



Psycanics
COSMOLOGY

by
Thomas Michael Powell



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

Note: You will find that many concepts are repeated throughout the psychanics books. This is because they were originally written to be read as individual volumes and not in a taxonomic sequence. The repeated concepts are vital to the understanding of psychanics as a body of knowledge and thus are included in all books.

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PSYCANICS COSMOLOGY

You will need the Psychanics Technical Dictionary to understand the psychanics materials. You may download it free at www.psychanics.org in PDF for printout.

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CHAPTER 1

WHAT IS PSYCANICS?

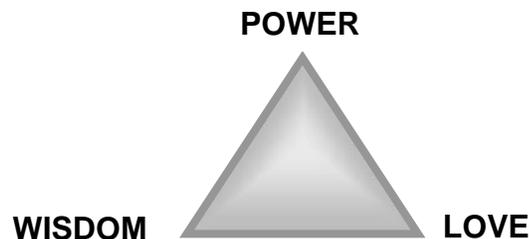
Psycanics is:

- A Science of the Soul
- A Physics of the Human Spirit
- The Mechanics of the Psyche
- The Electronics of Mind and Emotion
- The Laws of Spirit and Spiritual Existence

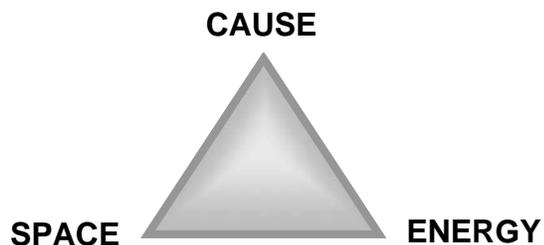
Psycanics is the laws of being, thought, emotion, behavior, love and happiness that control your existence. It is a universal science: it applies to all human beings in all cultures, places and times. In a more spiritually aware world, you would have been taught psycanics in elementary school, just as you were reading, writing and arithmetic.

The purpose of psycanics is that you wake up to reality that you are a spiritual entity playing in a physical universe; remember the rules of the game; and recover your innate power to create your existence as you would have it. The purpose of psycanics is that you become an ever more Wise, Powerful and Loving Being.

The three central themes, the “trinity” of psycanics are



Also known as:



In your highest essence, you are an AWARE-WILL energy entity. You are a **non**-physical, life-energy complex consisting of Will, Consciousness, Intelligence and Love. You are a **spirit**-ual being temporarily focused in a human body to be able to play in this physical universe. You are a center of consciousness, of perception and experience with the will-power-ability to control that experience (when you know how). We call this non-physical, Aware-Will, perception-control entity a “psycan.”

You are a psycan.

You-psycan are temporarily “plugged into” a human body, but you never cease to be a spirit. Just as your body is subject to the laws of the physical universe, you-psycan are subject to the laws of non-physical, spirit-ual universe from which you come. These laws control all non-physical phenomena, which includes: consciousness, mind, thought, emotions, intelligence, creativity, manifestation, suffering, wisdom, love, relationships, and happiness. All of these things are “psycanic” or “spirit-ual”: non-physical energies that occur to the psycan irrelevant of the body.

You are an immortal spirit, temporarily incarnated in a human body for a variety of purposes (which we present in other materials).

Your life is your experience. Although you are currently located in a physical universe, **your psycanic (non-physical) experience continues to be the predominant factor in your life.** What you most seek in life—intelligence, creativity, personal power, love, wisdom, joy and happiness—**are all psycanic.** They do not come from, are not found in, and do not depend on the physical universe.

Everything that exists, physical and non-physical, is energy. All experience—whether physical, mental or emotional—is the impact of energy forms on consciousness. All energy, and therefore all experience, obey precise laws, laws of cause and effect. **All psycanic experience—all thoughts and emotions, all suffering and happiness—operate by laws as powerful as those that hold the planets in their orbits.**



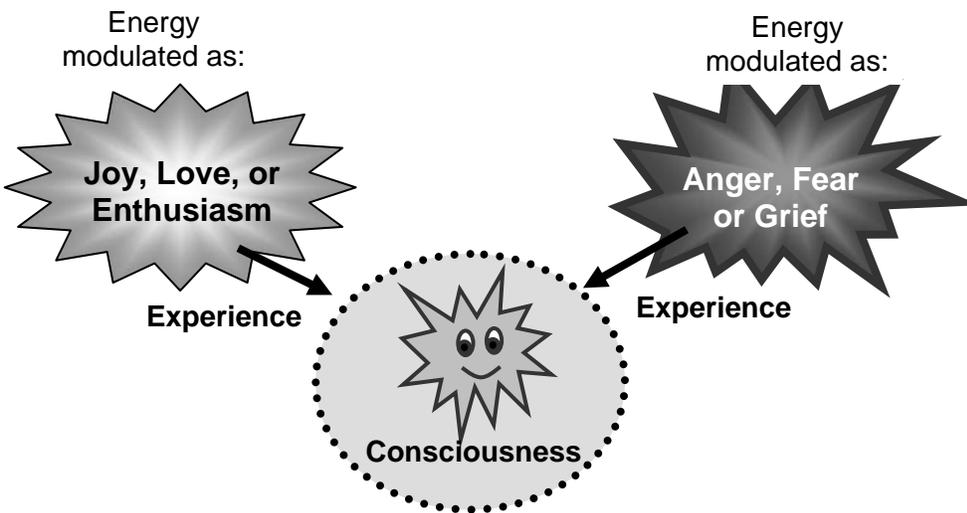
**ALL YOUR PSYCANIC EXPERIENCE IS THE EFFECT
OF PSYCANIC ENERGIES ON YOUR CONSCIOUSNESS.**

You can control these energies. And that is the secret of life.

**NOTHING of YOUR PSYCANIC EXPERIENCE
(thoughts, emotions, identities)
ARE EVER CAUSED BY EXTERNAL EVENTS.**

**YOU WILL NEVER BE ABLE TO CONTROL
YOUR PSYCANIC EXPERIENCE
(and live in Power, Love and Happiness all the time forever)
BY TRYING TO CONTROL EXTERNALS.**

The secret of life is to learn to control your mental and emotional “objects” (the causes of your psycanic experience directly).



1. Your life is your experience: control it and you control life.
2. All that exists is energy, in a myriad of forms.
3. All energy is legal: it obeys exact laws.
4. All experience (feelings, emotions, thoughts etc.) is the effect (impact) of energy on consciousness.
5. Therefore, all experience is legal and controllable.

Just as physics is the codification of the laws of physical phenomena, **psycanics is a codification of the laws of non-physical phenomena.** Psycanics is a science of the psycan, of spirit. It is a model of BEing, of that life-energy entity of will and consciousness that controls the lower energies of thought and emotion, and the behavior of a human body.

Psycanics is a complete philosophy, a sophisticated psychology, and a system of personal change and development. It is not a religion: it has no dogmas, no authorities, requires no belief, no faith. Psycanics is a science composed of principles, laws and formulas that any person can verify for herself.

Psycanics presents the laws of: being and identity, cause and creation, mind and emotion, suffering and addictions, motivation and behavior, communication and relationships, wisdom and power, manifestation and abundance, feelings and happiness, love and joy. Like all sciences, its purpose is to give you the power to produce the results that you desire in your life.

Knowledge is Power: Power is the ability to produce the desired results. Your knowledge of the laws of psycanic energy (thought and emotion) gives you power over your interior world, just as humanity’s knowledge of the laws of physical energy and matter has given hir (him or her) power over the exterior world. Like all sciences, psycanics is about power—the power to control your life.

Psycanics offers a scientific method to

- BE who you want to BE
- FEEL how you want to FEEL
- THINK as you wish to THINK
- DO what you want to DO
- HAVE what you want to HAVE.

Psycanics is not only about Power; it is also about LOVE. It answers the questions: What is love? How does it work? How can I love more and more? Since love is the only real cause of happiness,

psychanics is about happiness—your happiness. What is happiness? What causes happiness? How does one become permanently happy all the time no matter what?

In complexity, psychanics is similar to high school physics such that any normal person can learn it with a modicum of study effort. In power, it is as powerful as any self-change method known today, including Gestalt and Neuro Linguistic Programming.

THE PURPOSE AND BENEFITS OF PSYCHANICS

The purpose of psychanics is to show you how your BEing and your life operate so that you can take control and create yourself and your life as you would have them be. Psychanics teaches the laws of non-physical **Cause, Space, and Energy**, which express as **Power, Wisdom, and Love**. Psychanics permits you to understand yourself, others and life.

The primary purpose of psychanics is to give you the power to control your non-physical energies thereby to eliminate from your experience all pain and suffering and to reach a state of permanent love, happiness and joy. A secondary purpose is to give you the power to control your physical universe by manifesting those material things that you wish to experience.

Psychanics offers a method by which you can control your mind and thoughts, emotions, motivations, behaviors, relationships, results and HAVE-ing.

| <p>The POSITIVE GAINS of psychanics. Psychanics empowers you with the knowledge and technology to:</p> | <p>NEGATIVE GAINS of psychanics ("Negative Gains" means the elimination of negatives, as opposed to positive gains, the creation and addition of positives.) Psychanics shows you how to:</p> |
|--|---|
| <p>Love yourself just as you are. Create yourself according to your highest vision of who and what you wish to be. Understand the 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 live happily ever after. Transcend the creation of good and evil and therefore all pain and suffering. Learn anything without a teacher. Manifest the material things that you desire to have. Love others just as they are. Create loving and harmonious relationships. Communicate and negotiate better. Apply the principles of effective child rearing. Open your intuition and your creativity. Experience your nature as a spiritual BEing, as a spirit, Contact higher aspects of yourself. Live a life of ever-increasing Wisdom, Power, Value, Love and Joy.</p> | <p>Eliminate any negative thought quickly and easily. End any negative emotion within minutes. Terminate fear, worry and anxiety. Cure even the most extreme depression in a few hours. Permanently eliminate the causes of all pain and suffering so that your negative emotions stop recurring. Save a person from suicide by eliminating the pain s/he is fleeing. Remove blocks to action (e.g. fears, irresponsibility, laziness, lack of motivation, etc.). Change any neurotic behavior (compulsion, aversion, obsession, etc.) quickly. Terminate any addiction (tobacco, food, alcohol, drugs, etc) with a few hours of effort. Eliminate the underlying cause of conflicts and problems in relationships.</p> |

WHAT DOES PSYCANICS DO?

Here are just a few examples of how people have used psychanics. More examples can be found on the website: www.psychanics.org

- An author totally overcame serious, multiple writer's blocks.
- A woman dying of cancer of the liver and eaten up by resentments and fear requested CDT (Creation & Discreation Technology) to be able to die in peace. She achieved her goal—only to enter in remission and not die.
- Many people have overcome fears and phobias: acrophobia, stage fright, arachnophobia, etc.
- Families have turned around relationships from conflicts and problems to harmony.
- CDT has prevented people from committing suicide.
- Multi-level marketing organizations have used it to remove blocks to action and improve the selling abilities of their members.
- A woman eliminated her fears to be able to start her own business with two hours of CDT
- Some people have freed themselves of addictions to drugs, cigarettes and alcohol.
- One teenager used CDT to eliminate a fear of flying.
- Students have used it to understand their studies, to get better grades, which notably increased their self-esteem.

WHAT IS PSYCANICS—IN GREATER DEPTH

$E = mc^2$. Everything that exists, physical and non-physical (psycanic) is formed of energy. All energy operates by exact laws and principles. The laws of Cause and Effect rule the entire cosmos; rule all forms of energy, physical and psycanic. You are energy, your thoughts, your emotions, all your experience are energy. All function according to precise laws of cause and effect.

You—not your body, but that knowingness of your existence, your sense of “I”—are a non-physical life-energy unit consisting of will, consciousness, intelligence, wisdom, power, love and joy. You are an Aware-Will. Your will is the ability to move energy; your consciousness is the ability to perceive and feel energy. Love is your deepest essence. We call this Aware-Will, this energy-control-and-perception entity, this spirit-ual entity, the psycan. (The word “psycan” comes from the Greek *psūkhē*, “psyche,” meaning mind or spirit or soul (Mind and spirit are not at all the same but the Greeks did not distinguish this.) You are a psycan.

You currently operate in two universes: The first is the physical universe that includes your body, material objects, and physical energies such as light and heat. The second is your psycanic universe: your interior world of non-physical energy and phenomena, of all your thoughts and emotions, motivations and behaviors. Your interior world, your psycanic universe, is bigger and more important than your physical world.

You-psycan and your psycanic universe of mind and emotion exist irrelevant of the physical universe. Your psycanic universe and everything in it operates by laws as precise as those that rule the physical universe. You are incarnated temporarily in a human identity, but you never cease to be a spirit and all the laws of spirit and spirit-ual phenomena continue to apply to you.

Your psycanic universe includes three major areas of energies: 1- mental, 2- emotional and 3- motivational-behavioral.

Your mental phenomena include: your level of cause and responsibility, ideas and intuition, intelligence and creativity, beliefs and values, knowledge and memories, and all the content of your subconscious.

Your emotional energy field includes all your emotions and feelings, both positive and negative: joy, enthusiasm, like and dislike, interest, happiness, anger, worry, fear, hate, resentment, guilt, sadness, grief, depression, etc.

Your motivations and behaviors, including your relations with others, are always energies and include such factors as principles and integrity, communication and affinity, negotiations and agreements, and service and love.

Once your immediate physical survival is handled, your psycanic universe is much more important to you than the physical universe. All the most important experiences of life—intelligence, creativity, personal power, good relationships, joy, love and happiness, etc.—are in your psycanic universe, not the physical one.

Just as physics is the codification of the laws of the physical universe, psycanics is a codification of the laws of spirit energy, of all the energies **inside** your BEing. psycanics is a physics of the human spirit, of the mind and the emotions, of behavior and relations.

PSYCANICS AS A SCIENCE AND A TECHNOLOGY

Science has given people power over the physical world and allowed them to create a life of ease and material abundance unimaginable only 100 years ago. Science is Knowledge and Knowledge is Power.

A science is an organized, systematic body of knowledge, specializing in the laws of Cause and Effect that permit prediction and control in its subject area. A science is validated by the results that its application produces.

Psycanics fulfills that definition perfectly. It is an organized body of knowledge that presents a coherent model of the functioning of all non-physical energy forms within human experience. It presents the laws of cause and effect of mind, thought, emotion, feeling, behavior and relationships, and permits a level of control of them never before achieved. Its validity is proven by the results it produces.

Psycanics is somewhat similar to physics and electronics in that both sciences deal with the nature and laws of energy. Some of the laws are the same; some are quite different.

Technology is the application, the execution of science, to produce results in the world. Psycanics is not just theoretical science. It also has an extensive technology of processes and procedures for its application. Psycanics is spiritual technology.

A UNIFIED FIELD THEORY

One of the powers of psycanics is that it presents a “unified field theory” that explains all the non-physical phenomena within human experience. Until now, you have to study one group of books if you want to know about relationships, another group if you want to increase self-esteem, another group if you want to control your emotions or moods, another group if you want to know about addictions, another group if you are investigating happiness, another for love, and so on. These books not only do not identify a central mechanism that applies to every aspect of life, but they, in fact, often contradict each other.

With psycanics, one set of laws and principles covers every aspect of your life. One theoretical model explains and applies to everything in your life experience. It explains love, happiness, self-esteem, personal power, manifestation, communication and negotiation, relationships, addictions, neurosis, emotions, motivation and behavior and anything else that occurs inside the human spirit. Just as the principles of physics, for example, apply to every motor and mechanical device; the principles of psycanics apply to all human experiences and behaviors.

Psycanics is a unified field theory of the human spirit that pinpoints—with a precision never before achieved in philosophy or psychology—the nature and functioning of mind, emotion, motivation, behavior, relationships, love and happiness.

PSYCANICS AS A PSYCHOLOGY

Psychology is the study of the thought processes, emotions, motivations and behavior of humans and animals in their interaction with others and the environment.

Psychanics is a humanistic psychology, applying the word “humanistic” in two senses: it is not a mechanistic psychology, and it does not deal with animals.

Psychanics offers insights on the nature and functioning of:

| SPIRIT | MIND | EMOTION | BEHAVIOR |
|---------------|----------------|------------|---------------|
| Being | Thought | Happiness | Motivations |
| Identity | Memory | Anger | Habits |
| Will | Learning | Guilt | Neurosis |
| Consciousness | Intelligence | Anxiety | Addictions |
| Subconscious | Creativity | Fear | Communication |
| Character | Intuition | Hate | Relationships |
| Personality | Attitude | Sorrow | Marriage |
| Self-Esteem | Personal | Grief | Child Rearing |
| Love | Power | Depression | Success |
| Good and Evil | Manifestation. | Apathy | |

Traditional psychology extends to areas that psychanics does not address: physical senses perceptions, human development, environmental influences, animal behavior, anthropology and sociology, psychology, and others. Psychanics deals primarily with the human **Aware-Will** (spirit) and its immediate subordinate energies: thought and emotion.

The difference between psychanics and psychology include:

Traditional psychology is ponderous and complicated. Professionals are required to have many years of college and practicum; and even so, do not agree among themselves about what works. Psychanics, in contrast, consists of clearly stated laws and principles; and is relatively simple and direct. Most people can learn it in a year or two of part-time study.

Psychotherapy (as an application of psychology) is reserved for professionals and requires lifelong specialization. It is complicated and its results often inadequate. The self-change procedures in psychanics are powerful, simple and direct; and you can learn to apply them to yourself.

Psychotherapy usually takes considerable time and effort to produce the desired results. Psychanics usually achieves the desired results within minutes or hours.

PSYCANICS AND PSYCHOTHERAPY

Creation & Discreation Technology (CDT) is a precise and effective technology to change anything in your thoughts, emotions or behaviors. It does not deal with symptoms but causes. It pinpoints the exact cause of anything in your experience, and then applies a precise procedure to eliminate that cause.

However, CDT is not limited to the elimination of negatives; it also enables your to create yourself and your life as you wish them to be. Its goal is always your happiness.

PSYCANICS AS A PHILOSOPHY

Since the beginning of thought, humans have has sought to understand the universe and their own existence. They have sought to explain them through myths, superstitions, and religions on one hand; and through the application of reason and logic (philosophy) on the other.

Religion also proffers answers to many of these questions, but based on alleged divine revelation as interpreted by “sacred” books and ecclesiastical authorities. Psycanics stands with philosophy and seeks to answer them by reason and logic or through experience. While the whole of philosophy is extensive and complicated, it can be reduced to the search for the answers to the 10 issues below.

THE 12 PERENNIAL QUESTIONS OF PHILOSOPHY

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

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

PSYCANICS AS A NEW PARADIGM OF LIFE

Definition: A Paradigm is a belief or a system of beliefs that molds the way in which a person sees and thinks about something. It is a mental model of how something is. It is a mental model that both projects a map onto reality; and filters, distorts or “colors” the perception of reality. It therefore distorts and restricts the subsequent mental and physical operations on that reality (analysis, planning, creativity, etc.) **An incorrect paradigm leads to more problems, while a correct one leads to power and results.**

The idea of paradigm is perhaps best explained with examples: In the Middle Ages, the paradigm was that the earth was flat and you would fall off if you sailed too close to the edge. This paradigm so controlled behavior that few ventured in the ocean out of sight of land. Columbus adopted the paradigm that the world was a sphere. This new paradigm freed the possibility of his¹ actions and discoveries, which were “impossible” under the old paradigm.

Another example: In the Dark Ages the paradigm, fostered by the catholic church, was that the purpose of life was to please God so that you would be “saved” from hell and go to heaven. The Will of God controlled both nature and human events. Humanity not only had no power over the

¹ Where a sentence includes both or either gender, I use these dual gender forms: s/he for she or he; hir for him or her; hers for his or hers. Example: Whoever fixed that; s/he is very intelligent, but s/he left behind hir tools.

universe, but by divine plan, s/he should not have. He should not question what happened, much less **how** it came to happen.

Beginning about 1300 and really flourishing after 1600, this paradigm changed as man began to believe that the universe operated by cause-effect according to natural laws, and that man could distinguish these laws and apply them to control his world. Modern science could only be born in this latter paradigm.

Psycanics can be considered a new paradigm of human existence. It is a new model of life and how it works. It is a new instruction book of how to operate your being and all aspects of your existence. It is a new map of how to arrive wherever you want to go in life. Somewhat like the physical sciences, psycanics sees everything in terms of cause-effect, energy, charges and masses; forces and spaces; flows and resistances; and it asserts that you-psycan have the ability to perceive and control all these.

It may take you a little time and effort to duplicate and understand the new paradigm, and even more to begin to operate from it, but it is worth the effort. The science paradigm revolutionized human life in the physical realm. Likewise, the psycanic concepts and way of looking at things can revolutionize your life and personal power to achieve your objectives.

PSYCANICS AS A HUMAN OPERATING SYSTEM

In the field of computers, an operating system is an underlying program (set of instructions) that controls the entire machine for all other applications. It is a program that operates and coordinates all the parts of the computer, freeing up the applications to concentrate on their particular function. The applications run “on top of” the operating system. Examples of operating systems include: Windows, Linux, Unix, DOS and MAC.

Every society and every person in a given society has a mental operating system that consists of thousands of ideas, paradigms, beliefs and rules about how life is and how it should be. In fact, the difference between one society and another is the difference in their operating systems. For example, a person who grows up in the US has a different way of looking at life, different values and behaviors, from a person who grows up in China or Japan or Iraq. For example, the Japanese are famous for obedience to elders and not showing their true feelings—not American values. If you have ever lived with a person from another country, you have undoubtedly experienced the effects of such differences. When beings from outer space arrive, their operating system will be so different from ours as to make understanding each other difficult.

The cultural operating system determines to a large degree how the person thinks, feels and acts. On a macro level, it determines the social peace, power, success, and wealth of the society. For example, I lived in Mexico for 25 years: I can pinpoint the exact differences in operating systems between the U.S. and the Mexican culture system that make the U.S. a rich society and Mexico a relatively poor one. Furthermore, no political or economic program will ever change the poverty of Mexico while it continues with its present operating paradigm. The U.S. was founded on new operating systems of liberty and personal responsibility—which have now been largely lost.

There are thousands of cultural op systems in the world: each culture is one, each religion is one, each political and each economic theory is one. Humanity is often torn apart by disagreements and conflicts about which of the paradigm and belief systems are the “good” ones, the “right” ones.

Contrast this multiplicity and conflict with the fact that in the physical sciences, there is only one operating system. The physical sciences are operating systems for handling the material world. Physics, chemistry, biology, etc. are ONE and the same over the entire planet. All humans agree on and use the same scientific ideas, laws and principles to understand and manipulate the physical universe. There is one and there is harmony.

Psychanics enters here with the question: Does an effective and universal HOS (Human Operating System) exist? Is there any set of ideas, principles and paradigms that apply to all humans regardless of their culture? Is there a philosophical and psychological program that is universally effective in guiding a person to success, love and happiness? Are there any rules of mind, emotions, behaviors, and relationships that are universal to all humanity? Is there a science of the non-physical aspects of life as powerful as the physical sciences? Psychanics is such a system; a science of the internal operation of the human being, a science of spirit, being, love and happiness. It is an operating manual for the human spirit. It is valid for all humans in all times and places.

PSYCANICS IS NOT A RELIGION

Psychanics is not a religion. It has no dogmas, no doctrines, and no ecclesiastical authority to dictate them. It eschews belief and faith in favor of evidence and proof. It proposes a set of principles and laws and invites you to test them yourself to see if they work. If they do, then use them. If they don't, first carefully verify that you are understanding and applying them correctly. If they still don't work for you, then throw them out. The last thing we want to do is put another dogmatic belief system on a planet that has far too many.

Psychanics is **highly spiritual** and not at all religious. "Religious" means related to a religion, to a "registered brand" of dogmas about God. "Spiritual" means "related to the spirit, to the non-physical Aware-Will entity that is the essence of a human being. Psychanics is about spirit, about what spirit is and how it operates; and about all the non-physical energies that it controls, including thought and emotion.

Something can be very religious and not at all spiritual: For example, more people have died in "holy wars" and religious persecutions than in wars for political or economic motives. Such persecutions and wars are religious but not spiritual. In addition, something can be spiritual and not at all religious: e.g.: meditation, psychanics, Buddhism, Zen, and any of hundreds of books are spiritual without being religious.

Let us not confuse "religious" with "spiritual." They are not the same thing. To help avoid this confusion "spiritual" is often written "spirit-ual" in psychanics.

PSYCANICS AND MYSTICISM

Mysticism is the personal experience of levels of reality beyond normal human perception, particularly of the Deity. The mind is useless in mysticism: All knowledge is gained by direct perception in consciousness. Furthermore, such experiences and knowledge are usually ineffable: so wondrous, so complex and so far beyond human concepts that they cannot be put into words (just as a symphony of Beethoven cannot be put into words).

Psychanics comes from mysticism. Psychanics is a rational, provable derivative of mysticism. Mystical experiences and perceptions led to the discovery of psychanics. In reality, there is no clear line where psychanics stops and mysticism begins: advanced psychanics becomes mysticism.

However, for psychanics to qualify as a science a clear line must be, and is, drawn. This is the line of evidence, of proof, to support any statement made. Psychanics presents only information that is verifiable by the ordinary human being. It limits itself to formulas and laws that can be tested and experienced and therefore proven or disproved by an ordinary person. Mysticism, on the other hand, is not easily verifiable by the ordinary person. Mysticism requires thousands of hours of meditation and other disciplines to reach the levels of energy where its perceptions and experiences become possible. This is not to say that they are not verifiable, only that the verification is difficult— as it is for all advanced science.

However, to avoid conflicts with religious belief systems whose main characteristic is insistence on the truth of unverifiable "spiritual" phenomena, it is preferable simply to avoid unverifiable

statements in the spiritual arena. For example, officially, psychanics does not even address the issue of God, whether there is or is not one. Similarly, it offers no opinion on life after death or immortality. Such matters are difficult to prove one way or the other.

However, in the writings and the teachings, psychanics and mysticism are sometimes mixed. Mysticism immensely enriches the foundations and the comprehension of psychanics. However, mysticism is an experience internal to each person and cannot be evidenced externally for verification by others. To know mysticism, each person must walk that path himself, and it is a very difficult path. Therefore, if, in your studies of psychanics, you encounter data about mysticism, about spiritual things, to which you disagree and for which no proof is offered or possible, you may safely ignore such data without lessening the validity and power of psychanics in any way. Psychanics, although derived from mysticism, works without it.

PSYCANICS AND CONVERSATIONS WITH GOD (CWG)

The CWG series of books by Neale Donald Walsch

CWG is a series of five books dictated by God and channeled by Neale Donald Walsch. I recommend them to anyone who wishes to go into spiritual reality far beyond the dogmas of religions. Psychanics is a continuation of CWG. It is the technology of how to apply the knowledge given in these books.

The CWG books expound three central points:

There is only ONE Creator or what we call God. We are all ONE and never really separated. This is, of course, also what Mysticism, Buddhism, Hinduism, Taoism and many others assert. The root cause of all human problems and suffering is being caught in the illusion of separateness.

Life is about **Identity**; about moving from **Who You Are Now** to **Who You Want to Be**. The purpose of life is a constant expansion of your Being (Identities) to fulfill your ever-expanding vision of who and what you can BE. The upper limit of this expansion is to re-integrate with and BE everything, to be ONE again. You expand your identity until you become God again. This is the meaning of the biblical statement "The Father and I are One."

Happiness is the result of Love and Love is the cause of Happiness. Love (which is equivalent to Happiness) is the ultimate motivation of all human behavior; what every human being seeks whether s/he knows it or not. The most important Love is love of self because it determines all love for others as well as your joy and happiness.

Your love = happiness is the result of Who You Are, **of being identities that you respect, admire and love**. By ever expanding your identities into higher and higher levels of Being that you love more, you automatically expand the love that you are. The upper limit of this expansion of Identity and Love is BEing God = Love again.

You seek: 1- To be that which you love; 2-To be Love; and 3- To Love. You seek to be Identities that you naturally love and that naturally love others. Action Creates Identity. Therefore, God recommends living in the question: **What would Love do now?** By doing what Love does, you become Love as an identity, as your BEing. Do this repeatedly and you will become (return to) LOVE = God.

Psychanics amplifies and explains much of what is said in CWG, especially in the areas of emotions, happiness, love and BEing = identities. Psychanics is a powerful technology for working on your BEing and your LOVE as outlined in the CWG books.

PSYCANICS AS A WAY OF LIFE

If you adopt psychanics as your operating system, you will move into a new way of life. On this path, your highest purpose in life is to work on and polish your BEing and your self-love. Your self-

love determines: 1- your happiness; 2- your love for others; 3- the quality of your life; and 4- your power to manifest the physical things you desire.

As Love causes happiness and you become Love, you become happy in BEing = Loving who you are, no matter the external circumstances of your life. You then work on yourself to take that level of BEing and Loving to a higher level in a never-ending upward spiral. The exploration and re-creation of yourself is grander and more interesting than the physical universe; and it eventually becomes your primary interest in life. This is to “Seek First the Kingdom of Heaven Within.”

This is also a path to personal power. Psychanics shows how your life proceeds out of your Being, out of who you are. Your life is a reflection of your Being, as is your love and happiness. Every change in your Being creates a corresponding change in your life: To change something in your life, you first discreate the negative identities that block your having the thing desired. Then you identify who you would need to be to have that thing and create that identity within you. The desired thing then appears in your life.

The paradox is that at the same time you achieve the power to have whatever you want, you will no longer want more than you need. Most people want most material things as a way to reach happiness. Once you know how to create happiness irrelevant of material things, your desires for external things die down to only what you need and what really serves you. (Christ, Buddha, and many “saints” have illustrated this paradox of power but little desire.)

IS PSYCANICS COMPLICATED OR DIFFICULT TO LEARN?

Psychanics is a physics of the spirit and, like all the physical sciences, has a spectrum of complexity.

Advanced psychanics, where psychanics moves into mysticism, is very complex, the equivalent of Einstein’s Theory of Relativity in physics—even more so, as mysticism cannot be understood by the human mind. At this level, the only instrument of investigation and comprehension is your own consciousness honed by thousands of hours of meditation. To go into mysticism, you must stop thought to go behind the mind.

Mind creates the world or, better said, is the world. You might say that the universe is the thoughts in the Mind of God. When you go behind mind = thought, the world of created reality ceases to exist and you meet the Ultimate Reality; the uncreated Creator—who also happens to be you!: There is only ONE INTELLIGENT ENERGY CREATOR LOVE. You are part of IT and you are all of IT.

The above paragraph is an example of advanced psychanics. Although the advanced concepts can sometimes be explained with words and formulas, they can be very difficult to understand without personal experience.

However, psychanics at a practical level of what you need to know for everyday living, to change your emotions and behaviors and relationships, to increase your love and happiness; is no more complicated than Newtonian physics at the high school level. Thus, most people can learn and apply it with a modicum of study.

Psychanics is not a “quick and easy” method for personal change of the kind that so many self-help and personal development books offer. It does require understanding of theory and training in how to apply it. You will need to read at least five books to cover the basic theory. That is the price you pay for power and universality. By power, I mean it **will change** almost anything. By universal, I mean it will change **almost anything**.

Your own level of interest will take you into the study of the more advanced aspects—or not. Some people are fascinated and cannot get enough. Others just take what they need to better their lives; or even just to change one thing, one emotion, an addiction, or a relationship problem.

A BRIEF INTRODUCTION TO A FEW OF THE BASIC CONCEPTS OF PSYCANICS

THE TRINITY OF EXISTENCE

The Trinity of Existence is **CAUSE, SPACE and ENERGY**, which are equivalent to **POWER, WISDOM and LOVE**. Everything that exists falls into one of the three classifications. To understand and control life, you need only to understand these three factors. All psychanics, in one way or another, is about them.

CAUSE is the power to initiate, create, form and move things. It is **POWER**. The opposite is **EFFECT**: that which is created, acted upon, or moved.

The psycan is absolute cause over all hir psycanic energies (thought and emotion). His thoughts and emotions then project onto the living **INTELLIGENT ENERGY** of the universe to manifest the circumstances of hir life. Thus the being is cause over hir physical circumstances.

Most humans believe themselves **EFFECT** of the universe. They believe themselves at the mercy of forces (causes) beyond their power and control. Psychanics seeks to take you out of victim and into personal power, a voyage that begins with responsibility. **RESPONSIBILITY** is the point of transition between **CAUSE** and **EFFECT**, between **POWER** and **VICTIM**.

ENERGY

Everything that exists is made of, formed of energy. There are two styles of energy:

Fluid energy, such as electricity, light, heat, EMR (Electromagnetic Radiation)

Static energy: “rigid” energy that maintains a form over time: matter, material objects.

There is a spectrum of energy from a high of will, down through consciousness to thought, to emotion, to EMR (electromagnetic radiation), down to the densest and most “solid” matter. The frequencies of energy that most interest us in psychanics are will, consciousness, thought and emotion.

All energy is legal: i.e. it always obeys the laws of energy. With a few exceptions, the laws of psycanic energy are similar to the laws of physical energy. Life, both in the physical universe and in your interior psycanic universe, is about controlling energy to eliminate the energies you do not want to experience and to produce the ones you do want to experience. Psychanics codifies the laws of psycanic energy.

EXPERIENCE

Experience is the only thing that exists. Experience is the effect of energy forms acting on consciousness. Consciousness is an ultra-fine energy that responds to, vibrate to, the effect of denser energies. Experience is the perception of energy forms.

The purpose of the cosmos, of all creation, is experience. (Mysticism: The cosmos is God exploring, experiencing Himself in all His infinite possibilities of **BE DO and HAVE**.)

Law: The control of personal experience is the ultimate motivation of all human behavior. (Note: This law—and all laws in psychanics—can be proven on demand.) **Psychanics show the nature of all psycanic experience (thought, emotion, suffering, love, happiness, etc) and how to control it.**

POLARITIES

Experience is the only thing that exists and is the purpose of existence. One of the major classes of experience are polarities and their scales, each the range of possibilities between two poles. Physical experience polarities include hot-cold, light-dark, positive-negative (as in electricity), sweet-

sour, hard-soft, etc. Psychanic experience polarities include good-bad, intelligent-stupid, love (joy)-AntiLove (depression).

Some of the laws of polarities are: It is impossible to have one pole without the other. To know one pole, you must have experienced at least once the other pole. You can only appreciate one pole to the extent that you have experienced the other pole.

The main polarities of interest in psychanics are: Cause-Effect, Power-Victim, True-Mu-False, Real-Not Real, Positive-Negative, Good-Bad, Love-AntiLove, Space-Resistance, Wisdom-Stupidity, Joy-Pain, Happiness-Suffering; and in Mysticism: God-Humanity.

It is impossible to understand or control your existence without understanding polarities. HE WHO DOES NOT UNDERSTAND POLARITIES WILL SUFFER.

PSYCAN

The psycan is an individualized particle of the ONE INTELLIGENT CREATOR CONSCIOUSNESS LOVE ENERGY, with the same properties of Will, Consciousness and Love. Consciousness is a high frequency energy that perceives (reacts to) other energies. Will is the force that moves and forms energy. The psycan temporarily reduces his true nature of Cause-Power-Creator, Consciousness-Intelligence-Wisdom, and Worth-Love-Joy in order to play (have obstacles to goals) in a physical universe.

The psycan is a creator of reality who puts himself at the effect of his creations for the purpose of experience. The psycan is an Aware-Will who controls the denser energies of thought and emotion; molding them into “realities” (energy forms) which s/he then experiences in his consciousness.

ALL psychanic experience (thought and emotion) is the effect of psychanic energy on consciousness. Since all psychanic energy is under the control of the psycan, the psycan (you) can learn to control your experience and this is the secret of the experience of happiness. **You can eliminate all suffering and live permanently in love and happiness.**

THE FORMULA OF LIFE: THE CAUSAL SEQUENCE

Life operates according to a formula, to a **Causal Sequence** of

BE → FEEL → THINK → DO → HAVE ; which can also be expressed as: IDENTITY → EMOTION → THOUGHT → ACTION → RESULTS.

Each element of this sequence determines the next element.

Your life emanates from Who You Are, from your BEing. BEing determines EMOTION; both determine THOUGHT. THOUGHT determines ACTION and ACTION determines your results, your HAVE, in life.

Your BEing consists of creations you have had made about yourself called **identities**. Identities are self-determinations that affirm or suppress your power and value as a person, and therefore your (subconscious) generation of self-esteem and self-love. Your identities initiate your causal sequences. They determine 1- your emotions, and 2- your attitudes and patterns of thinking. These, your emotions and thoughts, then determine 3- your behaviors and actions; and these obviously and naturally produce 4- your results in life. Your negative identities are the cause of **all** problems, conflicts and suffering in life; while positive identities naturally produce happiness, success and abundance.

Through a simple analysis of your negative emotions and behavior, you can find your identities, normally hidden in your subconscious, that are causing those emotions and behaviors. Then, using Creation & Discreation Technology, you can change them from negative to positive. By changing just your identities, all other parts of your Causal Sequences (emotions, thoughts, attitudes, self-esteem, behavior and results) change. You can therefore effect enormous changes in your life—

eliminate any negative emotion or behavior, and create yourself according to your highest ideal—with great precision and relatively little effort.

The importance of this is that by making small changes in your BEing you automatically make large changes in your experience and your life. See the entry on BEing below.

REAL

That which is being experienced. **Real** means that the object or energy, whether physical or psychic, is being experienced, is being perceived. Note that something can exist and not be real. The concepts of Real and Reality are sophisticated and resolve some critical questions in philosophy. The full concept is explained in other psychanics books.

REALITY

A REALITY is any form of energy; it is energy with an identity. A rock is a reality, your body is a reality, every thought is a reality, every emotion is a reality: every identity is a reality. A reality may be or may not be real at any given moment. Reality has little to do with truth: something can be real and not true, or true and not real. (This will be explained later.)

Realities **cause** experience (by impacting consciousness). Experience is the **effect** of a reality.

Law: The control of reality is the only motivation of all human behavior. (This is a corollary of the previous similar laws of energy and of experience.) **Everything you do in life is either to cause a reality to become real in your life; or to try to cause an existing reality to cease to be real in your life.** In other words, **you seek to create and experience, or to discreate and not experience, reality.** There is no other motivation of human behavior.

The psycan is a creator and discreator of reality. You create your thoughts and your emotions absolutely: you are God in your psycanic universe. Your psycanic realities (thoughts and emotions) then control your physical reality determining what manifests in your life. (Physical manifestation is a complicated process involving at least seven factors.)

Psychanics presents the laws of the creation and discreation of psycanic realities (all thoughts, identities and emotions) and the laws of physical manifestation.

A major purpose of psychanics is to restore your knowledge and your ability to create and discreate reality.

TRUTH: Truth exists when there is a demonstrated correspondence between a reality and a description of that reality. The truth only exists when the correspondence is verifiable by any interested party. Therefore, when a reality is not real (not available) so that the correspondence can be verified by those concerned, the conditions for a description of that reality to be called “truth” are not fulfilled and truth does not exist.

For example: Most of what most religions profess cannot be verified and therefore does not qualify as truth.

MU: The entire central range of possibilities between the poles of Yes and No, True and False. Mu is the condition of knowledge or truth that exists when there is no evidence or proof and therefore uncertainty. What you absolutely know and can prove is either TRUE or FALSE. Everything else is MU.

HAPPINESS

Happiness is a state of experience of positive energy. Your primary energies are your emotions and happiness is entirely emotional; it is how you feel. It makes little difference what happens in your life: what matters is how you **feel** about what happens and that feeling is your happiness or your unhappiness.

The only true cause of happiness is self-love. Happiness is the result of self-love. Self-love is the result of positive identities. Self-love and therefore happiness are how you feel about yourself according to the identity you have activated at the moment. Thus, happiness is internally determined (by identities) and not dependent or caused by external circumstances. One of the prime purposes of psychanics is to show how to be happy all the time no matter what. One of the ways in which this is achieved is by discrediting negative identities and installing positive identities.

LOVE

Love and its product Power are the ultimate motivation of all human behavior.

Love is energy. The primary form of love-energy experienced by humans is the emotions. Like most experiences (hot-cold, light-dark, etc.), love is a polarity with positive and negative poles. The positive emotions are love, experienced as happiness; and the negative emotions are AntiLove, experienced as pain. Law: **The control of experience, especially the experience of positive emotion = love = happiness, is the ulterior motivation of all human behavior.**

The emotions are always self-love. Your emotions are how you feel about yourself; they are your love or AntiLove for self according to the identity that you have activated at the moment. This is so important that it bears repeating: Your emotions are your love or AntiLove for yourself according to the psychanic identities that you have activated at the moment—and that self love is your happiness or your suffering. (You change identities as the speed of thought and therefore so change your emotions.) Identity determines love or AntiLove = positive or emotion = happiness or suffering. This is expressed in the Formula of Existence as BE → FEEL; or IDENTITY → EMOTION.

ANTILOVE

AntiLove is any form of negative energy. It always starts with a negative value, a label of “bad” and its purpose is to change, stop, punish, damage or destroy that “bad” thing.

Love is a positive experience. AntiLove is experienced as unpleasant and painful: it is the essence of pain and suffering. The most common—and intimate—form of AntiLove is the negative emotions.

You live your love or your AntiLove in every moment of your existence. And that love or AntiLove is your happiness or your pain. Your pain in life is always your own AntiLove. Thus, there is perfect experiential justice in every moment and for every being.

One of the prime focuses of psychanics is teaching the being how to handle and eliminate AntiLove.

IDENTITIES

The BEing is all that a psycan is being or not being at any time. BEing consists of IDENTITIES. A BEing is a psycan modified by all hir identities.

Identities are declarations of I AM or I AM NOT; a few take the form of verbs such as I CAN, I CAN’T. They are self-creations that “shape” or mold the psycan as to what s/he is and is not.

The psychanic identities are those that affirm or deny your spirit-ual essence of Wisdom or Power, and therefore determine your Value. Your value or worth then determines whether you are love-able or anti-lovable.

Examples of the Wisdom identity polarity are:

- I am smart—I am dumb;
- I know—I don’t know;
- I am smart—I am stupid.
- Examples of the Power identity polarity are:

- I can—I can't; I am able—I am unable;
- I am strong—I am weak;
- I am creative—I am not creative.
- Examples of the Value identity polarity are:
- I am good—I-am bad;
- I am worthy-I am unworthy;
- I am deserving—I am undeserving;
- I am as good as—I am less than.

Your psychanic identities, although mostly subconscious, are the most powerful forces in your life. They are the cause and the only cause of your emotions, which are your love or AntiLove for self according to the identities you are using at any moment. Your identities-emotions (these cannot be separated) are the ulterior motivation of all your thoughts and actions. All this is expressed by the Formula of Existence.

The importance of this is data is that by learning to control your identities, you control your life.

SELF-ESTEEM

Self-esteem is the result of a positive self-evaluation. This evaluation is made based on wisdom, power and value or worth. The psycan's experience of hir wisdom, power and value are determined by hir psychanic identities—which are then loved or AntiLoved. Such love/AntiLove is experienced as the emotions. Therefore, self-esteem is how you feel about yourself. There is chronic self-esteem, a general feeling about self; and there are attacks of acute self-esteem, which are the emotions.

Psychanics handles self-esteem at its cause: the psychanic identities.

MIND

There is no separate entity such as a mind. There is only thought. Thoughts are energy forms created by the psycan and then experienced in consciousness. What we call mind is the combination of three factors:

- The psycan's will which forms and manipulates thought-energy;
- The psycan's conscious energy field which perceives those forms, and
- The thoughts = mental energy forms = mind realities themselves.

SUBCONSCIOUS

The subconscious is the warehouse of old thought energy forms. All thoughts and emotions are "realities" (forms or masses of non-physical energy). These hang around the psycan who is consciousness that is perception. Psychanic realities can move into or out of consciousness and thus are perceived or not perceived. The movement can be caused by will (as in deliberately remembering something); or be an involuntary stimulation caused by something in the present time environment. The subconscious is simply the psychanic space around the psycan that is filled with hir psychanic realities (thoughts and emotions).

GOOD, BAD AND EVIL

Good and Bad is a distortion of the polarity of Positive and Negative. "Bad" is that which should not be as it is, therefore justifying the use of AntiLove (negative energy) to change or destroy it. Since AntiLove is pain and suffering, "bad" is the entry point to all suffering; it is the gateway to hell.

Law: **It is impossible to suffer without first having created "bad."** And "bad" is always a creation of the BEing. Good and Bad do not exist in objective reality: they are never an intrinsic property of any thing or action. They are always a personal opinion, a point of view. Since they

never exist in objective reality, they are projections on reality that distort it. They are illusions about reality that interfere with our ability to handle reality—as well as being the gateway to suffering.

All this is sometimes difficult for the human being, so lost in polarities, to understand. However, the price of not understanding it is suffering and the inability to discreate that which you no longer want to experience. The truly wise and loving person has transcended the creation of Good and Evil and lives in a condition of SPACE, the first level of love. Psychanics seeks to take you there.

THE EMOTIONS

The emotions are strong psychic energies, the energy of love. The emotions are love. The emotions are the polarity scale of love: the positive emotions are love and the negative emotions are AntiLove.

Many people think that love is just one emotion of many. This is not true. Love is the entire emotional polarity scale from ecstasy down through joy to indifference to anger to fear to apathy and depression. Emotions = love; and love = happiness. Thus, emotions are also the polarity scale of happiness. The positive emotions are degrees of happiness; the negative emotions are degrees of pain and suffering = unhappiness.

The cause of your emotions is your identities. **Your emotions are your love or AntiLove for yourself according to the identity you have activated at the moment.** To the psychanically ignorant person, it appears that external events (i.e. what others say or do, or what happens in life) cause hir emotions. However, what really happens is that for every event in life, we assume a psychic identity—of Power or AntiPower, Value or AntiValue—and we then love or AntiLove ourselves based on that identity. Our emotions are that love or AntiLove energy and our happiness or unhappiness.

PAIN, SUFFERING AND UNHAPPINESS

“Pain” and “suffering” in psychanics always mean emotional pain and suffering unless specified as physical. All pain, suffering and unhappiness is the experience of negative energy, negative emotion. All negative emotion is AntiLove. The source of all pain and suffering is always and only AntiLove—you own AntiLove, your own internal energies. These energies = self-love = emotions you can learn to control, to eliminate; and that is the end of suffering.

CDT: CREATION & DISCREATION TECHNOLOGY

A Powerful Self-Change Procedure

All your motivation and behavior in life has as its purpose to control your experience. All your psychic experience, all identities, thoughts and emotions, are the impact of energy forms on the field of conscious energy that you are as a psycan. You have created those energy forms and you can discreate them. Therefore, you can eliminate or create any experience that you wish to have.

Creation & Discreation Technology (CDT) is a complete and precision technology of psychotherapy and personal change based on the theoretical principles of the psychic model of existence. Furthermore, CDT offers the tremendous advantage that any person can learn to apply it to himself—no longer will you have to recur to a therapist every time you wish to change your emotions or behaviors. With CDT, you can terminate experiences of anger, fear, grief, depression, guilt, etc, relatively easily and quickly. Its continual practice leads to the permanent elimination of all negative emotions. It is also used to create yourself as you wish to be and to feel—which is the path to self-love and happiness.

CDT is more precise, more powerful, deeper, and usually faster than any other system of personal change known today.

CREATING YOUR IDEAL SELF

To the degree that you create yourself according to your highest ideal, you will naturally love yourself. That self-love is your happiness and joy, and it is your power to create and manifest whatever you want in life. Power comes from love.

The purpose of life is to expand yourself in identity to ever higher levels of wisdom, power and love. This process has no end until you become the Infinite again.

SPACE

Space is one factor of the three factors of the Trinity. One of its 21 definitions is the absence of energy, especially negative energy (AntiLove). Space is the end of suffering. It is the beginning of Love. It is the beginning of Wisdom and Happiness. One of the *importances* of SPACE is that it is the only way to handle negative energy.

CREATING IN THE PHYSICAL UNIVERSE

You have certain degree of control over your life and physical universe to manifest the things you wish to have. This power depends on seven factors. You maximize your power when you know and use all the factors. Psycanics explains these factors.

CHAPTER 2

SLI: STUDY, LEARNING AND INTELLIGENCE

This section is a summary of a one of the concepts presented in the course SLI: STUDY, LEARNING AND INTELLIGENCE.

Read this paragraph and then continue on:

MUDS. The basic law of study is you should never continue with a MUD. Just one MUD is sufficient to destroy the possibility of comprehension of an entire subject area. Just a few MUDs are sufficient guarantee failure in learning. Therefore, never proceed to read beyond a MUD.

Did you understand the above paragraph?

Did you experience confusion instead of clarity and comprehension?

Why is that paragraph not clear?

Can you follow the instructions given? Why not?

The reason you did not understand the first paragraph is because they contain a MUD. MUDs create MUCs.

MUCs??

More confusion. Notice that your lack of comprehension and confusion only grows as we continue on past something you did not understand. You cannot understand MUCs without first having understood MUDs—which you did not.

However, continue on without understanding—I am making a point.

Knowledge is Power. Knowledge indicates and guides correct action—from among the infinite possibilities of ineffective action—to produce the desired results.

Only comprehension constitutes knowledge. Memorization of data without understanding it is useless. And if you understand it, you don't need to memorize it: you know it.

Knowledge of any subject, including science, technology, and psycanics is taxonomic = hierarchical. The comprehension of advanced concepts depends upon the comprehension of the previous, more basic concepts. You must learn a subject in a certain order, simple to complex. It is impossible to understand the advanced concepts of any subject without having first understood the basic concepts.

It has been proven that the failure to understand **just one** basic concept is sufficient to sabotage the understanding of an entire area of knowledge. A single misunderstood word is sufficient to make impossible the understanding of a concept. Consequently, **a single misunderstood word can sabotage the comprehension of an entire area of knowledge**. This brings us to MUDs:

Definition: MUD: **Mis**Understood wor**D**.

Definition: MUC: **Mis**Understood **C**oncept.

The cause of a MUC is almost always one or more MUDs in the expression of that idea. It is not ideas that are misunderstood, but rather words.

MUDs cause MUCs, and MUCs inevitably snowball. The first MUC in a subject will cause other MUCs because the failure to comprehend a basic idea will make impossible the comprehension of all subsequent ideas whose comprehension requires the comprehension of that basic one. MUDs and MUCs lead to ever more MUDs and MUCs. To try to study jumping over misunderstood words will quickly bury the student in a mucky mudslide of incomprehension.

Therefore, never proceed beyond something you don't understand, be it a word, a sentence, an idea or a paragraph. To do so is a guaranteed formula for failure in your learning.

The downward spiral. When a person continues to study past MUDs, his lack of comprehension and confusion will increase the further s/he tries to proceed. The subject becomes more and more difficult instead of easier and easier as it will when there are no MUDs. In fact, a subject will quickly become **impossible** to understand without returning to clear up the MUDs.

When a student tries to learn ignoring his MUDs and thereby accumulating MUCs, the subject matter will become so confused and “difficult” that the student gives up and abandons it. To the student, it appears that that subject is too difficult or advanced for his intelligence—with the attendant damage to his self-esteem. And indeed, the subject has become impossible for that person to learn as long as s/he continues with his MUDs.

A student will often repeat this pattern of jumping MUDs and snowballing MUCs in other subjects. The result is that the student finds study and school difficult, unpleasant and a source of constant inability and failure.

The student then forms negative beliefs about himself and his intellectual capacities: “I am not intelligent enough; I can't understand things well; I am not good enough; I am stupid; I am less than others”; and so on. These destroy his self-esteem and self-confidence to handle life and get what s/he wants. He then generates the negative AntiPower emotions such as anger, frustration, fear of failure and sorrow. He turns moody and unhappy.

Thus, school becomes a place of confrontation on inability and incompetence and a source of unhappiness. He often becomes a rebel and a disciplinary problem. He may eventually abandon school as the “cause” or source of failure and suffering. His faulty education will probably truncate the quality of his life. Delinquency and criminality are common results.

All this is because of MUDs. The downward spiral started the first time the student continued to read beyond a word s/he did not understand, the first passed s/he jumped over a MUD.

Remember the story: “For the want of a nail, the horse threw a shoe. For the want of the shoe, the horse stumbled and fell. For the want of his horse, the king lost the battle. For losing the battle, he lost the war. And losing the war, he lost his kingdom.” It is the same with MUDs and MUCs.

I believe, from my extensive experience with the education system in Mexico, that MUDs—which most children start accumulating from the first day of school because they are never taught the proper study methods—are the root cause of the great majority of learning problems and thus many of the behavioral problems of youth in all cultures on this planet.

Now go back and read the first two sentences again. Do they now make sense? Now that we have clarified and defined “MUD,” they should be perfectly clear and no longer a MUC—unless, of course, you have other MUDs in the sentence. (In which case you are looking them up in the dictionary before proceeding on—right?) The correct defining of all the words in an idea makes the idea clear and easily understandable.

There are a dozen ways to misunderstand a word. The easiest is to not know the word at all. The rest involve incomplete definitions, confusions with synonyms or homonyms, applying the wrong of several possible meanings, etc.

**THEREFORE:
NEVER, NEVER, NEVER CONTINUE READING
BEYOND SOMETHING YOU DO NOT UNDERSTAND.**

To continue on over a confusion or uncertainty—whether of a word, an idea, or a concept—is to guarantee progressive difficulty and eventual failure in your learning. This is especially true for psycanics, which is a sophisticated, technical model of spirit-ual existence with a precise nomenclature.

If you don't understand an idea, identify your MUDs in that idea. Look them up in a dictionary or glossary. Learn **all** meanings in order to be able to choose the best one for that sentence.. This will also assure that the word in question will not be a MUD in different context in the future.

If your MUD is one of the technical terms used in psycanics, you must define them with the Glossary or the Dictionary-Encyclopedia of psycanics. The ordinary English dictionary definitions will be inadequate and, in fact, will create a MUC.

All the above is so important that I am going to say it all again in another way:

As Socrates said some 2400 years ago, all communication must start with the definition of the terms to be used. This is doubly important in this book since we will be dealing with new knowledge about life that requires a new and very specialized terminology.

Power we define as the *capacity to produce the desired results*. Power derives from knowledge or science. Science is the source of humanity's power over the universe; it is our instruction book for the control of matter and energy to produce any desired result and has given us all the ease and comfort of modern life.

The basis of knowledge and science is *observation* and *distinction*. Knowledge is obtained by dividing an observed phenomenon into ever-smaller pieces and making ever finer distinctions about its nature and functioning. (The word "science" comes from the Latin "scire" which means to slice or shear (same root a "scissors"), to separate and to distinguish.) Each new distinction and phenomenon is assigned a word to represent it and thereby facilitate both thought and communication - thus the terminologies and nomenclatures.

Psycanics is new knowledge, new distinctions, of how the being, the mind, the emotions, and to a certain extent the physical universe, operate. It offers every person an understanding and control of himself and his universes never before possible: it offers power. As any science or technology, it makes new distinctions and presents new concepts², for which it naturally has a very precise nomenclature. *To acquire the power, you must comprehend the definitions, distinctions and ideas represented by each term of the nomenclature.*

Psycanics looks at existence from a new and very precise point of view. To acquire the power that psycanics offers, you must learn to view life from that point of view. The communication of that point of view depends on a highly specialized nomenclature.

The main reason why any reading or study becomes difficult or the material confusing is **misunderstood** ideas. In any science, the comprehension of the advanced ideas depends on the comprehension of the basic and anterior ideas. Therefore, in this study (or any other) **never, never, never proceed beyond an idea that you do not understand completely**. To continue reading beyond a partially understood idea is guaranteed to impair or totally "impossibilitate" the comprehension of the subsequent ideas and therefore of the science itself.

² Definition: concept: the complete global idea of any thing or phenomena. The concept includes all the definitions, denotations and connotations, a mental image or picture, and total comprehension of all aspects, references, connections and relationships to other concepts. While some concepts are simple, it can take pages of text to fully present some concepts. For example, to present the concept of energy and matter in the physical universe would require a entire textbook.

Just as bricks are the building blocks of buildings, and ideas, concepts, principles and laws are the building blocks of science, words are the building blocks of the ideas, concepts, principles and laws. The basic concepts as well as the advanced ones are formed of **words**. When you do not understand an idea, the cause is one or more misunderstood words—almost always. **This is to say that there are no misunderstood ideas, only misunderstood words.** Words are the critical components of knowledge. **The misunderstanding of one word is sufficient to block the understanding of an idea, and the misunderstanding of one idea is sufficient to ruin the comprehension of a science.** Therefore, the rule introduced above and the basic rule of all reading, study and learning becomes:

Never proceed beyond a word that you do not totally understand.

The careful and conceptual definition of all the words in a sentence will almost always make the meaning of the idea clear.

It is easy to misunderstand a word; in fact, there are a dozen ways to do so. Not knowing a word at all is just one way and the easiest to identify and correct. The others are subtler. (They are explained in SLI.)

You are the only one who can control the quality of your reading and understanding. To pass over a word, a sentence, or an idea that you do not understand completely is self-sabotage against your power in life. Power comes from knowledge; knowledge comes through words.

You should be aware that it is not just technical words that you must be careful of, especially since they will be carefully defined in the book. Any word, for simple that it appears, can be a MUD and impossibilitate comprehension of the sentence.

The ideal is to be very aware to identify and define MUDs at the moment of encountering one. However, sooner or later some will slip by. When this happens there will eventually occur one or more symptoms, which the reader should be able to recognize. These symptoms are:

Difficulty in comprehension. Confusion. The text becomes difficult to understand.

Difficulty in concentration. You find yourself becoming distracted easily, or thinking of other things. You loose interest or become bored with the material.

Your mind blanks out. You suddenly find yourself to have read a section but don't know or recall what you were reading.

Any of these indicates that you have gone past a MUD. The problem is that the MUD may be in the section that you are reading or it may be pages before. The solution is to return in the text to where you last understood well and work forward carefully looking for the poorly understood ideas and then in them, the MUDs.

Psycanics offers you power over your life. The foundations of that power are your comprehension of the phenomena and their laws of operation that must be acquired through the *comprehension of all the words*. Therefore you should read this book with a good dictionary at hand, and above use the PSYCANICS TECHNICAL DICTIONARY, available free on www.psycanics.org.

TECHNICAL TERMS AND THE PSYCANICS DICTIONARY

As we make new distinctions in any area of existence, we must have words to represent those discoveries. Words are symbols, representations, of things and processes that we can use to communicate with each other about things without having the thing present. Without words, we would still be pointing to things and grunting. Effective and efficient communication, like mathematics, requires precise symbols.

In any area of knowledge as it expands, there is always a tension between the need for new terms, and overloading the area with an obfuscating plethora of extraneous, abstruse, superogatory,

ambiguous, discombobulated, labyrinthine nomenclature. Such overloading in some fields, psychology for example, is not all that uncommon.

Communication about spiritual, mental and emotional phenomena is further complicated by the fact that such psycanic phenomena are non-physical. We can't always produce them on demand for observation, measurement and dissection by others. I can see your body, but not your thoughts. I can't feel your emotions. For this reason, study, understanding and agreement as regards any psycanic reality is more difficult than in the physical sciences.

So our problem is how to communicate about newly discovered, often subtle, non-physical phenomena. Over a period of 17 years of describing and teaching, I have developed a precise terminology. Sometimes I have assigned new, technical meanings to normal English words; other times I have had to invent new words. My intention is never to complicate or confuse, but rather to symbolize sophisticated concepts to make communication exact and efficient. Psycanics has a very specialized terminology designed to get you looking at and thinking about life from a very particular viewpoint—one that opens understanding and leads to power.

Eventually, I will be saying things like:

“NIRs and their AntiLove charges are the source of all negative BE-FEEL. BE-FEEL is the only motivation of all human behavior.”

“Space is the absence of BAD and therefore of Resistance and AntiLove. It is, therefore, the beginning of Love, and therefore the beginning of Happiness.”

“The trigger event for the activation was the violation of a program.”

“Reality and truth are very different concepts. Just because something is real, does not make it true. Furthermore, truth is not always real. Something can exist but not be real.”

The words in such sentences—NIR, AntiLove, BE-FEEL, trigger, event, program, truth, reality, real, space—have special psycanic meanings. If you have not carefully learned the definition **and the concept** of each of such technical words, you will be totally in the MUC.

These technical terms are usually written in capital letters and defined when they are first introduced. They are also defined in the Dictionary. You must use the Psycanics Dictionary for such terms: regular dictionary definitions will only create MUDs.

I invite you to peruse the Dictionary now to get an idea of technical definitions. The Dictionary will also give you a good idea of the subject matter of this book and whether it will resonate with you or not.

UNDERLINED WORD EQUATIONS

I will often write two or more words underlined with an equal sign between them, as in these examples:

Most people have some degree of consciousness = awareness = perception = feeling = experience of their emotions.

Space = the absence of BAD = No Resistance = zero negative energy is the beginning of Love = Happiness.

BE = IDentities and FEEL are the only cause of your FEEL = emotions.

Underlined word equations mean that we are dealing with multiple words that have arisen in the English language that refer to the same or similar phenomena. It means that the underlined terms are very related; they share the same concept; they are often synonyms, or one includes the other.

Just as we need to assign new words to represent new discoveries, we also need to reconnect multiple existing words to be as one word when they refer to the same phenomena. The underline is not for emphasis, but to help the reader by grouping the words in the equation as one concept; as all referring to the same phenomena.

There are several ways to handle underlined word equations. You can reread the sentence with each word alone assuring that you understand each resulting sentence. If any of the resulting sentences do not make sense or does not seem to be true, then you are not understanding that particular word in the word equation. As you advance in your conceptual comprehension of psychanics, eventually you will be able to read the sentence once, grasping immediately the similarity or relation of each term to the others in the equation. You will eventually understand the word equation as one concept, one phenomenon. (If you don't, you have not understood psychanics.)

Word equations are necessary to reconnect multiple words to their single underlying concept or phenomena. Furthermore, word equations enhance conceptual understanding. When you “plug in” each word of the equation into the sentence, you are using a different perspective for the same thing. This leads to fuller conceptual understanding. This is what we seek: full conceptual understanding (as explained in *Study, Learning and Intelligence*).

CONVENTIONS

Conventions are way of writing or noting things to help understanding.

When a word refers to a primary, global concept in psychanics, it will be capitalized: e.g. Love, Responsibility, Will, Space.

When a word is in all capitals, it refers to a quality of God: CREATOR, ENERGY, CONSCIOUSNESS, LOVE.

BAD is always written in capitals to remind the reader of its total concept, which requires three chapters in *Fundamentals of Psychanics* to explain.

The elements of the Causal Sequence are always written in capitals: BE FEEL THINK DO RELATE HAVE, as well as any derivative of those words when referencing the Causal Sequence.

For example: In the sentence “He is being stubborn,” “being” is not used with reference to BE in the Causal Sequence. In the sentence “Your BEing is composed of all your Identities; “BEing” is a reference to the BE in the Causal Sequence. Thus when you see any of these six words—BE FEEL THINK DO RELATE HAVE—capitalized, alone or as part of a word, you are to remember the Causal Sequence. The Causal Sequence will be fully explained in *You Are The Creator of Your Life*.

TAXONOMY

The taxonomy of a subject is the order—basic and simple to advanced and complex—in which the subject must be studied. For most subjects, the taxonomy for any subject is linear and, for one who knows the subject, fairly obvious what it should be. For example, you must know fractions before you know arithmetic; arithmetic before you can understand algebra; you must know algebra before you can understand trigonometry and the higher maths.

The problem here is that psychanics is not linear; it is spherical. It is a spherical network of interdependent phenomena. All the concepts connect and require the comprehension of many other concepts to be themselves understood. For example, you cannot understand fully any of the concepts of: Experience, Reality, Good and Bad, Resistance, Space, Love, AntiLove, and Polarities without understanding all of these.

However, there is no way you can learn psychanics spherically: you can only to read and study linearly, one by one. One of the greatest challenges for me in writing down psychanics is how to take a spherical network of interrelated concepts, circularly defined; and lay it out linearly in an optimum order of study.

One of the effects of studying a sphere linearly is a Catch 22, a “circular reference.” There may be times when you do not fully understand what you are reading because we have not gotten to the concepts that you need to understand it. But we can't get to the concept you need—and you can't understand it—until you understand what you are reading.

One of the ways in which I will try to alleviate the difficulty of study a sphere linearly is with an Encyclopedia of Psycanics. This encyclopedia will contain an explanation of all the concepts. Thus you can momentarily leave the linear taxonomy where concepts cannot be fully presented for lack of other concepts, and jump to the full explanation of any concept.

One of your greatest challenges with psycanics will be to recreate the conceptual sphere that it is. This will come only with full understanding of each concept. That understanding will only come with a contemplation of each concept until you “grok”* it fully. When you do you will finally understand your existence and how it works.

*Grok: a term taken from Robert Heinlein’s book, A STRANGER IN A STRANGE LAND, meaning to understand completely such that the knowledge has become part of one. The book is a classic in both science fiction and social commentary. Worth reading.

CHAPTER 3

SOME PHILOSOPHICAL CONSIDERATIONS

The following philosophical discussion of real, reality, truth, knowledge, science, myth, mu, are important to all study of philosophy, and leads up to the explanation of a dilemma—and how I have chosen to solve it.

REAL, REALITY AND TRUTH

The nature of reality and truth are two basic questions of philosophy that have been debated for thousands of years in both the West and the East. These questions are of extreme importance, and the failure to understand them has led the death of millions of humans throughout history. They are also of extreme importance in psyanics given that one of our purposes is to restore you to your innate nature as a creator and discreator of reality. Here is a light introduction to the subject, sufficient for our immediate purposes.

Definition: Reality: That which causes experience. A reality is any form of energy, any thing, object or wave. Everything that exists is formed of energy; every thing is an energy-form. All energy-forms are realities. There are physical realities such as light, stars, planets, trees, radio waves, animals, houses, tables and bodies. There are psyanic realities such as thoughts and emotions. A table is a physical reality; the mental image of that table is a psyanic reality. The memory of your primary school is a psyanic reality. Anger is a psyanic reality; love is a psyanic reality.

Realities cause Experience.

Experience is the effect of a Reality (on consciousness).

Psyanics deals with the creation and discreation of reality.

Definition: Real: that which is being experienced. Something is real only when it is in present time perception = sensation = feeling = experience. A reality is real only when it is being perceived = experienced. Therefore a reality can exist but not be real. Examples:

China is a reality; it exists. But it is not real for someone living in New York.

Your anger is real for you while you are feeling it, but not real when you are not feeling it. Your anger is not real for me: I do not feel = experience your anger. If I can perceive the signs and behaviors of anger in you, then it would be real for me that you are angry, but your anger itself would not be real as I long as I am not actually feeling = experiencing your anger.

My thoughts and memories are real for me but not for you; you do not experience (perceive) them. Likewise, your thoughts and memories are real for you but not for me: I do not experience them. If you tell me about them, then what I duplicate and understand of your thought would be real for me to the degree that I am re-creating them in my mind. The images that I create are what are real for me—they may or may not correspond closely to your thoughts and memories.

Notice that a reality may or may not be real: it may or may not be in experience at any moment. However, the only proof of the existence of a reality is when it is real = in experience.

The concepts of “reality” and “real” are of extreme importance in psyanics. The reason for their importance is that the only motivation of your life is to control your experience. Your experience is always caused by realities. You do nothing in life except to try to manifest the positive realities, physical and psyanic, that you wish to live; and to try to eliminate the negative realities that you do not wish to experience. Example of positive realities, physical and psyanic, that you might wish to manifest could include: car, house, wealth, fame, love, joy and happiness. Examples of negative realities that you wish to avoid or eliminate could include: lack of sufficient money, bad health, unpleasant job, pain, feelings of low self-worth, low self-esteem, fear, grief, depression.

The only motivation of all human behavior is the intent to control reality in order to control experience. (Realities cause Experience.)

Psycanics is about the nature of realities and how to control them; i.e. it is about Power over Reality and therefore over Experience.

Definition: **Truth:** Truth is the correspondence between a reality and a description of that reality. For example: John states, “The wall is black.” We have a reality, the wall; and we have a description of that reality: “black.” (We would have previously defined “black”.) If the color of the wall really corresponds, agrees, with the description of it as “black,” then we have truth. If it does not agree, if the wall is white or blue or red, then the condition of “truth” does not exist: there is no correspondence between the wall (the reality), and the description “black.”

The problem of discovering truth arises when the reality is not real; when it is not present to be experienced and verified against its description. Thus, there is no way to verify the correspondence between the reality and the description. (“Verify” itself comes from “veritas,” the Latin word for truth.) If I say “The wall is black” and the wall is not available so that you can verify the correspondence = accuracy = the truth of its color, then the essential condition for “truth” (verified correspondence with reality) is not fulfilled.

Truth only exists when there is “certified” correspondence between the reality and the statement about that reality. When a statement cannot be verified with its reality, it does not fulfill the essential condition to qualify for the label of “Truth.” Where this correspondence cannot be verified, TRUTH DOES NOT EXIST. There is only conjecture, hypothesis or belief.

In our example: Without the wall available to verify any statement as to its color, **no** statement as to its color is true. In other words: when there is no proof, then there is no truth. All statements in that absence of proof are MU (explained below). Notice that “not true” does not mean “false”: it means “mu.”

You can believe any statement, and you can believe it to be true; but all that is belief and not truth, not certainty, and not knowledge. Belief and faith are the arbitrary assignment of the label of truth to realities and descriptions for which there is no evidence or proof.

Power and Freedom come from truth, not belief. It is truth, not belief, that has raised man out of the caves and put him on the moon.

When there is no evidence and proof verifiable by others, there is no truth. This is a basic principle of all philosophy and of all science, which seeks truth. Science recognizes this by labeling all such statements “hypothesis.” Unfortunately, this critical precision has not been extended to most of the beliefs of humanity.

The failure to understand what is and what is not TRUTH, the failure to distinguish between belief and truth—a universal failing of religions and political philosophies—has caused untold pain, suffering, torture, wars and death on this planet. People kill each other over truth when there is none—for either side. There is no truth when any statement cannot be proven—there is only mu.

To check your understanding of these concepts, try these questions.

Is God a reality?

Is God real?

Is God true?

Is it true that: “God is like an angry father and inclined to send his children to hell.”

Answers could be:

Probably so: logic indicates the existence of a First Cause. But unless you can make God real = in your experience at least once, you don’t really know if God exists; if God is a reality. Then there is another problem: even if God has been real for you at least once and so is a reality for you, is it truth that God exists? Only if you can make real or otherwise prove the existence of God to another. If you have no proof, you have no truth.

God is not real (being experienced) for most people most of the time. They do not experience God. They may believe in God, but that is not experience, not a condition of “real.” Many people have never had any real experience of God at all.

Is God true? This question is meaningless because we are not making a statement about God that could be verified against the nature of God. We would have to ask something like: “Is it true that God created the Devil?” To answer that question we would first have to prove that both God and the Devil existed, and then prove that God created the Devil. Otherwise, there is only belief. If we mean, “Does God exist?,” then we are back to question #1.

Only if you can prove it. (In my experience, God is anything but an angry father—but I can’t prove it any more than anyone else can prove that God is.)

Another question: Does hell exist? If you do not prove that it exists, then it is not truth that hell exists.

How many people on this confused planet believe in things, even extensive theologies, that are simply not true? The VAST majority.

These concepts of **reality**, **real** and **truth** are important because we are entering into the study, not only of a science, but also of a spirit-ual science. This makes these matters of reality, real and truth very delicate because:

Spirit-ual phenomena are by nature difficult to detect, perceive = make real = prove; and

Spirituality is often confused with religion and religion is an area of **no** truth, of belief and faith. We seek a spiritual science; that is spirit-ual truth, and therefore we must avoid blind belief. Where there is no science (evidence and proof), then the best we can do is philosophy (reason and logic) and mysticism (personal experience not transferable to others). But we want to avoid all dogmatic belief and blind authoritative faith systems such as religions.

To further complicate matters: Reality is not always truth; and truth is not always real (which technically makes it not truth.) Something can be real and not true; and something can be true but not real *at the moment*.

Some things can be true and not real at the moment. We lay people generally accept as true the findings of science even when we cannot verify their truth. We accept electrons and quarks and double stars and black holes as being real, and we accept scientific statements about them as true. However, these phenomena are not real for us: we have no perception, no experience, no proof of them. We accept that others who specialize in these fields know what they are talking about, that they have seen the evidence. We accept the realities of others without evidence as true.

(However, those specialists are in agreement about what they report—not the situation with religions which mostly disagree with other religions. Furthermore, religious authorities maintain statements as true for which they themselves have no experience = proof.)

Examples of reality but not truth: For thousands of years, much of humanity has maintained as truth these three realities:

The earth is flat and you will fall over the edge if you go too far out to sea.

The sun and the heavens rotate around the earth.

The earth is the center of the universe and humanity the most important of God’s creations.

(These ideas, these mental realities, still are real for some people. Even today there exists a Flat Earth Society: <http://www.talkorigins.org/faqs/flaearth.html>)

Despite being experientially real, these three ideas are not true. They are statements that do not correspond to their physical realities.

One of the points to all this is for you to realize that many things are not visible and not easily experienced or verified and therefore the truth about them is not known. This is especially true in spiritual and religious matters. Nevertheless, there are many who profess to know the truth in such matters: every religion does so. However, they can’t prove it. Therefore, **what they say does not qualify for the certification of “TRUTH.”**

This brings us to the concept of MU.

MU

Western thinking and logic tends to operate using just two mutually exclusive positions: yes<>no; true<>>false; is<>isn’t; either<>or; good<>bad; right<>wrong; correct<>incorrect; etc.

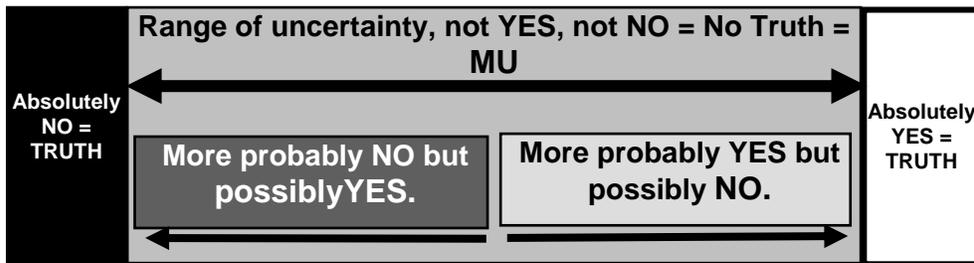
However, existence is polar; it consists of those two poles and a range of spectrum of possibilities between, as we will see in a later chapter. The Truth Polarity is a scale of possibilities that goes from “absolutely no” to “absolutely yes” with all possible graduations of possibility and probability between the two poles. This scale of uncertainty between the two certainties of Yes and No, all the possibilities of “maybe,” is called **MU**. We could write this as:

- Is—**Maybe**—Is Not
- Yes—**Maybe**—No
- Right—**Mu**—Wrong
- Correct—**Mu**—Incorrect
- etc.

When there is doubt or uncertainty; when there is no truth (verification of correspondence between the reality and its description); when there is no sure Yes or sure NO; you have a condition of MU.

The vast majority of what we think we know is actually MU.

The Scale of True—False—Mu



Mu is a fascinating concept that can mean many things. It can mean neither yes nor no, neither right nor wrong, neither correct nor incorrect. It can mean, “I don’t know,” or “There is no way of knowing, of being sure.” It can mean, “neither true nor false.” It can mean, “I neither believe nor disbelieve.” “I neither accept or reject.” It can mean, “I have no opinion.” It can mean, “The question is invalid, impossible to answer correctly.”

For an example of this last definition, an invalid question: Suppose the judge asks you, “Do you still do cocaine and beat your wife?”

No matter whether you respond “yes” or “no,” you are admitting that you have done cocaine and beaten your wife. The only good answer (assuming you are innocent) is “mu,” meaning the answer is neither yes nor no and the question is invalid.

Another example: Suppose somebody declares, “The backside of the moon has more craters than the front side.” What do you respond to that statement? Unless you have gone there and counted them or have read a reliable scientific report, you can only respond “mu”: “I can’t say whether your statement is true or false.”

“SPACE” is a concept about the absence of resistance, the absence of negative energy against something. To give something SPACE is to allow its existence as it is without affirmation, but more importantly: without judgment, invalidation, or other negative energy. To give SPACE to someone is to give them full tolerance and acceptance to be as they are and to not be as they are not. SPACE, the absence of negative energy = AntiLove, is the first level of love. (We will cover the concepts of Space, Love and AntiLove in depth later.)

Mu is a form of SPACE. It is a giving of SPACE. An example:

Let us suppose that I am a devout religious person. I can judge other religions wrong and deny them SPACE (a place) in my mental universe by invalidating and condemning them. (Notice that most religions deny SPACE to the others, each claiming that it is the truth and the only truth, and that the others are wrong.)

Or I can study as many religions as possible and hold them within my personal data bank under the classification of mu. To put other religions in “mu” would be to say: “Other religions exist, each one a different point of view. Although everybody believes that their religion is the best, the truth is that there is absolutely no proof, no truth as we have defined it, that one religion is better, or more accurate, or more pleasing to God than any other.”

Incidentally, the fact that there are so many disagreeing and contradictory religions and sects and dogmas is proof that none of them is the truth. Where humanity has found truth in some measure, there is always only ONE set of data and there is agreement and harmony as to the validity of that data. For example: The physical sciences such as math, physics, chemistry, thermodynamics, etc. are the ONE and the SAME in the whole planet. Everybody agrees on and uses the same data and concepts.

Many points of view in disagreement with each other—as in the case of religions—is a sure indication that the truth of the situation is unknown. The wise person can only recognize that there is no proof and therefore no truth in any religion. Mu to them all.

The optimum position, then, for someone who wishes to explore the spiritual or the religious arena is to learn all that s/he can about as many religions as possible, without believing any. (By the way, what religion is God?)

A psychologist that understands Freud, Perls, Fromm, Freud, Rogers, Jung, Maslow, Neuro-Linguistic Programming, etc. is richer and better armed than one who only knows one system.

One of the measures of a spiritual BEing is his ability to contain the maximum number of ideas and systems of ideas—even when these are mutually conflicting. And that is another measure of mu. Mu permits you to hold many different, even totally opposing points of view (paradoxes) at the same time, and to work with all of them. Since the higher spiritual truths are usually paradoxes, this ability is essential philosophy and in mysticism.

You may favor one idea more than the others, or decide to use only one, but your understanding and options are multiplied and you are enriched by having all points of view. Just as physical wealth is measured by the quantity of money and things that you possess, so too is your intellectual wealth measured by the quantity of ideas and concepts you possess.

Given the depth of human knowledge and the infinitely vaster depth of human ignorance, what I really know, what I can say with certainty is really infinitesimal. To the great majority of themes and

questions, the only wise response we can make is “mu”: “I don’t know.” Most of life, we have to put in mu. For examples:

Which presents a more accurate representation of God and the universe: Hinduism or Christianity?³

The speed of light is the universal speed limit in the physical universe.

Can you say anything but mu to these statements?

THE RELEVANCE OF ALL THIS TO PSYCANICS

Sometimes in this book, you may find statements that conflict with other information or beliefs that you have. When that happens, ensure that you understand the idea and then put it in MU: suspend judgment. If you begin to invalidate individual datum before you acquire the global concept, you will never get the global concept. You will become lost in mental judgment and resistance. As an analogy, imagine that you are going to assemble a motor. But you don’t like the shape of some of the parts so you throw them out. Can you expect the motor ever to work?

Psycanics is a complete and sophisticated model: you have to capture it as an entity, as a whole. Once you have understood it all, then analyze and judge all that you please. Take it for a test drive and see if it works. However, you can only do this when you have understood it fully.

Seek to capture and understand psycanics as the whole as it is. Then to include it in your universe as another point of view, no matter what else you may know or use. It is not a case of *either or*, but of *and*.

Wisdom starts with the humility to recognize one’s own ignorance. Mu does that; it recognizes ignorance. A truly wise person puts all his own unverified beliefs in mu. S/He recognizes that:

All points of view are valid. They all have a right to exist and all serve to enrich the universe. (Validity is irrelevant of truth: fairy tales are valid but not true).

No point of view is absolute truth. (The human mind is not even capable of understanding absolute truth.)

Any point of view can be useful under the right circumstances.

The greater variety of viewpoints I can encompass, the richer is my intellectual life and more nourished my intelligence.

You only have Truth when you have proof—beliefs do not count. When you do not have proof, you have MU. Most statements today about life and spirituality are mu.

This is where psycanics enters the field. It seeks to present spiritual truths, laws and principles. It is a science and therefore must prove everything that it says. psycanics, alone = without mysticism, does that. It proves every statement.

However, there is a problem: psycanics comes from mysticism (mysticism will be defined below).

MYTHS, RELIGIONS, PHILOSOPHIES AND MYSTICISM

Humanity has generated a wide spectrum of myths, philosophies, religions and other ideas about the what, how and why of existence in the 5000 years of recorded history. Most of these ideas are contained between two opposing positions called Materialism and Theism.

³ Based on my experiences in mysticism, Hinduism is the religion that most closely models the actual nature of God and humanity’s relation to Hir, closely followed by Sufism. Christianity isn’t even close. Buddhism is not actually a religion, but rather a system for working on yourself spiritual. It leaves in mu the question of whether or not God exists, saying that you will discover that for yourself in due time. Psycanics is most similar to Buddhism.

Materialism is the theory that physical matter is the only reality. It declares that everything, including thought, feeling, consciousness, and will can be explained in terms of the laws of physics. It holds forth that all life—even at the high human level with qualities such as love, intelligence, intuition and creativity—is the product of accidental, random, mechanical combinations of chemicals and right conditions over billions of years. It declares that you are born of matter, live once, die and that is the end of you. Materialists tend to be atheists or agnostics.

Opposed to Materialism is **Theism**: the theory that there is a God. Here we find a smorgasbord of belief systems, of religions and sects. These, in general, hold forth that there is a Supreme Being who created humans and the physical universe. This God, often a stern, authoritarian father figure, usually must be worshipped, obeyed, appeased and pleased. Some hold that a person has only one life on this planet and at the end goes to eternal pleasure if s/he was good (heaven) and to eternal pain (hell) if s/he was bad. Of course, the definitions of what is good and what is bad vary greatly from one system to another.

Still within Theism, but outside of religions and often attacked by them, is **Mysticism**. Mysticism is the personal experience of levels of reality beyond normal human perception, particularly of the Deity. It is personal REAL-ity. Mysticism eschews all beliefs and dogmas and says that the only way to know anything about God is through personal experience. The mind is useless in mysticism: All knowledge is gained by direct perception in consciousness. Furthermore, such experiences and knowledge are usually ineffable: so wondrous, so complex and so far beyond human concepts that they cannot be put into words (just as a symphony of Beethoven cannot be put into words).

Mystics report that there is a First Cause beyond human understanding that creates the physical universe (among others) out of ITself for the purpose of experiencing and knowing ITself in all its infinite possibilities of BE, DO and HAVE. Using its Infinite Intelligence to guide evolution, it creates ever-new life forms. It then imbues part of ITself into these life forms, endowing them with the appropriate quantity and quality of ITs own fundamental spirit-ual characteristics of Consciousness and Intelligence. This allows IT to experience ITself from both within and without ITs creation; and through instruments such as Humanity, to continue creation from within.

Humanity—here mysticism agrees with religion—is a “child of First Cause” with the same spirit-ual characteristics of will, consciousness, intelligence, wisdom, esthetic appreciation (of beauty), love and joy as his SOURCE. However, what mysticism says about the nature of God is light years from what most religions teach.

It doesn't make any difference to psycanic theory or technology where in this spectrum of ideas you are, or which philosophy or religion you favor. **Psycanics is a science of non-physical energy, and its technology of personal change and growth will work irrelevant of your philosophy of existence and whether or not (you believe) there is a God.** In fact, psycanics itself is silent on whether or not there is a God. As a science, it does not make statements about what it cannot prove.

However, as we said: psycanics comes from mysticism. I could never have discovered psycanics at normal human levels of perception. The phenomena are too subtle; human perception too suppressed and weak. It was mystical experiences and perceptions that led me to the discovery of psycanics.

Psycanics is a derivative of mysticism; it is the verifiable part of mysticism. For me, there is no line where psycanics stops and mysticism begins: it is all one connected scale of knowledge that stretches from the causes of human psychosis and neurosis up to how to meet and unite with God.

The problem is that mysticism, higher levels of consciousness and perception, is not real and not easily verifiable by the ordinary person. Mysticism requires thousands of hours of meditation and other disciplines to reach the levels of energy where its perceptions and experiences become possible. This is not to say that they are not verifiable, only that the verification is difficult—as it is for all advanced science.

Psychanics is to mysticism what Newtonian physics is to astrophysics. Newtonian physics and psychanics are close, everyday experiences. Their phenomena and laws are easily verifiable. Astrophysics and mysticism are “far away,” far beyond normal everyday life and perceptions. Both mysticism and astrophysics are specialties and require specialized instruments to perceive their phenomena and derive their laws.

The question of what is spiritual truth is further exacerbated by the fact that for thousands of years some men have claimed that they know spiritual truth (and killed others to convince them) when all that they had were beliefs. Other men are disillusioned by the contradictory multiplicity of religions and weary of such claims. Others are so caught up in rationalism or materialism and reject all religious dogma—and with them all spirituality.

In presenting psychanics and to some small degree, mysticism, I am putting another theory on the entire scale from Materialism to Theism. In doing so, I must tiptoe as if walking on wall-to-wall eggs—which will be thrown into my face if I step on someone’s cherished position.

To avoid conflicts with religious belief systems—whose main characteristic is insistence on the truth of unverifiable “spiritual” phenomena—and to avoid dismissal by the rationalists and the materialists who—rightfully—will insist on proof; I should avoid all unverifiable statements in the spiritual arena. In other words: stick to the verifiable truth, so that I can stick to my guns.

Psychanics, officially, does that. Psychanics presents only information that is verifiable by the ordinary human being. It limits itself to formulas and laws that can be tested and experienced and therefore proven or disproved by an ordinary person. Thus it is truth. Pure psychanics does not even address the issue of God, whether there is or is not one, much less Hir Nature. Similarly, it offers no opinion on life after death or immortality or hundreds of other non-verifiable ideas. Such matters are difficult to prove one way or the other.

This brings us to the dilemma I experience in these writings.

As a philosopher, I am bound to speak only truth. This is the Oath for philosophers established by Socrates, as the Hippocratic Oath is for medical doctors. For anything to earn the title of truth, it must be backed up with proof.

However, as a mystic, I have experienced marvelous realities far beyond normal human perceptions. As an astronomer uses his telescope, I have used the instrument of consciousness sharpened through thousands of hours of meditative disciplines to peer into the cosmos—not physically as the astronomer, but psychanically. I have “seen” how many things work: mind, emotion, love, happiness, human behavior, etc.

However, I can’t give these experiences to you for verification. Therefore, I cannot claim them as truth. Consequently they have no place in psychanics.

However, there are many wonderful things about you and about existence that you will just never be able to understand or appreciate without including the spiritual nature of your existence. It is difficult to understand your spiritual nature if you are denying being one, as does much of psychology, which holds that you are evolved mud. Thought, emotions, love, intuition, creativity, responsibility, etc. are spirit-ual phenomena. Spirit itself is mystical.

Furthermore, there is only ONE and you are part of IT. If we leave out SPIRIT and your relationship to Hir, you just will not understand the totality of yourself or your existence. Life just does not make sense when its SOURCE and the higher parts of it are left out.

My dilemma then is: In presenting what I know, do I stay within the bounds of psychanics, of science, of truth, of the provable? This is essential to be accepted by the scientific community and the psychological community. This is essential to avoid rousing the religionists to arms.

Or do I tell as much of the whole story of our existence as I know?

Do I play it safe and stick to the formal truth; or do I give some of the mystical background and foundations from which the provable truth, psyanics, comes?—this a great risk of refection and attack by religionists.

Logic says stick to the truth; but my heart says tell all that I can.

I have chosen to follow my heart and to tell much more than I can prove. Thus, I am going to include some mysticism with the psyanics that I present in these writings. I will be presenting a combination of Truth = what I can prove; and my realities = what I have experienced and learned but cannot prove.

There are several contributing reasons why I have decided to do this:

My knowledge of mysticism comes from hundreds of personal experiences outside of physical reality and into higher levels of consciousness. Thus, I am coming from personal experience = reality, not from beliefs or dogmas. It is reality and truth for me, even when not for you.

You accept the reports of scientists for phenomena (e.g. quarks, black holes, muons, etc.) for which you have no reality, much less proof. Mysticism is my field of life-long specialization: I may know what I am talking about. I ask that you give me some credit, some benefit of the doubt, some mu.

Psyanics comes from mysticism. Can falsehood produce truth? To the degree that you see that psyanics is true, you can suspect that its source is true.

I have decided not to limit this book is to pure psyanics, but will include mystical data where such information will expand and enrich your understanding of yourself and your existence. The problem with mysticism is not that it is not provable—it is. The problem is that the only proof can be in your own experience, and this takes years of discipline.

Therefore, if you a materialist, I invite you to apply mu, and to observe—amused if you wish—the points of view of a mystic. Or ignore them as you please. They are not essential to psyanic theory or technology. **Psyanics itself works whether or not you understand or accept its origin.**

If you are an adherent to a religion, I hope to expand your understanding of yourself and how you function as a spirit—and maybe save you from your religion. There is a saying in mysticism: To find God, you must lose your religion. Religions do not contain God and they cause you to close your accounts with reality.

But no matter what your position—and note that it is only beliefs, not truth—you need to study psyanics with an open mind. Psyanics is as rigorous as any of the physical sciences; all psyanic data and laws will be proved. I will add in the mystical data well aware that proof is absent. If the mystical data does not resonate with your intuition of its truth, then put it in mu.

If, in your studies of psyanics, you encounter data about mysticism, about spiritual things, to which you disagree and for which no proof is offered or possible, you may safely ignore, or “mu” such data without lessening the validity and power of psyanics in any way. I don’t ask you to believe in anything; the last thing I want to do is put into the world another dogmatic system of thought. So if some of what I say in the mystical area seems fantastic, then fine, label it fantasy, but also put it in mu.

Occasionally, something I say even within psyanics will contradict your present beliefs. In that case:

Please remember that neither of us has the truth if we cannot present the proof to the other.

Pay special attention when something contradicts your present beliefs: this can signal a danger area where you have false information or beliefs.

When you have finally understood and applied psyanics, then and only then judge it—and judge it not so much on whether it is right or wrong, true or false, but on whether it works to give you more control over your life and to reduce suffering and increase happiness.

The ultimate criterion of the value of psychanics is not whether it is truth, but whether it is USEFUL, whether it serves you. Our purpose is to give you the POWER to create of yourself your highest ideal; to manifest all that you wish to BE, DO and HAVE. And our purpose is to give you the POWER to ever expand your LOVE and your HAPPINESS. On those, judge the value and success of psychanics.

It is necessary that we have this discussion here, because your studies—the next chapter—commence, not with psychanics, with that branch of mysticism known as **Cosmology: How the Cosmos began.**

CHAPTER 4

COSMOLOGY: HOW IT ALL BEGAN

THE STORY OF IT

In the Beginning, there was no beginning because at the time, there was no Time. However, our minds cannot grasp a condition of no-time, so let us pretend that there was a Beginning and begin again:

In the Beginning, there was THAT WHICH WAS, IS, and ALWAYS WILL BE—or “IT,” for short.

Now IT was and is both NOTHING and EVERYTHING at the same time. IT was NOTHING because in the Beginning, there were no things—only IT. However, IT was also simultaneously EVERYTHING because IT could be, would be, and always is every thing and all things that can ever exist. IT is INFINITE CREATIVE POWER with the potential to create anything, to BE anything. But at the Beginning, as yet no-thing was created and there was only IT.

And because there is only IT, anything that IT should create, IT would have to create it out of ITself. There was-is nothing else to create anything out of. **There is not and cannot be that which is not IT.** There is only the ONE.

IT is far, far beyond human comprehension and anything we humans say about IT is less than a grain of sand on the Sahara. To even talk about IT, we have to use a comparison, an analogy, of something already within our experience. Let’s start with a desert.

Imagine an infinite desert, an infinite plane of pure sand, with absolutely nothing else existing. Our desert is absolutely level without the least depression or the smallest mound. IT is exactly the same everywhere; there is absolutely no distinction, no differentiation, no distinguishing mark, and no landmarks. Even the grains of sand are identical. There is only IT. Infinite in all directions, IT has no limit, no edge—and therefore no center. Or everywhere is the center, depending on how you want to look at it.

Notice that you have absolutely no way of knowing where you are on this plane. There is absolutely no reference point, no center, no edge, no distinctive feature, no landmark to distinguish any point from any other point. There is no relation or relationship—no Relativity—to anything else because there is no-thing else. Without Relativity, you can have no Identity. (The concepts of Relativity and Identity will be explained later.)

It makes no difference where you are on this plane—there are no differences, remember—because everywhere you are, IT is exactly the same. And no matter how much you move or where you go, you are always exactly at the center of an infinity of sameness. Thus, there isn’t any place different to go—everything is the same. Nor can you go anywhere because no matter how you move you are always at the center of an infinity of Sameness. Without Relativity to some point, to some

distinction or landmark, you couldn't even tell if you are moving or not. Therefore, there is no motion. Without motion, there is no Time, a concept we will examine later.

Picture all this before you continue.

Now let's upgrade our analogy to three dimensions. The human concept that most closely corresponds to IT is "energy." IT is ENERGY, energy with the characteristics of LIFE; CONSCIOUSNESS, INTELLIGENCE, WILL, CAUSE and CREATOR, among others. The highest form of physical energy that we humans can perceive directly is light. Let's use light for our analogy and move from two to three dimensions.

So now, imagine IT as light, as a glowing white fog. Imagine this lighted fog as infinite in all directions with no end, no edge and therefore no center—or everywhere is the center, depending on how you want to look at it.

Imagine every part of our fog = IT as exactly the same everywhere; there is no variation, no thinning, no concentration, and no differentiation of any kind. There is no distinction, no distinguishing mark, no things, no objects, no waves. There is no gravity or any other force by which to know an orientation or a direction. There is no up-down, left-right, in-out, above-below, north-south, etc.

Our Light-Energy is CONSCIOUSNESS: Consciousness is the awareness, the experience of, existence. It is the feeling of "I"; the "I AM"; which is also "I AM-Here-Now."

Verify consciousness in your own experience: Do you exist? Are you; or are you not? If you do exist, how do you know that you exist?

You can only respond, "I am"; or "I exist." You may not know how you know that you exist; only that you do exist. After all, if you did not exist, how could you even propose, much less answer, the question of whether you exist or not? In other words, who exists that asks question, "Do I exist?" And if you say, "I do not exist," then who exists to say that?

The proof of your existence is your experience, which is your feeling of yourself of your existence. (Experience and knowing are the same thing, a point we will come back to in the future.) The proof of you existence is that you are that which asks whether you exist.

The answer of Descartes, "Cogito, ergo sum" (I think, therefore I am) is a low level answer. Long before you think, you ARE, you experience yourself, you are aware. You already are = BE that which thinks before it ever gets around to thinking. Thinking is well below BEing on the scale of existence.

A better answer is: "I know that I am because I experience that I am." Another good answer is: "I know that I am because I ask if I am." That I am is proven by the posing of the question. If I do not exist, then who or what is proposing the question of whether I am or not?

Furthermore, you exist even when you do not think, a state sought in meditation—or reached after imbibing too many tequilas.

Our light fog is ENERGY = CONSCIOUSNESS = AWARENESS equally distributed to infinity; no variations, no differences anywhere. Our IT = CONSCIOUSNESS = I AM is perfectly the SAME, ONE and ONLY everywhere. Therefore, all of our light-fog is everywhere and equally conscious, everywhere and equally in the experience of "I," of "I AM," of "I-HERE-NOW."

This is the original "I AM."

And it is not an I AM THIS or THAT—as it will be later when we get to Identities—because in the Beginning there is nothing else to BE. There is no-thing else at all.

Likewise, there is no "NOT I," no OTHER; no-thing else to perceive or be conscious of. There is only the "I AM" (light = consciousness) everywhere, equally.

PLACE, LOCATION

Secondary aspects of Consciousness include awareness of place and of time; that is, of “Here” and of “Now.” Let’s consider place = location first.

Notice that consciousness is also the experience of a point of existence, of a location, of HERE. Are you not “I Am HERE”—wherever you are when you read this? Verify this: Can your “I AM” be other than here, other than where you are? Absolutely not: you are always wherever you are and that is always Here at that moment. “There” is always where you are not.

Our infinite CONSCIOUSNESS (the fog) is infinite and therefore everywhere. There is no place, no point, where it is not. Nor is there any place where the light fog = consciousness = HERE is more or less than in another place. Consequently, all points of CONSCIOUSNESS = I AM are equally in the experience of HERE. Everywhere is HERE equally, and therefore there is no THERE.

Notice that you have absolutely no way of knowing where you are in our conscious fog, other than HERE. There is absolutely no reference point, no center, no edge, no distinctive feature, no landmark to distinguish any point from any other point. There is no relation or relationship—no Relativity—to anything else because there is no-thing else.

Nor would it make any difference where you are, because any-where you are, IT is exactly the same.

MOVEMENT

In our fog, there is no place to go. First, you = I AM are already there because you are equally every-where. Second, every-where is exactly the same: there is no distinctive elsewhere to go to. Third, without a distinction to mark a destination, you wouldn’t know when you got there if there were a “there.” And fourth, no matter where you go, you are always exactly at the center of an infinity of sameness.

Even if you did move, you couldn’t know it, because there is no distinctive point, no landmark, to measure movement against.

Thus, there is no motion in the Original IT. It is the VOID, the STATIC, the UNMOVED MOVER.

CHANGE

Likewise, there is no change. There is no-thing to change into: there is only the ONE being ITSELF, timelessly. There is no-where, no other place to change (go) to (which is movement). When there is no change or movement, there can be no TIME.

TIME

Let us examine Time. TIME can only be measured and consequently only exists when there is change. The concept of change includes any alteration of a reality, or any movement (change of position) of that reality in space. If there is no change, there is no time.

One way to see this is to note that we humans measure time by the change, usually change of position in space. Examples of time measure by change include: the hands of your watch; the rotation of the earth (a day); the revolution of the earth around the sun (a year); the distance light travels (a light-year); the vibrations of cesium in an atomic clock. Time is change or movement.

Another way to see this is to imagine that you are sitting in your room and there is absolutely no change or movement of any kind or of any thing. I mean, serious NO-CHANGE. Your watch ceases to move. The sun is frozen in the sky; the light does not change. No one enters or leaves. Your body processes stop; your heartbeat and respiration and digestion stop—but you don’t die,

that would be a change. The physical universe stops its natural decay; even the paint on the walls stops deteriorating. Your thoughts freeze; there is absolutely no movement of your mind or your emotions. Your very consciousness is fixed; there is not even the slightest movement of your attention from one thing to another. Whatever you were last attending, there remains your attention focused for all eternity—which is the eternal NOW rather than a very long time. Everything, and I mean *everything*, internal and external, is absolutely static.

Can you see, that in such a case, there would be no time? No change, no movement; everything frozen forever as it is. Time would cease to exist.

Note that such a state would be B-O-R-I-N-G—worse: it would be the most exquisite torture. Extreme solitary confinement attempts to create such conditions by eliminating as much change as possible, locking the prisoner up alone in the dark and isolated from others and even from sounds.

Yet also note that meditation seeks to bring you to this state of complete stillness, including of your thoughts. That total stillness is the gate to go behind thought and time into the original, uncreated ONE and ONLY. This is the experience that all mystics seek, known in Hinduism as Samadhi, and in Buddhism as Nirvana. It is the “Kingdom of Heaven within.”

This means that the ideal situation in life is to be meditating in solitary confinement.

I am joking, but note that this is basically the situation the monks in both Eastern and Western spiritual cultures seek. Monasteries and prisons have a lot in common. The greatest difference between them is the attitude (i.e. willingness) of the inmate.

Time is an illusion and everything that has ever existed, that exists now or that ever will exist, already exists. You are, in fact, a point of consciousness; i.e. of experience, moving through the ALL THAT EXISTS along your life path. That movement gives you the illusion of time. One important thing about this is that you can learn to “jump” (instantly move) to the identities and realities (already existing, remember) that you wish to BE, DO or HAVE. This is a fast track to creation and manifestation.

Even now, Time is an illusion. You are always NOW. Your thoughts can go to the past or to the future, but you are always now and your thinking about that past or future is always now. You can have memories of “I Was-There-Then,” but these are only memories, and when they were happening, you were “I Am-Here-Now,” then and there. Your memories are always I-Here-Now remembering something.

As to the future, you can have mental projections of “I Will Be, There and Then,” but they are only mental images. You are experiencing them “I Am-Here-Now.” And should they come to pass, you will experience them as “I Am-Here-Now” living this.

Furthermore, thinking about the past or the future, takes you out of the Eternal Now and out of your immortality and puts you into ego and anxiety. Although you as a human probably do not realize it, your soul seeks to return to the Eternal Now, the place of ecstasy from which it descends into time and suffering.

Thus in the original state of IT, of the AWARE ENERGY, there is the I AM and no Other. There is nothing to change to because any change would be to Other; and in the Beginning, no Other existed. (Even now, no *real* OTHER exists, for there is only the ONE.)

The “I AM” is already everywhere equally all the Time at the time that Time was not. There is no place that IT isn’t and therefore no place to move to and no movement to any place. With no change or movement possible, there is no Time, only the Eternal Now.

Thus in the Beginning there was-is no time other than NOW. And because there is no polarity of Past and Future, there is not even the concept of NOW. (Polarities will be explained later.)

Thus, there was-is no time at the “Beginning,” as we said at the beginning of this chapter. Nor was there a Beginning, because the concept of “beginning” itself implies something came first, which implies Time. Without Time, there can be no Beginning.

Even now for IT, there is no Time. There is only the I AM HERE NOW.

Thus, in the Beginning that wasn't, there was-is the I AM, the ONLY ONE and no other, the ALL THAT IS; every-where and always in the stillness of the ETERNAL NOW, without beginning and without end.

There you have IT: the INFINITE I AM-and-there-is-nothing-else; the ONE and ONLY UNDIFFERENTIATED CONSCIOUS ENERGY AWARENESS INTELLIGENCE CAUSE-CREATOR-WILL-POWER, SPACE, LOVE, JOY, BLISS. IT is the TIMELESS, ETERNAL-NOW "I AM"; the UNMOVED MOVER, the NOTHING-with-the-potential-to-BE-ANY THING-and that is EVERY THING, EVERYWHERE, ALWAYS—at a time when there was no thing, no time and no where.

Aka: GOD (aka: also known as"). Aka: Allah, Jehovah, Elohim, Ra, Netjer, Veruna, Brahman; whatever puny human label you care to stick on IT. I often use the word Tao, the name given to IT in the ancient Chinese mystical philosophy known as Taoism.

Thus is the Tao, in the beginning that wasn't. Anything you say about God = Tao is true and not true. Any human concept applied to God is just that, a inadequate human concept—including everything I say here.

Isn't mysticism fun?

ULTIMATE REALTY VERSUS CREATED REALITY

Please remember the following two concepts as we will be referring to them later. The first is IT as ULTIMATE REALITY; as contrasted with CREATED REALITY, the cosmos in which you currently reside as a human being. Ultimate Reality is the original "I" or "I AM." It is the FORMLESS behind all forms; the UNMOVED MOVER, the FIRST CAUSE, the NO-THING that creates the EVERY-THING. You come from Ultimate Reality, the Nothing. You currently are playing in Created Reality, the Something.

The goal of the game is to return to Ultimate Reality, to go through the illusion of Created Reality back to Ultimate Reality. This is the Supreme Game of your existence—whether you know it or not. Most humans don't. The price of that ignorance is suffering. When you understand and align to the Game, you no longer suffer. We will come back to all this in the advanced levels of psycanics and in mysticism.

ESSENCE

The second concept to remember is ESSENCE. This word refers to the attributes of the GOD-ENERGY: CONSCIOUSNESS, INTELLIGENCE, WISDOM, CAUSE-CREATOR-WILL-POWER, SPACE, VALUE (Goodness), LOVE, JOY, BLISS. These will often be abbreviated to Wisdom, Power, Value, Love and Joy; or WPVLJ. The importance of this concept is that these qualities are both the essence of God **and your essence as a spiritual being**—a "son of God" in religious terms; a "chip off the old block" in mine. We will later see that all your problems and suffering in life are due to your subconscious suppressions of your ESSENCE. A good part of psycanics is about removing those suppressions.

CHAPTER 5

THE STORY OF CREATED REALITY

You are the created and within the creation. As are all beings in the Cosmos, you are seeking the CREATOR.

Now IT was lonely and bored, very bored. You would be too: just imagine: there is NO-THING: nobody to talk with, nobody to play with, nothing to do, no work, no play, no place to go, no objects, no goals, nothing to play with and nothing to play for, no change, no movement, no time, no past, no future; not even thoughts and emotions for these too are things.

We are talking *serious* no other and no thing here. Without such things, without created realities, without creations, there was **NO EXPERIENCE**, zero, zip, nada (except the original I AM, of course). To experience you must have something to experience.

And, as I said: B-O-R-I-N-G.

The remedy for boredom, of course, is EXPERIENCE. So God decided that S/He would amuse Himself by having experiences, lots of experiences. Experience requires some things to experience: the more the merrier. Experience requires the *creation* of a *diversity* of things and the possibility of interaction among them. “Some-things” include things to BE, FEEL, THINK, DO and HAVE, people to meet, places to go, action, change and movement; challenges, goals, and games.

Yet there was an even deeper motivation for creation. Above all, the God wanted to know and EXPERIENCE Himself. However, this is really the same as the above paragraph, for there isn’t anything else but God.

So S/He asked Himself a interesting question:

“Given that I AM, WHAT AM I?”

The answer is:

“I AM whatever I choose to BE”

The next question is: “**What can I BE? What do I choose to BE?**—and FEEL? and THINK? and DO? and HAVE? But above all: “**What can I BE,**” *because BEing is the basis, the starting point, of all the others.* (Remember this because, as we will see in later chapters, BEing is the most important factor in your life.)

And the answer, of course, is **ANYTHING** and **EVERYTHING**. “I can BE ANYTHING and EVERYTHING. I have no limits. Infinite diversity. I can **BE** a universe and an photon, a galaxy and an atom, a star and a black hole, a planet and a gas, a ray of sunshine, a cloud, a drop of rain, a volcano, a flower, a tree, a human being, a child’s smile, a thought, a symphony, anger, hate, grief, love, music, laughter, passion and joy: I AM the UNLIMITED.”

To BE is to EXPERIENCE. To EXPERIENCE is to KNOW.

I shall KNOW Myself by BEcoming and EXPERIENCING all that I can BE.

And so:

I SHALL BE ALL THAT I CAN BE!

**I SHALL TAKE ON A INFINITE DIVERSITY
OF SHAPES AND FORMS AND IDENTITIES
IN ORDER EXPERIENCE AND PLAY AND KNOW MYSELF
EXPLORING AND REAL-IZING ALL MY INFINITE POSSIBILITES of
BEing, FEELing, THINKing, DOing, RELATEing and HAVEing.**

That should keep Me busy and entertained for a good long time!

And so HE-SHE-IT set about creating all the SOME-THINGS, the cosmos, ALL THAT IS.

In the Beginning That Wasn't, there was-is only IT, the Tao, the ONE and ONLY. So S/He has to create, to form, EVERY-THING out of Himself, for there was nothing else from which to form anything; there was-is only Himself, the ONE Original Energy. S/He thus had to divide Himself into CAUSE and the CAUSED; CREATOR and the CREATED.

We shall call the CREATED, that part of God = the substance from which God creates everything—as opposed to the God the Creator: the ENERGY (always capital letters when referring to the God-Substance). We may also call it the cosmos and created reality (as opposed to Ultimate Reality).

Everything that exists is formed of ENERGY. All things that exist, both physical ($E = mc^2$) and psycanic (thought and emotion), are forms of ENERGY; are ENERGY-forms = realities. God the Creator is the FORMLESS FIRST CAUSE behind all forms. The ENERGY is the substance of God taking on myriad forms and identities.

As the ENERGY is God and all that exists is formed of ENERGY, all that exists are forms of God. **There is only God.** There is not that which is not God. God is everything, everywhere; every thing is God. The universe is God taking on an infinite diversity of shapes and forms and identities in order to EXPERIENCE Himself, to thereby KNOW Himself and so to enJOY Himself. The universe is God is playing with Himself.

Thus should you wish to see the faces and forms of God, the identities of God, the BEingness of God, just look around you. You will see God BEing—and therefore EXPERIENCEing and KNOWing Himself—as every-thing, big and small: a sun, a planet, a mountain, a rock, a river, a forest, a tree, a flower, a cat, a dog, a bird, all humans and *all their experiences* from the worst pain to the highest ecstasy. Listen and you will hear God expressing Himself as the explosion of a volcano, thunder, wind, laughter, cries, screams, and music. It is all EXPERIENCE to God: experience of Himself. (We will get into the pleasure and pain of it, and the good and bad of it later.)

Everywhere you look, you are looking at God as _____ (fill in the blank).

Do this now: look around you at God. In Hir, you live, move and have your being. Take 15 minutes; take a walk outside in this consciousness: wherever you look, you are viewing God in manifestation; you are looking at God BEing this and that. (If this process penetrates your consciousness, it may well provoke tears of joy or activate masses of sadness. Let all such energy flow and be felt—never resist your experience.)

And if you will look in the mirror, you will see God BEing YOU. You are one expression of God, one of Hir infinite forms of BEing. You experience you and S/He experiences you. You are BEing you and S/He is BEing you. S/He also experiences all that you experience. S/He lives in you, and with you, all your thoughts, hopes and fears; all your anger, grief, joy, passion and love. All that

you experience, God experiences. The axiom in mysticism is: God is awake in you; you are asleep in God. The ultimate goal of your existence—whether you know it or not—is to awaken to Who You Are: All is One.

God experiences Himself always and all ways, from multiple view points.

S/He experiences each creation from Hir viewpoint of the Creator.

S/He experiences each form of Hir ENERGY from within that form by BEing that form.

And S/He experiences each form from without, from the external viewpoints of other parts of Himself that look upon and interact with that form.

S/He is the tiger that stalks and pounces; S/He is the deer killed and devoured; S/He is the person that watches and fears. S/He is all NATURE, DOing all that Nature does.

God experience you from Hir viewpoint as God. S/He experiences you as you experience you. S/He experiences your life as you experience your life. S/He experiences you through the viewpoint and experience of others of you. All viewpoints and all experience feedback to God.

Through me, God experiences writing this book. Through you, God experiences reading it and experiences whatever cognitions and feelings it awakens in you.

**THE PURPOSE OF THE TAO IS TO KNOW ITSELF IN EXPERIENCE: TO BE,
EXPLORE, FEEL, ENJOY, LOVE, CELEBRATE ITSELF IN ALL ITS UNLIMITED
POSSIBILITIES of
BEing, FEELing, THINKing, DOing, RELATEing, and HAVEing).**

You are one of those BEings, one of those forms and experiences. You are also a point of view, a viewpoint, a point of experience, of perception and sensation, of the Creation *from within the Creation*. (In the next chapter we will explore the process of creation of you.)

SUB CREATOR

You are also a sub-creator expanding the Creation from within. You are God extending Himself down into creation to continue creating and experiencing those creations. You are God creating a chair, a table, a house, a car, a bridge, a computer, a book, a business, a song, a work of art, and all the works of people. You are the hands of God and a sense organ of God within the Creation.

**THE PURPOSE OF EXISTENCE IS EXPERIENCE.
The highest form of experience is BEING
(even superior to Creating).**

Other major forms include FEELing, THINKing,
DOing (e.g. creating, working, playing), RELATEing and HAVEing.

This is **BFTDRH**: BE FEEL THINK DO &RELATE HAVE about which we will have a great deal to say later.

**The Creation is God—the only thing that exists—
CREATING and ASSUMING ALL POSSIBLE FORMS
for the purpose of EXPERIENCEing them to thereby KNOW Himself.
The Cosmos is God playing with Himself.**

EXPERIENCE IS THE PURPOSE OF EXISTENCE.

Once you truly understand all this, the implications for your own identity and for your life are staggering—implications which we will explore throughout your studies of psycanics.

THE PROCESS OF CREATION

Continuing with our story of IT, you and “I,” and the Cosmos, let’s return to our analogies. The sand and the fog, you will remember, represent the I AM CONSCIOUS CREATOR ENERGY: the TAO for short). Our TAO is undifferentiated and undistinguished; the I AM HERE EVERYWHERE in the ETERNAL UNCHANGING NOW.

IT is also CAUSE. Cause is that which creates, initiates, forms, and moves things. The force of Cause is Will-power, Will-force. Will is that mystical force that acts upon all other forms of energy to form or move them. It is the highest of all known phenomena, followed by Consciousness. Will is God in Hir highest ESSENCE: Cause and Creator. The concept of CAUSE includes Will, Power, Creator, Intention, Determination, Commitment and Persistence.

As IT, you use your will, your intention to attract and pile up sand at one point. You now have a mound, a concentration of “sand,” of ITself, of CAUSE-CREATOR CONSCIOUS ENERGY at that place. Since that ENERGY is consciousness and consciousness is “I,” you now have more “I” at that place. Our mound is a distinction, a differentiation from all the rest of the desert by its concentration of “I AM” ENERGY. Consequently, it has a stronger sense of “I” and “I AM” than the rest of the desert.

Consciousness is awareness, both of self and of not-self. As our new mound of “I” looks about itself, it will experience and perceive all else as “lesser I.” “Lesser I” is the first gradient of the dichotomy “I” \leftrightarrow “NOT I.”

Notice that as a human being, your experience of I and NOT I = OTHER is very strong. You live in the experience of being a separate, isolated entity, independent of all else. You do not perceive the ONENess of yourself with all things, and that the nature of all things is LOVE. This is an illusion—and a fundamental source of human suffering. One of the purposes of psychics is to help you overcome it so that one day you too can say, “The Father and I are ONE.”

Remember that CONSCIOUSNESS and HERE are very related. With the concentration and therefore the stronger sensation of I, comes a sensation of a specific location, HERE. The concentrated I AM HERE now looks out over and feels all the rest of the desert as Less Here. This is the beginning of Not-Here = There.

VIEWPOINTS

Before the mound, all viewpoints by the TAO of ITSELF were identical, and all that any point viewed was identical to all that any other view point viewed. Thus, there were no viewpoints; or every viewpoint was an identical point with an identical view to all the others—however you want to view it.

However, with our mound of “I,” we now have differentiation and distinction: all is not the same. We have I-Here and therefore a place = a Point of View = a Viewpoint. I mention Viewpoint here because you are one: you serve God by being a particular viewpoint on the Creation.

Let’s switch to our three dimensional analogy of the fog or the light. Our fog is an infinite field of LIGHT, of TAO, of CONSCIOUSNESS, of “I,” everywhere the same. Now cause the field to concentrate part of itself, to gather together, to “pile up,” to intensify, at any given point. You now have a place that is differentiated from all the rest of the field, different and distinct in that it has more light = consciousness than the rest of the field. It is a brighter point; it stands out, shines out. It is a point of more intensity of “I,” of more BEingness, and therefore **a point of sensation of individuality**.

This is the birth of a BEing, of a “soul,” of a **PSYCAN**. The ONE ESSENCE concentrates ITself at a point creating the experience of a local-ized “I” within the GREAT I. The “soul” or

psycan is a point of concentrated Will and Consciousness. This localized I has the same ESSENCE as the CREATOR—as some religions say, it is a “son.”

These concentrations of TAO, of the INTELLIGENT CREATOR LOVE CONSCIOUS I ENERGY, are spirits (or “souls” as they call them in religion). We shall call them psycans; and call the study of their nature and functioning “psychanics.” This book is psychanics..

This is what you are: a “soul” in religious terms; a psycan in scientific terms. You are an individualized, local-ized, seemingly limited “piece” of ESSENCE, of the ALL THAT IS. However, the separation, the individuality, the localization, the limitations are illusions that you can transcend. (We will return to the nature of the psycan in the next chapter.)

Continuing on: Consciousness is the ability to perceive, to experience, to feel. Our “intenser” spot of “I” becomes a viewpoint and a point of perception and experience. It, as “More I,” looks out on and experiences all the rest of the fog field as less-light-than-I, as “Lesser I.” “Lesser I” is the start of “Not I” = Other.

Actually, at this high level of consciousness, there is still integration and consciousness of being ONE, so that the experience is “I” and “less-I” or “other-I,” rather than “Not-I.” The total loss of consciousness of our ORIGEN, ESSENCE and ONENess that gives place to the human experience of separate, isolated and lonely individuality does not come about until much later.

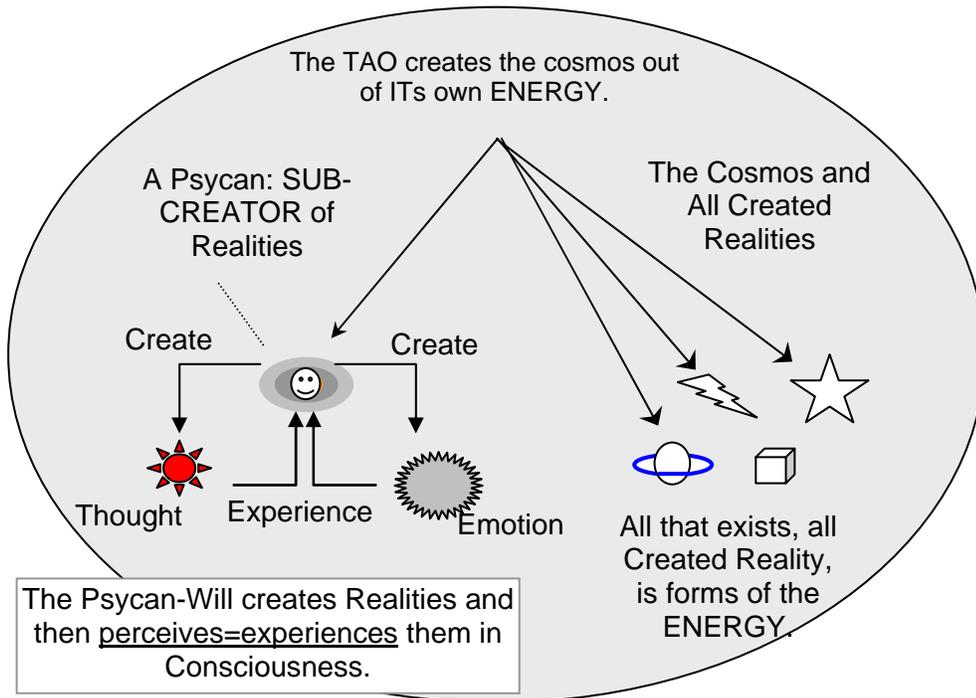
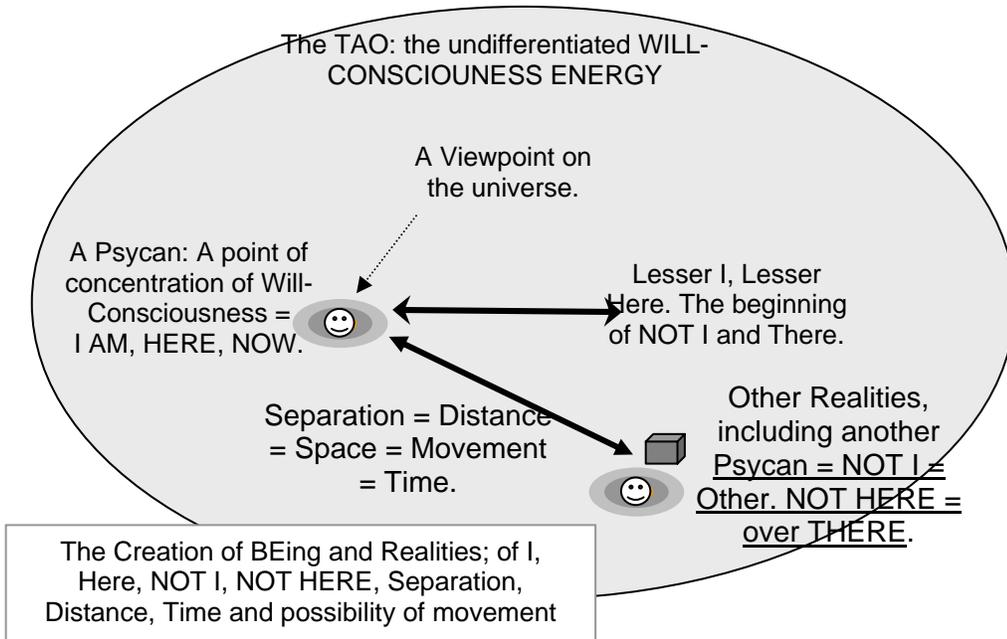
Similarly to all the above, our concentration of “I” also intensifies the sensation of HERE, which makes the rest of the fog be experienced as Less-Here. Less-Here is the beginning of Not-Here, which is the beginning of There. Here and Not-Here = There create Separation and Distance.

Now repeat the process of intensification of “I” at another point so that you now have two concentrations of consciousness, two “I”s, two Viewpoints. Each has the experience of I-Here. Each has the viewpoint and experience of the other as Not I = Other over There. You now have I-Here and Other-There. There is the distinction of two points, and of separation and distance. **Thus you now have SPACE.**

Once you have SPACE, you also have TIME. Time, you will remember, is the movement of energy in Space (energy includes matter: $E = mc^2$). You now have two “I” points, I-Here and I-There, separated by a distance, by space. There can now be communication and/or movement from one position to the other. Movement takes and is TIME (as explained before). (All communication requires separate entities and is movement of energy.)

Now repeat this process of concentration of the I AM innumerable times and you have the cosmos as it is: filled with “I”-entities = “souls” = psycans. The primary experience of each one is the I Am-Here-Now.

The next two diagrams attempt to these concepts graphically.



Of course, IT's creation does not stop with psycans. The TAO continues to generate, to form, out of ITself, of IT's ENERGY, **playgrounds and toys**. IT create the playgrounds of universes and planets, of the entire cosmos. IT creates IT's toys: all realities: all things, all matter physical and non-physical, all universes, the entire cosmos. Infinite Creation of all that IT can BE; infinite EXPERIENCE of ITself: that is the game and the adventure of God.

And each psycan, expressing his ESSENCE of Creator, also creates and creates without end. You cannot not create—it is impossible. You will mold energy into Realities. You mold your thoughts and your emotions and your relationships and all your BE, FEEL, THINK, DO, and HAVE; all your Realities. Everything in your experience is your creation at one level or another of your CONSCIOUSNESS. There are no accidents and no coincidences in the Tao.

Definition: Reality: any form of energy that can be experienced. Any energy form: all things physical and psycanic, including thoughts and emotions, are realities. All creations are realities; all realities are creations. The concept of Reality is very important in psychanics as you-psycan are a creator and discreator of realities, and therein lies your power over life.

And each psycan is able to perceive = to view = to experience all forms of energy, all realities, that touch upon = impact its field of consciousness. All perception and experience in the effect = impact of energy forms = realities on consciousness. These other forms of ENERGY particularly include its own formations = creations of that energy, especially thought and emotion. (This is important and we will come back to it in a later chapter.)

As a human being, you have forgotten how creation works and you are probably creating a lot of things you would prefer not to experience, even painful things. As I said, you cannot not create—no more that you can stop breathing; it is your nature. You can only learn to control your creations, and to discreate the undesired ones. To rehabilitate your ability to create what you wish and discreate what you do not wish to experience is a major goal of psychanics.

The PURPOSE OF CREATION IS EXPERIENCE.

THE PURPOSE OF EXISTENCE IS to EXPERIENCE the Creation.

This is true both at the macro level (the Tao) and at your individual, personal level. You are the creator of your experience, either consciously and intentionally—or unconsciously and out of control.

CHAPTER 6

THE PSYCAN

What are you? Not “who,” but what?

THE MATERIALIST POINT OF VIEW

You are a human being. You consist of two parts: the “human” and the “being.” The human part is your body and your human identity. However, that is a very minor part of all that you are. The “highest” part of you is not your body, but that which experiences your body, your Being. Your BEing includes your mind and your emotions, and which controls them, your will and consciousness.

When you say “I,” what exactly are you referring to? What is the essence of you? Are you a body? Are you a mind? Are you emotion? Are you consciousness? Where do we draw the line between “I” and “my”?—between what you are and what you have?

To find out, let’s start with the body and see if you are a body. Let’s take away parts of the body and see when the essence of you is lessened or no longer there. Imagine that you lose a finger. Is your “I,” now lessened? Are you less a person? Is your sense of self less? I think you will agree that your sense of self, and what and who you are remains unchanged.

Now imagine that you lose a leg or even both legs. Are you still there? Have you lost any part of the real you? Yes, you have a loss of physical function, but are you as a person, a character, a personality in any way lessened? Is your will lessened? Is your consciousness lessened? Is your mind and intelligence less?

Is a quadriplegic amputee (a person who is just a trunk, no arms, no legs) any less of a person for that? Is s/he less conscious, less willful, less intelligent for that? Is a person who can’t see, or hear any less a human being for that? Was Helen Keller less of a person than you with all your senses intact?

If you had no body at all, but were still a consciousness, had all your memories, could still think and feel emotions, and could communicate telepathically with other minds, would you say that **you** still exist? Without a body, you might not be able to perceive or manipulate this physical universe, but would you still exist? I can tell you from my own experience that you continue to exist. I have been out of the body and out of the physical universe many times. For me it is very clear that I am a non-physical being temporarily residing in a physical body that I use to operate in a physical universe.

On the other side, we sometimes have a healthy body without the essence, without will and consciousness, as in a coma and in deep sleep. What good is such a body without that essence? If there is a person there, why do we call a body in coma a “vegetable”?

What is the essence of a human being, of you: your body or your will and consciousness—that obviously do not depend on the body.

We can conclude that you are not your body. You **HAVE** a body; you are not your body.

Let’s take away the body entirely and see what remains of you. We can identify four experiences or phenomena that do not depend on the body: emotion, thought, will and consciousness. These are

all non-physical phenomena. They cannot be detected, weighed or measured with physical instruments.

Thus the essence of you is non-physical. A non-physical life entity is the definition of “spirit.”

These 4 phenomena divide very neatly into 2 areas: will and consciousness, and thought and emotion. Let’s examine each one.

Are you your emotions? Obviously, no. First of all, you don’t always have an emotion; much of the time you are emotionally neutral. Secondly, you don’t say “I-Emotions” as if you and emotions are the same thing. You say “my emotions” which shows a clear distinction between you and emotions. There is that which possesses: “I”—and that which is possessed: “emotions.”

You also try to control your emotions, almost as if they were wild horses. So there is a “controller” and there is that which is controlled—again, a clear separation of entities. Emotions are something that you have, energies that come and go and swirl around you, much as clouds and storms come and go across the sky. You have emotions; you are not your emotions.

So are you your thoughts? Many people do indeed think that they are their thoughts—but that is only another thought. Examining thoughts as we did emotions, we can see again that you say “my thoughts” highlighting that you make a distinction between “I” and “thoughts.” You talk of your thoughts and ideas and memories as things, as possessions, just as you do of your emotions and your clothes and your house. You say “my idea,” “my memory,” “my beliefs.” And like emotions, you try to control your thoughts, to think “good” thoughts, and avoid “bad” ones. Again, there is a “controller” and that which is controlled: two separate entities. So, in a stringent analysis, “I” is not thought. You have thoughts; you are not your thoughts.

However, it took me thousands of hours of meditation to distinguish between thought and “I,” so you may have trouble making that distinction between your “I” and your mind in your own experience. If the distinction is not clear, don’t worry about it for now. Put it in mu that you are not your thoughts. You are the creator and experiencer of your thoughts, which are things = energy forms = realities.

Having eliminated emotion and mind as “I,” this leaves us with two factors: consciousness and will.

What is consciousness? It is the ability to perceive, to feel, to experience, to know—including to experience yourself as a point of consciousness and thereby to know that you exist. It appears to be a very, very fine, high frequency energy approaching pure non-physical space. It functions to registering other, denser forms of energy such as thoughts and emotions as perturbations of its field, much as AM and FM modulations are perturbations of their carrier wave. However, these technical aspects of consciousness are not important for the moment.

What is important is that **you are a consciousness**. You say, “I perceive,” “I feel,” “I experience,” “I know” (these words are all the same phenomena); so here the “I” is indeed functioning. You are a center of perception of your non-physical universe of your thoughts and emotions. You are a center of perception of the physical universe through means of the body. You are the experiencer. We call that consciousness.

What is will? It is the ability to decide, to act and to control. It is force. Physically, it is what controls your body: raises your arm, sits you down, stands you up, gets you up early. Psycanically, it is what controls your thoughts and your emotions. It decides which of your desires shall be your goals. It makes commitments and promises and keeps them or not. It decides who you will be and what you will do.

Will is CAUSE. It decides, forms, shapes, moves things, whether physical and through the body, or by acting as a force directly over psycanic energies such as thought and emotion.

Consciousness is EFFECT. It receives the impression, the imprint, of other energies and registers their forms, modulations, “flavors” as experience.

We cannot separate you from these qualities or abilities. When you say “I,” you are referring to that which experiences and/or that which decides and executes.

You are a CONSCIOUS WILL; or a WILLing CONSCIOUSNESS. You are an **AWARE-WILL** unit or entity.

Everything that exists is energy. Therefore you, this AWARE-WILL, are energy. But it is not energy that we can register or measure with physical instruments. It is, therefore, meta-physical or above-physical energy—we call it psycanic energy.

Obviously, this energy complex is alive—alive defined as able to perceive, respond to, and act upon the environment.

What do we call a non-physical, Aware-Will live energy unit? “Spirit” is one possibility. “Soul” is another. However, those words mean different things to different people and also have religious connotations. We need a scientific word to represent our analysis and precise definition of this phenomenon of an AWARE-WILL PERCEPTION CONTROL UNIT.

Psyche is the Greek word for mind and spirit. (The Greeks did not distinguish between the two although they are not at all the same thing.) Psyche is the root word of psychology, psychic, psychiatry, etc. Let’s stay in that word family and choose “psycan” as an appropriate label for the non-physical Aware-Will unit that is your essence, that is “I.”

Definition: Psycan: the meta-physical life energy complex consisting of will and consciousness (and other properties including cause, intelligence, intuition, creativity, and love) capable of controlling and experiencing thought and emotion. (“Meta” means above or outside of.)

You is one.

You are a psycan, a non-physical life-energy entity complex consisting of will and consciousness (and other qualities including intelligence, intuition, creativity, and love) capable of controlling and experiencing thought and emotion. You are an Aware-Will.

Within Materialism, that is about as far as we can go in showing what you are.

However, if we move into mysticism, things get interesting.

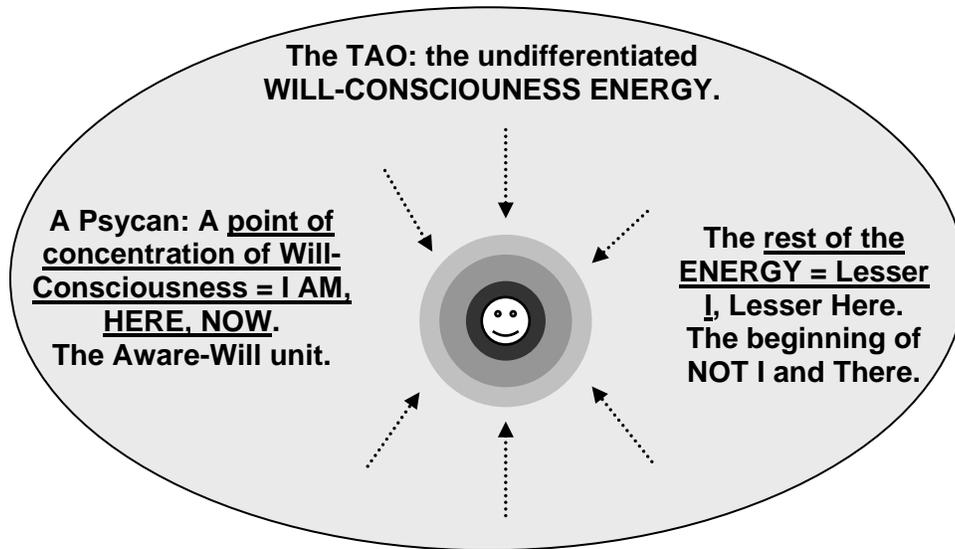
THE PSYCAN FROM THE MYSTICAL POINT OF VIEW

As we saw in cosmology, there is only ONE: ONE INTELLIGENT CREATOR ENERGY. As is everything, you are formed of that ENERGY, of the very substance of God. There isn’t anything else that you could be formed of; there is only the ONE INTELLIGENT ENERGY. Consciousness, Will and Love are the ultimate nature of all that exists.

So, like everything else in Created Reality, you are a particle of God pretending not to be God in order to enjoy the show. (Some people pretend so well, so seriously, that they will call this paragraph—and many others—”blasphemy”.)

To understand what you are, let us return to our analogy of the light-fog again, this time from the point of view of the creation of individuality rather than the point of view of the WHOLE.

Originally, our fog is totally homogeneous, totally the same everywhere, an infinite field of I LIGHT CONSCIOUSNESS WILL CREATOR. IT chooses to, and uses ITs WILL-power-force to cause ITself to gather, to “pile up,” to concentrate part of ITself at a given point. Thus we have a concentration, a brighter point of ESSENCE at that place. That point is now differentiated from all the rest of the field, different and distinct in that it has more ESSENCE, particularly more Will = I and more Consciousness = I.



Our point therefore has a stronger sensation, a stronger experience, of “I,” of Aware-Will, than the rest of the field. As this concentration of I-Aware-Will looks about itself, it will perceive all else as “Lesser I.” Thus, this place of Consciousness = “I” becomes a POINT OF VIEW, a VIEWPOINT, which looks out on and experiences the field around it as “lesser I,” which is the start of “NOT I” = Other.

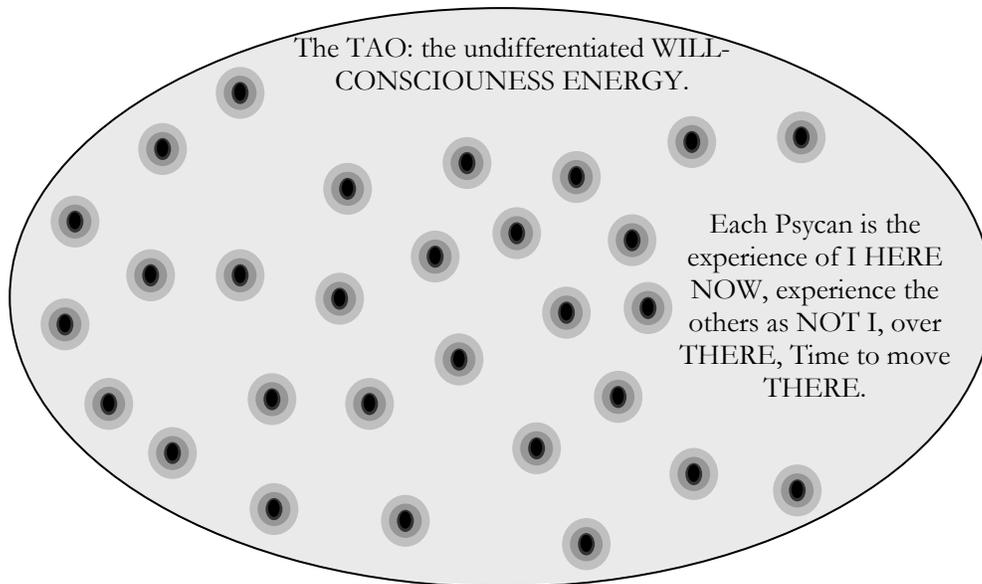
This is what you are: a particle of Aware-Will. You are a particle of **Consciousness**, a localized experience of I, made of ENERGY = ESSENCE, with the **Will** power to move and form energy into shapes and realities. This is PSYCAN. (Note: Psycan and Being are not the same, but we will treat them as synonyms until we get to the distinction.)

You are an illusory particle of the ONE and ONLY AWARE-WILL. I say illusory because you are really ALL of IT. The Kingdom of God is within you. The Kingdom of God is where God hangs out.

More consciousness is not only a more intense perception = sensation = experience of itself, but also of anything that should be around it. **THIS IS VERY IMPORTANT:** You are a point of consciousness = perception = experience of the rest of the creation. That “rest of creation” includes your thoughts and your emotions. These are energy forms = forms of energy = masses = realities that you create and that then hang out around you. **All your experience is the effect, the impact, of realities = energy forms on your consciousness. By creating the desired realities and discreating the undesired realities, you control and determine your experience. This is the purpose of existence,** as we will see in later chapters. Psychanics includes a precise technology for the creation and discreation of realities.

Now repeat this process of concentration at another point so that you now have two concentrations of consciousness, two “I”s, two Points of View. Each has the experience of I-HERE; and as S/He perceives the other, of the other as DISTINCT, SEPARATE, NOT HERE, OVER THERE, “NOT I” = OTHER. You now have “I” and Other.

Repeat this process of concentration of the CONSCIOUS ENERGY a zillion times and you have the cosmos as it is: filled with such LIFE entities, each experiencing I Am, Here Now; and calling itself “I.” These concentrations of TAO, of INTELLIGENT CREATOR LOVE ENERGY, of CONSCIOUSNESS, of “I,” are spirits, or “souls” as they call them in religion. Psychanics is the study of their nature, existence and powers “psychanics.” This book is an introduction to psychanics.



(Actually, at this high level of consciousness, there is still integration and consciousness of being ONE, so that the experience is “I” and “less-I” or “other-I.” The total loss of consciousness of ONENess coupled with the mystical amnesia of origin and essence that give arise to the experience of separate, isolated individuality does not come about until the descent to the human level, the other end of a long scale of being.) In other words, not until the reduction of identity, of BEingness, to the human level, do you get the complete experience of separation and aloneness, of “I” versus “everybody and everything else as absolutely NOT I,” in which we humans live.) To return to that awareness of ONE is a goal of mysticism.

Each concentration of Aware-Will = Psycan has the sensation of a localized HERE as compared to the distinction of everybody else everywhere else = Not-Here = There. You now have Here and There: you have Distance and Space. You have many “I”s which can communicate across Distance, and move across it from Here to There. You now have Space.

Once you have movement, you also have Time, which you will remember, is the change or movement of energy in space. However, we have already covered all that—let’s get back to the subject of you:

You are a psycan. You are a point of concentration of ESSENCE, of CONSCIOUS INTELLIGENT CREATOR WILL LOVE ENERGY, which concentration creates the sensation of an individualized or particulate “I.” You are a HERE-NOW point of consciousness = perception = experience of the rest of the universe, and a VIEWPOINT onto and into it. You are Will, and Will is Cause and Creator: that which can form the energy into the modulated masses that are realities. In religious terms, you are a soul. (You don’t have a soul; you are a soul.)

Notice that you, as is everything, are formed of exactly the same substance as GOD—better said: you are formed of GOD. You, psycan, are of the ESSENCE; you have all the qualities, all the attributes (Love, Joy, Energy, Knowledge, etc), and all the powers of GOD, including CREATOR. Your basic properties include WILL, CAUSE, CREATOR, CONSCIOUSNESS; ENERGY, SPACE, LOVE and BLISS. This, never forget, is what we refer to with the word ESSENCE.

There is only ONE: ONE INTELLIGENT CREATOR LOVE ENERGY. ITs “separation” into “discrete” units (psycans) is an illusion and part of the game God (you) are playing with Himself (yourself). Your experience of I and NOT-I = OTHER is an illusion. There is only one I. The I that looks out from your eyes is the same I that looks out from your neighbor’s eyes.

Imagine our fog again with many psychans as points and globes of light, of all sizes and brightness. Each is light brightest in the center and fades in intensity as you go out from its center. But no light ever fades completely: the fog itself is light and its light always connects with all others. There is never a point without some light, and never a light that is not connected by the field of light to all the others. It is all one light (ONE CONSCIOUS BEING) studded with points of different brightness. As a human being, you have reduced your light and blocked your awareness of your connection with all others, but it is always there.

You are a psycan: an individualized “particle” of God with all Hir characteristics (ESSENCE), including immortality. You are a non-physical life energy complex. You-psyca existed long before the body, or even the material universe. The only manner in which you can cease to exist is to merge back into the ONE—but even then you, “I,” do not cease to exist. You BEcome IT ALL—again.

You are an immortal spirit, focused in and operating in the physical universe by means of a physical body and using it as your instrument of manipulation and of perception and experience. You are not a physical being: you are a spiritual BEing *being* physical. You psyca, do not come from matter or the material universe: will and consciousness are the highest energies and lower energies do not produce higher energies. You are of, and from, that which is beyond and which is creator of the material universe. To BEcome a human, you have reduced your light and blocked your awareness of ONE, of ESSENCE, and of your connection with all Other, but it is always latent and you can recover it. Your body is a fruit of the material universe, a product of a process of evolution that is not accident or randomness as science might have you believe, but rather guided by INTELLIGENCE to result in appropriate forms.

If you will permit me to place physical dimensions on something not physical, you as a human-size-psyca are an egg-shaped energy sphere about 1.5 meters in diameter and about 2.3 meters tall. (I suspect that the egg shape is a distortion to accommodate the body, because all the non-physical psychans I have seen are globes). Your body exists inside of your psyca = consciousness and inside of your mind; although if you are like most people, you feel as if your consciousness, your “I,” and your mind are inside your body or your head.

(Do not confuse the brain with the mind. The brain is a physical organ which, in addition its physical regulatory functions, transduces energy from the body and the 5 sense organs into frequencies (e.g. thought) which the psyca can better perceive, permitting clear perception of the physical universe—as you know it. (A psyca in a body perceives the physical universe kind of like a infrared movie, as patterns of energy.) The brain also receives instructions in the form of energy impulses from the psyca that it transduces to the physical nerve energies: by this means you psyca, control your body.)

Keep in mind that in another sense you have no size because you (the light) extend outward to be All of Everything. You are also a part of a bigger psyca who is part of an even bigger psyca all the way back to the ONE—(let’s not get into this).

CHAPTER 7

ESSENCE

A MOST IMPORTANT CONCEPT

You are a “child of First Cause,” a “chip off the old block” with the same ESSENCE. You have the same spirit-ual characteristics of will, consciousness, intelligence, wisdom, esthetic appreciation, love and joy as your SOURCE.

The physical body of a person is a product of physical evolution guided by Intelligence, but the psycanic part is one of the myriad forms of descent of Spirit into matter.

As some religions express it: you are a “son of God made in His image and likeness.” What makes you a “son of God made in Hir image and likeness” is that you are and always remain ESSENCE (no matter how deeply you bury the experience of this).

ESSENCE, you will recall, is God’s Nature: Consciousness, Awareness, Intelligence, Wisdom, Cause, Will, Power, Creator, Goodness, Love, Beauty, Joy and Bliss. We abbreviate these to the four most important aspects; Wisdom, Power, Value, and LoveJoy (WPVLJ). These are shown in the following table:

| WISDOM | POWER | VALUE | LOVE |
|---------------|------------------|-----------------------------|-------------------------------------|
| Consciousness | Cause | Good (as opposed to Bad) | Love and Joy are the same thing. |
| Awareness | Creator | Worthy | Bliss |
| Intelligence | Will | Deserving | Enthusiasm |
| Knowledge | Intention | Beauty | Happiness. |
| Intuition | Power | | |
| Creativity | Able-ity | | |
| | Response-ability | | |

ESSENCE = Wisdom, Power, Value and Love-Joy is the most important thing in your existence. The quality of your life depends on how much of ESSENCE you are BEing = experiencing.

All power to manifest what you want in life, and more importantly, all love and all happiness depend on ESSENCE.

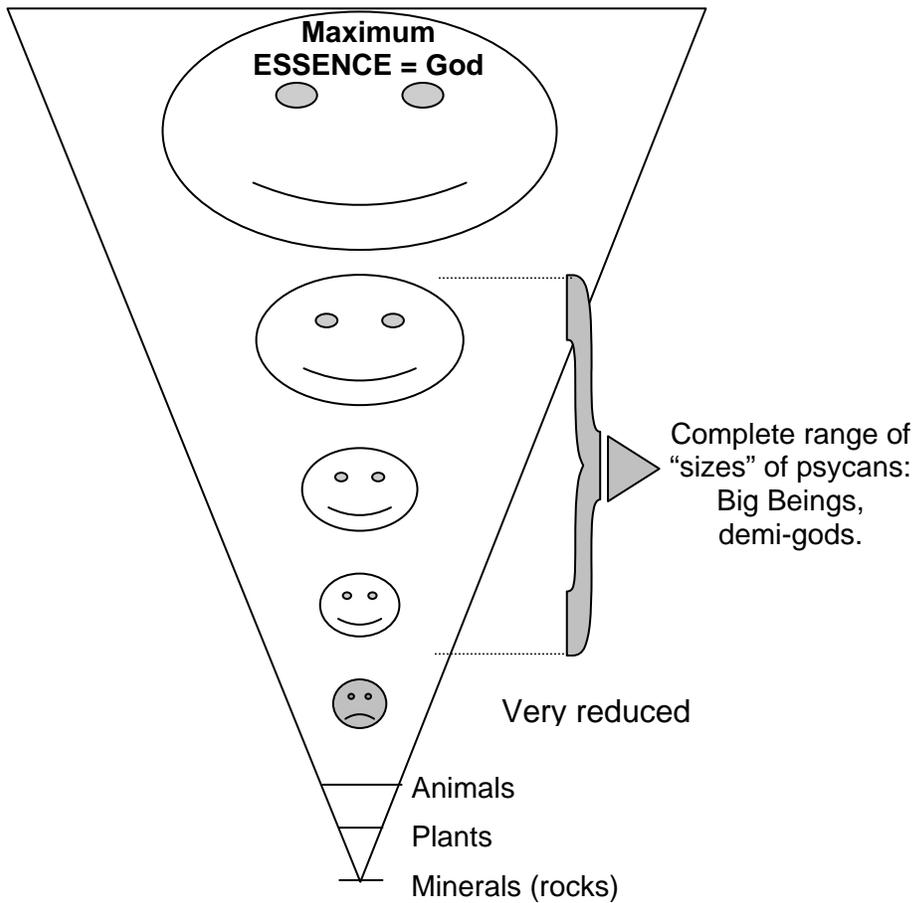
ESSENCE is a polarity and gradient scale from inert matter (rock) to God. (Polarities will be explained in a later chapter.) A rock expresses minimum ESSENCE: consciousness, wisdom, will, power and love. God is the other end of the scale, the maximum. To descend to the beingness of a

human, you-psycan, child-of-God, had to suppress your ESSENCE down from the level of God to that of a human (which is above the level of a rock—but not much). See the next diagram.

Now, as a human, the more of ESSENCE that you permit yourself to uncover and express, the more God that you are: the more wisdom, power, and love that shines within and from you. Those qualities determine the quality of your life. For example, if you were fully Power, you could do and get anything you want in life: you would have no problems. If you were fully Love, you would be in joy and bliss all the time: you would never suffer.

All ESSENCE is still within you:—”The Kingdom of God is within.” It is a question of uncovering it—which is precisely the purpose of psycanics. Your experience of Essence is suppressed by your counter-creations of AntiEssence. Buddha and Christ are examples of humans that recovered it fully. You can too.

Polarity Scale of ESSENCE



For the moment, we are going to limit our discussion to two characteristics of ESSENCE: **will** and **consciousness**. Love-Joy we will cover in other psycanics books. All psycanics is Wisdom—the knowledge and understanding of who you are and of the laws of the existence. From such knowledge comes Power and Love. (Knowledge is Power.)

Will is power, the capacity to form and move energy. It is force; it is CAUSE. Consciousness is the capacity to perceive and experience energy; it is EFFECT. Thus you-psycan are cause and effect, a concept we will return to later.

Consciousness. As a psycan, you are a point of concentration of conscious energy. You experience that, experience yourself, as a sense of existing, of “I,” “I AM,” “I EXIST”; and as a sensation of distinction from all else, a sensation of individuality: “I AM I.” You are an I-Here-Now, point of awareness = perception = experience of yourself and of the universe as a particular viewpoint. Having covered this in the previous chapters, we need not belabor the concept here.

Consciousness is a very high, fine, subtle energy field that reacts to the presence, the impact, the EFFECT, of the denser energies of thought and emotion and the brain-nervous system energies, registering their forms as experience. How this works is a key to your power over your existence and we will go into this in a later chapter.

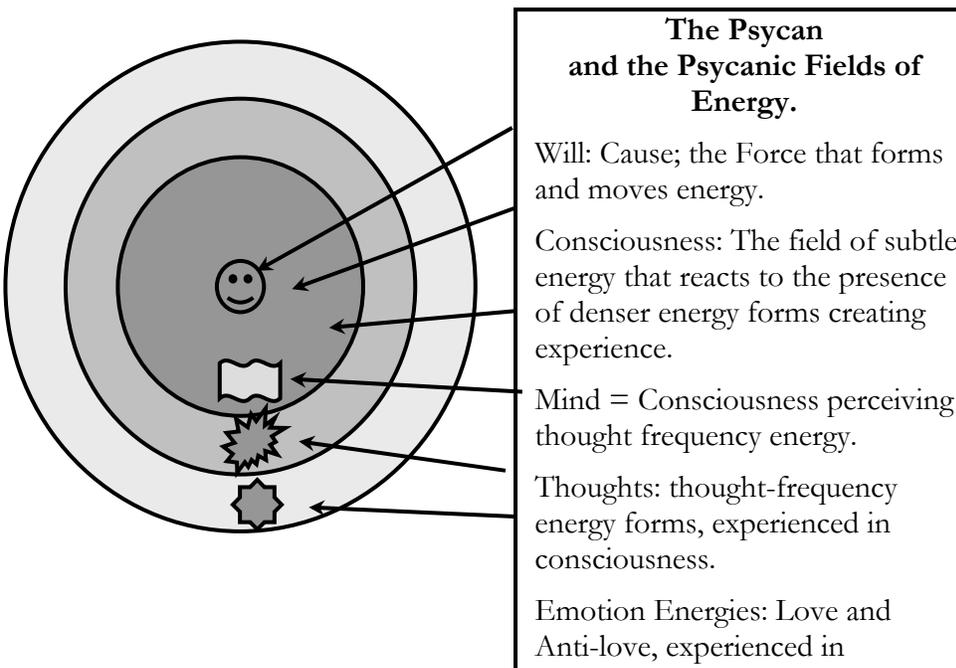
Will. You are also a point of concentration of will. Will, you will remember, is the highest of all phenomena, the most “sacred” thing that exists, the highest essence of God. It is CAUSE; it is force; it is power. It is the power to act upon all other forms of energy to form, change or move them.

As a psycan, you are endowed with free will and have a high level of the power to move and form energy as opposed to the very limited power of lower levels of beingnesses such as matter, plants, animals. **You are thus a creator being, and this is your most important “image and likeness” to your ORIGEN and ESSENCE = God.**

As an Aware-Will perception control unit, you are at the center of your private universe of psycanic energies; your thoughts and your emotions. You create all your psycanic realities: your identities, your thoughts, and your emotions. With your will, you form and control mental frequency energy, thereby creating your thoughts. With your consciousness, you perceive those thought energy forms. You generate your emotions out of love energy. You experience those emotions with your consciousness. You automatically store up a recording of all your experience in your subconscious. You have the power to decide and initiate actions of many kinds, to create, change and move things. You incarnate into a human body, and then through it, you create or move things in the material universe.

The next diagram shows the psycan and his psycanic energy fields

However, you are not these things; you are not your thoughts, you are not your emotions. You are not your human identity or its roles. You are not the body. You are the perception and control unit, the Aware-Will, the psycan.



CREATOR

Above all, you are a creator. As a psycan, you create your BEing, the totality of your identities; of all that you are and are not. You form, control and perceive thought-frequency energy in the process we call mind. As a psycan, you are love and automatically modulate yourself as love or AntiLove according to parameters and by a mechanism we will see in great detail later. Your love determines your happiness. All your experience both psycanic and physical, all your life, is your creation, conscious or unconscious. You are a creator of realities who puts herself at the effect of hir creations for the purpose of experience. All of this you will come to understand and to control as you advance in psyanics. The book You Are Creator explains the entire process.

You are currently “plugged” into a human body to operate in this physical universe, but that is a very temporary adventure—or curse, depending on your viewpoint of the matter. The human race in general is divided about 20-80 on this point: 20% an adventure; 80% a curse.

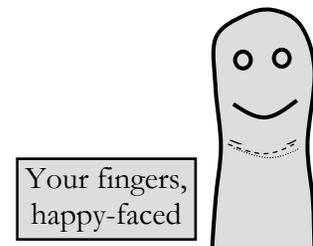
You are an immortal spirit temporarily *being* physical. You are a spirit playing in the physical universe through a human body .You are the Aware-Will-Love entity that animates your body—not the body and not your human identity. You experience the physical universe through your body and use it to handle and control matter. Your body is your instrument of perception and of manipulation.

From your position within created reality, you “help” God continue and expand the process of manifesting HERSELF. You are a sub-CREATOR working from within the universe. You are the mind and hands of God within creation continuing to create and to play with the creation. You are the local creator-on-the-spot, shall we say.

As localized, intensified consciousness, you are the “sense organs,” the eyes and ears and the heart of God. Everything that you think, feel and live is also experienced by Hir who resides in you.

To picture this, take a pen and draw a happy face on the tip of each of your ten fingers, letting each be a “separate” human being, while you be God. Actually do this now; it will help your understanding.

Now imagine that you have a bucket of water or a pile of sand and let that represent the physical universe. Extend your fingers down into the water or the sand. Move them, feel about; manipulate the water or sand. Each finger is separate to go its own way and have its own experience, but all the while the experience of each and all the fingers is also fed back to you = God.



Thus you as a psycan and as a human being are an organ of sense, of perceptions and experience to God. God is totally aware of this and of you. S/He is conscious of and feeling you and through you. (Relax: S/He has absolutely no opinions or judgments about what you think, feel or do. S/He just includes it as the truth of Hir/your experience.) You are unconscious of and unfeeling of God in you. The supreme goal of life is to awaken and know and BE and feel “My Father and I are One.” Psyanics is a method to do that.

During my first years of investigation, I thought that there was an evolution of consciousness that accompanied evolution of form. I thought that as matter evolved from rock to simple plants to complex plants to simple animals to complex animals to people, so too did Consciousness and Cause = Will. But I know now that this is not so. IT evolves forms and then endows them with ITself at a level of BEing suitable for the form.

Your body is a fruit of the material universe, and a product of material evolution. But, you-psycan, the Aware-Will that controls the body, do not come from matter or the material universe.

The CONSCIOUS FIRST CAUSE exists prior to any created reality. IT then creates of ITself, of the CONSCIOUS ENERGY, universes of matter and forms to play with, experience and know

ITself. IT uses evolution to develop forms and imbues each form with the appropriate quantity and quality of ITself, of ESSENCE. Your body is such a form, and you-psycan have reduced your available ESSENCE to a quantity appropriate to humankind. But ALL IS ONE and you are CAUSE: you can recover consciousness of ALL ESSENCE even while in a body.

Much of psychology and the physical sciences still believe that consciousness and life arose out of the random interaction of chemicals; and that it proceeds only by physically stimulated evolution. Not so. Creation, Life, Form and Evolution have always been guided by INTELLIGENCE to evolve ever-more interesting and useful forms to express and explore NATURE (another name of God).

That is **what** you are.

Now: **Why** are you here?

You are here to provide the opposite polarity of God for God; to experience AntiEssence so that God can experience ESSENCE. (We may need cover the concepts of Essence, Experience, and of Polarity before this will make much sense.)

You are for God to experience Hirself as you and to experience Hir creation from your viewpoint.

You are here to explore God as created reality, to play in the illusion of physical reality, to create and enjoy all that you wish to experience. Experience is the purpose of existence, as we will see in the next chapter.

You are here to explore God and your relation with Hir from the viewpoint of human being.

But above, all, you are here for the **Supreme Adventure** of returning to *being* God in consciousness and without separation—including to BE Hir while still in a physical body. This is the highest game and experience of all. This was the achievement of Christ and Buddha and of about 233 other human beings throughout history (not very many out of the approximately 12 billion psycans on, or around this planet waiting to incarnate). They recovered their awareness of ORIGEN and their experience of ESSENCE: they recovered the experience of “The Father and I are ONE.”

Our objectives are that you wake up to the reality and the experience that you are a spirit-ual being, a psycan, in the middle of a physical game (the universe); You are just passing through—don’t get too attached.

Remember the rules of the game (codified as psycanics);

Recover your powers, and create the life you desire to live.

Mystically: that you return to the ESENCE = ONE.

Psycanics is about how to recuperate, to return to the experience of what you are, of your essence. It is about how to recuperate the experience of *being* LOVE, of *being* JOY, and of *being* CREATOR of your life. Thus one of the principal purposes of this level is to prove to you—beyond all doubt—that you are the creator of your experience and of your life and everything in it—NO exceptions, no accidents, no coincidences, no randomness.

PSYCANICS

Now that we have defined and explained what is a psycan, we can better define and understand the definition of “psycanics”.

Definition: A scientific model of nature and functioning of a psycan. Psycanics is the physics, the mechanics of the psyche, of the spirit. Everything that exists operates by laws and principles. Nothing, and especially nothing complex, comes out of inert matter and chaos by randomness or functions without intelligence. Just as laws rule the physical universe, so to do laws rule the psycanic

universe. Everything you are and do psychanically: thought, emotion, perception and will, obeys laws as strong as those that hold the planets in the orbits.

Psychanics is a codification of those laws. Psychanics is an internally coherent system of principles and laws that describe the functioning of non-physical energy and phenomena. Psychanic energies and phenomena include: will, consciousness, mind, thought, intelligence, creativity, intuition, creation, manifestation, emotion, love, happiness, suffering, study and learning, the raising of children and all relationships.

The adjective “psychanic” refers to anything that is directly related to the psycan and its non-physical existence as opposed to physical existence. “Psychanic” things includes: will, consciousness, experience, mind, thought, emotions, love, relationships, integrity, love, intelligence, personal power, creativity, and intuition, among others. All of these are non-physical; they are spirit-ual.

WHO ARE YOU?

As a psycan, you are still no-thing. You are still “only” Will-Consciousness-Love, differentiated, individualized; you are still “only” immaterial God-substance = ESSENCE. You are not *being* anything (except your Essence). You have no particular identity, no form, no distinguishing marks. As a psycan you are pure spirit, “above,” “outside of” and before any created thingy. You are not yet *being* anything: you are not yet a **Being**. As a psycan, you are in the same situation as God: you have the potential to be anything, but you have not yet decided what; created and assumed that identity = form in order to have the experience of *being* that.

Of course, it is many eons since you were only a psycan; you have been *being* many things a long time. Right now, among other things, you are *being* a human being. As such you have taken on a long list of characteristics and limitations, not the least of which is that you have created amnesia about Origin and Essence. God is *being* the universe, including *being* you. You are God, but you are not *being* Hir; you are busy *being* a human being, the opposite polarity of God.

Life is about BEING. The Formula of Life is BE FEEL THINK DO HAVE. BEing determines all the rest. Being determines both experience, and power and results. What are you *being*? And what is the **quality** of each of your beingnesses? We will have much to say about BEing later.

As a human, you are (pretending) to *not-be* many things (God, Powerful, etc). And you are *being* many other things: male/female, son/daughter, husband/wife, father/mother, carpenter, doctor, student, teacher, baker, candlestick maker; wise/foolish, success/failure, sad/joyful, rich/poor, angry/serene, sick/healthy—the list is long. (Notice *being* can be both nouns and adjectives and any combination.) Some of your *beingnesses* are long term, for example “human” and “tall”; some are very short lived, for example “angry” or “sick.” But you are always *being*, so much so that the psycan / spirit / soul is often called a “Being.” In fact, in this book, I will often refer to you as a being, and will only use “psycan” when I am specifically referring to that aspect of you and the distinction between BEing and psycan is important to what I am saying. We will come back to the concept of Psycan and BEing when the distinctions become important.

The three things that you most profoundly “BE” are 1- Will, your to move and form energy, to create; 2- Consciousness; and 3- Love. However, as a human, you have counter-created these and are pretending to not-BE these so that your experience of these things is now very weak. Psychanics will set you on the part of restoration of these qualities—and that is the purpose of life.

WHERE ARE YOU?

Where are you?—and I don’t mean just your physical location; I mean on the scale of consciousness of what you are. You are operating in this life either as a human being in total ignorance /unconsciousness of your spiritual being; or as an immortal, spiritual being fully aware of

and guiding and controlling your human being, or somewhere in between. Ask yourself where are you on this scale—and where do you want to be.

When you come into this physical reality, you lose consciousness of yourself as a spiritual being and the human aspect tends to over-shadow, to dominate, the more subtle spirit. On top of this, society in general has almost no conception of what existence is about or how it works. It provides you with no orientation—or worse yet, with a religious orientation. You are then bombarded with false values and programmed to seek purely human goals (“success,” prestige, fame, wealth, power, etc) as the be-all and end-all of life.

Because such goals are not sufficient to satisfy **all that you are** (immortal spirit with its own games and purposes); life—when you pause in the rat race long enough to notice—tends to be hollow and meaningless, especially as you grow older. A normal human is often depressed; where a person who has returned to spirit almost never. A normal human tends to fear death, an awakened spirit not at all.

Your spirit never forces itself or its purposes on your human identities. Your spirit waits patiently lifetime after lifetime (you have had hundreds) for your human to tire of its games and to begin to ask “Who am I? What I am? What am I doing here? What is here? What is this thing, life, existence all about?” It waits for you to see the emptiness of physical existence without spirit and therefore to become open to, to actively start to question and seek something more. (The stage of “Dark Night of the Soul” in mysticism.)

As you awaken to your spiritual being and as you align your human being with spirit’s “higher” purposes, your life acquires transcendent realities, purposes and meanings; and it all begins to work out effortlessly. Struggle and suffering cease. The spirit shows the human side how little it really needs to be happy at the same time that it learns to have whatever it wants; the human side finds itself happier supporting spirit in its purposes than when it went its own way.

One of the purposes of this book and of all that I have to say is to show you how to be at Cause over your human life. A second purpose is to help you awaken to your Spirit, to your Immortality, to your Creator, to Love and to the real, spiritual purposes of your existence.

Always remember that your human identity, isn’t going to make it. Nobody human gets out of life alive. On the other hand, your spirit does continue on and everything that you have done to expand it, to return to ESSENCE, goes with you.

**You are the created and within the
creation. As are all beings in the Cosmos,
you are seeking the CREATOR.**

SUMMARY

You, that which you ultimately refer to when you say “I,” are the ability of CONSCIOUSNESS (awareness) and the force of will. These are the highest parts of your being. They are definitely non-physical qualities, whether their origin is matter (materialism) or divine (theism). (Can physical matter produce non-physical phenomena?)

We will call this Aware-Will life energy unit a “psycan.” Psycanics is a science of its nature and functioning. “Psycanic” as an adjective means “related to a psycan,” to the spirit. Psycanic means “spirit-ual,” which is the same as meta-or non-physical

The psycan experiences the denser energies of thought and emotion directly in consciousness and controls them through will. It controls physical matter by perceiving them and manipulating them with a physical body.

EXERCISE

Stand up and partially squat so that your thighs are at a 45-degree angle between the vertical and horizontal. Maintain this position as it starts to hurt. Notice how your body tells you to stop: it hurts. Notice if your emotions having anything to say about this, like rebellion. Notice your mind talking to you about stopping this. Through it all, use your will to maintain the position as long as you can.

The purpose of this is to

Highlight your awareness of your will, of “I,” distinguishing it from your lower energies of thought, emotion and body. And to

Highlight your consciousness as the center of experience, in this case of emotions and physical pain, but especially of “I.”

Remember ESSENCE: Wisdom, Power, Value, Love. The importance of ESSENCE will become more apparent in the chapter on Polarities.

CHAPTER 8

YOUR THREE UNIVERSES

A universe is a space-time continuum, or dimensional matrix, filled with a great variety of energy types and forms, all responding to the same set of laws. The cosmos consists of innumerable universes, most of which are totally different from the physical universe we know and love.

You -psycan are currently operating in three of universes simultaneously.

The first is ULTIMATE REALITY—the undifferentiated FIELD OF BEING, of ESSENCE, or LIFE. This is technically not a universe, but the SPACE-ENERGY MATRIX in which the other universes exist and out of which they are formed.

The second is the non-physical universe particular to each psycan. It is the personal universe unique to the individual consisting of all thought realities, phenomena, and events. We call this universe the psycanic universe.

The third is the physical universe consisting of physical energies (EMR) and material objects. You are quite accustomed to the planet earth existing within that universe. Its laws are cataloged in the physical sciences, beginning with Newtonian physics.

THE TAOIC UNIVERSE: THE SPACE-ENERGY FIELD OF THE LIFE FORCE THE NUCLEAR ENERGY OF ALL BEING.

This is the non-physical space-energy field = the TAO in which your will and consciousness—you-psycan = Aware-Will—exist and have your Being. You are an individualized, localized “particle” of IT.

THE PSYCANIC UNIVERSE or MIND

Your personal psycanic universe is that space around you that contains your psycanic realities. This space is packed with your psycanic creations; that is, with an incredible variety of energies that you have molded into psycanic forms = realities = objects. These psycanic objects include your thoughts, ideas, values, likes and dislikes, beliefs, memories, knowledge, abilities, desires, goals, character, dreams, and personality.

You might think that your emotions are in this universe, but not so. Emotions are the Fourth Nuclear Energy of BEing (FEEL = EmoLoveJoy in the Causal Sequence). They are LOVE ITself, and are part of the TAOIC UNIVERSE.

Your emotions are your Love or AntiLove for yourSelf, where you determine that Self at any moment by your (unconscious) selection of your Nuclear Essence Identities polarities of Wisdom, Oneness, Power, Value, and LoveJoy. These are explained in other texts.

THE PHYSICAL UNIVERSE

The physical universe exists within the psycanic universe. The physical universe is a space interspersed with matter-objects and physical forms of energy such as light, heat and radio waves. Given that as yet no unified field theory has been found, the physical universe seems to obey three different sets of laws according to the mass of the object:

Newtonian physics is the physics of ordinary objects, time, space and gravity with which you are familiar.

Astrophysics: The physics of the very large objects such as stars, galaxies, quasars, and black holes. Here space is curved, light bends, gravity is a distortion of space caused by energy mass, and a teaspoon of matter can weigh 30,000 lbs.

Particle physics is the physics of very small things where fluid wave energy becomes particle-ized and turns into matter; there are quirks like quarks; and the just the observation of something changes it so that you can either know where it is, or how fast it is moving, but not both (Heisenberg Uncertainty Principle).

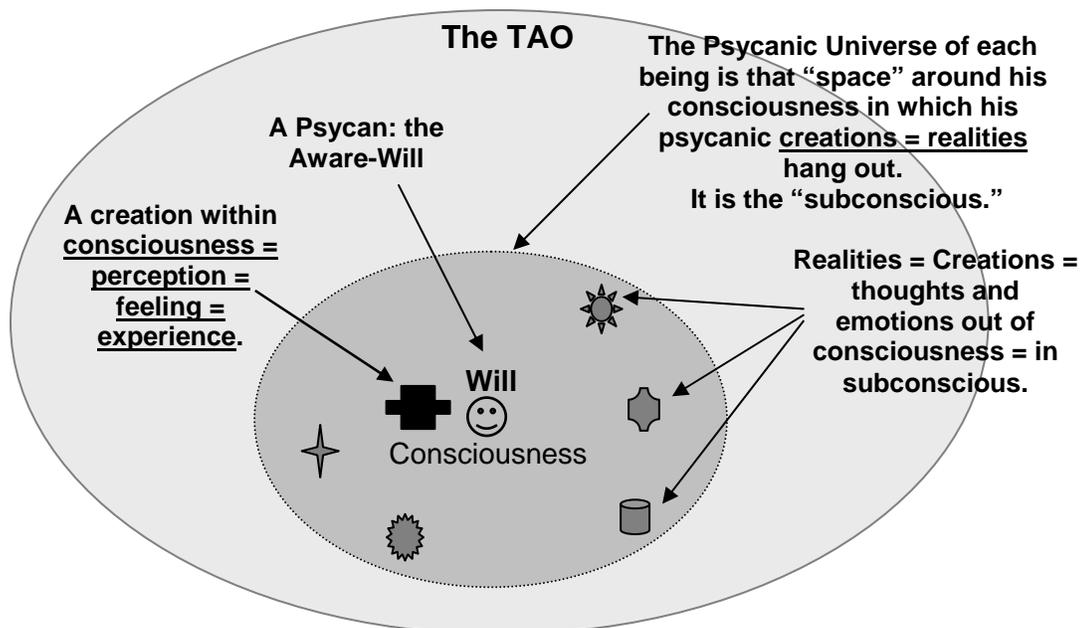
You perceive, move in, manipulate, and experience the physical universe through the instrument of a body. You share your local real estate, earth, with billions of other psycans also in bodies.

In psycanics, our interest in the physical universe is largely limited to how you can control it to manifest what you want, and how you can heal your body.

Psycanic energies and realities do not come from the body or the brain or from the physical universe. They are a higher order of energy, above physical energy frequencies, much closer to IT. Will is the force that forms and manipulates psycanic energies = realities. Consciousness is that subtle energy field that perceives = experiences them. All a person's psycanic realities (all thought and all emotion) are that psycan's creations.

Your psycanic universe is individual; it is your personal space, your spirit-ual home in the infinite cosmos. Each psycan has one. You experience yours, but rarely experience that of others; nor they yours—although this is possible. (A good pilot in psycanic processing can perceive the emotions and often the identities of the explorer.)

Everything you experience in your mind, including your feelings, is the impact of an energy form = mass of energy = reality on your consciousness, just as every physical experience is the impact of physical energy or matter on your body. (Some examples of physical energy impacts causing experience: sound on your ears, light on your eyes, a blow on your body.)



Your psycanic universe is the non-physical space around your consciousness. All your mental and emotional creations = realities = experiences exist as forms of energy = mass = psycanic matter hanging out in space around you-psycan, the center of will-creator and consciousness-perceptor.

When a reality in your psycanic universe is close to you = consciousness, you perceive them; you are at the effect of them; you experience them. They impact your conscious energy field causing the experience of that particular modulation of form or energy; i.e. a particular thought or emotion.

When a psycanic reality is farther away; i.e. there is more space between the reality and you = consciousness; it has moved out of your awareness = perception. When it is far enough out from your perception = consciousness that you do not perceive = experience it, it becomes what psychology calls subconscious or unconscious. In other words, “subconscious” and “unconscious” are a sufficient distance of any reality from your consciousness = perception such that you no longer perceive = experience it. Subconscious or unconscious is that space around you beyond your present reach of consciousness = perception.

When realities move beyond your perception, they are no longer real = experienced, but they still exist—unless you discreate them (back to this below).

Your “subconscious,” then, is the warehouse for your psycanic realities, which includes thought, memories, data, past experiences, identities, and emotional charges and traumas. It is the psycanic space around your consciousness where your out-of-awareness realities hang out. These realities can be called into consciousness deliberately by will (to remember something). They can also be stimulated to move into perception = experience by almost any event or perception. This involuntary triggering of emotional masses is called “activation” and is the source of all pain and suffering (as we see in *You Are The Creator of Your Life*).

Every human being has hundreds of psycanic realities that s/he wishes were NOT-REAL = not being experienced = not being lived day after day. Such realities include negative thoughts, negative self-esteem, negative emotions and traumas and compulsions and obsessions. All these things are the EFFECTS OF REALITIES ON CONSCIOUSNESS. The ultimate motivation of all human behavior is to control experience, to avoid or terminate such negative experiences; and to experience positive things, particularly Power and Love.

However, few people know how to discreate realities to make them truly not-real because they no longer exist. Most humans try to make them not-real = not experience-able by resisting them, blocking them, changing them, destroying them, analyzing them, or fleeing from them to chemicals, food, drugs and other such addictions. The effort to change negative experience is the driving force of all negative human behavior. Of course, all of these forms of resistance only cause the persistence and the strengthening of the undesired reality = experience, which thereby puts the being into a never-ending internal fight with his own energies = realities = creations.

This ability to really eliminate undesired mental and emotional realities, to make them not-real by actually discreating them is a major ability that psycanics seeks to rehabilitate in you, the psycan. You are a creator and discreator of realities—in order to create and discreate your experience.

From one point of view, there is no such thing as mind. There is:

The Will that forms energies = realities and can control, move, compare and decide about those realities.

Consciousness that perceives = experience realities and can discreate them.

The realities themselves: all thoughts and emotions of every kind.

The psycanic universe, the space, around the psycan = Aware-Will, in which the realities exist and move into and out of consciousness.

You do not need to worry about understanding all the above right now. We will come back to each concept when we need it as we progress in your studies. The concept that is important right now is that of the psycanic universe and its content: mental and emotional realities of all kinds.

The distinction of the existence of the psycanic universe is NOT an analogy. It is a universe in the same sense as the physical universe; and in fact, they are very, very similar. Both universes consist of energy forms = objects = realities. Both universes exist and function according to precise laws.

In both universes, experience is the effect of realities on consciousness. Just as each person can form and manipulate energy = matter in the physical universe, each psycan can control energy and create or discreate any mental or emotional reality in the psycanic universe. Because experience is the effect of energy = realities on consciousness, you can thereby control and create your experience—which is the purpose of existence as we will soon see.

Just as all forms of energy in the physical universe obey exact laws, so too do all forms of energy in the psycanic universe. Your thoughts and emotions, your motivations and behaviors, all your experience, obey exact laws. In many cases, these are the same laws as physical energy—but there are some important exceptions. The failure to understand the laws of psycanic energy causes all human pain and suffering. Psycanics is the science of the laws of non-physical energy.

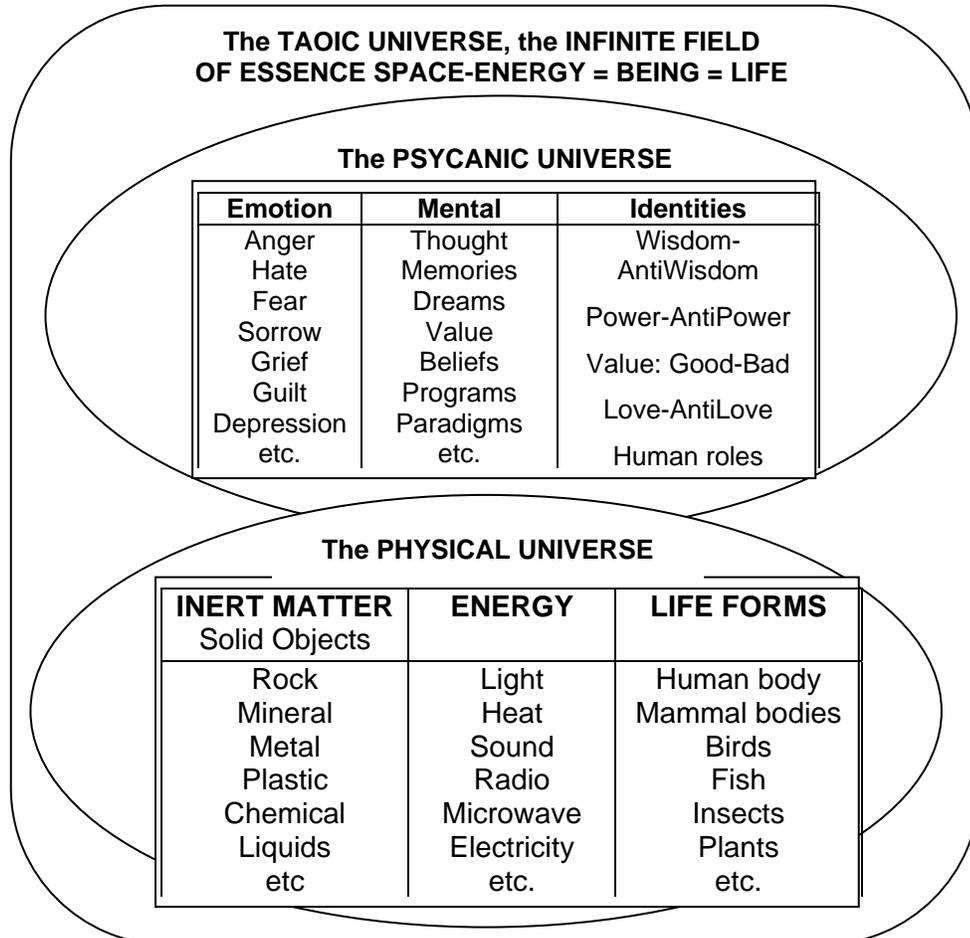
Although it may seem doubtful to the average person who has not explored his psycanic universe, it is much larger, more interesting and much more important than the physical universe. Your psycanic universe forms you and determines every aspect of your existence. It contains your BE, and your BE determines your FEEL and THINK, and these determine your DO and HAVE.

As to its importance, one teacher put it this way:

“The Kingdom of Heaven is within”

The “within” being referred to above is you, psycan, which you explore by looking within as in meditation and in CDT (Creation & Discreation Technology).

We can identify three basic classes of realities, of experiences, in each universe as shown in the following tables.



THE RELATION OF CAUSE-EFFECT BETWEEN THE PSYCANIC AND THE PHYSICAL UNIVERSES

Your personal physical universe is the reflection of your psycanic universe. The physical events and circumstances of your life are created within your psycanic universe. Your thoughts, identities, beliefs and paradigms, ALL the content of your conscious and especially your subconscious mind, are communications to the TAO of what to manifest around you. Of all that content, of all the millions of thought realities in your subconscious that determine your world, the most important are your psycanic identities. (Your psycanic identities are those that affirm or deny ESSENCE = Wisdom, Power, Value, Love-Joy.)

Psycanics is the principles and laws of operation of the psycan and his psycanic universe, just as physics is laws of the physical universe. It is a science of the nature of the psycan and the three non-physical areas of his existence: the spiritual, the mental, and the emotional. It is a science of the nature and the development of Being. It is the exploration of who you are and how you function.

Everything physical is created twice: first in the psycanic universe (mind) and then in the physical universe. The psycanic universe is Cause over the physical universe.

CHAPTER 9

ENERGY

Definition: ENERGY: The basic and underlying **substance** from which everything that exists is formed—and the **force** that moves and animates all that exists. Energy is both force and substance, both cause and effect.

Everything that exists, physical and psycanic, is energy in one form or another. Matter is patterns of energy fields uniquely occupying space. (Uniquely means that only one pattern of that frequency can be in any point of space at one time.)

All energy is modulated. “Modulation” is all the characteristics that are “impressed” upon an energy entity or mass that give it a unique identity or beingness and thereby distinguish it from all other forms of energy. Modulation means the particular shape, “color,” “flavor” of an energy that gives it its individuality, its identity. Modulation starts with whether the energy is fluid (EMR = Electromagnetic Radiation) or static (“solid” matter). Then modulation refers to the kind of energy, the frequency, density, amplitude, etc. As regards matter, modulation means its chemical composition, amount, form, color, etc.

Examples of modulation: visible light is a different modulation than infrared and ultraviolet. Then within visible light, each color is a different modulation. Wood is a different modulation of energy than plastic or steel. Salt is a different modulation than sugar: the appearance is the same, but not the experience they produce on taste.

Example of psycanic modulation: A thought of a tree and a thought of a house are the same frequency of energy but different modulations: each is modulated to the image of its object. Anger is a different modulation than fear, and both are different modulations from sadness.

A reality is any mass of modulated energy. It is an energy form, any object whether physical or psycanic. It is a goal of psycanics to teach you how to create and discreate realities, which is a process of modulation and energization and of de-modulation and de-energization.

PHYSICAL UNIVERSE

In the physical universe, there are three general modalities of energy. The first is “fluid” energy: energy that flows, that travels, that beams or radiates. This form of energy is called EMR = Electromagnetic Radiation, and includes electricity, infrared, radio waves, x rays, and light.

The second form is static energy = matter. Matter is energy that does not flow or radiate, but rather maintains a form and certain limits in space. “Solid” matter is actually patterns of highly concentrated energy. The equivalency of matter to energy is expressed by Einstein in the famous

formula $E = mc^2$. A little matter contains a lot of energy, as demonstrated by the atomic bomb, but it is still just energy.

The third form of energy in the physical universe is that strange combination of the other two that is living tissue. Living tissue is a sophisticated form of energy that involves solid matter, chemical and neuro-electric energies.

Everything in the physical universe is energy in one form or another, static or fluid. Energy moves or operates or is acted upon by other forms of energy. Taking the body as an example: your flesh and bones are material energy; your brain, nervous system and organs function and communicate with electrical energies. Your eyes perceive light energy and your ears sound energy. You touch and handle many forms of energy as material objects. Your food is material energy that is converted to heat and other flowing energies that power the whole system. There is only energy.

Your perceptions of the physical universe are the impact of physical energies or matter on your body sensors. The impact of physical energies on nerve receptors generates neurological energy impulses that run to the brain (neurotransmission). In the brain, some of these physical energy impulses—for example, those from the eyes—are transduced to the even higher thought frequency that is best perceived by the psycan.

PSYCANIC UNIVERSE

In the psycanic universe, likewise, all is energy. The basic forms of psycanic energy include will, consciousness, thought, and emotion. You-psycan are a nucleus of will energy located in a field of consciousness energy. You as consciousness then perceive the denser forms of energy such as thoughts and emotions.

Your thoughts are energy forms = realities that are modulated by your will. Your memories are old thought forms that you pull into your consciousness from your subconscious = the psycanic space around you.

Your emotions are energies. Your emotions are modulated masses = charges of energy in a lower and denser frequency than thought.

**All your psycanic experience is the effect of
psycanic energy forms = realities on your consciousness.
(Energy is cause, consciousness = experience is effect.)**

(Note: we will return to all the above in much more detail when we get to the creation and discreation of realities and experience.)

LEGALITY

All energy is legal, which means that it operates according to exact and invariable laws, laws of Cause and Effect. The knowledge of those laws is Power: the ability to control energy and produce the effects you would like to experience.

In the physical universe, this is fairly obvious: The laws of Cause and Effect as regards to physical energy and matter are the essence of science. Physics, chemistry, thermodynamics, electronics, biology, etc., are the descriptions of how physical energy and matter moves, interacts, combines and transforms itself.

All psycanic energy is legal. All psycanic energy obeys laws just as exact and invariable as the laws of physical energy. Some of the psycanic energy laws are similar to the physical energy laws; others are quite different; but the principle of legality applies to all energy, physical and psycanic.

Your thoughts and emotions are energies—all your psycanic experience is energy—and obey precise laws. It is an axiom that Knowledge is Power. When you understand the laws of psycanic

energy, you can control it, control your thoughts, emotions, and behaviors. You can eliminate any negative experience and create any positive experience desired.

You can eliminate depression, low self-esteem, a compulsion to overeat or smoke, a feeling of inadequacy, failure, loneliness, unhappiness, conflict and turbulence in human relations, poverty, fear, negative attitudes, pessimism, psychological trauma after an accident or a rape. All of these are energy and consequently exist and operate according to precise laws.

You can create well-being, enthusiasm, self-esteem, love, joy, success, health, wealth, harmony in your relationships; whatever you want. It is just a matter of controlling energies.

Control of experience is control of life and depends on control of energy.

Energy, its detection, nature, laws and handling is a central theme of psyanics. **To the degree that you control energy you control your experience and your life.**

CHAPTER 10

EXPERIENCE

“The purpose of life, after all, is to live it, to taste and experience to the utmost, to reach out eagerly and without fear for newer and ever richer experiences.”

Eleanor Roosevelt, 1884-1962,
American First Lady, Lecturer.

Your **experience** is everything that you perceive, sense or feel, both physically and psycanically. Experience is the most basic and most important phenomena in the universe and in psycanics. The laws of experience include:

THE PURPOSE OF EXISTENCE IS EXPERIENCE.

EXPERIENCE IS THE ONLY THING THAT EXISTS.

LIFE IS EXPERIENCE, and ONLY EXPERIENCE.

**THE ONLY MOTIVATION OF ALL HUMAN BEHAVIOR IS
TO CONTROL ONE’S OWN EXPERIENCE.**

Because experience is so important—the only thing that exists, life itself, and the motive force of all your actions—it is critical to understand how experience works. When you control your experience, you control life, and that control is your only motivation in life.

First, a more complete definition:

Experience is the awareness of, the perception of, anything. Experience is any sensation, any feeling, including the sensation, the perception, of your thoughts (thoughts are mental experience). Your experience is everything that you perceive, are aware of, feel and live, in the Now.

Distinction: There is another definition of *experience*: “knowledge or ability acquired by familiarity or practice in the past.” For example, a person can say: *I have experience in teaching art. I am experienced in repairing automobiles. I have 10 years experience on the job.* In psycanics, the term “experience” rarely refers to this idea of having done and learned something in the past. When it does, the word “past” will be affixed to denote this definition. E.g. *I have past experience in teaching art.*

Consciousness is the ability to experience. Experience is consciousness in action. While you are conscious you are experiencing. When you are unconscious, as in deep sleep, after a blow to the head, or in a coma; you have no experience. When you have no experience, including no experience

of yourself, you no longer exist from your point of view. You-psyca are a point of consciousness, which is to say that you are a point of perception, of experience (as explained in the chapters “Cosmology” and “Psyca”).

Your experience is the content of your consciousness at any moment.

Life is experience. To verify this, check with anyone buried in a cemetery—ask them if they have any experience. They can’t even experience your question.

You are currently operating in two universes: your personal psycaic universe and the physical universe. These universes are defined by your experience. The physical universe you share with others. Your psycaic universe is private. It consists of all the energies and realities that only you experience, including everything in your mind and emotions.

You have many different kinds of experience in each universe.

Physical experience is anything perceived in or through the body. Not directly, but through the body, the PSYCAN experiences the physical universe: sight, taste, touch, smell, sound; heat-cold, light-dark, wet-dry, pleasure-pain, motion and movement, etc. The sight, sound, touch and sensation of movement of an automobile are experiences. Tiredness is an experience, rest and being rested are experience. Physical experience includes (this is not intended to be an exhaustive list of experience, but only examples to illustrate the concept):

Corporal experience:

- Positions of the body, limbs, and joints;
- Acceleration (changes of movement) of your body;
- Sensations in the body, respiration, blood flow, internal discomforts and pain;
- Sensations to the body: both pleasure and pain (for example: sexual orgasm).
- Experience of the physical universe itself, of which there are many different types:
 - Sight: light, color, shape, and form of objects, distance, movement,
 - Sounds: pleasant and unpleasant: words and communication, music, noise, etc
 - Touch: hot, cold, texture, wet, dry, rough, slick, weight and pressure forces, etc.
 - Smells, odors
 - Tastes, flavors.

Psycaic experience is all perception of non-physical energy. It is experience that occurs directly in or to the psyca; that is perceived directly in consciousness and not through a body. It exists independent of the body and the physical universe, and exists whether or not you-psyca are in a physical body.

Psycaic experience includes:

Will: intention, decision, determination, commitment, persistence, etc.

Self-consciousness: the experience that you exist and are an individual.

Identities and other experiences of self. Identities include all that you are and are not; all your “I AMs.” Self-experience includes self-image, self-respect, self-esteem, self-confidence, self-love, personality and character.

Self-esteem: your evaluation of yourself that is self-love.

Mental experience: the perception, the experience, of any and all mental activity, which includes: thoughts, beliefs, values, paradigms, ideas, memories, learning, knowledge and data, understanding and comprehension, dreams, visions, imagination, plans and designs, desires, expectations, analysis, opinions, judgments, stress, anxiety, etc: everything that occurs in your mind.

Dreams are good example of psycaic experiences. Usually when dreaming you are asleep and have no perception of the physical universe.

Emotions: all feelings and sentiments: e.g. enthusiasm, joy, interest, hostility, anger, anxiety, fear, sorrow, grief, jealousy, guilt, etc. (Note: I will use feelings and emotions and sentiments as synonyms.) We will include Esthetics here: the appreciation of beauty.

Happiness or suffering: Happiness and suffering are emotion. See Emotions.

Life Conditions experience. These are polarities and therefore always relative. Examples include: Scarcity- Abundance; Poverty -Wealth; Failure-Success; Sickness-Health; Life is hard-Life is easy; etc. Observe that in each pair, you have and experience of how you life is.

Psychic experience: clairvoyance, telepathy, energy readings, etc . All psycans have all the psychic abilities: these are blocked in most humans by a mechanism we will see much later.

Mystical experience: direct perceptions of other levels of consciousness, including of God = LOVE. Mystical experience includes the perception of personal immortality, the eternal now, all is ONE, infinite consciousness and infinite love.

It is irrelevant whether you believe that psychic and mystical experiences exist—if they do exist, they are psychic and not physical experiences.

This table lists the two different kinds of experience:

| Physical Experience: Everything experienced in and through the body | | Psycanic Experience: Everything perceived directly by the psycan irrelevant of the body. | | | |
|--|---|--|---|---|---|
| Solid Matter | EMR* Energies | Emotional Experience | Mental Experience | Identity Experience | Spiritual Experiences |
| The body itself. All tact of all objects, e.g. table, chair, food, water, air, etc.; and of other life forms (plants, animals). | Nervous energies in the body Sound Light Heat Infra-red Microwaves etc. | Joy Enthusiasm Happiness Anger Fear Grief Depression Hate Apathy etc. | All thought energy forms: Memories Knowledge Ideas Concepts Mental Images Telepathy etc. | Wisdom (I know; I am smart.) Power (I can / I can't.) Value (I am good; I am worthy). | Cause Response-ability Intelligence Creativity Initiative Space Patience Love etc. |

*EMR: Electromagnetic Radiation: electricity, light, radar, x-rays, etc.

Note: Beyond this point, the word “experience” will always refer to psycanic experience unless physical experience is specified.

Usually our experience is a mixture of several of these. For example: Watching television is a multiple physical and psycanic experience: the sight and sound of the apparatus, the intellectual understanding of the program or plot, the emotions that the program arouses in you, and maybe the taste of popcorn. Sex is another example of a multilevel experience: physical, emotional, mental and spiritual.

The concept of Experience is extremely important en psycanics, as in the ultimate analysis, your experience is the only thing that exists for you. The concept is explored more fully in other psycanics materials.

THE RELATIONSHIP OF BRAIN AND MIND

Your brain—not to be confused with your mind—transduces nerve energy up in frequency to the psycanic frequencies that you perceive as a psycan. (Frequency is the inverse combination of vibration speed and wavelength that gives a particular energy its characteristics.)

Your brain is a physical organ that works with physical (nervous) energies to regulate the body. It also transduces physical nerve energy up in frequency to the psycanic frequencies your consciousness best perceives. Your mind is the consciousness-energy field that perceives psycanic

frequency energy (thoughts and emotions). Mind and brain are not at all the same: you only have a brain while you are in a body. You have a mind all the time you exist. (Actually, there is no such thing as the mind as we will see later.)

In psychanics, we are only interested in your psychanic experience—identities, thoughts, emotions, love and happiness—and will have very little to say about physical experience. (Emotional charges cause some physical experiences.) You can control your physical experience (temperature, sound, light, etc) through the laws of physics. A major purpose of psychanics is to show you how you create and can discreate your psychanic experience. We will prove later that your psychanic experience has nothing to do with your body or the physical universe.

Note: The words “pain” and “suffering” in psychanics will always refer to psychanic pain and suffering (mental and emotional pain) except when specified as physical pain.

LIFE IS EXPERIENCE

Something is alive to the degree that it can experience. A rock has little experience; a plant more, an animal even more. A human being has a range of experience, of ideas, concepts and emotions, unimaginable to an animal. There are incredible (mystical) experiences beyond normal human perception. God is ALL experience everywhere, at all times. When your body dies, you no longer have physical experience. However, you-psycan continue to exist **and you take with you your psychanic universe and experience.**

TECHNICAL DEFINITION OF EXPERIENCE

All experience is the experience of some thing. Every thing that exists is energy “molded” or modulated into an infinite variety of forms. Therefore, all experience is the experience of energy, of energy forms. Energy forms in psychanics are called “realities.”

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

All energy = realities follow exact laws. All your experience is the action (effect) of energy = reality on your consciousness. Ergo: all your experience follows exact laws. When you understand the laws of energy and reality, you can create and discreate your experience, both psychanic and physical. It is a purpose of psychanics that you achieve this power.

Cause and Effect: Realities cause experience. Experience is the effect of a reality.

A table is a physical energy form, a physical reality, and **causes** the experience of its shape, color, weight, temperature, etc. A thought is a psychanic energy form, a psychanic reality, and **causes** the perception and experience of its form, e.g. an image.

For example, recall a place where you went to school. Your decision (your will) to do so pulls in from your subconscious to your consciousness the psychanic reality that is the mental image of that place. You experience that reality as the mental image of that place: that thought reality causes the mental experience of that place on your conscious energy field.

All your experience is the impact of energy forms = realities on your consciousness. The importance of this is that you are the creator of your realities and your realities cause your experience. **You can discreate any reality you have created and thereby eliminate any undesired experience.** We will later explore in much more depth the technical definition of experience, the concept of reality, how consciousness works, and how you create and can discreate your realities = experience.

Law:

**THE PSYCAN IS CREATOR OF ALL HIR EXPERIENCE—
INCLUDING THE EXPERIENCE
THAT HE IS NOT CREATOR OF HIR EXPERIENCE.**

(Most humans live in the experience that they are not creators of their experience, believing that external events cause their feelings and emotions.)

You are the creator of all your thoughts and emotions, including the thought = belief that you are not the creator of your thoughts and emotions. Your beliefs = mental realities create your experience = perception of the reality in which you live. If you are currently experiencing that you are not the creator of your experience, then you are inside the AntiPower identity of “I AM NOT CREATOR of how I feel = my experience.” This identity, called the Fatal Identity, is your creation of yourself and of your experience.

As long as you believe = experience that you are not creator of your experience, you will not be able to recover your power to create your experience. **Most people are stuck in a creation = reality = identity that they are not creators of their experience. Thus they have killed their awareness of their power over their creations = experience.** They have hidden the truth and their power from themselves by assuming the identity that they are not creator of their experience.

In *You Are The Creator of Your Life*, we examine the Fatal Identity in detail and will formally prove that you are the creator of your experience. This will free you of this identity (if you are in it), and restore your awareness of your power to control your psycanic and your physical experience. This is a major turning point for a human being, the beginning of the highway to happiness. Until a person enters into a condition of recognition of Cause, there is no hope for hir happiness.

REAL

“Real” in psycanic means “in experience.” Something is real only while you are experiencing it. If you are not experiencing it, then it may be a reality, it may continue to exist, but it is not real for you. No perception = experience means “not real.” Experience means it is real—“real” means it is being experienced in present time.

Creation is the process of making something real. Discreation is to make something not real—*by eliminating it, not by blocking the experience of it*. Those who don’t know how to discreate, try to make their negative psycanic experience not-real through a wide variety of methods: control others, change the external world, go shopping, go to discos, food, alcohol, drugs, etc. All of these are forms of resistance that causes persistence. We will return to all this at the appropriate times.

KNOWLEDGE AND EXPERIENCE

Experience is knowledge; knowledge comes only from experience. You only *know* of the existence of something, and you only know that something, to the degree that you experience it. Any thing you do not experience—whether by personal experience or through the reports of experience of others—is not real, does not exist for you.

For examples:

Someone who has a unicorn farm will have a lot of experience raising unicorns, which is to say, a lot of knowledge about unicorns.

You know China only insofar as you have psycanically *experienced* (read or seen) data from books or movies about them. If you have been to China, then you have even more experience, now including physical experience, and therefore more knowledge.

Science is created through thousands of experiments. Each experiment is an experience to see how something works, to discover its laws of cause and effect.

Reading and study are the recreation in the mind, in images and concepts, of the experience, the knowledge, of others. Your experience of something can be personal experience, or it can be the mental experience acquired by reading the experience of others.

For example, if you should want to learn to fly, you might first study the experience of others. You acquire that experience, that knowledge, by reading textbooks on flying. You then convert those words to ideas and images in your own mind. You **experience** those ideas and images and that is your knowledge of flying at that level.

Then you might go up in a trainer aircraft with an instructor. His purpose is to guide you through specific experiences designed to instill the ability to fly while assuring that your learning experience does not hurt you or bend the aircraft. Once you have lived the flying experience personally, how much greater is your knowledge than that of the textbook?

Another example: you can read all the books in the world on sex and you will have some (vicarious) experience = knowledge of it. Your knowledge will increase exponentially when you experience it.

Experience = knowledge. Knowledge only comes from experience, whether lived personally or recreated within you from the communications of others. The experience of anything is the highest and most complete form of knowledge of that thing.

You will remember from Cosmology that the cosmos is God is experiencing Himself as ALL THAT IS in order to know Himself in all His infinite possibilities of BEing.

Law

EXPERIENCE IS THE ONLY THING THAT EXISTS.

There is nothing else.

There is nothing but experience. Everything that exists for you is real for you only because you have some degree of experience of it. Experience is the only thing happening. Every moment you are experiencing something, whether physically or psychanically or both. When you sleep, you lose all experience and the universe ceases to exist for you—unless you dream in which case that dream is your experience.

Relationships of all types with others, getting married, sex, a new car, success and failure, wealth and poverty, health and sickness, pleasure and pain: **all are experiences**. Life is experience and only experience. Death is the cessation of experience.

THERE IS ONLY EXPERIENCE

To see a house is an experience. To enter a house is an experience. To touch a house is an experience. To think about a house is an experience. To feel what you feel about a house is an experience. To communicate is an experience. Love is an experience. Happiness is an experience. Wealth is an experience. Poverty is an experience. Anger is an experience. To be intelligent is an experience. To feel that you are stupid is an experience. THERE IS ONLY EXPERIENCE.

Proof that there is only experience: Try to name something that is not an experience.

This is impossible. You can't name something without first thinking of it and a thought is an experience in your mind. So if you have thought of something, you already have at least a psychanic (mental) experience of it.

IDENTITY AND EXPERIENCE

**THE EXPERIENCE OF ANYTHING IS
THE HIGHEST AND MOST COMPLETE
FORM OF KNOWLEDGE OF THAT THING.**

The most complete experience of anything occurs when you are that thing; that is, when you become that thing; when you BE that thing. The fullest experience = knowledge of anything occurs at the point of IDENTITY, to be one with, to be the thing. For example, others experience you from their external point of view.

Integration is to become one with, to take on the identity of anything. These words all have the same concept: perceive = feel = experience = integrate = assume the identity of = take the same form = move to the point of view of = BE that thing.

The creation is God being all Hir infinite possibilities of BEing; BEing is identity and is the most complete form of experiencing and knowing anything.

This understanding of integration, identity and experience is important because it is the key to discretion. What you integrate with = BE = experience fully discreates: Experience Experienced Disappears. What you refuse to integrate to and experience, persists: Resistance Causes Persistence.

You have all kinds of things in your experience that you would like to discreate, no?—things such as anger, fear, grief, guilt, resentment, traumas, depression, no? All are experience; all experience is energy; all energy is lawful. By applying the laws of energy and identity = integration = experience, you can discreate such things. We will come back to this when we get to the book on the creation and discreation of realities.

Law:

**EXPERIENCE IS THE PURPOSE OF ALL EXISTENCE.
The PURPOSE OF THE COSMOS IS EXPERIENCE.
The cosmos exists to provide experience and to be experienced.**

(Since experience is the only thing that exists,
there can't be any other purpose.)

Experience is the exploration of existence. You explore the universe by experiencing it. You know the nature of something only to the degree that you experience it (whether personally or through hearing or reading the experiences of others).

Mysticism: The purpose of the cosmos is for God to experience = explore = know Himself in all His infinite possibilities of BEing. The purpose of your life is to experience all that you desire to experience. Your life is experience.

Because there is nothing except experience, there can be no other purpose for existence except experience.

The purpose of psyanics is to show you how your experience—identity, thoughts and emotions—work and how to control them.

Law

**THE ONLY MOTIVATION OF ALL HUMAN BEHAVIOR IS
TO CONTROL THE ONLY THING THAT EXISTS: EXPERIENCE.**

**THE ONLY MOTIVATION OF ALL HUMAN BEHAVIOR IS TO
CONTROL One's OWN EXPERIENCE = Happiness:
to BE more and more Essence = WPVLJ = Happiness.**

**The maximum ESSENCE is God.
THE EXPERIENTIAL IMPERATIVE OF EXISTENCE
IS TO RETURN TO GOD.**

This law cannot be emphasized too much: The only thing that you can do with the only thing that exists is try to control it so that it "BE" as you would have it. The only thing you do or try to do

in life is control your experience (the only thing that exists). You try to eliminate or avoid negative experiences (pain and suffering) and to produce positive experiences (success and happiness).

For example, you try to control light and dark, and the temperature. You eat when you are hungry; you sleep when you are tired. You seek tasty food and soft fabrics. You probably want the experiences of health, success, abundance, fun, a new job, and of material things like a house and a car, etc. Above all, you want the experiences of love and happiness.

On the negative side, you want to eliminate the experiences of sickness, mediocrity, scarcity, a boring job, financial problems. In a relationship, you may want to terminate experiences of arguments, conflict, anger, jealousy, etc.; and achieve experiences of harmony, support and love. Some people may want to eliminate experiences of a compulsion to overeat and to smoke, a fear of speaking in public, a sense of being a failure, low self-esteem, shyness, rejection, loneliness, depression, etc.

There is only experience and all that you do in life is try to control it. There is nothing else going on. All effort to change or do anything is an effort to eliminate, change or create experience.

**Life is the struggle to control experience,
to eliminate negative experience and to cause positive experience.**

There is a simple formal proof of this: Try to name any action you take, any movement you make, that is not to control experience. (Example: you scratch your nose to end the itch or because it just feels good.)

This law may be easier to see if we make these distinctions:

**Positive Experience is Happiness
Negative Experience is Unhappiness, pain, suffering.**

Obviously, we seek to avoid negative experience and to maximize in quantity and time of duration positive experience.

Therefore.

The only motivation of all human behavior is one's own happiness.

If you love someone and believe that their happiness is necessary to yours, then you may strive for their happiness—to **achieve yours**. The bottom line motive is always one's own happiness.

It may appear to you now that you sometimes act to control the experience of others, for example to please them or to punish them. However, your ultimate purpose is to control your experience: how they treat you or how you feel as a result of pleasing them: approved, appreciated, loved, etc.

Since experience is the effect of a reality on consciousness, this law can also be stated:

The only motivation of all human behavior is to control one's realities.

That control is achieved through the creation and discreation of realities, one of the major teachings of psychanics. Those who do not understand experience and reality, try to make things not-real (not in their experience) by avoiding them, changing them, attacking to destroy them, avoiding them, suppressing them, and plastering over them with drugs. Of course, none of these methods work well: **Resistance Causes Persistence**. (See "REAL" above.) The objective in psychanics is to discreate the reality causing the experience. CDT (Creation & Discreation Technology) is a precise technology by which you can do this.

Your psychanic experience is more important than your physical experience.

Once you have satisfied physical survival needs, your primary focus is on controlling your psychanic experience. Even when you do things in the physical universe, the purpose is to control your psychanic experience.

For example, you buy a new car. Although that is also a physical experience of new sights and sensations, the psycanic experience is the most important. Getting the new car makes you feel successful, powerful, rich, happy, etc. Or maybe the old one was giving you too many problems and your purpose is to terminate the problems, anger and frustration that you had with it. The purpose of getting the new car is to control your psycanic experience: eliminate negative and produce positive feelings.

Notice that if the new car were to cause you negative psycanic experiences: it doesn't feel safe, it brings on worry about making the payments or high operating costs, you will seek to get rid of it to terminate your negative feelings.

No matter what physical thing somebody wants, when we explore that want we will always find that there is an underlying desire for a psycanic experience. For examples: we want money for a feeling of security, or liberty, or power. We want a promotion for the experience of being appreciated or competent.

The physical universe and the body add a new dimension of experience to the psycan; but psycanic experience—wisdom, power, value, thought, and especially emotion, and above all love—are the primary experiences in life. In fact the purpose of the physical universe is to provoke psycanic experience, a concept we will come back to later.

BE FEEL THINK DO RELATE HAVE

There is another way, a very useful way, to look at experience: BFTDRH: BE FEEL THINK DO RELATE HAVE. We can divide your experience into these five classifications or arenas. (They are really five and not six because Relate is part of Do.)

We call these concepts the Causal Sequence and the Formula of Life. They are so called because life operates according to this sequence of Cause: BE causes FEEL; BE-FEEL cause THINK; BE FEEL THINK determines DO (your actions and behaviors) and obviously your DO determines your HAVE, your RESULTS in life.

The Causal Sequence = Formula of Life can be expressed in two ways:

BE → FEEL → THINK → DO-RELATE → HAVE

IDENTITIES → EMOTIONS → THOUGHTS → ACTIONS → RESULTS.

Each concept in the first equation is equivalent to the concept underneath in the second equation.

BE: What you are; all your identities and roles in life. Most of your BE = IDENTITIES are subconscious and it a most important part of psycanics to bring these to your attention and control so that you can change from who you are to who you want to be.

FEEL: All you emotional experience and feelings. As we will see below, your FEEL = EMOTIONS are the predominant and controlling experiences of your existence.

THINK: All your mental activities. THINK = THOUGHT includes your beliefs, values, programs, paradigms, desire, goals, visions, hopes etc. The purpose of thought is to guide action.

DO: Everything that you do in life: all your actions and behaviors and habits, especially including your manners of acting and relating to others. It also includes your performance at work and your handling of money.

HAVE: Everything that shows up, that exists, in your life, whether you acknowledge being the cause of it or not. These are your RESULTS in life. Your HAVEing includes your relationships (wife, children, friends, etc.), your house, your car, your financial situation, your body and health, your job.

Everything that you experience in life falls into one of these categories.

The importance of the Causal Sequence is that by changing just one element, your BE = IDENTITIES, you will change the entire sequence. Thus with one simple “rudder” you can steer your life.

FEEL = EMOTIONS: The king of experience is your emotions.

Of all the varieties of experience possible, both physical (sight, sound, touch, etc) and psychic (thought and emotion), the most powerful ones are the emotions.

Our emotions are the “main event” throughout our life. Even when we want physical things like a new car or job, fame and fortune, we want them because of how we think they are going to make us feel emotionally: free, secure, happy, joyful, successful, powerful, admired, respected, loved. Even the most powerful physical sensations, such as sex, have as their ultimate purpose emotional experiences such as closeness, intimacy and love. Happiness itself is but a positive emotional state.

Unhappiness is negative emotional experience, whether momentary or chronic. Unhappiness is the experience of negative emotions such as dissatisfaction, resistance, disgust, fear, anger, sadness, stress, anxiety, depression, etc., etc.; that is to say; a state of activation.

EMOTIONS ARE THE KING OF EXPERIENCE.

If we take the emotions as the most powerful, the most common, and the most present of all experiences, we can rephrase the law of the only motivation as:

**The only motivation of all human behavior
is to control one’s own emotions:
to avoid or terminate negative feelings and
to produce and prolong positive ones.**

Given all the emotional pain and suffering that most of us experience throughout a lifetime, we do not seem to be all that successful in achieving that control. But we never stop trying - which is why you are studying psychanics.

THE KING OF EMOTIONS IS LOVE+

The bottom line of human existence is that you seek to return to the experience of ESSENCE: Wisdom, Power, Value (goodness) and Love. However, of these, Love—Self Love—is the richest experience and it the result of other three. The concept of Love is so big, so grand and so important that it requires its own book: *Emotions, Love and Happiness*. In it, we prove that your emotions+/- are the Polarity Scale of Love. Love is a polarity and the negative polarity of Love (AntiLove) is the negative emotions.

SUMMARY

Experience is the only thing that exists and the purpose of existence. Therefore, s/he who understands and controls it, controls his existence. This control is the only motivation of all human behavior.

Everything that exists is energy (including “solid” matter, as expressed by Einstein’s formula ($E = mc^2$)). All realities are modulated masses of energy. All energy is lawful: that is, it obeys precise laws. All experience is the effect of energy = realities on consciousness. Therefore, all energy is lawful = all experience is lawful; all experience obeys exact laws. Knowledge of these laws permits you to control your experience and that is your purpose in life.

Your psychic experience is the experience of your internal energies of thought and emotion. External events do not cause your psychic experience; and it is not necessary to control external events to control your experience, i.e. reach happiness. Furthermore, you will never be able to control your experience by controlling externals: externals are not CAUSE. You need only learn to

control your psychic energies to control your experience and achieve love and happiness. This control is achieved through CDT: Creation & Discreation Technology.

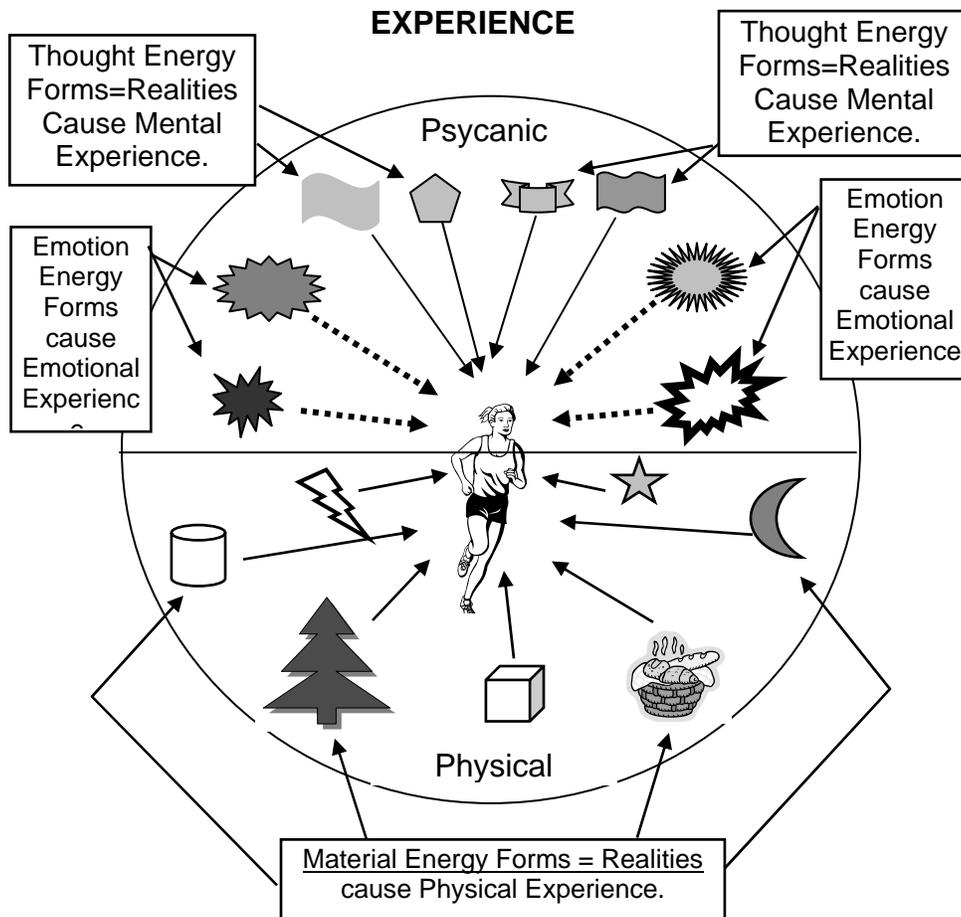
You will see the word “experience” frequently in psychanics. Remember that the word refers to your psychic experience unless physical experience is specified. Keep in mind that the word refers to an important and grand concept: the heart of life.

Your main psychic experiences are of ESSENCE identity: Wisdom, Power, Value (goodness and worthiness); followed by your thoughts and emotions; and above all, Love.

In the next chapter, Polarities, we continue to explore the nature of experience.

**THERE IS ONLY EXPERIENCE.
NOTHING ELSE EXISTS FOR YOU BUT YOUR EXPERIENCE.**

You are studying psychanics to learn to control your experience; to cause = create the experiences you wish to have and to eliminate the experiences you wish not to have.



1. There is only Experience. Nothing else exist.
2. All Experience is caused by the effect of energy forms = realities on consciousness.
3. The contents of your psycanic universe manifest your life conditions in the physical universe. (Life conditions = health, wealth, success, etc.)

Exercises for this chapter. The purpose of this exercise is to cement the concept of experience in your experience. Experience is the only thing that exists for you, and your only motivation in life is to control your experience. To understand psycanics, it is necessary that you begin to think in terms of experience.

Fill in the following table with at least 5 items in each category: Examples:

Internal body experiences: examples: Pleasures: strength, good health, energy, orgasm. Pains: back pains, digestive problems, tiredness, illness.

External physical experiences: positive: music, beauty, tasty food, comfortable clothes, nice house. Negative: lack of money, bills, car problems, car accident, a job you don't like.

Emotion experiences: Positive: enthusiasm, joy, satisfaction, happiness. Negative: anger, fear, anxiety, guilt, resentment, hate, sorrow, grief, depression, etc.

Relationship experiences: Positive: affinity, like, admiration, love, support. Negative: conflicts, dislike, aversion, hate, etc

| | Experiences that I have now and want to keep having. | Experiences that I have now that I would like to not have. | Experiences that I don't have now and that I would like to have. |
|---------------------------------|--|--|--|
| Internal body experiences | | | |
| External physical experiences | | | |
| Emotional (psycanic) experience | | | |
| Relationship experiences | | | |

The purpose of psycanics is to teach you how to control your experience.

CHAPTER 11

POLARITIES

The price of the ignorance of Polarity is suffering.

In the Beginning, you will remember, there was the NOTHING that we call IT, the undifferentiated TAO. Because IT was NO-THING, IT could not experience any-thing, nor know ITself—there was nothing to know. No relationships were possible because there was nothing with which to have a relationship. And as we will see with the principle of Relativity, you can only know yourself, know what you are, in relation or comparison to other = what you are not.

Above all else, IT wanted to experience ITself. So IT had to create “some-things” that would distinguish and differentiate some parts of ITself from other parts of ITself. One of the most powerful and interesting ways IT did this was by creating POLARITIES.

You create a polarity by pulling a concept in two opposite directions or poles. For example: Take the concept of temperature. Now stretch temperature in two opposite directions to create two positions: hot and cold. Pull as far as you can in each direction.

For the hot pole you might use the temperature of the nuclear fission fire of the interior of a sun: 20,000,000 degrees Celsius—give or take a few.

For the cold pole, you could cool down until you get within a degree or so of absolute zero. Temperature is movement of energy; absolute zero is the temperature at which there is no movement of energy and matter collapses. You can never quite get to absolute zero; but minus 274 degrees Celsius is within a degree or two. This is the temperature of “outer” space, far from any sun.

Of course, if you don’t want to go to such extremes, you can just use the ends of your thermometer.

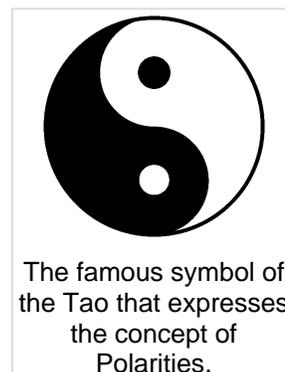
A pair of opposite poles constitutes a “polarity.” Polarities are the two ends of the same concept, of the same “stick.” The two poles mutually define and create each other.

You can’t turn left without coming from the right. “Yes” only exists because “No” does; without “No,” “Yes would be meaningless.

Axiom: It is impossible for one pole to exist without the other.

Using our example above, it is impossible to have “hot” without “cold.” As verification, try to imagine the concept of “hot” without including the concept of “cold.” Notice that this is impossible to imagine: “hot” can only exist in relation to its opposite, “cold”.

It is impossible for one pole to exist without the other. This is an axiom of extreme importance. It explains why there is; why there must be; and why there will always be, negative



experience: pain, suffering, AntiLove, loss, death and evil. This axiom is one of the meanings of the Tao symbol.

- It is impossible for one pole to exist without the other.
- For good to exist, bad must exist (the value polarity).
- For power to exist, no-power must exist.
- For success to exist, failure must exist.
- For worthy and deserving to exist, unworthy and undeserving must exist.
- For intelligence and wisdom to exist, ignorance and stupidity must exist.
- For the positive emotions to exist, the negative emotions must exist.
- For happiness to exist, suffering must exist.
- For love to exist, AntiLove must exist. (AntiLove is a concept of extreme importance presented in *Emotions, Love and Happiness*. You may proceed without understanding this concept here.)
- You cannot have one without the other.

The negative polarity must exist for the desired experience of the positive polarity to exist. Therefore it is AntiWisdom = foolishness to resist negatives of any kind. You can never eradicate “bad” as long as you define anything as “good.” You can never eliminate failure, while you define something as success. You can never eliminate poverty as long as you have wealth.

Furthermore, by laws of energy we have yet to see, your resistance to the negatives—i.e. to “bad”—only serves to strengthen the “bad”: Resistance Causes Persistence. To resist anything is to try to make it weaker, which only makes it stronger. To resist anything is to create it stronger. The failure to understand the polarity of good and bad causes all human suffering, as we shall see in the chapter on Good, Bad and Evil.

SCALES AND SPECTRUMS

Between any two such poles, we have a **polarity scale** or **spectrum**. A polarity scale is a spectrum = range of gradients between the two opposite poles. Some examples will make this clear:

- hot-cold and every possible gradient of temperature between
- big-little and every possible gradient of size between
- white-black and all the infinite shades of gray between
- the EMR (Electromagnetic Radiation) spectrum from long wave radio to cosmic rays.
- the light color spectrum from infrared to ultraviolet and all the colors between (think of white light refracted in a prism or a rainbow).
- the emotional spectrum: depression to ecstasy (suffering to happiness) and every possible flavor of emotion between.

By creating two poles, we create great ranges of possibilities, of variations, of experience.

Can you try to imagine how limited experience would be and how dull life would be without polarities? Try to imagine existence without the spectrums of light-dark, hot-cold, big-little, and color, etc. Polarity is a truly magnificent invention. I wonder how God ever thought of it.

The poles and their spectrums are **one** thing, **one same phenomena** pulled apart in two directions which creates the many gradients between them. That the two poles are in essence, one and the same thing may be hard to understand. It may help to remember that ALL is ONE. The Cosmos is the ONE dividing ITSELF into parts in many ways. Polarities are one of those ways.

Without a polarity to create a range of experience, there can be no experience of that phenomenon at all. Indeed, it would be extremely difficult for the human mind to even conceive of that phenomenon. For example, try to imagine a universe in which everything is just one

temperature: nowhere is there any variation whatsoever. In that case, it would be almost impossible to even conceive of the concept of “temperature.” And, obviously, any experience of temperature would be impossible since everything is already the same temperature all the time. This brings us to the next law:

It is impossible to experience one polarity without having experienced the other.

You must have at least two experiences at different points on a polarity scale to experience = know that polarity (see Relativity below).

Remembering that knowledge and experience are the same thing, this law then becomes: **It is impossible to know one polarity without having known the other.** The experience, at least once, of one polarity is necessary to be able to experience the other. You can appreciate the experience of the positive polarity only to the extent that you have experienced the other, and vice versa.

Example: A person who has been healthy all his life lives has healthy as his chronic condition. He takes health for granted and does not really appreciate it. Only to the degree that s/he is conscious of the other pole, whether by experiencing illness himself, or seeing the poor health of others, does the positive of his health stand out in his awareness.

Example: A person who has been rich all his life takes wealth for granted; s/he does not fully experience and appreciate his wealth—except to the degree that s/he is aware of the poverty of others and perhaps fears losing his wealth. (These two conditions would constitute some experience = knowledge of the negative pole of poverty). Wealth is his normal, everyday, base experience; s/he knows nothing else. He is thus unaware of wealth.

To create the experience of wealth, we must achieve the experience = knowledge of the opposite pole, poverty. Take away wealth from the wealthy person: s/he will now appreciate his former wealth. Take a poor person who has struggled to make ends meet and make him rich: s/he will truly appreciate and enjoy the experience of wealth where the always-wealthy person does and cannot.

Life provides many examples of this: We do not appreciate what we have until we lose it; that is, until we experience the other polarity. We do not appreciate our health until we lose it. We do not appreciate our freedom until we lose it—and no one appreciates freedom like someone who is just released from prison. Life = experience is the play of opposites, each one essential to the other.

In caveman times, there were rich and poor. The rich had 5 animal skin skirts and 10 spears and a stone ax. The poor person had an old skin, one spear, and no ax. Our idea today of poor would be incredible rich for a caveman. Now imagine a world of the future, say year 3000: The poorest person is as rich as the rich are in the world today. At the same time, the richest are many times richer than they are now, with such luxuries as their own private spaceship and vacation homes on Mars. Notice that polarities never change, only the definition of how what constitutes what position on the spectrum.

You have to experience the negative polarity at least once in order to experience the positive polarity. However, you don't have to stay, to reside, in the negative polarities. This is what most humans do; they stay in or keep bouncing in and out of the negative polarities, especially suffering (the negative polarity of happiness). **This is not necessary and is due to ignorance of how polarities function.** It is possible to live in positive polarities almost all of the time after you have experienced the negative polarity just once and for a short time. The child who burns herself on the hot stove understands the experience of hot for the rest of her life; s/he does not need to continue to burn, or to burn herself again and again.

RESISTANCE TO NEGATIVE POLARITIES

When you do not understand polarities, you will tend to resist the negative polarities and experience. When you resist a negative polarity, you are actually strengthening and increasing it.

Everything that exists is made of energy. The more energy that something has, the more mass it has, the more dense and solid it is; and the more real it is. Energy manifests, densifies, real-izes (makes more real) the thing energized, **irrelevant of the polarity (positive or negative) of the energy**. Resistance is the use of negative energy to try to stop, change or destroy something.

When you resist = use negative energy to try to change or destroy one pole of a polarity, you are energizing = giving energy to that pole. You are in effect strengthening it, and making it more real. For example: The Roman resistance to Christianity eventually made it the Roman state religion. Resistance to alcohol in the U.S. in the 1920's made it a crime (Prohibition)—which only increased drinking and crime in the U.S. The resistance of governments to drugs has made drug trafficking a huge and hugely successful business.

You cannot be happy by resisting your unhappiness. You cannot change yourself by resisting how you are now. You cannot become love by resisting AntiLove. You cannot create good by resisting bad. **Resistance energizes and causes the Persistence of that which is resisted.**

Your (mental and emotional) resistance to Reality (What Is, As It Is) is the ONLY cause of suffering. Furthermore, as we see in *You Are The Creator of Your Life*, the only thing you really resist is yourself in your AntiEssence Identities.

RESISTANCE CAUSES PERSISTENCE.

Where this principle is especially important to you is that you are—consciously or subconsciously—resisting the “BAD” things in yourself. You are resisting your negative emotions such as anger, fear, guilt, sadness and depression. You are resisting BEing such negative identities such as “I can’t, I am less than others, I am weak, I am unworthy,” etc. This causes the persistence and the growth of such negative energies within you. You cannot change the “BAD” things in you by trying to change them. Any attempt to change them is a resistance to them. The opposite of resistance is called SPACE. We will have a great deal to say about resistance and Space throughout psychanics.

RELATIVITY

Polar Relativity: It is impossible to locate or classify something on a spectrum without reference = relation = comparison to something else on that scale.

For example: I ask you: “Is my book heavy or light? You can only answer, “Relative to what? Compared to an automobile, your book is light. En reference to an paperclip, it is heavy.”

In the same way, you create who you are by relativity, by comparison, to Other. Are you strong or weak? Are you powerful or powerless? Are you rich or poor? Are you worthy or unworthy? In each case: Relative = compared to = in reference to whom or what? This is polar relativity. To define anything on a polar scale, you must reference something as the second pole.

Here is an example of relativity: Are you as an entity hot or cold? Your first take might be to check how you feel at this moment and say: “I am hot”; or “I am cold”; or “I am just right.” This you can only do by comparing your present state to your memories of what you consider hot and cold.

A second way to look at it would be to say: “Hot is the temperature of the sun, about 20,000,000 C. Cold is absolute zero at minus 274 C (absolute zero). At +37 C, I am 19,999,689 degrees below “Hot” and only 311degrees above “Cold”—way, way over on the cold side.

Now, go wrap yourself up in a blanket and never complain of the heat again.

General Relativity: Polar relativity is a special case of General Relativity. Everything that exists is defined by its relationship to everything else, by its degree of similarity or difference, by identity or non-identity. Everything is as much defined by what it is, as by what it is not. To be what you are, you are not-being many other things. If you are a human, then you are not a plant, or a dog or a cat.

If you are male, you are not female. If you are a doctor, then you are not a carpenter, not a lawyer, not a pilot, etc. If you are a person's daughter, then you are not her mother. You are who you are relative to all the rest of the universe. If there were no thing else, you would not know what you are. Without the rest of the universe, you cannot know what you are.

What you are is defined by what you are not.

In the absence of that which you are not; that which you are, is not.

This is the general statement of the law of polar relativity that you must have two poles, and that you can only define where you are on the spectrum by defining some other point as where or what you are not. In general relativity, you can have many other "poles" = characteristics that you are not and that thereby define what you are.

You will see the importances and the applications of the Principle of Polarity as you advance in your studies of psycanics. The understanding of polarities is relevant to:

- Ludology (Game Theory)⁴
- Drama
- Essence and AntiEssence
- Being and Identities
- Good, Bad and Evil
- Love and AntiLove
- Suffering and Happiness.
- How you create what you don't want.
- Resistance Causing Persistence
- Relationships
- The relationship of God to Humanity

WHAT TO TAKE WITH YOU FROM THIS CHAPTER:

Polarity is one of the main ways in which experience is created.

A polarity = scale = spectrum consists of two poles of seemingly opposite qualities (that are really one) and the range of experiential possibilities between them.

It is impossible to have one pole without the other. Both poles must exist for the spectrum to exist. Negative must exist for Positive to exist.

It is impossible to experience, to know, one quality of a polarity without the experience, at least once, of another point (pole) on the spectrum.

Polar Relativity: It is impossible to define a position on a polarity scale (what something is) without reference to some other position as the other pole (of what that something is not).

General Relativity: Polar Relativity carried to more "dimensions." Just as on a polar scale a position is defined by another position that it is not being, so too is everything defined as much by what it is not, as by what it is.

⁴ Ludo is Latin for "games" and "play." Also the root for the English word "ludicrous."

CHAPTER 12

THE MAIN POLARITIES

While the multi-flavored tapestry of both psycanic and physical experience is woven of hundreds of polarities, a few are of special importance to your understanding and power over your existence. These are:

- Value, which includes
 - Positive-Negative;
 - Good-Bad (a distortion of Positive-Negative)
 - Worthy / Deserving-Unworthy / Undeserving
- True-Mu-False = Yes-Mu-No
- Cause-Effect
- Space—Density and Resistance.
- **God-Human**, which is the same as
- Essence-Anti Essence, which includes
- Wisdom-AntiWisdom,
- Power-Anti-Power (very related to Cause-Effect),
- Value
- Love-AntiLove.
- Happiness-Suffering
- **Energy**: positive and negative energies of all kinds, including:
- Emotions: The spectrum of positive and negative emotions.
- Affinity: The spectrum of aversion, rejection, separation: up to attraction, affinity and integration.
- Pleasure-Pain

The explanation of the importance and the operation of most of these polarities is extensive. Most require a complete chapter—some will require several chapters. We will study each one at the appropriate moment. (True-Mu-False has already been covered.) In this chapter, we will limit ourselves to Positive-Negative and a brief introduction to God-Human and the Essence polarity.

THE VALUE POLARITY: POSITIVE-NEGATIVE.

Definitions in psycanics:

Positive: that which is: Desired, Pleasant, or Productive.

Negative: that which is: Not Desired, Rejected, Unpleasant, or Un-or Counter-Productive.

The Value Polarity of Positive-Negative is a major player in the cosmos. It is a meta-polarity that applies to all other polarities and to all experience. In electronics, the difference of potential between two poles is called voltage and creates the flow of electrons. In psycanics, the concept of value

works similarly. Differences of value impulse all movement and change. We move towards things with positive values and away from things with negative values.

Thus, differences in value create desire, motivation and movement. If everything in life had exactly the same value, you could not make choices and nothing would be more important than anything else. If nothing is better than anything else, there is no basis for choice; consequently there can be no movement towards a choice that is never made. Thus value, positive and negative, is essential to the universe. We will come back to this in the chapter on Game Theory.

To give a very simple example of this: When you go to the market to buy apples, you have a greater value on the apples than you do on the money you pay for them. The seller has a greater value on the money s/he receives than on the apples. The result is movement, change: the interchange of money for apples.

Another example: You can see the values of a person by what s/he does, where s/he puts his TE (Time and Energy)—as opposed to what s/he says. Does s/he value more watching sports or playing with his children? He does what s/he considers more valuable, more important—no matter what s/he says is more important or valuable. He will move, act, towards his highest value at the moment.

Note: Values must not be confused with Principles, especially with the Universal Principles. Values are purely personal and individual and vary greatly from one person and one culture to another, and from one age to another. For example, some people value more time off than over-time pay. Some value reading more than television. Some value education; others may give greater value to sports or recreation. Values are likes and preferences.

Principles are entirely different. Principles are rules of operation. The most important ones are The Universal Principles things such as Integrity, Honesty, Justice, Win-Win, Keeping one's Word, Punctuality, Respect for the property of others, etc. They are the principles of love and of good relationships between beings. They are true and applicable to all people in all times and all places. The violation of the Universal Principles always causes problems and conflicts and generates decay and chaos in the universe.

Notice how the laws of polarities apply to the value polarity. If I ask you how valuable is money, you have to ask: relative to what? to my free time, to my liberty, to my health, to my children? You cannot experience = know the value of money without experiencing, without relativity, to another position on the scale.

THE GOOD-BAD-EVIL POLARITY

Probably the greatest error of humanity and of every individual is the creation of GOOD and BAD.

The polarity of Good-Bad is a creation of the human mind and not part of the original creation of the cosmos. Good-Bad is a distortion of the Positive-Negative polarity. God does not distinguish Good—Bad. (This answers that old dilemma of religions, “How can an all-powerful, good God create or let bad things happen?” S/He doesn't; S/He has no Good-Bad polarity; the experience of Bad does exist for Hir—as I said, Good—Bad is a human creation.)

The underlying definition of BAD for humans is: THAT WHICH SHOULD NOT BE AS IT IS—thereby justifying the use of negative energy (resistance) to stop, change or destroy it.

The problem with BAD is that it appears to justify the use of negative energy (AntiLove) to change or destroy that which is BAD. BAD is the catalyst for AntiLove and AntiLove is the origin of all suffering. Look within you and around you at the world and notice how much negative energy = AntiLove = suffering exists. That is the measure of the problem of BAD on this planet.

This polarity is so big and so important to your happiness that 3 chapters will be devoted to it in *Fundamentals of Psycanics*.

THE GOD-HUMAN POLARITY: THE ESSENCE POLARITY

(The following data is mystical, but its understanding will explain many things you will see later in psycanics, especially the overwhelming importance of the psycanic identities, the most powerful factors in your life.)

We can think of God as INFINITE ESSENCE: All-Consciousness, All-Wise, All-Powerful, All-Good, All-Love, All Bliss, etc. We abbreviate ESSENCE to Wisdom, Power, Value, Love-Joy. However, in the Beginning God was not those things; S/He could not BE them; S/He could not experience them. They exists only as mental concepts—not as experiential realities. In the Beginning, there was only the **unpolarized**, undifferentiated NOTHING. To experience ESSENCE

In order for God to BE those things, to experience Hir ESSENCE, to experience Wisdom, Power, Creator, Love, Ecstasy, etc.; S/He had to create them and **they are all polarities.** ←

Remembering from the previous chapter: One pole cannot exist without the other. You cannot know and appreciate the experience of one pole without having experienced the other.

To have a polarity, THERE MUST BE TWO POLES. Therefore, SOME PART OF HER HAD TO GO TO THE EXPERIENCE OF THE NEGATIVE POLARITY.

- S/He had to have negative to have positive
- S/He had to have the many and the experience of separation and isolation to experience ONEness.
- S/He had to have ignorance and unconsciousness in order to experience AWARENESS and WISDOM.
- S/He had to have AntiPower in order to experience POWER.
- S/He had to have that which is created to experience being CREATOR.
- S/He had to have AntiLove in order to experience LOVE.
- S/He had to have pain and suffering in order to experience HAPPINESS.

What part of God are you most familiar with that:

- is sure that it is not God?
- feels itself separated and isolated from all else? (The disconnected many.)
- displays minimum consciousness and maximum ignorance of origin and ESSENCE. (AntiWisdom)
- feels itself as created rather than creator. (AntiPower)
- often experiences itself as unable and powerless? (AntiPower)
- often conceives of itself as less than and unworthy, as a sinner, guilty, BAD, even as conceived in sin? (Negative Value)
- lives in a great deal of AntiLove = pain (anger, fear, sorrow, guilt, hate, depression, etc.) instead of bliss? (AntiLove and Suffering)

Exactly: Humanity, you and I. You and I live in the negative polarities, in AntiEssence.

We humans are the opposite polarity of God. Because of principles of polar experience, God can only know Himself in all Hir positive characteristics = ESSENCE = PWVL by somehow experiencing Himself in all the negative ones: un-awareness, foolishness, stupidity, no-power, negative worth = value, AntiLove and AntiJoy (sorrow and grief and depression).

Humanity is the negative polarity of God, a point of maximum negative relativity to God, that permits God to be experience BEing the positive polarity of God. We are the experience of ANTIESSENCE (AntiWisdom, AntiPower, negative value, and AntiLove) that makes possible the experience of ESSENCE to the other part of us = God. We are one part of God's experience that is the experience of not BEing God that thereby permits God to have that part of Hir experience that

is BEing God. Without someone to be God of, God cannot be God. You as a human being permit God to be God by providing Hir with someone to be God of.

God is ESSENCE; humanity is AntiEssence. Humanity as a psycan is buried in AntiEssence, in a mass of realities that suppress our original ESSENCE. (We will have a great deal to say about the Essence Suppressor Mass in *Psycanics for Conversations with God*.) Humanity is about as low on the spectrum of will-ful, creator Beings as you can go. (Beneath humans there are other beingnesses: animal, plant, inert matter; but they are not endowed with will-creator-power.)

Each characteristic of ESSENCE is a polarity of its own. Wisdom is a polarity; Power is a polarity, Value is a polarity; Love is a polarity; and Joy is a Polarity. (Joy is a part of Love.) (There are, of course, many more characteristics of ESSENCE; but these Wisdom, Power, Value, Love-Joy = WPVLJ are the most important ones.)

THE ESSENCE POLARITY SCALES

| GOD = ESSENCE = WPVLJ | | | |
|--|--|--|--|
| WISDOM | POWER | VALUE | LOVE-JOY |
| Awareness Intelligence Knowledge Intuition Creativity | CAUSE Will Strength Creator Able-ity | POSITIVE Value GOOD Worthy Deserving | Ecstasy Bliss Joy Enthusiasm HAPPINESS |
| UnAware Not Know Ignorance Forgetfulness Dullness Stupidity | The Created Weakness UnAble Controlled Powerless EFFECT, | NEGATIVE Value Less than Unworthy Undeserving BAD | Anger Resentment Guilt Fear Hate Sorrow Depression |
| ANTIWISDOM | ANTIPOWER | ANTIVALUE | ANTILOVE Pain, Suffering, UNHAPPINESS |
| HUMANS: The ANTIESSENCE BEing = EXPERIENCE. | | | |

Notice the value polarity at work on each of the ESSENCE polarities. By assigning a value of Positive to ESSENCE and of Negative to AntiEssence, we have the game, the motivation to move, to return, from AntiEssence to ESSENCE; to return to POWER and LOVE and GOD. Were Essence and AntiEssence of the same value, all experiences = all positions on the spectrum would be equal and there would be no impetus to move or change. Any experience would be as good as the other: anger as good a love, fear as good as enthusiasm. And this is indeed the point of view and the experience of God, but not of humans. God is conscious of the ONENess of Essence and

AntiEssence and of the necessity of both poles. Humanity is caught up in his fight against one pole trying to get back to the other. Rxx→Perxx.

The positive value of ESSENCE is programmed into the heart of hearts of your BEing. It is the deepest part of your nature to want and to strive to return to the ESSENCE from whence you come. This is, in fact, the ulterior motive of all human behavior: to return to the experience of ORIGIN and ESSENCE, to LOVE, BLISS and GOD. That is the Master Game. Even the most destructive, the most “evil” acts of humans have that as their motivation. (This will be proved in later levels.)

Of course, all this is a magnificent Game and Drama for humans. (Game and Drama are concepts to be clarified in the next chapters.) We descend into AntiEssence for the great adventure of climbing back out to be God again, just as a mountain climber descends into the abyss for the challenge and experience of climbing back out. We return to ESSENCE with the experience and knowing of the negative pole which make the experience of the positive pole possible and appreciated. We descend into Hell (AntiLove) for the pleasure of appreciating Heaven (ESSENCE); just as someone who has been working hours in the hot sun most appreciates a cold beer in an air-conditioned room.

Your experience of ESSENCE is controlled by your psycanic IDENTITIES. In turn, your identities determine your life. Your identities, then, are the most important factor in your life, as we see in *You Are The Creator of Your Life*.

A Note from Mysticism: The commitment of God to you, the covenant of God with you, when you went into AntiEssence is that S/He would not leave you here. (How can S/He: you are S/He, and as you suffers so does S/He.) The covenant is to eventually bring you back to ESSENCE. This is called “salvation” or “heaven” in religious terms. I prefer the terms “Realization” (of your true nature) or “Illumination.” Christ expressed it as “The Father and I are One.”

Your return is certain. God is ALL THAT IS, everywhere and infinite in size and in time. You have nowhere else to go; God is so BIG as a target that you can’t miss, and you are immortal and so have all eternity to get there. You just can’t miss.

Furthermore, you need do nothing to get back, your return is assured and God will get you there eventually, with or without your cooperation. However, you can accelerate the process (which psyanics and mysticism do); or drag it out and make it more painful, which is what most humans are doing.

When you understand that the purpose of your life and all events in your life is to bring you back to God, there are no negative events. There are no accidents or coincidence in life and every event is designed to move you closer to ESSENCE. When you truly see and understand this, you will no longer resist anything. When you do not resist events, you do not suffer. And when you understand how to use all “negative” events, you return that much faster.

Here is an example of how to apply the information on Polarity to life, using the emotions as the subject matter. For the purpose of our discussion here, we will pretend that Good and Bad exist.

By the laws of polarity, the negative emotions must exist for the positive emotions to exist.

By the laws of polarity, it is necessary to experience and know the negative emotions in order to know and appreciate the positive emotions.

The negative emotions are not BAD: In fact, given that they are essential to positive emotions (enthusiasm, joy, happiness), they are therefore GOOD. (The definition of BAD, you will remember, is that which should not BE, thereby justifying resistance and the use of negative energy to change or destroy.)

The negative emotions must be experienced to experience and appreciate the positive emotions. However, you only need to experience them once—you don’t have to live there in pain and suffering, which is what most humans do.

You can only experience one polarity, e.g. joy, to the extent that you are willing to experience the opposite, grief. Most people live in a narrow band of reduced emotion around neutral with occasional peaks towards both poles. Their resistance to pain limits their experience of joy.

If you hold your negative emotions as BAD, you will live resisting them. How much do you resist and try to avoid, change or destroy your negative emotions? Resistance causes Persistence. Your resistance serves to energize them and make them stronger and more persistent.

With psychics, you can achieve full control over your emotions, but the road is through SPACE, not BAD and Resistance. (Space is an extremely important psychic phenomena and concept that you will see in *Fundamentals of Psychics*. It is okay to proceed without fully understanding this word at this time.)

SUMMARY: What to take with you from this chapter:

The concept of the existence of the following polarities (only VALUE has been explained):

- CAUSE–EFFECT
- VALUE, of Positive and Negative, and of Worthy and Unworthy.
- ESSENCE–ANTI-ESSENCE
- GOOD–BAD: a nefarious distortion of the Value polarity to be studied later.
- WISDOM: knowledge, intelligence, intuition, creativity; and their opposites.
- POWER: to be able or not to be able to produce the desired result: I can, or I can't do it
- LOVE–ANTI-LOVE: requires a complete chapter to understand.
- EMOTIONAL ENERGY: the positive and the negative emotions, happiness and suffering

CHAPTER 13

GAMES AND GAME THEORY

In this chapter, we continue our exploration of the nature of experience by examining another grand way in which experience is created: games. Given that you are currently playing many, many games, it will contribute to your wisdom and to your power in life to understand their nature.

- A game can involve many elements including:
 - A Player or a team of Players, and/or Allies.
 - Knowledge, part of Power.
 - Goals: objectives to achieve during the game.
 - Obstacles to the Goal, which concept includes
 - An Opposing Player or team.
 - Ignorance, part of Anti-Power. (e.g.: in many games, each side must be ignorant of the plans of the opponent. Knowing would destroy the game.)
 - Anti-Power: limits to Powers (including to knowledge and abilities), so that there is
- A Balance of Powers between the Player and the Obstacle, so that there is:
 - The possibility of winning **and** the possibility of losing.
 - Scores and scorekeeping: measurements of progress or achievement of goals.
- A physical space, often limited by boundaries (e.g.: a board, table, court or field).
- Time (temporal space) measured or limited in seconds, minutes, hours or longer.
- Equipment and resources: things to play with that increase the power of the player.
- Prizes and honors: things to play for.
- Rules and penalties for breaking rules.
- Judges, referees.

Not all games have all these elements. But there are two elements that are the essence of a game, and no game can exist without them.

- A goal
- An obstacle to the goal.

The essence of a game is a **goal** and an **obstacle** to the goal. Everything you want and everything you try to do in life is a goal. What keeps you from having them at the instant of wanting them are the obstacles.

Which is more important to a game, the goal or the obstacle?

You may be tempted to answer the goal, but it is not so. While an obstacle cannot exist in the absence of a goal—just as one polarity cannot exist without the other—a **game is the obstacle** rather than the goal.

If you can quickly achieve any goal with little effort, there is no game. Taking football as an example, imagine that there is no opponent team and you can stroll up to the goal line with the ball and cross it as often as you like. You can make as many goals as you want as fast as you can step back and forth over the goal line. How long would that be interesting?

And why is it not interesting? There is no obstacle and therefore no effort or struggle. What makes a game and makes it interesting is the obstacle. **A game is the effort to overcome the obstacles.** When you can have the goal without the obstacle, the goal loses importance and there is no game, no fun.

Another way to see the relative importance between the goal and the obstacle is to note how much time and attention is given to each factor. When a team makes a goal, everybody celebrates or laments it—for two or three minutes. Then everybody, teams and spectators, get back to the obstacle, the struggle between the two teams. **A game is the effort to overcome an obstacle.**

Even winning is not very important compared to the obstacle = game. We all play games knowing beforehand that there is a 100% certainty of someone losing and a 50% probability that it is we. We play knowing that sooner or later, we will lose. We play anyway—eagerly—because the playing and not the winning is the main event. Reaching goals and winning are great experiences, but more important is the experience of playing, the game itself.

A game, then, is the effort to overcome obstacles. It is the effort, not the goal or the winning, wherein the rich experience of games lies. The struggle to overcome obstacles lets us experience using our knowledge and abilities, our **Power**. It is the experience of trying and learning and pushing our limits. The obstacle permits us to explore who we are and what we can do, to explore our BE, FEEL, THINK, DO and HAVE. It permits us to grow to BE and DO and HAVE more and more. It is the struggle against the obstacle that tries our mettle and most makes us feel = experience. **Experience, remember, is the purpose of existence.** The effort to overcome obstacles, games, is intense experience; it is life intensified.

The purpose of a game is experience. (Experience is the purpose of existence.)

The essence of a game, the majority of the experience,
is the **effort to overcome the obstacle**.

THE PURPOSE OF GAMES

As already shown, the purpose of all games is experience. You have two types of experience: physical and psychic. Some games provide physical experience. But the much more important purpose of all games is psychic experience: to feel, to emote, everything from the agony of defeat and the thrill of victory. (Remember that by the laws of polarities, both must exist.)

However, emotions are but the symptoms of something much deeper: your identities. Your emotions are how you feel about yourself according to the identity that you are in at the moment. **The highest purpose of all games is to challenge and activate your limiting identities so that you can perceive, confront, and expand beyond them.** The concept of BEing and IDentity are crucial parts of Psychics.

PROBLEMS

Other names for “obstacles” are: “challenges” and “problems.” Notice that every problem consists of a goal (whatever situation you want to exist) and an obstacle to that goal. If you want to know how many and what games you are playing in life, make a list of your goals and of your problems.

Common areas of problems = games include: relationships, marriage, raising children, school, work, create, or run a business, and happiness. How well you play each game is determined by your 1- knowledge and wisdom; and 2- your IDentities. You can tell whether you are winning or losing in such games by 1- your results; and 2- how you feel, your emotions.

One of the definitions of happiness is: The perception of progress in winning worthwhile games. The perception of progress activates the Power IDentities of “I can; I am able; I am valuable; I am worthy; etc.” These in turn spark the positive emotions of satisfaction and self-love that are the essence of happiness. (Note: happiness is not getting the goals themselves; happiness is the self-love we experience when we are in positive psycanic identities. All this will be explained in *Emotions, Love and Happiness*.)

GAME CONDITIONS

“Game Conditions” is a technical term in psycanics that means that the conditions necessary for a game are met. They include at a minimum: a goal (the positive terminal), an obstacle (the negative terminal), a player, and a balance of power between the player and the obstacle, so that there is possibility of winning and of losing.

THE POSITIVE-NEGATIVE POLARITY IN GAMES

The positive-negative polarity is essential to Game Conditions. The positive element is the goal, what you wish to achieve. The negative elements consist of the obstacles (and can include that the other team not make a goal). Without the definition of what is positive and what is negative, there can be no game, because there is no preference for one thing or one direction over another. This means that there can be no purposeful movement; only random movement or no movement at all.

You must define the positive, the goal, to know where to go and what to do. Once you have defined the goal, the obstacles appear automatically.

Related to the positive-negative polarity is the polarity of “What Is” and What Isn’t.” To have Game Conditions, “What isn’t” must be more important (given a higher positive value) than “What is.” All games include an effort to make “What isn’t” → “What is.” which is part of the concept of “goal” and of winning.

THE GAME CONDITION OF BALANCE OF POWERS

A game requires a more-or-less equal balance of power between the player and the obstacle. Balance of Power creates maximum struggle and equality of the probability of winning or losing, and consequently, maximum uncertainty of the outcome.

If the Player has too much Power, there is no real obstacle and s/he is not tested, not pushed to his limits; s/he does not learn or expand himself. If the obstacle is too big, then the power of the Player is insufficient to ever win and there is no game and no fun.

You don’t want to win all the time or lose all the time: either situation destroys game conditions. Were it foregone that a Player would win all the time or lose all the time; nobody, including the Players, would be very interested in the game.

To have a Balance of Power, the power of one element, Player or Obstacle, must be matched to the power of the other. This often requires a limitation to reduce power of one of the elements.

THE GAME CONDITION OF NOT-KNOW

One way to limit power is to handicap; another is through the rules and regulations. Another way in which Power is limited is by NOT-KNOWING. In many games, you must **not-know** the opponent’s strategy and plans, two common examples being football and chess. In some games, war

for example; both opponents try to make sure that the other team knows as little as possible. Knowledge is Power and can destroy the balance of Power in a game.

Mysticism: In order to have games conditions on earth, you-psycan had to suppress your ESSENCE (Wisdom, Power, Value and Love) and reduce them to that of a human. A being at the level of a Christ or a Buddha has no obstacles on earth and therefore no games are possible.

For example, you reduce Wisdom by **not-knowing** many things, including who you really are, where you come from, your powers of creation and discreation of reality, the future, etc. In later levels, we will see how you counter-create your ESSENCE to lower your IT and how to reverse the process.

LIFE IS A GAME

In each area of your life, in each problem, you always have a goal and obstacles to it. That means you are in a game—whether you want to be or not. Every goal and every problem in your life is proof of the existence of a game. How many problems do you have?—count your games.

Life is a game.

Most activities in life are games.

You are here to PLAY!

Of course, life often does not feel like play; it is often full of pain and suffering. These come from losing your games too much. But the inability to win your games is not a property of the games, but rather a reflection of the Player. If you are losing or suffering, you have forgotten the rules of the game of life; and you are probably not winning enough. This is where psycanics enters.

Psycanics will remind you of the rules of existence, the laws of life. It will rehabilitate you as a spiritual being, a psycan, to play better, enjoy your games more, and to win more.

Mysticism: And then there is The Master Game, the game of getting back to ESSENCE. This is a game every being on the planet is engaged in—whether they know it or not; whether they want to or not. Psycanics is the rules of the game.

CHAPTER 14

THE MOVIES

Do you like the movies? Do you not often take out time from your real life to see a movie? Almost everybody on the planet likes movies and sees many.

What is it that makes the movies so universally popular?

It's simple: they are **experience**, albeit vicarious. Experience, remember, is the purpose of existence and what we all seek. Experience is life and the more experience that you have, the more life you live.

Movies are a way to experience more than we can live personally. They are a way to experience events and adventures not otherwise available to us. They are a way to crowd more life into our lives. Some even tell the stories of the complete lives of others, at least in the important details.

Movies have a limitation as experience. They are not a totally real; they lack the actual physical experience. You do not really go to those places and do those things. Your physical experience remains that of a seat in the theater or the couch before the TV. Nor do you always reach the intensity of emotion just watching the actors as you would were you actually living that experience—although the best movies are always those that make you FEEL most, whether elation or terror or anything between.

The lack of physical experience is not always a disadvantage; movies are a way to experience dangerous things without the danger. And by not having to actually do the thing physically, we save a lot of time—time for more movies, no doubt. Furthermore, as we shall see, physical experience is not the most important.

Computer technology has already created “virtual reality”: 3-dimensional worlds for computers games and training simulators of all kinds (e.g. flight training). Virtual reality gives you the experience of actually being in and moving about inside a 3-dimensional universe. (A good example is the angel file system in the movie “Disclosure”).

How real can such realities get? Where will the power to create reality end?

Where do you want it to end? How much reality do you want? How about total, absolute reality? How would it be if you could go to a theater where the movies are solid, 4-dimensional reality? How would you like a theater in which you did not just sit back and watch the actors, the hero and heroine, but actually became them? How would it be to fully live in real space-time, to really do and think and feel everything that the protagonists in a good movie do?

Perhaps you have seen the movie, “The Never Ending Story”? In it, a boy finds an attic and starts to read a book about a fantasy world, full of strange creatures. The fantasy world is in danger of disintegration if someone does not save it. Reading the book, s/he merges into the story to find himself in that fantasy world, now as solid and real as the planet earth. He becomes the hero that saves the fantasy world.

How would it be to be able to go to a theater like that, merge into the movie and actually live everything in solid reality? And then—no matter what happens, even if you get killed in the movie—come back out to your “real” life?

Well, look around you. **You are in such a movie.**

The earth is a movie set where psycans (spirits), come to act and live out 4-dimensional, full polarity, solid-matter-level reality movies. The earth is a combination game field, amusement park and movie set where psycans come to experience whatever they would like to experience.

What do spirits like to experience? Anything and everything—just as humans do. Just observe human taste in stories and books: there is every kind of book and novel that mind has been able to imagine: romance, horror, adventure, mystery, detective, political, gothic, war, business, historical, fantasy, fairy tales, sadistic, etc. There is no limit to variation or to human taste in literature. Psycans are the same. Humans are psycans in bodies and their tastes are the tastes of the psycan.

Experience, remember, is the purpose of existence. Psycans want to experience, and the earth is a great movie set for all kinds of experience not available in the spirit realms.

The earth is a movie set for spirits. It is the game field for the game of life. It is also an amusement park with all kinds of rides, natural such as mountains and oceans, and human-made such as cars and trains, planes and parachutes, boats and submarines. And then there are even amusement parks within this amusement park, Disneyland, et al.

The purpose of existence is experience. The purpose of your life is to immerse yourself in situations of all kinds, physical and psycanic, and to explore the physical **and the psycanic** experiences that result. Physical experience of itself is great, but it is of secondary importance. Its primary purpose is to stimulate psycanic experience: joy, beauty, fear, hope, satisfaction, horror, etc. (Notice that these are all polarities.) A movie and life succeeds to the degree that it makes us think and feel; and offers us opportunities to expand our BE, DO and HAVE.

Some people will argue that there is no way that they would choose a life full of difficulty or failure or suffering or evil or horror, etc. But just as we humans are fascinated by movies of villainy or terror, and news reports of disasters and evil; so too are we as spirits fascinated by the entire spectrum of possible experiences, including the negative polarities. There are multiple factors that affect this:

Polarity: Experience is polar. You cannot know and appreciate positive, “good” experiences without also knowing negative, “bad,” experiences. Existence is the exploration of all possibilities of experience, including AntiEssence (Anti-Power and AntiLove).

Spirit-ually, there is no “good” or “bad”; there is only experience. Good and Bad are just labels created by the mind.

As we saw in Game Theory, your juiciest experiences and your greatest opportunities for growth are in the obstacles. Deep inside, spirit-ually, you want big challenges, big obstacles, big problems, to cut your spirit teeth on.

Spirit-ually, you come from realms of light and love. Enough already. You come into the realms of AntiEssence for the tasty, negative-polarity experiences that are here, just as many people relish spicy hot peppers.

Before you incarnated here, you wrote the script for your life and you are now living it out. In later levels of your studies, we will explore how you can discover what your life script is and how to align with it. We will also explore your power to change and rewrite it while you are here.

Meanwhile, it would be good to stop resisting your experience and your life. You chose it for your own good reasons at the time, no matter how it looks now. Furthermore: Resistance causes Pain and Persistence.

What is, is; and is as it is.

What isn't, isn't—and that is “What is,” also.

Your suffering is your Resistance to What is.

(Your suffering is never “What is”; but your Resistance to “What is.”)

So, WELCOME to your movie!

And here's the good news: You are not only the actor and the hero; you are also the writer and the director. You have caused all that you have experienced so far whether you accept that responsibility or not. The game with psychanics is to learn how you cause it so you can take control of the process and start writing better movies and winning your games.

CHAPTER 15

DRAMA

Notice our progression of concepts in these last chapters:

Experience → Polarities → Games and Movies → Drama.

What do the words “drama” and “dramatic” mean?

Drama is a highly emotional situation, full of tension and suspense, where the final outcome is in doubt and where the next turn of events is often surprising but always challenging. The opposite polarity of dramatic is boring.

Some people think that “drama” refers only to situations with negative outcomes, for example, tragedies. This is not so: any situation or event can be dramatic including positive outcomes. For example: would it not be dramatic if you won the lottery?

Throughout history, all the best stories, whether tales, books, movies or history itself, are dramatic. Dramatic is almost a synonym for “highly interesting”.

Question: Has your life been dramatic? Is it dramatic now?

Most people will answer that question, “Yes, my life has been dramatic.” Those that say no, usually say that their lives are boring. However, even boredom can be dramatic if you make a soap opera out of it.

Psychics love experience and Drama is the maximum, the richest, the juiciest experience possible.

THE SOURCE OR CAUSE OF DRAMA

Where does Drama come from? What makes something dramatic; what causes or creates Drama? Think about this for awhile before reading on.

Drama comes from pushing the polar envelope, from exploring the polarities to their limits. Drama springs into existence when you go far into negative before going to a high positive—or you stay in maximum negative in spite of your best efforts to go to positive (tragedy).

Drama is maximum uncertainty, maximum suspense about the outcome, about reaching the goal, about winning. It comes into being when you are challenged to your limits, and you experience maximum doubt about your ability to achieve your goal. It comes as a result of facing big obstacles, obstacles at the limit of your powers to overcome. Goal and obstacles, you will remember, are game conditions.

Think of any dramatic movie that you have seen and observe that the hero faced a big problem or threat (the negative pole) that pushed him (him or her) to the limits—only to finally conquer the obstacle and win (the positive pole), usually at the last moment. In terms of “Game Theory,” drama is the struggle against a big obstacle that seems insurmountable. In terms of “Movie,” drama is struggle with very negative situation before ultimately overcoming it and reaching a positive situation.

If you want a tragic drama, then either you never get out of the negative or, even more dramatic, you get out only to fall back into it at the end. In the famous Shakespeare tragedy “Romeo and Juliet,” for example, the protagonists first overcome great obstacles, the family feud (negative); to find great love (positive); only to lose it at the end and die (negative). Shakespeare takes his characters up and down polarities scales—and you with them.

Notice what makes a dramatic sports match: a very close game where the outcome is in doubt until the last moment. In such a match, each team must employ its maximum effort against an equal or better adversary. Win or lose your preferred team, this type of game is much more dramatic and enjoyable than a game where one team just walks over the other to victory—even if the winner is your favorite. The most dramatic of all games occurs when the underdog beats a top-ranked team after a superb struggle—and at the last moment.

The determining element of drama is the emotional experience. This too is a polar exploration of the emotional spectrum. When winning appears doubtful, almost impossible, we get maximum negative emotion: frustration, anger, desperation, uncertainty, fear, etc. The negative emotions set the stage for the appreciation of the positive emotions that accompany victory. You can only savor the victory to the degree that you were tested to your limits with all the intense negative emotions involved. This is polarity in operation; this is drama.

Polarities are essential to Drama: You can savor victory only to the extent that you almost failed. The distance of that movement, from defeat-to-triumph, against significant obstacles is drama.

The position of “Victim” (explained in Cause and Effect) is especially dramatic as it is a position that denies power, making all challenges seem big. Victim therefore generates lots of AntiPower negative emotions (frustration, anger, impotence, despair, etc.)

In The Movie chapter, we said that some people will argue that there is no way that they would choose a life full of difficulty or suffering or evil or horror or failure (notice the drama). But where is the **drama**, the “juice,” in an easy life with few problems or challenges, always getting what you want? The truth is we psycans come here for experience and one of the juiciest forms of experience is drama.

Life is a dramatic movie taking place in an amusement-park movie-set called Earth, and consisting of many games as dramatic as you can make them. You are here to play and experience all that you can. Life is experience, and the purpose of life is experience. There is nothing else.

Your objective as a psycan is to create drama. There are two ways to generate drama:

In the struggle to get what you want: the struggle with obstacles.

In the getting of what you want: the prizes.

Which way you define drama affects how your life manifests. If you define the struggle as dramatic, you get a lot of struggle. If you define getting what you want as dramatic, you get a lot of what you want. This is why some people’s lives appear to be magical: they appear to win easily and often.

SUMMARY

Experience is the purpose of existence. One of the major forms of experience is Polarities. Polarities are essential for Games and Movies: positive and negative, what is and what isn’t, powers against obstacles. The exploration of Polarities, pushing the limits \equiv the poles, is what makes Games and Movies interesting. We call pushing the poles, Drama. Drama is the degree to which a Game or Movie scene is interesting.

The prime experience of Drama is emotional. All emotion is how you feel about yourself according to the Identity that you have activated at the moment. A Game, the struggle of your Power against the obstacle (counter-Power) activates your Power Identities (I CAN and I

CANNOT); and your Value Identities (I AM GOOD and WORTHY; I AM BAD (a failure) and UNWORTHY. These identities are the source of the emotions that are Drama.

So when you find yourself up to the eyebrows in drama, try remembering not to take it so seriously. Life is a game and nobody gets out alive. Your human life is to your real, spiritual existence what a movie is to your human life. To paraphrase Shakespeare: All the universe is a stage, and upon it, each psycan plays in many movies.

CHAPTER 16

THE ONLY MOTIVATION

We have shown that the purpose of existence and the only thing that exists is experience. Since you exist, the purpose of your existence is experience. Of course, since you are alive you cannot avoid experiencing. The problem is that you don't want just any experience. You want certain experiences and you don't want others. That is to say, you want to be selective and to control your experience.

Law:

**The only motivation of all human behavior, of all action,
is to control experience.**

Proof: Try to name something that you do that is not to control your experience.

PHYSICAL UNIVERSE

Positive physical experience is pleasure. Negative physical experience is physical pain. Every human being strives to avoid pain and achieve pleasure. Examples: In the physical universe, you control temperature and lighting to control your experience of the polarities of hot-cold and of light-dark. You eat when hungry. You scratch your nose to stop an itch. Every action has as its purpose to control experience.

However, in psycanics, we are not interested in your physical experience but rather your psycanic experience. (Your most important psycanic experiences are the emotions, love, and happiness.) This includes your emotions such as happiness and love. Humanity has learned to control physical experience through science and technology. What s/he has not learned to control is hir psycanic experience and that is the purpose of psycanic science.

PSYCANIC UNIVERSE

Positive psycanic experience (positive Identities, thoughts and emotions) is happiness.

Negative psycanic experience is emotional pain and suffering: these are the essence of unhappiness.

It is obvious that we try to avoid negative experience and achieve positive experience = happiness: happiness is the purpose of life. However, the extent and power of this motivation may not be obvious—and it needs to be because it is the primary law of life. Before we prove this law for psycanic experience, let us restate it more precisely:

**The only motivation of all human behavior
is one's own happiness.**

Lots of emphasis here on "one's own."

This law is contrary to what most people believe. Most people believe that unselfishness, altruism, and sacrifice for others exist. They believe not only that unselfishness should exist, but also that it is one of the highest values. They believe that we should and do sacrifice our happiness for the well-being and happiness of others. Of course, for thousands of years people have also believed that the earth is flat: what humans believe is useless as a measure of truth.

Altruism and sacrifice of one's own happiness do not exist. Every human being in every moment and circumstance is always acting for his own best interests and happiness *as s/he calculates it at that moment*—no exceptions, never, ever.

Furthermore, we are so constructed that we cannot act otherwise than for our own happiness as we understand and calculate it at the moment of action.

And this is fine. If everybody would be honest about egocentricity and self-interest in themselves and others, the world would work much better than it does now. We have problems and conflicts not because everybody is selfish, but because: 1- We don't admit the truth of our own egocentricity; and 2- Because we demand that others be unselfish and sacrifice when that is contrary to their happiness and ultimately impossible.

Most people believe so strongly in altruism and sacrifice for others that I cannot state this law in a seminar without one or more people challenging it.

The proof of the statement that the only motivation is one's own positive experience = happiness is that no matter what situation someone presents, you can always bring that person to recognize and admit that the final motivation of his actions is how s/he feels.

A common challenge to the law is that of a mother who will declare that all her life she has sacrificed her desires, preferences and happiness so that her children can be educated, successful, and happy. She will say she has given all her time and energy, and sacrificed what she would have liked to BE, DO and HAVE for the well being of her children. She will declare, often indignantly, that she is living proof that this law is not true.

The refutation is simple: Ask her: "Who would you BE and how would you FEEL if your children did not turn out to be successful and happy? Who would you BE and how would you FEEL if they were failures, alcoholics or drug addicts, and miserable?"

She can only answer something like this as regards BE: "I would be a Bad mother. I would be a failure as a mother and as a person, a failure in my most important purpose and role in life. I would have betrayed my responsibilities. I would have failed at what most gives my life its meaning. My life would have been in vain. I would have shown myself as powerless and unable and useless as regards my most important function in life. I would therefore BE a person of little value, worthless and unworthy and undeserving. (Note: All these are Identities.)

So you would BE many "bad" things: Bad mother, a failure, a traitor to your responsibilities, useless, of little value, worthless, undeserving, and your life would be without meaning.

Now, how you would FEEL; what would your emotional experience be?

She will respond something like: I would feel betrayal, failure, frustration, sorrow, grief, anger, self-recrimination, self-hate and guilt. I would feel horrible! I would be terribly unhappy. What could be worse than a mother failing her children?

She can only respond, "Yes."

Then ask for the positive side of her experience: "Who would you BE and how would you FEEL if your children do turn out to be successful and happy?"

She will answer (as regards BE): "I would be a great mother. I would be a success as a mother and as a person. I would have done something grand and important, and therefore I would BE grand and important. I would have demonstrated myself as powerful and able and useful and therefore worthy and deserving. (These are all positive psycanic identities.)

“As to how I would FEEL: Well, naturally I would feel satisfaction and pride and high self-esteem, love, happiness and joy and celebration.”

You respond: Therefore: The suffering of whom are you trying to avoid, and the happiness of whom are you trying to assure by striving for the success and happiness of your children?

The truth is obvious for everybody in the seminar room. She can only acknowledge it: “My own.”

This law is true and can be proved for any behavior and action, anywhere, anytime. The philanthropist donates money because s/he wants to BE any of many things and therefore FEEL good about himself. He wants such identities as Powerful person, Rich, Generous, Good, Public Benefactor, Important, Worthy, etc. Such positive identities are the triggers for positive emotions that are happiness. The philanthropist gives because that gives him positive identities and makes him happy.

People die for their country, religions or beliefs for the same reason: their experience, for which BE and FEEL are the primary factors. Such persons get to BE: Hero, Martyr, Brave, Noble, Powerful, Example, Idol, and maybe Immortal in the history books. How will such a person FEEL about himself? And if s/he doesn't “sacrifice” himself for the cause, then who is s/he? And how will s/he FEEL about himself?

No matter what situation, what behavior you can point to, in the final analysis, the human being always acts that way because of his own BE and FEEL, which are his own happiness.

We are always seeking our own happiness, no matter how we have it wired in our heads about how or what we have to do to get there. It is humanly and spiritual impossible to do otherwise than act in your own best interest as you understand and calculate it at the moment of action.

It's wonderful and loving to play win-win in life and to have others be happy: but that is never the real motivation of human behavior. One's own happiness is—always.

**The only motivation of all human behavior
is one's own experience:
to avoid negative experience and achieve positive experience
that is happiness.**

THE EMOTIONS

Happiness, the only motivation of all human conduct, is emotional. Of all the varieties of experience possible, both physical (sight, sound, touch, etc) and psycanic (thought and emotion); the most powerful and ever-present ones are the emotions.

(Strong physical pain may be more intense, but is a relatively rare phenomena compared to emotions. Likewise, the most powerful positive physical sensations, such as sexual orgasm, are very short-lived and far between as compared to emotions).

EMOTIONS ARE THE KING OF EXPERIENCE.

(Happiness is but a positive emotional state.)

If we take the emotions as the most powerful, the most common, and the most present of all experiences, we can rephrase the law of the only motivation as:

**The only motivation of all human behavior
is to control one's own emotions:
to avoid or terminate negative feelings and
to produce and prolong positive ones.**

We will later prove that your emotions, positive and negative, are Love.

Given all the emotional pain and suffering that most of us experience throughout a lifetime, we do not seem to be all that successful in achieving that control. But we never stop trying: it is the “main event” of life.

Even when we want physical things like a new car or job, fame and fortune, we want them because of how we think they are going to make us feel: The basic motivation of all human behavior is one’s psychic experience, not physical experience. The purpose of the accumulation of physical things beyond those necessary for physical survival and basic comfort of the body is psychic experience.

The rich try to get even richer, not because they need more money, but because they think it will make them happier. The powerful do not try to get more power because they need it, but because they think it will make them happier.

Our emotions and feelings are the final arbiter of our actions. Even when we analyze and reason about something to reach a decision and believe ourselves to be purely logical, the final measure is our (often unconscious) estimation about how the final result will make us feel.

The phenomenon of the Only Motivation is actually much more complex than this and is known as the Experiential Imperative or the Existential Imperative. (Covered in other Psychanics materials, such as the books *You Are the Creator of Your Life* and *Psychanics for Conversations with God*.)

SUMMARY

The only thing that exists is your experience.

It matters little what happens in life: it matters how you feel about what happens.

The real motivation of your life is your experience: how you feel.

As we show in *Fundamentals of Psychanics*, your psychic experience = how you feel is not caused by anything external to you. All your psychic experience is internally generated

Once you understand that your only motivation in life is your positive experience, your happiness, a positive emotional state, then the central questions of life become:

- How does my experience work?
- How do I control it?
- What is happiness?
- What causes happiness?
- What causes pain and suffering and how do I eliminate them?
- What are my emotions?
- Where do they come from?
- How do I control them?
- How do I control the physical universe to experience what I want?

These are questions that psychanics will answer. Among the answers, we will see that none of this has anything to do with the physical universe.

CHAPTER 17

CHANGE

The undifferentiated IT is unchanging, the no-thing, the void, the static. The cosmos, the creation, is the opposite polarity: **CHANGE**.

**Change is the only constant in the created universe.
The only thing in the creation that does not change is Change.**

Change can be change of form, substance, or of position, and is often more than one. Everything changes all the time: the sun, the stars, the planets, this planet and everything on it. An earthquake is change. A volcano is change. The rocks change to become earth. Every person changes, every organization, every country. The stars and the galaxies change even though such changes may take thousands of years to be noticeable. Change can be fast or slow, but it always exists.

There is nothing and nobody not subject to change. Change is the only thing that doesn't change.

Time is change. Time is measured by change: a day is the rotation of the earth; the months are measured by days or by the phases of the moon; years are the movement of the earth around the sun. A light-year is the distance light travels in a year.

Without change, time would not exist (as we discussed before). If nothing moves, including your thoughts, there would be no time—and that would be the most exquisite torture possible.

Life is Change. The more life something has, the faster it changes, both in form and in position. Live things grow. And over long time, they evolve. The higher live things like animals and humans can move at will in their environment. Thus Change is a characteristic of Life itself.

Growth is change. Evolution is change. Progress is change. Improvement is change. An effort to produce quality and excellence is an effort to change. The new, the modern, these are always changes from the old. Growth, evolution, advancement, progress, improvement, excellence: all require Change.

You cannot avoid or stop change. The only thing you can do is try to direct it and to seize the opportunities that it brings. You can only try to assure that the change is an improvement instead of a worsening.

Fortunately, change sooner or later is almost always an improvement. History is the history of improvement in the human condition, of evolution in the sciences, in material abundance, in liberty and in the quality of life in general. While there may be temporary setbacks; Change, in general and over time, means progress.

There is a corollary of the law that **The Only Constant is Change**. This corollary says that: **It is Impossible to Remain Static**. You cannot maintain a status quo—that would be a condition of no change and that is impossible. **You cannot sit still. Either you are advancing or you are in retrocession.**

A resistance or negation to change to try to maintain a present state (status quo) is automatically a change towards decadence and death. Maintain a status quo is impossible: Change is inevitable; you

can only control the direction of the Change. Because nothing can stay the same, that which does not advance can only decay. If you try to stop change in the direction of progress, you are left only with the opposite direction: decadence. That which does not evolve is condemned to extinction, whether a dinosaur or an organization.

Furthermore, even if you could maintain a status quo in you or your organization, that would soon relegate you to decadence and irrelevance as everything else around you changes and evolves beyond you. You would soon be left in dusty, in obsolescence. Thus, if you try to stop change, you automatically begin decaying and dying. You have to run just to stay up.

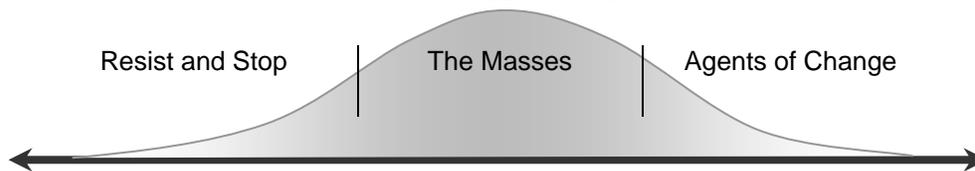
For thousands of years, change was so slow that most people did not note it in their lifetimes. A person who lived in 1000 BC could live in 500 AD, 1500 years later, and feel quite at home. Now, however, there is so much change and acceleration of change, that life is vertiginous. Change is so fast now that a person who lived only 100 years ago would be bewildered today.

THERE ARE 3 KINDS OF PEOPLE:

Those who are Agents of Change; those who work actively to cause it.

Those who Resist and try to Stop change: the Reactionaries.

The Masses who do neither and are dragged along by change.



THE AGENTS OF CHANGE

The people who seek change are “actionaries.” They are who lead the human race, who achieve things and produce results. They are those who believe in themselves, in their personal power. They operate in the Power IDentities: I AM CAUSE; I AM CAPABLE; I CAN DO IT, etc.

The Actionaries are:

The people of Vision; those who see the possibilities of a better future and commit to achieve it.

The Creatives and the Creators: those who imagine, design and create new things.

Those who seek Quality and Excellence: They are those who strive for perfection while knowing it can never be reached; those who know that things can always be improved; that they can always have more and better.

The Leaders; those who dedicate themselves to motivate and support others to achieve change and a better world.

The people of change are more intelligent and more dynamic than the reactionaries. They are the people who move themselves and others; who produce the most results for themselves and for others. They are the people who envision the future and take the present to it.

THE REACTIONARIES

The Reactionaries are those who are against change and work to resist it. They want to stop movement, to maintain things as they are, or even to go back to the past. They want to stop the new, the modern. They want to stop evolution, growth and progress. They want to stop improvement and the search for quality and excellence.

They do not realize that those who resist change resist the essence of life itself. Thus, they want to stop the flow of life; indeed, they want to stop time itself.

Those who resist change are holding on to the past, and are usually slaves to routine. They have a rigid and inflexible personality and find it difficult to adapt to the new. They are also lazy: they do not want to have to study and learn and adapt to the new. They are the mediocres, the conformists, and those who have the least results in the organization and in life.

WHY DO THE REACTIONARIES RESIST CHANGE?

People resist change because they subconsciously fear it. They fear it because they are operating in the AntiPower identities: I AM LESS INTELLIGENT, LESS ABLE THAN OTHERS; I AM NOT GOING TO BE ABLE TO KEEP UP, TO HANDLE THE NEW. All forms of Fear (lack of self-confidence, insecurity, worry, anxiety, depression, etc.) are generated by the AntiPower identities.

They fear that they will not be able to handle the changes and the new situations and demands on them that result.

They fear that they will lose what they have now, for little that that may be. They do not have confidence in themselves to obtain more through the change, even though change always brings new opportunities.

They fear that the changed situation will be worse than the current situation.

In all cases, they feel, subconsciously, that they are unable, that they lack personal power necessary. They feel that it was difficult to get to the point where they could handle the present situation. They feel that they are just able to cope with things as they are. They feel that if things were to change, they would have to start over and that it would be even more difficult. They feel that they would not be able to handle the new; that they would be left behind by others more capable. They fear that the change will lead to loss of what they have achieved so far, and even to obsolescence for them.

And they are right: they may not be able to handle the changes, due to their AntiPower identities, which are self-fulfilling prophecies. But if they do not change, they will be left in the obsolescence anyway as things evolve around them.

As a result of their AntiPower Identities, they become lazy and are dedicated, not to excellence, but to comfort. They do not want to have to put out the effort it would cost to change. Their interest is ease and comfort rather than improvement and excellence. They prefer to attack the Agents of Change and to sabotage policies to avoid change.

The Agents of Change see the possibility of a better world for everyone. The Reactionaries only see their own interests and comfort, and so resist change and improvement for others and for society.

The only solutions to reactionaries are either change them by discrediting their negative identities with psychanics processing, or remove them from the organization.

If you are a teacher, director, ejective or leader with intention and commitment to improvement, progress, quality and excellence, you will be in search of Change. You will be looking in the world for the best ideas and techniques to bring to your organization. You will be committed to the constant evolution of your organization—and this is going to put you in conflict with the Reactionaries.

The struggle between Change and No-change is like the struggle between Good and Evil. This struggle exists in every organization: you will always have people who resist and sabotage change. Although they do not understand it, they are trying to push the organization into obsolescence, destruction and death.

Throughout history, almost every new idea has been resisted, obstaculized, and ridiculed by the Reactionaries. Galileo was almost burned for his assertion that the earth circles the sun. Harvey, the discoverer of the blood circulatory system, was pelted with rotten vegetables. Remember therefore, that no matter what you propose, there will always be reactionaries against it. While the

Reactionaries will attack the value of your ideas and programs, and even you personally, their resistance is not really about the ideas and programs or about you, but about Change itself. They will reject any change without even giving it the least opportunity to be tried.

Listen and evaluate their points of view to see if you can improve your proposal, but do not let them suppress your convictions or detour you from your chosen path.

We mentioned above the three things that people fear about change. As regards #3, “*They fear that the changed situation will be worse than the current situation,*” there is a simple solution: Change and more Change.

If a change doesn’t work out; well, just change it again and keep trying things until you find what does work. This is the process of all science and Quality improvement systems: trial and error, experimentation and adjustment.

When you are an Agent of Change, all the Force of Nature is behind you. The Reactionaries cannot stop Change. They may delay it, but they can’t stop it. The Reactionaries and dinosaurs of the world—and they are many—may delay but can never ultimately stop humanity’s progress.

YOU AND CHANGE

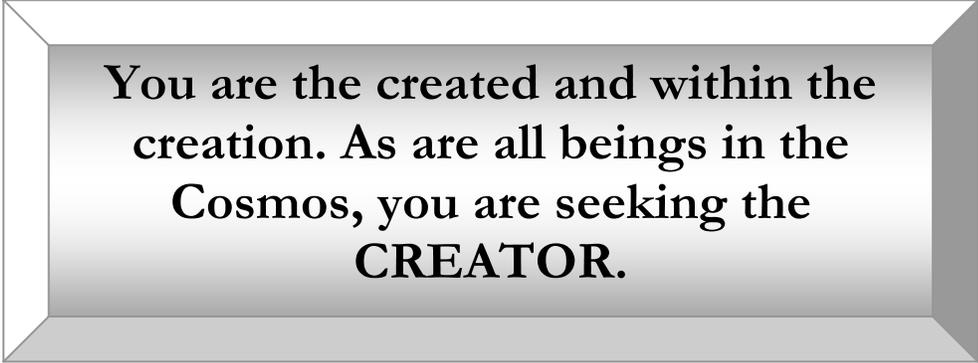
What is your personal attitude toward change? Are you against it, indifferent to it, or are you actively seeking it? You can measure your self-esteem, security and your Personal Power by your attitude towards Change. If you seek and support it, you are someone with good self-esteem who believes in his Personal Power. And you are an Agent of the Future. If you resist it, you are operating in the AntiPower identities and subconsciously feel that you are less able than others; which is the essence of low self-esteem.

Are you not seeking Power?—most humans do. What is Power if it is not the power to change things, to produce new things? An attitude of openness and welcome to change is essential to Personal Power. If you want to grow as a person and stay with the times, even to be a leader, you must have a positive attitude about Change, you must seek and welcome Change.

THE MOST IMPORTANT AND MOST DIFFICULT CHANGE OF ALL

Beyond the change of external things, there is the change of one’s self. And this is the most difficult change of all—and that for which psyanics is designed. Keep in mind that what you are now and all your BE FEEL THINK DO HAVE are becoming obsolete as time moves forward.

Your BEING determines the rest of your Life (FEEL THINK DO HAVE). Above all, the Purpose of Life is to change from Who You Are Now to Who You Want to BE. That change, that constant change, is the basis of all personal and spiritual development: it is the evolution of your spirit



**You are the created and within the
creation. As are all beings in the
Cosmos, you are seeking the
CREATOR.**

The questions are:

Do you know and understand that you are seeking the CREATOR? (Few people do.) (Other words for CREATOR are GOD, the Kingdom of Heaven, LOVE, HAPPINESS, BLISS, and POWER.)

Are you living moment-to-moment conscious that you are an immortal spirit in a temporary physical experience, just passing through?

Are you cooperating with the process of your return to God, or are you just blindly living your life primarily focused in and concerned with the human aspects?

Do you know all the things that you can do to accelerate the process of your return?