



EMOTIONS

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EMOTIONS

This short book deals with the nature of your **emotions, love and happiness**, and how you can achieve complete control over these. It will teach you how to not only quickly end a negative emotion, but also how to discreate the underlying causes of all your negative emotions. By applying the procedures in this book, you will be able to discharge the energy of a negative emotion quickly, powerfully and so restore yourself to internal peace and serenity. And little by little you will learn how to eliminate the underlying causes so that eventually you no longer have any negative emotions at all. The permanent elimination of all your negative emotions is an essential step to your true and permanent happiness.

In this book, I am going to make many statements and declarations, some of which may seem incredible or even beyond belief and acceptance of validity, to some people.

However, I am a life-long seeker and student of Truth and I reject beliefs and dogmas as Not-Truth. Truth is that which can be proved objectively, such that all other rational people must agree to it. Truth is always One, Universal and Harmonic. Beliefs are unproved and therefore Not-True. You can tell a belief versus Truth because the beliefs about anything are always many, held by a minority, and conflictive. Let's examine this a little more.

To see the difference between Truth and mere beliefs, observe the differences between sciences and religions. A science is always One body of information, agreed to and universally employed by everybody over the entire planet. Nobody fights about sciences. Religions are just the opposite. There are thousands of religions, not one with more than about 10% of the world's population as believers; and they are a major source of conflicts (arguments, wars, murders and terrorism) on the planet (including terrorism).

I am accustomed to being challenged on what I say and so back everything up with scientific or philosophical proofs. However, I am not including the proofs here in order to make this book as simple and direct as possible. Therefore, if any statement seems unbelievable to you, check the proofs in my other books, available at www.psycanics.org

Many people dismiss out of hand ideas that conflict with their fixed beliefs and dogmas (e.g. religions) – which means they live without learning anything new, fixated in old, mostly false ideas. So that that does not happen to you, I ask that you keep an open mind -- only with an open mind can you learn new things, and thereby increase your mind.

Motivation, Inspiration, and Power

Somebody once complained to me that my books are not motivational or inspirational. They are absolutely right. They are not motivational; they are powerful. Power is the ability to produce the desired results. Knowledge begets Power. What my books offer is power. The power that this book offers is the ability to stop your emotional pain and suffering in life, create positive emotions and maintain them all the time, no matter what. This powerful ability to create and discreate your emotions is the essence of happiness.

As far as to whether my books are inspirational: after years of applying psycanics, I can open my BEing at any moment and let the INFINITE LOVE that is the Supreme BEing into my experience. That keeps me inspired. If you learn and apply psycanics, eventually you will be able to do this also.

PSYCANICS

This book is but an introduction to psycanic science.

Psycanics is:

A **Science** of Self, BEing, consciousness, experience, mind, emotion, and behavior. It is a science, not a belief system, offering evidence and proofs of its laws and principles.

A practical **Philosophy** of what life is and how life works. Psycanics is the Laws of Life: of intelligence, power, success, relationships, love & happiness. The ultimate purpose of all philosophy is happiness.

A precise **Psychology** of the human being that pinpoints the underlying motivations and structure of all human emotions and behavior. Psycanics shows with precision why you think, feel and act as you do, and how to take control of your BEing and your life.

The **Physics of Spirit**; the **Electronics of BEing**, of non-physical energy: Consciousness, Will, Perception, Feeling, Mind, Emotions and Relationships.

Psycanics is a Unified Field Theory of human existence that integrates Philosophy, Psychology, Ontology, and Spirituality into ONE science that includes and explains all of these. Psycanics explains with laws, formulas and equations exactly how your BEing and experience and life works.

The ultimate purpose of knowledge is power; the power to control life and produce the results you desire. Psycanics is an extensive body of knowledge that gives you power to create your Self and your life as you would have them.

The Causal Sequence of Life

Life works according to the Causal Sequence, wherein each element determines the following ones. Everything in your life falls into one of these areas. Understand how the Causal Sequence and each element works and you will control your life.

<p>BE → FEEL → THINK → DO → HAVE Identities → Emotions → Mind → Actions → Results</p>

PRELIMINARY INFORMATION

You must read this first or you will not understand this book.

Comprehension of technical terms:

You will find a free Psycanics Dictionary at www.psycanics.org.

Pronouns and gender: **s/he** = he or she. **hir** = him or her; or his or hers.

Spirit-ual: “related to spirit.” It is often written with a hyphen to make sure that you do not confuse “spiritual” with “religious.” Spiritual means anything relevant to or part of non physical life entities, which are points of Consciousness and Will—such as you. Thought, emotion and love, for examples, are non-physical and are things of the spirit; they are spiritual.

Psycanic: (sigh-cán-ic) means “related to the psycan,” the Aware-Will Life Force unit that you are, that temporarily locates itself in a physical body in order to play in the physical universe. The psycan is the non-physical life entity (spirit) made of Universal Life Energy, whose principal characteristics are Consciousness, Cognizance (the ability to Know), Intelligence, Wisdom, Cause, Will, Power, Value, and Love-Joy-Bliss. However, for our purpose in this book, you can consider that it means “**non-physical, therefore mental, emotional, or spirit-ual.**” Spirit and psycan are synonyms, as are spiritual and psycanic.

Experience: Your Experience is everything you can perceive and feel. You have two main kinds of experience. The first kind is physical experience, which is of your body and the physical universe. The second kind is psycanic experience: everything you perceive directly in consciousness, everything non-physical. This includes all your mind content: ideas, thoughts, memories, dreams, values, opinions, etc. And it includes all your emotional experience: anger, fear, joy, hate, enthusiasm, grief, love, etc. Of the two kinds of experience, psycanic experience is much more important in life. Your life is your Experience and only your Experience. To control your Experience is the **ONLY** motivation of all human conduct.

Happiness: A state of serenity or positive emotion all the time, no matter what. If you are living with bouts of negative emotions (anger, anxiety, worry, stress, fear, sadness, loneliness, depression), you do not qualify as “happy.” Bouncing back and forth between positive and negative emotions is not Happiness. “Happiness” is all the time, or it is not (does not exist).

Pain: The word “pain” in psycanics always refers to mental and emotional pain, unless “physical pain” is specified.

UPS: pronounced “oops,” is the abbreviation for Unhappiness, Pain, and Suffering. UPS is the negative polarity of Happiness /Joy.

Event: The word “event” has a special definition in psycanics. It means any occurrence, any change, and any movement, in any person, thing, situation, or circumstance within your perception, (in your life.) An event can be something that someone says or does. It can be any change or movement of any thing or person, including the arrival or departure, gain or loss, of any thing or person into or out of your life (including by death). An event is any thing that you perceive for the first time and any change that you perceive in it at any time. It is any change that appears in your surroundings, in your life. It always means physical events unless “psycanic” event is specified. (Psycanic events are changes of thought or emotions.)

Life is change: Change is the only constant; change is the only thing that doesn't change. Thus, Life is a "parade of events."

One importance of "events" is that you let your emotions change with them; you let them "cause" your emotions. This puts you on an emotional roller-coaster that makes your happiness impossible.

- When a "good" event occurs, you activate positive emotions and so feel "happy" for a while. Note that your positive emotions ALWAYS pass. Occasional positive emotions do not qualify as true happiness which is positive experience all the time, no matter what.
- When "bad" events occur in your life, you let your negative emotions activate and suffer their pain. Due to the Laws of Polarity and the Laws of Resistance that we shall study later, your negative emotions will tend to be much stronger and more lasting than your positive ones. Thus life becomes more UPS than joy.

Furthermore, that external events cause your emotions is an illusion. As I prove in other books, external events NEVER cause your emotions. They are under your control, and taking control is the only effective route to happiness.

Word Equations: I will sometimes write two or more words with equal signs between them and all of them underlined together. For example: emotions= love= happiness. The word equation means that all of those words refer to the same thing, to the same phenomena, or that one thing is part of or included in the other: for example: antilove= hate means that hate is one form of antilove and therefore included with the concept of antilove.

POLARITY

You can not understand or control life, love, emotions or happiness if you do not understand Polarity and its laws.

A polarity is a singularity, one thing, a concept for experience, which is then “stretched” in two opposing directions, called generally the positive and negative poles. This creates a range of gradient possibilities of experience between two poles. This range of gradient possibilities is called a spectrum.

Examples of common physical universe polarities include light<>dark and hot<>cold. As an example of a spectrum, the spectrum of temperature (hot<>cold) is all the gradients of temperature between absolute zero at minus 459 F to about +100,000,000 F, the core temperature of the hottest stars.

However, our interest is in psycanic experiences, such as love and happiness. Almost all psycanic experiences are non-physical energy polarities, including consciousness, intelligence, wisdom, cause<>effect, power, value, good<>bad, acceptance<>resistance, emotions, love, and happiness. All of these operate according to the Laws of Polarity.



The laws of polarity include:

You must have both poles and both sides of the spectrum, both positive and negative for either side to exist. It is impossible to have one side of the polarity without the other also existing.

It is impossible to have good without bad. It is impossible to have physical pleasure without physical pain. It is impossible to have happiness without unhappiness (emotional pain). It is impossible to have love without antilove also existing.

Note that almost all of the important things in life, the things you most seek (wisdom, intelligence, power, success, love, and happiness) are polarities.

In all cases, the negative side of a polarity must exist for the positive sides, the positive experiences= happiness that we seek to exist. Thus ignorance, stupidity, inability, failure, antilove, unhappiness, pain and suffering **MUST** exist. Furthermore, to know and appreciate the positive sides, you must experience the negative sides occasionally – but only occasionally. You don't have to live in them, (i.e. the negative emotions) much or most of the time, as so many people do.

It is impossible to appreciate one side of a polarity without having experienced the other. Therefore, to keep being able to experience and appreciate the positive side of a polarity, you must occasionally visit the negative side. To illustrate this: if you are a long time in a warm, comfortable room, you eventually lose appreciation of that. Go out into a blizzard for a few minutes, and on returning to the room, you once again become aware of and appreciate the warmth.

The main problem that human beings have with polarities is that, in ignorance of how they work, they resist the negative side, the negative experiences, and the pain part. This is to resist one half of all Life. This is to resist Life as it is and as it must be. To resist anything produces more pain and persistence of that which you resist. In fact, your resistance to things is the **ONLY** pain that exists. All negative emotions, for example, are resistance to something –actually to Self as we shall see.

Pain: Your only unhappiness and pain in life is your mental and emotional resistance apparently to events, but in reality to Self. Events NEVER cause your pain; your only pain is your resistance to What Is, and you create that resistance. **You are the sole creator of your pain in life. Until you really get that, and understand and take control of the process by which you create pain, you will never eliminate pain or be able to create Happiness.**

Resistance→Persistence: Due to the physics of energy, your resistance to the negative experiences in your life actually causes the persistence of those things in your life. Thus the law: Resistance Causes Pain and Persistence. For example, when you fear something (fear is a form of resistance); you are actually energizing and attracting that event into your life.

When you see the following symbols, you will know that we are referring to a polarity:

<> or +/-.

Examples:

Love<>AntiLove, which can also be expressed as: **Love+/-**.

Happiness+/- , which can also be expressed as: Happiness<>UPS . :

THE CAUSAL SEQUENCE

Life works according to the Causal Sequence of :

BE > FEEL > THINK > RELATE / DO > HAVE

which can also be stated as:

Identities → Emotions → Thought → Actions → Results

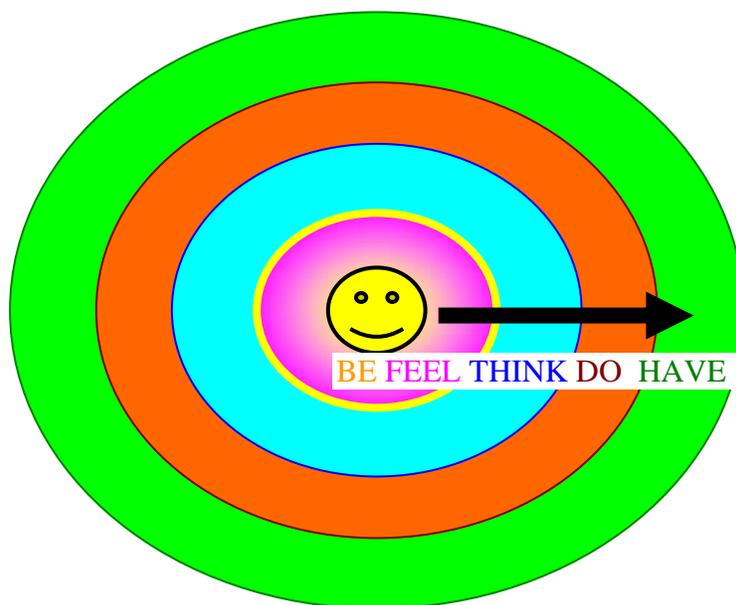
Everything in your life falls into one of these five areas. You can verify this statement by trying to think of anything in your life that cannot be classified into one of these areas. (RELATE, which is your communications and dealings with others, is a part of DO, which includes all your actions and behaviors.)

Your life is the sum of your Causal Sequences.

It is a *Causal* Sequence because each area determines the content and energy of the following area. How you FEEL will determine how you THINK, and how you THINK will determine how you ACT (DO). For example: when you FEEL angry, you will THINK about attacking, stopping, changing, punishing or destroying something, and will tend to ACT accordingly. When you FEEL joyful, you will THINK loving, caring, expansive thoughts and ACT accordingly.

The beauty of the Causal Sequence is that you only need to understand and control your BE (your BEing which consists of your IDentities) to thereby control your Causal Sequences and therefore your life. Your BEing is something both wonderful and complex, but mostly beyond the scope of this book.

In this book, we are only interested in the second element of the causal sequence, your FEEL= your emotions= your happiness or pain in life. However, as the Causal Sequence indicates, the cause of your FEEL+/- = emotions+/- is your BE= Identities, so we will need to touch on your IDentities to some extent.



HAPPINESS

Happiness is a state of positive psycanic experience¹ **all the time, no matter what**^{2,3}. If you are living bouncing back and forth between positive and negative emotions, you do not meet the definition of Happiness; you do not qualify as Happy. Strong words some will say, but I back them up in the deeper texts.

Note: We distinguish between psycanic happiness <> pain and the purely physical states of pleasure <> physical pain. The words: happiness, pain, suffering, UPS always refer to psycanic experience, to mental and emotional experience, unless physical experience is specifically mentioned. Notice that you can be happy even while in physical pain, such as on winning a sports events in which you were hurt. Likewise, you can be unhappy even while experiencing physical pleasure, as sometimes happens in sex.

The Existential Imperative:

The ultimate motivation of all human behavior is happiness (one's own).

Expressed another way:

One's own happiness is the ultimate motivation of all one's efforts in life.

No matter what anybody thinks or says are hir⁴ motivations for any action; the ultimate motivation is always how the person feels (or thinks s/he will feel).

Notice, I am not saying that all behavior and actions produce happiness; only that the person's happiness is the underlying motivation. Many behaviors backfire in producing happiness due to erroneous THINKs selecting and guiding the behaviors. This is erroneous THINK→DO in the Causal Sequence.

A corollary of this law is that, despite appearances, there is no such thing as self-sacrifice or altruism. Every human being is 100% selfish (seeking hir happiness) all the time. Furthermore, you have no choice about being 100% selfish. You can not be or act any other way.

I can prove these statements for any human behavior, any time, any where. There are NO exceptions.

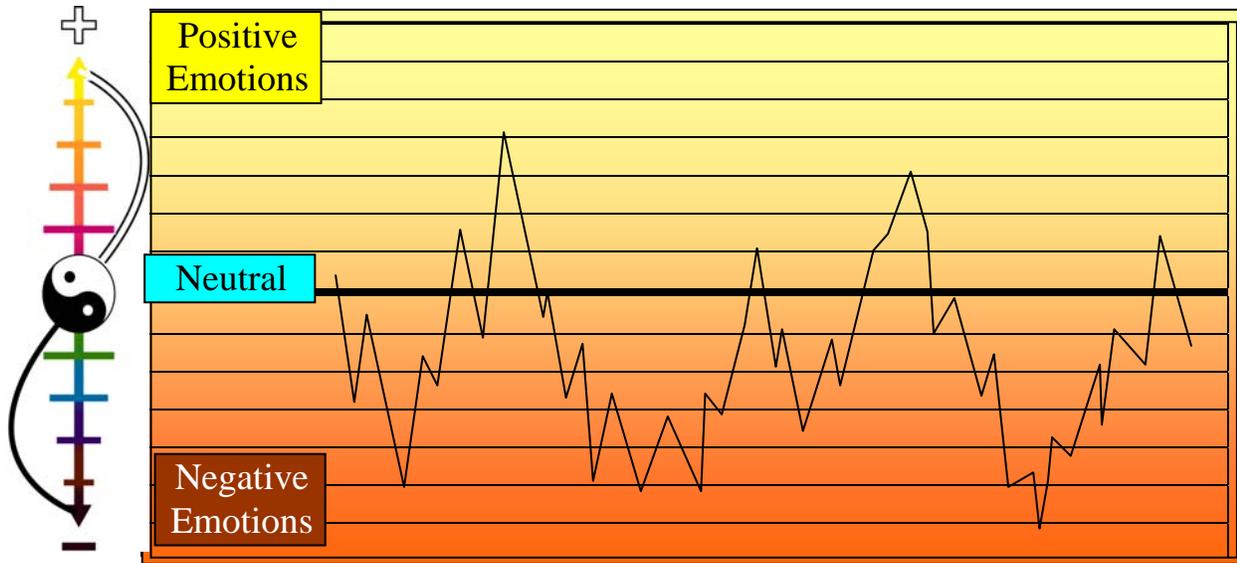
So the question in life is not what are you seeking: you are seeking happiness. The question is HOW are you seeking it: in a way that works or one that doesn't?

Very, very few human beings understand how happiness works, which explains why very few ever achieve it. The purpose of this book is to remedy that for you by providing you with the Knowledge →Power→ Results, with the THINK→DO→HAVE you need to create your life as you would have it.

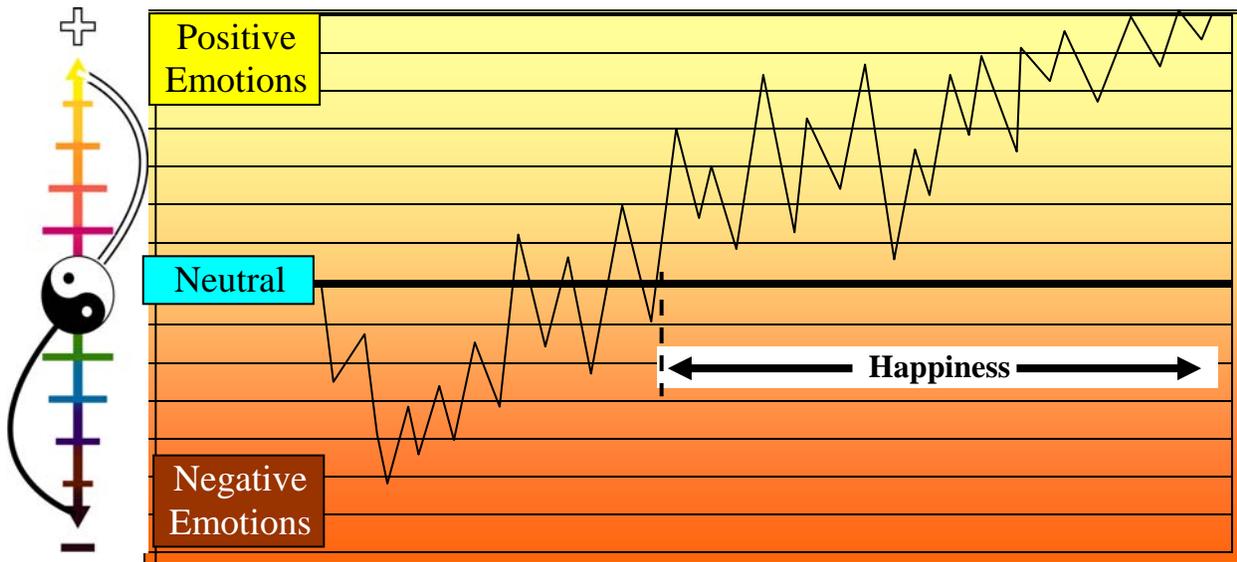
¹ Positive physical experience we define as pleasure.

² .Why Happiness only exists if it is all the time, no matter what, is explained in my other books.

³ Your emotions are the primary element of Happiness, second only to your BEing that causes them: BE→FEEL in the Causal Sequence.



Living like this graph, with your emotions moving up and down between positive and negative all day long, is NOT happiness. Being happy is like being healthy. You are not healthy if one moment you are well and the next you are ill and change back and forth all day .



Happiness only exists when you are pretty much in positive emotions all the time, no matter what. You achieve happiness by taking control and eliminating within you the causes of your negative emotions, and accentuating the causes of your positive emotions. As external events are never the true cause of your negative emotions, you have the innate power to do this. Furthermore, it is the only way to achieve happiness as you will never have much control over external events.

HAPPINESS IS PURELY EMOTIONAL

Happiness is never the events⁵, people, things, situations or circumstances in your life, but rather how you feel, your emotions, during or in relation to those events.

Happiness+/- = the Emotions+/-
(Your Happiness or UPS depends on your Positive or Negative Emotions.)

This is good news! It means that you do not have to control events in order to be happy; you only have to control your emotions.

This too is great news because you will never have much control over most of the events in your life; while you can learn to control your emotions perfectly. You can learn to eliminate all negative emotions and to maintain yourself in positive emotions all the time. That, remember, is precisely our definition of Happiness: all the time, no matter what.

If you are letting your emotions be affected by what happens; if you are letting your happiness depend on external events and circumstances; you will never experience much. You will never have much control over what other people say and do, nor over many of the events that occur in the “parade of events” that is Life.

I am not saying that this state of no negative emotions and positive emotion all the time is quick and easy to achieve. It will require your effort, but it can be achieved. Controlling the external world can not.

That you can learn to control your emotions perfectly means that the happiness you seek (remember your happiness is the ultimate motivation of all that you do, of your entire life) is not only within your reach; it is parked in your hands waiting for you to start it up.

If you are seeking happiness by any other route other than learning to control your emotions, you are wasting your time. Look at life. You will see a plethora of people who have achieved “fame and fortune,” who “have it all,” and are intensely unhappy. The movie, the rock music and the sports scenes are full of such people: high success, and high neurosis and unhappiness. Nothing outside of you can ever assure your happiness.

Fortunately, you need nothing outside of your Self to achieve happiness. You were designed and manufactured with everything necessary built in.

⁵ Events: in the future, I will use the word “event” to include any change in anything within your perception: any occurrence, any arrival, departure, movement, or action of any person or thing in your life.

EXTERNAL EVENTS NEVER CAUSE YOUR EMOTIONS

To most (ignorant⁶) people, it appears that their emotions are caused by the external events of their life; for example, by what other people say or do; and by what happens to them. To most people, it appears that external events cause their emotions, their happiness or UPS. This is one of the 14 Great Hallucinations of the human being (these are discussed in the advanced materials). (The formal, scientific and absolute proof that external events NEVER cause psycanic experience can be found in my other works.)

This illusion is called the Fatal Paradigm⁷.

The Fatal Paradigm (a THINK in the Causal Sequence) embarks the human being on the **External Quest** (DO). The External Quest is all efforts to control the external world to control one's internal (psycanic) experience, one's emotions= happiness<>pain

The **External Quest** includes all efforts to control events, to control the world to both stop "bad" things that seem to cause UPS; and to cause "good" events that seem to produce happiness, at least momentarily. Thus, there are two sides to the External Quest:

1. On the "negative" side, the Paradigm makes it appear that external events cause you your negative emotions= UPS in life. Therefore, you attack (DO) negative events (includes other people) with negative energy (AntiLove= anger, invalidation, blame, punishments, withdrawal of love, bullets, bombs, etc) to stop or change the events to stop your UPS.
2. On the "positive" side, the Paradigm makes it appear that positive external events cause your positive emotions and therefore can produce your happiness if only you can force the world to give you enough of the right things (money, property, influence, success, power, fame, sexual partners, etc). In the Fatal Paradigm, the world shows up as a mirage that always pulls you on to get and hoard more, and more, and more material things to someday, finally get enough to be fully and permanently happy. This is the External Quest for happiness.

The Fatal Paradigm is a hallucination. Physical events NEVER cause psycanic experience (psycanic: non-physical, such as thoughts and emotions, love and happiness). External events NEVER cause internal experience; NEVER cause your negative emotions. Likewise, all the material things on the planet can NEVER produce happiness (as we showed in the previous with the example of the people who "have it all" in life). This can be proven beyond any question in multiple ways.

The External Quest is impossible, doomed to failure before you ever started it. Nevertheless, people continue to waste their lives in the External Quest, even as they can look at the lives of others and see clearly that it does not work.

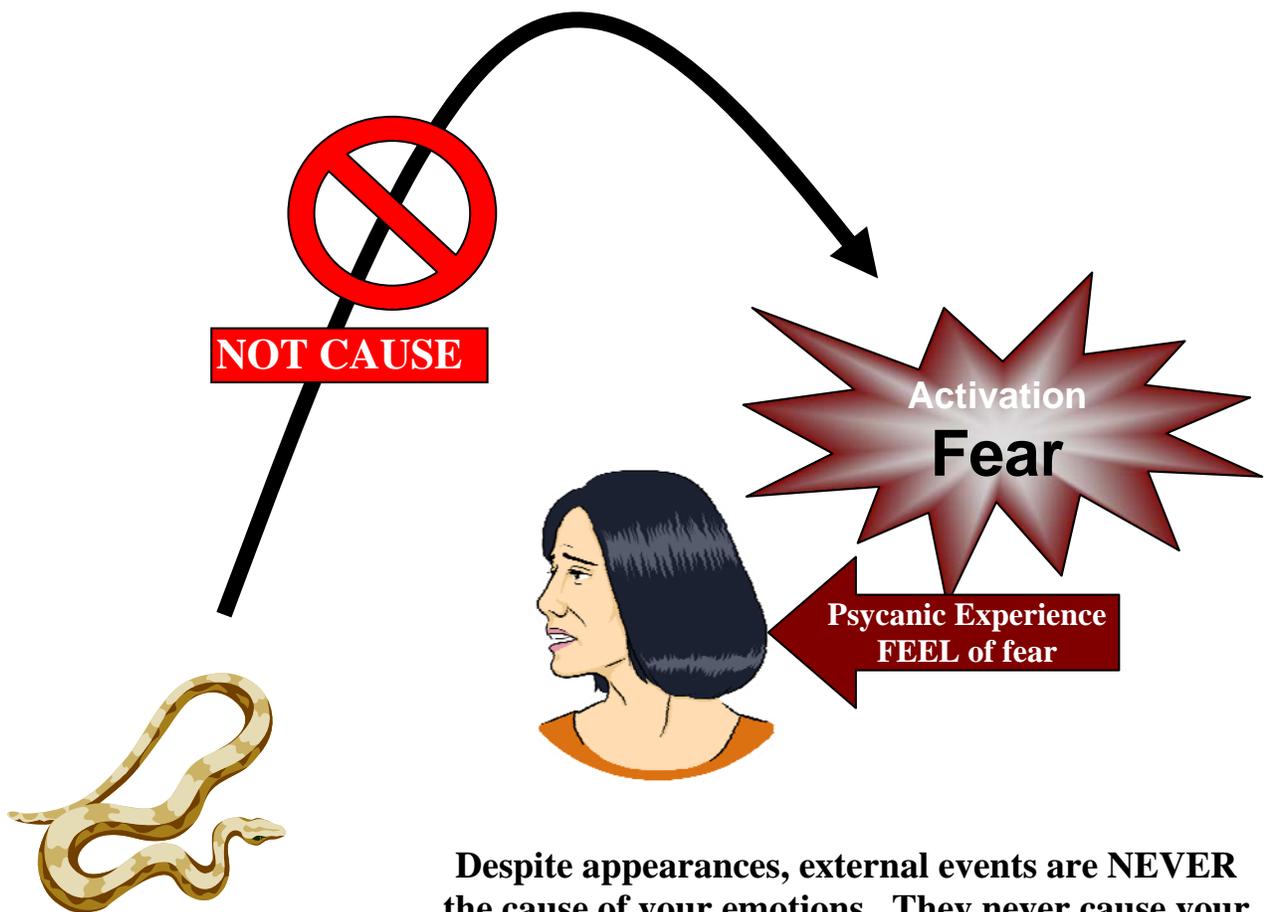
⁶ By "ignorant," we mean psycanically ignorant, in the same way a Buddha used the term. . A person can be a scholar in many fields, but if s/he does not understand hir own BEing, mind and emotions, Love and Happiness, then s/he is ignorant.

⁷ Paradigm: a subconscious and unquestioned, belief, usually false, about how life is; that then shapes and limits both perceptions and behaviors. For example: the paradigm that the world is flat (paradigm) kept people from sailing out to sea out of sight of land for centuries for fear of falling off the edge (limited behavior).

The Fatal Paradigm is very strong, and in fact most of humanity is trapped in it. **However, until you overcome this illusion, until you escape it; you will never be able to control your emotions or achieve any lasting state of happiness.**

If you are seeking happiness by trying to achieve anything in the external world, by any other route other than learning to control your emotions, you are in the External Quest and on a fool's errand. Work to manifest whatever you need and want in life, but don't be fooled that that is going to make you happy.

Your happiness is an entirely different problem, an internal one: the control of your emotions. Furthermore, as you work on your Self to BEcome happy all the time no matter what, your power over the world to create what you want also increases.



Despite appearances, external events are NEVER the cause of your emotions. They never cause your pain; and they can never make you truly happy.

WHAT ARE YOUR EMOTIONS

- Your emotions are FEEL in the Causal Sequence.
- Your emotions are energies, energies that impact your conscious energy field causing you their “flavors” of experience.
- Your emotions are happiness or pain; the ONLY happiness or pain that exist.
- Your emotions are a Polarity Spectrum. They are a gradient range of energies with positive and negative sides. They are the Happiness<>UPS Polarity.
- But above all your emotions are Love. They are the Love<>AntiLove energy polarity.

Your emotions are the Love<>AntiLove Energy Polarity

Your emotions and your experience = FEELings of Love+/- are the same thing, the same experience, the same energy. I demonstrate that Love and Emotions are the same energy in my other works, but you may be able see this yourself with a few questions and examples: Love is positive energy and feeling that motivates you to approach and care for the beloved. AntiLove is negative energy and feelings that move you to either attack, punish or destroy the anti-beloved, or to escape it if it is too powerful, or to lament it if the negative event is inevitable or has already occurred and you can do nothing.

- Is enthusiasm Love+ or AntiLove?
- Is joy Love+ or AntiLove?
- Is anger Love+ or AntiLove?
- Is fear Love+ or AntiLove?
- Is grief Love+ or AntiLove?
- Try to name any characteristic of Love as an experience (FEELing) that is not also a characteristic of an emotion. Try to name any characteristic of an emotion that is not also a characteristic of Positive Love or AntiLove.

What is Love?

- Love is a Polarity. Remember that for the positive side of an experience to exist, the negative side must also exist. For Love to exist, AntiLove must, and does exist as the examples below show.
- Love is an energy, both something inside of you and something you give to others. .
- Love is the only happiness or UPS that exists. That is why it is sought by so many.
- Love+/- is both FEEL+/- and DO+/- in the Causal Sequence.

Love as FEEL in the Causal Sequence:

- “Internally,” psycanically, Love+/- is an experience; it is something you FEEL+/. The positive emotions are positive Love energy that is Happiness. The negative emotions are the negative FEELing side of Love+/-: AntiLove. AntiLove is the ONLY unhappiness, pain and suffering that exist. There is no other source of unhappiness in the universe!

Love as DO in the Causal Sequence

- “Externally,” physically, Love+/- is your actions (DO) that either serve and grow the people and things around you (Love+); or harm and destroy them (AntiLove). Your DO in the Causal Sequence includes RELATE, how you communicate, treat and respond to others: either with positive energy= Love, or with negative energy= AntiLove.
- Notice how your “internal” Love, your emotions, motivate, impulse, and move you to act, which action is your “external” manifestation of Love or AntiLove. Thus we have FEEL→DO in the Causal Sequence
 - Your positive emotions move you to care for, support, and grow the entities around you: that is Love+.
 - Your negative emotions impulse you to attack, stop, change, punish or destroy the entities around you, and to do so with negative energy. That is negative Love = AntiLove.

Even the briefest glance around this planet will note that AntiLove DO is alive, well and thriving. Most humans suffer great quantities of AntiLove FEEL= negative emotions, throughout their lives. This internal AntiLove is the motivating source of all the AntiLove DO on the planet: violence, rape, corruption, criminality; national, racial and religious conflicts; the fight for power and wealth no matter the cost to others; political suppression, dictatorships and tyranny; economic suppression and exploitation; the rape of the environment; the uneven distribution of education, wealth, and medical care; starvation, torture, terrorism, wars, etc.

As the power and technology to AntiLove ever more and more effectively continues to trickle down to the individual, it is doubtful that humanity can survive another 200 years of its AntiLove. How much longer can it be before terrorists get weapons of mass destruction; e.g. explode atomic bombs in a few major cities around the world? (How does it feel to know that at this moment, there are thousands of human beings dedicated to doing just that, and many working on it full time?)

All external AntiLove DO is a reflection-projection-expression of the person’s internal AntiLove FEEL for Self. All external AntiLove DO is part of the External Quest to change that internal AntiLove FEEL for Self by changing things in the external world. The ONLY real solution to the world’s problems is Love+, and the only way to create that Love+ is internally in and by each individual. All this is explained in depth in my other books.

Some people think that love is just one narrow band of the emotions; strong affection and caring, or the “warm fuzzies,” or however you want to call it. This is incorrect. Love is a polarity and is ALL the emotions, from the darkest despair and depression, up to the highest bliss and ecstasy.

Emotions+/-, Love+/-, and Happiness+/- are all the same thing. Expressed in a formula, we have:

$$\mathbf{Emotions+/- = Love+/- = Happiness+/-}$$

These words all mean the same thing. It is most unfortunate that we have three apparently unrelated words for the same, so-important phenomenon, as that has contributed to confusion and ignorance. To correct this deficiency, we now invent the word: **EmoLoveJoy**, so as to have one word that represents this unique energy and that reminds us that these are all the same thing.

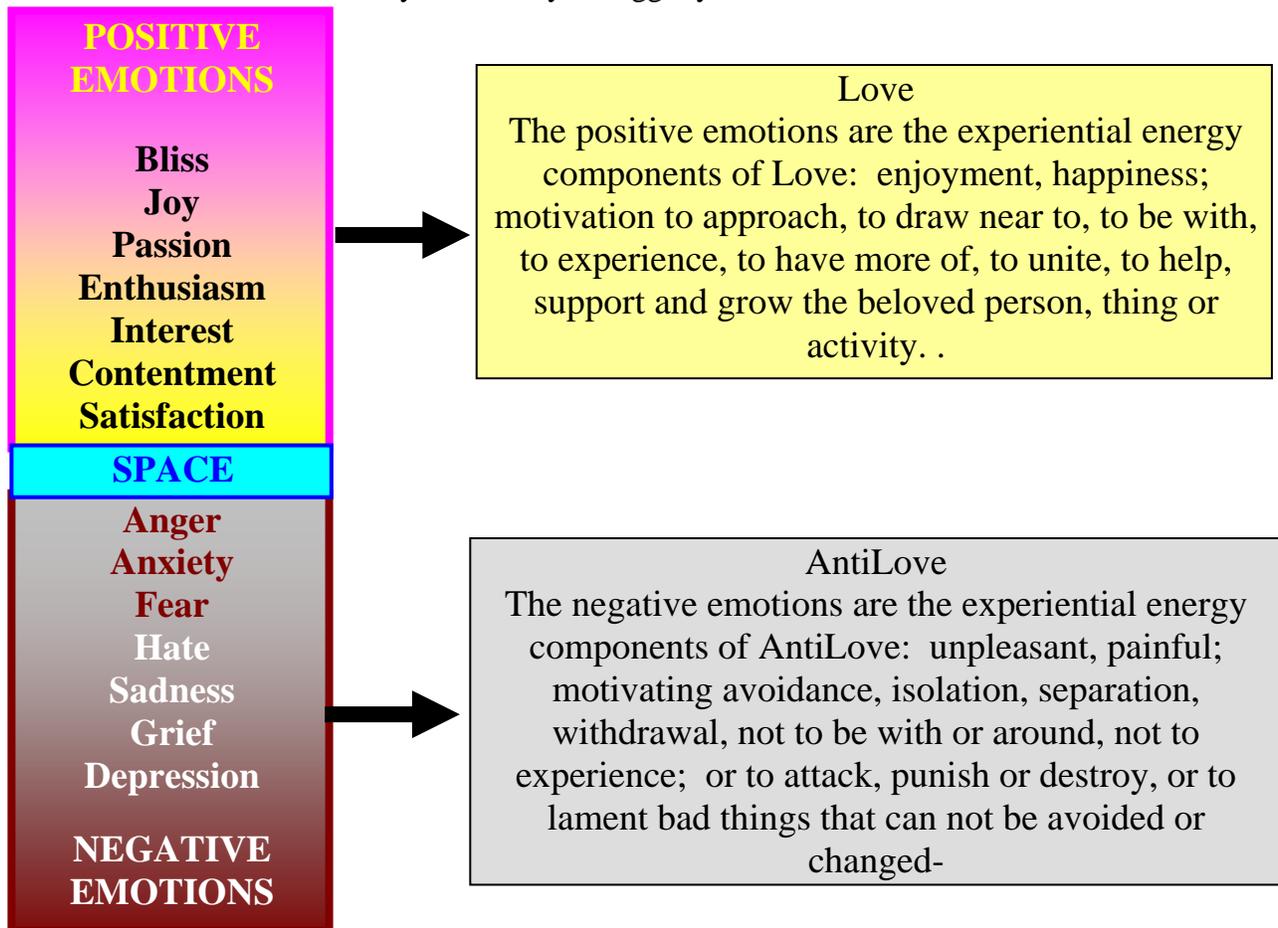
The person who does not understand that these are all the same thing, the same energy, the same experience, understands none of them. Knowledge is Power; and Ignorance is Error and Failure. The person who does not understand the equation above will have no power to control EmoLoveJoy in his life. And controlling it, the **EmoLoveJoy** energy within us, is the most important thing in life, as expressed in the Existential Imperative: Happiness is the ultimate motivation of ALL human behavior. This is the same as: “EmoLoveJoy is the ultimate motivation of ALL human behavior.”

As Happiness and Love are the same things, we can now expand our understanding of that law by making this substitution:

(The experience of) **LOVE is the ultimate motivation of all human behavior.**

We need another clarification about Love. Many people, when they think of Love, think primarily of love for others. This is an error. The important love is love for self, for several reasons:

- 1- You can ONLY love others to the extent that you love yourself. You can not give to others what you do not have.
- 2- Your FEELings (experience) of Love are always your Love for self. When you love others, you are actually experiencing your love for self (this will become clearer later). When others love you, they experience their love, not you. If you experience being loved, it is because the external signs of love from others has validated you so that you trigger your love for self.



THE CAUSE OF YOUR EMOTIONS

The center of your BEing is Life Energy. Life Energy is like white light: when we run it through a prism, it divides out in different frequencies that we perceive as the different colors of the rainbow. The four main sub-energies of Life are Consciousness-Intelligence, Will, Value, and **EmoLoveJoy**. We shall abbreviate these to Wisdom, Power, Value, and Love-Joy. The Essence of your BEing is this Life Energy consisting of Wisdom, Power, Value and Love Joy, abbreviated WPVLJ.

Each of these is a Polarity. For the experiences (states of BEing) of Wisdom, Power, Value and Love-Joy to exist; there must also exist the experiences (states of BEing) of AntiWisdom, AntiPower, AntiValue, and AntiLove-UPS.

An Identity is anything you declare and so create about your Self. Most of them start with "I AM:" I AM strong <> I AM weak; I AM smart<>I AM stupid. A few are verbs, such as: I DESERVE<>I DON'T DESERVE; and I CAN<>I CAN'T (do whatever). Notice with these examples how identities are usually polarities.

An Essence Identity is any identity that affirms or denies your Essence of BEing Wise, Powerful, Value-able. .

Positive Essence Identities, those that affirm Essence, we call PIRs: Positive Identity Realities. Negative Essence Identities, those that deny or suppress your WPV, we call NIRs: Negative Identity Realities.

Here is a chart of common wordings of the Essence Identities+/-:; of PIRs and NIRs. The exact wording is not important; what is important is YOUR creation/expression of Who You Are (or Are Not) in the areas of Wisdom, Power, and Value

Wisdom	Power	Value.
I am intelligent. I learn easily. I am smart I am wise. I know.	I am able. I am capable. I can do it. I am powerful. I am strong. I control. I am a success	I am worthy. I am good enough. I deserve it. I am valuable. I am worth it. I am good.
AntiWisdom	AntiPower	AntiValue
I am stupid. It is hard for me to learn. I am a fool. I don't know. I am ignorant.	I am unable. I can't do it. I am weak. I can't control. I am a failure. I am incompetent. I am a victim.	I am unworthy. I am not good enough. I am less than others. I don't deserve it. I am trash. I am not worth it. I am bad.



We have said that your emotions are Love. Now we deepen your understanding: your emotions are not only Love+/-, they are Self-Love+/-

Your emotions+/- are not only Love+/-: they are Self-Love+/-

LAW:

Your emotions+/- are your Love+ or AntiLove for yourSelf.

Your Self is determined by your Essence Identity of the moment.

Your emotions+/- are your Love+/- for yourSelf according to the Essence Identity you are activating in relation to the current event in your life.

Your emotions are really very simple:

- **When you are in a Positive Essence Identity Reality = PIR, you Love yourSelf and experience that Love+ energy as a positive emotion.**
- **When you are in Negative Essence Identity Reality = NIR, you AntiLove yourSelf and experience that AntiLove energy as negative, painful emotion.**

EmoLoveJoy is the fourth element of the Universal Life Energy of which you are made . You are an individualized particle of that Life Energy. (Your individuation is actually an illusion.) This is what a spirit is: a non-physical, Life Energy entity.

Your EmoLoveJoy is your Love+ or AntiLove for Self according to whether you are in a positive or a negative IDentity.

According to your state of Wisdom, Power, or Value, will be your Self-Love. Positive IDentities trigger Love+; negative IDentities trigger Self-AntiLove.

We can show this with the arrows on the following chart.

Wisdom	Power	Value	+EmoLoveJoy (ELJ)
I am intelligent. I learn easily. I am smart I am wise. I know.	I am able. I can do it. I am capable. I am powerful. I am strong. I control. I am a success	I am worthy. I am good enough. I deserve it. I am valuable. I am worth it. I am good.	 <p style="text-align: center;">Self-Love = Positive Energy for Self = Positive Emotions = Happiness.</p>
AntiWisdom	AntiPower	AntiValue	Negative ELJ.
I am stupid. It is hard for me to learn. I am a fool. I don't know. I am ignorant.	I am unable. I can't do it. I am weak. I can't control. I am a failure. I am incompetent. I am a victim.	I am unworthy. I am not good enough. I am less than others. I don't deserve it. I am trash. I am not worth it. I am bad.	 <p style="text-align: center;">Self-AntiLove = Negative Energy for Self = Negative Emotions = UPS: Unhappiness, Pain & Suffering.</p>

**Your emotions+/- are your Love+ /- for yourSelf
according to your Essence IDentities of the moment.**

If you Know and are Intelligent (Wisdom), you Can (Power). If you can, you are Value-able. If you are Value-able, you are Love-able.

If you don't know or are stupid (AntiWisdom), you Can't do it (AntiPower). If you can't do it, you are a failure, and are AntiValue-able. If you are worthless, you are not Love-able.

PIRs→Self-Love = positive EmoLoveJoy.

NIRs→Self-AntiLove = negative EmoLoveJoy.

**Your negative EmoLoveJoy is not caused by the event,
but by the IDentity (NIR) that you activate in relation to the event.**

An example will show this clearly.

Imagine that there is a cobra in your living room. How would you and most people react? Fear, if not terror, no? Panic? Get away, protect yourself. The really, really brave (or foolhardy) might try to attack and kill it. Notice that these are AntiLove reactions.

On the other hand, you have seen all the people on TV channels like Discovery, Animal Planet, National Geographic, etc, that deliberately and enthusiastically go out into the wilderness looking for serpents. When they find one they are all excited and happy. They pick it up, play with it, caress it; some of them practically kiss it. They care for it and then let it go where it will be safe. Notice that these are Love actions.

Here we have exactly the same external event: a snake. However, we have two totally different experiences and reactions, two totally different FEEL→THINK→DOs, one Love (enthusiasm and caring) the other AntiLove (fear, loathing and fleeing or attack).

And if we had more than 2 people involved, there would be a whole spectrum of responses between the poles of extremely positive (Love) and extremely negative (AntiLove.) (I, for example, would be interested in the cobra, without fear, but very cautious, and want to study it; but I would not try to capture it or pick it up, or even get very close. I would, however, touch it, even lift it, if it were so restrained that it couldn't bite me.)

First: notice the proof that nothing external ever causes your psychic experience. Here we have the same stimulus, the snake; while the human experience varies along the entire spectrum of the emotions, from hate and terror to love and joy. The cause of the varying experience can not be in that which does not vary -- the external event (the snake); it can only be within the varying element, the people.

So the question is: what is the varying element within people that determines their emotions. This is the question we have answered here. The cause is the Essence IDentities that each person is activating or assuming in relation to the serpent event. The person with a Love response is activating IDentities of I KNOW ABOUT THIS SNAKE (Wisdom). I CAN HANDLE THIS SNAKE. I AM MORE POWERFUL AND CAPABLE THAN THE SNAKE (Power). These PIRs then trigger Self-Love, positive EmoLoveJoy of interest, enthusiasm, joy, celebration, etc. This positive FEEL then triggers positive DO in the form of caring for and protection the snake.

The AntiLove reaction person is activating NIRs: I DON'T KNOW ENOUGH ABOUT THIS SNAKE (AntiWisdom). I CAN'T HANDLE THIS SNAKE SUCCESSFULLY. THE SNAKE IS MORE POWERFUL

THAN I AM; IT CAN HARM ME AND I WON'T BE ABLE TO PREVENT THAT (AntiPower). NIRs trigger Self-AntiLove = negative EmoLoveJoy such as fear, aversion, loathing, terror, hate, etc. These negative FEELS then trigger AntiLove DO in the form of fleeing, hiding, or attacking to destroy.

**BEHIND EVERY NEGATIVE EMOTION, THERE IS ALWAYS A NIR.
The secret of life is to discreate your NIRs and create PIRs.**

In life,

- You do not have much control over events. Others say and do as they do; and life events happen as they happen.
- You do not have much control over your emotions; they are automatic energy reactions to who you are.
- What you control, your point of power, is your Identities. These you can create and discreate at will.

The ability to discreate NIRs and create PIRs is the basic ability you need to handle life and achieve Love and Happiness. That is the ability to control your BE which is the first and most important element of the Causal Sequence, the element that determines all the rest:

BE > FEEL > THINK > RELATE / DO > HAVE

THE 4 MAIN FAMILIES OF NEGATIVE EMOTION

While there are many flavors, variations, permutations and combinations of emotional energy, we can identify four general families, of negative emotions, each corresponding to an energy band on the Love Energy Spectrum.

These bands are: Anger, Fear, Grief, and Depression.

Each band of emotion, FEEL, in the Causal Sequence, has

1- A specific THINK, a calculation of Relative Power between the person and the external challenge or threat, producing an evaluation of one's power against that of the threat.

2- A specific TIME factor: Present, Future, Past, Forever

3- A specific kind of DO= ACTION:

- Anger is always Present Time AntiPower: I CAN'T do it --but if I attack with more energy, I still have the Power to prevail. Power was initially thwarted, but still believed to be possible.
- Fear is always Future Time AntiPower: I AM NOT GOING TO BE ABLE TO (whatever).
I WON'T BE ABLE TO (handle whatever).
The threat is more Powerful than I. I must not attack, but I still have Power to avoid or flee or hide.
- Grief is always Past Time AntiPower or AntiValue
 - Past Time AntiPower: I COULD NOT do/stop/prevent it; I FAILED. It is done and there is now nothing I can do. I have no Power at all.
 - AntiValue: I am unworthy. Nobody loves me. I am alone, I am not good enough
- Depression: Forever Time AntiPower or AntiValue. THERE IS NO HOPE. I WILL NEVER BE ABLE TO (do whatever). AntiValue: I WILL ALWAYS BE worthless. Nobody will ever love me. Depression is helplessness and hopelessness: AntiPower forever.

The chart in the following page lays this out more clearly:

BE = IDs = NIRs	FEEL BAND or FAMILY	FEEL Specific Emotions in each range of EmoLoveJoy.	THINK Perceived Power Relationship	DO ACTION
Present Time ANTIPOWER. I CAN'T.	ANGER	anger, hostility, rage, resentment, guilt, impatience, frustration, desperation	Present Time I COULD NOT prevail on first try; but I CAN if I attack again with more energy: I still have Power.	Attack to stop, change, punish or destroy:
Future Time ANTIPOWER I AM NOT GOING TO BE ABLE to handle this.	FEAR	fear, anxiety, worry, stress, terror, panic, horror, timidity	Future Time. The External Threat is perceived as more powerful than the BEing, and it would win or harm. Power to escape but not to prevail	Avoid, flee, or hide to escape something more powerful than I. or covert attack.
Past Time ANTIPOWER I FAILED ANTIVALUE I AM WORTHLESS.	GRIEF	sadness, sorrow, regret, grief, lamentation, overwhelmed.	Past Time or Inevitable. I COULD NOT PREVENT IT. It has happened. Nothing more I CAN do. No Power at all.	No power, ergo No action except to lament that which can not be changed. .
Forever ANTIPOWER or ANTIVALUE. I WILL NEVER BE ABLE TO do it / BE WORTHY	DEPRESSION	defeat, despair, depression, apathy, giving up.	NO HOPE: I WILL NEVER BE ABLE TO. No power ever even in the far future.	Given up. Suppression of emotion to not suffer the irremediable. No action as there is no hope.

RESISTANCE

In the previous chapter, we said that your NIRs are the cause of your negative EmoLoveJoy = UPS in life. This is not the entire story. There is another element necessary before you can AntiLove yourSelf and suffer: RESISTANCE.

There are two levels of resistance to anything.

1- Negation to be with, to be around or have around; **negation to experience**. Notice that you do this with people you don't like. You treat yourself in your NIRs the same way. You don't want to be with, to be around, and to experience your NIRs. You try not to BE-FEEL your NIRs. (BE-FEEL means acknowledging them, accepting them, experiencing them, BEing them and FEELing them.) This is a denial of Space (see our dictionary at www.psycanics.org/dictionary), but there is no outright attack: that is the second level of Resistance.

2- Attack with negative energy (antilove) to stop, change, punish or destroy. Your negative emotions are negative energy with which you attack your NIRs trying to stop, change, or destroy them so that you Not-BE that way. Your negative EmoLoveJoy is your antilove resistance to your self as NIRs.

All that you have to do to discreate your NIRs is to fully experience them, to let yourself BE-FEEL them completely. Once any psycanic creation is fully experienced, it has served the purpose of its creation and it discreates. It's that simple.

This BE-FEEL your NIRs is exactly what you don't do. You resist BE-FEELing= experiencing them. You do everything possible to not BE your NIRs: alcohol, tobacco, overeat, drugs, tranquilizers, antidepressants, mood changers, shopping sprees, over-sex, gamble, over-work, etc among many other ways. Every addiction, every neurosis is an attempt to avoid your negative BE-FEEL. The External Quest is all efforts to change your BE-FEEL by using or changing your external world.

BAD Triggers Resistance

You resist things because they are "BAD." What makes them BAD? You. They are BAD ONLY because you have decided they are BAD. You have created them BAD just by deciding that they are BAD. You simply labeled them as BAD in your mind.

"BAD" is "that which **should not be** as it is, thereby justifying rejection and the use of negative energy to stop, change, stop, or destroy it. Negative energy used against something to stop, change, stop, or destroy it is one form of AntiLove: Resistance. Your negative emotions are the negative, antilove energy that you generate to attack and stop, change, punish, or destroy your NIRs. They are your Resistance to Self as you yourself have created you: your NIRs.

Your NIRs are not BAD; they are simply AntiEssence Identities that you created sometime in the past. **We don't care when or why or how**. Nor should they "Not-BE." On the contrary; they MUST BE, and you must have experienced them at least once—but only once: you don't have to live in them as most people do). By the Laws of Polarity, negatives must exist for the positives to exist. You must experience the negatives to be able to know and enjoy the positives. You can have no experience of BEing Wise, Powerful, Successful, Loveable and Loved if you have not had the

experience of BEing their opposites. The problem is Resistance Causes Persistence. You resist the negatives and that causes their persistence and sticks you in them like a saber tooth tiger in a tar pit.

All that you have to do to discreate your NIRs is to fully experience them, to let yourself BE-FEEL them completely. Once any creation is fully experienced, it discreates. It's that simple.

You don't have to think about them, analyze them, understand them, try to remember when, why, or how you created them, or look for something to blame. In fact, all that mental turbulence about them actually interferes with discreating them because it takes you into mind and out of experience.

The problem that you have with discreating your NIRs is that you won't let yourself experience them. You resist them because they are BAD; you "should not be" that way. When you resist a creation (in this case your NIRs), you are refusing to fully experience it, to BE it and FEEL it. Thus your resistance as the negation to experience, sticks that creation (your NIR) in existence, prevents it from discreating as it would were it fully experienced. This is the first level of resistance: the negation to experience.

Worse yet, you attack the NIR with the negative energy of your self-antilove, with your negative **EmoLoveJoy**. However, no amount of energy will destroy your NIRs or any psycanic reality (any thought or emotion). On the contrary, you are energizing them; you are pouring energy into them. Energy is energy; the polarity, positive or negative, does not matter. Your resistance to energies only serves to feed the density and reality of your NIRs, making them more massive, more real, and therefore more persistent. Thus the law: Resistance attracts and strengthens that which is resisted.

As long as you have your NIRs as BAD, you will resist them. As long as you resist them, you will not let yourself BE-FEEL them completely. They persist in your BEing and you can't discreate them. You create a vicious circle of Resistance-Persistence-UPS around exactly that which you most wish to discreate and free yourSelf of, your NIRs.

Therefore, the first step in discreating your NIRs is to discreate your resistance to them. This we do by discreating the opinion of BAD and all of the forms of resistance that can take off from the BAD. You discreate the resistance by just experiencing it out in whatever form it shows up in your experience. Your resistance is always some form of denying to BE-FEEL your negative identities.

Forms of Resistance include:

- It's BAD to BE or FEEL that way.
- I don't want to BE (that NIR).
- I don't accept that I am that way.
- It's horrible to BE that.
- It's terrible to be that way, and
- Any other experience of rejection, aversion or repulsion to your experience of Self.

ALL negative EmoLoveJoy is emotional resistance to a NIR, and is ALWAYS the result of mental creations of BAD in some form.

We will use the word BAD to include all forms and expression of resistance, as they all begin in the creation of BAD whether you can detect the BAD or not.

Furthermore, the amount of your negative EmoLoveJoy= UPS is ALWAYS directly proportional to the intensity of your creation of BAD. The Badder something is, the more negative EmoLoveJoy you will be generating.

Resistance has its own Causal Sequence:

Should Not Be → BAD → AntiLove → Rxx = Pain & Persistence.



By the way: BAD is a hallucination, another of the 14 Great Hallucinations of Man (detailed elsewhere in psycanics). There is no such thing as BAD, and there is no thing that is BAD –except that you paint it so in your mind. Go out into the universe with a telescope and a microscope and see if you can ever find the quality of BAD any where. If you can, measure it, and bring some back in a test tube for study. (See my other works for five chapters of information on the hallucinatory nature of BAD and evil effects of man's creation of BAD on this planet.)

Here is an exercise to train you in discreating BADs and resistances.

Guilt is always the result of creating BAD on something you did, and on yourself for having done it.

Take something for which you feel guilty. Acknowledge to yourself that you are the sole creator of your opinions of BAD. Then experience how BAD it is what you did, and how BAD you are for having done it. Continue experiencing your creation of BAD until it is gone and you are in Space to your Self. (Space means no energy, no experience, discreation has been achieved.) You will be in Space when the experience of BAD and therefore of guilt is gone.

Remember what you did in discreating your BADs and resistances to Self. This is exactly what you will need to do in regards your NIRs.

NIR MASSES AND ACTIVATIONS

A NIR Mass is a **NIR + BAD + neg. ELJ**.

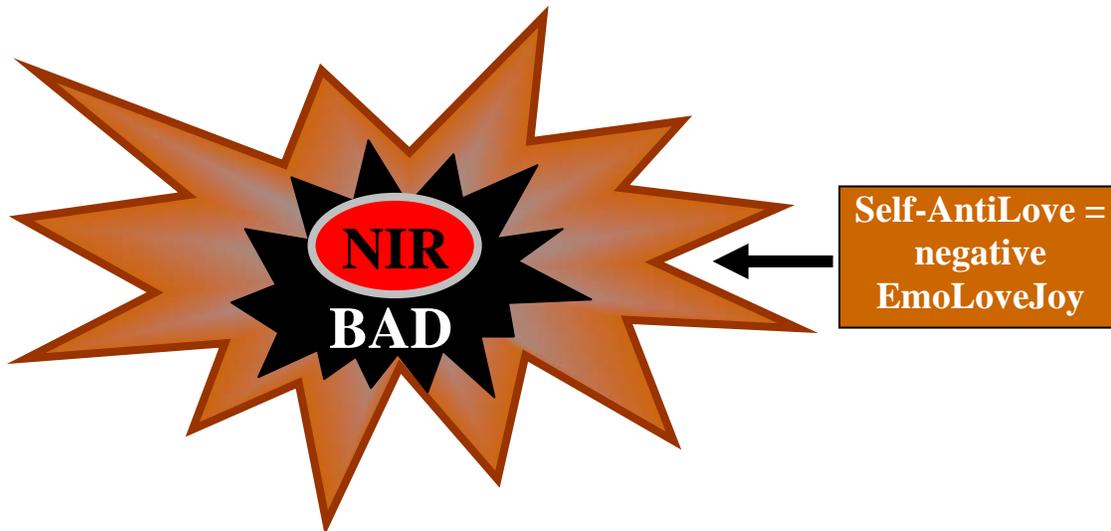
A NIR Mass is a AntiEssence Identity invalidated with a creation-opinion of BAD, which triggers a charge of negative EmoLoveJoy.

A NIR Mass is a NIR + BAD + Emo Charge. In other words, your NIRs are not alone in your subconscious: They are accompanied by your resistance to BE-FEELing them, which is triggered by your creation of BADs, which then triggers your AntiLove charges of resistance to them

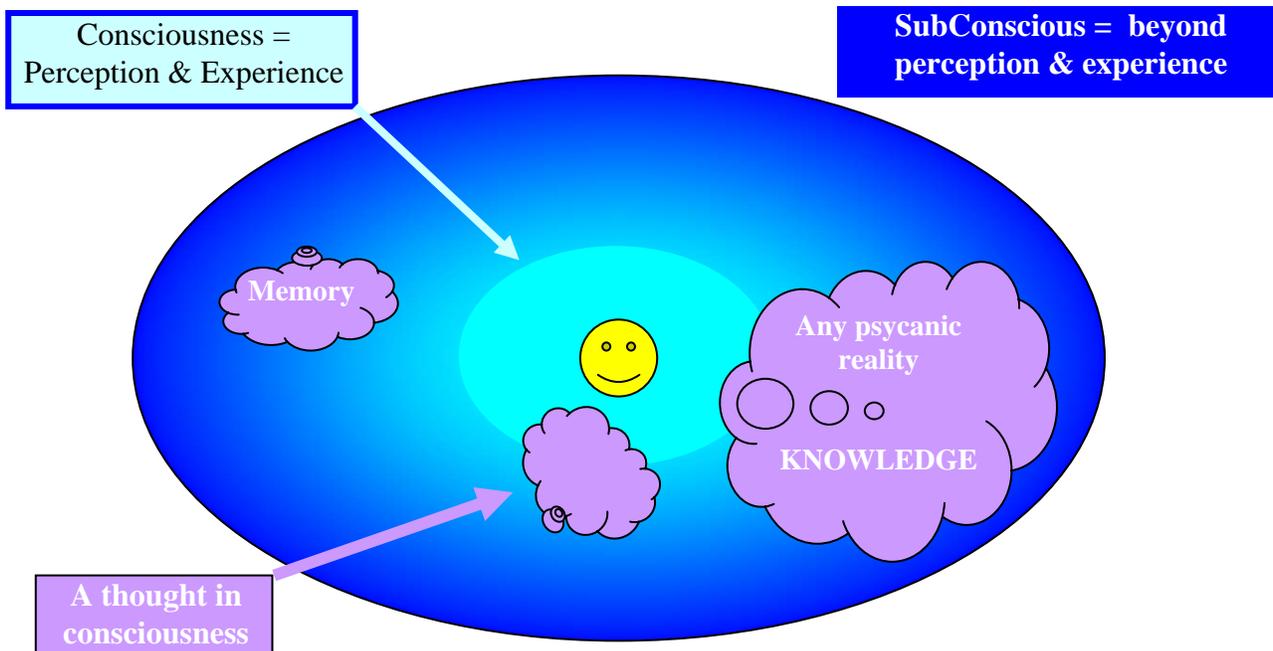
Graphic:

You invalidate your NIRs by creating opinions of BAD to BE that NIR. Your creations of BAD then trigger your resistance to BE-FEELing that way (the NIR), and your AntiLove resistance to BEing that way. You experience this AntiLove resistance as your negative EmoLoveJoy, which is the ONLY UPS that exists in life.

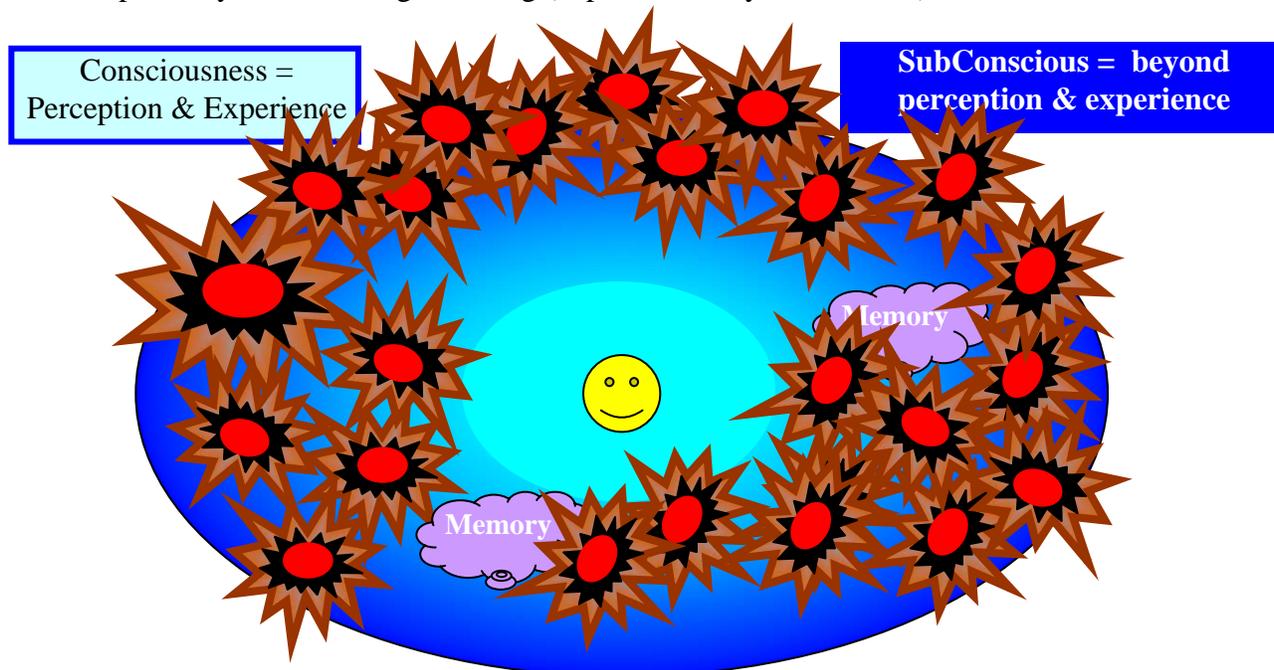
The combination of these three elements: NIR, BAD and AntiLove is what constitutes a NIR Mass. You have hundreds of NIR Mass lurking in your subconscious. These activate when an appropriate trigger event occurs in your life.



Your subconscious is the psychic space around you but outside of your conscious= perception=experience. This psychic space around you= psycan is full of your old mental and emotional creations, for example: memories and concepts studied and learned.

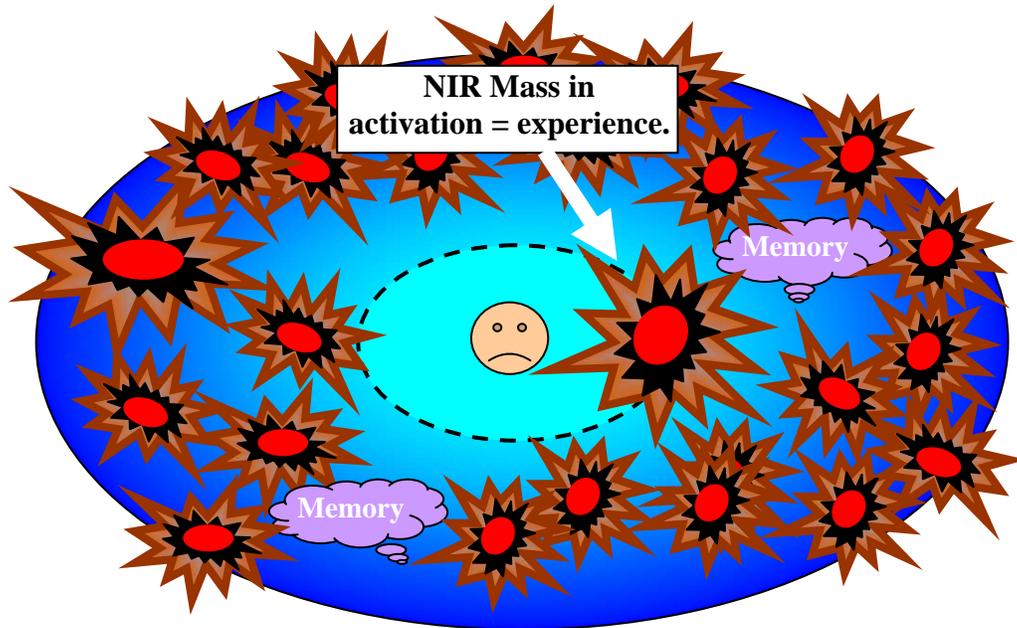


Your subconscious is full of NIR Masses: hundreds, even thousands of them. You might think of your subconscious as a warehouse full of things, some of them important or useful, but also packed with a lot of old junk. The sum total of your NIR Masses is called the Essence Suppressor Mass. It is what separates you from a Higher Being (explained in my other books).



Whenever an appropriate event occurs within your perception in life; it triggers a NIR Mass to move from your subconscious=outside of experience, into your consciousness=experience. This is called an **activation** (of the NIR Mass). The event that triggered the activation is called the “**trigger event**,” or just the “**trigger**.”

This works just like when you see, hear or smell something, it can trigger a memory of something from your past. For example, a whiff of jasmine might remind you of your mother who liked that flower or used it as perfume.



You experience the NIR Mass primarily as negative emotion. However, the NIR and the BAD are ALWAYS there lurking underneath.

Sometimes the negative emotion is so strong it drowns out the more subtle mental energy of the NIR. Sometimes the person has blocked the perception of the NIR as one of his resistance strategies. But the NIR and the BAD is always there. Furthermore, the amount and intensity of the negative emotion will always be directly proportional to the amount of BAD.

As you move through life, events occur. Your NIR Masses trigger and move in on you, and you suffer the negative emotion. The activation may last a few minutes, a few days, months, or even years.

You will try all kinds of things to end your negative experience; everything from a cigarette, or alcohol, to becoming a workaholic, to suicide. ALL NEGATIVE HUMAN BEHAVIORS are intents to change BE-FEEL. NO EXCEPTIONS.

What you do with that activation is critical to your Happiness, to your relationships, to your personal development and to your spiritual growth.

If you discreate it with psycanic techniques, you will:

1- Immediately end your negative emotional pain, and free yourself of the compulsion to any negative behavior you have been using to suppress the pain.

2- You will have discreated and eliminated that much NIR Mass from your total burden of NIR Mass in your subconsciousness. That part of your NIR Mass no longer exists and can not activate on you ever again. As you do this over and over on every activation when it occurs, you eventually clean out all your NIR Masses and pass into new levels of consciousness and permanent joy.

If you do anything else with it: suffer through it, resist it, deny it, ignore it, suppress it with chemicals or food, try to distract yourself with external activities like shopping sprees, television, relationships, sex, etc, just wait for it to subside—whatever-- the NIR Mass will usually, eventually, subside – **back into your subconscious. YOU HAVE DONE NOTHING TO ELIMINATE THE MASS. IT WILL SUBSIDE BACK INTO YOUR SUBCONSCIOUS AND LURK THERE, ready to pounce on you again at the next trigger event.**

Furthermore, you have made no progress whatsoever in cleaning up your BEing and transforming your FEELing, your UPS in life into Happiness all the time, no matter what. You wasted the opportunity to discreate that NIR Mass and so chew a bite out of your total Essence Suppressor Mass.

Thus, you live and relive and live again the same patterns of emotional pain, and the same patterns of neurotic and addictive behavior over and over again, like a scratched record.

The practitioner of psycanics establishes a discipline of always discreating hir activations when they occur, or as soon after as possible. S/he also works to actively trigger hir NIR Masses so as to free himself of them as soon as possible. It's a life style of continuous improvement of one's quality of BEing, FEELing, THINKing, RELATEing, DOing and HAVEing.

DISCRETION

The basic laws of discretion are simple:

Experience Experienced Discreates. Resistance Causes Persistence.

If you will fully allow yourself to experience anything psychic, any thought, emotion, or resistance; it will discreate.

Of course, you must be in recognition that you are the Creator of whatever you want to discreate. If you believe somebody else created it --which is impossible since it is your mind or emotions-- you can't discreate it-- it's not yours, by your decision= creation that it is not. Only the creators can discreate their creations.

To discreate your NIRs, you only have to relax, open your feeling and let yourself experience being that way. You have only to let yourself BE them, to integrate with them, to BE-FEEL them completely. You have to let yourself BE-FEEL stupid to discreate "I AM stupid." You have to let yourself BE-FEEL weak to discreate "I AM weak." You have to let yourself BE-FEEL worthless to discreate, "I AM worthless."

Another name for the process of discretion is **integration**. You integrate with those parts of yourself that you are denying, resisting and avoiding: your NIRs.

Yet another for the process of discretion is to **Love yourself**. AntiLove wants that which is antilove to be gone, out of its space, presence and experience. It even attacks that which it antiloves with negative energy to destroy it. To love yourself, you do the opposite.

You love yourself by ceasing all resistance= antilove to how you are (by your own creation: your NIRs). This puts you into SPACE, into acceptance of how you are. Love draws near to and wants to be with and to experience, to feel, that which it loves.

This is what you do to your NIRs. You move from the condition of antilove= avoid, resist in which you are now, to a state of love = acceptance, approach, be with and experience them. Paradoxically, this discreates them (because of certain fundamental laws of the universe and of reality beyond our scope here).

If you find it difficult to integrate and discreate; it will be so because of your resistance to BE-FEELing your NIRs. It will be because of your AntiLove to your Self=NIRs.

In that case, discreate your resistance by experiencing it, by experiencing your creation of BAD about being that NIR, and any other form, thought or feeling of resistance or aversion.

Thus, there are 2 things you focus on: 1- The NIR. 2- If you have any problem with emotion or with aversion to the NIR, your BAD & resistance to the NIR.

WARNING

The discreation of BAD and all resistance will discreate the negative emotional charge. When you discreate all your creation of BAD to the NIR, the emotional charge= pain will be gone and you will be in emotional Space, in a calm state.

This can fool you into thinking you have reached the end point of the process. Not so.

YOU MUST KEEP GOING AND DISCREATE THE NIR(s).

YOU MUST DISCREATE THE NIRS.

Your NIRs are more subtle mental energy than the emotions, and they can be overlooked after the fireworks of strong emotion if you are not on alert to them.

If you do not discreate the NIRs, you have failed to achieve any real change in your state of BEing, in your Essence. Furthermore, the emotions charge will soon recreate itself as what you are resisting, the NIR, is still within you.

You have sufficient theory now to discreate. However, when you first take your machete of discreation in the jungle of your mind and emotions, you become confused and unsure of exactly how to proceed. For that reason, we have CDT trainers: people who are expert in teaching you how to find and discreate your NIRs. You may find a session or two invaluable to get you started. You may contract for a session of training by internet at www.psycanics.org. Once you get the hang of it, you will soon turn that jungle into a beautiful garden.

CREATION OF SELF

Once you have discreated a NIR, you should then create the positive identity and self-love, the BE-FEEL that you would like to experience in the future in relation to that trigger event, or just in general in your life.

Creation is much simpler and easier than discreation. All you have to do is create **in your experience**, in your mind and emotions, the idea of you, the pattern of you, that you wish to make real. Synonyms of “create” here can include: imagine, mock-up, model, make a mental image.

You need to get your desired BE-FEEL in your experience, both mental and emotional in present time. This should always be based on the Wisdom, Power, and Value PIRs, and usually the polarity opposite of the anti-essence IDentites (NIRs) you have just discreated. You can then add in any other desired elements.

Furthermore, once you have the desired BE-FEEL created, you can create the entire new Causal Sequence by imagining and energizing your desired THINK, DO and HAVE, as we show in the more advanced books.

There are two ways to get the pattern or psycanic model of your desired BE-FEEL:

- 1- Decide and Declare Who You Are, and how you are, and how you FEEL about that. (Positive EmoLoveJoy will spring up as you make a positive you real, but you can also add to it with your intention to do so.)
- 2- Go to some past event where you were in the experience of Self with its positive emotion that you want to make real and permanent in present time. For example: one time when you were intelligent and knew and could experience that (Wisdom ID); or when you were strong, and knew and felt that (Power ID).

Once you have your desired pattern of BE-FEEL, of Identities, energize it with your Will, with your Creator Intention of that which shall BE, in this case: YOU. Decide, Determine, Will and Intend that you BE that way (PIRs). Let loose your desire and all your love on that model of yourSelf. Pour energy into it. Bathe yourself; impregnate yourself with that BE-FEEL, with that modulation of your energy. Make that reality of yourself massive, dense, and real. Energize it as long as you can, and as many sessions as necessary, with the intention to make it totally real and permanent. Pour energy-love into creating you in your desired image and likeness. Eventually, it becomes your reality-experience, your BE-FEEL all the time, no matter what. Let no trigger event tumble, or even shake, Who You Are.

Thus do you transform your BEing from AntiEssence to Essence, from an imprisoned Spirit to free Spirit, and from AntiLove to Love. You de-real-ize your NIRs and energize=real-ize your PIRs.

WARNING:

The effort to create positive can activate negatives previously created and latent in the subconscious. If this happens, leave off the energization of the positive, discreate the negative, and then return to the creation of the positive.

Again: If you need training in how to do all this: www.psycanics.org

PRACTICE

Make a list of your trigger events and your corresponding negative emotions, especially the ones that are occurring again and again.

Go inside yourself, letting yourself open to and just feel that negative EmoLoveJoy with no opinions or resistances. Remember your emotions are not bad; they are just flavors of energy that you are generating as a spirit-being.

Then feel behind the emotion and find your NIR(s). Find them by feeling them, not by thinking about or analyzing them.

Once you have found the NIR, feel if you have any resistance to BEing it, to FEELing yourself that way. Discreate any resistance.

Then, integrate with the NIR and BE-FEEL it until it disappears.

Repeat this on your negative emotion until you have no more negative emotion.

Then create yourSelf as you would like to be in relation to that trigger event.

Repeat this every time you activate, and eventually you will not activate and you will be in PIRs and Self-Love=Happiness all the time, no matter what.

Whenever, you don't know what to do, just experience your experience whatever it is. This is a lot more sloppy⁸ and "painful" (as it requires experiencing negative emotion), and takes a lot longer than discreating the NIRs, but it will work and will get you out of any negative experience eventually.

Last Words

The purpose of life is to evolve yourSelf from who you are at any point and in relation to any person or event, to be Who You Want to BE. This evolution of Self resolves all problems and conflicts in life and evolves your Love and Happiness.

Most people are focused in manipulating the physical universe to get whatever they think is the key to happiness (relationships, money, success, fame, power, etc.) Thus, they are focused in HAVE rather than BE. They are living life backward.

The purpose of the physical universe is to be the mirror in which you can see yourSelf. Whenever, who you are in painful (negative emotions) or inadequate to perform (DO) as you would like, you can discreate that state of BEing and then create yourSelf as WHO YOU WISH TO BE.

This discreation and recreation of Self is the key to life, love and happiness, and to HAVEing what you want in life.

Psycanics offers a complete program for the Transformation of your BEing and Life. You will find information and testimonials at www.psycanics.org.

⁸ By sloppy I mean it is not as surgically precise as discreating NIRs.

This book is a short summary of Level 2 of Psychanics, which deals with the nature and cause of the human emotion, and is part of the

THE PSYCANICS LIFE TRANSFORMATION SEMINAR SERIES

whose objective is

**A never-ending growth of your
Wisdom, Power, Love, and Happiness**

The Causal Sequence of Life

BE → FEEL → THINK → DO → HAVE Identities → Emotions → Mind → Actions → Results

Life works according to the Causal Sequence, wherein each element determines the following ones. Everything in your life falls into one of these areas. Understand how the Causal Sequence and each element works and you will control your life.

Psychanics is arranged in levels that teach how each are of the Causal Sequence works.

The SEMINARS and MATERIALS

- #1: Your Mind: The Owner's Instruction Manual.** THINK in the Causal Sequence of Life. Your mind is your greatest ally or your greatest enemy, depending on whether you control it, or it controls you. What is going on in your life is a reflection of what is going on in your mind. Your mind is a major determinant of your results, and your happiness or pain in your life *–infinitely more important than the external circumstances of your life*. To resolve your problems and conflicts in life, you must first resolve the turbulence in your mind.
- #2: How To Eliminate Your Negative Emotions.** FEEL in the Causal Sequence of Life. Your happiness or pain in life is purely emotional. Your pain in life is never the events themselves but rather how you FEEL about the events. Furthermore, how you FEEL is never caused by the events, but rather by mechanisms within you, which is why two people can have entirely different FEELings about the same event. In this Seminar, you will learn how to eliminate your negative emotions forever, and how to live creating and ever increasing your FEELings of Love and Joy in life.
- #3: Your BEing: Who and What You Are.** Your BEing is the first element of the Causal Sequence. Who You Are, your IDentities that constantly vary in relation to the events of your life, determine how you FEEL, THINK, ACT and the RESULTS you produce. Learn to control your Being and you control all the rest of your life naturally and easily. Most humans center their lives in HAVE; the wise and the happy center their lives in BEing.
- #4: Relationships: How to have them work without effort.** RELATE in the Causal Sequence. There is one and only one fundamental cause of all relationship problems and conflicts. In this seminar, you learn to identify and eliminate this mechanism in you, and to become impervious to its operation in others. You will take a quantum jump in your understanding of the dynamics of relationships, and in your ability to eliminate conflict and maintain them in positive energy, and love. Special attention is given to couple and parent-child relationships.

#5: Communication, Negotiation and Agreements. RELATE in the Causal Sequence. Having eliminated negative energy and resistances from your relationships (Seminar #4), you will now learn how to use positive energy –Love— and communication to obtain and maintain the willing cooperation and support of those around you. You learn to motivate and move others with communication flows that appeal to the natural integrity and desire of all human beings to love and contribute to those around them.

#6 Creation and Manifestation HAVE in the Causal Sequence. Life is alive, intelligent and purposeful; and despite appearances, there are no accidents or coincidences. The first part of this seminar presents how to find your Destiny, your Life Plan that you came here to accomplish. Until you align with your Destiny, life will be unsatisfactory, no matter how many “toys” you accumulate. The second part of this seminar presents the Laws of Manifestation: how to attract into your life the events and things you desire to HAVE.

#7 Freedom and Power DO in the Causal Sequence. In this advanced seminar, you will go deeply into your Self, into your subconscious, to find and eliminate all the mechanisms that are causing you pain or holding you back in life. This Seminar show you how to free yourself of all suppressive programs, fears, beliefs, addictions (including substance abuses), aversions, “cages” and “traps.” It unleashes your freedom and power to act in life, to do everything that you have always wanted to do but have not dared due to your fears or justifications and excuses.

#8 Essence and Spirit Your spirit-ual BE in the Causal Sequence. This seminar explores scientifically what we truly know about the ONE INFINITE INTELLIGENT LIFE FORCE LOVE ENERGY from which all that exists is formed. It explores the nature of your true relationship to the SUPREME BEING, and shows you how to experience LOVE yourself directly, and to live ever increasing that communion and integration.



This E-book is but an introduction to Psychanics. For more information, please visit our website at: www.psychanics.org. You will find more detailed information about CDT Training, articles and book excerpts, complete books, information about our seminars and courses, questions & answers section, and more.

For linking, resources or personalized communication, please write to: Alline@psychanics.org.

In addition to the Seminar Series; Psychanics offers courses that delve more deeply into specific areas of life. These courses include:

- Study, Learning & Intelligence
- Loving Relationships
- How to Raise Children Without Raising a Sweat
- How to create Super-Intelligent Children
- Sex
- Creation in the Physical Universe.
- Money
- Leadership

