the solution.

Chapter 13

THE EXTERNAL QUEST

The IMPERATIVE is the ECTROPIC LIFE FORCE in you seeking ever more BEING = ESSENCE. This search commands your obedience: to increase your ESSENCE is the ultimate motivation of everything you DO. When you don't know how to grow your Essence correctly, internally; you will try to do so externally, by trying to controlling events and things, by DOing and HAVEing. You will try to operate the Causal Sequence backwards as THINK→DO→HAVE→FEEL (with BE there but without much awareness).

The External Quest is any and all attempts to control your BE-FEEL by controlling externals. There are two sides and many facets to the External Quest:

1. The first side, the “negative” side is all efforts (DO) to stop or change negative BE-FEEL. It includes all efforts to eliminate negative trigger events (stop negative HAVES), or to suppress FEEL directly (with chemicals, for example).
2. The second side, the “positive” side is all efforts (DO) to produce positive BE-FEEL. It includes all efforts (DO) to acquire events (HAVE) that trigger MOPs (Moments of Pleasure), or produce positive FEEL directly (with food or chemicals, for example).

The list of the negative DOs of humanity on both sides is quite long, and includes such behaviors as: ³⁴

³⁴ These are not covered in this book, other than a few in the next paragraph, and all are technical terms labeling specific behaviors.

Attack the trigger, appease the trigger, manipulate the trigger, emotional or debt blackmail, Victim, substance abuse (food, alcohol, tobacco, drugs), addictions, attachments, emotional dependencies, workaholism, masks, ego, suppression, timidity, chameleon, octopus, skunk, NOT DOs, ostentation, glamour, hog in the trough, commercialism fodder, toys, stellar heroes, escapism, despotism, tyranny, better-than-others, king of the mountain (climb hierarchies), war, to name a few.

In the External Quest, people try to DO→HAVE→BE-FEEL: to control the external world to control their experience = BE FEEL. They use substances to suppress their FEELing. They try to control the BE→DO of others to stop them from being triggers and to make them BE according to their programs so that they can BE-FEEL good. They try to become prestigious or famous to counteract the internal FEELings of low self-worth due to their NIRs. And if they can't become rich and famous personally, they do so vicariously by adopting a "Hero." They are preyed upon by advertising and business worlds to buy all kinds of products to compensate their AntiValue NIRs and search for Love and Happiness. They try to amass and hoard power, money and material things to ostentate their power and importance. If they have business, political or military power, they attack and try to take over other countries and the world (think Pinky & The Brain, or more seriously: Hitler, Hussein, Enron).

No External Quest strategy works more than momentarily. **There will always be another trigger, and MOPs always pass. You can only reach true Happiness by directly controlling your BE-FEEL internally, psyanically, with creation and discretion.**

The short time illusory effectiveness of stopping triggers and getting MOPs is dangerous because it prolongs the Mirage³⁵ that you can eventually control your BE-FEEL if only you can get enough **Power** to stop all the triggers and maintain yourself in continual MOPs.

³⁵ The Mirage: The illusion that you can eventually win the External Quest if only you can control everyone and everything sufficiently (get enough Power); and get and hoard enough of the right things to finally assure your happiness. The Mirage exists because MOPs do create the illusion that you can find happiness externally, if only you can get enough of the right things. The Mirage keeps the person on the Merry-Go-Around, the compulsive, neurotic struggle to get more and **more** and **MORE**, as what they do get never satisfies for long.

The External Quest is a Sisyphean task.

It a constant struggle and effort:
you never get a permanent result and
so you have to do it over and over:
it never ends.

Addictions, Attachments, Emotional Dependencies

The structure and dynamics of **Addictions**, **Attachments** and **Emotional Dependencies** are all the same, and here we use the word **Addiction** to mean any of them.

An addiction is a compulsion to use a substance (or any thing, person, or activity) to suppress negative experience (which is always a negative BE-FEEL—and even better if it also causes some positive experience, as food, alcohol and some drugs do).

The force of the IMPERATIVE to avoid negative BE-FEEL is the ultimate motivation of all human behavior and the strongest force in the universe. The power of the addiction over the person is the force of the IMPERATIVE to end hir UPS (by whichever means the person has found as effective for hir). This force is stronger than the will power of most people and so the addiction is beyond their control.

However, you can easily and quickly eliminate any **addiction** by discreating the underlying NIR Mass that the substances are being used to avoid or suppress.

Chapter 14

THE EXTERNAL QUEST IN ACTION: RELATIONSHIPS

All human behavior, relationships included, can be understood in terms of the Causal Sequence and BE-FEEL. 99% of the problems and conflicts with others are caused because of the External Quest; and almost all relationships conflicts can be resolved by applying psychanics. In this short chapter, we can but give the briefest example of how all this works.

The factors leading to difficult relationships are:

1. The **IMPERATIVE**: Each person MUST control hir BE-FEEL: avoid UPS, and do all possible to BE-FEEL more Essence = Happier. This is the ultimate motivation of all human behavior: NO EXCEPTIONS.

2- **Fatal IDentity→Fatal Paradigm→External Quest sequence.** The Fatal IDentity: I AM NOT CAUSE, I AM NOT CREATOR of my experience (particularly emotions) → (produces) the negative THINK of the Fatal Paradigm: “Given that I AM NOT CAUSE of my FEEL, then external things must be. Therefore, I must control externals to stop pain and produce my happiness.”

This THINK produces the DO of the External Quest: all efforts to control external things (HAVE) to control BE-FEEL. Instead of working the Causal Sequence correctly, the person is now trying to work it backwards, trying to use externals (HAVE) to control hir BE-FEEL.

2. Lost in the Fatal IDentity→Fatal Paradigm→External Quest sequence; each person tries to do increase his Essence by forcing the world—including other people—to BE as they **SHOULD BE** according to his **Programs**. In the External Quest, producing a “perfect” world means that the BEing is: SMART, INTELLIGENT, ABLE, POWERFUL, SUCCESSFUL, IMPORTANT (VALUE-ABLE), RESPECTABLE, WORTHY, DESERVING, and therefore LOVE-ABLE, etc. **These are PIRs and so activate positive self-love** that is the only happiness that exists. However, these are MOPs³⁶, temporary activations of PIRs by external events, rather the result of a real work on Self to permanently become PIRs. MOPs are only a **mirage** of true happiness and **always pass**, leaving the person “high and dry” as to the tide of his happiness, and compulsively having to seek more MOPs (the Merry-Go-Round).

At the effect of the Fatal Sequence above, and of the Mirage of seeking MOPs and stopping triggers to avoid MODs, humbes try to work the Causal Sequence backwards as:

A- Neg. side: **THINK→DO→NOT HAVE trigger → NO MOD = not suffer.**

B- Positive side: **THINK→DO→ HAVE → MOP = FEEL good.**

3- At the effect of all this above, person (A) tries to control the BE→DO→etc. of others to persuade, force or manipulate them to fulfill A’s programs of how they **should/should not BE→DO→etc.**—so that that A can BE-FEEL good. All efforts to change or control others fall into this mechanism.

As A’s programs are designed for the BE-FEEL (happiness) of A, and are often contrary to the programs, desires and happiness of the other, the other (B) will

³⁶ MOPs: Moments of Pleasure: the fleeting stimulation of positive emotions when an external trigger activates a PIR. They are a mirage of happiness that always passes, but leave the person believing that IF only s/he can get enough of the right things, eventually s/he will be happy all the time. This Mirage keeps the person lost in the External Quest, every seeking more things to stimulate more MOPs, like the rats in the experiments with electrical stimulation of the pleasure centers in the brain. They would starve to death to stay at the button that activated their pleasure.

resist. There now exists a conflict of programs, of interests, and an intent of Suppression³⁷ by A of B.

4- There are several possible scenarios from this point:

4A- Whenever person B resists the impositions of A, A will trigger and activate NIRs and attack B with hir AntiLove. B is usually already activated due to A's attacks, and defends himself and counterattacks with hir own AntiLove. The AntiLove in such conflicts can range from angry words to knives, bullets, and bombs.

4B- When the balance of power between the parties is unequal (such as in parent-child relationships), one party may not be able to openly resist and will go to covert resistance and sabotage. The rebellious, uncommunicative, uncooperative teenager is a classic example.

4C- Sometimes the suppressed party will be so low in self-esteem (all low self-esteem is but AntiPower and AntiValue NIRs); and so programmed and cowered to obey A, as to simply submit and comply with A's programs. Such a person, prey of hir NIRs, fears, and compulsive need for the acceptance and approval of others, obeys to buy A's continued "love" and support that s/he needs so much to compensate hir NIRs. The doormat wife (suppressed and unhappy, but afraid to assert himself or divorce) is a classic example.

4D- Many people, especially women, have been **Programmed** (usually during childhood) that they *should* make others happy; and that they are responsible and BAD if they "cause" others any UPS³⁸. Person B in a relationship with this Programming believes that s/he **should NOT BE or DO** anything that would activate person A; and **should** try to BE→DO all that s/he can to please and appease A.

Victim of this foolishness, B will live "voluntarily" selling-out and sacrificing hir own BE→DO in the name of "love" for A (and to buy A's approval and

³⁷ Any intent by one person (A) to dictate the BE, FEEL, THINK, or DO of another (B), thereby counter-efforting that person's (B's) FREEDOM to BE himself and control hir own Causal Sequences≡ Life≡ BE FEEL THINK DO.

³⁸ You cannot cause others UPS. We have already proved that nothing external EVER causes psychic experience. The UPS of others is their NIRs activating and that is THEIR problem. You have no duty or obligation whatsoever to sell out your BE→DO and so sacrifice your happiness to the NIRs and MOAs of others. Furthermore, to do so is to betray your Self-Actualization and Love of Self that is your first responsibility in life.

“love”). The price of this sellout of Self is great stress—s/he is trying to do the impossible—loss of Self, and great unhappiness, often for many years.

5- In many situations, especially couple relationships, each person is doing this (programming, trying to control, and resisting or selling out) to the other at the same time that s/he is being “done to.” This generates a lot of negative energy and drama in the relationship (and sometimes plates and flower pots flying hither and thither).

Love can *begin* to exist ONLY with total SPace, the total freedom, for the other to BE→DO→etc, as they think best for them. To impose your programs on another is Suppression. **Suppression is anti-causal, anti-responsability, anti-freedom, AntiLove, AntiWisdom, and anti-maturity.** It generates all kinds of negative energy resistance in relationships, and it damages and destroys children as they have not the Power to resist.

The solution to this entire unhappy dynamic to relationships is simple: that each person learns to control hir BE-FEEL internally (by discreating NIRs and affirming PIRs). This will discharge all compulsion to control others, and eliminate all the negative energy = AntiLove.

HOW RELATIONSHIPS WERE DESIGNED TO WORK

Your BE and therefore your FEEL = experience of Love and Happiness, are determined by Who You ARE, which is determined (created) by you. **The secret to relationships is for YOU to create YOU in your best “image and likeness,” of your ideal of YOUR relationship identity. You must create of YOU Who You Want to BE→DO in the relationship—as opposed to trying to create the BE→DO of the other, as most people do.**

For example #1, if you are a husband, what is your vision of a perfect husband? How should a husband BE? What characteristics and qualities should he have? How should he act (DO)? How does he need to THINK to naturally act thusly?

Once you create of YOU that BEing, the ideal husband, your FEEL of self-love = joy will automatically trigger: BE→FEEL.

BE→FEEL→DO: your DO in the relationship will follow naturally out of your loving BE→FEEL. That GREAT husband you have created of YOURSELF, operating in great Self-LoveJoy, will naturally express itself in your treatment (RELATE & DO) of your wife.

Example #2: If you are a mother: What is the BE→DO→etc; what are the characteristics and qualities, of a **great mother**? Create yourself thusly, and your Self-LoveJoy will spring up naturally. BE-FEELing that way, you will naturally ACT (your DO) Wise-ly and Love-ingly with your children, and so HAVE a great relationship with them, and great children.

Furthermore, as you thereby free yourself of the External Quest, you no longer need or use them to try to control your BE-FEEL. You are free of all compulsion to control and suppress them; you naturally let them be free to BE→DO→etc. themselves—**without which freedom, your love for them does not exist.** You are only using them to control your BE-FEEL—the case of the vast majority of parents on the planet.

Is it fast and easy to create yourself in your ideals? Not usually. But you can do it—by applying psychanics. It is much easier, faster and more effective than trying to re-create the other in your ideal (your Programs) for hir—as that is impossible. And even if you could, you still would not be Happy.

Chapter 15

THE PURPOSE AND THE PRACTICE

The Ultimate Purpose of your existence and of all your efforts in life is to return to BE-FEEL the ecstasy of the INFINITE ESSENCE from which you have come (and which you still are, buried under all your AntiEssence creation reality mass).

Within your journey of Return, your secondary purpose is to explore and adventure through the Creation, to play and enjoy yourself.

You have gone as far from the SUPREME BEING as you can go, descended way down into AntiEssence, to have the challenge and adventure of Returning. It is a Herculean task even when you know what you are doing; and a Sisyphean one if you don't.

The events of your life, especially the events that trigger your NIR Masses = UPS, permit you to see Who You Are, your AntiEssence. When you understand your BEing and life, you then discreate that AntiEssence = NIRs; and create Who You Want to BE, which is ever more Essence. (When you don't understand, you go the External Quest.) Thus, events in your physical universe are mirrors that permit you to see Who You Are. With CDT (Creation & Discreation Technology), you can change to Who You Want to BE. Thus, when correctly understood and used, LIFE itself takes you HOME³⁹ on the road of ever more ESSENCE.

³⁹ Remember words in all capitals refer to the ONE:

Your continual transformation from Who You Are now to BE more Essence resolves your life on both planes: the human and the spiritual. On the human level, it terminates your negative emotions and suffering, eliminates your neurotic behavior, ends your relationship conflicts, and makes it easy to manifest what you want in the physical universe.

On the spiritual level, you are always working on yourself to expand your BEing, increase your Essence. Every time you activate, you discreate that AntiEssence mass, and so uncover and restore your Essence. Thus, you are in a Continual Quality Improvement program of Who You Are, constantly becoming more Essence and so advancing on your journey back to BE the ONE again.

The technology for that evolution, one that handles both the human and the spiritual level at the same time is CDT: Creation & Discreation Technology (formerly known as PEP: Psychic Energy Processing).

Here are the two basic life styles of humans:

Ordinary human (The Lower Levels of Consciousness):

Living at the effect of the world. Life is a sequence of trigger events that constantly set off NIR Masses (NIRs + negative EmoLoveJoy). Every time that happens, the person goes into UPS (anger, fear, sorrow, guilt, despair, depression, etc.) and suffers. S/he tries to end that suffering by attacking the trigger event, selling out to it, or through some form of addiction.

The person lives consumed in one of four modalities: 1- regrets of the past; 2- glories of the past; 3- fear of the future, or 4- in hope for glories of the future (to be happy some day when s/he reaches whatever goals). The human being spends hir time and energy trying to get MOPs to alleviate the internal emptiness and pain. Hir relationships are built on attachments, need, use, control and manipulation, all of which fills them with negative energy.

Psychanic human (The Upper Levels of Consciousness):

The person lives in the Consciousness of BEing an Immortal Spirit and of ONEness with the ALL THAT IS. Life on this planet is recognized to be a temporary state, a mere passing through: no need or reason to get attached to anything here. At the same time that the person does hir best to create and to serve others.

But nothing in the physical universe ever becomes very important compared to hir psychanic universe. Hir primary focus is on BEing all that s/he can BE, and therefore

on increasing Essence (Wisdom, Power, Value, SPace & LoveJoy). Every trigger event is viewed as the opportunity to confront NIRs and discreate them, thereby reducing Anti-Essence and recovering Essence. Eventually, such a person becomes non-reactive to the world and maintains Self and serenity at all times.

The person focuses on discovering and following hir destiny plan for this life. When s/he wants to manifest something, s/he first creates the necessary state of BE and then lets that manifestation result from applying the Laws of Creation. S/he has the power to easily manifest all that s/he wants in the physical universe, at the same time that s/he no longer wants much. S/he is in the world, but not of it.

Chapter 16

CDT: CREATION & DISCREATION TECHNOLOGY

This chapter explains the **theory** of CDT. It is far too short to present the **how**.

Everything that exists is made of Energy. Energy formed into discreet things, into individualities, is called a reality. A reality is Energy with an identity; something that is unique in the universe. Realities may be physical or psycanic. Psycanic realities include all forms of thoughts, all emotions, and all identities. In this book⁴⁰, we have paid special attention to such psycanic realities as Programs, Should/Should Not Be, and Good-BAD, the AntiEssence Identities = NIRs, and EmoLoveJoy+/- . In the advanced texts, we go into how you can control your physical realities.

**You are the creator of your psycanic realities.
What you have created, you can discreate.**

EXPERIENCE

All experience is the effect = impact = result of realities impinging on Consciousness. The main forms of psycanic experiences are IDentities, thoughts and emotions—all caused by a corresponding reality. Of these three kinds of psycanic realities, the most important, by far, are the IDentities, the BE in the Causal Sequence.

To change or eliminate any psycanic experience, you only have to discreate the psycanic reality causing that experience. All psycanic realities are forms or masses of thought or emotion energy within your BEing (mind, consciousness and subconsciousness). You form them and you can un-form them.

⁴⁰ Refers to the book [Psycanics: A Spiritual Philosophy](#)

To discreate a psycanic reality, you only need to experience it, to BE-FEEL it completely. The experiencing of a reality discharges its energy which reduces its mass=reality, in much the same way that letting a flashlight bulb glow discharges the batteries. The Law is: Experience Experienced Disappears (discreates). Resistance Causes Persistence.⁴¹

However, **this is exactly what the ordinary humbe does NOT do**. Most humbes do everything possible EXCEPT experience their creations = realities = experience. For example, they attack the trigger with anger, suppress the experience with drugs (and so become addicted), try to change or control others, go to the external world to get as many MOPs as possible, etc. What they do not do is sit down, open up to, and go into their FEELing and BEing.

All such forms of negation to experience are Resistance, and **Resistance Causes Persistence**.

CDT works by guiding you to discharge the energy from a reality, which eventually causes it to no longer exist as that reality. The energy continues to exist, but is not longer agglomerated and modulated into that experience form. You discreate the reality as a particular modulated energy form, not the energy itself.

Physical Universe Manifestation

Your psycanic universe sets the patterns for your manifestations in the physical universe. Your power to manifest in the physical universe is a function of your “quantity” of ESSENCE, your visions and energization, destiny rigidity (and other factors beyond this book—see the advanced texts). Thus, the secret to controlling the physical universe is also within you. You have innate within you the same Power to control the physical universe as Buddha or Christ and the other BEings of high ESSENCE that have walked this planet. Your innate Power is suppressed by your AntiEssence.

CDT is a major part of the Internal Quest

When human beings abandon the External Quest and begin to take responsibility and control of their experience, conditions on this planet will transform and humanity will enter in a new age of harmony, community, love and abundance. People will begin truly to love, cooperate and share, instead of competing, fighting and hoarding as they do now.

⁴¹ Resistance being any form of refusal to experience.

FINAL WORDS

You now have an overview of some of the basic concepts of psycanic, a **science of Happiness, a science of How Life Works**. It is only an overview: there is much, much more.

The question now is **what are you going to do?** Ignore it and continue to live as you have, or continue to study and begin to apply the knowledge so that you transform your life?

Many people have done so, transformed their lives, but many, many more have done nothing. **It's up to you. Nobody can do it for you.**

If you wish to proceed, the next step is to read the book [Psycanics: A Spiritual Philosophy](#), available at: www.psycanics.org



APPENDIX: THE 12 GREAT QUESTIONS OF PHILOSOPHY

1. What is the nature of the universe? Where does it come from, and how did it come to exist? Of what is it made? What is its purpose? What is the cause of, and the process of, change? Is it evolving or devolving or neither? Does it function by itself or would it degenerate into entropy and chaos without some kind of intelligent control?
2. Is there a Supreme Being? If so, what is Her nature? Did S/He create the universe? Does IT continue to control it personally and if so, at what level and to what degree? Is it possible for people to have a relationship with the Deity, and if so, what kind, and how? Does S/He intervene in the affairs of people? Is the Deity Good? Given that that which causes or allows Bad things or events is Bad, if S/He is Good and all-powerful, how can evil exist?
3. What is the role of humans in the universe? Are human beings the highest fruit of the universe or are they just an insignificant speck in infinite space—or something in between? Does the spirit of a person descend into matter from higher spiritual realms, or has it evolved from matter? Is the universe conscious or unconscious of humans? If it is aware, is it warm and friendly to them, or cold and indifferent, or even hostile? Given all the real estate in the universe, can humanity be alone: would the Creator create the cosmos for one planet of life alone?
4. What is reality? What is illusion? What is mind? What is thought? Is thought real? Where do ideas come from? Are there laws that control thought? Which is superior: mind or matter? Has mind created matter or has matter evolved mind? Can matter affect thought; can thought affect matter? Does thought have any importance—does it make any difference in our lives—or is it just fantasy, or is life predetermined and it makes no difference what we think?
5. What is Truth? Is there a universal Truth, true for all people forever, or is Truth relative or individual? How can we identify Truth? What is the relationship of Truth to reality? What is the relationship of Truth to beliefs? What is Knowledge and how is it to be mined or discovered?
6. What is good and what is bad or evil? What is moral? What is ethical? Who decides good and bad, right and wrong; and by what standard? Is there an absolute standard of good and bad beyond one's personal opinions? Should good and bad be determined by custom, by rational law, or by the situation? What if the decisions of others (society, authorities, laws, etc.) determining good and bad are contrary to one's personal beliefs or freedoms? Moreover, if we do not have free will but are ruled by outside factors, what difference does good and bad make—we have no choice.

7. What determines the life and fate of each individual? Is a person a creator and mover of their life, or do they live at the effect of forces over which they have little control? Does free will exist or are our lives determined by outside factors—and if so, what are those factors? Is there a Higher Power that intervenes in our lives; or is everything pre-determined from the beginning of time; or is life just random, full of coincidence and accident? Why do bad things happen to good people, and good things to bad people?
8. What is the good life—for the individual and for the many (society)? Why are things the way they are? How should things be ideally? What would a Utopian society, a heaven on earth, be like? Is it even possible to create a Utopia? If so, how? Would not a Utopia assure personal freedom? What, then, should you do with those who don't cooperate?
9. What is happiness? What causes suffering? What are the emotions? Where do they come from? What causes them? How can it be that for any given event or situation, some people suffer and others rejoice? Is it really happiness, if a person is up at one moment and suffering the next?
10. What is the ideal relation between the individual and the state? Should the individual serve the state or the state serve the individual? What is the best form of government and what is the worst? When is a person justified in rebelling against the established order and creating a new state?
11. Education determines the next generation and therefore the future. What is education? How should the young be educated—what is important and what not? Who should control education: the parents, the student, the society, or the state? Should a student be taught to think for him/herself or indoctrinated with the beliefs of the society? Should people be educated to be free and live for their own interests; or to subjugate their desires to serve others or the state?
12. What happens at death? Is death the end of everything or is there a soul in people that continues to exist beyond death? If so, is that soul immortal or does it too eventually cease to exist? If the soul does continue to exist after death, what is the nature of that existence? If there is an existence after death, is “good” rewarded and “bad” punished? If so, how do you reconcile reward/punishment with the concept of predestination and therefore the absence of free will?