

# EMOTIONS

AN INTRODUCTION TO PSYCANIC SCIENCE

**Thomas Michael Powell**

PSYCANICS 



A Psycanics Book

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*Quoted from the works of Thomas Michael Powell on psycanic science.*



# Table of Contents

Author's Note .....	3
Preliminary Information .....	5
Polarity .....	9
The Causal Sequence.....	13
Happiness .....	15
Happiness Is Purely Emotional .....	19
External Events NEVER Cause Your Emotions.....	21
What Are Your Emotions.....	25
The Cause of Your Emotions .....	31
The Four Main Families of Negative Emotion.....	37
Resistance.....	41
NIR Masses and Activations.....	47
Discreation .....	53
Creation of Self .....	55
Further Study and Information .....	59



## Author's Note

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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 and so restore yourself to internal peace and serenity. And you will learn how to, little by little, eliminate their 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 be seem incredible, beyond belief and acceptance of validity, to you.

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.

Many people dismiss out of hand ideas that conflict with their fixed beliefs and dogmas – which means they live without learning anything new, fixated in old 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.

*Thomas Michael Powell*



## Preliminary Information

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**P**sycanics (sigh cán ics) is an extensive model of human existence that integrates philosophy, psychology, non-physical energy physics, and spirituality into one body of knowledge. It is scientific. It proves its laws and principles and eschews faith and belief.

As scientific philosophy of how life works, as does all true knowledge, psycanics gives you the power to understand and control your life. It gives you the power to resolve problems, eliminate all your negative emotions, pain and suffering; improve 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.

### Comprehension of Technical Terms

Psycanics is a powerful spiritual science and personal development technology. One of the sources of its power is its precise nomenclature that has been carefully designed to get you to look at and start thinking about your existence in a certain way.

You will find a free *Psycanics Dictionary* at [www.psycanics.org](http://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. 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 your 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.

**The symbol “→”** means “causes or produces.” Example: “BE→FEEL” means “BE causes FEEL.”

**Event:** The word “event” has a special definition in psycanics. It means any occurrence, any change, 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

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:

- Negative emotions = MODs = activations = resistance = anti-love = UPS
- Consciousness = perception = feeling = experience = knowing
- Emotions+/- = Love+/- = Happiness+/-

In each example, these words appear to be different phenomena, but they are really all the same thing. For example; we will show that Emotions+/- = Love+/- = Happiness+/- are all the same thing. Until you understand this, you do not really understand any of them and are lacking critical data about how your life works.

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 them and eventually appreciate how they add to your understanding.

Polarity Spectrums are also underlined. Examples: Love◇Anti-Love, Cause◇Effect.

## CAPITAL FIRST LETTER ONLY

Words with a capital first letter refer to the entire psycanic concept of that phenomenon. The major psycanic 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**, **Polarity**, **Responsability**<sup>1</sup>, **Fatal Paradigm**, and **Victim**. Each of these concepts is a major and important concept in psycanics and the first letter is capitalized to help the reader remember this when s/he sees the term.

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<sup>1</sup> Responsability = response-ability: the ability to respond, to take action.

# Polarity

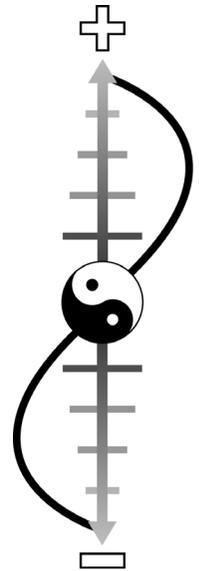
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You cannot understand or control life, love, emotions or happiness if you do not understand Polarity and its laws.

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 psychic experiences, such as love and happiness. Almost all psychic 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 impossi-

ble to have happiness without unhappiness (emotional pain).  
It is impossible to have love without anti-love 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 side, the positive experiences = happiness that we seek to exist. Thus ignorance, stupidity, inability, failure, anti-love, 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, 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 your 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◊Anti-Love, which can also be expressed as: Love+/-.
- Happiness+/-, which can also be expressed as: Happiness◊UPS.



# The Causal Sequence

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Life works according to the Causal Sequence of:

BE → FEEL → THINK → 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.

**Your life is the sum of your Causal Sequences.**

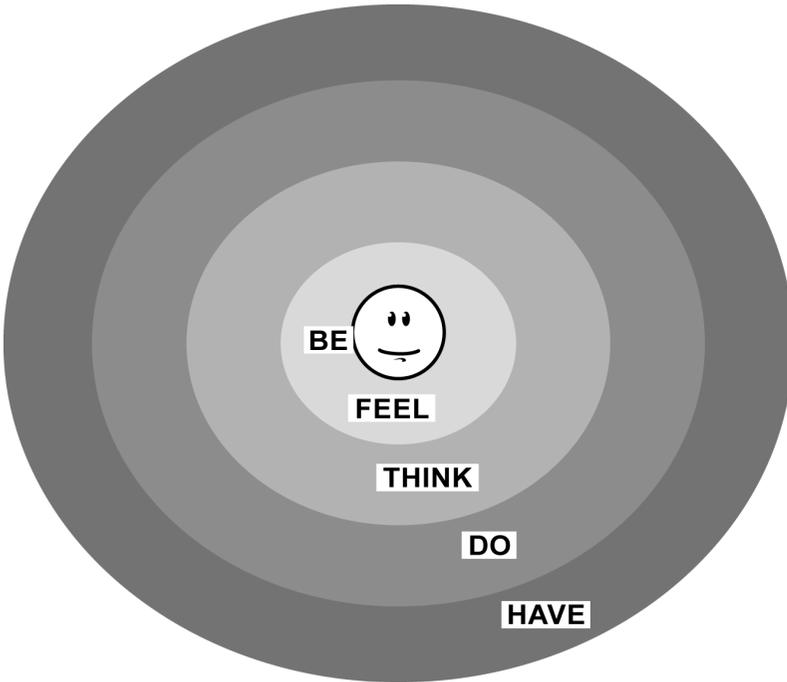
It is a *Causal* Sequence because each area determines the content and energy of the following area. How you FEEL will determine how you THINK, and how you THINK will determine how you ACT (DO). For example: when you FEEL angry, you will THINK about attacking, stopping, changing, punishing or destroying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

Note: The concept of HAVE includes not only material things, but also includes the quantity and quality of your relationships.

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.

The elements of the Causal Sequence, BE→FEEL→THINK→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, 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.



Life flows from the inside out.

# Happiness

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**H**appiness is a state of positive psychic experience<sup>2</sup> all the time, no matter what<sup>3</sup>. 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<sup>4</sup>. Strong words some will say, but I back them up in the deeper texts.

Note: We distinguish between psychic happiness <math>\langle \rangle</math; pain and the purely physical states of pleasure <math>\langle \rangle</math; physical pain. The words: happiness, pain, suffering, UPS always refer to psychic 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 our efforts in life.**

No matter what anybody thinks or says are his 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

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<sup>2</sup> Positive physical experience we define as pleasure.

<sup>3</sup> Why happiness only exists if it is all the time, no matter what, is explained in my other books.

<sup>4</sup> Your emotions are the primary element of happiness, second only to your BEing that causes them: BE → FEEL in the Causal Sequence.

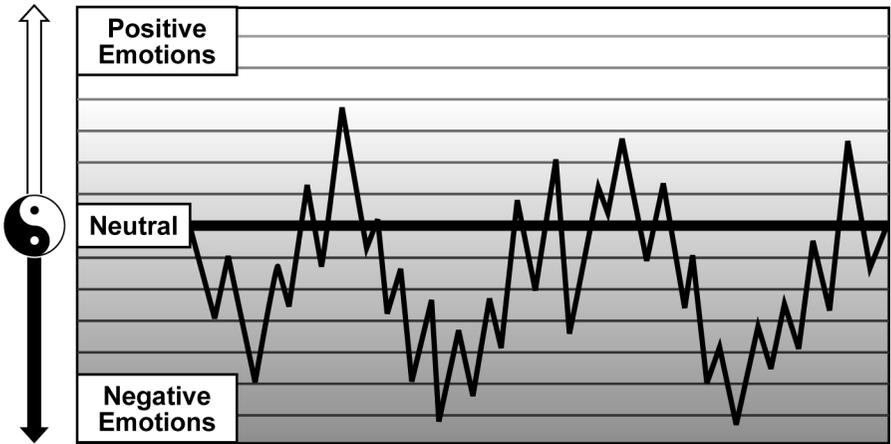
motivation. Many behaviors backfire in producing happiness due to erroneous THINKs selecting and guiding the behaviors.

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 his happiness) all the time. Furthermore, you have no choice about being 100% selfish. You cannot 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 you are seeking: you are seeking happiness. The question is HOW are you seeking it: in a way that works or one that doesn't?

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 ignorance in your case.



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

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Happiness is never the events<sup>5</sup>, 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 happiness. 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 is doable. Controlling the external world is 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.

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<sup>5</sup> 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.

If you are seeking happiness by any 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 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.

# External Events NEVER Cause Your Emotions

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To the ignorant<sup>6</sup>, 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 12 Great Hallucinations of the human being. (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 Paradigm**<sup>7</sup>.

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 <math>\diamond</math> 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 your negative emotions = UPS in life. Therefore, you attack (DO) negative events (includes other people) with negative energy (anti-love = anger, invalidation, blame, punishments, withdrawal of love, bullets, bombs, etc.) to stop or change the events to stop your UPS.

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<sup>6</sup> By "ignorant," I mean psycanically ignorant, in the same way the Buddha used the term. A person can be a scholar in many fields, but if s/he does not understand his own BEing, mind and emotions, love and happiness, then s/he is ignorant.

<sup>7</sup> Paradigm: a subconscious and unquestioned belief, usually false, about how life is; that then shapes and limits both perceptions and behaviors. For example: the belief 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).

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 mirages that always pull 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.

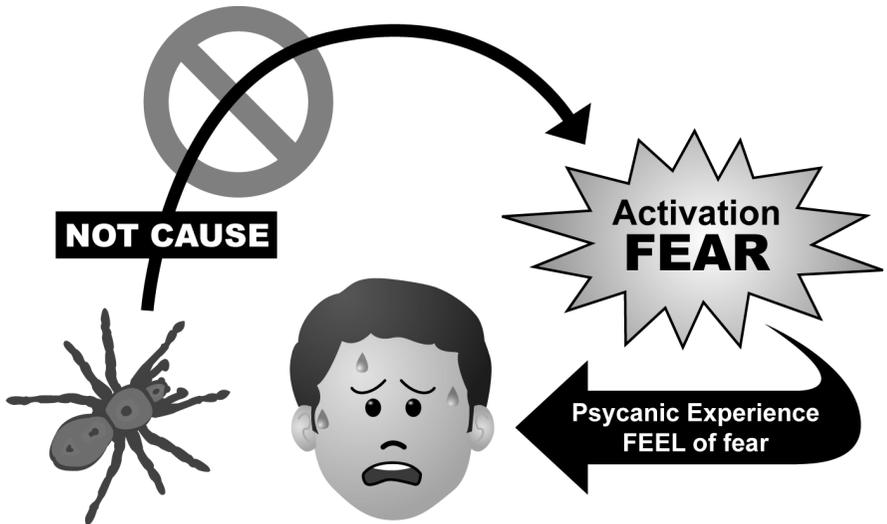
The Fatal Paradigm is a hallucination. Physical events NEVER cause psychic experience (psychic: non-physical, such as thoughts and emotions, love and happiness). External events NEVER cause internal experience; NEVER cause your negative emotions. Likewise, all the material things on the planet can NEVER produce happiness (as we showed in the previous chapter 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.

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 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

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- Your emotions are FEEL in the Causal Sequence.
- Your emotions are 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<>Anti-Love energy polarity.

## Your Emotions Are the Love<>Anti-Love 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. Anti-love 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 anti-love?
- Is joy love+ or anti-love?
- Is anger love+ or anti-love?
- Is fear love+ or anti-love?
- Is grief love+ or anti-love?

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 love or anti-love.

## 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, anti-love must, and does exist.
- 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,” psyanically, 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+/-: anti-love. Anti-love 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 (anti-love). 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 = anti-love.

Notice how your “internal” love, your emotions, motivate, impulse, and move you to act, which action is your “external” manifestation of love or anti-love. 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 to stop, change, punish or destroy the entities around you, and to do so with negative energy. That is negative love = anti-love.

Even the briefest glance around this planet will note that anti-love DO is alive, well and thriving. Most humans suffer great quantities of anti-love FEEL = negative emotions throughout their lives. This internal anti-love is the motivating source of all the anti-love 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 anti-love ever more and more effectively continues to trickle down to the individual, it is doubtful that humanity can survive another 200 years of its anti-love. 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 anti-love DO is a reflection-projection-expression of the person's internal anti-love FEEL for Self. All external anti-love DO is part of the External Quest to change that internal anti-love 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:

$$\underline{\text{Emotions+/-} = \text{Love+/-} = \text{Happiness+/-}}$$

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.

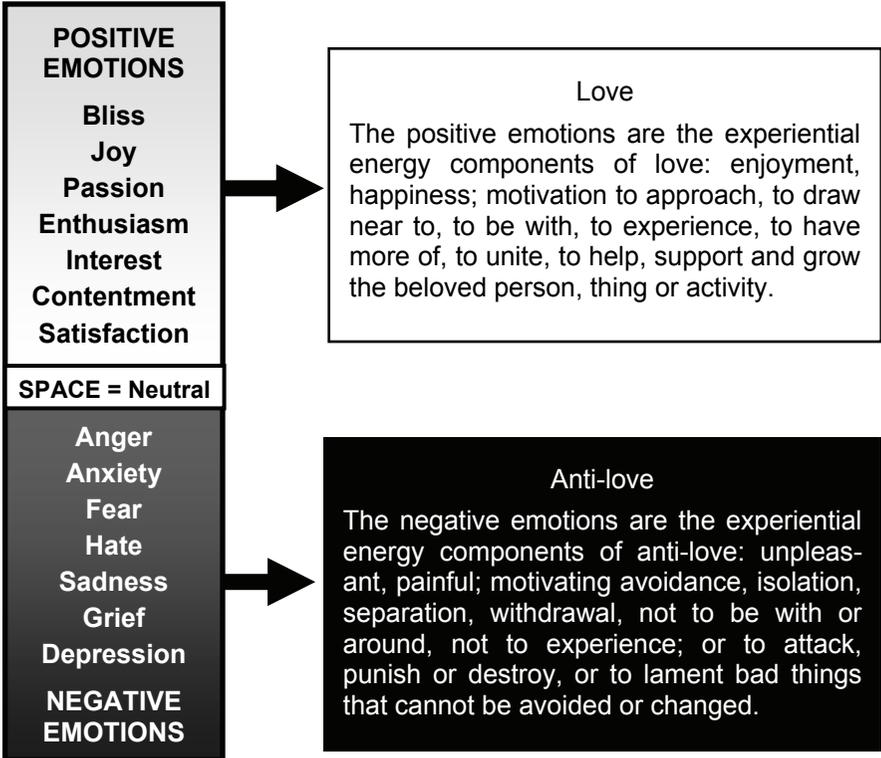
The person who does not understand that these are all the same thing, the same energy, the same experience, understands none of them. Knowledge is Power; and Ignorance is Error and Failure. The person who does not understand the equation above will have no power to control EmoLoveJoy in his life. And 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 your-Self. You cannot 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.

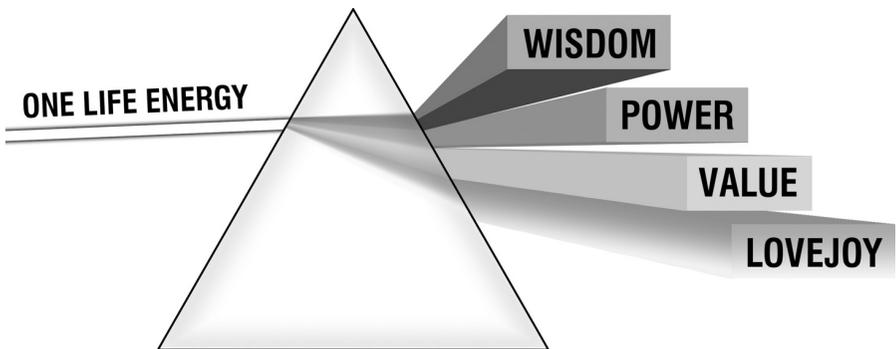




# The Cause of Your Emotions

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The center of your BEing is Life Energy. Life Energy is like a 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 Anti-Wisdom, Anti-Power, Anti-Value, and Anti-Love-UPS.

## Identities

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 (Wisdom, Power, Value), 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.
ANTI-WISDOM	ANTI-POWER	ANTI-VALUE
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:**

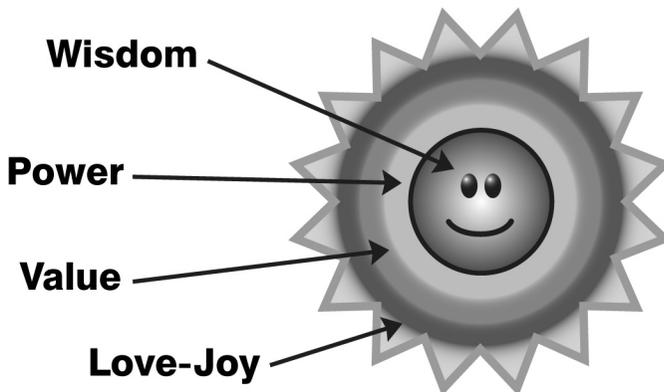
**Your Emotions+/- are your love+ or anti-love for yourSelf, where yourSelf is self-determined by your Essence Identity of the moment.**

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 anti-love yourSelf and experience that anti-love energy as negative, painful emotion.

**EmoLoveJoy** (or Love-Joy) 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 anti-love 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-anti-love.

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

<b>WISDOM</b>	<b>POWER</b>	<b>VALUE</b>	<b>+EMOLOVEJOY (ELJ)</b>
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;"><b>Self-Love =</b>  <u><b>Positive Energy for Self =</b></u>  <b>Positive Emotions =</b>  <u><b>Happiness</b></u></p>
<b>ANTI-WISDOM</b>	<b>ANTI-POWER</b>	<b>ANTI-VALUE</b>	<b>NEGATIVE ELJ</b>
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;"><b>Self-Anti-Love =</b>  <u><b>Negative Energy for Self =</b></u>  <b>Negative Emotions =</b>  <u><b>UPS: Unhappiness, Pain &amp; Suffering</b></u></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 (Anti-Wisdom), you can't do it (Anti-Power). If you can't do it, you are a failure, and are Anti-Value-able. If you are worthless, you are not Love-able.

**PIRs → Self love = positive EmoLoveJoy**

**NIRs → Self anti-love = 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 snake in your living room. How would you and most people react? Fear, if not terror, no? Panic? Get away, protect yourSelf. The really brave (or foolhardy) might try to attack and kill it. Notice that these are anti-love reactions.



On the other hand, you have probably 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 very 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 anti-love (fear, loathing and fleeing or attack).

And if we had more than two people involved, there would be a whole spectrum of responses between the poles of extremely positive (love) and extremely negative (anti-love).

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 terror to joy. The cause of the varying experience cannot 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 (BE→FEEL→DO).

The anti-love reaction person is activating NIRs: *I DON'T KNOW ENOUGH ABOUT THIS SNAKE* (Anti-Wisdom). *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* (Anti-Power). NIRs trigger Self-anti-love = negative EmoLoveJoy such as fear, aversion, loathing, terror, hate, etc. These negative FEELS then trigger anti-love 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 → DO → HAVE**

# The Four Main Families of Negative Emotion

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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, or Forever.
3. A specific kind of DO = ACTION:
  - Anger is always Present Time Anti-Power: *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 Anti-Power: *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 Anti-Power or Anti-Value
    - Past Time Anti-Power: *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.*
    - Anti-Value: *I am unworthy. Nobody loves me. I am alone, I am not good enough.*

- Depression: Forever Time Anti-Power or Anti-Value. *THERE IS NO HOPE. I WILL NEVER BE ABLE TO (do whatever).* Anti-Value: *I WILL ALWAYS BE worthless. Nobody will ever love me.* Depression is helplessness and hopelessness: Anti-Power forever.

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

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



## Resistance

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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 anti-love 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, to experience your NIRs. You try not to BE-FEEL your NIRs. (BE-FEEL means acknowledging them, accepting them, experiencing them, BE-ing them and FEELing them.) This is a denial to experience, but there is no outright attack: that is the second level of Resistance.
2. Attack with negative energy (anti-love) 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 anti-love 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 psychic 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, anti-depressants, 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.”<sup>8</sup> 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 anti-love: Resistance. Your negative emotions are the negative, anti-love 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 Anti-Essence 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, love-able 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-toothed 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

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<sup>8</sup> BAD and, when important: 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 anti-love; **it is the only cause of all pain and suffering.** This book introduces the concept of BAD; its totality is explained in other psycanics materials.

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, and 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-anti-love, 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 → Anti-Love →  
Rxx = Pain & Persistence

By the way: BAD is a hallucination. 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 anywhere. 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 humanity's creation of BAD on this planet.)

Here is an exercise to train you in discrediting 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 as regards your NIRs.



## NIR Masses and Activations

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

A NIR Mass is an Anti-Essence 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 anti-love charges of resistance to them

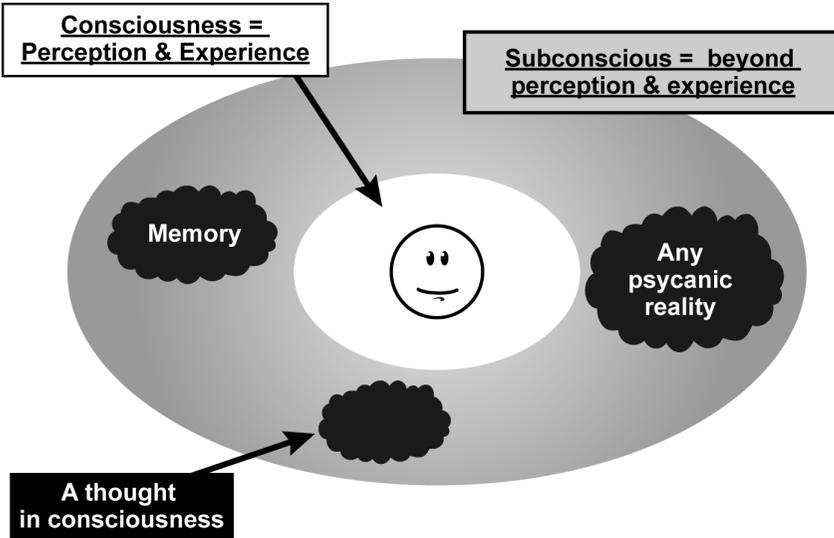


Illustration: The NIR Mass

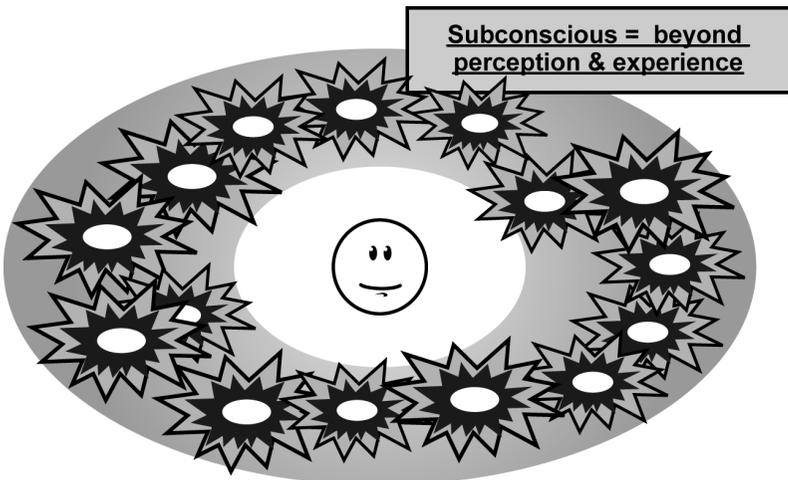
You invalidate your NIRs by creating opinions of BAD to BE that NIR. Your creations of BAD then trigger your resistance to BE-FEELing that way (the NIR), and your anti-love resistance to BEing that way. You experience this anti-love resistance as your negative EmoLoveJoy, which is the ONLY UPS that exists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

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

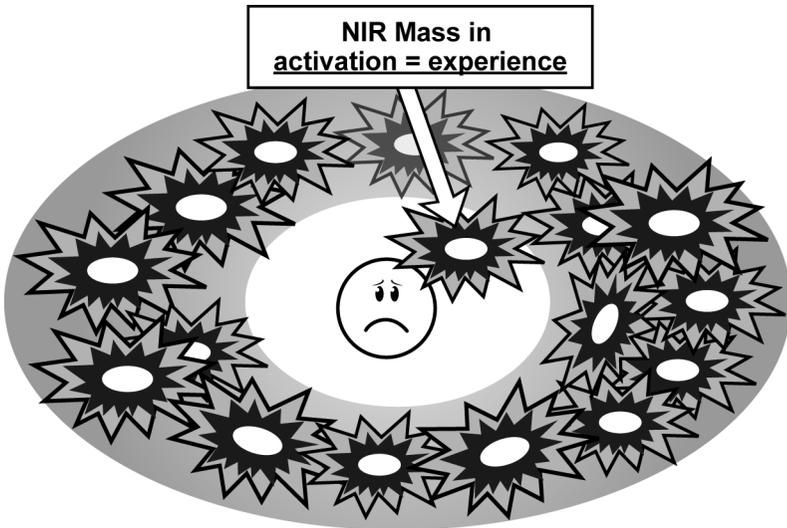
Your subconscious is the psycanic space around you but outside of your conscious = perception = experience. This psycanic space around you = psycan is full of your old mental and emotional creations, for example: memories and concepts studied and learned.



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.



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 are 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 long exists and cannot 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., or just wait for it to subside, 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.

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.



# Discreation

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The basic laws of discreation are simple:

Experience Experienced Discreates.

Resistance Causes Persistence.

If you will fully experience anything psycanic, 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 ridiculous if 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 discreation is **integration**. You integrate with those parts of yourSelf that you are denying, resisting and avoiding: your NIRs.

Yet another name for the process of discreation is to **love yourSelf**. Anti-love wants that which is anti-loved to be gone, out of its space, presence and experience. It even attacks that which it anti-likes with negative energy to destroy it. To love yourSelf, you do the opposite.

You love yourSelf by ceasing all resistance = anti-love 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 anti-love = 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 anti-love 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 two things you focus on: 1. The NIR. 2. If you have any problem with emotion or with aversion to the NIR, your BAD and 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.**

## Creation of Self

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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 Identities (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, 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 Anti-Essence to Essence, from an imprisoned Spirit to free Spirit, and from anti-love 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.

If you need training in how to do all this: [www.psycanics.com](http://www.psycanics.com).

## 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 NIRs. 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.



## **Further Study and Information**

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To learn more about psychic science and Creation and Discreation Technology, visit our Web site at [www.psycanics.org](http://www.psycanics.org). In it you will find dozens of articles as well as discussion forums where you may ask questions and exchange ideas with author and philosopher Thomas Michael Powell and other students of psycanics.

### **About the Psycanics Foundation**

The Psycanics Foundation is a group of people, both professional and volunteers, who have understood the concept of Personal and of Planetary Transformation and committed themselves to that Vision of What Can Be. The Organization is working to open Psycanics Centers around the world.

### **Mission of the Psycanics Foundation**

To preserve, disseminate and teach the scientific, spiritual knowledge (Sophia) that will catalyze a Transformation of Consciousness on the planet. This Transformation of Consciousness is an evolutionary and revolutionary change from the current state of External Quest, anti-love, division, conflict, ignorance, inequality, poverty and suffering to the recognition that all is ONE. This will bring about flourishing of Love, Harmony, Power Together, Cooperation, Abundance and Happiness for all humanity. This Transformation is necessary and preparatory to the next spiritual stage of existence for humanity.

### **Uses and Benefits of Psycanics**

Psycanics is an extensive body of knowledge that gives you power to create your Self and your life as you would have them. It is a specialized, organized body of knowledge that presents a coherent model, a “unified field theory” of the functioning of all non-physical energy forms within human experience. It is precise and concise,

and expressed in laws, principles, equations and formulas. Psycanics is a knowledge system, not a belief system. It proves its laws and principles; it eschews dogma, authority, opinion, belief, and faith.

Technology is the application of science to produce the desired results in the world. Psycanics is not just a theoretical science; it also has an extensive technology of processes and procedures for its application.

### **Psycanics is a method by which you can control your**

- mind and thoughts,
- emotions,
- motivations,
- behaviors,
- relationships,
- results and HAVEing.

### **Psycanics empowers you to:**

- Love yourSelf and others just as you are, and as they are.
- Create yourSelf according to your highest vision of How, What and Who you wish to BE – which will increase your Love and Celebration of Self.
- Understand the real nature of Love, pinpoint its source within you, and live always expanding it in you.
- Implant positive thoughts and attitudes.
- Mold your personality and character as you desire them.
- Live in serenity all the time no matter the external events and circumstances.
- Understand the nature of happiness, pinpoint its source and so live “happily ever after.”
- Transcend Good and Bad to live in non-resistance and spiritual Space to What Is, As It Is.
- End all pain and suffering.
- Learn anything without a teacher.
- Understand the real causes of all human behavior.

- Manifest the material things that you desire to have.
- Resolve all relationship conflicts.
- Create loving and harmonious relationships.
- Communicate and negotiate better.
- Apply the 12 principles of effective child rearing.
- Open your intuition and your creativity.
- Experience your true nature as an immortal spiritual BEing temporarily visiting a physical realm.
- Contact and communicate with higher aspects of yourSelf.
- Increase physical Abundance and Prosperity.
- Live a life of ever-increasing Wisdom, Power, Value, Love and Joy.

**Psychanics shows you how to:**

- Eliminate any negative thought or attitude quickly and easily.
- End any negative emotion within minutes, including anger, fear, grief, resentment and guilt.
- Permanently cure anxiety and depression. Eliminate any use of suppressive drugs.
- Reduce and finally eliminate permanently eliminate the causes of all pain and suffering so that your negative emotions stop recurring.
- Remove blocks to action (e.g. fear of failure and of rejection, irresponsibility, laziness, lack of motivation, etc.)
- Change any neurotic behavior, any compulsion, aversion, obsession, etc. quickly.
- Terminate any substance addiction (tobacco, food, alcohol, drugs, etc) with a few hours of effort.
- Eliminate the underlying cause of conflicts and problems in relationships.



**Other psychanics books available:**

You Are the Creator of Your Life  
Psychanics for Conversations with God

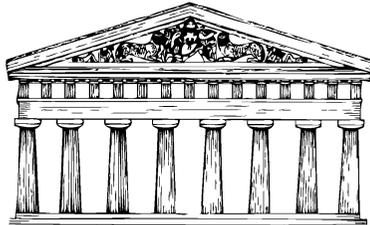
**Website and forums:**

[www.psychanics.org](http://www.psychanics.org)

**E-mail:**

[info@psychanics.org](mailto:info@psychanics.org)

PSYCHANICS 



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Psychanics is known in Spanish as Psicánica: [www.psicanica.com](http://www.psicanica.com).