

PSICANICA



**Emotions,
Love &
Happiness**



Emotions, Love & Happiness

Thomas Michael Powell

This book is, to the best of my knowledge, the most accurate and extensive, exposition of the following themes available on planet earth at this time (2005 AD).

- The nature of the human emotions:
 - what they really are, and
 - where they come from.
- The cause of the emotions: what triggers both the positive and the negative emotions.
- The real causes of all Unhappiness, Pain & Suffering.
- How to control your emotions: how to live eliminating the negative emotions and increasing the positive ones.
- How to eliminate Unhappiness, Pain & Suffering from your life.
- The true nature of self-esteem: how to eliminate a negative self-image and self-esteem, and how to create impregnable positive ones.
- The nature of Love as an emotion, and its opposite polarity: AntiLove.
- How to grow in the experience of Love for Self and for Others.
- The true nature of Happiness: what it is, where it is, and how to produce it in the life of a human being.
- How to free yourself of the “Impossible Dream”; of the External Quest for Happiness and Success, to concentrate on the true path within your Self.
- How to do PEP: Psycanic Energy Processing, a highly-effective system of self-change and life control.



PSICANICA

Psicanica is a new science that integrates philosophy,
psychology and spirituality into one system of knowledge.

Emotions, Love and Happiness

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Chapter 1:

SLI

S.L.I.: Study, Learning & Intelligence.

POWER:

This book is POWERful. By that, I mean it gives you Power over life, a tremendous amount of power. It gives you the power to:

- ⇒ overcome all suffering, to never suffer again.
- ⇒ avoid most pain in life, and to quickly discreate that which you can not avoid.
- ⇒ free yourself of fear and anxiety.
- ⇒ free yourself of guilt and resentment.
- ⇒ free yourself of anger and hate.
- ⇒ free yourself of grief and regret.
- ⇒ free yourself of loneliness and sorrow..
- ⇒ be happy all the time, no matter what, no matter what happens to you in no matter what circumstances of your life.
- ⇒ change yourself and almost everything in your life, easily and quickly
- ⇒ create an indomitable self-esteem and self-love.
- ⇒ free yourself of addictions and neuroses.
- ⇒ free yourself of any need or compulsion to try to control others or the world to be happy.
- ⇒ tremendously improve your relationships.

However, that power comes at a price. That price is your attention and dedication to study and learn. You will not get that power out of this book just by reading it. You must understand it and apply it.

Life is complicated. You are complicated. You are the most sophisticated and complicated entity on the planet--much more so than any other animal or any machine or computer. Your body is so complicated that physical science--medicine--only understands about 40% of its workings. Your spirit, mind, emotions, and behavior are so complicated that non-physical science, psychology, understands very little of how these function.

Therefore, you should not expect any book that purports to unravel such complicated mechanisms to be overly simple. I would love to be able to promise that this book is simple and easy to understand, but the truth is that it will require

some effort on your part to absorb the concepts: there are many, and they are sophisticated – not difficult, but complex.

This is not a "jolly-you-along" self-help book; it is not motivational or inspirational. It is pure science, simplified as much as possible. So don't expect light reading. You may have to have to work to understand new and sometimes revolutionary concepts. You are not going to achieve much power over complicated things such as yourself and your life with platitudes and PMA (Positive Mental Attitude). **Real power over life requires real knowledge**, and that requires real effort first to understand it, and then to apply it.

Learning starts with Comprehension

Knowledge is data comprehended. When something is not understood, it is a puzzle, a confusion, is worthless for directing action, and therefore is not Power. Study is the acquisition of knowledge= data comprehended. Comprehension of the data is absolutely essential for successful study, and therefore for learning. Therefore study depends on, requires comprehension; **study is the process of comprehending data.**

Comprehension is the duplication, the reproduction, in the mind of the ideas, concepts, relationships, and interactions being communicated.

Memorization without understanding **is NEVER learning**. You can memorize anything without understanding it, for example, a word or a phrase in a foreign language. You may be able to pronounce it perfectly, but as long as you do not understand the meaning of the word, the thing or action that it represents, you could not carry out any actions indicated, and therefore could not produce any results. Where there is no comprehension, there is no study and there can be no learning. Any student, teacher or educational system that uses memorization knows not what he is doing, and will never produce much learning.

Thus, the question of study becomes one of achieving the **comprehension** of the materials. This gives us our first law of study:

**Never, never, ever, proceed beyond something
you do not understand completely.**

To proceed beyond something you do not understand completely is to guarantee increasing difficulty in your studies and eventual failure, because:

**The comprehension of the advanced concepts always
depends on the understanding of the previous ideas.**

It is impossible to understand the advanced without having understood the basic.

For example, you cannot understand trigonometry if you have not understood algebra; you cannot understand algebra if you have not understood arithmetic; you cannot understand arithmetic if you have not understood fractions; and you cannot understand fractions if you have not understood numbers.

Studying is the accumulation of comprehended ideas, on top of ideas, on top of ideas, to finally build a conceptual model of the subject. The advanced ideas in a subject depend on the understanding of the earlier, more basic ideas. Failure to understand **any, even one**, of the basic ideas will make it **impossible** to understand all the advanced ones that build from that basic idea and from then all the other advanced ideas that connect to or build from that advanced idea not understood.

You will never be able to master a subject when you study it accumulating misunderstood concepts.

In any subject, the comprehension of all latter concepts depends on the total comprehension of the previous ones.

If you do not understand one or more basic concepts, it is certain that you will not be able to understand the more advanced ones.

A subject becomes difficult and confusing to the extent that you accumulate misunderstood words and concepts in the area.

A single mis-understood idea is sufficient to block the learning of an entire science.

Thus comprehension is the key to study (and study the key to learning).

This brings us to the question: **What is the key to comprehension?**

THE KEY TO COMPREHENSION

Ideas and concepts are constructed of words the way a building is constructed of posts and girders. When you do not understand an idea it is almost always because you do not understand one or more of the words that make up that idea. (We are assuming that the author has deployed his words correctly, both in meaning and in grammar.)

Thus the key to understanding ideas and concepts is understanding words.

Therefore the law, “**Never proceed beyond an idea or concept that you do not understand completely**” translates to:

Never proceed beyond a word that you do not understand.

The greatest part of studying is finding and clearing up the definitions of the words, not only of the special nomenclature of that subject matter, but also normal words of the language that either we do not know or for which we do not know all the meanings.

The abbreviation for a misunderstood word in Psicanica is **MUD: Mis-Understood word**. And that is just what a MUD does: it MUDDies up, confuses, your mind.

MUDs cause MUC: Mis-Understood Concepts. MUDs cause MUC and MUCs are not only incomprehension in themselves, they domino and snowball as the earlier ones cause more and more MUCs to accumulate. Thus, MUDs are the root source of most difficulty in study and learning. .

MUD→MUC (MUDs cause or produce MUCs.)

MUDs and MUCs are like **viruses** in your study, acting like both biological and computer viruses. They eat away at your comprehension health. And as with viruses, you do not always know when you have acquired a MUC. As we said above, you do not always recognize a MUD when you see it, and in fact, may be quite sure that you do know that word.

Therefore, you must be able to recognize the symptoms of MUDs→MUCs that will appear as you continue studying beyond the point of infection.

The symptoms of MUDs and MUCs are:

- You realize that you no longer understand what you are reading.–(This is the easiest symptom to recognize.)
- You become bored: **you lose interest and motivation** to continue studying.
- The materials become confusing and difficult. They no longer seem to make much sense; they become dense.
- Your mind goes blank and you find yourself reading without remembering or being able to explain what you have been reading.
- You find it difficult to concentrate. You find yourself distracted from the materials, thinking of other things, daydreaming. You bring yourself back to the materials, but soon find yourself distracted again.
- Your progress through the materials becomes very slow. You experience being incapable, or even stupid in that subject.
- You cannot act in the area; you cannot apply what you have been studying. **You cannot do an “demonstration”** (to be explained later in this module). Remember this of “can not do a demonstration” because

that is a primary technique for assuring that the student has comprehended and that s/he has learned.

(Notice that a common –but erroneous—solution to all of these problems is that the student will try to resort to memorization.)

When you detect the symptoms of MUC, you must look for MUDs. You must return in your materials to the last point of smooth progress and look for MUDs.

When you find one, you must use a good dictionary (www.wordweb.info) and learn *every* definition of that word so that you can choose the definition that best suits that sentence. Furthermore, you must learn every definition of that word so that it is not a MUD again in the future – otherwise, your vocabulary and your intelligence are not progressing. (Vocabulary is a major factor in intelligence.)

The worst kind of MUDs are not the words you don't know at all – these are easy to recognize. The worst kind is the kind that you think you know but you are applying the wrong definition, usually because you do not know all the definitions. Therefore, when you learn a new word, you must learn ALL the definitions, not just the one for that context. Otherwise, the word will be a MUD the next time you encounter it in a different use.

To clear the definitions of the technical terms in Psicanica, you must use the special Psicanica Technical Dictionary. The use of a normal dictionary to define a psicanic term is guaranteed to cause a MUD. This is explained more fully below.

Once you find and clear up the MUDs with the appropriate dictionary, you then restudy everything from that point forward and assuring your complete comprehension of each word and concept as you advance.

Study is comprehension: where there is no comprehension, there is no study. Where there is no study, there can be no learning.

**Never, never, ever continue beyond a word,
sentence, or idea that you do not understand fully.**

**Assure your comprehension of each idea
before proceeding to the next**

THE NOMENCLATURE OF PSICANICA

Every area of knowledge, every technology and science has its nomenclature, its particular terminology. These specialized vocabularies permit accurate and rapid communication in the area. They make it possible to reduce concepts that can require pages of text to explain down to a single word. More than half the learning of a science is the learning of its technical terms, of its nomenclature. (Medicine is a good example.)

Psicanica is no exception. **Psicanica has an extensive and precise nomenclature, one that not only permits accurate and rapid communication in the area, but is also designed to get you to look and think about existence from a particular point of view, a point of view that gives you power over life.**

Many of the phenomena y distinctions made about existence in psicanica are new to human knowledge; there are no words to represent them: psicanic must either find or invent the words necessary.

1. Where possible, psicanica uses a normal English words that is conceptually close and gives them the new, special meanings necessary.
2. Where this is not possible, where there are no words even close, we must invent new words.

The technical terms of psicanica will always be defined at the point of first use, as well as in the Technical Dictionary of Psicanica.

That fact that a word is defined in the text means that it has a technical meaning in Psicanica. For all the reasons we have covered above, it is important that you grok* each technical word as soon as you first encounter it. If you don't learn and use the psicanic definition, you will soon be buried in MUDs and fighting your way through the MUC.

* (Grok: a term taken from Robert Heinlein's book, Stranger In A Strange Land, meaning to so totally understand and absorb something so that it becomes part of your and you become one with it.

You can download the Psycanics Dictionary free at
www.psicanica.com

TEXT CONVENTIONS

My purpose is always to communicate as directly and clearly as possible what is sometimes a technical subject matter that makes subtle distinctions. Many times, these distinctions have never been made by the average person (for example; the distinction between mind and consciousness). To assist the communication, I use the following conventions in all my texts on psicanica:

FLEXIBILITY of Language

Where the English language is lacking in a direct term, I will sometimes make a noun out of an adjective or a verb, or a verb out of a noun or an adjective. For example, the phrase "makes it impossible" may be substituted by "impossibilitates". "Misunderstood word, sentence, idea, or concept" may be substituted by simply "misunderstood". There seems to be no polite verb for carnal intercourse in English, so I might use "sexing" for this action. I will sometimes use "negative" and "positive" as nouns before the negative and positive aspects of what ever I am talking about at that time, or just to refer to negative and positive things in your life in general. My purpose is always to communicate as directly and clearly as possible, and at times I push against the limitations of language to express the greater breadth of thought and concepts.

Gender

To overcome the gender problem in language,
I will use these conventions:

s/he: mean she or he. Pronounced "see".

hir: means him or her, or his or hers. Pronounced "here".

WORD EQUATIONS

I will often write two or more words with an equal sign between them, and underline all the words in that thusly-created word equation. **The equal sign between the words means that the underlined words have the same meaning or concept, or one concept is included in the other, or they are in some way highly related conceptually.**

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

Three examples of word equations:

- 1- negative emotions = resistance = AntiLove = pain
- 2- consciousness = perception = feeling = experience = knowing
- 3- Emotions+/- = Love+/- = Happiness+/- .

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

For example; we will show that Emotions+/- = Love+/- = Happiness+/- are all the same thing – and until you understand this, you are lacking critical data about how your life works.

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

Word equations aid the conceptual understanding. Make sure that you understand the sentence with each of the words individually and with all the words together. At first reading word equations may feel a little awkward, but you will soon get used to it.

WORDS in ALL CAPS

1. All words referring to that indefinable FIRST CAUSE beyond human comprehension (aka God) are written in all caps; and there are many.. Examples include: INFINITE, CONSCIOUSNESS, INTELLIGENCE, LOVE; WISDOM, CREATOR, CAUSE, WILL, POWER, ENERGY, ESSENCE, SPACE, the ONE, the ALL THAT IS, IT, the EVERYTHING-NOTHING, TAO, SOURCE; ESSENCE, etc. Pronouns referring to IT are also capitalized: HE, SHE, HER; HIM, HERS, etc.
2. The elements of the Causal Sequence, BE-->FEEL-->THINK-->RELATE-->DO-->HAVE, are always written in all caps to make sure that the reader recognizes that we are specifically refer to the Causal Sequence. This rule includes their derivatives such as BEing, FEELing, DOing, DID, HAVEing, HAD, etc. When you see any of these words with capital letters, remember to add in the entire concept of the Causal Sequence and of that element of the Causal Sequence in particular.
3. Your BEing consists of all your IDentities. IDentities are written in capital letters: I AM ABLE; I AM INTELLIGENT; I CAN WIN. The purpose is to insure that the reader recognizes that these are IDentities and that all the laws of IDentities apply. Like BAD and the Causal Sequence, IDentity is a crucial concept in Psicanica.
4. BAD is written in all caps to remind the reader of its total concept and the extreme importance of that concept to human existence. As an example of its importance: BAD is the only entry point to Anti-Love; it is the only cause of all pain and suffering. This course introduces the concept of BAD; its totality is explained in the book: Level 2: The Fundamentals of BEing.

5. The first time a technical term of the psicanica nomenclature is introduced in the text, it may be written in capital letters for emphasis: e.g. ACTIVATION. It will also be defined at that point.

Capital First Letter Only

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

ACRONYMS and ABBREVIATIONS and other SYMBOLS

Psicanic has many acronyms, abbreviations and symbols: PIRs, NIRs, RExp, RespExp, neg emo, emolovejoy, Rxx, Perxx, UPS, to name a few. For example: “→” means “Causes or Produces”. Each is a symbol to be learned and connected with its concept.

POLARITIES AND THE SYMBOL +/-

Many of the most important phenomena of existence, and therefore in psicanica, are **Polarities**. When the concept of **Polarity** is important to the term being discussed, the symbols of +/- will be added before or after the word. Examples:

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

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

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

SPIRITUAL versus RELIGIOUS

The word “spiritual” is often written “spirit-ual”. This is to remind the reader **not** to confuse spiritual with religious.

- **Spiritual** means “related to spirit”, to a non-physical, Life-energy entity. Spirit means “Life” or the “Animating Factor” in the universe. Its prime characteristics are Awareness and Will, also known as Essence. There is

only ONE SPIRIT or LIFE ESSENCE BEING (aka God) that in different levels and amounts, imbues itself into forms, creating the apparencey of many separated, individual beings. You are a spirit, a Life-Energy entity, temporarily focused in a physical body. All the laws of Spirit and spirit-ual energy apply to you.

- **Religious** means “related to a registered brand of dogmas, doctrines, and rituals about God”.

These words, spiritual and religious, are confused as the same by most people. However, this is not the case: they are not the same. They are not only not the same, but are sometimes opposites. Something can be very spiritual and not at all religious, e.g. meditation and mysticism; or very religious and not at all spiritual, e.g. inquisitions, crusades, jihads and other “holy” wars.

Psicanica is **highly spiritual** in that it deals with you as a spirit and how you function spirit-ually.

Psicanica is **not** a religion and is **not** religious, and in fact, proves that religions are belief systems with no evidence or proof, and are therefore logically and philosophically NOT TRUE¹.

Psicanica and Psycanics: Any spelling is acceptable: psicanica, psycanics, psycanica, psicanics. The word comes from “psycan”, which is the immortal, non-physical, Life-Energy entity = spirit that you are as an Aware Will unit of the ONE operating within the Creation, in this moment, in a physical body on the planet. The word “psycan” comes from the Greek “psyche” for soul.

Psicanica is a precise science of human and spirit-ual existence that integrates philosophy, psychology, and spirituality into on system of knowledge.

¹ NOT TRUE is a technical term in psycanic meaning anything for which there is no objective evidence or proof such that all other people must agree to its existence or functioning.

Chapter 2

POLARITY and RESISTANCE

It is impossible to understand emotions, love, or happiness without first understanding Polarity.

Polarity is a basic element of existence and of all Experience. It is a very simple concept, but one of extreme importance. **It is impossible to understand or to control life without understanding polarities. It is impossible to truly love without understanding polarities. It is impossible to end suffering and achieve any significant level of permanent happiness without understanding polarities.**

Polarity is so important that we can state that **the human being who does not understand Polarity will suffer throughout his life..** To have power over life, you must understand Polarities and be able to control them.

What is a Polarity?

Def: A **Polarity** is **ONE** phenomenon, a SINGLE “concept of experience” that is then stretched in two opposing directions, thereby creating a spectrum. For example: The concept of Temperature is pulled out in the two opposing directions of hot and cold. A Polarity creates a **Spectrum**.

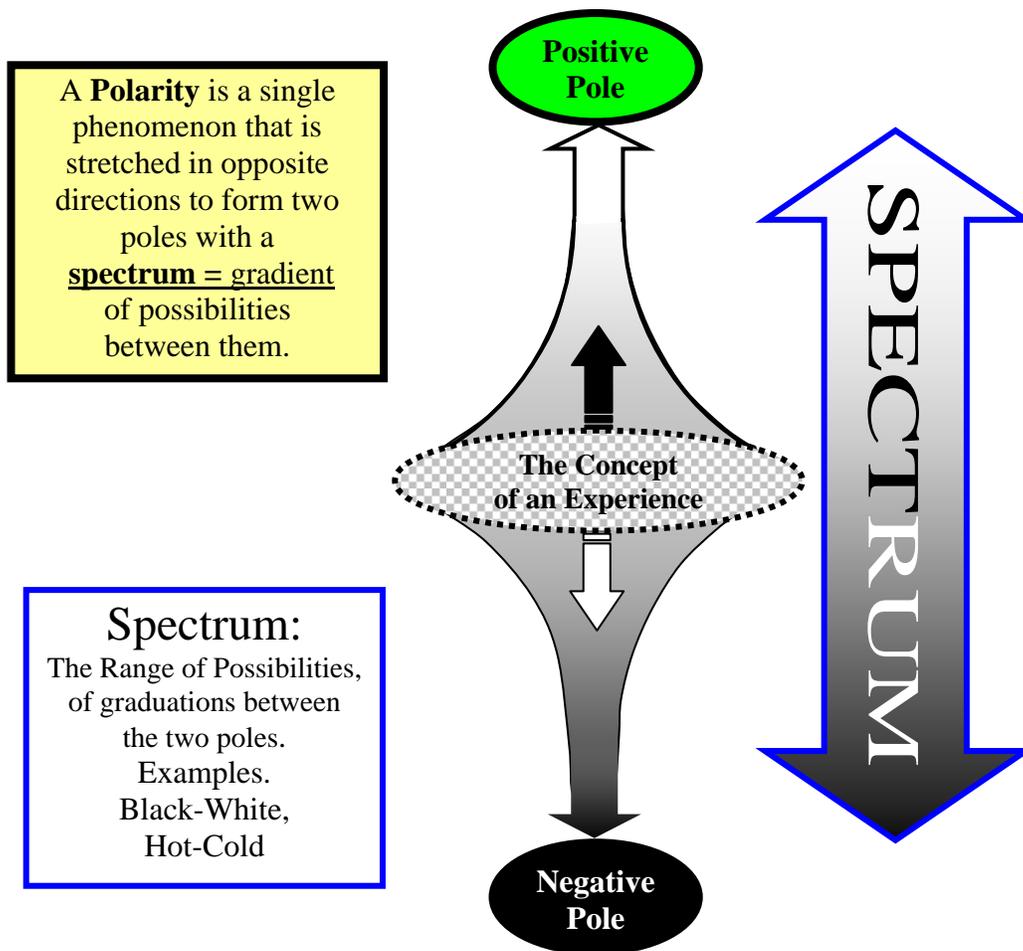
A **Spectrum** is an ordered, progressive **range**, a **gradient scale** of possibilities or degrees of a phenomenon= experience, ranging between the two poles of maximum and minimum..

Polarity is a single idea or concept for a kind of experience. However, a concept is only an idea for something, not the actual experience. For the experience to actually exist, for there to be something to be felt, the concept must be polarized so that there is more than one possibility of experience. There must be a spectrum of at least **two** points. Any point on a spectrum can be defined only by experiential comparison to another point – the Law of Relativity that we will formulate more clearly later.

The concept, a **singularity**, is pulled apart and stretched in opposite directions towards **two** opposing poles --which may or may not exist **absolutely**. For example, the concept of Temperature is pulled apart into the 2 poles of Hot and Cold.

Are either of these poles an **absolute**? I don't know. In physics, there is an “absolute zero” defined as the temperature at which all atomic motion ceases and matter collapses. It is considered unattainable. Going towards the hot pole, the interior of a supernova reaches 100 million degrees F, give or take a few degrees – but is there an absolute temperature beyond which nothing can ever go?

This stretching apart of the concept creates **distance** and therefore a **range= scale = spectrum** of variations of that kind of experience between the negative and the positive poles. We call this **scale of gradient possibilities** of that experience a **spectrum**. A spectrum is the entire range of variation, of possibilities of experience, between two Poles that may or may not be absolutes.



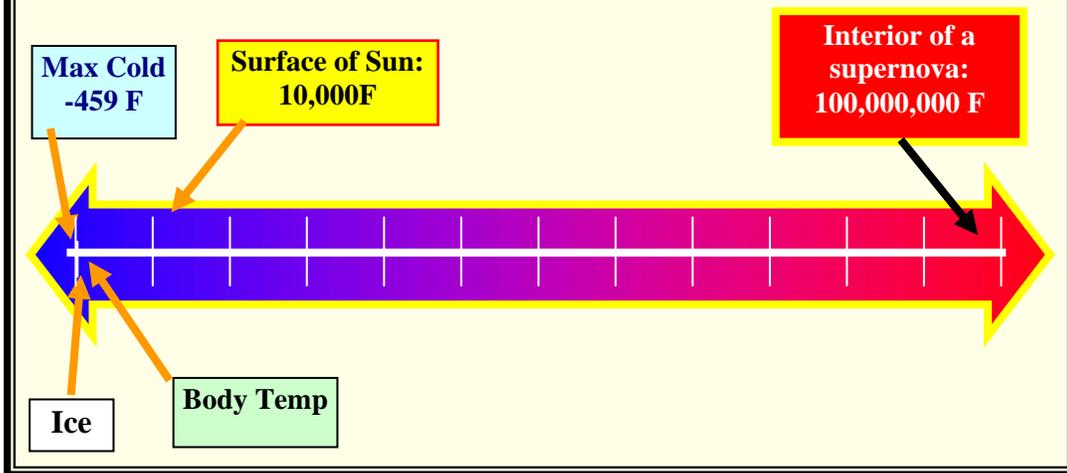
Examples of physical energy spectrums include: temperature, color, and the entire electromagnetic energy spectrum

Every polarity has a range of possibilities = a scale = a spectrum, from the pole at maximum negative to the pole at maximum positive.

Taking temperature as an example, (see diagram next page); the temperature polarity spectrum in this universe ranges from absolute zero at about minus 459 degrees Fahrenheit up to about 100 million degrees Fahrenheit, the estimated interior temperature of the stars just before they explode into supernova.

An Example of a Physical Polarity and its Spectrum: Temperature

The **Temperature Spectrum** ranges from absolute zero at approximately -459 F, includes our planet's temperature spectrum from about -75F to 140F, passes beyond the temperature of the sun at 10,000 F, and goes up to the temperature of interior of a supernova that can reach 100,000,000 F, give or take a few million degrees.



The EMR (Electro-Magnetic Radiation) spectrum is a famous spectrum in physics. It runs from the long wave radio (waves kilometers in length), through radar, microwaves, infrared, visible light, ultraviolet, x-rays, gamma rays, etc.). the wave length of x-rays is so short that these waves slip between molecules which is what permits us to see inside matter.

Here is a link for information on the EMR spectrum should you wish to explore the concept of spectrum: <http://www.altair.org/specmap.html>

PSICANIC POLARITIES AND SPECTRUMS

Likewise, many psicanic phenomena are polarities with spectrums. Examples of psicanic spectrums include:

- Cause-Effect
- Good-Bad (Best, Better, Good, Neutral, Bad, Badder, Baddest)
- the Emotions (from the deepest depression to the highest ecstasy.)
- Joy/Happiness-Pain/Suffering
- Love-Anti-Love.
- Space-Density
- Affinity-Aversion
- Resistance/Separation-Love/Integration
- Essence (Consciousness, Wisdom, Power, Love-Joy)
- Intelligent- Stupid
- God-Man

For an example of a psicanic polarity, let's take the Joy-Suffering spectrum. It ranges from the deepest, darkest depression and despair; up to the highest joy, bliss, and ecstasy. It includes every emotion in between these two poles, all human emotions without exception.

DICHOTOMY

A dichotomy is a polarity with the two poles but without any spectrum between; for example: male-female. Physically, you are either one or the other. Of course, psicanically, there is a spectrum: men who like women, men who like men, men and women who are bi, women who like women and women who like men. The physical dichotomy then gets crossed with the psicanic spectrum and you get female psyches in male bodies and male psyches in females bodies. This, of course, leads to transvestitism and sex change operations.

RELATIVITY

Polarity creates Relativity, another extremely important concept in Psicanica. Relativity says that everything is relative, and no experience can be defined as to what it is (i.e. hot or cold) without the establishment of another point on the spectrum to serve as a pole point with which to compare it.

Here is an example of relativity. You are at about body temperature, 98.6 F. Locate that temperature on the Temperature Spectrum above. Notice that you are only $-459 \rightarrow 0 \rightarrow + 98 = 577$ degrees above absolute zero, and only 66 degrees above ice at 32 F.

If you are ill and have a temperature of 103 F, we tend to say that you are hot, “burning up”, in fact. However, notice that that is valid only RELATIVE to the normal body temperature of 98.6 F.

Now look at where you are **relative** to the entire temperature spectrum, **relative** to the 100 million degrees of a supernova, you can see that you are quite chilly – in fact, really cold: go put on your coat.

So you can see that if anybody thinks they are hot (in either sense of the word), we have to ask: “Relative to what?”.

Relativity means that you must have another point on any spectrum to serve as a pole before you can say anything about any given point on the scale. Therefore, everything is relative.

Furthermore, you cannot know any experience on a spectrum without having had a different experience to serve as a reference point and background that highlights your present experience. We will see this stated as a law a little later.

On a more profound spiritual and mystical level, everything in the cosmos is relative to everything else. **Everything in the universe is relative= related to everything else, because we are all ONE energy.** There is only ONE BEing and we are all HIR relatives.

Everything is Related and Relative.



Polarity Is a Fundamental Phenomenon of Existence

Polarity and Resistance are fundamental elements of the physical sciences, including mathematics, physics, chemistry and all the dynamics, and are basic to all wave phenomenon.

Likewise, and for the same reasons, Polarity is fundamental element of the psicanic universe. **In psicanica, understanding Polarity and Resistance are not just important; they are critical. Comprehension of them are essential keys to Wisdom, Love, Self-Esteem, Happiness and Personal Power.**

The purpose of the cosmos² is experience. The cosmos is the ONE becoming the MANY to experience (FEEL) ITSELF in all its infinite possibilities of BE DO HAVE. ITS purpose is to explore, know and play with ITSELF; to experience, have fun, play games, and live dramas. You are currently one of the MANY

² Cosmos: all that exists consisting of any infinity of BEings playing in innumerable universes, of which the physical universe that we know (and love?) is but one.

pretending not to be the ONE. (See Cosmology for more information on the Beginning of IT All.)

One of the ways the ONE becomes MANY is through polarities. The cosmos is ONE CONSCIOUS INTELLIGENT CAUSAL ENERGY that divides itself into opposites and their spectrums to create many possibilities, gradients of experience.

Polarity and Relativity and Resistance are ancient wisdom. Knowledge of Polarity and its importance is found in many philosophies all over the planet and throughout the ages. To name just three, The TAO of China, the Hinduism of India, and the Mayas of Mexico.

The ONENess behind the play of opposites has been expressed in mystical traditions with symbols that are identical forms that mutually define themselves.

The Mayan Polarity Symbol



The Tao (China) Polarity Symbol



**Polarity and Resistance are
Fundamental Factors of the cosmos.
They are also Ancient Wisdom and
It is impossible to be Wise without understanding them**

You are on your way to becoming a philosopher with your studies of psicanica, and the understanding of polarities is an important step. The laws of polarities in this lesson are necessary for understanding all the other lessons of this course as well as the advanced courses.

EXPERIENCE

Experience is a very big and extremely important concept in psicanica. As we noted above, on the macro level, the purpose of the Creation, of the Cosmos is Experience. On the micro level, in your personal universe, **your experience is everything you sense, perceive, feel in any way.**

Some of the laws about Experience are:

- **There is ONLY experience.**
- Experience is the purpose of all existence.
- Your experiences are the only things that exist for you.
- Your life is your experience and only your experience.
- You know something only to the degree that you experience it , whether you experience it directly, or by hearing of or seeing the experiences of others (books, TV, movies, etc.)
- The only motivation of all human effort and behavior is to control one's experience.

You have two basic, kinds of experience, corresponding to your two universes.

1. You have **physical experiences**, which are your perceptions, sensations, of anything in the physical universe: of any material object and any physical energy forms such as light, heat or sound. Your physical experiences include touch, smell, taste, hearing, and seeing.
2. You also have **psycanic³ experience**. Your psycanic experience is your perception of every thing that is non-physical. It is every experience that is not caused by physical energy or object. Your psycanic experience includes everything that happens in your mind such as thoughts, ideas, plans, memories, desires, knowledge, intelligence, intuition, and creativity. Your psycanic experience also includes all your emotions. Note that your emotions are a polarity spectrum from the maximum negative ones of apathy, depression and grief, up to the highest positive emotions of joy, bliss and ecstasy.

The only motivation of all human behavior is to control one's experience. (This law is proved elsewhere in psycanics.) Life is about learning to control your experience, about eliminating negative experiences and manifesting the positive ones that you desire. Through the physical sciences, physics, electricity, biology and medicine, man has achieved great control over physical experience. **However, most people still have very little control over their psycanic experience – not because it can not be controlled, but because they do not know psicanica..**

³ Psycanic is another spelling for psicanic. Psycanics and Psicanica are the same.

To achieve control of your psicanic experience – which is the most important part of your experience-- you must understand Polarities and Resistance.

The purpose of life is experience: to feel, to know, to live: it is all experience. . Experience is Life itself. The more Life you are, the more you can experience. The more experience you have, the more Life you are. A rock is not much Life and does not experience much. A plant is more Life and experiences more. And animal even more Life= Experience. You are more Life still, and you experience a lot more than a rock, a plant, or an animal. The Supreme Being is ALL LIFE and ALL experience; SHE is *every thing* and is always and all ways experiencing BEing *everything* (including you).

The only motivation of all human behavior is to control our experience, to eliminate unpleasant experience and to achieve positive experience which is happiness. In other words, the only motivation of all human behavior is to end pain and be happy. This requires control of your psicanica experience, much more than of your physical experience. How to control your psicanic experience is a major theme of Psicanica.

Many experiences, including the most important ones, are created by Polarity and only exist because of it. In the physical universe, we have such polarities as temperature (hot and cold), light-dark, big-little, strong-weak, healthy-sick, rich-poor, high-low, pleasure-pain; and so on. Notice how much you strive to control some of the physical polarities, for example: healthy-sick, success-failure, rich-poor, physical pleasure and pain, beauty-ugly, etc.

In the psycanic universe, we have such polarities as happiness-unhappiness, positive-negative, able-unable, valuable-worthless, cause-effect, love and anti-love, the positive and negative emotions, Good-BAD; and so on. Whether you recognize it or not *yet*, your major struggle in life is to control the psicanic polarities of Wisdom--Anti-Wisdom, Power--Anti-Power, Value|, Love--Anti-Love, and Happiness—Pain. In this course, you will be introduced to some of the most important psicanic polarities, including: Cause and Effect, the Emotions, Love, Happiness, Good and BAD, and SPace and Resistance.

RESISTANCE

- 1- Because life is experience; and
- 2- because experience is polar; and
- 3- because both poles are absolutely essential to life= experience; and
- 4- because therefore you need the negative polarities to be able to know and enjoy the positive ones;

because of all the above:

To resist a negative experience is unwise --and painful. It is to resist Life itself *as it is* and as it must be. To resist any thing is to resist reality. To resist any part of a spectrum is to resist Life as it is and as it must be for that experience to exist at all.

RESISTANCE CAUSES PERSISTENCE

To control and change your experiences, you must learn to move up and down a polarity at will. To do this, you must learn not to resist any given point on the spectrum, any experience no matter how negative= unpleasant.. **Resistance Causes Persistence and to resist an experience on a polarity spectrum only serves to stick you at that point.** (Note: Symbol for the law Resistance Causes Persistence is **Rxx→Perxx**.)

You do not change things through resistance as Rxx→Perxx; but through SPace (acceptance), experience⁴, and then positive action. However, most humans spend much of their life and emotional energy resisting all kinds of things in their lives: events, situations, what others say or do, what they themselves do or don't do; **and especially their own thoughts and emotions, and above all, themselves when they are in negative (Anti-Essence) IDentities.**

RESISTANCE IS PAIN⁵

Furthermore, the ONLY UPS (Unhappiness, Pain & Suffering) that exists in life is your own emotional Rxx to What Is, to Reality: Rxx→UPS. It is never the events of your life that cause your UPS, but your negative emotional reaction = your Rxx to the events that is the ONLY pain that exists in life. We will demonstrate this later in the book.

⁴ Experience Experienced Discreates the Experience. Symbol: Exp2→=0.

⁵ Pain and suffering in psicanica always refer to psycanic = mental & emotional pain, unless physical pain is specified.

Definition: **RESISTANCE**. Resistance has two levels:

- 1- Any negation to experience, any refusal to BE, FEEL, THINK, SAY, DO, or HAVE something – especially to FEEL it (e.g. the negative emotions).
- 2- Any energy (including the negative emotions) directed against anything to **not let it BE as it is**. **Resistance is any negative energy (of special interest are the negative emotions) to avoid, stop, change, harm, punish, or destroy something that is not as it should BE = BAD** (BAD according to the values of the person resisting). **All the negative emotions are resistance to something.**

Definition: **BAD**: That which should not BE *as it is*, thereby justifying the use of negative energy to attack, change, stop or destroy it. BAD is always a opinion, a creation of the viewer. It is always a point of view based on a personal value system. There is no universal nor objective standard of BAD and BAD does not exist outside of the mind of the person creating it. It is a hallucination, as we shall prove in the lesson Good, Bad & Evil.)

There are multiple and important reasons why Resistance is a “bad” idea.

- The first is pain: **resistance, especially emotional resistance to anything, is painful.**
- Resistance creates or attracts that which is resisted. (E.g. Fear attracts that which you fear.
- Your resistance (negative energy) to other people will cause them to resist you.
- Your resistance to situations in your life will cause the persistence of those situations.
- Resistance to your negative emotions will cause the persistence of your negative emotions, and your negative emotions are the only pain that exist. Resistance to pain is suffering.
- Resistance puts you into Effect, thereby undermining your Cause and Personal Power.
- Your resistance to anything inhibits your intelligence, creativity and wisdom in dealing with what you are resisting, further reducing your personal power to control life.

Let's look at these in more detail:

Resistance is the generation of negative energy, especially negative emotional energy, against What Is, against Reality, to change, stop, punish or destroy it. All resistance is negative energy against negative energy: 2x negative energy. This just multiplies the amount of negative energy in your life. When you resist something, you are only multiplying the negative energy in your experience and thereby increasing your pain and your troubles.

All pain⁶ is the experience of negative emotional energy, and the negative emotions are the only pain that exist. I repeat: **The only pain that exists is your experience of your negative emotional energy. Your pain in life is never the events themselves, but rather your resistance, your negative emotions, against the events.** Events themselves are neutral. You decide whether to resist them emotionally or not – according to subconscious mechanism to be seen later. It is your emotional resistance that is your pain, not the events. (We will come back to this in greater detail a later lesson.)

Negative Emotion = Resistance = Pain = Unhappiness:
They are all the same.

If you have a negative event in your life, why make your experience worse by emotionally resisting it?

You are the only generator; you are the Creator of your negative emotions. **No one else can make you feel anything against your will.** Ergo, **you are the only Cause; you are the Creator of all your pain.** You may think now that events and not you cause your emotions, but we shall prove this is not so in a later lesson. In this course, you are learning how and why you create your pain and how to stop doing that.

Another reason Rxx (Resistance) is unwise is **Rxx→Perxx: Resistance Causes Resistance and Persistence.**

When you resist other people with your negative mental or emotional energy, for example with anger or invalidation or blame, they will usually activate their own negative emotions to defend and justify themselves, and to resist you. They will counter-attack you with their negative energy= resistance to your. And they will tend to **persist** in whatever position or behavior you are attacking (resisting) them for.

When you resist things and events, you are energizing them and first attracting them, and when present, causing them to persist. We will see the why of this in the advanced courses on creation and manifestation. For example, if you are resisting a lack of sufficient money, you are actually “persisting” this situation in your life.

Your resistance to your negative emotions, to your pain, causes the persistence of that pain. But it doesn't end there. **That Rxx to your negative emotions, to your pain, is even more pain. Resistance to your negative experience (i.e. your negative emotions) is resistance to resistance, and that is suffering.** Resisting pain creates more pain that leads to more resistance and that is the formula for descending spiral into more and more suffering. This bears more explanation:

Resistance is pain, and Resistance Causes Persistence. Therefore, Rxx prolongs both the event resisted and your negative emotions= pain about that event. The

⁶ Remember that “pain” in Psycanics always refers to mental or emotional pain unless physical pain is specified.

common man resists many things in life, thereby creating his unhappiness and pain.

He then resists that pain with even more negative emotion = more pain. And he resists the events even more as the apparent (but illusory) cause of his pain – which resistance is just more pain. Furthermore, all that resistance only causes that thing to persist and even increase. He therefore resists it even more, causing himself even more pain, that he resists even more, which is even more pain, that he resists even more. All this makes that event appear even more to be the cause of even more pain as he resists more and more and experiences his increased resistance as more pain. At each step, s/he thinks s/he must then resist both the event and the pain even more to stop them. .

Around and around, down and down s/he goes. It is a descending spiral into ever greater resistance, ever more suffering, and ever more difficulty in controlling your experience and getting your life to work.

A way out frequently chosen is the addictions: alcohol, tobacco, food, and drugs both legal and illegal. To suppress all that pain is why tranquilizers (valium, prozac, et al) are multi-billion dollar businesses. Of course, drug suppression does not work in the long wrong: not only are the side effects horrendous, but eventually the negative energy breaks through. There is, however, a real solution: cheaper, simpler and infinitely more effective, the one that you are learning: PEP: Psicanic Energy Processing.

You cannot change things by resisting Reality, What Is. You cannot create positive by resisting negative. **You cannot create what you want by resisting what you have. You can not find happiness by resisting your unhappiness.** Your resistance to anything only prolongs the negative, and causes your pain.

Thus, the third Law of Polarities arises from the first two: **He who does not understand Polarities will suffer.** He suffers because his emotional resistance is pain, the only pain that exists. He will suffer because he is causing the persistence of that which he is resisting. And he will suffer because by resisting his pain, he is causing it to persist and increase.

The person who resists is resisting one half of the spectrum of experience is **resisting 50% of Life itself.** Furthermore, **that half of Experience= Life cannot be destroyed no matter what s/he does. S/he can't succeed, ever. S/he can't win.** On the contrary, hir (him or her) resistance only causes the persistence of what s/he is trying to destroy. It is a hopeless situation, but one in which much of humanity is trapped.

The opposite of Resistance is **SPace**, an extremely important concept in psycanics, but one that we cannot introduce until a later chapter as you yet lack certain previous concepts to understand it. For now, just remember the word **SPace** as something of extreme importance, as a concept that will give you great Power, the Power to Discreate, and the Power to Love, and the Power to be Happy all the time no matter what.

In summary, the Laws of Polarity and of Resistance that you need to know at this point are:

- 1- **Life is Polar.** Polarity creates the experiential spectrums; it creates the immense variety of possibilities of experience that make existence so rich. **Without Polarity, most experiences would not exist at all.** For example, without Hot and Cold, Temperature would only be a concept, never an experience. Polarity creates the immense spectrum= gradient= variety of possibilities within any one phenomenon.
- 2- **For a Polarity to exist, both poles must exist.** It is impossible to have a Polarity or a spectrum with out both poles, and **it is impossible to have one pole without the other** or one polarity without the other.

“Success” cannot exist without “failure”; “pleasure” cannot exist without “pain”. You cannot have Good without BAD. In other words: **BAD *must* exist for Good to exist.** You want Good to exist and you want to **BE Good** because to **BE Good** is to **BE Value-able and Lovable**, and **Self-Love** is the only happiness that exists. The price you pay for Good to exist is that BAD and evil must exist. One creates the other.

Therefore, those who resist one polarity, one side of experience, of anything, e.g. failure, pain, or BAD, are **resisting an essential element of existence; they are resisting Life itself because Life IS and must be Polar.** Without Polarity, Life= experience would be greatly limited and very dull.

The result of such resistance is pain: **all pain is resistance to BAD.** Thus the saying, “Resist not evil”. Resist not for your own good and happiness.

- 3- **You can experience, know and appreciate one side of a Polarity only to the extent that you have experienced the other side.**

Some examples should make this clear: You most appreciate an air-conditioned room when you enter one on a hot sweltering day. You most appreciate a warm room when you come inside half frozen. You most appreciate your health when you become ill or injured. If you were to win a game all the time, never losing, you would soon cease to appreciate winning and you would become bored with the game.

A wealthy person who has been rich all her life and never even seen poverty even in others, would not even know she was wealthy. Only by losing all her money and becoming poor, would she be able to full appreciate her former wealth.

Thus you can not savor the richness of love without having experienced, at least once, anti-love. You can not know and enjoy joy without having experienced, at least once, sorrow.

You need and must have negative polarities to be able to experience, appreciate and enjoy positive experiences. In the absence of the negative sides of the polarities, the positive sides can not exist. (And if they did, you would not recognize them if you have not experienced the other pole.) You need and

must have negative polarities-- and you must experience them at least once-- to be able to experience, appreciate and enjoy positive experiences.

To experience anything all the time without experiencing other points on the Polarity is to lose appreciation and even awareness of that experience. It is the movement between polarities that maintains our experience and our appreciation of it fresh. **To the degree that you live in the same conditions all the time, in your comfort zone, with few challenges, life will become jaded and boring.**

- 4- **The purpose of life is experience.** Your life is your experience and only your experience. **You know any thing only by and to the degree that you have experienced it.** You know any polarity spectrum only to the degree that you have experienced= lived both poles. (The cosmos itself is God BEcoming and BEing all forms possible in order to experience= know Herself.) **Because of Law 3, to maintain you aware and appreciative of your experience, life will tend to oscillate you up and down the spectrum.** Do not resist your negative experiences: give them the **SPace** to be as they are so that they can change to something else. If you deny SPace= you resist, then $Rxx \rightarrow Perxx$.
- 5- **All Pain Is Resistance.** Resistance is negative energy thrown against negative energy. **The only pain that exists are your negative emotions = resistance to What Is= Reality.** You always generate your negative emotions in resistance to something (which is as it is), in resistance to some reality. Resistance just puts more negative energy into life, and causes two things: Pain and Persistence. **In this course, you will learn the deepest origin and cause of your resistances.**
- 6- **Resistance Causes Resistance, Resistance Causes Persistence, and Resistance Causes Pain.** The purpose of resistance is to change, stop, punish or destroy something. However, unless you have the absolute power to totally destroy what you are resisting, your resistance will only cause its persistence and even its growth. Your anger at others causes them to persist in their point of view or actions. Resistance to drug trafficking has made it a huge and successful business. Resistance to your negative emotions only serves to prolong them and worsen them.

You cannot change things by resisting What Is. You cannot create positives in your life by resisting the negatives: your resisting them only prolongs the negatives. You cannot create what you want by resisting what you have. You cannot find happiness by resisting your unhappiness.

Thus, for the positive emotions= happiness to exist, the negative emotions= pain= unhappiness must exist; and **you must experience the negative polarity**, pain, **at least once** in order to know it, in order to have a point of reference, of relativity for the positive experience you want.

You have already done that, right? You have already experienced the negative polarities. You are already quite familiar with pain and unhappiness, no? If so, then you have no further use or need for the negative emotions, and **it is not**

necessary that you continue to live with them. You have to know, to visit, the negative polarities, but only once. You do not have to wallow there. *To stop experiencing them, you only need to know how they work and that is what we are going to see in this course.*

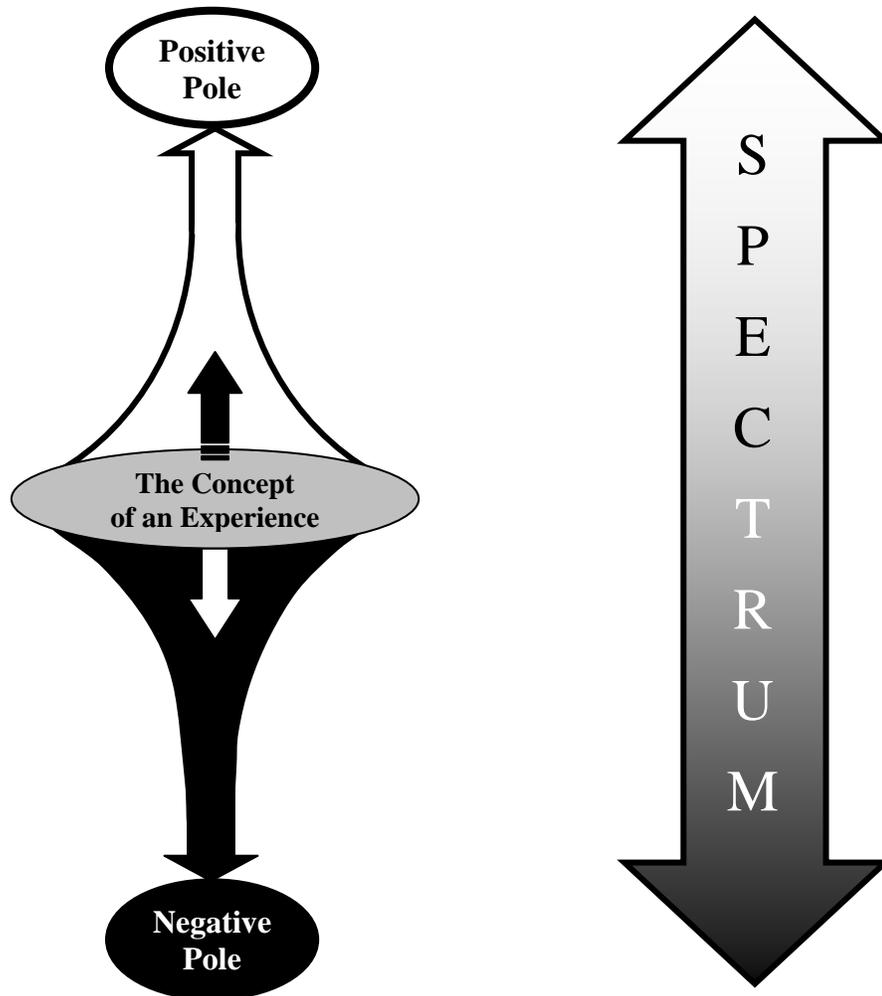
The common wo/man spends all hir life bouncing in and out of the negative emotions. S/he frequently activates in anger, fear, sorrow, depression, guilt, etc -- and some people even live in these negative polarities most of the time. *This is not necessary and life is not designed that way. This condition only exists because of ignorance of what the emotions are and how they work, starting with that they are a polarity.* You now know the first thing about how they work: they are a Polarity Spectrum, and all the Laws of Polarity apply.

You are the Creator of your life. You create your pain in life when you resist Reality= What Is, as it is. *All pain is your emotional resistance to something.*

You can not change Reality= Life by resistance . Resistance Causes Persistence, and it causes your pain. You can change things, not with emotional reaction, but with wise action.

In this lesson, we are **not yet** teaching you HOW to stop resisting. You will learn the exact mechanism that activates your resistance to anything and everything in later lessons. You will also learn how to eliminate that mechanism in you. In this lesson, we are only introducing some of the laws of polarity and of resistance. Even so, your understanding of these laws is a giant step forward in your Wisdom, Power and Love. .

In the next chapter, we are going to examine a critically important Polarity: Cause and Effect.



Concept Summary of this Lesson

- 1- Most of the more important Experiences in life are Polarities, and all the Laws of Polarities apply.
- 2- **You label BAD one side of an Experience Polarity.** Thus you are creating and applying the Polarity of Good-Bad to other Polarities. We will prove in a later lesson that you are the sole Creator of BAD; it does not exist in the universe outside of your mind.
- 3- BAD is that which should **not** BE as it is. You RESIST the BAD thing= one side of an experience spectrum, generating negative emotional energy to stop, change or destroy that BAD experience.
- 4- Your negative emotions are your Resistance to and the ONLY pain that exists in life. Ergo, you are the Creator of all your pain in life.
- 5- It's all an illusion. A- Negative Polarities are not BAD; they are an essential part of existence, essential so that the positive sides can exist. B- Negative Polarities don't cause your pain; you do when you resist them.
- 6- Transcending Polarity is essential to increase your Wisdom, Love, Power and Happiness in life.
- 7- **SPace** is the solution: to be continued in that lesson.

Chapter 3

Activations & Inventory Of Your Negative Emotions

We are now going to focus on the **negative emotions** as the first thing you need to change to start on the journey to love and permanent happiness, to begin to transform your life. As you learn psyanics and progress through the **Life Transformation Program**, you will be freeing yourself from negative emotions so that eventually it is rare that you experience one. In the advanced books, you will learn how to create the positive experiences, love and joy, that you desire.

Our objective in this chapter is to inventory as many of your negative emotions to eliminate as you can. **You will be using this inventory later as a checklist** when you begin to discreate your negative emotions by discreating their underlying cause (your Essence Identities) so that they no longer occur.

EMOTIONS

Your emotions are psyanic energies that are part of your nature as a non-physical life-energy entity. They are part of your Essence as a spiritual BEing. (Essence is a major concept to be explained later.) In this book, we will go very deeply into the nature of your emotions and how they function.

They are non-physical energies, although they can be felt as mass in the body, and affect and are affected by the body. However, they do not come from matter, from your body (nor do you); and they continue to exist and accompany you when you are out of the body, whether temporarily, or permanently when your body dies and you leave it.

For the moment, we are interested only in your **negative** emotions: eliminating them is the first step on your journey to love and happiness.

Your negative emotions are the only pain and suffering that exists in life. Events are just events. They are emotion-neutral until you “color” them with an opinion of good or bad, and then “paint” them with your emotions.

Furthermore, as we shall prove: **Events never cause your emotions.** .

The Psicanica proposal for your Life Transformation into Love and Happiness has three steps:

- 1- Eliminate the negative emotions and thoughts that you have created in the past (e.g. in your childhood), are carrying around with you in your subconscious, and that activate periodically causing you experience those charges. Your subconscious is loaded with old emotional energy charges from your past.
- 2- Teach you how to **stop** the creation of any **new** negative emotions in your life.
- 3- Once you have the negatives under control, teach you how to create, maintain and constantly increase your generation of the positive FEELings you wish to life in.

Of all these, **the positive creation is the easiest – EXCEPT that the intention to create positive will often activate* the opposite, negative experiences** (this is polarity at work) **already present in your subconscious.** Of course, we will show you how to handle and discreate your activations.

*(Activate means to stimulate into consciousness= present time experience = your FEELing.)

If you apply what this book teaches, you will become an expert an handling / discharging negative energy and will achieve a tremendous acceleration of your personal change and life transformation.

Your negative emotions burn your energy: you might say that they are energy leaks. There is little sense in trying to fill the ship of your happiness with positive energy while it is full of holes, the energy leaks of your negative emotions. Once you are in control of your negative emotions and are advanced on the road to eliminating them, we can then start your creation of the positive ones.

One of the great strengths of Psicanica as a scientific system for personal development and life transformation, is that it is does not try to avoid negatives as most systems do. **Any system that does not teach you to handle negative energy can not take you very far, because we are all loaded with negative energy, and any attempt to increase positive energy in your BEing will activate the negative energies that are already there.** (This is good, because those negative activations are exactly what we want to cleanout and you will learn how to do so.)

In the subconscious of the average human being, there are about 20,000 hours of NIR Masses (Essence Suppressor Mass). By this I mean, it will take about 20,000 hours of processing to eliminate ALL your negative energy.

You can not handle negative energy for long by ignoring it or trying to plaster it over with positives. You must be able to handle both positive and negative energy in life with equal skill. You must be able to eliminate negatives. Psicanica gives you the tools and weapons to battle your negatives and win.

Therefore, do not let the apparent over-emphasis on the negative emotions in this book worry or discourage you -- negatives are only the first step.

Definitions:

Definition: **Happiness+**: a state of permanent and impregnable positive emotion, ALL THE TIME; a state that is almost completely free of any negative emotions ever.. Happiness is a state of positive emotions **all the time**, a condition of BEing and FEELing that not disturbed by even the most negative events in life. It is a very rare state in humans; few humans ever even approach it.

Note: Happiness is a full time, not a part time state of BEing. If you live bouncing in and out of negative and positive emotions, up and down the Emotion Polarity Spectrum, then you are not happy, no more than if you are bouncing in and out of debt, you are rich. Happiness is all the time, totally free of UPS, or your condition is not one of Happiness in the psycanic definition.

Happiness+/-: When written with +/-, Happiness+/- is a polarity with UPS (defined below) as the negative side. Happiness+/- means both or either happiness and unhappiness.

Definition: **“UPS”** in psycanics means: **Unhappiness, Pain and/or Suffering**. It is pronounced “oops”.

Note: The word **“pain”** or **“suffering”** in psicanica **always mean** mental or emotional pain, i.e. psycanic pain, unless physical pain is specified.

Definition: **“Suffering”** is the second degree of “pain”. Suffering is resistance to pain. Suffering is pain generated about pain. This distinction is not important for the moment, but we do need to explain that there is a difference, which is why we say “pain & suffering”. We are not repeating ourselves redundantly.

Definition: **Event**. An event is any (perceived) change in anything. An event can be the movement of any thing. It can be something someone says or does. It can be something you say or do. It can be any occurrence or incident. It can even be the occurrence of a thought in your mind. It can even be a failure of something to change, when you are expecting or wanting it to be. It can be a world event, known to and affecting millions. Or it can be something so private that only you know about it. Your life consists of events. You generate positive emotions around some of those events, negative emotions around others, and don't care one way or another about many events.

Definition: **Reality**: Any **thing**, any energy, any mass, any object whether psycanic (any thought, memory, or emotion) or physical (light, sound, rock, table, body, etc.)

Notice that the universe consists of Events and Realities. Events are changes or movements of Realities. The universe consists of “Things and Change”

The Four Basic Emotions+/-

The emotions are --obviously-- a Polarity Spectrum with positive and negative ranges. There are four basic emotions, each with a family of related or similar emotions. The 4 basic negative emotion families are Anger, Fear, Grief, and Depression, in that order. (These can also be considered 3 basic emotions, with Depression as a lower range of Grief.

The three basic emotions and their families are:

- **ANGER**, which includes hostility, rage, frustration, desperation, impotence, resentment, hate, and guilt, among others.
- **FEAR**, which includes, worry, anxiety, stress, doubt, shyness, timidity, terror, horror, panic, etc.
- **GRIEF**, which includes sadness, sorrow, regret, emptiness, loneliness, among others.
- **DEPRESSION:** includes depression, hopelessness, apathy, despair, “blackness”, desire to stop living, suicidal feelings.

FAMILIES

In Psycanics, when we speak of Anger, Fear, Grief or Depression with capital first letter, we can be referring to any “flavor” of emotion in that family. Thus “Anger” can mean any of the anger family emotions listed above; the word “Fear” includes all its family, and “Grief” or “Sorrow” can mean any of its family. Depression includes all its family of emotions.

The SPECTRUM of EMOTION.

The emotions are not random. Each emotion is a different frequency of energy and has a specific position on the Emotional Energy Spectrum, in the order given in the scale here. Emotional Energy Spectrum is covered in more detail in other psycanics books.

Graphic:

An Abbreviated Emotional Energy Scale.



A Major Law and Understanding of Happiness+/-

A most important thing to understand about emotion is that:

Emotion+/- is the only Happiness /UPS that exists.

Your happiness or UPS is your emotions and your emotional state.

Events are just events. It is never the event that is happiness or pain; but rather it is **your emotions, how you FEEL, in relation to the event that is your happiness or unhappiness.**

We can express this law with these equations:

EMOTIONS+/- = HAPPINESS+/-

Positive Emotions = Happiness

Negative Emotions = Pain = Unhappiness

Furthermore, as we will prove later, and despite appearances to the contrary,

Events NEVER cause your emotions.

You will notice that most humans spend their lives trying to control events to be happy. On the negative emotion side, they try to avoid, stop, change or destroy “bad” events to avoid or stop UPS. Or they try to suppress their negative emotions about those events with substance abuse, (which becomes addictive).

On the positive emotion side, humans try to cause “good” events and accumulate “good” things (like property and money) so that they can feel good = be happy.

All of the almost infinite manners in which the humbe tries to control hir internal (psicanic) experience are called the External Quest. The External Quest is impossible because events and things do not cause the human emotions. This strategy to control Experience, the External Quest, is doomed to failure and few humans ever achieve any true happiness.

To end your UPS in life and achieve Happiness, you must abandon the External Quest and embark on the Internal Quest: the search within. You can and must learn to control your psycanic realities and experience directly.

The Two Problems in Life

As events never cause emotions+/-, you have two, totally separate situation or "problems" in life: an internal one and an external one.

1. **The internal “problem” is your emotions; how you feel, your Happiness+/-, especially when that is UPS.**
2. **The “external” problem is what to do about the event or the situation itself.**

These appear related – but **they are not**. It appears that the external event is causing your emotions, your Happiness+/- . Therefore, it appears that by controlling or changing the event you can alleviate your negative emotion --and you may--in some situations and fleetingly. However, **you will never be able to control most events of your life** (e.g. loss of job, death of loved ones), and **so this is an impossible strategy for happiness**, as you will come to understand.

To begin with, the event is NOT the true cause of your negative emotion. Secondly, you cannot always, or even generally, control events, especially what others say and do, and you will never be able to. Nobody has that kind of power. Even when you do control an event, there is always the next one and the next one and the next one: **Life is parade of events**.

This is great news that the external event is NOT the cause of your UPS or of your Happiness. Because if it were, there would be no hope for Happiness: nobody has the power to control external events sufficiently to always avoid negative events and to get and keep enough positive events and realities to be happy all the time.

What you must learn to control, and can ALWAYS control is the true, underlying cause of your negative emotions, which is something within you and totally under your control: your Essence IDentities. Control of YOU is the true road to Happiness. (The Kingdom is Within.)

Your negative emotions are very, very valuable when you understand what they are and how to use them. Life is a polarity: out of your pain, you can “bounce” into happiness --when you know how.

Definitions of Terms necessary before doing your inventory.

Definition: **ACTIVATION**. An activation is any negative, psicanic (mental-emotional) feeling=experience of any kind. It is any experience of a negative mental state or negative emotional charge = UPS. (Examples include: worry, anxiety, anger, hostility, fear, grief, depression, apathy, guilt, etc) It is any period of mental or emotional pain, any period of unhappiness, of feeling “bad”, whether you can identify the exact negative emotion or not. **An activation is a negative, psicanic experience.**

However, there is often an physical component. Most emotional activations are accompanied by physical sensations (somatics) in the body, which are suppressed emotional charges. Furthermore, many physical dysfunctions and illnesses are caused by suppressed emotional charges.)

Note: Technically, an activation can also be positive emotion, called an MOP= Moment of Pleasure. However, we will usually use the term to refer to negative experience.

Definition: **MOD: Moment of Dolor**. (Dolor is **Latin** for “pain”) The period of your experience of a negative emotion as the result of an activation. “Activation”, “MOD” and “UPS” are synonyms. **The only MOD = UPS that exist are the activations of your negative emotions. It is the never the event that is you MOD; it is your emotions** – and events do not cause your emotions, as we will prove later.

A more advanced definition of Activation: **An activation or MOD is the movement of a NIR mass from your subconscious to your consciousness= perception= experience= feeling.**

However, you will not understand this definition until later when you have understood the concept of “NIR Mass” much later in this book. Do be sure that you understand that the four items in the blue word equation above (consciousness= perception= experience= feeling) are all the same thing, and that **activation** and **MOD** and **UPS** are the same thing.

Activation (of a NIR Mass) = **MOD** = the only **UPS** that exists.

You have 2 basic experiential states: calm and "activated". When you are emotionally neutral, serene, you are not activated; your consciousness= FEELing is clear of negative experience. **When you are experiencing any negative emotion you are activated**; you are experiencing a **MOD**.

For example: should I say, "She is activated", I mean that she is emotionally upset in some way. Should I say: "The explorer's activation is guilt", I mean that that person is experiencing guilt.

More technically: If I say, "I am activated", I mean that I am **at the effect** of a negative psicanic energy; that there is an psicanic energy mass **impacting** my consciousness, my feeling, and therefore **causing** me negative experience. In other words, I am experiencing anger or fear or sorrow depression or any other negative feelings.

An Advanced Concept

Here is an extremely important concept in psicanica. Conceptually, it is an advanced, but I am including here as it may help you to understand “activation”.

**ALL EXPERIENCE IS THE
IMPACT OF ENERGY= MATTER ON CONSCIOUSNESS.**

You see a chair or a TV because light energy off that object=reality impacts your eyes, gets transduced in your brain into frequencies of energy that impact you= Consciousness= the Aware-Will. You experience the impact= effect of those energies as an image of the chair.

You feel a table or a hug because the mass= energy of the table or the person hugging you impacts your nerves sensors in your body, and these send energy impulses to your brain, that again transduces them to psicanic energy that you-the-psican perceive in the conscious energy that you are made of.

In the same way, **ALL psicanic experience is the impact=effect of psicanic energy** (thoughts and emotions are energies= psicanic objects= psicanic realities) **directly on you= Consciousness= the Aware-Will unit= the psican**.

Nothing in the physical universe ever causes (creates / generates / produces) psicanic energy. Ergo, nothing in the physical universe ever causes psicanic experience. Therefore, you can never control your psycanic experience by controlling any thing in the physical universe. (This is what almost everybody (99.99% of the human race) is trying to do: the External Quest for security, power, love and happiness.)

All your psycanic experience is the impact of psycanic energy on your consciousness. **The only way you will ever be able to control your psycanic experience is by learning to control your psycanic energies, to create and discreate your psycanic objects = realities.**

Just as you control your physical experience by controlling physical energies-realities, so too can you control your psicanic experience by controlling your psicanic energies-realities (thoughts and emotions). And this is the **ONLY** way you will ever be able to control your psicanic experience and find love and happiness. Nothing in the external universe will ever fill that deepest yearning of the human heart: Love and Joy.

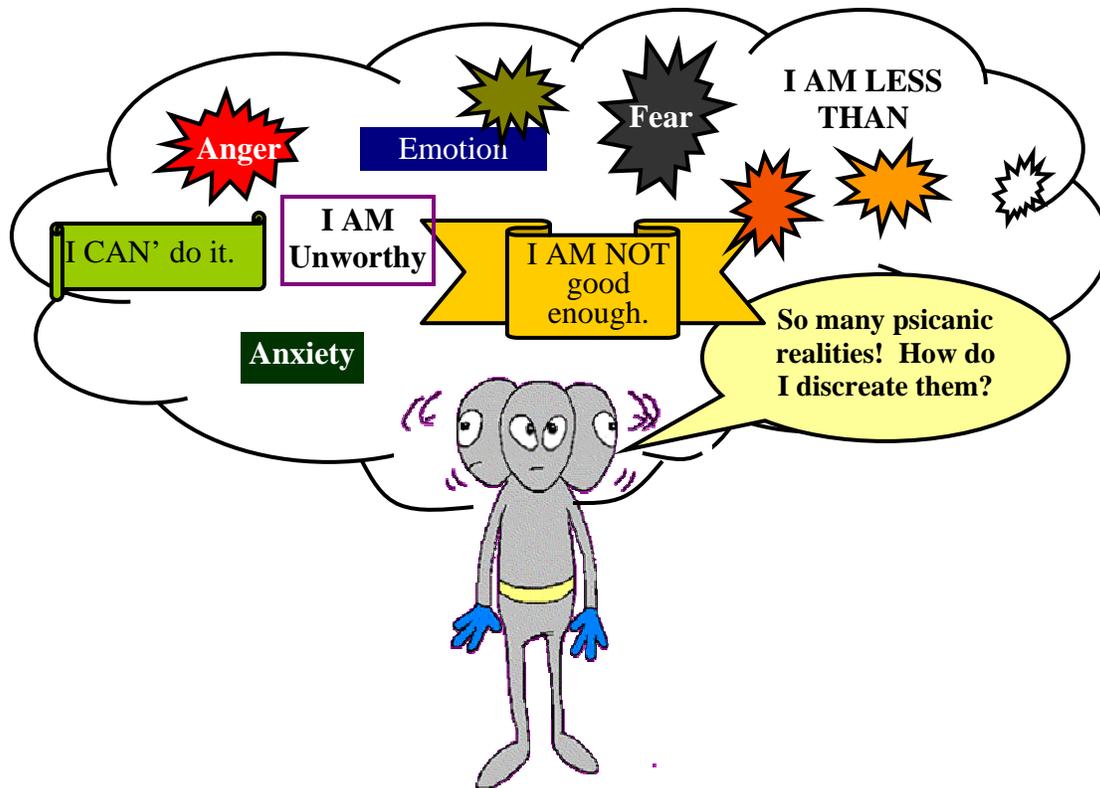
In this book, you will learn the theory of PEP, Psycanic Energy Processing, a technology with which you can create and discreate your realities and therefore control your experience.

Thus, an **activation= MOD= all UPS** is the impact of a negative, psicanic energy mass (a thought-emotion reality=object) on you as the unit of consciousness=experience= feeling. Our objective is that you learn how to discreate that energy mass.

The most common activations are anger, fear, worry, anxiety, sadness, guilt, resentment, hate, grief, and depression.

The BIG question is: Where do those energy masses come from and how do I control and eliminate them?

Our purpose in this book is for you to understand profoundly the causes and mechanisms of your psicanic experience, of activations. That is the first step in controlling and eliminating them.



More Definitions:

(We repeat the definition of Event here for your convenience in understanding “trigger event” below.)

Definition: EVENT: Any change or movement of anything, (implied that you perceive that change or movement (As movement is a form of change, we can just say: ANY CHANGE that you perceive. More generally, any thing or person, and any change of any kind. (In the most general sense “event” includes the appearance or disappearance of any thing or person, which is a change or movement.)

- An **external event** can be anything that somebody says or does, the arrival or the departure of any thing or person into or out of your perception, anything that happens to you or in your life.
- An **internal event** can be any change in your thoughts or your feelings, or any thing *you* do, any behavior or action.

The words “externals” and “internals” are short forms of “**external events**” and “**internal events**”.

Definition: TRIGGER EVENT or just **TRIGGER:** any event that sets off an activation= MOD = UPS. Something happens and you activate; that is, you enter into a negative emotional experience. That “something” that activated you is a **trigger**; it triggered your activation, your negative emotions, your moment of UPS. A synonym for trigger is **BUTTON**.

Think on the last time you were angry. What event, what happened, what CHANGED in your world that set you off? That is your trigger event for that activation = MOD.

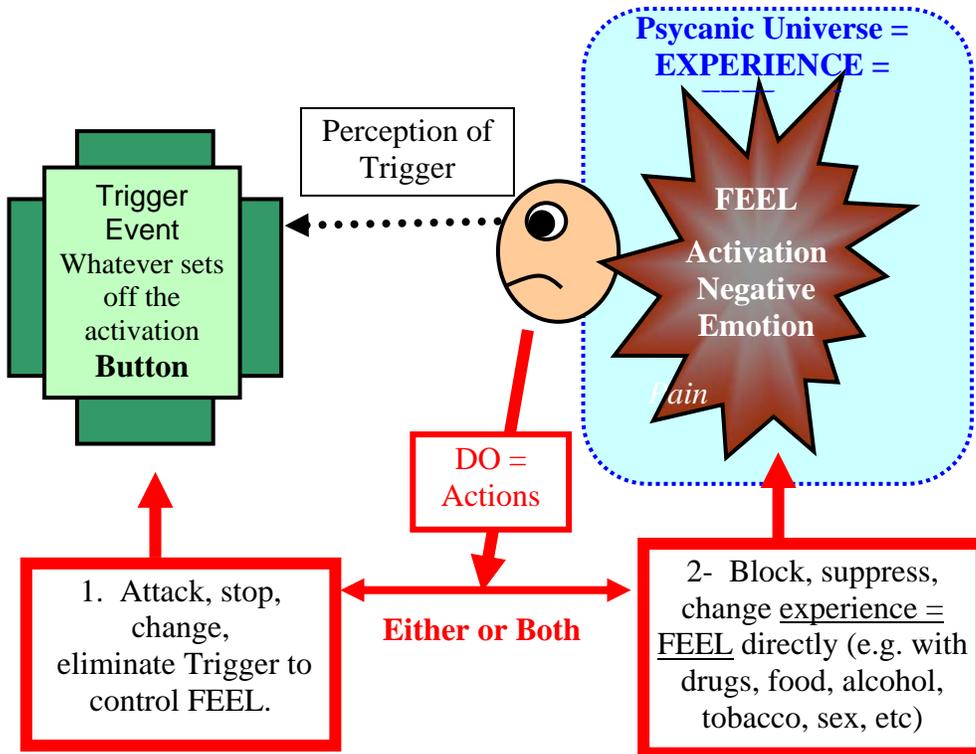
Definition: DO: One element of the Causal Sequence of **BE > FEEL > THINK > RELATE > DO > HAVE**. (We will cover the Causal Sequence in detail in a later chapter.) **DO** is just that: whatever you do: any action or behavior, including your substance addictions, neuroses, what you say, how you treat others, how you react to events and to others, etc.

What do you **DO** when you **FEEL** bad to try to stop feeling bad? **In relation to an activation, there are two DOs that are of particular interest in this book.**

- 1- The first is: **What you DO to try to control the trigger:** to change, stop, punish, eliminate, get away from it, etc.? For example, if something another persons says triggers your anger, what do you as regards that person. Do you attack them with anger, say denigrating things, or otherwise resist or sabotage them?
- 2- The second DO of interest is anything **you DO to try to ignore, change, or suppress your emotional experience directly.** This kind of DO

includes substance abuse: alcohol, tobacco, overeating, any kind of feel-altering drugs whether legal or illegal, distracting yourself with compulsive activities such as a shopping spree or television or going to see friends. (If you don't think such activities are emotionally compulsive, see if you can stop doing them, and see how you feel when you don't do them.)

What do you **DO** when you **FEEL** bad to try to stop or change your activation? The following diagram illustrates these concepts with DO in red. Make sure you understand what the diagram is showing.





The SPaceman character is a creation of Mitch Powell.

<http://www.dreamingtiger.com/>

LOGBOOK and INVENTORY

Your Logbook organizes and records your Life Transformation journey. It maintains your inventory of what you want to change, records the PEP processes that you run to achieve those changes, and holds your Visions, and the processes you run to manifest those Visions. (Vision: the mental image of a desired creation.)

Your logbook helps assure that you proceed in a systematic and scientific manner to achieve your objectives. It is for not for recording your study actions; it is for processing and creation actions.

You can download Causal Sequence Inventory sheet from the Psycanics website, and make the copies that you need. You will be needing a number of these as you work on yourself and your life. As you fill them in and file them along with various of other kinds of worksheets and records, you will create your logbook. (A 3-ring notebook is ideal for filing.)

At this time, we are going to do the first two inventories, Activations and Happiness.

There are detailed instructions below on how to fill out these two inventories. You will begin your inventory by listing as many activations as you can. Then during your daily life continue to list your activations every time you experience one or remember one. Our objective is to eliminate all your negatives from your life; **to do so you must identify and inventory what you want to eliminate.** We want the list to be as complete as possible.

NOTICE: Taking inventory requires you to look at and confront your negatives feelings and behaviors. Just **remembering a trigger event may activate you, triggering anger, sadness or depression,** for example. In other words, the process of taking the inventory may be a trigger for you, it may activate you. That is okay, it is part of the process and a good place to start practicing a very important ability: the ability to confront, admit and FEEL the truth of what is so for you, your negative emotions.

If you do activate while taking inventory, do your best to feel what ever it is that you are FEELing. Notice that this is the opposite of how you usually try to handle your negative experience; you usually try to avoid, change, suppress, block, or flee from it. You must learn to start **experiencing your experience,** to start FEELing everything that activates. This is the road to eliminating it. Evasion and resistance only prolong the persistence of the negatives. Your resistance to your experience only causes the persistence of that experience.

If you will let yourself experience an emotion long enough and completely, that experience will disappear. The Laws are:

**EXPERIENCED EXPERIENCE DISAPPEARS.
RESISTANCE CAUSES PERSISTENCE**

Later, you will learn much faster ways to discreate negative emotions, but it all starts with just experience What is.

BAD

There is **no** BAD in all of this. It is **not** BAD that you get activated. Your negative emotions are **not** BAD. Your triggers are **not** BAD. Events and your life and your emotions **are as they are**. **What Is, Is; and What Ain't, Ain't**. We are not the least interested in your judgments about you, your FEELings, or about your triggers. We are not interested in your opinions. **We are not the least bit interested in what should or should not be**, what you think you should be FEELing or THINKing, by any standard whatsoever, especially yours.

We are only interested in WHAT IS, what is so = Reality for you. We are only interested in the **TRUTH OF YOUR EXPERIENCE**. **Only the Truth will set you free**.

You are as you are (BE), and you FEEL as you FEEL. The first step in handling any thing is to **recognize What is, and tell the truth about it**.

The second step is **not** to invalidate it, **not** to create an opinion or judgment that any part of the TRUTH of you is BAD – which is what sends you into Resistance and Rxx→Perxx. You are human and **all humans, without exception, have the same activations, the same set of negative emotions** --only the triggers vary and triggers are totally unimportant.

**So you are never BAD and always human.
Self-Love starts with giving yourself the SPace to BE
as you are, and not BE as you are not.**

Practice loving yourself by not generating negative energy against yourself.

THE TRUTH FULLY EXPERIENCED WILL SET YOU FREE.

INVENTORY 1: **ACTIVATIONS**

When in your daily life are your negative emotions activating? In what situations are you experiencing negative emotions? What events are triggering your anger or frustration? In what situations are you feeling anxiety or fear? What are you sad or depressed about? --et cetera.

To assist you in making as detailed an inventory of your activations as possible, we will divide them into three groups according to the type of trigger. **This distinction of triggers is just to help you identify your activations better. There is no difference in the activations themselves due to different triggers.** In other words, the trigger is unimportant and makes no difference; we are just using them as an aid to organize your inventory.

Here are three groups of triggers to consider:

1. Your activations where the trigger is physical things, events, situations, or circumstances of your life *other than people*; for example: you get angry when you have a flat tire; or you really dislike, even hate, your job; or you have financial problems and experience a lot of anxiety about them.
2. Your activations *with other people*. Your activations where the trigger is something another person is or does, especially in the relationships that are most important to you. The trigger is usually something another person says, does or won't do. (The Trigger is the BE FEEL THINK DO or HAVE of the other person that you don't like and get upset about.)
3. Your activations where the trigger is *internal*; where the trigger is you or something about you. The trigger here will be your own thoughts, emotions, or behaviors. For example, guilt will always be in this category: you can only feel guilty about something you did. You go on a diet, and one day pig out and get upset with yourself. Another example is fear of the future. The future does not exist, therefore your fear is really fear generated by your own thoughts of what could happen in the future. The trigger would be "my thoughts about the future". (Actually, all fear is of the future, as we will see later.

The inventory forms for activations in your Course Workbook consist of 3 tables (one for each trigger group) with multiple columns. Notice that you will be beginning to think about your life in terms of the Causal Sequence of BE FEEL THINK RELATE DO and HAVE. An example follows:

Group 1: External Event Triggers, non-people.

	1	2	3	4	5	6	7
	Trigger Event = Button	BEing = ID	FEEL = Emotion	Thing /Person responsible for my pain	Negative DO: ACTIONS Behaviors	Desired +FEEL	Desired DO= +Actions .
1							
2							
3							
4							
5							

Use one row for each trigger-activation.

1. In the column #1, note the trigger event that sets off your activation = your negative emotions = your pain in life
2. Ignore the column #2, BEing=IDentity -we will get to it in a later lesson.
3. In column #3, write down your FEEL= the specific emotions that you experience in relation to that trigger event.
4. In column #4, write who or what appears to be the **cause** of your activation. Who or what is responsible for your pain? Who is at fault that you are activated? With non-people event triggers, this will often be the same entity that you put in column #1 as the trigger. With people triggers, the event may be one thing and the person responsible another.
5. In column #5, write down all your DOs (your behaviors and actions) **in relation to the trigger**. These will usually be anti-love behaviors; e..g : speaking angrily or even yelling at the trigger person, stop communicating with the other person, punish the person if they are subject to you, kicking the flat tire – or the cat (even if he was not the trigger), etc.
6. In column #6, write down your negative DOs **to stop, suppress, or change your FEELing directly**: e.g. taking drugs, legal or illegal, lighting a cigarette, drinking alcohol, eating something, go shopping, or whatever you do when you FEEL bad to distract yourself or otherwise change your FEELing that is not an attack on the trigger itself.

The last three columns, 7, 8, & 9 are for your Visions of the positives experiences that you wish to create in that situation:

7. In column #7, write how you would like to FEEL in this situation.
8. In column #8, write how you would like to act (DO) in this situation, both towards the trigger, and towards yourself in regards to your suppression of your FEEL. What would be Wisdom in your actions here?

9. In column #9, write how you would like to HAVE the situation (trigger event) be.

Your facilitator will work with you now to ensure that you understand how to fill in your Inventory. After class and throughout the week, continue to inventory your APTs. (APT = Activation in Present Time). At the next session your facilitator will check your work. Make it a discipline to continue to log every APT that occurs until you have most of your common, everyday, garden variety activations listed. We will get to the deeper activations, and the painful and traumatic incidents in your past later, in the LTP. They all have a solution.

You will later use this inventory to discreate the true underlying cause of your activations, one by one. Consider this your first **discipline** in the Being Development Program:: to log all of your APTs when they occur or as soon as possible afterwards. If you persist in psicanica, you will eventually get to a point in life where your activations are few and far between.

Definition: Discipline: 1. Any procedure practiced deliberately and repeatedly to improve abilities or achieve some purpose, e.g. meditation, diet, exercise, study. 2- The ability, and a form of Personal Power, to do what you should do (what is optimum for the long run), when you should do it, to the best of your ability, whether you want to (feel like it) or not.

INVENTORY 2: **NEGATIVE EVENTS**

The forms are simple. In the first table, column 1, write the 10 most significant negative events (things, situations, circumstances, etc) **in your life now, in present time**. In column 2, write down the agent of Cause (person, organization, etc.) responsible for that event.

In the second table, in column 1, write the 10 most significant negative events (things, situations, circumstances, etc) **in your past**. In column 2, write down the Agent of Cause (person, organization, etc) responsible for that event.

You will refer to this inventory in the next lesson.

INVENTORY 3: **DESIRED POSITIVE EVENTS**

One's own happiness is the ultimate motivation of all human behavior. This is a law that we will prove absolutely (that is, as an absolute, no exceptions), and both philosophically and scientifically, later in the Program. As your happiness is the ultimate motivation for everything you do; the central, the most important, questions of life are: What is happiness? Where is it? What produces happiness? What will finally make me happy? What do I need to BE THINK DO or HAVE in order to be happy?

Make a list of the main things, people, events, activities, or circumstances that you believe you need to BE, DO, or HAVE in order to be happy. You will find the form “The Causes of Happiness: What I Need To Do Or Get To Be Happy” in your workbook. It is self-explanatory.

OTHER INVENTORIES

You will not do the following inventories until later in the Program. They are included here to give you a vision of *some* of the work you will be doing on your BEing.

HIGH-CHARGE and TRAUMATIC INCIDENTS

Inventory all the traumatic incidents that you are “hauling around” with you from your past. We will consider any memory with very high emotional charge, any very painful memory, as traumatic. They can be events of verbal or physical abuse, violence, abandonment, loss of something important to you, rape, death of a loved one, lack of love as a child, failures, moments of embarrassment or ridicule, and so on. **(All neuroses in present time are powered by the force of such emotional charges.)**

You are free of the event, you are NOT “hauling it around with you” if you can, not only remember, but **re-live that event from beginning to end without pain.**

Once you have learned to handle and discharge negative energy, you will do so on all these incidents. Discreation of these incidents frees you from your past and from the neurotic decisions and addictions that were your solutions to the pain. **This will also increase your joy in life, because these energy masses are present in your subconscious suppressing your joy *all the time* even when they are not in acute activation.**

RESENTMENT

Inventory all of your **resentments**. Make two groups: 1- those that you generating in present time with people in your life now; and 2- those that you are hauling around with you from the past.

To log your present time resentments, just ask yourself with whom are you feeling resentment. To log your resentments from past time, look for every incident in your past about which you can still feel some resentment. Give special attention to your parents, siblings, and other adults of authority in your childhood.

Log each incident with just enough detail so that you can identify it when the time comes to discreate your resentments, thereby liberating you from those negative emotional masses residing in your subconscious.

GUILT

This inventory is to include all your guilt, no matter for what.. Studies in psychology suggest that the average person spends over two hours a day feeling guilty for one thing or another, even though it may be something as simple as not

calling his mother. With psycanics, you will learn to live totally free of guilt, both past and present.

Like resentment, we will do it in two groups: present time and past time .

Log your present time guilts: What are you feeling guilty about in your daily life? What are you **doing** now in your daily life that you feel guilty about?

Past time: Remember everything you did or failed to do that you ever felt guilty about and are still carrying some of that guilt. Log each event with just enough detail that you can identify it when the time comes to discreate all your guilt. You will eventually be totally free of all guilt from the past and will no longer create it in the present or future..

BLAME to self and to others

Blame is the other side of guilt. Blame is to make somebody bad and wrong for something they did. It is to assign responsibility for a fault or failure. Again, we will do present time and past time. Note every event in your life now for which you are blaming anyone, *including yourself*, for anything. For the past, note every event that you can remember for which you blame anyone for anything and can still feel the anger of blame. You will eventually stop blaming yourself and others for anything and learn to use painless and much more effective ways to alter behaviors. When you stop blaming others, you will note a significant improvement in your relationships.

COMPLAINTS

Take an inventory of all your complaints about anything in life. Of primary interest is your present time complaints, but if a major complaint about something in your past comes to mind, log it.

PROBLEMS IN LIFE

Make a list of all the problems and conflicts in your life that you wish to change or eliminate. Even if you have already noted that event in a previous inventory, note it again here.

CONFLICTS IN YOUR RELATIONSHIPS. With whom are you angry? Who is angry with you? Who is trying to control you dictate your BE, DO or HAVE? Who are you trying to control – who is rebelling against you?

NEUROSES AND ALL NEGATIVE DOS: negative habits, addictions (such as smoking, overeating, alcohol, tranquilizers and other mood altering drugs, legal or illegal), emotional dependency attachments, and any other behaviors that you wish to change.

CAGES Situations in your life where you know that you should take action but are not doing so. For examples: you dislike your job and see that it has no future, but do not seek new employment; you know that a relationship is negative for you and you see no hope for improvement in the future, but you do not terminate the relationship; you are living with your parents and know that you should move out but do not; you want to start a business, but are too afraid to.

RUINS: A Ruin is any area of life where you have not been able to produce your desired results. For example: some people have a ruin in their career, others in the area of money, some in couple relationships, some in their relationships with their children, others have a ruin in the area of their health.

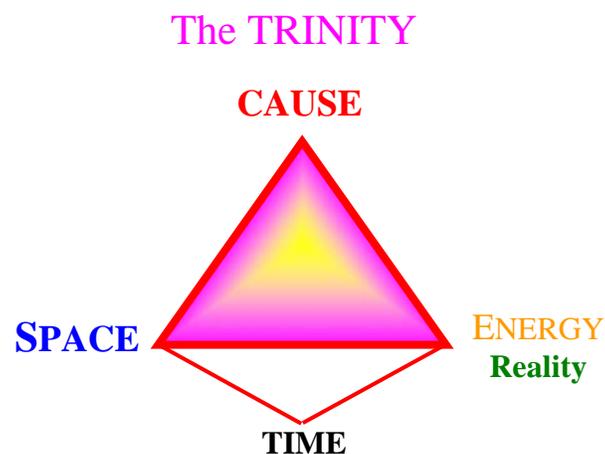
Go to your workbook now and start on your inventories for this course: APTs and Happiness.

Chapter 4

CAUSE & EFFECT

Victim & Responsibility

We have seen that Polarity is a fundamental factor of existence as we know it. . There are three Polarities that are especially important, that are fundamental to existence as we know it. These three factors are **Space**, **Cause**, and **Energy**, which are equal to **Wisdom**, **Power** and **Love**. We call them the “Trinity”.



The universe itself consists of SET: SPace, Energy and Time. You can not name anything that is not one of these three things. (Matter is a special case of Energy: $E = mc^2$.) Time is Change of Energy, which includes Movement in SPace.

Our objective in psycanics is to take you to Cause over SET; to be the Creator of your personal universe and life.

As these, **Cause**, **SPace**, **Energy & Time**, are the highest phenomena of existence, you can expect that they will be major concepts in psicanica --and they are. As you study psicanica, you will almost always be studying one or the other of these forces in their myriad forms. All are Polarities so all of the laws of Polarity apply to each of them.

We are now going to study **Cause**, or more completely stated: the **Cause-Effect Polarity**. It is critical to your Power in life and to your happiness that you understand this polarity so that you are able to operate in a condition of Cause. **You can have power in life only when you are operating at Cause.**

In this chapter, we will introduce the sub-concepts of Cause that include Power, Creation, Responsibility, Effect, and Victim. (Note the spelling of Responsibility.) Our objective is to move you to a condition of Responsibility

and Cause for all aspects of your life; although in this book, we are mostly interested in your **Cause over your emotions and IDentities**.

Psicanica Technical Definitions:

Cause --as a verb:

- 1- The action of bringing into existence any thing, to create, to originate anything. The highest level of Cause is creation. A secondary level is manifestation (aka attraction) of what is already created (often by others).
- 2- To affect or effect anything. To produce an effect of any kind. The action of starting, producing, controlling, changing, moving, anything.

Cause --as a noun:

- 1- The “northern” pole of the Cause-Effect polarity.
- 2- That which causes anything. The agent of action that affects or effects anything. That which originates, initiates, creates, manifests, decides, determines, acts, forms, produces, moves, controls, or changes anything. To give in the Give-Receive/Outflow-Inflow dichotomy.

Cause includes the concepts of **Will, Power, Strength, Force, Decision, Determination, Commitment, Persistence, Creator, Creation, and Manifestation**. You are studying psicanica to acquire these qualities.

Definition: **Effect --as a verb:** to cause, to achieve a purpose, to complete an action.

Definition: **Effect --as a noun:**

- 1- The “southern” pole of the Cause-Effect polarity.
- 2-- That which is caused, produced, acted upon, affected, or controlled by an agent of Cause, and usually having little influence over that Cause. To receive in the Give-Receive/Outflow-Inflow dichotomy.
- 3- The result produced by a Cause: e.g. “The effect of a bomb is destruction”.
- 4- “at the Effect of”: a condition of being affected, moved or controlled by something. E.g. “Many people are at the effect of their emotions.” “The poor live at the effect of their ignorance of how to create money.” “A Victim lives in the condition of Effect.”
- 5- Experience: All Experience is the Effect of a reality on the organ of perception. Realities Cause Experience; Experience is the Effect of a reality.

At every moment, in every situation, you are either Cause or you are Effect.

Being Effect in itself is not necessarily negative: **all experience is Effect**. When you are enjoying an experience, you are at the positive Effect of whatever is causing you that experience. For example, in sex you enjoy being the Effect of your partner's actions= Cause in pleasuring you.

Being negative Effect is also not much of a problem as long as you have the Cause=Power to stop or change the negative effects you are experiencing. For example, if you are working at a job where the boss is treating you unfairly, you are in hir negative Effect. However, you have the power to resign, so that you are able to counteract the negative Effect with your Cause if you decide to.

Effect is only a problem when the effects you are experiencing are undesired= negative, **and you can not exercise your Cause to change or stop them**. Note that this is the condition of most people as regards their negative emotions.

To be in negative Effect believing you have no Power= Cause is the condition of Victim.

Cause is Power. Victim is a condition of no Power. You are one or the other, operating somewhere along the Cause-Effect Polarity Spectrum in every situation in your life. We will see the stages of the Spectrum shortly.

Definition: Power:

- 1- The ability to produce the desired result.
(The highest level of Power is Creation, followed by Manifestation.)
- 2-The ability to hold a position in spite of all opposition.

Personal Power: The ability of a person to manifest his desires and achieve his goals.

(Note: The word “power” in Psicanica does not refer to any use of force or wile to control, subject or dominate others. Power in psicanica refers to **power with**, not power over. It is always implied that **Power is used with Wisdom and Love, win-win for the benefit of all involved**. **The highest use of Power is to produce the greater good for the greater number over the long term** – which is also always also the greater good for Self, as all is ONE:

It is a Law of the Cosmos that **Power wielded without Wisdom, or without Love, will destroy**, and **therefore is Anti-Power**.

A macro example of this is Hitler and what he did to Germany. A micro and very common example is a parent, who in the name of love, fails to discipline hir child adequately and thereby spoils the child who thereby grows up immature and irresponsible.

AntiPower is the opposite Polarity of Power. It is the inability to Cause=produce the results that you desire. Forms of Anti-Power include **FEELing and THINKing** that you are **UNABLE, INCOMPETENT, WEAK, TRAPPED, DEFICIENT, OR A FAILURE.**

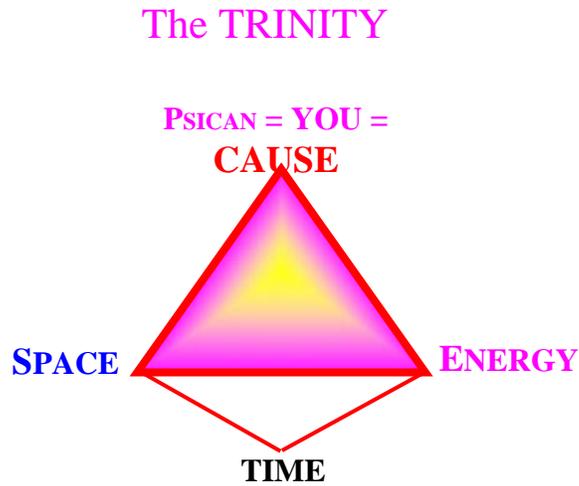
AntiPower Identities are almost always accompanied by the AntiPower emotions. Anger, fear, sadness and depression are all sure symptoms of **AntiPower.** (All emotions are AntiLove for self for BEing in a negative IDentity.) **We all experience AntiPower at times** and we will have a great deal to say about it and how to eliminate it later.

To have much Power in life, you must be operating in Cause. Only in a condition of Cause can you have the Power to produce the results you desire in any area of your life, including: your emotions, happiness, relationships, love, and your manifestation of the material things you desire in the physical universe.

When you don't understand the Cause-Effect Polarity, **you will unconsciously turn your Power against yourself** . You will tend to create yourself as a Powerless Victim and so block your getting what you want while creating lots of things you do not want. Most humans live in a condition of very low Cause; many, many in Victim. This lesson is designed to get you out of Victim if you are in it.

One of the purposes of Psicanica is to bring you to:

FULL CAUSE and **POWER** over
SET: Space, Energy and Time.



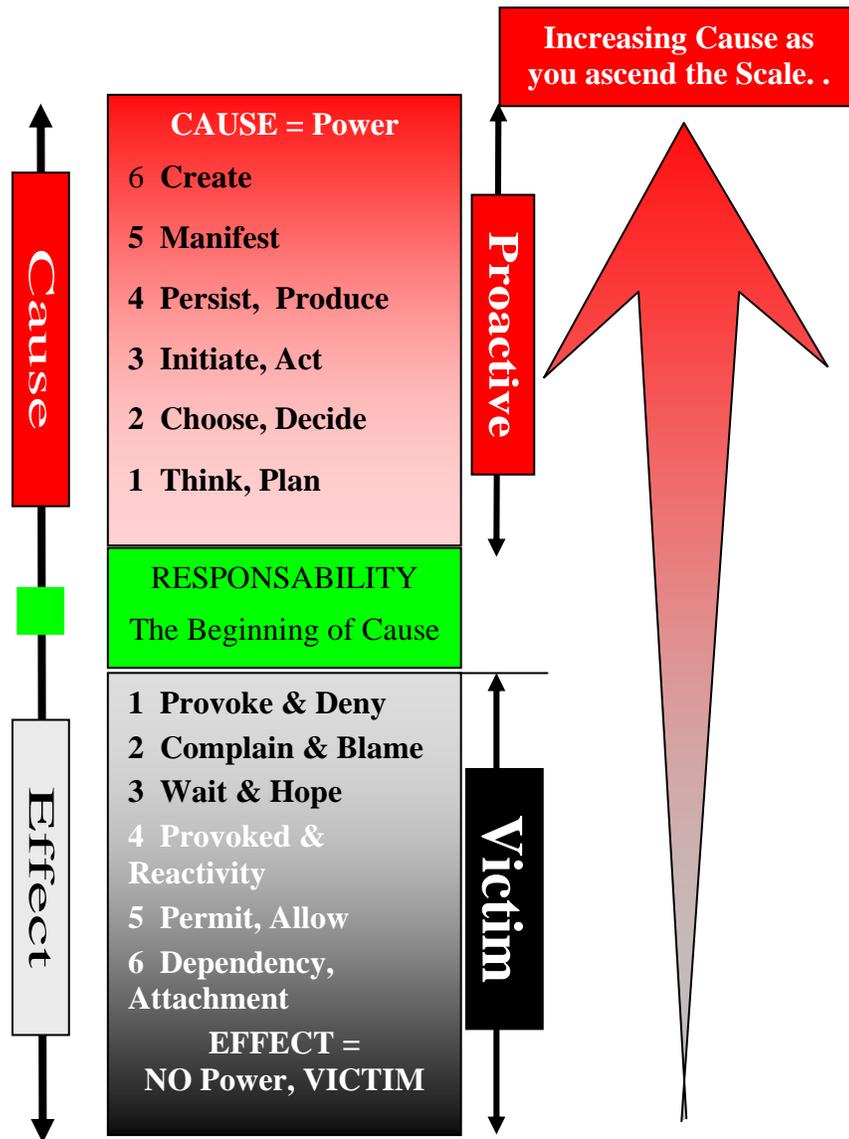
(Definition: Time: Change (includes movement) of energy in space.)

THE CAUSE-EFFECT POLARITY SPECTRUM

We are now going to delve into the Cause-Effect Polarity Scale. We will start by introducing Creator and Victim as the 2 opposing poles, and then briefly examine human behaviors at the various levels, starting at the middle point of the spectrum and going down into the Effect scale, and then returning to the middle point and going up into the Cause Scale. (Diagram

The following pages present brief explanations of each level.

The Polarity Scale of CAUSE-EFFECT



EXPLANATION OF THE SPECTRUM

THE TWO POLES. CREATOR and VICTIM

CREATOR

The highest level of Cause is Creation. Creation is to CAUSE something to exist that did not exist before. It is to bring something new into existence for the first time.

That you are a Creator, and the Creator of everything in your life, is a perennial principle in psicanica. Much of psicanica deals with how you create everything in your experience, both physical and psicanic. There are no coincidences, accidents, or randomness (randomness) in your life: **everything is a creation.**

(This book is about how you create your emotions, your love for self and for others, and your happiness or unhappiness. The other books deal with the other aspects of your life: THINKing, DOing, RELATEing and HAVEing material things.)

Identity: An IDentity is anything you create (decide and believe) about yourself, as opposed to non-IDentity creations which are your creations (ideas and beliefs) about anything else.

**Your IDs are your Creations of
WHAT YOU ARE and
WHAT YOU ARE NOT.**

They are your declarations= creations of: I AM and I AM NOT.

They are the most powerful factor in your life, and determine your power, self-esteem, love and happiness.

The **POWER-ANTI-POWER IDentity Polarity** is the most important IDentity complex. The positive side has such IDentities as: I AM POWERFUL, I AM CAUSE, I CAN DO IT; I AM STRONG; I AM CREATOR. The Anti-Power side includes IDentities such as I CAN'T CONTROL, I CAN'T DO IT; I AM WEAK, I AM NOT RESPONSABLE. The exact words are not important: it is the concept of claiming or denying ability and power that is important. You will study this IDentity Polarity later in this course and more fully in course #2.

It is the AntiPower IDentity Complex that creates the Victim.

VICTIM

The opposite pole of Creator is Victim. BEings are naturally Cause, as you can see by observing young children --until their parents “stomp on” their Cause and convince them otherwise.

Definition: A Victim is a person who perceives himself to be at the Effect of the negative Cause of others while having little Cause= Power himself. A Victim is someone who believes that s/he is being unjustly Caused bad things by others. S/he believes that s/he is acted upon, “pushed around” in life by external agents of Cause, and feels that s/he can't do much about it.

The condition of Victim is extremely common among human beings.

A Victim is a person who

denies Cause = Response-ability for negative events, assigning the Cause / Responsibility to external agents (who are automatically judged as BAD for causing the victim BAD things).

The Victim complains of negative events and blames= assigns Cause & Resp. for the BAD events to external factors while believing that s/he had little to do with causing those events (is innocent), and has little Cause= Power to stop, change or avoid the events in the future.

The way that the word “Victim” is used in psicanica is similar to one, but only one, of the ways it is used in normal English. The word in psicanica does not mean the victim of an automobile accident or the victim of a crime, but **refers to a psychological condition that produces a certain life style.**

Note: Responsibility is spelled “Responsability” in psicanica to better represent its definition as Able to Respond; and to remind the reader that its definition in psicanica and its importance go far beyond the concept of responsibility as generally understood in the English language.

The Victim denies being Cause of the negative things in hir life, of hir problems and conflicts. S/he assigns that Cause to anything outside of himself, whether people or things. This can be seen in hir linguistics:

"It wasn't me. It was: my boss, my co-workers, my employees, my competitors, bad luck, bad weather, bad equipment, the economic crisis, my poor education, my parents, my teachers, my spouse, the society, the government, the stars, the moon, God, the devil, the tooth fairy –whatever, but it wasn't me. I didn't do it. I didn't cause that. I am not responsible."

A Victim **assigns Cause** for hir problems to external agents. The Victim believes that others or life and fate are unjustifiably doing BAD things to hir without hir causing, participating or contributing to them in any substantial way. And s/he believes that s/he has little power (Cause) to stop the events or their effects on hir.

And, especially, and of special interest in this book: the **Victim assign the Cause of hir negative emotions to external agents, to others and to events.**

Typical statements of a Victim include: “YOU make me feel bad; YOU make me suffer, YOU made me angry; it is your fault that I am sad, etc, etc.” And, of course, YOU are BAD for making the Victim suffer; and YOU have to change and do what the Victims wants so that the Victim stops suffering and is happy again. And when you do, so you will be “good” again in the Victim’s eyes, and s/he will love you again. This is a classical control is mechanism in relationships of all kinds.

Victim assign the Cause of hir negative emotions to external agents, to others and to events, and then ATTACKS THE EVENTS TO STOP OR CHANGE THEM to thereby try to control hir neg. emotions = UPS. This is the source of an infinity of relationship conflicts and failures.

Cause-Effect is a Polarity and you are one or the other. If you create -- *and it is your creation*--that you are not Cause, then you can only be Effect. By assigning Cause to an external agent, the Victim automatically places himself in the opposite polarity, Effect.

The Good-Bad Polarity in Victim.

The Victim believes himself to be the **GOOD** Victim of the **BAD** Cause of others. The Victim believes himself right and others wrong; himself innocent and the others guilty. **Notice the Polarities: Cause-Effect, Good-BAD, Right-Wrong, Guilty and Innocent.** Notice also which side of each polarity the Victim perceives himself to be.

Cause begins with Responsibility; Responsibility is the beginning of Cause. **A Victim is a person who denies Responsibility** for hir part and participation in Causing hir experience. S/he assigns the Responsibility to any outside agent.

By denying Responsibility, the Victim is declaring that 1- s/he didn't cause the problem in the first place; and 2- that s/he has no duty or obligation to respond for anything, i.e. to take any action to remedy the problem now.

For now, just note **the relationship of the Victim with Responsibility**, as we will have a great deal to say about Responsibility shortly.

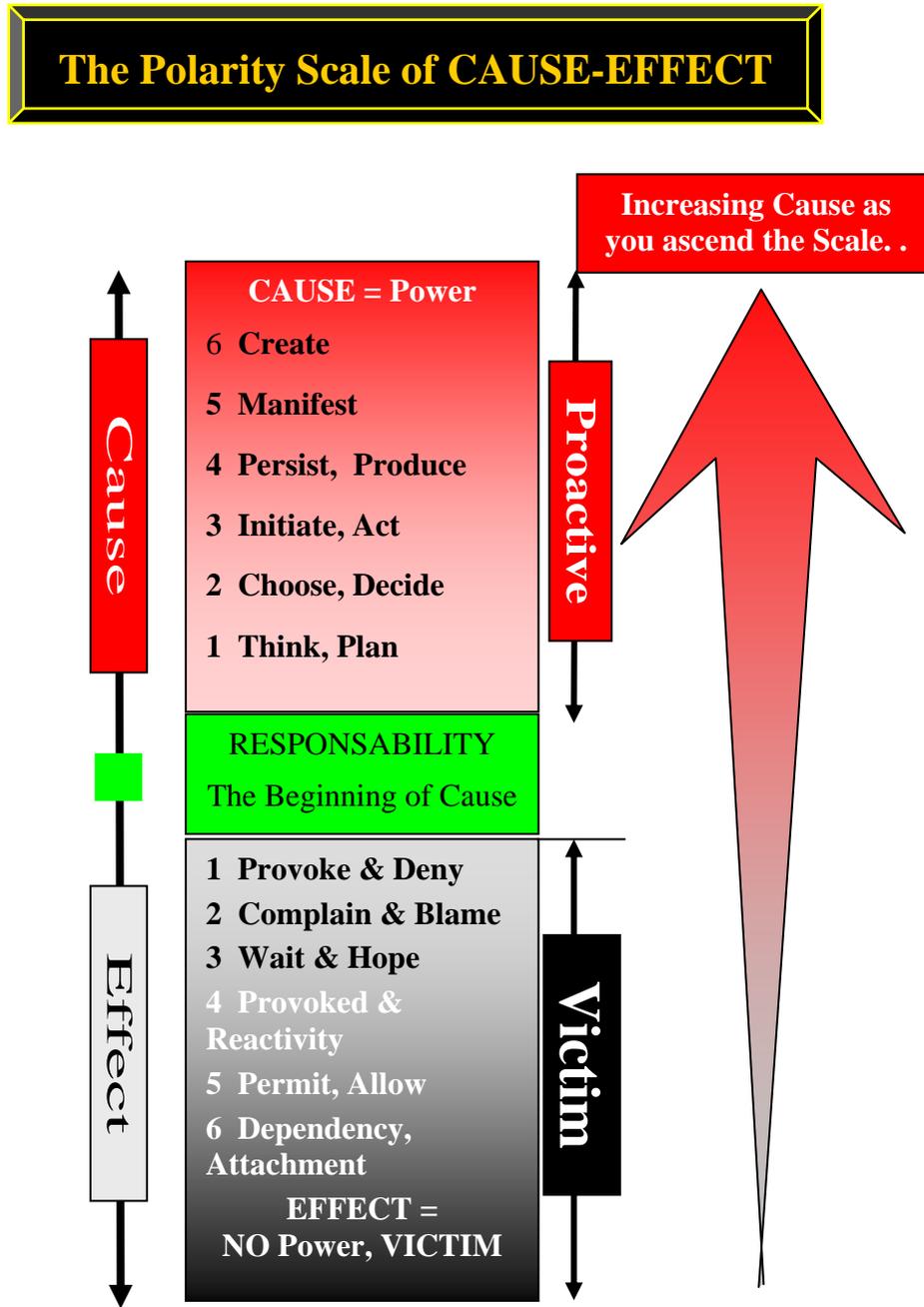
NO POWER

Above all, the Victim is in a self-created state of **NO POWER**. **The Victim perceives self as not having the strength or power to act directly and successfully to get what s/he wants.**

As the Victim perceives himself as having little Personal Power, s/he must act indirectly to get what s/he wants. Instead of taking direct action, s/he spends hir time trying to manipulate others so that they take action and do want s/he wants.

S/he tries to exercise Cause indirectly by manipulating (the power of) others, as we say in the control mechanism we mentioned at the top of this page.

Now that we have present the two poles, Creation and Victim, we can examine the spectrum between them using the following table.



Cause-Effect Spectrum Table

CAUSE = Power	<p>Cause: the condition of being able and willing to act, to Cause effects.</p> <p>Power: the ability to produce the desired results.</p>
Create	The highest expression of Cause and Power is Create, to Cause something new to exist for the first time.
Manifest	To Cause to come into one's world (experience) that which is already created, often by others. Also known as Attraction.
Persist, Control and Produce	Not only acts, but persists until produces the desired result, which is Power expressed. Learns anything that needs to be learned to produce the result.
Act, Exercise Initiative	To take action and to Control is to be Cause and to exercise Power. Initiative is to begin action by one's own decision.
Decide	The exercise of intelligence and Will to choose between alternatives of action.
Think, Plan	Using the mind to plan action; this is being Cause. Planning is the opposite of reactivity as gut emotional reaction without thinking.
Proactive	Proactivity: to take responsibility, think, and act before events occur so as to shape them to one's preference.
RESPONSABILITY	<p>1- Recognition of Cause. 2-Possibility of Action.</p> <p>Responsability is the point of transition between Cause and Effect.</p> <p>All levels below Responsibility are the condition of VICTIM.</p>
DOR: Denial of Responsibility	Denial of Responsibility (DOR) is denial of condition of Cause. If a BEing is not Cause then he must be <u>Effect = Victim</u> . <u>DOR is the door to Victim</u> . .
<p>ALL POINTS BELOW THIS ARE <u>EFFECT = VICTIM</u>, AND ARE EXPLAINED ON THE FOLLOWING PAGES.</p>	

Explanation of the Effect-Victim half of the Cause-Effect Spectrum

<p>Provoke others & Deny. (Deliberately or unconsciously)</p>	<p>The Victim does many things including complaining, invalidating, blaming, instilling guilt, manipulating, lying, etc. that provoke the negative reactions of others. Because s/he has created himself in a condition of Victim and NO-Responsibility, s/he does not perceive or acknowledge his own Cause (participation and contribution) to his problems and conflicts with others. S/he perceives only their actions, which s/he feels are not in any way his fault or otherwise justified. This is the condition of Provoke and Deny.</p>
<p>Complain and Blame</p>	<p>The Victim often limits his CAUSE to negative communication, complaining and blaming, as his effort to get someone else to do something, instead of taking direct action himself.</p>
<p>Wait and Hope (Waiting for a savior)</p>	<p>In this level of No Cause, the person lives from day to day with few plans and little action to create his life. S/he lives waiting and hoping that somebody or something will come to change things, to save him and make him happy.</p> <p>Also known as the White Knight Syndrome for the common theme in fairy tales of the prince on a white horse who comes to save the helpless maiden. Culturally, some women are raised in this trap, in the illusion that all their problems will be resolved when their prince shows up to marry them so that they live happily ever after.</p> <p>What you should know is:</p> <ol style="list-style-type: none"> 1- Nobody is coming 2- "If it's to be; it's up to me."
<p>Let oneself be 1- Provoked 2- Reactive, Reactivity</p>	<p>The Victim perceives himself as Provoked: as attacked, insulted, and offended by others. S/he often perceives others as conspiring and maliciously acting against him. S/he feels himself as unjustly provoked and so <u>activates = reacts emotionally</u> with anger and grief.</p> <p>Reactivity (one of the opposites to Proactivity) is:</p> <ol style="list-style-type: none"> 1- to be easily and frequently activated emotionally. 2- reacting to events after they happen, behind events; as opposed to acting beforehand to lead and control events and outcomes.

<p>Permit, Allow (Being the carpet)</p>	<p>“Permit” refers to a person allowing avoidable negative events in hir life. “Permit” can be due to either of two things:</p> <p>Failure to be proactive; to initiate action in time to avoid negative events or control events to minimize negative effects and achieve the desired result.</p> <p>“Being the carpet”: the failure of the Victim to stand up to others, to stop their negative actions and mistreatment. In this case, fear leads to the Victim's lack of self-assertion and allowing others to “walk over” hir.</p>
<p>Dependency and Attachment</p>	<p>Dependency: When person A depends emotionally, economically, or otherwise on person B; A is at the Effect of B. If that B treats A with anti-love (any form of suppression, domination, or other negative energy), then A is a Victim of B.</p> <p>Attachment: When a person is emotionally attached to anybody or anything such that the loss of that entity would cause suffering to the person, that person has an attachment; s/he is emotionally dependent on that entity</p>
<p>EFFECT No Power Victim</p>	<p>Victim: To be experiencing negative Effects and perceiving oneself as having little no <u>Power = Cause</u>. Victim is a state created by the person's own denial of hir Cause and Responsibility for hir experience and hir results in life.</p>

Definitions:

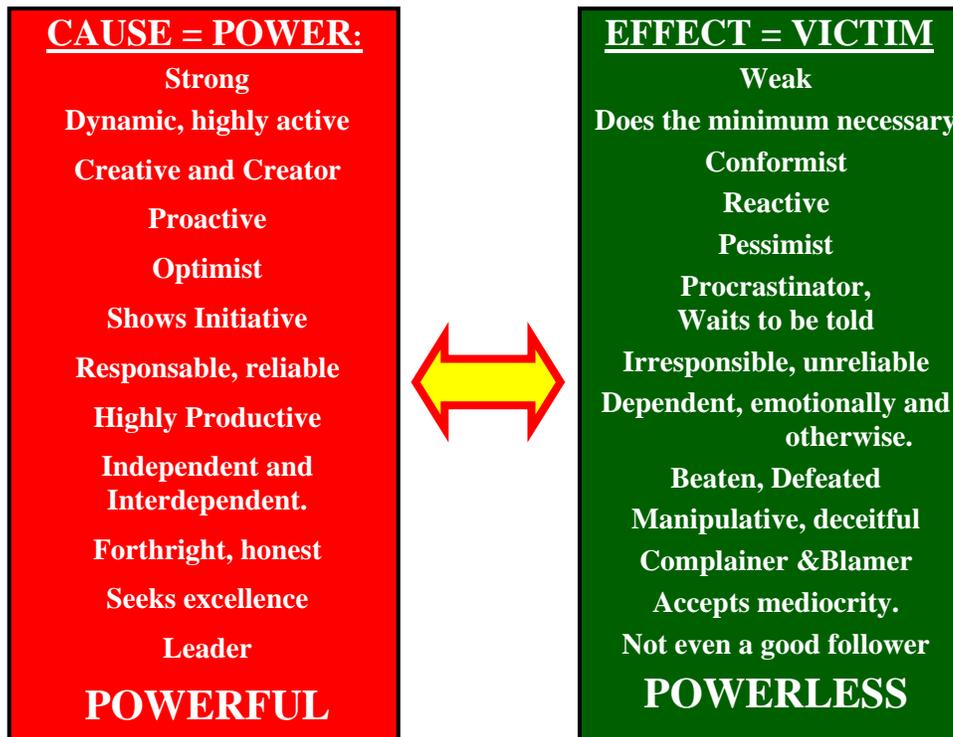
Proactive: A person who operates ahead of events; who foresees events and consequences and takes action in time to control events, to prevent negative ones, and to produce the positive ones desired. Such a person is at Cause and operating in Response-ability, responding not only to events but in anticipation of events.

Reactive: A person: 1- who is behind events; who fails to see things coming or fails to take action in time to control events or to prevent negative ones. 2- A person who is emotionally reactive to others and events; that activates easily with the negative emotions such as anger, resentment, guilt, fear, sorrow.

Every human being is operating at some point on the Cause-Effect Polarity Scale above. Furthermore, our level changes from situation to situation. For example, we may be at Cause and Proactive in our professional world, but a Victim and Reactive in our relationships. Therefore, be careful about concluding that you are always and everywhere Cause. There are almost certainly areas of your life where you are operating in some degree of Victim.

For example, most people believe, that as regards their emotions, they are the Victim of others. That is, they believe that their negative emotions are Caused by others and that they have little control (Cause) over their neg emotions themselves. We will see that this is totally false: every human being is the absolute Creator and only Cause of hir emotions.

COMPARISON OF CHARACTERISTICS OF CAUSE AND OF EFFECT IN BEINGS:



HOW DOES ONE BECOME A VICTIM?

The Victim **creates** himself as a Victim by deciding and believing that s/he is one through any combination of these three factors.

1- CREATION OF THE FATAL IDENTITY

You are a creator BEing --and your prime creation in life is always yourself, Who You Are. The only way you can BEcome a Victim is by your own creation; no one else has the power to make you a Victim. You create yourself as a Victim is by creating the AntiPower IDentities.

Identity is a concept of extreme importance in Psicanica and in your life. **Identities control your life. An Identity is anything you create (decide and believe) about yourself. You create who you are simply by declaring it to be so. Identities usually start with: I AM or I AM NOT. Identities are the most powerful factor in your life, bar none.**

The **AntiPower Identity complex** includes all forms of negation of Cause or Power: **Examples of AntiPower IDentities include: I AM not the Creator. I AM not the Cause. I AM powerless. I AM weak. I AM unable. I CAN'T do it. I AM a failure. I AM not Responsible. I Am a Victim.** The words are not important and vary from person to person. **The essence of an Anti-Power Identity is the concept of declaring that you have little Cause or Power.**

A Victim is a person who has created AntiPower IDentities and therefore believes that s/he is **not able** to be Cause successfully as regards negative events, including hir emotions. S/he perceives himself as Effect of events caused by whoever has the Power. S/he believes that s/he is not capable of much and will likely fail in trying to remedy those Effects. Whether this is true or not objectively is irrelevant: it is the Victim's creation→experience of self and s/he acts accordingly.

2 TO AVOID BEING BAD

When we do not understand the nature of BAD --that it does not exist except by our creation-- we label some events BAD. Such BAD events can include our negative emotions and most problems and conflicts. We then also label the Agents of Cause of of those BAD events as BAD. That is; **whoever does= Causes= is responsible for BAD things is guilty of that and therefore BAD himself.**

Obviously, nobody wants to be guilty and BAD, which also implies deserving of punishment and suffering. **Thus we deny Cause and avoid taking Responsibility to avoid being BAD, to escape being the BAD Cause of BAD events.** (All this about BAD will become clearer when we get to the lesson on Good, BAD and Evil later in the course.)

BAD for FAILING: To be Cause / Responsible for anything requires action; and action involves the **possibility of failure.** We can be BAD for having caused a BAD event, or for having failed to Cause something we should have, or for

having failed to prevent a BAD event, or for failing a responsibility. If you are Cause, it is easy to Cause something BAD --including problems and conflicts. If you are responsible for something and should have to take action on its behalf, you could fail and that is BAD.

To fail is not only BAD, it also highlights us as unable and incompetent: as BEing AntiPower. And failing at anything, will almost certainly activate our AntiPower Identities and our negative emotions= UPS, and that is BAD, no? .

Cause and Responsibility, then, are very dangerous areas for anyone with AntiPower Identities -- which is all of us. Failure activates our antipower Identities and their negative emotions: frustration, anger, fear, including fear of failure, sorrow, etc. (all emotions can be activated by AntiPower). Be responsible for anything and then make any mistake and there you are: guilty of failure, BAD and activated. Yes indeed: dangerous stuff Cause and Responsibility! The Victim tries to avoid all of this by denying Cause & Responsibility, which is to make himself a Victim.

To avoid BEing BAD, to avoid failure, and to avoid FEELing negative emotions, we often try to avoid BEing Cause and Responsible -- which creates a Victim. We subconsciously compute that as long as we are not Cause and not Responsible, we don't have to take action; we can't Cause anything BAD; we can't fail any responsibilities (we have none), and therefore can't BE considered BAD, and shouldn't suffer any AntiPower activations.

Let me say that again: We try to weasel out of activating our antipower Identities, out of fear, failure, BAD, guilt and all the other negative emotions by denying that we are Cause, that we are Responsible for *anything* BAD in our lives, including our negative emotions, our problems and our relationship conflicts. Those "BAD" things, BAD events, BAD actions, BAD decisions, problems, or failures continue to exist in our lives, but we are **not responsible** for them. We did not Cause them; we are responsible for them, and we are not failing or guilty in anyway. Therefore, we are not "BAD", and our antipower Identities do not activate --*any more than they already are in our chronic state of Victim.*

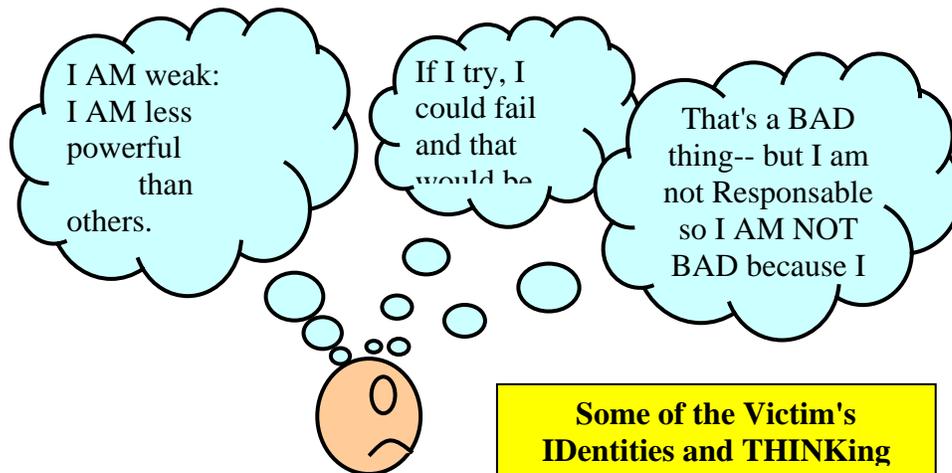
Of course, the Victim ignores that fact, that by not having the desired results -- no matter why-- **s/he is living in failure** anyway. **S/he does not see this as hir failure because s/he is not at Cause and does not hold himself Responsible for those things.**

We readily claim Cause and Responsibility for our victories and the good things in our life; we readily accept ourselves as "good" Cause. However, **most people will deny Responsibility for their problems and failures and all the "BAD" things in their lives.** This denial of Cause-Responsibility is epitomized by the popular phrases, "The Devil made me do it", and "Shit happens".

The purpose of all this, as it is for all human behavior, is the Victim's happiness. However, the Victim strategy backfires. No matter what, the Victim does not have the desired results in hir life -- and that is an unhappy state. And even worse,: by denying hir Responsibility, s/he has killed hir Personal Power to change those "bad" events and produce the desired results. **The cost of the**

denial of Responsibility is the Power to change things. S/he has also killed hir capacity to love and her emotional happiness.

There are no happy Victims. In fact, it is impossible to achieve much happiness as a Victim. Cause and Power are the natural and happy states of BEing. AntiPower is AntiEssence: against your nature as a spirit-ual Being. Victim, as just the opposite; is an unhappy condition of BEing. The victim frequently experiences the anti-power emotions of anger, frustration, resentment, guilt, fear, sorrow, grief and depression. A victim lives in unhappiness and pain. **You must be in Cause to find much happiness in life.**



3- ASSIGNMENT OF CAUSE

The third step in the process of Creation of the Victim is the **assignment of Cause-Responsibility to an external agent.**

Because IDentities are Polarities, this is pretty much automatic when you create the Anti-Power IDentities. The opposite polarity of Cause is Effect. You can only be one or the other (relative to any given event that you are involved in). If you are not Cause, then you must be Effect, that which is acted upon by a Cause. **You can only be one or the other** (relative to any given event that you are involved in). **The Identity, "I AM not Cause", naturally produces the polar opposite IDentity: "I AM EFFECT", and Effect is Victim.**

However, there must be a Cause. The negation of Cause requires the Assignment of Cause to something else. The Identity, "I AM not Cause", produces the thought process: "Given that I AM NOT Cause, who or what is?" And the Victim will take almost anything to be that Cause: other people, life, luck, the stars, God, the devil, whatever.

The condition of negative Effect with (perceived) insufficient Cause is the condition of Victim.

To **Assign Cause-Responsability** is to declare that something other than you is Cause, that some other agent has the **power**, that something else is producing or controlling the situation rather than you. **It is to deny, negate, renounce, give away your power.**

To be the Effect of the unwanted actions of external Causal agents while denying Cause is to be Victim. To assign Cause = Power to others is to automatically assign yourself the role of Effect = No Power = Victim. Thus does the Victim create himself as Victim.

One of the main symptoms and identifying marks of the Victim, and probably the most visible and easily recognizable, is the Assignment of Cause outside of self. This Assignment of Cause often shows up as COMPLAIN and especially BLAME.

DENIAL OF RESPONSABILITY, ENTRY POINT TO VICTIM

Responsibility is the midpoint and the transition point between Cause and Effect (see the Spectrum of Cause –Effect).

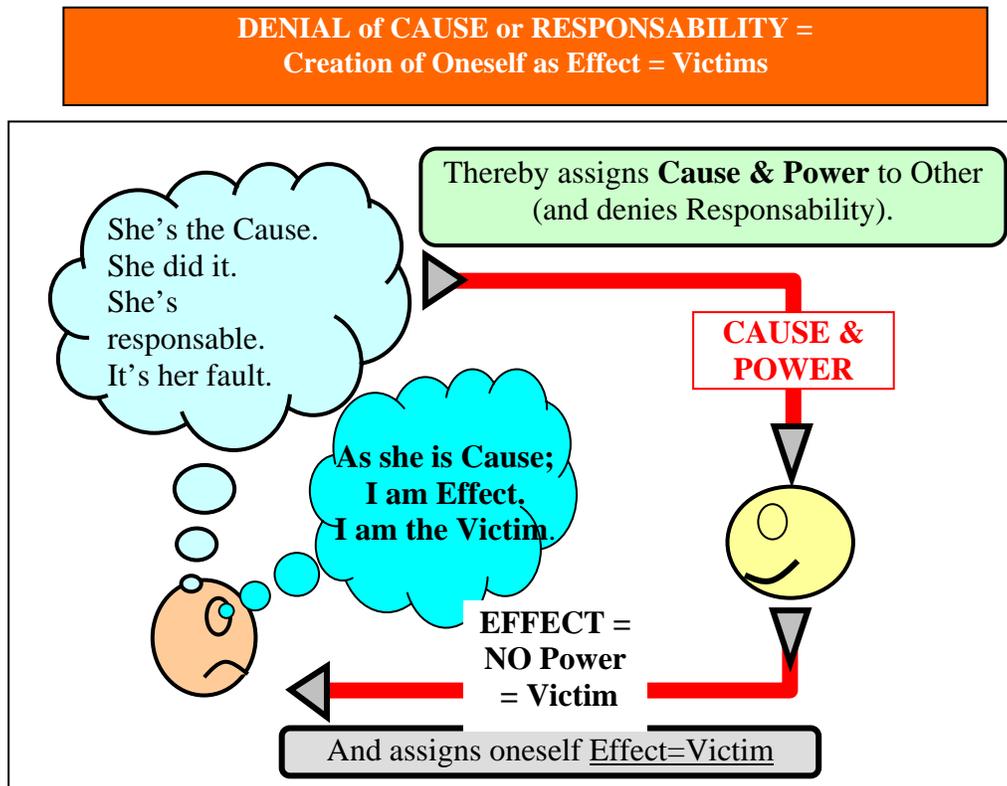
Responsibility is

- 1- Acknowledgment of Cause; or
- 2- Having the possibility of action.

Responsibility is the beginning of Cause, and Denial of Responsibility is the entry point into Victim. (Responsibility has a very precise meaning in psicanica and more complete definitions will be forthcoming shortly.)

On denying **Response-ability** for anything, you are assigning that ability to respond=act= be Cause= to have the Power to something else, to something other than you. As Responsibility is the beginning of Cause, on denying Responsibility, you are denying Cause. In denying Responsibility, you are in effect creating the **Fatal Identity: I AM NOT Responsible = I AM NOT the Cause.** **To deny Responsibility is to renounce your Personal Power.**

A common way of denying Responsibility = Cause is to **blame**. Blame is the assignment of Responsibility = Cause (plus invalidation (BAD) for having failed that responsibility). When you blame somebody, you are assigning Cause to them and thereby giving away your Power and placing yourself in Victim.



SOME EXAMPLES OF VICTIM

Examples of Victim are almost infinite. Here are a few common kinds of Victim Behavior.

THE EMOTIONAL VICTIM

Many people deny Responsibility for their negative emotions, for their pain and suffering, and blame their emotions on external agents. "You cause my anger," they say. "The snake made me afraid." "That (whatever) makes me sad."

Notice how such statements place the Cause outside of you. The correct way to state such things is, "I generate anger when I see you do that"; or "I create fear when I see a snake".

Of course, Victims use this as a control mechanism of others. "Poor me," they say, "Look how you are making me suffer. You are responsible. It is BAD that I am suffering and you are BAD for making me suffer. Stop making me suffer by changing what you are doing to what I want you to do. Do what I want so you will be GOOD and I am happy, and I will love you again."

This is one form of emotional blackmail. The emotional Victim tries to control others so that they don't do things that activate the Victim, and do the things that please the Victim. This manipulation is a denial of freedom and of love to the other person; and it damages and destroys relationships. It is a failure to love others when you do it to them, and a failure to love yourself when you let them do it to you. It is extremely common; it exists in most marriages and most parent-child relationships.

The victim wants you to be Cause--to act, to change—in order to alleviate his "suffering". That way s/he does not have to take Responsibility for his emotions or learn how s/he creates them and how to control them. S/he tries to control you to control his emotions, which is part of the his External Quest, a concept we will see in Course 2. (Don't worry about clearing the concept of External Quest now.)

MORE BLACKMAIL

The Victim will also use the concepts of duty and obligation to manipulate others. Victims try to program others with the ideas that the others owe the Victim obedience and other considerations. They owe the Victim, according to the Victim, because the Victim has sacrificed and given so much in the past. Therefore, they should pay the Victim by obeying his and pleasing his --even at the cost of their own preferences and happiness.

When the others do something the Victim doesn't like, or won't do something the Victim wants, the Victim invalidates them and tries to make them feel guilty and BAD, and withholds acceptance, approval and love. The other can become GOOD and accepted and loved again, if s/he will appease and please the Victim by doing what the Victim wants. Thus, the Victim blackmails the other person

with acceptance, approval and love against invalidation, rejection and anti-love. We will come back to this in later courses when you have sufficient knowledge to free yourself of this mechanism, both of doing it to others and letting others do it to you.

THE VICTIM IN RELATIONSHIPS

Another common area of DOR (Denial of Responsibility) and therefore of Victim is relationships. Either or both parties accuse and blame the other for being the source (Cause) of the problems in the relationship. They deny their participation in Causing the problems, and feel they are the innocent Victim of the other partner. Their litany is: “I am not the Cause of the problems; I am not the one Responsible; I am not doing anything to Cause this; I am the innocent Victim here. Our problems are entirely your fault. You are the Cause; you are the bad guy, and you are who must change to improve the relationship—not I”. Sound familiar?

As long as either person in a relationship is in Victim, it is difficult to improve the relationship. When both parties are in Victim, there is no hope whatsoever. When both persons are denying Responsibility and blaming the other for the negative energy in the relationship, there is no Cause in the relationship: how can things get better if there is no one to Cause them to get better? When both deny responsibility, there is zero Cause on both sides, and therefore a total of zero Cause in the relationship : $0 + 0 = 0$.

A common solution is to divorce themselves from that “bad” partner, source of the problems -- only to repeat their Victim pattern in the next relationship.

The correct way is for both persons to take 100% Responsibility for the quality of the relationship. When this happens, there is $100\% + 100\% = 200\%$ Responsibility for the relationship. Even if one party fails at times, there is still 100% Cause available, and that person can carry the relationship through those times.

However, it should be noted here, that it requires great Personal Power for one person alone to be at 100% Responsible for the relationship for any length of time. For one person to stay at 100% and allow the other to remain at a low level of Responsibility would be very tiring.

WHEN OTHERS CAUSE ME “BAD” THINGS

Even when others are the Cause of negative events in your life, **you are still Response-able**. You may have provoked that they treated you that way --or you may not. However, **you are Response-able and at Cause 1- for how you respond to the negative events; and 2- for how you handle your emotions in regards to those events.**

The question is not “What did they do to you?”, but **what are you going to do (Cause) about what they did to you? And what are you going to do about how you FEEL about what they did to you.** Your FEELings you control completely, as we shall see. **It is your declaration or denial of Responsibility that determines your condition of Cause or Effect – not what others do to you.**

Another way to look at Responsibility is to ask the question: “Who is going to **suffer** the effects (of any action by anybody)?” It behooves that person, the one who is vulnerable to the effects, to take Responsibility and move to Cause and act to avoid or change those effects, no matter who is causing them.

In other words, the greater importance in your life is not what others do, but rather your response: how you are going to handle (with your Cause) what they did (their Cause)?

Above all, the question is: How are you going to respond emotionally and attitudinally? –because your attitude and emotions are the ONLY source of your happiness or your pain. That response is always totally under your control (when you understand how you generate your emotions –which is the subject of this Course.

I repeat this because it is so important to understand:

1- It is never the events that determine your happiness, but rather your emotions. Your happiness or pain in life is never the events, but your emotions during the events.

2- Your emotions are never Caused by the events, (but rather by the IDentities that you assume in relation to the events (this will become clearer later in this course). You control those IDentities (when you know how).

Thus there are two sides to every event:

- 1- The external event, and what you will do physically to respond to it; and
- 2- The psicanic event: your emotions and what you do to handle them.

Despite appearances, THERE IS NO CAUSAL RELATIONSHIP between these two events. External events do not cause your emotions, your IDentities do. Nevertheless, few people understand this, and most fall into the error of trying to control the external event to control their psicanic experience (FEEL). This will never work as a strategy to achieve happiness.

Nobody has the power to control the external world sufficiently to achieve any lasting degree of happiness. As Buddha said: “The basic nature of life is suffering.” As psicanica says: Life is a Polarity: Ergo, the negative side, suffering, is always available (50% of life) – EXCEPT that because most people resist suffering, and Rxx→Perxx. Ergo, for the psicanically ignorant, life tends to be more suffering than happiness. However, **you can permanently escape suffering when you understand your BEing and FEELing work.** You were designed to visit suffering –not live there --so that you can know and appreciate ecstasy.

Knowing all this, that you are the creator of your thoughts, attitudes and emotions is called in psicanica: **RESPONSABILITY FOR EXPERIENCE.** (abbreviation: **RespExp**) It is the recognition that you are the Creator of your psicanic experience (your thoughts and emotions). It is the beginning of Power over them.

Your Cause starts with your Responsibility, your recognition that, unless you are chained to a post, you are at Cause over everything in your life. You have the ability to act to change things, even only to depart a negative situation.

Furthermore, if you are chained to the post, it may or may not be your Responsibility for getting chained to the post (did you provoke?) —but it certainly is your Responsibility to get free. And it is your Responsibility how you FEEL while you are chained to the post. To deny Responsibility is to give away your Cause and your Personal Power no matter what the situation or how it came to be.

**It matters not much what anyone did to you;
What matters is what you do with what they did to you.**

**It matters not much what anyone did to you;
What is done, is done. What is, is and What ain't, ain't.**

**Concentrate on what you control.
Your control your emotions and therefore your UPS.**

WHAT THEY DID TO YOU BACK WHEN

A classical Denial of Responsibility for many people concerns their upbringing. It is very common that someone blames (assigns Cause) to their parents or other factors in their past for how they are, or for their lives, problems or suffering. They have created themselves as the Victims of their parents or other circumstances in their childhood.

The solution is that same principle of Responsibility:

**It matters not what anyone made of you;
It only matters what you make out of what they made of you.**

As Charlie Brown puts it:
“If life gives you lemons, be Cause: make lemonade”.

The COSTs versus BENEFITs of BEing a VICTIM

No one ever does anything unless s/he calculates in some way that it is to hir benefit. (Note: The greatest benefit is always the control of BE-FEEL, of IDentities and emotions, as you will come to understand later.) Assuming the position of Victim is no exception: it *seems* to have its rewards.

THE VICTIM'S PAYOFFS:

Comfort and Moral Altitude: The Victims escapes BEing the BAD guy, and BEcomes (in hir own eyes) the Good and Innocent Victim. The condition of Victim is comfortable because the Victim escapes fault and blame for anything -- at least in hir own eyes. As the Victim is never the Cause, never Responsible for “bad” things, the Victim gets to play the role of the innocent, good guy, at least from hir viewpoint. The Victim assigns “wrong”, “bad”, and “guilty” to others, so that s/he can assume the role of “innocent”, “right”, and “good. (Notice the use of Polarity.)

Easy: It is easy because: “No action required”. The Victim does not have to do anything or respond for anything. S/he does not have to act, to make any kind of effort; does not have to exert himself to change things. S/he can just sit back and criticize, complain and blame.

Escape Failure: Unconsciously, the Victim believes s/he is isolating himself from failure. All failure is a failure of Cause, of Personal Power, or of responsibilities. The Victim subconsciously calculates that because s/he is not Cause and not Responsible for anything; s/he cannot be the problem in the situation, or s/he who has failed. S /he did not do and does not have to do anything, so how could s/he fail?

Manipulation and Control: The Victim uses victimhood to manipulate and control others. S/he uses the “poor, weak, helpless, (notice the anti-power), innocent, good me” strategy to attract attention, sympathy and cooperation from others. S/he accuses others of exercising bad Cause, of betraying hir, or hurting hir, in order to blackmail and manipulate them with duty and guilt. The Victim controls others by labeling them “bad” and attacking them with anti-love (anger, sorrow, etc) when they do anything s/he does not like. They can redeem themselves and become “good” by pleasing the Victim.

THE COSTS OF BEING A VICTIM:

The Victim pays a high price to be a Victim and “enjoy” the benefits above:

Power: Victim is the antithesis of Power. Power is successful Cause, the ability to produce the desired results. By denying Cause and Responsibility, the Victim kills hir Personal Power. S/he limits himself to complaining and blaming and trying to manipulate others to do what s/he wants. Victims are powerless by their own creation of self. Thus, they tend to use covert manipulation of others to get what they want. Of course, others resist such manipulation.

Failure: The Victim believes s/he is isolating himself from failure by denying that s/he is the Cause of his problems and relieving himself of any responsibility to act. What s/he does not realize is that s/he often does not get his desired results, which means **s/he lives in failure all the time**. His only protection is to make it seem like it is not his failure by denying Responsibility.

Self-Esteem. Self-esteem is your estimation and opinion of yourself. **The most powerful factor in self-esteem is Personal Power: your perception of yourself as able and competent to handle life**, and as capable of reaching your goals. The Victim operates in a position of no power and **that is destructive of self-esteem**. A Victim has very little confidence in his Personal Power and therefore very low self-esteem.

Relationships: The relationships of a Victim tend to be negative for several reasons. The Victim lives invalidating (labeling “ bad” and wrong) others; s/he lives broadcasting complaints and blame. Naturally, others resist blame and being the bad guy, and resist whoever labels them bad. The Victim is also emotionally reactive and often explodes in frustration, anger, or resentment, and often “dumps” (discharges) that anti-love on others. The Victim presents himself as helpless, dependent and needy of others: s/he drains energy; s/he is tiring to deal with. The Victim lives trying to manipulate and control others. Naturally others resist that manipulation and fight back. For all of these reasons, the Victim is unpleasant to be around; and the quality of his relationships is greatly diminished and often in negative energy.

Love: Love requires Cause; it requires Power. You must be Cause to love. To love is to act and produce results for the well-being of the loved. Victim is a low-power condition and therefore an antithesis of Love. In fact, Victim is a condition, not of loving, but of seeking attention and support = trying to obtain Love by pretending to be incapable and needy. Furthermore, the Victim anti-loves himself for being so powerless and valueless. S/he lives mostly in anti-love: anger, frustration, sadness, depression, etc.

Happiness: All of the above factors: Cause, Power, Success, Self-Esteem, Relationships and especially Love and the emotions are relevant to happiness. Happiness is emotional; it is how you feel at any moment. A Victim does not FEEL very good about self or about life, and lives in suffering. **Victim and Happiness are opposite conditions:** there are no happy Victims.

**Weigh the Costs and the Benefits and then decide: .
Is it worth it to be a Victim?**

VICTIM IS A LIE AND AN ILLUSION

Victim is a lie. Victim is a statement that you are not Cause, and that statement is always false; it is always a lie. You are always Cause. **You are always Cause, including, and especially, when you Cause yourself to be a Victim.** You are always the Cause that you are in Victim. You are the sole Creator of your Victimhood. You are the only one Responsible for your being a Victim.

Victim is an attitude, a state of mind, and nobody can dictate to you your attitude, your thoughts and beliefs, your state of mind. Nobody has that power over you.

Victim is an **illusion**. It is a **mirage**. It is never truth and can never be truth, because you are always Cause, and the only Cause by which you can BEcome a Victim.

Better yet is the word “**hallucination**”. Victim is a hallucination, an illusion created by oneself.

Better yet is the word “**delusion**”. When we create ourselves as Victim, we are deluding ourselves. Deluding and delusion are the best words because they indicate who is Cause, who is responsible for deluding themselves.



RESPONSE-ABILITY

how to stop being a victim and become powerful

Responsibility is a unique concept. It can only reside in a single individual. You may share it with others, but your portion is not diminished. You may delegate it, but it is still with you. You may disclaim it, but you cannot divest yourself of it.

Admiral Hyman Rickover

Because Responsibility is the gate to Cause and Personal Power, it deserves its own module.

YOUR PERSONAL POWER BEGINS WITH RESPONSABILITY

A primary objective of Psicanica is for you to become more at Cause in life, to acquire more control over yourself and both of your universes. Our objective is for you to BEcome a more Powerful BEing. Cause and Power start with Responsibility. **Responsibility is a make or break point in life.** It is the point of transformation between Effect = Victim and Cause = Power.

If you are already in a condition of Responsibility for your life and everything in it, congratulations.

However, most of humanity is **not** in a condition of Responsibility. The consequences of living in No-Responsibility are the same as those of Victim: no Power to manifest what you want, relationship problems, low self-esteem, negative emotions and unhappiness. **It is, in fact, impossible to be happy in a condition of No-Responsibility.**

Definitions: RESPONSABILITY

Responsibility = Response + Ability. Responsibility is the ability to respond. To respond to or for something is to be **at Cause and to act.** To **respond is to act** in some manner.

Response-ability, then, is the **ability to respond= act.**

- **Ability:** Able = having the Power, or the capacity and skill, to DO something.
- **Respond:** to take action in response to = to Act = to be Cause, to exercise Power.

Responsible, Responsibility = ABLE TO ACT.

Responsibility is:

1. The point of change between Effect and Cause on the Cause-Effect Spectrum.
2. Consciousness of Cause; acknowledgement and awareness of being Cause, and of being able to act.
3. Any condition of **possibility of action**. You have Response-ability in any situation where you will experience the (negative) effects of decisions and actions, whether yours or others; and **you have a possibility of action** to avoid or remedy those effects.
4. The relationship of a Creator to his creations. The relationship of a person to his actions and the results and consequences of those actions. You are Responsible for everything that you create and do, and the consequences of those actions. Wisdom is the ability to foresee those consequences.
5. **Love: Responsibility in action is Love**. Responsibility is to be Cause, to act. To act positively is to Love. To refuse to be Cause, to care for something, is to refuse to Love.
6. **The ability to respond under self-control and reason as opposed to out-of-control emotional reaction**. The ability to act from logical decision as opposed to emotional reactivity and resistance to the event.
7. **The ability to vary your actions and responses until you achieve the desired result** (as opposed to repeating over and over the same emotional or behavioral reaction, such as an ingrained habit or behavioral rut).
8. The duty or assignment to care for (be Cause) someone or something, as in “I am responsible for the maintenance of my vehicle”.
9. A counterpart of Freedom. Freedom requires Responsibility; and Responsibility does not exist without Freedom.
10. **Accountability: Responsibility includes Accountability**. The duty under Love and Justice to respond for our negative actions by making amends and restoring any damages we have caused. Without Accountability, Responsibility does not exist.

EXPLANATION OF EACH DEFINITION:

1. **Responsibility is the point of transition between Cause and Effect on the Cause-Effect Polarity Spectrum.** The negation of Responsibility automatically puts the Being in Effect = Victim. Recognition of Responsibility automatically moves the Being to at least the disposition to be Cause.
2. Responsibility is **Consciousness of Cause**. To be responsible is to be aware of Cause, of the duty to act where necessary. When a person declares s/he is not responsible, s/he is declaring s/he need not act; that s/he need not be Cause. Responsibility, then, is recognition, acknowledgment and acceptance of Cause.

Note: As Cause includes proactivity, decision, initiative, and creativity; Denial of Responsibility (DOR) impairs all of these.

3. **Responsibility is any condition of possibility of action**, including when experiencing the negative actions of others. In any situation, if you have any possibility of action, then you are response-able—you do not have to be the initial Cause of the situation to be responsible. For example: you are not responsible for it raining. However, you are responsible for standing outside in it and getting wet as long as you have any possibility of action such as opening an umbrella or going inside. If you have no possibility of action—for example, you are chained to a post--then you would have no responsibility for getting wet. **Any possibility of action establishes some degree of Responsibility.**

Here is the key question to determine if you are response-able in any situation where you are suffering negative effects: **Do I have any possibility of any kind of action to stop, change or avoid those effects?** As an adult, you almost always have some possibility of action in any situation, as a last recourse, to physically leave the situation.

There will be Events in your life for which you are not Responsible: you are not the original Cause, and there is nothing you can do about them afterwards, for example, the death of a loved one.)

However, you are ALWAYS Response-able for your emotions about that Event as they are ALWAYS totally under your control (if you know psicanica). And as we have seen, it is never the Event that is your pain or unhappiness, but your emotions. **The secret of happiness lies in the control of your emotions, not the control of events, as nobody has full control of the world.**

4. Responsibility is the relationship of a Creator to hir creations and to hir actions and the consequences of those actions. **Every Being is Cause when s/he creates something, and remains responsible for that creation and its effects.** A person who creates a bomb is responsible for the effects of that bomb. Every person creates hir psycanic realities (identities, thoughts, and

emotions) and remains response-able for those creations. This response-ability = Cause includes the power to discreate any of those realities. For example: “You are the creator of and responsible for your emotions: you will respond to them by having to feel them.”

5. **Responsibility is the beginning of the possibility of Love-ing.** Love is action for the well-being of the beloved: to love requires action=Cause. To be loved is to be in Effect (the recipient of energy); to love is to be at Cause, (the giver of energy). Responsibility is the beginning of Cause. Response-ability as part of Love (and of Wisdom) requires us to be conscious of our Cause, our actions, and their consequences to avoid harm to others. A person whose actions result in harm to others is at Cause and is Responsible and Accountable for those results.

You will note that there is very little Love on this planet as few people take responsibility for the well being of their brethren, or for the environment. Were there truly much Love on the planet, ignorance and poverty would not exist.

6. The concept of Responsibility includes the ability to respond to others and events **with self-control and logic**--as opposed to out-of-control, negative emotional or irrational reaction (REACTIVITY). **Response-ability is the ability to respond from reasoned decision in awareness of actions and consequences (Wisdom) as opposed to “knee-jerk” emotional reaction in resistance and effect (REACTIVITY).** A person who is response-able acts --as opposed to reacts. A person who is at the effect of hir negative emotions (activated) is reactive rather than response-able--although s/he is responsible for those reactions nevertheless. When a person is activated, s/he reacts without thinking and usually with unwise, negative consequences for himself and others --for which consequences s/he is Responsible..
7. The concept of Responsibility includes your ability to **vary your responses=actions** until you achieve the desired result. The opposite of this is to repeat over and over any pattern of behavior (communication or action) despite the fact that it does not produce the desired result. **A person who is response-able, on not achieving the desired result, will try again using a new approach. A person who is not response-able will keep repeating the same futile behavior over and over again, sometimes for years.**

In psychology, there is a famous story about this “vary-your-response-ability”. In this story, psychologists test the intelligence of rats against the intelligence of humans. To test the rats, they hide cheese in a specific spot in a maze. To test the humans (using students), they hide money in a specific spot in a school laboratory. Both rats and students find the prize (cheese or money) with about equal ability, and both quickly learn to go directly to the hiding spot.

The difference occurs when the prize is moved. The rats quickly learn that

the cheese is no longer in the old spot and respond by no longer looking there. They say that the students are still breaking into the laboratory at night looking for the money.

8. Responsibility can be a position of taking charge of someone or something, of assuming a position of Cause for that entity. This is a very common usage of the word. Examples: She is responsible for her children. He is responsible for getting the reports out on time. This is also Responsibility as positive Cause = positive action = Love (see #4 above). However, there is a big difference between accepting such a responsibility willingly and having it forced upon you as an obligation or duty. (We will come back to this later.)
9. Responsibility is a counterpart of Freedom, of Liberty. A- Freedom requires Responsibility; and B- Responsibility does not exist in the absence of Freedom.

One of the prices of Freedom is the Responsibility to control one's Cause and to avoid actions that are harmful to others (anti-love). Freedom without Responsibility becomes libertinage and licentiousness. Each entity (except the insane) is Responsible for his actions and the consequences of those actions. Your violation of this Responsibility will result in others revoking your liberty to control your Cause –as in jail. Notice that both civil and criminal laws have as their purpose to control Cause. However, no amount of laws will ever replace Beings operating consciously in Love, Wisdom and Responsibility.

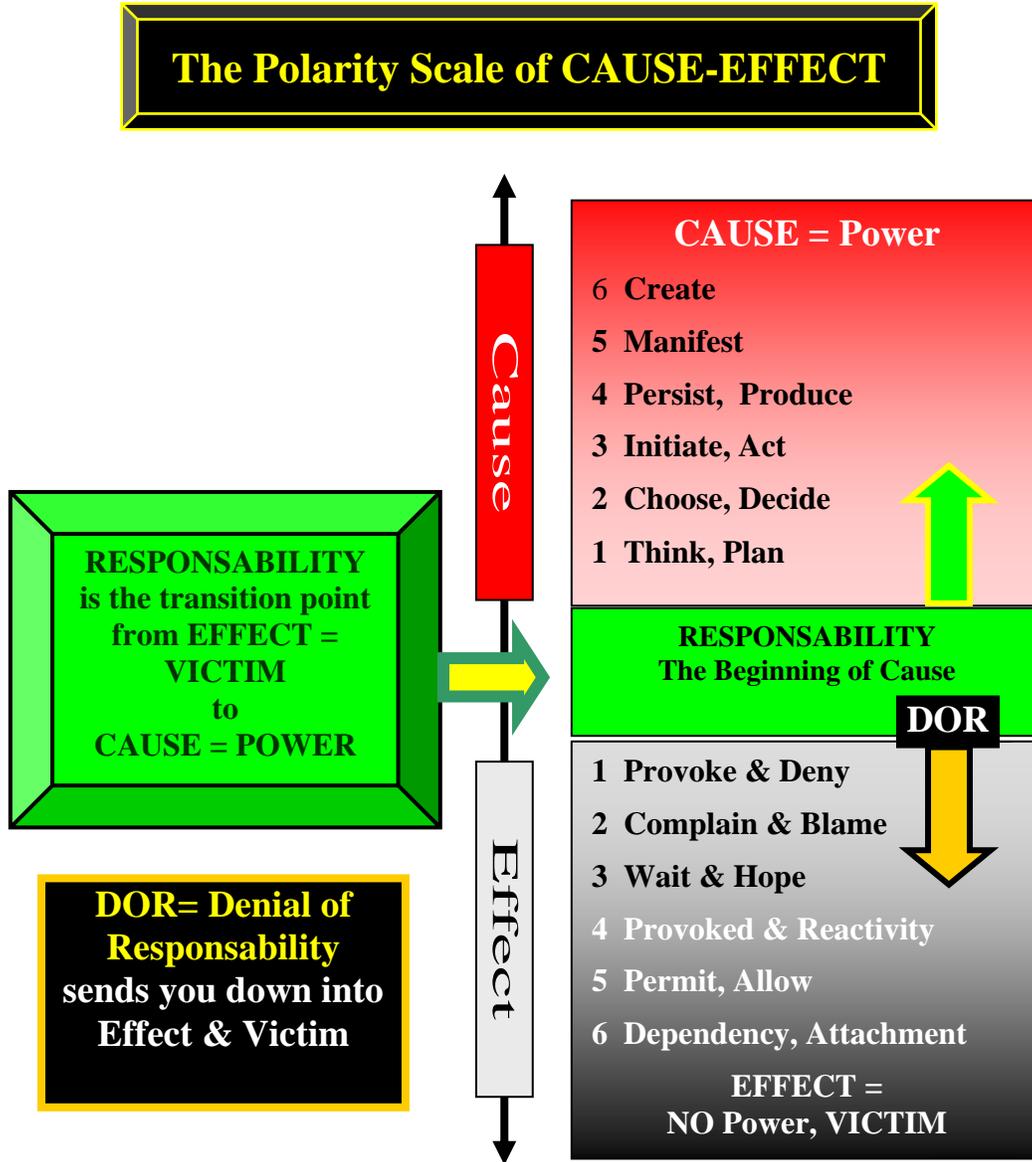
If a person is not free to act (to be Cause), but is under the power and coercion (at the Effect) of another, the responsibility is with him who controls, who has the Power.

10. **Accountability:** Responsibility is the ability and the duty to respond for our actions, including to restore any damage we Cause. This aspect of Responsibility is called Accountability, an important aspect of justice. Accountability must never be confused with punishment. Accountability on the negative side is restoration of damages. On the positive sign, it is reward for production. Punishment is the intentional causing of pain to control behavior.

There are two sides to Accountability. The first is the positive side: that positive results be rewarded. This is a basic premise of capitalism: to each according to his production. The violation of this principle is what makes communism and socialism unworkable *at the current level of human consciousness*. Capitalism, itself however, is a very, very primitive economic system.

The second side is the negative side. S/he who produces negative results is responsible (is to be at Cause) to restore the energy that s/he wasted, lost or damaged. S/he who damages or loses anything is responsible for restoring or replacing it to the party suffering the loss. Without such Accountability, without the restoration of energy, Responsibility does not exist. Violations of the principle of Accountability degrades any social or legal system.

The Romans had a system of accountability where a public servant was judged on his results after his term of office and had to restore any damages caused – a system sorely needed in the world today.



DENIAL OF RESPONSABILITY (DOR)

The main problem with Responsibility is that many people flee it (for the reasons that we will see a little later).

The DOR (Denial of Responsibility) has ALL of these Effects:

- Creates the Victim
- Kills Love
- Kills Self-esteem
- Kills Power
- Kills Initiative
- Kills Proactivity
- Kills Creativity
- Reduces Productivity
- Damages Relationships
- Produces Pain and Kills Happiness
- Is **Insanity**

Where you deny Responsibility, you deny your Cause, and Cause is Power. When you deny Responsibility, you blind yourself to how you could exercise Cause to produce the results you want. Thus DOR blinds and blocks your creativity, your proactivity and initiative, and thereby reduces your power and productivity.

Believe that you are not responsible for your emotions and you will have no power over your emotions. (And if *you* are not responsible for your emotions, then who is? – others, right? You want to make them responsible for how your FEEL and then try to control what they do so you can FEEL good. And just how successful have you been in controlling others to control your emotions?)

Believe that you are not responsible for your relationships or any particular problem in them, and you will have no power to improve your relationships. If you are not able to respond= act= care for your relationships, then who shall? Do you put all the burden on the other? How well has that worked?

Declare that you are not the Cause, not Responsible for your poor financial situation, and you will have no power to change it, and little creativity about how to do so.

Law: **The Negation of Responsibility Kills Power**
and all aspects of Power such as proactivity, creativity, initiative, and
productivity; and creates Victim.

MATURITY AND RESPONSABILITY

Responsability is the measure of the process of metamorphosis from child to adult. A child is totally dependent on the Cause of others; she is unable to fend (be Cause) for herself; s/he is unable to respond to the demands of life. S/he has no responsibility for anything, including anything she does --even should s/he get hold of a gun and shoot someone. Adults are responsible for hir well-being and for anything s/he does.

Growing up and maturing is the process of acquiring Responsibility for one's actions and life, and exercising Cause to become independent and self-reliant. **Responsability is a sine qua non of maturity.** And note that responsability = maturity has relatively little to do with age. Some people are very responsible while still quite young; others never become fully responsible at all before the die old: they never fully mature.

DENIAL OF RESPONSABILITY IS A SURE SIGN OF IMMATURITY.

SELF-ESTEEM, HAPPINESS AND RESPONSABILITY

Self-esteem is your subconscious evaluation, your estimation, your opinion of yourself. **Self-love and self-esteem are the same thing. Self-love= self-esteem is the essence of happiness.** Your self-esteem=self-love depend on whether your (usually subconscious) estimation of self is positive or negative.

The most powerful factor in your evaluation of yourself is your perception of your Personal Power. Your Personal Power is your ability to be Cause. **The basis of all self esteem is your perception of yourself as able and competent to handle life, as capable of reaching your goals.** You are “good” and therefore esteem-able and love-able when you are able and powerful. You are “BAD” and consequently dis-esteem-able, unlovable, when you are unable, not powerful, a failure.

As Responsibility is the beginning of Cause, it is the beginning of Power, and therefore an essential factor for self-esteem. Denial of Responsibility puts you in Victim and Victim is a position of very poor self-esteem. Self-esteem= self-love is essential to happiness. The Victim lives with very low self-esteem and little self-love and is fundamentally unhappy. Furthermore, there is no remedy to that unhappiness without exiting Victim and moving to Responsibility. Happiness is impossible in Victim.

LOVE AND RESPONSABILITY

Responsability is the beginning of, and is essential to, Love. **Positive Cause** is one of the definitions of Love, and means taking actions that benefit the beloved. Responsibility is the beginning of Cause, and therefore of Love. Responsibility can also be the position of caring for someone or thing and that care-taking is Love.

RESPONSABILITY IN ACTION IS LOVE.

Law: **DENIAL OF RESPONSABILITY IS REFUSAL TO LOVE.**

For example, should a parent say that s/he is not responsible for the well-being of hir child, you would know instantly that s/he does not love hir. S/he is denying Cause and Responsibility to act for the well-being of hir child. Responsibility is a prerequisite for **Love**.

The negation of Responsibility for another, or for the relationship, kills all aspects of Love, including self-love, love in a relationship, and above all, happiness.

A true state of Love, i.e. Paradise, will not exist on this planet until each person is willingly responsible for the well-being of all others.

THE DENIAL OF RESPONSIBILITY IS INSANITY

One of the definitions of insanity is **the negation or inability to perceive reality as it is**. A person who denies reality or insists that things that don't exist are real, is insane (e.g., someone who thinks he is Napoleon is out of touch with reality and is insane).

The reality of life is that you **are** Responsible: you decide and act, and **you will experience the results of your decisions and of your actions --or no-action**. You **will** experience the consequences of your decisions and actions: **you will “respond” to the law of Responsibility** and consequences with the same certainty that you answer to the law of gravity.

To deny that you are Responsible, to think that you are not subject to the consequences of your beliefs, decisions and actions is to deny reality, and to deny reality is insane. Failure to take Responsibility is self-created blindness; it is a form of insanity. It is to be as an “ostrich” and stick your head in the sand to not see Reality: your Responsibility.

On this same theme of insanity, a psychiatrist once said:

“There is no insanity, only varying degrees of failure to take responsibility.”

DESTRUCTION OF THE ESSENCE OF BEING

The negation of Responsibility destroys the Essence of BEing itself, which Essence is **Wisdom, Power, Love, and Happiness**. We have seen how the negation of Responsibility is unreality, insanity, and how it blinds intelligence and creativity. All of these are anti-Wisdom. We have seen how DOR kills your Personal Power, your Cause, proactivity and initiative. And we have seen how it kills Love -- and **Love is the only happiness that exists**.

Thus does the negation of responsibility destroy Essence; it is Anti-BEing, anti-spirit and anti-spiritual. You will see the entire concept and the importance of Essence in Course #2. For the moment, I can only state that your Essence, your degree and experience of BEing Wisdom, Power, Love and Happiness is the most important thing in your life.

Resistances to Responsibility

RESISTANCES TO RESPONSABILITY: Fear of Failure, BAD and Guilt

Many people resist Responsibility. They resist because they do not understand 1- Responsibility; 2- fear of failure, and 3- the nature of BAD*.

Responsability usually requires action; and action involves the possibility of failure. Thus Responsibility implies the possibility of failure. Many of us live with a lot of “fear of failure”, and try to avoid failure and all situations in which we could fail.

When we do not understand the nature of BAD* --that it does not exist except by our creation, we label failure BAD*, and we label the Agent of Cause who failed (ourselves in this case) BAD*. This sends us into guilt: **guilt is the emotional result of labeling ourselves BAD***.

*(BAD is an extremely important subject in psicanica that we will see in a later module. Remember that BAD is capitalized in psicanica whenever it refers to that total concept.)

Also, Responsibility often implies “problems”, either danger of causing them or having to resolve them; and we tend to label problems as BAD.

Nobody wants to feel fear of failure or failure itself, or have BAD things like problems and failure in hir life. Nobody wants to be BAD or feel guilty. Denial of Responsibility appears to be a way to avoid all of these things. We try to weasel out of fear, failure, and away from BAD and guilt by denying that we are Cause, that we are Responsible for the BAD events, for the problems and failures in our lives. Thus those “BAD” things, BAD events, BAD actions, BAD decisions, problems, or failures may exist, but we are **not responsible** for them. Therefore, we are not “BAD”, and we do not need to feel guilty.

For this reason, we so readily claim Cause and Responsibility for our victories and the good things in our life; we readily accept ourselves as “good” Cause. However, many of us as quickly deny Responsibility for our failures and the “BAD” things in our lives. We quickly blame = assign Cause and Responsibility to external agents. But by denying our Responsibility, we kill our Personal Power to change those “bad” events, and we kill our happiness.

RESISTANCE because of DISTORTIONS of RESPONSABILITY: OBLIGATION and BURDEN; BLAME and GUILT.

OBLIGATION and BURDEN

Responsability is the beginning of Power, and normally a pleasure for a BEing. However, many people experience Responsibility as negative, as an obligation or a burden.

Burden: A person will experience Responsibility as a burden when hir anti-power IDENTITIES (I AM unable; I AM weak; I CAN’T do it; I AM a failure, etc.) are activated. When a person feels, consciously or unconsciously; that s/he is not

going to be able to fulfill a responsibility; i.e. that s/he may fail; then hir Anti-Power IDentities with their negative emotional charges will activate, making the Responsibility feel dark and heavy.

Obligation: Imposed Cause: When a responsibility as a duty or obligation is forced upon the person against hir will, whether by another person or by circumstances; hir experience of responsibility may also be negative as something s/he has to do when s/he would rather not.

These two factors: “I AM not going to be able to do it” creating burden; and “imposed by other” creating obligation, are often found together thereby making the responsibility something negative for that person. Naturally, s/he may resist.

BLAME, COMPLAINTS AND GUILT

When we do not understand Responsibility, we may confuse it with blame and guilt. Blame and Guilt require a judgment of BAD. **Pure Responsibility is free of all judgment of good and BAD.** It is pure Cause = Action → Results = Consequences. These may be judged positive or negative, but they are never Good or BAD. (The very important distinction between positive and negative, and good and BAD, will become clear when we get to that lesson in this Course.) **Blame and Guilt are insidious distortions of Responsibility.**

Blame: **Responsibility is NOT blame.** Blame is *invalidation for failure*, invalidation for failed cause. “Invalidation” in psicanica means that there is a label of BAD and WRONG. Blame is to assign Cause while labeling the results of that Cause --and usually the causal agent-- as BAD. Thus, blame involves negative energy = anti-love, and often punishment. Responsibility is always neutral or positive, without a judgment of BAD, and there is never punishment involved, only Accountability.

Complaints: Complaining is similar to blame and is a sure sign of denial of responsibility. Complaining is invalidating a BAD situation while denying Cause / Responsibility. The difference between blame and complain is the center of focus: blame focuses primarily on the causal agent: complaining focuses primarily on the event or situation, often without naming the Causal Agent.

The only solution to complaints is taking action, starting with communication with whoever is at Cause over the situation, and ending with taking the initiative to fix the problem oneself.

Guilt: Responsibility, likewise, is NOT guilt. Guilt is how you feel when you blame yourself. Guilt recognizes one’s Cause but labels the results BAD, and labels oneself BAD for having Caused them. Guilt is the IDentity “I AM BAD” for having done (Caused) something BAD. Responsibility is always neutral; it never implies BAD. **You are always Responsible; you are never guilty.**

(Note: You may not fully understand Blame, Guilt and BAD--and **Responsibility as free of BAD**-- until the module of Good-BAD.)

These five factors: obligation, burden, blame, complaints, and guilt give Responsibility the heavy negative connotations that so many people have about it, and for which they resist it. In Psicanica, Responsibility is always positive; it is always free of invalidation and negative energy. It is recognition of Cause-Effect relationship without invalidation, without BAD. It never involves punishment and always includes Accountability. To blame, complain, or feel guilty is to distort and fail the true concept of Responsibility.

The solution to BAD, Blame and Guilt is to understand and transcend the creation of “BAD”, an ability you will acquire in a later lesson in this same course.

The difference between blame versus Responsibility is critical in raising children. Children respond marvelously to Responsibility and Accountability. They will resist blame, guilt and punishment. (We will come back to these concepts when we get to the course on raising children.)

TRYING TO EVADE OR DILUTE RESPONSABILITY

Your Responsibility in a situation is independent of, irrelevant to, the Responsibility of others. People sometimes try to dilute or shift their Responsibility by pointing to the responsibility of others. This kind of evasion is not possible. You are always Responsible in that **you always experience the consequences of your acts**, whether you acknowledge your Responsibility or not.

Admiral Rickover expressed it very well in the opening quote of this lesson, repeated here for your convenience:

“Responsability is a unique concept. It can only reside in a single individual (never a group or organization). You may share it with others, but your portion is not diminished. You may delegate it, but it is still with you. You may disclaim it, but you cannot divest yourself of it.

TRYING TO MAKE OTHER PEOPLE RESPONSABLE FOR YOU, ESPECIALLY FOR YOUR EMOTIONS AND HAPPINESS

It is a common error for human beings to want and to try to make others Responsible for them, especially for their emotions and happiness. In your life, other people may help you, but they cannot and will never be Cause, never be Responsible, for you or your happiness, for several reasons.

First, one of the Laws of Experience is: **The only motivation of all human behavior is one’s own happiness.** It is a law of nature that everybody seeks their own happiness and no one can ever put their own happiness in second place. Despite appearances and the general belief of much of humanity, altruism and self-sacrifice do not exist. **Your happiness will always be secondary to that of others no matter how much they profess to love you.** If they ever have to choose between your happiness and theirs, you lose --guaranteed.

(Note: I stand ready to prove this law and these statements for any human behavior, anywhere, anytime. Email me with a description of a specific human conduct you think violates this principle and I will show you that it does not.)

Note from the Course on Relationships: Your relationships will take a giant leap forward the day that you recognize that every person always acts in their own best BE-FEEL and interests as they understand them; you cease to expect or try to get them to act otherwise; and you give them full freedom to decide what is in their best interests and to act accordingly.

Secondly, even if they could and wanted to be Responsible for your happiness, there is no way that they can ever really know what is best for you, or what, in the long run, will make you happy. Only you can know that, and only by consulting your heart and intuition. Others do not have the knowledge, neither of you nor of the dynamics of happiness, to make you happy. (Look around: most people cannot even make themselves happy.)

Third, you are who will finally always have to respond = answer to and experience the consequences of all the choices, actions and events in your life. No matter what others try to do for you, or **how accountable you would like them to be to you; you are who is going to answer, going to enjoy or suffer the consequences.** In the sense that responsibility is “having to respond=experience the consequences of all decisions and events in your life -- no matter who makes those decisions -- there is really no way you can pass your responsibility to others -- reread Admiral Rickover above if needed.

If you decide to try to make others responsible and Cause for you by letting them decide things for you, **you remain Responsible for that decision to let them decide, and therefore, for all the consequences of your decision to let them decide -- i.e. for their decisions.** Blaming them for failure after the fact is small compensation. **You will have to respond to = experience the consequences of their decisions, which is the consequence of your decision to let them decide.**

If you live hoping, waiting, or trying to make others responsible for you and your happiness, you are playing a losing game, the Victim game, with a 99% certainty of dissatisfaction with the results. (Remember “Wait and Hope” on the Victim scale?).

First, nobody is coming who has your happiness as #1 priority in their agenda: no such person exists. Even if such a person did exist and did report to "duty" in your life, they could not be an effective, successful Cause for you even most of the time, much less all of the time. Other people, no matter how well intentioned, are bound to eventually fail, “betray” and disappoint you if you deposit with them the Responsibility for your happiness. It is the nature of BEing and Life.

If someone truly wise and dedicated to your happiness were to appear, the first thing they would do is insist that you take Responsibility for your life, as that is the first step to happiness. They would do that just as a good parent will insist that his children become Responsible and therefore self-sufficient and powerful in handling their life.

There is no Personal Power or Happiness
not founded in personal Responsibility..

**Nobody is coming to save you.
And even if they did come, they can't save you.**

**And don't think that Psicanica has come to save you.
It has only come to tell you that nobody is coming
and how to save yourself.**



YOU ARE ALWAYS RESPONSABLE.

You are almost always Response-able. In every situation in your life, you are either the original Cause and therefore responsible that that situation exists in your life. Or you can take some action to either remedy the situation, protect yourself from the effects, or even to leave (as in leave home, a bad job, or a bad relationship). (Leaving is an action; it is a valid response.)

RESPONSIBILITY IS GOOD!

In Psicanica, Responsibility is something very positive. In fact, it is one of the “sacred” concepts, always capitalized. To play the game of life, you must be Cause. To win, you must be a Power-ful player. Cause =Power has a switch that turns it on and off. The on position of that switch is Responsibility. The off position is Deny Responsibility.

**Responsibility is recognition that I am cause.
It is to stop assigning Cause outside of myself and
declare it within me.**

**Responsibility is to recognize that:
“If it's to be, it's up to me.**

HOW TO TAKE RESPONSABILITY

There is nothing to take or create: you already have it. You are and always have been Responsible. You are the Cause in your life. **If you believe that you are not Responsible, you are Responsible for that belief in all its consequences (Victim) that we have seen in the preceding pages..** If you are a Victim, you are Responsible for BEing a Victim. Your belief that you are not Responsible may blind you to your Responsibility, but does not change the fact of its existence.

If you have been denying your Responsibility in any area of your life (e.g. your emotions or your relationships); you are Responsible for denying it. You are already paying the consequences of that denial, including no Power to change things, and your FEELing of many negative emotions. **There is no way you can escape Responsibility.** So you see, you do not have to create Responsibility, you just have to wake up to what already is.

However, if you want to adopt the point of view that you must create Responsibility or yourself as Responsible, you can create it at any moment. It is easy. You as a BEing are god in your psicanic universe (your mind). You can create your Responsibility from nothing, just with your declaration that you are Responsible.

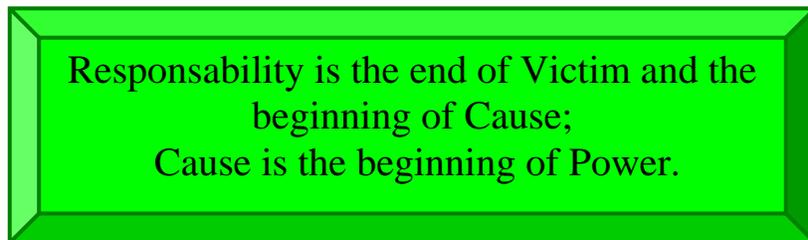
Seem too easy? Notice that that is exactly how you created your no-responsability: You simply denied Responsibility and assigned it to Other. Simple as that. **The idea that you are not Responsible is just an idea, a belief. All your ideas and beliefs are your creations.** The fact that they are mental creations rather than material creations in no way lessens their reality and power to affect you.

Some humans take to Responsibility like ducks to water. They find in it a relief and a solution to life and a road to happiness. Others resist Responsibility. Some resist because of fear, fear of not being able to fulfill it, fear of failure. Some resist to avoid being BAD and feeling guilty. Some do not want it because it seems more comfortable emotionally to blame others than feel guilt. Still others flee it because they want to keep playing the VICTIM game and all that that entails. Some resist it because of sheer laziness as Responsibility requires action.

No matter what your resistance is to Responsibility, **the underlying Cause is always the Anti-Power IDentities.** Discreate the Anti-Power IDentities and the resistance disappears. You will learn how to discreate IDentities later in this course.

Summary:

- Responsibility is not blame. Blame implies BAD; Responsibility is free of all invalidation
- Responsibility is not guilt, which is how you will feel when you blame yourself. Again, Responsibility is free of judgment of BAD.
- Responsibility is not obligation and is not burden. It can seem like these when it is distorted by other factors such as anti-power IDentities or imposition by external agents.
- Complaining is usually a denial of Responsibility. If you can do something about the situation, then you are response-able and should act. Your actions can start with communicating to those who can do something about your disagreements with the situation - but without the Victim energy of a complaint. If you cannot do anything about the situation then either leave it, or grin and bear it with a positive attitude.
- To identify the Responsible person in any situation, ask: “Who is going to suffer the effects? Who has possibility of action to avoid or remedy the effects?”



GENERAL LAW OF PSICANICA:

**CAUSE, WISDOM, POWER, LOVE and HAPPINESS
all start with RESPONSABILITY.**

Corollary: **Denial of Responsibility kills
Wisdom, Power, Self-Esteem, Love and Happiness..**

The psicanic condition of RESPONSABILITY puts the BEing in a position of CAUSE and POWER that is an essential primary step to control, change or remedy any situation. No matter the area of life (work, relationships, success, health, etc.); whenever you deny Responsibility, you are murdering the most important qualities of life.

**Denial of RESPONSABILITY alone is sufficient to cause
the persistence of any problem in life**

What to take with you from this module:

- The concepts of Cause, Effect, Victim, and Responsibility.
- Cause-Effect is a polarity spectrum. You assume a position on the Cause-Effect scale in relation to any event (person, thing, or situation). Your Power to handle that event depends on your understanding and knowledge that you are always Cause (including when you cause yourself to be a Victim).
- Responsibility is the transition point between Cause and Effect.
- Negation of Responsibility kills Power, Self-Esteem, Love, Relationships, and Happiness. To declare and reclaim your Responsibility is the first step on the road to Wisdom, Power, Love, and Happiness.

Recommended Reading: *Taking Responsibility* by Nathaniel Branden. This book is excellent reading for personal development.

Chapter 5: The Concept of Experience

Experience is an extremely important concept in psicanica, *extremely* important.

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, sense or feel, both physically and psicanically.**

- Your prime non-physical=psicanic experience is your BE-FEEL. However, as we have not explained BE yet, we must limit ourselves to say that your primary psicanic experience is your FEEL, your emotions. .
- Your prime physical experience is your body, and secondly the physical universe.

Experience is feeling. It is the highest form of knowing something, to have actually lived it. Experience is life itself.

The purpose of the entire Cosmos, of all CREATION is experience. The cosmos is the ONE becoming the MANY to experience (FEEL) ITSELF in all its infinite possibilities of BE DO HAVE. ITS purpose is to manifest and explore ITSELF by BEing all that IT can BE. IT wants to play with ITSELF; to experience, have fun, play games, and live dramas, and thereby to know ITSELF.

You are currently one of the many pretending not to be the ONE that is the many. You are an experience to the ONE, and an experience to other parts of the ONE that view you, at the same time that you experience your own experience and experience other parts of the ONE from your viewpoint (and maybe the ONE as the ONE is yor are a mystic). (See Level 1, Cosmology, for more information on all of this.)

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 psicanica, the term “experience” rarely refers to this idea of having done or 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.* Experience in psycanics refers to what you experiencing, all senses and sensations, physical and psicanic, at the present moment.

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 = in your own experience.

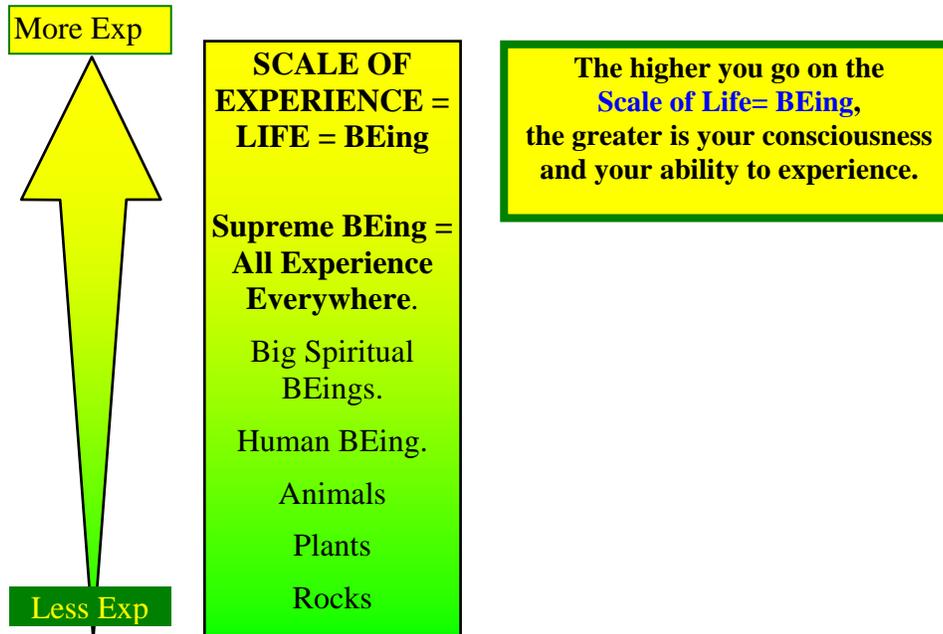
Your experience is the content of your consciousness at any moment.

LIFE is EXPERIENCE –and only Experience

The Scale of Experience is the Scale of Life and of BEing. 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 – but much less than higher BEings and the Supreme BEing.

The Supreme BEing, the ONE that is ALL, is being all things all the time. SHE is all experience, everywhere, forever. (See the book Level 1, Cosmology.)



Your experience is everything you perceive, sense, feel and live. The only things that exist for you are what you experience. Your life is your experience. To verify that Life is Experience, check with anyone buried in a cemetery—ask them if they have any experience. They can't even experience your question.

You have experiences on many levels. Your mental experience is the perception of, the experience of, your mental energies= objects, that is, of your thoughts, ideas and memories. Your feelings are your experience of your emotional

energies. You experience your body; and through your body, you experience the physical universe.

The concept of Experience is extremely important en psicanica as in the ultimate analysis, your experience is the only thing that exists for you.

To understand the importance of the concept of experience, try to name anything that affects you, anything that is important to you--or for that matter, anything you know at all--that is not an experience. To know of the existence of anything is to have experienced it in some way, if only by reading about it. Your life is your 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 --with the purpose of achieving ever better positive experiences-- is your only motivation in life.

FEEL in the Causal Sequence of **BE FEEL THINK RELATE DO HAVE** refers primarily to one kind of experience, emotions= love= happiness+/-.

MANY, MANY EXPERIENCES ARE POLARITIES;
and all the laws of Polarity apply.

The **LAWS OF EXPERIENCE** include:

The Purpose Of Existence Is Experience.

(The Cosmos ITself is the Supreme BEing experiencing Herself
in all Her infinite possibilities of BEing.)

There Is Only Experience. Experience is the only thing that exists.
Your Experience is the only thing that exists for you.

Life is Experience, and only experience.

Your life is all your experience and nothing more.

Something is real for you,
only to the degree that you experience it.

You know something
only to the degree that you experience it.

The primary experience is the experience of your own BEing,
about which you generate your emotions
which are the self-love-anti-love.

The ONLY motivation of all human behavior and effort
is to control (one's own) experience.

We will come back later in the lesson to these laws after we have explained the concept of experience itself.

The objective of psicanica is to teach you how to control your experience, both your psycanic experiences and your physical experiences. You can learn to control your psycanic experience (happiness, unhappiness, pain) without having to control the external world -- and this direct control through creation and discreation is the only way you will ever be able to control your psycanic experience and achieve real love and happiness.

TWO UNIVERSES

You live in two universes. Your experience = your life occurs in two universes. This is not an analogy: you exist and operate in two distinct universes. A universe is a space wherein all energies = things operate according to the same set of laws, and therefore behave congruently and consistently.

A universe is also a place of experiences. You are very familiar with the physical universe, with physical space and light and heat energies and physical matter = objects including your body. All these are experiences, and are governed by the laws of physics, chemistry and biology.

You have two basic, kinds of experience, corresponding to your two universes.

You have **physical experiences**, which are your perceptions, sensations, of anything in the physical universe: of any material object and any physical energy forms such as light, heat or sound.

Physical experience is anything perceived in or through the body. Not directly, but through the body, the psican 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 experiences. Examples of physical experience are listed here: (This is not intended to be an exhaustive list of experience, but only examples to illustrate the concept):

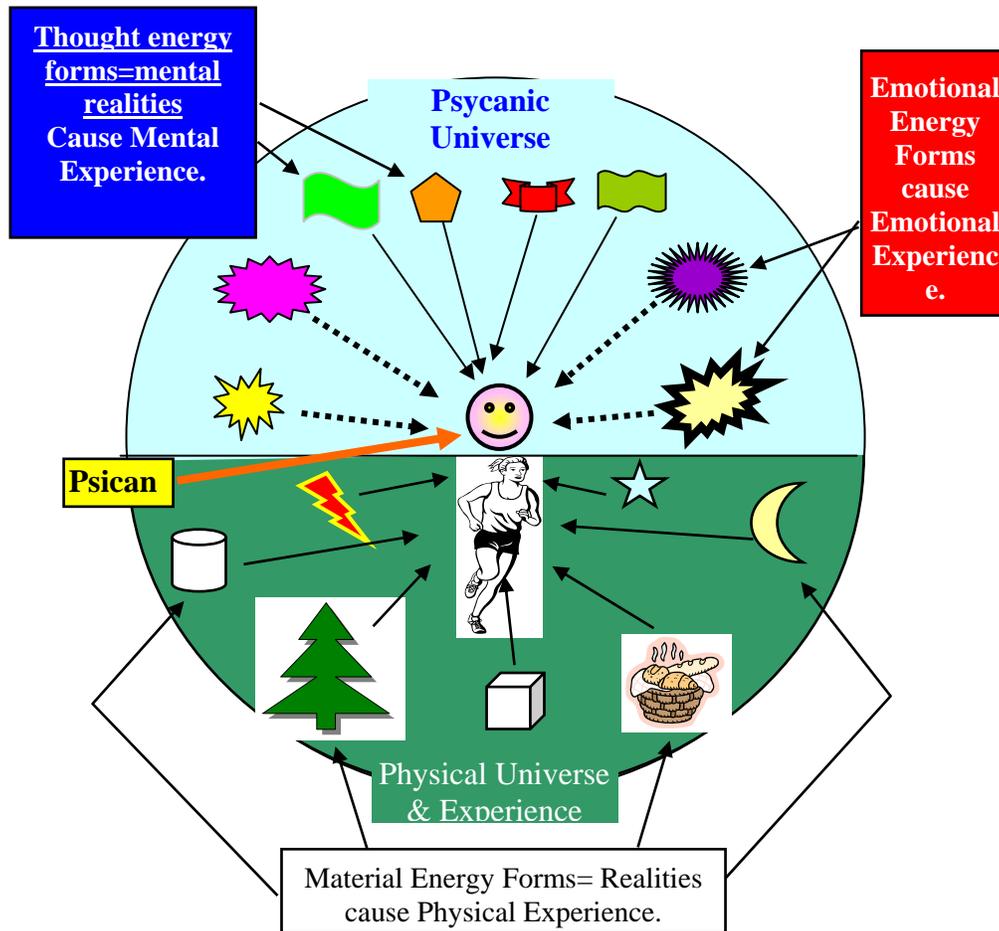
Corporal experience:

- 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.

EXPERIENCE



However, the physical universe is your second universe and of secondary importance. Your primary and more important existence takes place in a universe of a higher order: your psycanic universe. Your psycanic universe consists of all your psycanic energies = objects = realities. It is your interior world, your private world of thought and emotion. It is the place wherein all your non-physical experience occurs. *It is the place of all Love and all Happiness.*

Your psycanic experience is your perception of every thing that is non-physical. It is every experience that is not caused by physical energy or object. Your psycanic experience includes everything that happens in your mind such as **thoughts, ideas, plans, memories, desires, knowledge, intelligence, intuition, and creativity**. **Your psycanic experience also includes all your emotions**. Note that your emotions are a polarity spectrum from the maximum negative ones of apathy, depression and grief, up to the highest positive emotions of joy, bliss and ecstasy.

Your psycanic universe is a universe in every sense of the word. It is a space around you and in which you exist (you, the non-physical, Aware-Will, life-energy entity). This space contains psycanic energy = matter = objects = things = realities- all of your creation. It is the space in which the energy-forms of your mind such as thoughts, ideas, memories, images, beliefs, and your emotions, exist. It includes your conscious and your sub or unconscious. It includes your mind. (We will later show that there is no such thing as the mind, but for the moment, this fiction is useful.

Psycanic experience is all perception of non-physical energy forms – primarily your thoughts and emotions. It is experience that occurs directly in or to the psycan; 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-psycan** are in a physical body.

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.

Remember that all of these things are masses of energy = objects = realities. You first Cause=Create your psycanic realities, and then you are at the Effect = in the Experience of them. Just as you are their Creator, so too can you be their Discreator. **You can learn to discreate the psycanic realities you do not want to experience, for example, your negative emotions, and that will free you of the compulsive behaviors and addictions they cause you**.

The fact that your psycanic realities are not physical in no way reduces their importance nor their reality and impact on you. In fact, **your psycanic universe is equally real, more powerful and more important than your physical universe**. It is not only the source of all your psycanic experience -- and therefore of all love and happiness-- it is also your control panel for your physical universe. The only thing experience stronger than your (psycanic) emotions, is strong physical pain – and that is fairly rare.

Psycanic 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-esteem: your evaluation of yourself that is self-love. Self-experience includes self-image, self-respect, self-esteem, self-confidence, self-love, personality and character.**
- **Mental experience: the perception, the experience, of any and all mental activity, which includes: thoughts, beliefs, values, paradigms, ideas, memories, learnings, 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 psycanic 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.**
- **Love: to love and the FEELing of love is a psycanic experience.**
- **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 psican 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 psycanic and not physical experiences.

Note: FEEL in the Causal Sequence includes the experiences of: self-esteem, all the emotions, love and anti-love, and joy, bliss and ecstasy, all of which are Polarities. Feel means any and all 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: Electro Magnetic 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 both psycanic and physical experiences. 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 what can be a multilevel experience. It can include experiences on all levels:: physical, emotional, mental and spiritual.

Now that we have defined experience, we can go a little deeper into the laws of it.

The **LAWS OF EXPERIENCE** include:

The Purpose Of Existence Is Experience.

(The Cosmos ITself is the Supreme BEing experiencing Herself
in all Her infinite possibilities of BEing.)

**There Is Only Experience. Experience is the only thing that exists.
Your Experience is the only thing that exists for you.**

Life is Experience, and only experience.

Your life is all your experience and nothing more.

All Experience is the impact of Realities on Consciousness.

**Something is real for you,
only to the degree that you experience it.
("Real" means in your experience in Present Time.)**

**You know something
only to the degree that you experience it.**

**The primary experience is the experience of your own BEing,
about which you generate your emotions
which are the self-love-anti-love.**

**The ONLY motivation of all human behavior and effort
is to control (one's own) experience.**

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 psicanically 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** (in this universe – you-psican continue to exist. You are immortal because you are LIFE itself. Your existence is a constant expansion of the amount of LIFE= BEing that you are until you BEcome one with the ONE again.

Then you separate again and start all over. (This part in purple is mysticism, not psicanica.)

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.

Formal 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 psycanic (mental) experience of it. If you see it, or touch it, or taste it, or read about it, you have acquiring experience of it.

The purpose of life is experience: to feel, to know, to live: it is all experience. . Experience is Life itself. The more Life you are, the more you can experience. The more experience you have, the more Life you are. A rock is not much Life and does not experience much. A plant is more Life and experiences more. And animal even more Life= Experience. You are more Life still, and you experience a lot more than a rock, a plant, or an animal. The Supreme Being is ALL LIFE and ALL experience; SHE is *every thing* and is always and all ways experiencing BEing *everything* (including you).

The only motivation of all human behavior is to control one's experience. There can't be any other motivation: experience is the only thing that exists. Life is about learning to control your experience, about eliminating negative experiences and manifesting the positive ones that you desire.

The only motivation of all human behavior is to control our experience, to eliminate unpleasant experience and to achieve positive experience which is happiness. In other words, the only motivation of all human behavior is to end pain and be happy. This requires control of your psycanic experience, much more than of your physical experience, which leads us to the law:

Your psycanic experience is more important than your physical experience.

Although you, a spirit-ual BEing, are currently located in a physical universe, **your psycanic experience continues to be the predominant factor in your life.**

First of all, your psycanic universe contains all the things that are most important to you, that which you most seek in life. It is the place of residence of Who You Are, your IDentities, and of your personality, character, intelligence, wisdom, power, love and happiness. **Wisdom, Power, Love and Joy, the Essence Energies,** are psycanic, not physical;- and these are the essence of Spirit and are what you most seek. What you most seek in life--intelligence, creativity, personal power,

love, wisdom, joy and happiness--**are all psycanic**. They do not come from, and can not be found or produced in the physical universe.

Secondly, **your psycanic universe determines your physical universe**. Your physical life conditions are the reflection of your psycanic universe. Your thoughts, beliefs, and especially your identities--all of which are energized by your emotions --determine what shows up in your life. Your thoughts, beliefs, values, ideas, visions, resistances, emotions, affinities, aversions, etc., attract or block what you want or don't want.

You must first learn to control your psycanic universe before you can control your physical universe. You must gain power over yourself, over your interior, before you will have power over your exterior.

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

1. **There is only Experience. Nothing else exist.**
2. **All Experience is caused by the effect of energy forms=realities on consciousness. These forms may be psicanic or physical.**
3. **Nothing in the physical can ever Cause psicanic experience. All psicanica experience is the effect of psicanic energy forms (creations) on the psican as Consciousness. These can be discreated directly by the psican.**
4. **The contents of your psycanic universe manifest your life conditions in the physical universe. (Life conditions = health, wealth, success, etc.)**

**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.**

**YOUR PSYCANIC EXPERIENCE
(thoughts, emotions, identities)
IS NEVER CAUSED BY PHYSICAL EVENTS.**

**YOU WILL NEVER BE ABLE TO CONTROL
YOUR PSYCANIC EXPERIENCE
(and live in Power, Love and Happiness all the time)
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 with Creation and Discreation.**

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.

REALITY

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 psicanica are called “realities”. All experience is the perception of a reality, whether that reality is physical or psicanic.**

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 psycanic and physical. It is a purpose of psicanica 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 psycanic energy form, a psycanic 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 psycanic 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.

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 discreating 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 is EXPERIENCE

Experience generates 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 example:

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 psicanically *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 re-creation 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 → Power. 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.

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.)**

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. The Cosmos is God in exploration of Himself, playing with Himself.

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).

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

The purpose of psicanica 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
ONE'S OWN HAPPINESS.**

(The only happiness that exists is self-love.)

This law can not 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 effort 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.

Summary

Experience is the only thing that exists and the purpose of existence. Therefore, 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 psycanic experience is the experience of your internal energies of thought and emotion. External events do not cause your psycanic 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 psycanic energies to control your experience and achieve love and happiness. This control is achieved through PEP: Psycanic Energy Processing.

You will see the word "experience" frequently in psicanica. Remember that the word refers to your psycanic experience unless physical experience is specified. **Above all, remember that the word refers to an important and grand concept: the heart of life.**

You are studying psicanica 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.

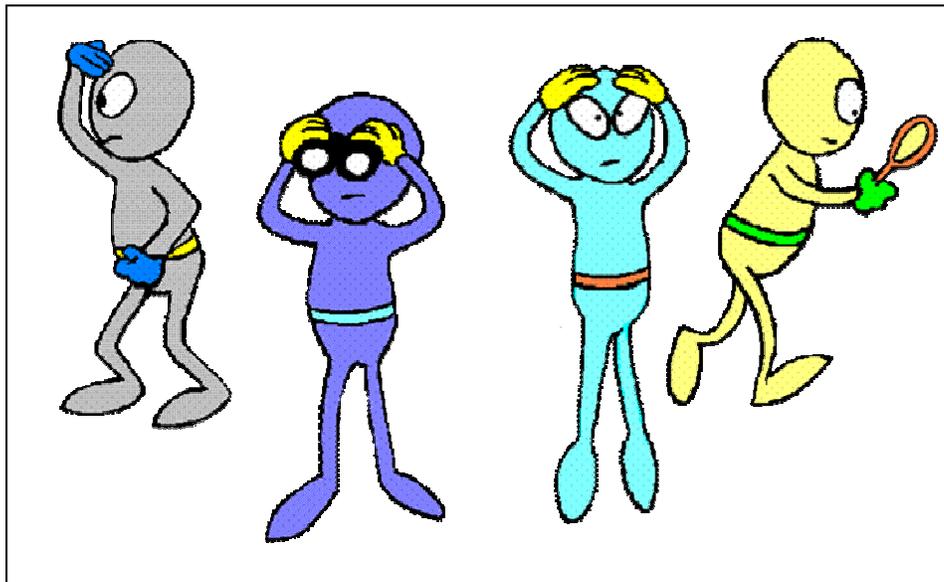
Advanced Concepts

The only motivation of all human behavior = what YOU are really trying to do in life-- is to control your experience (avoid negative experience and achieve the highest positive experience possible.

Your primary and most important experiences – those experiences that you most seek are more and more LIFE ESSENCE, aka the ESSENCE of BEING, i.e. a greater and great experience of LIFE= BEING. (Essence consists of the qualities = experiences of Wisdom, Power, Love and Joy – Course #2.) The ultimate ESSENCE = BEING is God – you are trying to get back to God whence you come.

Essence = Life = BEing are psicanic phenomena and experiences, not physical. They can not be found or caused in the physical universe. You are wasting your time seeking them there.

Until you grok the above, you have not understood what your existence is about.



Chapter 6:

Introduction to **Discreation** *How to Eliminate your* *Negative Experiences*

experienced experience discreates

The only motivation of all human behavior is to control one's own Experience. This chapter introduces you to how to eliminate your negative psycanic experiences (emotions, resistances, negative Identities, addictions, and any other UPS (UPS= Unhappiness, Pain & Suffering)).

There are better and faster ways to discreate things, but this is fundamental to them, and when they do not work, you can always fall back on the laws of this chapter. They ALWAYS work.

Reminder

ALL EXPERIENCE IS THE IMPACT OF ENERGY ON CONSCIOUSNESS.

You hear a sound or see an object because light energy off that object impacts your ears or eyes, gets transduced in your brain into the psicanica frequencies of energy that impact you= Consciousness= the Aware-Will= the energy perception unit. You experience the impact= effect of those energies as the experience of that sound or the mental image of that object.

You feel heat, or a hug, because the energy of the heat source, or the pressure of the hug, impacts your nerves sensors in your body, and these send energy impulses to your brain, that transduces them to psycanic energy that you-the-psican perceive as the effects of that energy on the conscious energy that you are made of.

In the same way, **ALL psycanic experience is the impact=effect of psycanic energy** (thoughts and emotions are energies= psycanic objects= psycanic realities) **directly on you= Consciousness= the Aware-Will unit= the psican.**

Nothing in the physical universe ever causes (creates / generates / produces) psycanic energy. Ergo, nothing in the physical universe ever causes psycanic experience. Therefore, **you can never control your psycanic experience by controlling any thing in the physical universe.** (This is what almost everybody (99.99% of the human race) is trying to do: the External Quest for security, power, love and happiness.)

Just as you control your physical experience by controlling physical energies-realities, so too can you control your psycanic experience by controlling your psycanic energies-realities (thoughts and emotions). **To eliminate your**

physical experience of an object, you must eliminate the object from your presence. In the same way, to control your psycanic experience you must **eliminate, discreate**, the psycanic objects (thoughts and emotions) from your psycanic universe.

The only way you will ever be able to control your psycanic experience is by learning to control your psycanic energies, to create and discreate your psycanic objects = realities.

This is the **ONLY** way you will ever be able to control your psycanic experience and find love and happiness. Nothing in the external universe will ever fill that deepest yearning of the human heart: Love and Joy.

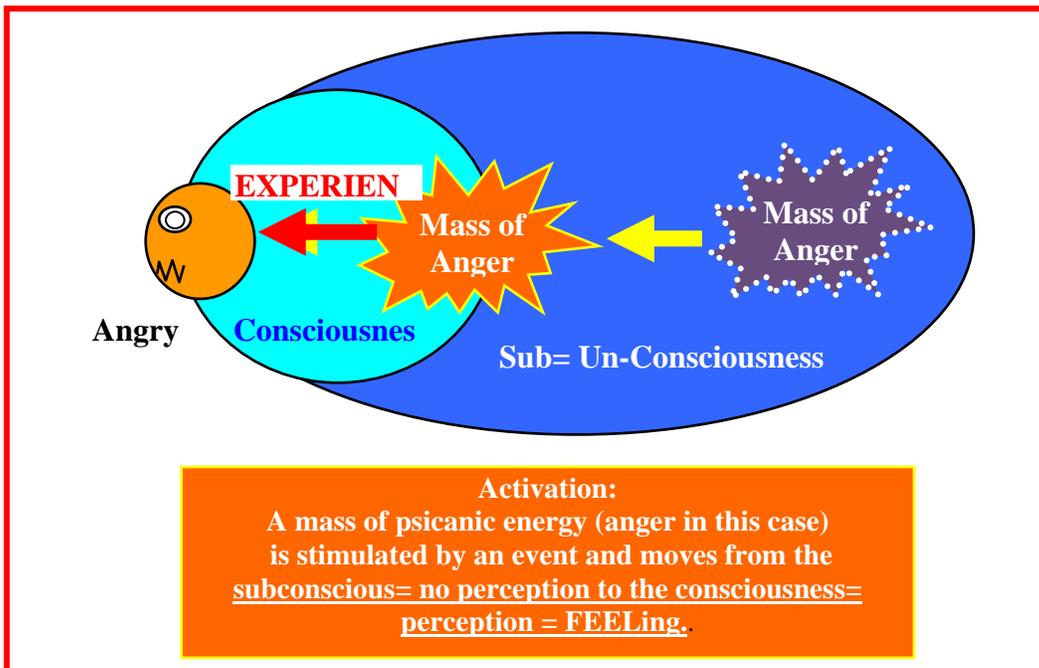
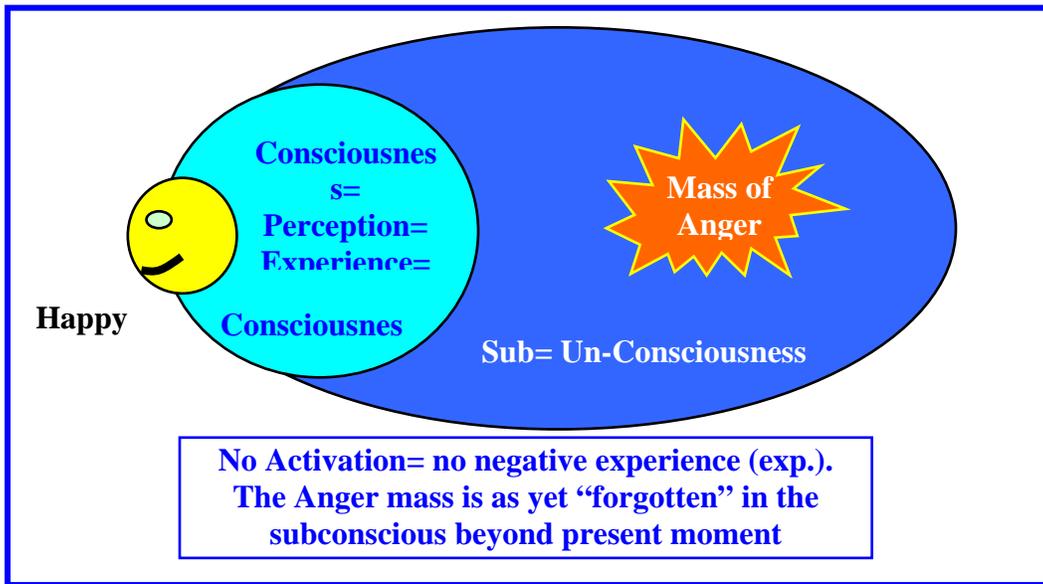
Your negative emotions are **masses of energy** in your subconscious.

An activation is the stimulation or movement of one of these energy masses from your subconscious=that part of your mind out of range of your perception, to your consciousness= perception= experience= FEELing. When one of your masses move in on your consciousness, you experience= FEEL the flavor of energy of which that mass is made, flavors like anger, fear, sorrow, depression, etc. FEEL in the Causal Sequence of BE > FEEL > THINK > RELATE > DO > HAVE always refers to your emotions.

Creation is to Cause something to exist that did not exist previously. Discreation is to make something that exists to no longer exist. You are a non-physical, life force entity made of Will and Consciousness; you are a BEing, a spirit, a psycan. One of your most basic capabilities is Creator. You have this power to Cause things to exist and to Cause them to **not** exist; the **power to create and to discreate**. **It is part of your basic nature**, part of your “image and likeness” of God.

Everything that exists is made of energy. Every object is a conglomeration of energy. All objects in the physical universe are made of energy as expressed by Einstein’s $E=mc^2$. Likewise, all your psycanic objects= everything that exist in your psycanic universe= all your thoughts and all your emotions are energies, energy forms or masses. There is nothing that is not energy.

Therefore, **creation is a matter of moving energy into a mass to create it, densify and strengthen it**. **Discreation is a matter of moving energy out of a mass to weaken and dissipate it**. To put energy into something is to make it more energized, denser and more real: to create it. To take energy out of something is to discharge its energy and make it less dense, less real, until it finally disappears and no longer exists. You have the innate, spirit ability to do this with all your psycanics masses.

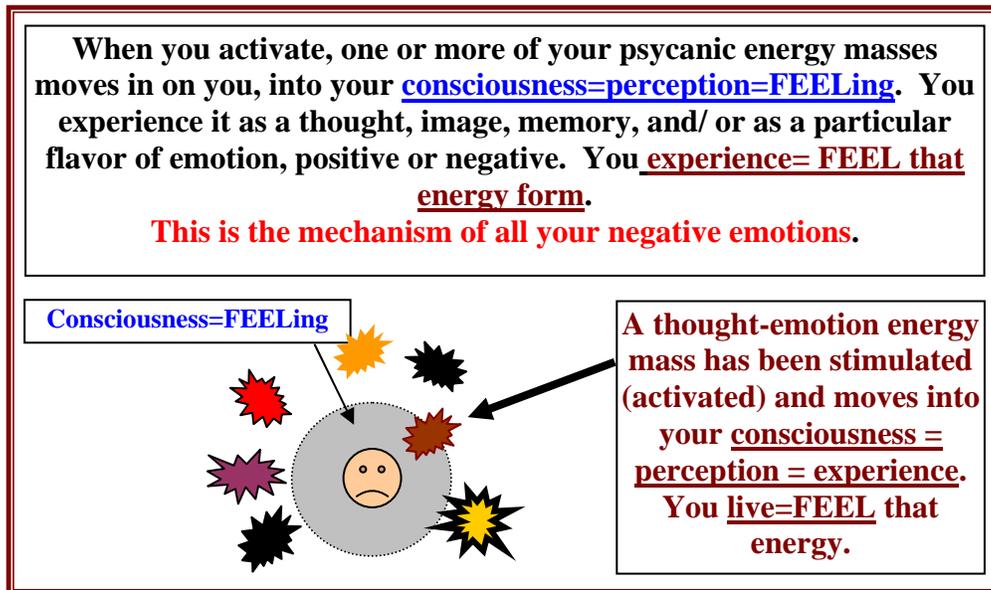
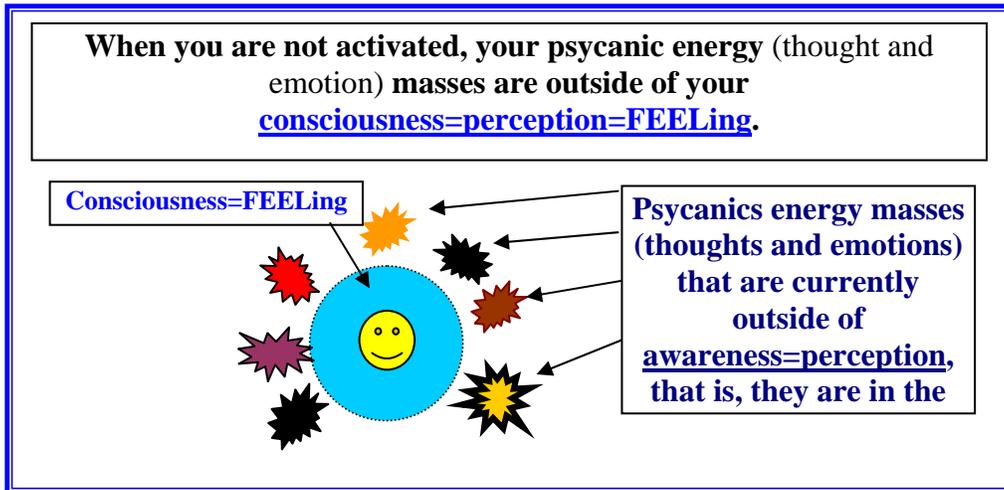


“Experience” in Psycanics is a very important concept. Your experience is everything that you are aware of= perceive. You have physical experience of the physical universe and of your body. You have psycanic experience of everything in your psycanic universe, which includes all your memories, knowledge, ideas, goals, desires, visualizations, and all of your emotions. You will also sometimes experience “somatics”: body sensations, pains and even organ dysfunctions due to the repression of psycanic energy masses in the body.

All of these are forms of experience. For convenience, we divide your experience into two classes physical and psycanic. Psycanics is about the nature and

workings of psycanic experience. It is the principles and laws of non-physical energy and matter.

Part of your basic nature as a life force entity, spirit, is Consciousness. Consciousness is an ultra-high energy field: you are a field of this energy. This energy field, consciousness, is impacted, affected, modulated or vibrated by the denser energies of thought and emotion. **All experience, physical and psycanic, is the effect, impact, of energy on consciousness.**



Therefore to change psycanic experience, to eliminate any emotion or thought, all you have to do is eliminate the energy form that is impinging your consciousness and causing you that experience. You can easily discreate these masses of negative, psycanic experiential energy that are latent in your subconscious --when you know how; and that is what you are learning in this course.

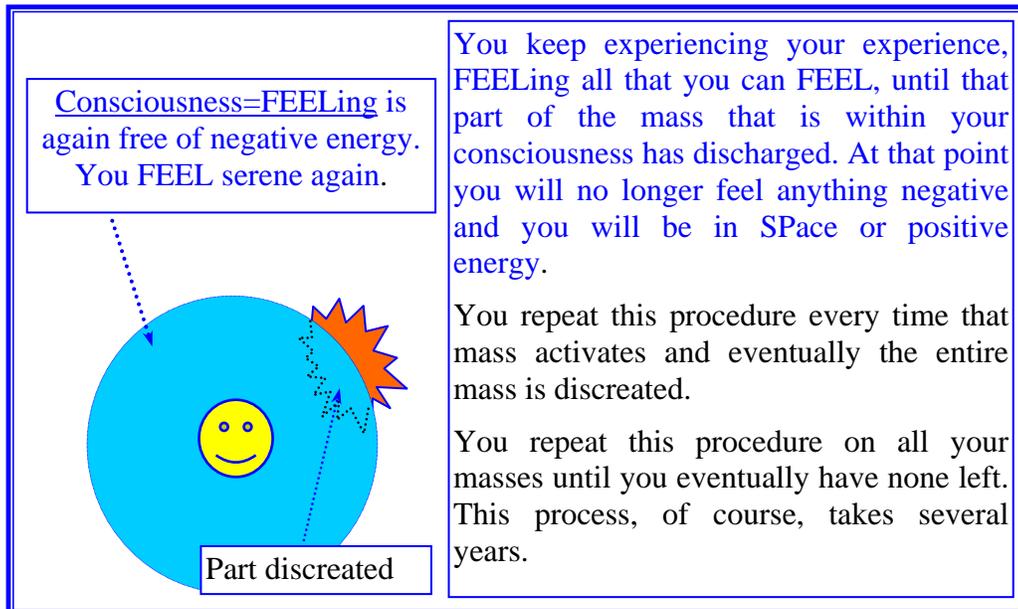
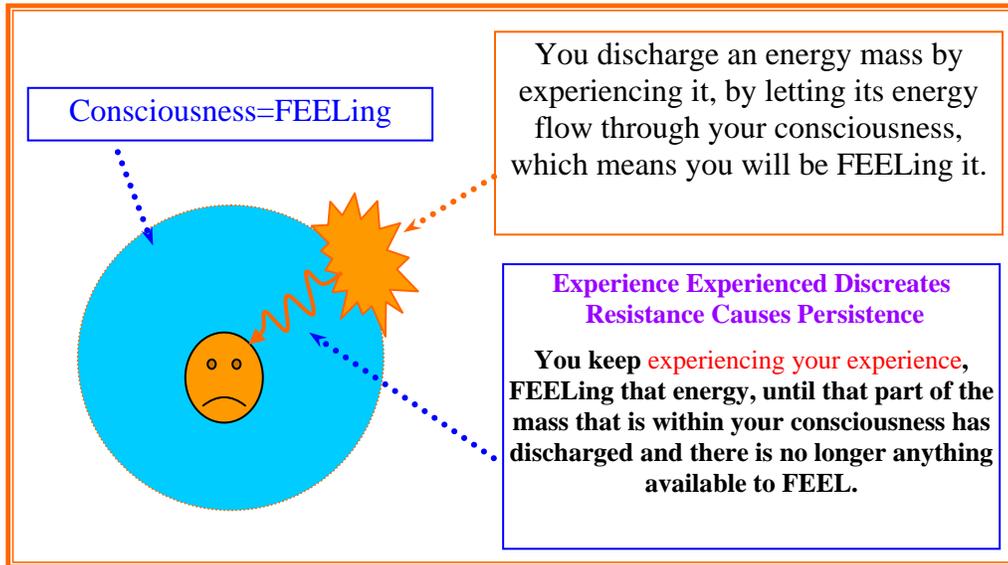
You are going to begin to discreate your activations, your negative energies. You do this by discharging the energy of which they are made. (Later, you will learn

faster and better methods by which to discreate.) You discharge the energy from a psycanics object (mass) by letting that energy flow through you, which releases it back into the universe as free energy. You let it flow through you **by experiencing it fully, by totally FEELing all of that energy**. This phenomenon is expressed in the laws:

Experienced Experience Disappears (symbol: Exp2→0).

Resistance Causes Persistence (symbol Rxx→Perxx).

The **full experience** of any identity, thought, emotion, (or psycanic experience of any kind) will eventually release, discharge, and bring to **zero mass** the energy form that is causing that experience: **This is what we mean by discreation**. Remember that all experience is the perception= FEELing of energy forms as they impact consciousness. Discharge fully = discreate the energy form and there can be no more experience.



RESISTANCE = Rxx

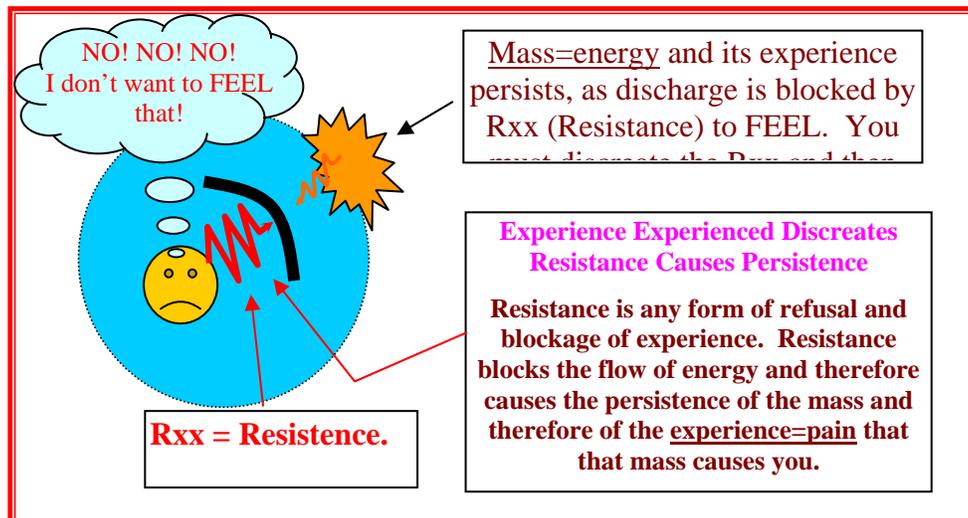
Discreation appears simple, and actually it is --once you get the hang of it. However very few humans simply experience their experience, their negative emotions (anger, fear, grief, depression, etc.) They refuse to let themselves fully feel What Is, the truth of their experience. Instead of simply feeling what they feel, **they resist their experience**. And you know from the chapter on Polarity, **Resistance Causes Persistence**.

Resistance is any form of negation, of refusal, to experience=FEEL. Resistance is any kind of effort to not FEEL something. Resistance tries to **avoid, suppress, or block experience**, or otherwise **distract** attention from that experience. Strong resistance tries to counter-energize an experience to destroy it. (Re-read the lesson **Polarity and Resistance** if needed.)

Resistance causes Persistence ($R_{xx} \rightarrow Per_{xx}$) because it interferes with experiencing which is to let the energy flow through you. Therefore, **resistance reduces or stops the energy discharging from that mass**. Resistance blocks FEELing by blocking the flow of energy that would otherwise discharge that mass and eventually lead to its permanent discreation.

Strong resistance can even energize and thus make bigger and even more persistent the negative experience that you are resisting. In other words, strong resistance can create even more of what you are resisting.

When you resist your activations, you cause that mass to continue to exist=persist in your psicanic universe. You deny it the opportunity to discharge its energy. The activation will eventually subside hours or days later (or you plaster over it with tranquilizers); but it subsides not because it was discharged and discreated but because it recedes back into your subconscious. The problem with this is that the mass **continues to exist** latent in your subconscious, ready to activate again, to again cause you mental and emotional pain with the next appropriate trigger event.



Your psycanic energy masses are the only cause of UPS (Unhappiness, Pain & Sufering) that exist. As long as you do not discreate your psycanic energy masses, they will be with you forever, activating over and over again throughout your life.

Fortunately, resistance **can be discreated like any other psycanic experience.** **We often have to first discreate our resistance to our experience before we can discreate experience itself.** In fact, it is usually more difficult to discreate the resistance than it is to discreate the experience that we are resisting. **Discreating resistances is the key to PEP (Psycanic Energy Processing).**

One of the main disciplines of Psycanics is to use PEP to discharge from our BEing our negative energies at every opportunity, every time we are activated. As we bleed the energy out of these masses every time they activate, **eventually they discreate, that is, they cease to exist.**

When the mass no longer exists, there is no longer anything to move in on us to cause our pain. **We have cleaned our BEing; we are permanently free of that energy mass and of the negative experience that it caused us.** **This elimination of your negative emotions is an essential step on your road to happiness.**

Therefore, as you do your exercises on Responsibility, be aware of, observe, and above all **experience** whatever comes up for you; begin to practice PEP.

Here are some very important ideas about experience that may help you with non-resistance:

1. **YOUR EXPERIENCE IS YOUR EXPERIENCE --PERIOD.** It is **WHAT IT IS**; and **IT IS AS IT IS**. Thou shalt not create any BADs, invalidation, excuses, justifications or resistances to it.
2. **YOUR EXPERIENCE IS NEVER BAD.** It is **WHAT IT IS**; and **IT IS AS IT IS**. BAD is always an additive, an opinion. BAD is always your mental creation, and one that only serves to distort the truth of What Is, of Reality AS IT IS. Your negative emotions are never BAD; they may be painful, but they are not BAD. (The difference between painful and BAD will become clearer after the module on Good and BAD.
3. **YOUR EXPERIENCE IS NEVER WRONG.** There is no right or wrong as regards experience. There is only **POLARITY** and variety. One polarity and any given experience of the infinite variety in the cosmos is no better than another. Remember that one polarity cannot exist without the other; and that you can experience one polarity only to the degree that you have experienced the other. However, you do not need to experience a negative experience more than once to know it. Therefore, you do not need to keep living in negative emotions. With psicanica, you will learn how to permanently eliminate your negative emotions.

4. **THERE ARE NEVER ANY “SHOULD BES” OR “SHOULD NOT BES”** as regards your experience. Your experience is your experience and IT IS AS IT IS. Your experience owes allegiance to no standard in the cosmos; there is no rule, law, or criteria that it should be any certain way. If you do not like a certain experience, you can change it by applying psycanics. But you change it because you decide to, not because it should be, or should not be, a certain way.
5. **YOU NEVER HAVE TO EXCUSE, JUSTIFY, OR DEFEND YOUR EXPERIENCE**, to yourself or anybody else. Just as you do not have to excuse, justify, or defend the rising or the setting of the sun, you do not have to justify your emotions. Like the sun, your emotions are elements of nature, of your nature as a spirit-ual being, as a psycan. They need no justification or defense, ever. This will become clearer when you understand their true nature and exact cause in the coming modules.
6. **YOU NEVER HAVE TO ANALYZE, UNDERSTAND, OR EXPLAIN** your experience to yourself or anybody else. To do so is just a waste of time. **Understanding will not change or eliminate your experience, you have to discreate it and that depends on the correct use of consciousness, not on mind. Mind interferes with discreation.** As the psychologists say: "Analysis, Paralysis". In psicanica, thinking about or analyzing your FEELings is called "Generating Mind Shit" (perhaps not as elegant, but totally accurate).
 - First of all, it makes no difference to your control of your experience=emotions, when, why, or what in your past caused them. You do not need to know any of these to discreate negative experiences or create positive ones.
 - Second, without psycanics, you will not understand the true cause anyway. And with psycanics, you will *quickly* be able to identify the real cause of any experience and will not need to analyze or think about it. You will soon learn exactly why you FEEL the way you do at any moment of you life and you won't need to analyze it, think about or try to find reasons for it.
 - Third, analysis is usually a technique we adopt to *avoid* experience; it is just another form of resistance. We flee to mind, to thought and analysis *about* our FEELings precisely to avoid having to experience them. **You can not discreate your negative experience by analysis, thought, or understanding --only by living it, experiencing it.** Understanding what, when, or why you created an experience is useless as far as discreating it. Analysis actually interferes with the process of discreation by taking you out of direct experience and putting you into mind=thought.

We are now ready to begin your PEP (Psycanic Energy Processing) on Responsibility. We are looking for all your negative energies about Responsibility. These negative energies can include, among others:

- a. decisions
- b. beliefs
- c. invalidations (opinions of BAD, shouldn't be, etc.)
- d. resistances,
- e. emotional charges
- f. IDentities (anything you say or believe about yourself: I AM or I AM NOT; I CAN or I CAN NOT in relation to Responsibility).

You are to simply take notice of, observe, and then just feel whatever comes up, as best you can, and for as long as you can. Take Responsibility for being the creator of what comes up.

Because you still lack important data; in many cases, you may not be able to fully discreate whatever negative energy moves into your experience. However, as long as you let yourself FEEL, you will be discharging some energy from those experience masses. **That you do not completely discreate anything at this point is ok, and to be expected.**

Furthermore: Most masses of energy causing your negative experiences in life are very, very big. You will discharge for several hours and the next day find that the experience has returned. It is not the same energy: what you discharged is gone. What is happening in that more energy from that same mass is coming in on you from your subconscious. Keep discharging: it can take anywhere from 1 to 1 to a 100 hours to completely discharge a major mass like depression. (Discharge time depends on other factors besides just the size of the mass, such as the Rock-Jello-ness of the person processing. These factors we will see later.)

We are interested in two very important things at this stage:

The rehabilitation of your innate ability and capacity to handle psycanic energy, especially negative energy.

(You have long been living in resistance to, and therefore at the Effect of, negative energy.

We must reverse this relationship and bring you to **Cause** and Control over it.

The rehabilitation of your ability to FEEL, to openly and fully experience, the truth, the reality, of WHAT IS SO for you, especially your negative emotions.

You can only FEEL your way back to psychological health, you cannot think it.

You can only FEEL your way to growth as a person and a spirit-ual being, not think it.

The next time that you feel a negative energy, sit or lie down and try to feel it as completely as you can. Do not resist your experience, confront and tell the truth about how you feel and live that. That will discreate it – although, as we said, there are better and faster methods.

Chapter 7

How Your Experience & Life Work: **THE CAUSAL SEQUENCE**

We are now going to go much deeper into the nature of your Experience. Remember: your Experience is the only thing that exists for you. To understand and control your experience is to control your life.

We can divide your experience into six classifications or arenas, the six areas of the **Causal Sequence**. Your life functions according to the Causal Sequence.

The Causal Sequence is an ordered series of factors, each of which determines the nature of the following ones. Your life functions according to the Causal Sequence --whether you know it or not, and whether you want it to or not. There is no escaping it: it controls your existence. You can only learn how the Sequence works and harness it to your benefit. When you have done so, you will control your life.

The Causal Sequence is:

BE → FEEL → THINK → RELATE & DO → HAVE
(abbreviated **BFTRDH**)

The Causal Sequence can also be expressed as:

IDENTITY → EMOTION → MIND → RELATIONS & ACTION → RESULTS

What & Who I AM → What I FEEL → How I THINK → How I communicate & treat others, and how I ACT and behave → What I HAVE as a result

Each word in the first expression **BFTRDH** is equal to the corresponding word in the second equation.

Note: The concept of DO includes all your Actions and Behaviors. These take place in two general classes: 1- actions related to things, and 2- actions related to other people.

Your actions and behaviors towards others are your **RELATE** and include: how and what you communicate, how you treat others, and how you respond / react to their treatment of you. Thus, technically, DO includes RELATE, but we separate them here to assure that the distinction of the two kinds of DO is clear. Likewise, the concept of your HAVE includes not only material things, but also includes the quantity and quality of your relationships.

**BE → FEEL → THINK → RELATE & DO→HAVE
is Life.**

**Everything in your experience= life
falls into one of these six areas.**

All your experience, everything in your life, occurs in these 6 areas. **There are no other possibilities.** Your life is your BE, FEEL, THINK, RELATE, DO and HAVE.

It is called the Causal Sequence because each element determines, causes, the following elements.

It is called the Formula of Life because it is the equation by which your life operates.

Remember that when these words or their derivatives refer to the Causal Sequence, they will be capitalized: BE, BEing, FEEL, FEELing, FELT, DO, DOing, DID, RELATEing, RELATIONships, HAVEing, etc.

Let us define briefly what we mean by each term:

Introduction to the Elements of the Causal Sequence

BE = IDENTITY: What and Who You Are. Your BEing consists of you= psican (the Essence Energy Entity that is the fundamental nature of your Being), which entity you then “modify” by creating your IDentities. Your BEing is everything that you are being, which is can also defined by everything you are not being, are denying being. (BEing is a polarity.)

You, the Aware-Will unit, the psican, are made of the **Life Essence Energies** that we can only list for the moment as **Wisdom, Power, Value and Love-Joy.** (As a human being, you have counter-created and suppressed those experiences, as we will see later in the course, and currently experience a lot of the opposite of these qualities.)

Your BEing is you, the psican, plus the totality of your IDentities.

IDentities are statements of "I AM (whatever)" and "I AM NOT (whatever)" that you decide = create about yourself. We will introduce IDentities in a later chapter in this course.

Understanding your BEing, What and Who You Are, how you got that way, and How to change to Who You Want to BE, is the most important thing you will EVER do.



However, the full nature of your BEing requires a grand and extensive spiritual-philosophic exploration that must wait until Course #2. As there is insufficient data given here –it would take a course in itself to make it all clear-- you may find that the definitions above about BE and IDentity, as profound as they are, don't make much sense to you. You may proceed without full comprehension of the concepts of BEing, IDentity, Essence, psican, polarity. They will be explained in due time.

FEEL = EMOTION

FEEL in the Causal Sequence includes all your emotions and sentiments, both positive and negative. (To feel not in capital letters means to experience and includes all forms of experience.)

FEELing includes joy, enthusiasm, rejoicing, interest, delight, affection, attraction, aversion, anger, fear, anxiety, panic, phobia, worry, guilt, resentment, hate, sadness, sorrow, depression, grief, mourning, regret, apathy and any other sentiment of any kind.

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.

Notice that your emotions are a Polarity: they are both positive and negative energy.

Above all, **FEELing includes LOVE and ANTILOVE.**

The Predominant and Most Powerful Experience

Of all the varieties of experience possible, both physical (sight, sound, touch, etc) and psycanic (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.** As we shall see, events never cause your emotions and so never cause happiness or pain.

EMOTIONS ARE THE KING OF YOUR EXPERIENCE.

Taking 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 psycanics. We shall show

that the reason few people ever learn to really control their emotions is that few people understand them.

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. Of these, Love, **Self Love** to be precise, is the richest of all experiences, and the result of your Identities in the three elements of ESSENCE. The concept of Love is so big, so grand and so important that it requires its own Level.

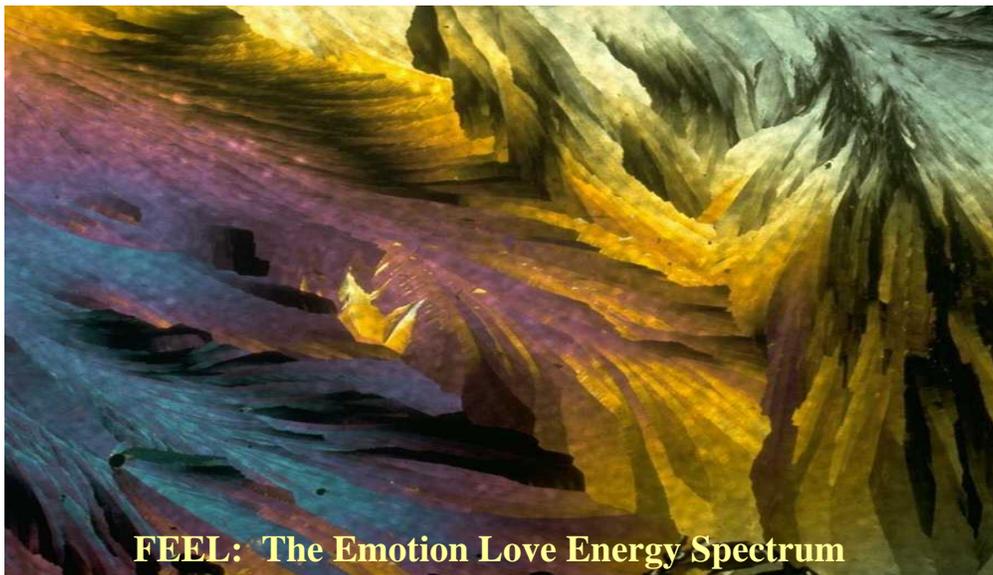
We will prove later that your emotions+/- are the Polarity Scale of Love. Love is a polarity and the negative polarity of Love, Anti-Love, is the negative emotions.

**LOVE is the only happiness there is.
ANTI-LOVE is the only pain that there is.**

Your FEELing= emotions are the only source of happiness and of pain and suffering that exist. Things and events are neutral: it is always your FEELings about them that are your pain or your happiness, never the events themselves.

Furthermore, nothing, no event, in the external universe ever causes your FEELings. Your FEELings are psicanic energies that you generate internally as a spirit-BEing.

**This book, “Emotions, Love, and Happiness” is about FEEL
in the Causal Sequence.**



FEEL: The Emotion Love Energy Spectrum

E

THINK = THOUGHT = MIND: THINKing is the creation, experience, manipulation and storage of thoughts= mental objects= mental realities. It includes, in our definition, everything that occurs in your mind. Your mental **activities** include: thought, analysis, comparison, memory, recall, imagination, intuition, problem solving, and creativity among others. Your mind **contents** include: ideas, images, concepts, desires, goals, plans, dreams, memories, knowledge, values, beliefs, dogmas, programs, paradigms, visions, etc.

“Mind” also includes all the content of your **subconscious= unconscious**. Your subconscious is the storage place of all your thoughts created at any point in the past and not now within your perception= consciousness. Although we say that they are “out of mind”, they are really still in your mind, just out of perception= experience at the moment. You can “call them up”= remember them at will (or not, if you have a poor memory).

Mind also includes any transmission or reception of the mental energies of others, such as telepathy, precognition, and any other psychic experience or ability. (It does not matter if you accept that such psychic phenomena exist or not: if they do exist, they fall into the category.)

THINK = MIND, Intelligence, Wisdom

Activities: studying, learning, thinking, analyzing, comparing, remembering, memorizing, calculating, brain storming, visualizing, creating, imagining, resolving problems, etc.

Content: ideas, words, data, knowledge, images, concepts, desires, goals, plans, dreams, memories, values, beliefs, dogmas, programs, paradigms, visions, religions, etc.

Seat of Intelligence, Intuition and Wisdom



THINK includes all forms of mental realities and activities.

Elements #4 & 5 in the Causal Sequence

DO = ACTIONS and BEHAVIORS: This concept includes everything that you DO in life. DO includes all your **actions, habits, customs and behaviors**. It includes your **work** and your performance at work, and your **career, profession** or **business** activities. It includes any neurotic behavior (compulsions, obsessions, etc), and any substance addictions (alcohol, tobacco, food, drugs, etc.)

RELATE: DO includes **RELATE**. RELATE includes how you **communicate, act, treat, and interact** with others; and **how you respond or react to their treatment of you**. Thus it includes such behaviors as Ego, Suppressor, Tyrant, Rebel, Sell Out, Octopus, Chameleon, and Victim. (Do not worry about clearing these terms now - just know that they are problem behaviors in relationships.)

Examples of **positive DO:** keeping your word, being on time, listening attentively, working with quality, driving carefully.

Examples of **negative DO:** criticizing, arguing, blaming, being late, ego, laziness, not communicating (the silent treatment), being stubborn, complaining, smoking, overeating, taking drugs, stealing, etc.

Element #6 in the Causal Sequence

HAVE = RESULTS: Your HAVE is **everything that shows up in your life, whether you take responsibility for putting it there or not**.

It includes your **successes** and your **failures**. It includes your business or your job, regardless of whether you like them or not. It includes all your **material possessions and properties**. It includes your **money**, bank accounts and your financial condition. It includes all your relationships and the quality of those relationships. It includes titles and positions, and honors and disgraces.

It includes your **body** and its **condition of health or sickness**. It includes all events, everything that happens to you; whether you call them good or bad luck, coincidence or accident.

HAVE also includes your **negative HAVE: the things you have that you don't want** (e.g. sickness, accidents, lack of money. etc). It also includes you NOT-HAVE: all that you do want (e.g. a better job, more money), but have not been able to manifest. (We will explain all this in the course on HAVE and how to manifest what you want in life.)

Examples of positive HAVE include: good financial position, material abundance, relationships in harmony, children in Responsibility and cooperation, fascinating work or career.

Examples of negative HAVE include: debts, lack of money, few or rundown possessions, conflictive relationships, children in rebellion, illness, a job or career you dislike.

Notice that of the six arenas, only two are in the physical universe:
DO and HAVE.

The other four, **the most important four**, are psicanic:
BE, FEEL, THINK, and RELATE (except hugs & sex).

The most important things in life:

- **What and Who You Are (BE)**,
- **How You FEEL** (your emotions, love, happiness, joy, (and pain),
- **How you THINK** (ideas, intelligence, intuition, creativity, etc)
- **How you RELATE: communicate, treat others, are treated by others**

ARE ALL PSICANIC --
and are **Cause** over the physical areas.

Psicanic (non-physical) Areas of Life
BE → FEEL → THINK → RELATE

Physical Areas
DO → HAVE

Your life= experience is primarily
PSICANIC= non-physical= SPIRIT-ual --
NOT PHYSICAL.

Everything in your psicanic universe operates by exact laws, just as everything in the physical universe does. Everything in both universes is Cause and Effect, and the Causal Sequence is the overall relationship of the factors in your life.

BE → FEEL → THINK → RELATE & DO → HAVE.

- ➡ Your IDentities generate your emotions. This is expressed with the formula:
BE → FEEL
- ➡ Your IDentities plus your emotions determine most of what and how you are thinking:
BE → FEEL → THINK
- ➡ Your mental activity, your thoughts, ideas and plans together decide and guide your actions.
BE → FEEL → THINK → RELATE & DO
- ➡ Your actions (DO), obviously produce your results, your HAVE (never forgetting that DO includes RELATE).

The Causal Sequence, each element of it and how it all works together, is one of the major subject areas of Psicanica.

One of **the beauties and power of the Causal Sequence** is that you can control the entire sequence by controlling only the first element: **BE = IDentity**. Controlling your BE is the key to power over life. **The continual evolution, or expansion, of your BEing is the main purpose of life.** It is the key both to personal, human development and to spiritual growth, as well as to happiness.

The Causal Sequence states, and we will later prove, that everything in your life: your emotions, your thoughts, your behaviors and actions, your relationships, and your possessions emanate from your **BEing = IDentities**. There is nothing in life more important or more powerful than WHO YOU ARE (your BEing plus your IDentities).

By learning to trace back anything in your life to the causing IDentity and then to change that IDentity, you can control all the other elements of the Causal Sequence and therefore your life.

The Causal Sequence is a Polarity

The all important concept of Polarity applies to each element of the Causal Sequence. **Each element is a Polarity.** The positive sides are the desirable experiences of how you wish to BE-FEEL-THINK-DO-HAVE

The Positive Side:

1. **BE:** By BEing Who You Want to BE, you will naturally love yourself.
2. **FEEL:** That self-love is the basis of all positive FEELings and is the only real happiness that exists.
3. **THINK:** BEing and FEELing thusly, you will naturally think positively, expansively and creatively.
4. **DO:** When you THINKing is positive, your actions will be loving and effective.
5. **HAVE:** Your positive, effective actions naturally produce the results that you desire to experience.

The opposite polarity, the negative side, is what makes life difficult and painful..

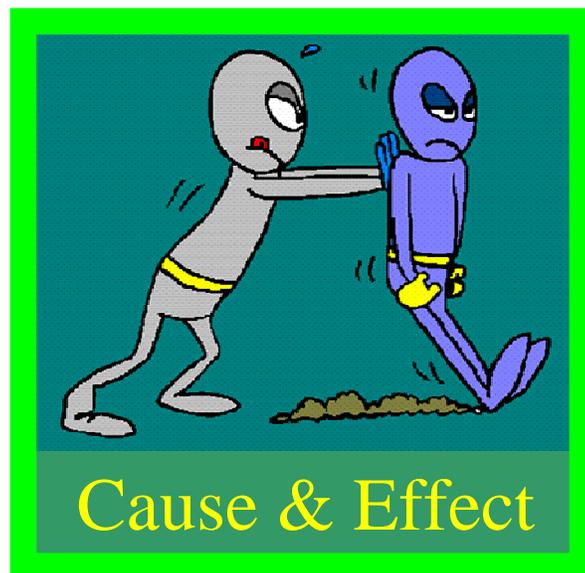
1. **BE:** Negative identities such as: weak, unable, failure, stupid, less than, unworthy, etc. produce a negative sequence. Negative IDentities are the only source of negative emotions, as we will show later.
2. **FEEL:** When you are operating in negative IDentities, you will anti-love yourself with anger, fear, hate, sorrow and depression, etc.
3. **THINK:** When your FEEL is negative, so will be your THINKing: It will be angry, contracted, egotistical, fearful, unreasonable. You will make unwise decisions, both about things and about people.
4. **RELATE:** You will tend to discharge your self anti-love on others with anger and blame.
5. **DO:** You will act in negative ways that estrange the good will and cooperation of others.
6. **HAVE:** All this makes it difficult to get = HAVE what you want.

The only source of pain in life is a negative Causal Sequence, particularly negative BE-FEEL.

You have little choice or power over your Causal Sequences **except to choose your BE = IDentity -- which is what gives you full power.**

- Positive BE **will** naturally execute a positive Causal Sequence; and a
- Negative BE **will** inevitably produce a negative sequence, pain and poor results.

In the coming lessons, we will have a great deal to say about the negative side of the Causal Sequence, what causes it, and how you can free yourself of it.



THE ONLY MOTIVATION IN LIFE

Every area of the Causal Sequence is experience. However:

The PRIMARY experience is always BE & FEEL.

Your BE-FEEL is your experience of yourself (Who You Are BEing at the moment), and of your emotions= love= happiness+/-. (We will later show that emotions, love & happiness are all the same thing.)

The Existential Imperative:

THE ONLY MOTIVATION OF ALL HUMAN BEHAVIOR IS TO CONTROL (ONE'S OWN) EXPERIENCE.

(The primary experience is BE-FEEL)

All human behavior is an effort to avoid or stop negative experience, and/or to produce positive experience= happiness.

This law can be proved for any and all human behavior from altruism to terrorism, from addictions to relationships. There are NO exceptions.

(The proof of this law is in Course #2 and the book CREATOR.)

The secret of life is that your experience operates according to the Causal Sequence.

All you have to do is control your BE.

When you are first exposed to the Causal Sequence, it may seem overly simplistic and short of logic and proof. However, I assure you that it is the equation of how life works, and it is powered by the strongest drive in the universe: the drive to BE a Bigger BEing.

The Existential Imperative is the God-given drive in us to BE-FEEL ourselves as more BEing, more Wisdom (Knowledge and Intelligence), more Power (Cause and Creation), more Value-able (Good-er and more deserving), and to BE-FEEL more Love and Joy. In short, **it is the drive to be more God-like** -- and that is the basic drive of all BEings, all spirits. (The Existential Imperative is presented fully in the book: Psycanics.)

Archimedes, the Greek mathematician and physicist, is reputed to have said that given an appropriate fulcrum and a long-enough lever, he could move the world. I give you that lever and fulcrum. With the Causal Sequence, you can move your world--more than move it: you can re-shape it to whatever you like.

Here is just one, overly simple example of the Causal Sequence:

BE = IDENTITY: 1- I AM NOT GOOD ENOUGH. 2- I AM UNABLE. 3- I AM LESS THAN OTHERS.

FEELings = EMOTION: sadness, sorrow, depression, apathy.

THINKing: It is BAD to be less than others. It is BAD to be not good enough. I AM BAD for being less than others. It's no use; I will never amount to much. Everybody is more capable than I. Why try? Subconsciously, there will be computations like: I will try to solve this BE-FEEL by seeking success to prove to myself and others that I AM ABLE, I AM a SUCCESS, I AM BETTER THAN OTHERS, I AM WORTHY.

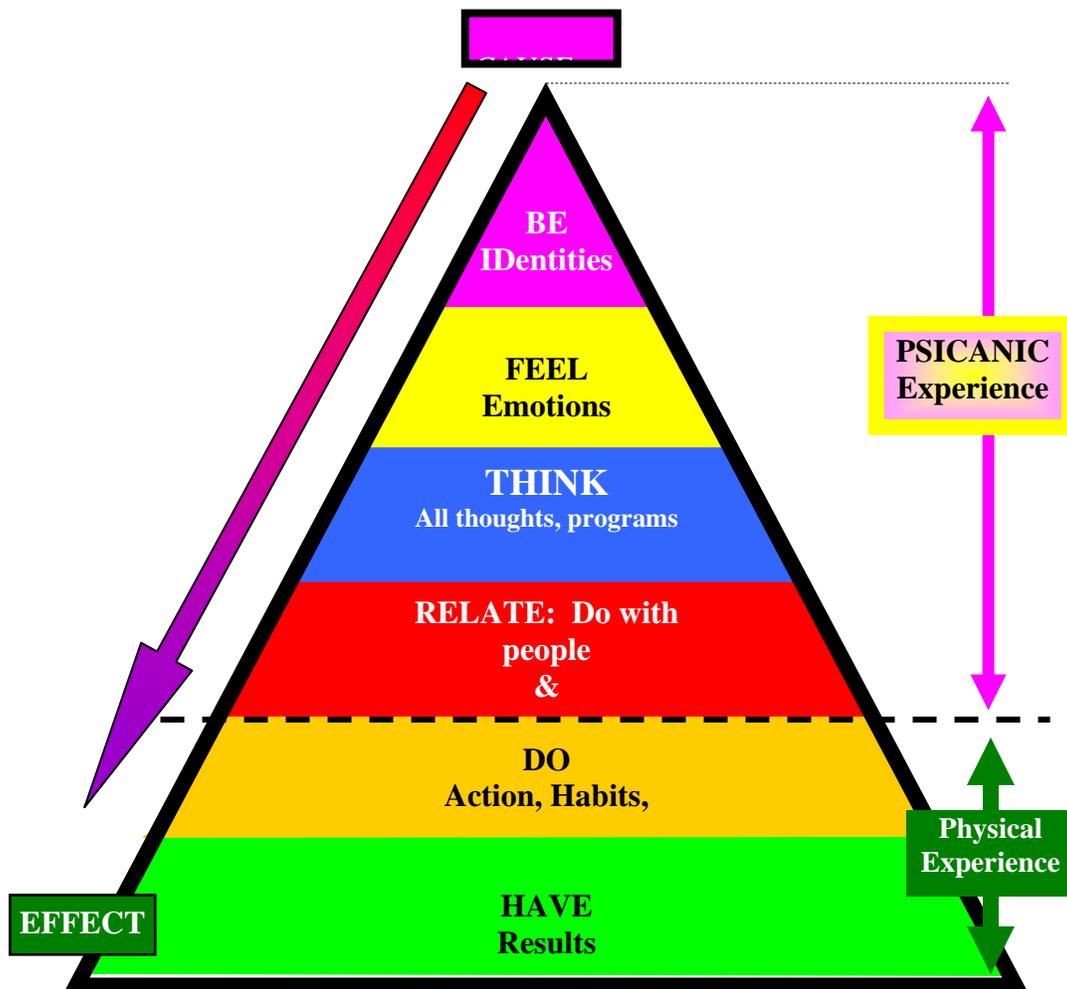
DO = BEHAVIORS: The person's behaviors will be any combination of behaviors to hide who he is, to compensate, or counter-create it with HAVE. He may go to the effect of the IDentities, try to hide them and avoid competing in the world (as he feels he would only fail). Or he may become driven and neurotic in his efforts to change who he is by accumulating HAVE (money, possessions, success, honors, etc.) He may become neurotic in the pursuit of success, even criminal. In relationships, such a person might apart from others to avoid their finding out "who he is" and rejecting him. Such a person may be lazy and irresponsible in school if a teenager, or at work if an adult. He reasons that as he can't compete and win, why try? Above all, such a person will tend to use food, alcohol, tobacco, or drugs (legal or illegal) to suppress FEELings. He may sometimes adopt a strategy of appearing "cool" and superior to others. He may seek out an area in which to become superior to thereby to compensate for his negative identities.

RESULTS= HAVE: This person will have few relationships as he avoids some people and alienates others for his laziness and lack of responsibility; or with his mask of superiority. He may hold only simple jobs and does not advance in work, income or relationships. If he goes to the driven side, he may or may not achieve much material success, but will not be happy, and may have sacrificed many things to that success including relationships and personal integrity.

To change the entire personality of our example person here, you have only to change the negative IDentities. It is not necessary to analyze why the person is that way. It is a waste of time to try to change his FEELings or his behaviors. Just change the IDentities and all else will change as if by magic.

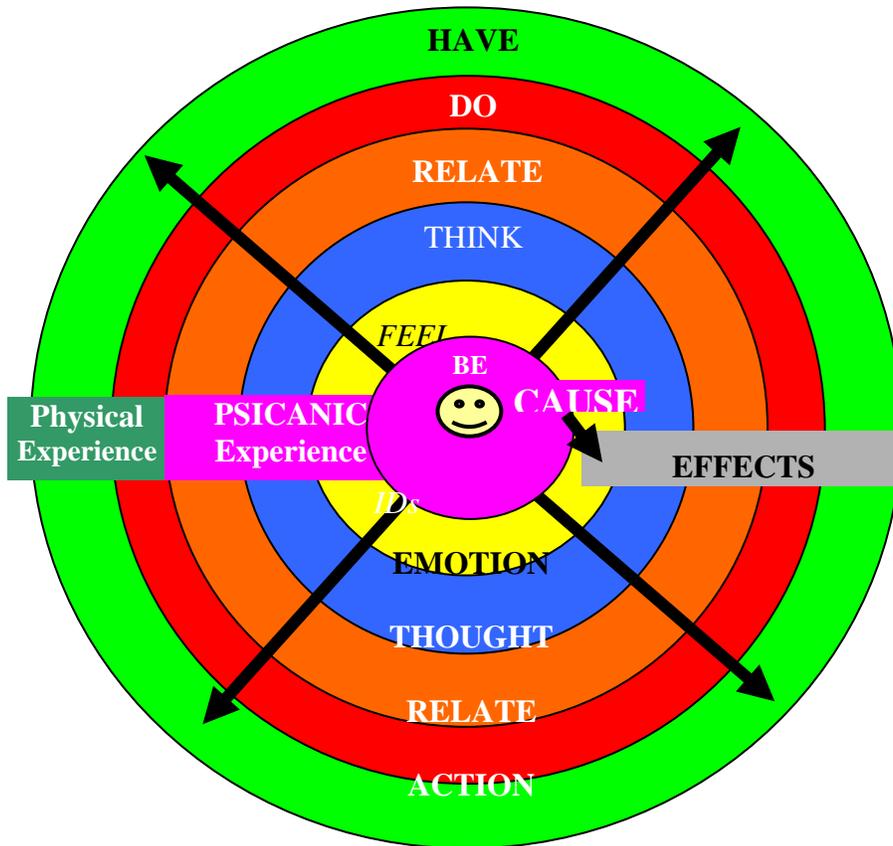
The following diagrams may help your understanding of the Causal Sequence

The CAUSAL SEQUENCE as a Pyramid from Cause to Effect



**Your EXPERIENCE = your CAUSAL SEQUENCE
 as concentric circles of the elements
 radiating outward from BE = Cause
 to the Effects of FTRDH.**

The Causal Sequence is represented here as concentric circles with BE as CAUSE in the center.
 FEEL, THINK, DO and HAVE radiate outward from BE = IDENTITIES.
 They are the EFFECTS or results of the IDENTITIES.



Life is designed to be lived from the inside out, from BE to HAVE.
 However, most people try to live it from the outside in; they try to HAVE in order to BE someone and FEEL good about themselves.

Chapter 8

FEEL = The Emotions

What Are Your Emotions?

Normally, we would follow the order of the Causal Sequence in presenting how each element works: we start with BEing and then go to FEELing. However, in this book we are starting at FEEL.

The Causal Sequence:

BE > FEEL > THINK > RELATE > DO > HAVE



We are starting here.

Everything that occurs to you in every area of the Causal Sequences is an experience. Your experience is everything that you perceive, that you are aware of at any given moment, whether physical or psicanic. Something exists for you, is real for you, only to the extent that you can experience it.

Your BE, your experience of Who You Are is one kind of experience. Your FEEL= Emotions is are another kind of psicanic experience, and usually a stronger one. Your IDentities are more subtle experiences compared to the strong, often turbulent and sometimes overpowering energies of your emotions.

Your FEEL is all your emotional and sentimental experience, both the positive, pleasant feelings and the negative, painful ones. Above all, as we shall see, **it is your experience of Love+/-**. By FEEL, we mean your emotions and all that you feel emotionally which includes the **Love-AntiLove Polarity (Love+/-)** and the **Happiness-Pain Polarity (Happiness+/-)**.

FEEL includes Emotions+/-, Love+/- & Happiness+/-.

Clarification: FEEL in all capital letters always refers to the second element of the Causal Sequence of Life (BE→FEEL→THINK→RELATE & DO→HAVE), which is also the fourth element of the Causal Sequence of BEing (WISDOM→POWER→VALUE→LOVEJOY.) However, the perception and experience of any and all realities is always a feel of that reality. When “feel” is used in small letters, it means any kind of experience including mental and physical and the emotional. Summary: FEEL always refers to emotions, love and happiness, an element in both Causal Sequences. “feel” means any experience of anything.

Definition: Unhappiness = Pain (synonyms): Any experience= feeling of negative thoughts and emotions. An unpleasant mental and especially emotional experience. ("Pain" in psicanica *always* refers to mental-emotional pain unless physical pain is specified.)

Definition: UPS: Unhappiness, Pain & Suffering; pronounced "oops".

Definition: Negative happiness (as in Happiness+/-) means unhappiness, pain and suffering= UPS.

Definition: Suffering: resisted pain. Pain generated about pain. As Resistance Causes Persistence, resistance to pain is more pain that increases and prolongs the pain and that is suffering. Suffering is $R_{xx} \times R_{xx} = R_{xx}^2$; or Pain \times Pain = Pain².

AntiLove is a big concept not quickly defined. It will be defined later.

The negative emotions are the only UPS that exist.

The human emotions are highly varied. To name a few, we can include: enthusiasm, passion, cheerfulness, satisfaction, contentment, anger, hate, envy, jealousy, fear, anxiety, fright, worry, shame-ashamed, embarrassment, guilt, greed, grief, insecurity, lonely, hopeless, confused, indifference, sadness, bereftness, bitterness, boredom, inspiration, awe, confidence, pity, joy, shyness, sorry, repentance, courage, depressed, despair, stubborn, detached, discouraged, disgusted, ecstatic, panic, paranoia, sorrow, apathy.

We will begin our study by investigating what the emotions are.

WHAT ARE THE EMOTIONS?

What Are Your Emotions?

#1 Energy

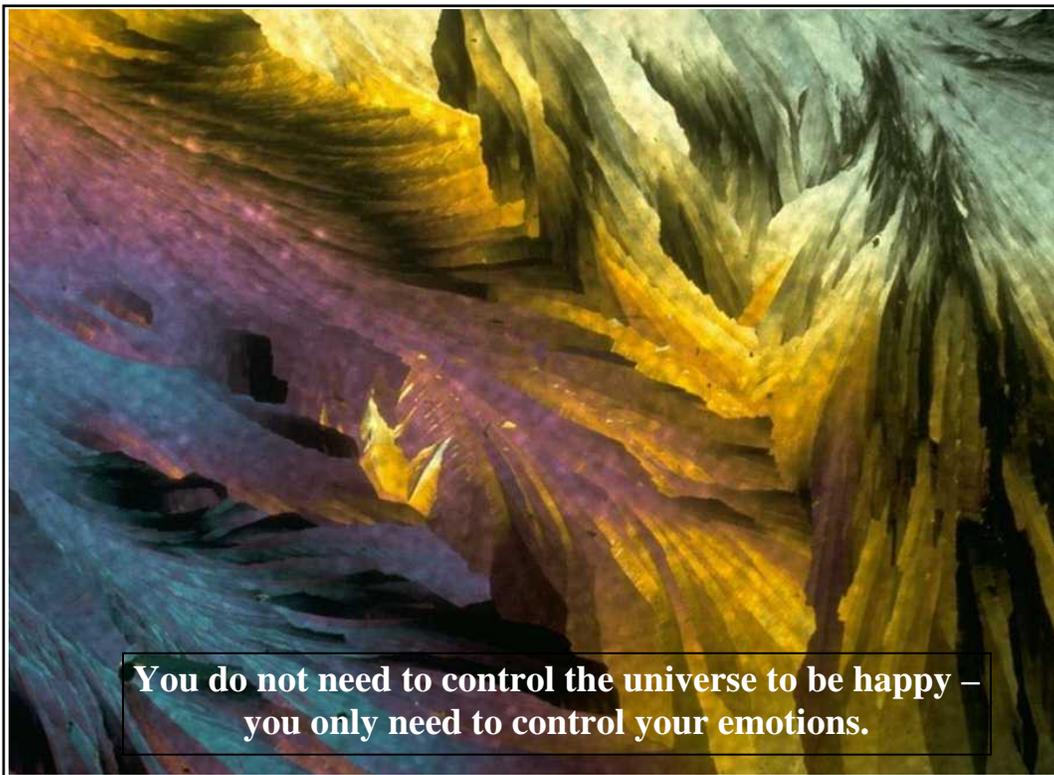
First of all, the emotions are energies. They are psicanic= non-physical= spiritual energies, rather than physical ones -- although they can and do affect the body. (In fact, there are usually negative emotional energies causing most illnesses.)

Knowing that the emotions are energy is an easy one: everything that exists is energy. Energy is the term that we use for the ONE ESSENCE of all that exists, the underlying CONSCIOUS INTELLIGENT ENERGY CREATOR FORCE-SUBSTANCE that creates out of ITSELF everything that exists. We will cover the nature of the LIFE ESSENCE ENERGY in the book PSICANICA. It is important because it is also whence come you; you are made of it; your BEing is formed of it.

Each "flavor" of emotion is a different frequency or modulation of one basic, kind of energy, a very, very spirit-ual energy, as we shall see. Your emotions work by

being masses of modulated energy that, when they touch or impinge on your conscious energy, cause your consciousness to vibrate to that modulation. This vibration you perceive as a certain "flavor" of experience, a FEELing.

You are an Aware-Will unit, a non-physical, Life-Energy entity, a spirit, to which we give the technical name of "psican". You the psican are a globe of non-physical awareness (consciousness) that perceives, responds and vibrates to, non-physical energies such as thought and emotions. Consciousness is a very high order of energy that is acted upon, affected, impacted, vibrated, stimulated, by lower orders of energy such as thought and emotion. You are Conscious Energy and you experience the effects of the denser emotional energies on you as your emotional experience, as your FEELing. (Actually, your emotional energies are part of What You Are, rather than something you have, but again we won't get to this until the book PSICANICA.



What Are Your Emotions?

#2 Experience

EXPERIENCE: Your emotions are your most powerful psycanic energies and therefore your strongest, normal and constant EXPERIENCE= FEEL.

Remember: All experience is the impact of energy on Consciousness= theBEing.

Our emotions are our strongest psycanic experience, our strongest FEEL. Our emotions rule. They easily overpower thought and reason (have you ever tried to reason with someone who is angry or in grief? We say and do foolish things, things we later regret, at the effect of our emotions. All substance addictions are the results of trying to suppress negative emotions.

Our emotions are stronger than all other experiences, including most physical sensations and experience with the only exception of those relatively rare moment of intense physical pain (cuts, burns, breaking a limb, cancer, etc.)

Remember the Law:

The Ultimate Motivation of all human behavior is to control one's own experience.

As the principal and strongest experience is our emotions, we can re-word this law to say:

The Ultimate Motivation of all human behavior is to control one's emotions.
(again with the exception of experiences of intense physical pain).

What Are Your Emotions?

#3 Polarity

Like all fluid energy, the emotions are polar; they are a Polarity. As a Polarity, they are subject to all the Laws of Polarity that we have seen in a previous lesson. As a reminder, some of these Laws are:

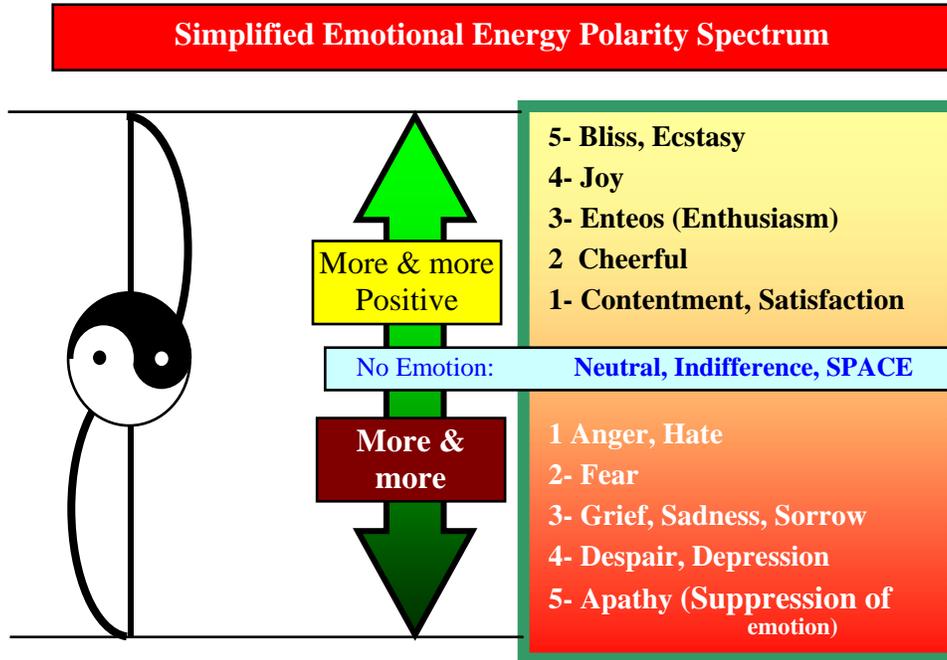
- Both poles must exist: you cannot have positive without negative.
- To appreciate the positive, you must experience and thereby know the negative at least one --but only once. (You do not have to live with recurring negative emotions as most people do because of their ignorance of what the emotions are and what causes them.)

As the negative emotions= pain MUST exist for the positive ones=happiness to exist, to resist your negative emotions is to resist Life itself as it is and must be. Furthermore, that resistance is what creates suffering out of mere pain.

As a polarity, the emotions are not random energies, but are ordered according to a scale, a spectrum, of frequency and modulation. The higher you go up the scale from zero, from neutral, the more positive is the emotion. The lower you go down the scale from no emotion, the more negative, the more painful is the emotion.

For simplicity, we are going to reduce the emotions to 10 basic ones, 5 positive and 5 negative, each representing a particular point or area on the Emotional Energy Spectrum.

(We can simply the negative emotions even more to just the 3 most basic ones: anger, fear, and grief.)



What are your emotions?

#4 Happiness+/-

Note: "Happiness" written with a capital letter, or written "Happiness+/-", refers to the general and polar concept of Happiness and includes the opposite polarity, which is UPS (Unhappiness, Pain & Suffering).

Happiness+/- is simply the condition of your FEELing: pleasant and desired, or unpleasant and undesired.

Happiness+ is the experience of positive emotions such as satisfaction, optimism, enthusiasm, love and joy; and the absence of the negative emotions that are the opposite polarity.

Happiness is a state of positive emotion ALL THE TIME. If you are living on the up-and-down merry-go-round of life, on the roller coaster of the Emotion Polarity Spectrum bouncing up and down between positive and negative emotions, you do not meet the psycanic definition of Happy. **In psicanica: Happy is happy= positive emotion ALL the time. Living on the "roller coaster" does not qualify as Happy in psycanics.**

Unhappiness is any experience= FEEL of the negative emotions such as anger, fear, sadness, loneliness, guilt, hate, resentment, anxiety, grief, etc.

Positive FEEL, a positive emotional state = happiness.

Negative FEEL, negative emotional experiences = unhappiness. :

It is as simple as that.

Happiness--UPS is a Polarity; it is a spectrum or scale that ranges from maximum negative FEELing=emotion to maximum positive FEELing=emotion.
The Polarity Spectrum of Happiness+/- is the same as that of the Emotions+/-

HAPPINESS+/- = EMOTION+/-

If the equivalency of Emotion and Happiness is not clear for you, think of any event in your life and try to separate your experience of Happiness+/- from your experience of your emotion+/- . Try to find a happy or unhappy event that was not made so by your emotion.

If you do this above process long enough, you will notice that events are just events. Your happiness or UPS is your emotions during the events, not the events themselves.

For any event that you can name, you will always find some people who feel good (happy) about it; and some who feel bad (unhappy) about it. The event is the same; it is the person and his emotions that change. This proves that **it is the emotion, not the event, that determines happiness+/-** . Furthermore, **we shall later prove that events NEVER cause the emotions – and therefore are never the cause of your UPS, and can never produce for you real happiness.**

**Your HAPPINESS/UPS is your EMOTIONS+/-,
 never the events.**

As long as you believe your happiness depends on events, you will waste your efforts for happiness on trying to control events – most of humanity does.

You will never achieve much happiness because you don't control most events and never will. Your efforts to control events will fill your relationships with conflicts and problems.

As long as you are focused on events, you will always be on the roller coaster of the Emotion Polarity Spectrum bouncing up and down between positive and negative emotions.

(The definition of Happiness is a positive state of emotion ALL the time.)

Your emotions+/- are happiness+/-.

Your positive emotions are happiness.

Your negative emotions are unpleasant, painful; they are unhappiness (UPS).

It is the emotion, not the event, that determines happiness+/-; and **events NEVER cause the emotions** – and therefore are never the cause of your pain and can never produce for you real happiness. (We shall prove this last statement in the next lesson.)

The simplicity of these statements may belie their extreme importance. Until you grok this, that your happiness is your emotions and not the events or your life, there is no hope for you happiness. Therefore bear with me while I belabor them:

Your emotions+/- are the ONLY happiness+/- that exist.

Your negative emotions are the ONLY UPS that exist.

The ONLY happiness+/- that exists is your emotions.

Happiness+/- is how you FEEL, and **ONLY** how you FEEL: it is never things or events themselves. It is NEVER the external event that is unhappy or happy. You are happy or unhappy and that happiness+/- depends on your emotions, not the events. Furthermore, events themselves are NEVER are your UPS, and never cause your UPS. Things and events can NEVER make your happy. You may experience flashes of “happiness” when positive events occur, but we shall prove that the events are NEVER the cause of these flashes. You will never achieve happiness by trying to control events or accumulate things.

External events never cause your emotions and it is only your emotions that are happiness+/- . Events do not cause your pain, and events can never make you happy. Events are always neutral; events are just events and mean nothing until you interpret them, until you assign them meaning. (We will see how and why you assign them meaning in Course #2.)

To a person “off the street”, psicanically ignorant and confronted with this data, all this may seem preposterous. However, it is the absolute, provable truth.

When a person does not understand how emotions work, s/he perceives that hir emotions changes as events changes and assumes that there is a cause-effect relationship. However, that is an illusion, a hallucination, and one that we shall prove in the next chapter.

Events NEVER cause emotions+/- =happiness+/-. They do not make you suffer and they can not make you happy. I repeat: **Until you grok this, stop trying to control the external world to be happy (the External Quest), and start controlling your internal, psicanic world (Responsablity for Experience); there is no hope for your happiness.**

It is how you FEEL during the events, your emotions about the events, that is your happiness or pain, never the events themselves. And the events are never the cause of those FEELings, of your emotions+/- = happiness+/- . Two people can experience the same event; and one rejoice, while the other suffers. This proves

that the event is not the cause of the emotional experience. If events were the cause of psicanic experience, every event would cause the same experience in all people every time it occurs. (We will explore this in greater depth in the next chapter.)

Nevertheless, most of humanity seeks to control external events as their strategy for happiness. They seek to get and hoard what they think will give them security, status and pleasure in the external world: success, fame, money, power, accolades, love from others, etc, as their road to happiness. This strategy, called the External Quest in psicanica, is impossible of success.

It is a immutable law of existence that one's own happiness is the ONLY motivation of ALL human behavior. It is not the intention and effort to happiness that is in doubt, only the strategy most humans pursue. Happiness is psicanic, not physical. It does not exist in the external world; it cannot be found or produced there. External events do not cause the emotions and cannot cause you pain – or happiness.

The External Quest for happiness where never can it be found **will itself keep you in condition of failure and UPS**. No human being, no matter how king or emperor s/he was, has ever had enough power to control the external world.

If we had to control the external world to be happy, there would be no hope for human happiness.

Fortunately, that is not the case. We do not have to control anything in the world to be happy; we only have to learn to control our emotions. **Emotions+/- are happiness+/-, not events.** Learn to control your emotions+/- = happiness+/- and you can laugh at events, all events. Fortunately, every human being *innately* has the power to totally control hir emotions -- when s/he understand how they work.

EMOTION+/- = HAPPINESS+/-



Serenity

So far we have seen that your emotions are 1- Energy; 2- a Polarity, 3- Happiness+/- . But we have not finished: we continue with the question:

What are your emotions?

#5 Value+/-

Your emotions are directly proportional to the Value, to the Worth of something. The concept of Value, an extremely important part of life, includes the GOOD-BAD polarity. **Value is the relative good or badness of something.**

- You FEEL good = experience positive emotions to the degree that you are in the presence of “Good” things. For example, how would it FEEL to win the lottery? Is winning the lottery good or bad?
- You experience= FEEL negative emotions in the presence of BAD things; for example, how would it FEEL to lose all your money and possessions?

It is literally impossible to generate/ FEEL negative emotions without the presence of something BAD -- and the “BADder” the thing, the worse you FEEL. Negative emotions are proportional to (the amount or degree of) BAD.

If there is no BAD, there can be no negative emotions, no UPS. .

Notice the direct relationship of the emotions to Value, to GOOD - BAD -- this is extremely important! You will later learn how to eliminate all BAD things from your life. When you achieve this -- it is a very high spiritual state-- you will no longer suffer. **If there is no BAD, there can be no negative emotions, no UPS. .**

We will have much to say about Value in a later lesson.

You may think that the relation between Good and BAD things and emotions, contradicts the previous statements that externals do not determine emotions, but not so for two reasons.

1- Where does the perception / decision / creation of the Value come from? We will answer this fully in a later lesson, but it obviously it is an internal, psicanic decision.

2- There is really only one thing that you evaluate as Good or BAD that determines your emotions and that is internal: yourself, your IDentities. This will become clear later in this book.

So far we have seen that your emotions are 1- Energy; 2- a Polarity, 3- Happiness+/- ; 4- the result of e-Value-ation. But we have not finished: we continue with the question:

What are your emotions?

#6 Affinity+/-

Affinity-Aversion: Your emotions are your experience of the **Affinity--Aversion Polarity**.

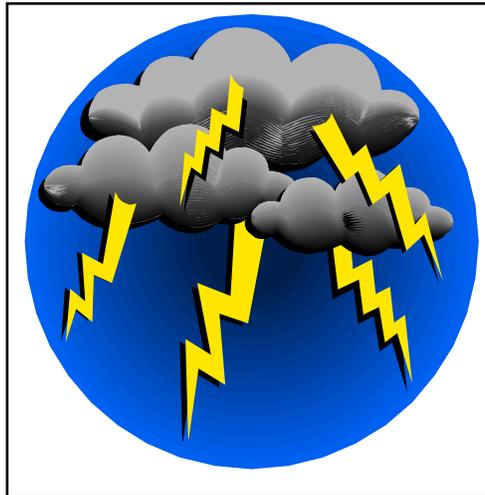
Affinity is the FEELing of liking and being attracted towards something or someone.

Aversion is just the opposite: dislike, rejection and repulsion.

You can only experience affinity or aversion through your emotions.

Notice the relationship of the Affinity-Aversion polarity with the Love-AntiLove Polarity. The experience of affinity is part of the experience we call love. Aversion is part of the experience we call hate.

**What is your affinity for storms? = How do you FEEL about storms?
Liking or aversion = positive or negative emotions_?**



So far we have seen that your emotions are

- 1- Energy;
- 2- a Polarity Spectrum,
- 3- FEELing, the most powerful psicanic FEELing we have.
- 4- Happiness+/- ;
- 5- the result of e-Value-ation (of the Good-BAD Polarity); and
- 6- the experience of the Affinity-Aversion Polarity.

What other, very powerful and very common human experience, involves those exact same characteristics? Ponder this while we change our question from, “What are the emotions?”, to:

WHAT DO THE EMOTIONS DO?

Remember that we said that your emotions are your strongest psicanic experience, your strongest FEEL? They overpower thought and reason. We say and do foolish things, things we later regret, at the effect of our emotions. To suppress our negative emotions, we embrace addictive substances of all kinds. Our emotions are stronger than all other experiences, including most physical sensations except those relatively rare moment of intense physical pain. Our emotions rule us and THEY MOVE US. To control how you FEEL is the ultimate motivation of all your actions.

Thus, our emotions are **energy in motion: e-motion**. Words related to “motion” include move, movement, motive, and motivation

What your emotions motivate and put into motion, into movement, is you.. Your motions move you. **Your emotions are the energies that motivate and impulse your actions and behaviors.** This is expressed in the Causal Sequence as FEEL→DO.

Your emotions= FEEL motivate your DO in many ways:

- **Movement, distance and physical space:** Your positive emotions motivate you to **move towards** that for which you FEEL positive emotions (affinity) and thereby reduce distance and separation. They motivate you to **want to be in the same space** as that which you FEEL good about= love. Your negative emotions (aversion) are just the opposite: they motivate you to increase distance, to move away from, to separate, to avoid that which you FEEL negative emotions about.
- **Integration & Union:** That movement towards something to be in the same space can culminate in integration and union, to **BE one with**. Your positive emotions motivate you to join with, to seek union with, to become one with that for which you FEEL positive emotions. Our highest physical expression of this is marriage and sex. Spiritually, we seek to BEcome ONE with God again. Again, your negative emotions are just the opposite. Instead of Union, they motivate you to separation and distance.

- **Action:** Your positive emotions motivate you to **act** positively for the benefit of the beloved: to help, take care of, support, grow, increase that which you FEEL good about. Your positive emotions move you to **give positive energy**. Your negative emotions are just the opposite: they move you to **give negative energy**: to stop, punish, harm, damage, or destroy that which you FEEL negative emotions about. For example, notice how anger, fear and hate all motivate the use of negative energy.
-

SUMMARY of WHAT THE EMOTIONS ARE and DO

Our emotions are:

1. FEEL in the Causal Sequence: our most constant and powerful experience in life.
2. Energy, psicanic= spirit-ual energies, not physical ones although they can and do affect the body.
3. A Polarity Spectrum, with positive and negative sides.
4. The Happiness+/- Spectrum: Emotions+/- = Happiness/UPS
5. The **ONLY** Happiness or UPS that exists; events are just events.
6. A result of Value+/- = Good-BAD judgements.
7. Our experience of Affinity-Aversion Polarity.
8. Motivation Energy for external action= DO in the C.S.
9. Motivation for **movement towards** or **away from** anything.
Such movement culminates in:
10. Impulse energy to Integrate or Separate (i.e. marriage or divorce)
11. Motivation and Impulse to Love+/- as external action to give positive or negative Energy; to support & grow, or to harm or destroy. (We will explore this deeper shortly.)

Pretty powerful stuff, the emotions, no?

Now let us leave the subject of the emotions for a moment and move to another aspect of FEEL: Love+/-.

LOVE and LOVE+/-



Now, let us ask the same questions about Love as we have asked about Emotion.

What is Love?

Love Is Energy

Everything that exists is some form of energy, and Love is no exception. Everything that exists is formed of energy: if Love exists, it is some form of energy.

We have already covered how all experience is the Effect of energy on consciousness. All FEELing= emotion is the impact of energy forms on awareness, on BEing. So for Love to be something that we FEEL, it must be an energy that impacts our consciousness.

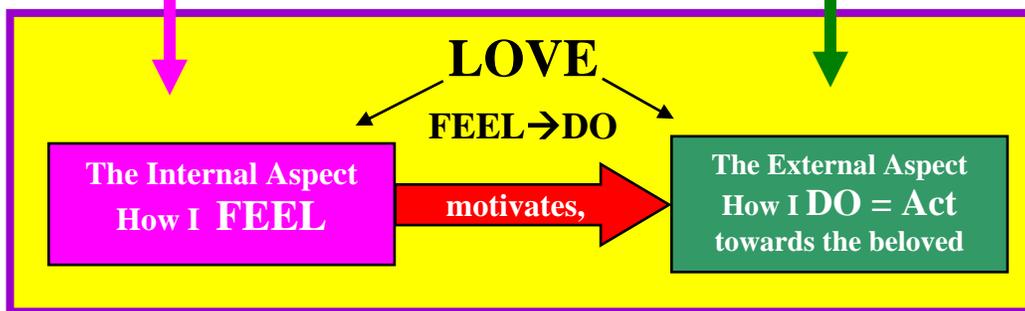
Likewise, all DO (change, movement, action) is **energy at work**. We will see shortly that Love is both FEEL and DO.

A very direct and very accurate definition of Love+ is simply positive energy, any form of positive energy.

Love is both FEEL and DO.

One way to look at love is to divide it into internal and external aspects, into FEEL and DO in the CS (Causal Sequence).

- The **internal aspect** of love is your experience of it, your **FEELing** of it. Love is something that you FEEL, you experience it, you live it. And you seek it because it FEELS good.
- The **external aspect** of love is **DO** in the Causal Sequence. Love is also a verb. To love requires taking action. Love is the **positive actions that we take** for the benefit of that which we love.



There is a causal relationship between these two, between FEEL and DO. As the Causal Sequence indicates: FEEL → DO; our FEEL motivates our DO. Our FEELings of love motivate us to DO = act for the benefit of the beloved. (The “beloved” may be myself or others, including plants animals and matter itself.) When we FEEL anti-love (any negative emotion as we shall see), we act oppositely to attack, harm, or destroy the anti-loved.

Love Is A Polarity

Examine your own experience of love to see whether it is a polarity; to see if **Love+/-** exists, if you can find evidence of **positive love** and **negative = anti-love**.

FEEL: We have said that love is FEEL: examine your FEEL: Do you have positive FEELings and negative FEELings? Do you not have positive FEELings for some people and things, and negative FEELings for others?

Are your positive feeling for others some degree of love for them -- or are they antilove? Your negative FEELings such as anger, fear, resentment, hate, grief -- are these love or antilove? Obviously, antilove exists in our FEELings.

Now examine love as action = DOings. Do you sometimes act for the benefit of yourself or others? Do you sometimes receive the benefits of positive actions of others toward you? Are these not both love+?

Do you sometimes act to attack, stop, punish, or harm yourself or another person (intentionally or unintentionally makes no difference)? Are you sometimes the target of the negative actions of others such as invalidation, blame, anger, hate, or even physical attacks? Has anyone ever cheated you or stolen from you? Are such actions love or antilove?

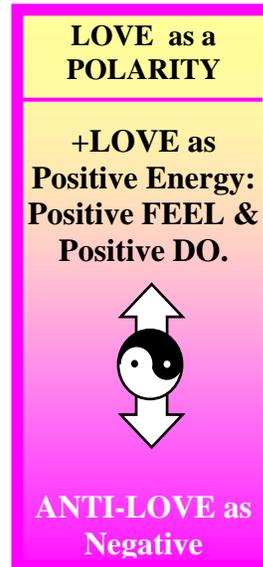
Do you sometimes FEEL positive energy and sometimes negative energy? Do you sometimes give and sometimes receive negative energy. Just as Love+ is any form of positive energy, so is Love- = Antilove any form of negative energy.

Experiencing our life, we can have no doubt that Anti-Love exists: it is all around us and in us. Just as we give and receive positive energies and actions; so too do we give and receive negative energies and actions = anti-love. Love is a positive FEELing, a great happiness. The opposite, negative FEELing= UPS certainly exists, and that is Antilove. In our internal (psicanic) experience, **antilove includes all psicanic energies that are painful, primarily the negative emotions (anger, fear, hate, grief).**

Our internal energies = FEEL motivate our external energies = DO =Actions. Our internal experience of Love+ motivates positive DO, and our psicanic experience of Antilove, of negative emotions motivates our negative DO. **Externally, anti-love includes all actions and energies that seek to change, harm, destroy, punish or cause suffering to the thing or person anti-loved.**

Looking at conditions and events on this planet, including crime, corruption, avarice, torture, war, and all the other forms of man's inhumanity to man; no sane person can deny that Antilove exists. Not only does it exist, but it is in full bloom and thriving on this planet. Just to know that another human being is suffering for lack of physical necessities such as sufficient food, clothing or shelter and to do nothing, take no action to assist, is a failure to love even if not antilove.

Love and Antilove: neither are strangers to your life, and there can be no doubt that Love is polar. It is so theoretically, and it is so proved in the reality of our experience, both internal and external.



The ability to think about and measure life in terms of love and antilove is a key to Wisdom and to Happiness.

It permits you to stop evaluating in terms of Good-BAD and gives you a more reliable Value system.

(The perils of Good-BAD thinking you will see in later chapter.)

A Polarity Table Of Love+/-

So far we have examined Love+/- as energy+/- , as FEEL and DO, and as a Polarity. We are going to examine these and other characteristics of Love+/- more fully using the table below. The characteristics we will examine are: Love+/- as:

FEEL = internal experience.

1. Value+/- : the relation of Love+/- to the polarity of Good and BAD.
2. Affinity+/- (Affinity and Aversion)
3. Experience+/- = FEELing +/- = happiness or unhappiness.
4. Psycanic SPace (this will become clearer in a later module).

DO= external Action: Love as external action= DO in the CS.

5. Movement, distance and physical space.
6. Union or Separation
7. Action motivation: to give positive and negative energy +/-
8. Love as any positive physical thing, i.e.money.

TABLE of SOME of the CHARACTERISTICS OF LOVE

ASPECT of Love	(POS) LOVE	ANTI-LOVE
Love as Internal Experience = FEEL		
Value Value is worth , relative GOODness or BADness.	Good and love are related. Love is a result of positive value: you love good things: you try to attract, support and increase them. E.g. money.	BAD and anti-love are related. You anti-love BAD things by trying to change, stop, or destroy them: e.g. trash, crime.
Affinity – Aversion Degree of attraction+/- .	Love is positive affinity; it is liking and being attracted to. It includes respect and admiration.	Anti-love is <u>negative affinity= aversion</u> . It includes dislike, scorn, hate.
Love+/- as a FEELing Love+/- as Happiness+/-	Love is one of the strongest <u>experiences = FEELs</u> . Love (e.g. interest, caring, affection, enthusiasm, etc.) is <u>positive experience = happiness</u> .	Likewise, anti-love is a strong <u>experience= FEELing</u> . Anti-love (neg. emotion) is <u>negative experience= unhappiness and suffering</u> .
Psycanic SPACE &	Love begins with psycanic SPace. It gives SPace to	Anti-love includes all denial of SPace to be as one is. It is

Liberty	the other to BE as he is, and not BE as he is not, without invalidation or demands for change.	resistance, invalidation, blame, and all other negative energy attacks to change, punish, or destroy.
Love as External, as <u>DO=Action</u>		
Movement, Distance and Physical Space.	Love moves towards the beloved. Love seeks to minimize distance and separation; to be in the same place as the beloved	Anti-love moves away from the anti-love. Anti-love seeks to avoid, separate, to put distance between oneself and that which is anti loved
Union	Love seeks to unite, to become one with the beloved. (The maximum expression of this is marriage followed by sex.)	Anti-love seeks to avoid or separate, i.e. divorce It may seek to destroy to avoid all possible contact.
Action All Action is Love or Anti-love depending if it helps or harms.	To give any form of positive energy. Love is all actions that do good towards and promote the well-being of the beloved. Helping another is love. Studying is love. Working with attention and quality is love. To give money or gifts is to love.	Any form of negative energy. Anti-love includes negative actions that damage or harm another or that obstruct their goals. Anti-love includes yelling, lying, stealing, and cheating. Anti-love includes damaging property, the trees, the earth, the environment. .
Love as HAVE = things. Physical forms of <u>Love = Energy</u>	Pos-love is any form of positive matter. Love is any thing that supports, helps, builds or grows that which is loved. E.g. money itself is love; electricity is love, heat is love. .	Anti-love is any negative thing. It is any thing which is harmful for the well-being of an entity. Parasites and disease are anti-love. An assassin's bullet, a terrorist's bomb are anti-love.

All the phenomena that we list in this table are aspects of Love+/- . There may be other aspects of Love+/- not listed, but these are sufficient for our purposes. Note that Love is Polarity in every aspect we have examined.

Love Is Happiness

As we saw before when considering emotions, happiness is quite simply how you FEEL. Any positive FEELing is to some degree Happiness. All negative FEELing is pain= unhappiness. As we said earlier, your happiness+/- is not caused by external events, nor does it have anything to do with the external aspects of your life. A pauper living in a shack can be very happy; while a prince in a palace can be most unhappy. (For a well-known example of this, compare Mother Theresa and Princess Diana.)

Look at the table: which side is happiness and which side is pain? Obviously, the left, positive side is happy; and the right, negative side is unhappy.

Love+/- = Happiness+/-. Happiness is the experience and the result of loving. You are a spiritual BEing, and Love= Joy is your original nature. Love+/- and Happiness+/- are the same thing; Love+ and Joy are the same thing. Both Happiness+/- and Love+/- are polarities -- and they are the same polarity.

However, the final proof that Love = Happiness, is your own experience. Re-live the first time you "fell in love". How did you feel? Did not your BEing glow; did not you're the whole world shine for you? Did you not "walk on air". Did your heart not dance? Was that not a time of great happiness?

Think of other great moments of Love in your life, for example, marriage; or the birth of a child; or a moment of personal triumph when you honored, admired, celebrated and loved yourself. **Have you ever experienced more happiness than when you loved most?**

Think of moments of great anti-love in your life; moments when you were very angry, fearful, anxious, grief-stricken, or resentful, or when you hated someone. How did you feel in such moments: were you happy or in pain? **Have you ever experienced more UPS in your life than when you antiloved most?**

**Love causes Happiness:
Happiness is the result of Love.
Love+/- = Happiness+/- .**

**In fact, Love is the only Happiness+ there is;
and Antilove is the only UPS there is.**

Notice that we have proved that: **Emotions+/- = Happiness+/-**

And that: **Love+/- = Happiness+/-**

Where and how are you seeking happiness?

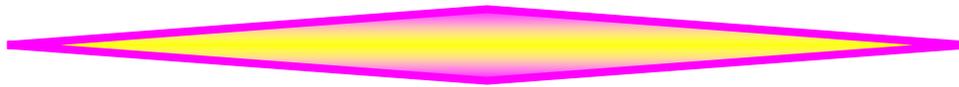
The Kingdom of Love --and therefore of Happiness-- is within you.

One of the great errors of humanity is to seek happiness instead of to seek to love -- and this despite all the Great Teachers.

Happiness is a by-product of Love. You cannot create happiness directly. You can only learn to love.

Humanity is lost in the External Quest, the search for happiness in the external world through the accumulation of material things: wealth, position, power, honors, etc. Happiness does not exist in the external world and cannot be produced there. Happiness is the result of loving -- **not** of being loved -- but of loving. Loving is Cause; being loved is Effect.

When others love you, they are who experience the richness of that love. You only experience their love to the degree that it triggers your own sense of self-Value and self-love.



LOVE and EMOTION -- any relation?

What we want to do now is identify what phenomena exists within us that fulfills all of the characteristics and aspects of Love+/. What forces, what energies -- and they must be strong, powerful energies if Love is so important and powerful - - exist within us that are love and anti-love?

We say that we are made of Love. **Where is the energy of Love+/- within us? What is the force, the power, of Love+/- within us?** When we say that Love is the most powerful thing there is, where is its force?

We have seen that the characteristics of Love+/- include:

FEEL and DO in the Causal Sequence

FEEL: Love is:

1. Energy+/-: Love+/- is energy+/-.
2. Experience+/-: Love+/- is something we FEEL+/-.
3. Polarity. Love+/- is a Polarity Spectrum.
4. Value+/- : Love+/- is intimately related to the polarity of Good and BAD.
5. Affinity+/- (Affinity and Aversion) Affinity+/- is an aspect of Love+/- .
6. Happiness+/- : Love+/- is Happiness+/- . They are the same Spectrum.

DO= Action: Love as external action= DO in the C.S.

7. Love+/- motivates Action+/-.
8. Love motivates movement towards or away from, and so determines Distance and SPace (both physical and psychological).
9. Love+/- impulses action to integrate or separate; to unite or disintegrate.
10. Physical actions and things: Love+/- is to give any form of energy+/- ; Love can be physical energies and things (such a money, light, aid).

Where have you seen a very, very similar table just recently?

Emotion, remember? We saw that our emotions are:

1. Energy_psicanic energies, not physical although they can and do affect the body.
2. Experience = FEEL in the Causal Sequence.
3. A Polarity Spectrum. There are both positive and negative emotions.
4. The Happiness+/- Spectrum. Emotions are the **ONLY** Happiness or Pain that exists; events are just events.
5. Emotions are directly related to Value+/-, to the Good-BAD Polarity.
6. The experience, the FEELing, of the Affinity-Aversion Polarity.

Motivation and Movement Energy for external action= DO in the CS.

7. Movement Motivation: to move towards or away. Movement culminates in
8. Motivations to Union or Separation (i.e. marriage or divorce)
9. Motivation and impulse to Action: to give positive or negative Energy: to support & grow, or to harm or destroy.

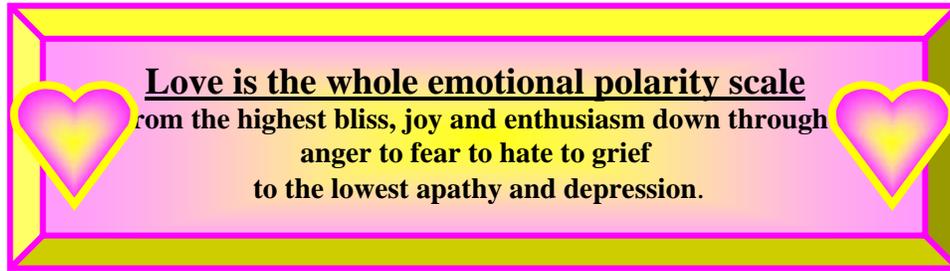
Notice that EMOTION+/- and LOVE+/- are identical! **Your emotions+/- are love+/- .**

EMOTION+/- = LOVE+/- .

The characteristics of Love+/- and of your Emotions+/- are the same. Review the table if you need to see this more clearly. **Add any other characteristics of Love or of Emotion if you like: any characteristic that you ascribe to Love, you will also find in Emotion, and vice versa.**

The emotions are the internal, FEELing aspect of Love, the internal experiential energy of Love --that also motivates, energizes and impulses Love as external action. **The emotions are Love, although Love is more than just the emotions because Love is also action. The emotions are the internal Love energies that are the experience, the FEEL, of Love; and that impulse the external Love energies of action.** (This is FEEL→ DO in the Causal Sequence.)

When you pass light through a prism, it breaks into its component colors, each a slightly different frequency of light. Love-energy is like light: its spectrum is the entire range of emotional energy, from the lowest negative (apathy and despair) to the highest positive (bliss and ecstasy). **All emotions are different frequencies of energy the love-energy spectrum.** The polarity spectrum of Love as **energy, as experience, and as motivation is the emotions.**



Many people think that Love is just one of the emotions, strong affection; and that the other emotions have little to do with Love. **Not so: Love-energy is ALL of the emotions.** The idea that love is just one of the emotions, high affinity, is so limited and incomplete as to be erroneous and dangerous, fatal even, to your happiness.

It is very important to understand that the emotions, all the emotions, are Love-energy and that Love+/- is a spectrum. Without this global understanding, you can understand neither Emotion, Love nor Happiness. Nor can you understand the origin and Cause of Love = Emotion = Happiness+/- that we will see in the next module.

**Every time and all the time that
 you are in negative emotion,
 you are in a state of ANTILOVE.**

Furthermore, AntiLove is the ONLY UPS that exists in life.

Therefore, it is critical in life to understand Antilove:

where does it come from? What causes it?

How can I avoid or eliminate Antilove? --

because this is the only way to real happiness.

The QUESTION OF HAPPINESS and UPS –and happiness is the only motivation of all human behavior, happiness is what you are really seeking in life – is a **QUESTION OF LOVE+/-**

We must come to understand the problem of Happiness+/- as a problem of Love+/. We must come to seek happiness+ as an increase in our spiritual state of Love or never shall we find much Happiness. Life is about achieving a condition of continual increase in the amount of Love+ that we are as spirit-ual BEings made of Love+/- = Happiness.

The relationship of Happiness to Love and Emotion

You can also see that emotion and love are the same thing mathematically: Love+/- = Emotion+/. You know from basic algebra that: If A= B and B=C, then A= C. We have that situation here with Happiness+/- as the third element. **Given that emotion = happiness; and love = happiness, then emotion = love.**

The following equation is true in any order of the factors:

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

The three most important elements of this equation also true in any order of the factors, such as :

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

$$Happiness+/- = Emotion+/- = Love+/-$$

$$\begin{aligned} Emotion+/- &= Love+/- = Happiness+/- \\ \mathbf{Happiness+/-} &= \mathbf{Love+/-} = \mathbf{Emotion+/-} \end{aligned}$$

S/he who does not understand these equivalencies understands neither Emotion, Love, nor Happiness – and is not likely to ever find or control them. .

The result of that ignorance is that s/he will never achieve much control of his emotions, nor much experience of love, nor much happiness in his life. This ignorance is a common human condition -- and one that we hope that this information remedies for you.

It is a great linguistic error that contributes to ignorance and confusion that there are three, apparently unrelated, words for what is one phenomenon. Emotion, Love and Happiness are all the same thing – not separate phenomena as most people think (if they have thought about it at all). We need to be able to represent them with a single word that includes and reminds us of all three aspects of this ONE and most important energy and experience. So to correct this linguistic error, and to support your understanding and future clear thinking, we coin the word:

EmoLoveJoy+/-

to represent this one phenomenon, this equation:

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

Definition: EmoLoveJoy+/-: (abbreviation ELJ)

EmoLoveJoy is a fundamental Energy of BEing, of Life, of existence, that is experienced by each BEing as hir emotions+/- and therefore as happiness+/-.
It is the Energy Polarity Spectrum of LOVE.

EmoLoveJoy+/- is one of the three fundamental spirit-ual energies that make up the UNIVERSAL LIFE ENERGY that is the ESSENCE OF BEING; one of the basic ENERGIES of which the psican is formed. (The other LIFE ESSENCE ENERGIES are Wisdom and Power).

(Note: The concepts of LIFE, ESSENCE and BEING will not be fully presented until the book PSICANICA. Therefore, this definition and EmoLoveJoy+/- can not be fully understood until you have that information.)

Definition: UPS* is the experience of Negative EmoLoveJoy. **Anti-EmoLoveJoy is the ONLY UPS that exists.**

*(UPS is the abbreviation for Unhappiness, Pain & Suffering; the opposite of Love, Happiness & Joy.

This brings us to one of the major errors of human beings. Science says that to produce a desired Effect, put into operation the Cause. We seek to be happy, to Cause ourselves happiness. But happiness is an Effect, the result of love: love is the ONLY Cause of happiness.

Consequently, to be happy, we must seek Love --and not to be loved, rather **to love. Love, and above all self-love, should be our primary goal in life** if we want to be happy.

Yet, how many of us have it so? We humans seek the love of others, success, fame and fortune, but rarely do we have “to love” and especially “to love ourselves” as our primary objective. Love of self is the key to everything, including love of others, as we shall eventually prove.

SEEK NOT HAPPINESS; SEEK ONLY TO LOVE

--starting with yourself —

and all Joy will be yours.

Antilove = Negative EmoLoveJoy is the ONLY UPS that exists.

Whenever you generate antilove (negative emolovejoy+/-), who is the first person to suffer, and who suffers most? Obviously, you.

As Buddha noted, being angry, resenting or hating =antiloving someone is like picking up a live coal to throw at hir. You have burned yourself long before your coal touches the other person – and burned yourself worse.

**SUMMARY OF THE PRINCIPAL CONCEPTS
OF THIS LESSON:**

**The prime motivation of all human behavior is to control one's experience,
first to avoid pain, and then to achieve,
maintain and increase positive Experience = Happiness.**

The prime motivation of all human behavior is to be happy.

**While the entire Causal Sequence, each element of it,
is one kind of experience,
our primary experience in life is our FEEL = Emotions.**

Positive emotions are the ONLY happiness there is.

Negative emotions is the ONLY UPS there is.

Happiness is never the events, but rather how you FEEL during them.

Happiness+/- is purely emotional, never external events.

**The Emotions are the experiential aspect of the Spiritual Love Energy.
Love is a Polarity; Love+/- is all the emotions+/-, the entire emotional scale.**

The only Cause of Happiness+/- is Love+/-.

Love+/- = Emotion+/- = Happiness+/-

in any order of the factors.

Ergo: EMOLOVEJOY+/-

The idea that Love is just one particular emotion, strong affection,
is so incomplete and limited as to be erroneous and dangerous.

Ergo: The prime motivation of all human behavior is Happiness = Love.

However few humans understand this and waste their lives seeking external
things instead of Love which is internal. This is called the External Quest in
psicanica.

S/he who does not understand all this;

**who does not understand that his emotions, love and happiness are identical,
will never achieve much love or happiness.**

THE ONLY CAUSE OF UPS IS NEGATIVE EMOLOVEJOY.

**YOUR EMOTIONS ARE YOUR LOVE ENERGY
THAT IS PART OF YOUR BASIC NATURE
AS A SPIRIT-UAL BEING; i.e. PART OF YOUR SOUL**

Now that we know that love= emotion= happiness, the next question is:
What Causes Love+/- ? How do I control my FEEL? Where do my emotions
come from; what causes them? How do I eliminate anti-love=pain, and
create the Love-Joy that I seek above all else? The answers to this are the
subject of our next lesson.

Chapter 9

The Cause of Your Emotions= FEEL

WHAT CAUSES PAIN & SUFFERING?

WHAT CAUSES HAPPINESS?

WHAT WILL MAKE YOU HAPPY?

Note: In this lesson, we shall prove what does NOT cause your emotions and pain, and what can NEVER cause happiness. In the next lesson, we shall see what does cause pain and can give you permanent happiness.

One of the purposes of Psicanica is to bring you to a condition of Cause and Power over your life. Your life consists of all your **experience**, both physical and psicanic; of everything that occurs in your six arenas of the Causal Sequence: BE > FEEL > THINK > RELATE > DO > HAVE..

Your life consists **ONLY** of your experience. **Nothing else exists for you except your experience.** You only know any thing only through your experience of it. That experience may be personal and direct; or it may be acquired indirectly from others *through your experience* of their textual, audio, or visual materials (reading, seeing, studying, etc.). No matter how, experience is the only input you have from life and for you existence. In fact, you only exist for yourself because you experience that you do.

Your life consists of both your experience of the physical universe (including of your body), and your experience of your psicanic universe. Your psicanic universe includes your experience of BE, FEEL, THINK, and the non-physical parts of RELATE. It includes:

- 1- BE: your experience of your Self, who and what you are, your identities, your personality and character;
- 2- FEEL: your emotions+/- = Love+/- = happiness+/-
- 3- THINK: all the content of your mind (which includes thoughts ideas, dreams, memories, knowledge, plans, and much more); and
- 4- RELATE: your non-physical experiences of others including affinity and aversion. (These can be considered part of FEEL and THINK.)

Your primary psicanic experience is your FEEL = emotions= love= happiness= EmoLoveJoy.

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

which is equal to:

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

This is a law that is provable for any behavior, any where, any time. To many rules in life, there are exceptions; for this one, there are none.

And note that I say, “**one’s own**” happiness --not the happiness of others. “Self-sacrifice” and “altruism” do not exist, another provable statement with no exceptions. (The proof of these laws can be found elsewhere in the Psycanics Materials, under the heading of **The Existential Experiential Imperative.**)

What this means is that the prime motivation of your life, of every action that you take, of everything you do, is your happiness. **You are seeking happiness.** You may think you are seeking success or money or family or fame or a new car, but what you are really seeking is your happiness. You seek these external things because you believe that they will **Cause** in you (the **Effect**) of happiness.

The EXTERNAL QUEST

The externally-focused effort to get things and control events to try to control our internal (psicanic) experience is call the **External Quest** in psicanica. The External Quest is a major concept in psicanica the comprehension of which requires data beyond our scope in this book. All most all humans are lost in the External Quest and is difficult to extricate oneself – but there can not be much spiritual progress without doing so. Nor can you ever achieve much happiness without doing so.

The External Quest is all human behavior and effort (RELATE, DO & HAVE in the C.S.) to control external events in order to control internal (psicanic) experience (avoid pain and produce happiness). The External Quest has two “sides” or polarities:

The “negative” side includes all efforts to avoid, stop or change UPS:

- A: Open attack or covert manipulation of negative events (includes other people) to change, stop or destroy them in order to stop or change negative emotions. (DO & HAVE)
- B: The emotional attachment and dependency on others or things to avoid negative FEELings. (HAVE)
- C: The neurotic use of activities to ignore, distract from, or change negative psicanic FEEL. (DO)
- D: The use of substances (food, alcohol, tobacco, legal or illegal drugs, etc.) to change or suppress psicanic experience. These substances become addictions and the force of the addiction is the compulsion to avoid the underlying . (HAVE)

The “positive” side of the External Quest includes all efforts to manipulate external events and things to produce positive internal emotions: :

- A: The effort to get others (spouse, children, friends, etc) to behave so as to make oneself feel accepted, valuable, important, loved and therefore happy. (RELATE)

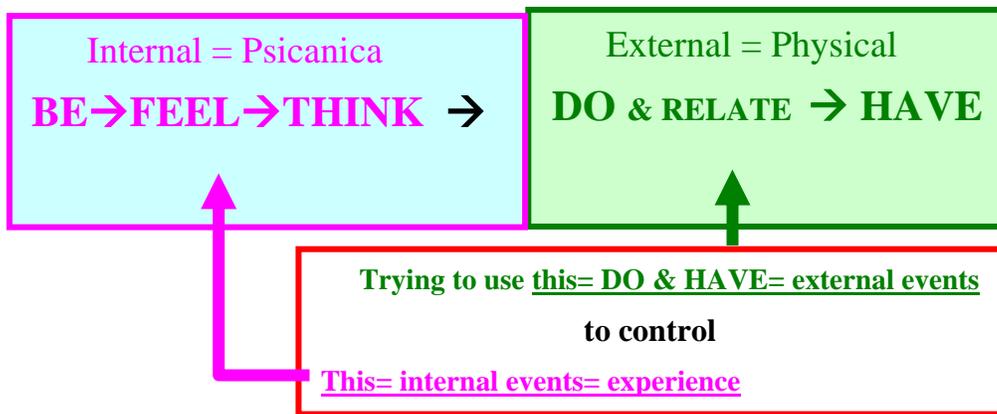
B: The effort to accumulate those material things (HAVE) (including money) that seem to provide security and happiness.

C: The effort to obtain recognition, respect, admiration, position, honors, titles, etc, to prove and ostentate one's knowledge, value, worthiness or superiority. (DO & HAVE)

D: The effort to obtain Power (social, political, economic, military, etc) to 1- cause the internal experience of Powerful and 2- to control others and the world to try to produce A, B and C above. (DO & HAVE)

Notice that in each case, the person is using RELATE, DO or HAVE in order to control BE and FEEL, as shown in the following diagram.

Causal Sequence: BE→FEEL→THINK→DO→HAVE



This is the External Quest: the intent to control physical things in order to control psicanic experience. This is the opposite of the Causal Sequence which states that Cause is from left to right, not right to left. BE→FEEL determines DO→HAVE; not DO→HAVE → BE→FEEL. Psicanic things cause physical things. **Physical things never cause psicanic experience which is precisely what we will prove in this lesson.**

The External Quest is impossible and doomed to failure. Nobody who has ever lived has had sufficient power to control the external world to avoid all negative events and cause sufficient positive ones to maintain himself free of pain and in continual MOPs so as to be happy all the time. Nevertheless, 99.99% of humanity is lost in the External Quest and that is the intermediate cause of all the problems, conflicts and suffering on this planet.

Note that even in the External Quest, your external or physical experience is NOT your prime motivation; but rather your psicanic experience, your FEEL of satisfaction and happiness. If on achieving success or money or family or fame or a new car or a new spouse, you were to find that that item made you unhappy, you would seek to change or eliminate it.

For example: if you more to buy a new car, and then were to experience that car as ugly or unsafe so that you felt anxiety or fear about it; you would seek to get rid of that car. In the case of a marriage that becomes an area of UPS, you would seek divorce. ***It is the psicanic FEEL (of positive EmoLoveJoy) that you most seek, not the thing.*** When you are operating in the Fatal IDentity and the Fatal Paradigm, it seems that things cause the experience, but we are about to prove this is an illusion.

The Fatal Identity: I AM NOT CAUSE makes it seem that external things and events cause our FEELing, and so we seek to control them, which is the **External Quest**. However, **the External Quest is a hallucination**, and living in it makes us Don Quixotes jousting with windmills, as we shall show shortly.

The only real path to love and happiness is learning to control the internal, psicanic mechanisms which are the true Cause of these experiences. This is the **Internal Quest**: to seek the Kingdom is within.

SO WHAT DOES CAUSE HAPPINESS?

Because happiness is the prime motivation, the central question of life is: **What causes Happiness?** (Happiness is the Effect; we are seeking the Cause.)

Of equal importance are the questions: **What Causes unhappiness, pain and suffering,** and **how do I avoid or stop these in my life?**

We have shown that happiness+/- = the emotions+/-, so that these questions can also be phrased: **What causes our emotions+/-? How do I control (be Cause over) my emotions to avoid the negative ones and increase the amount and duration of the positive ones?**

We have shown that happiness+/- = the emotions+/- are love+/- and the result of love+/- . **The only source of happiness is love**. Therefore, we can also state as a Law:

**Love is the only motivation of all human behavior.
What you really seek in life is the FEEL of love.**

Notice that, should you really grok these statements above and start to live them, your life would totally change.

Therefore, Our question of “What causes happiness?” can, therefore, is better stated as, **“What causes my love+? How do I cause me more FEELing of love+? How do I increase my amount and therefore my experience of love?”**

You will remember that in the previous lesson, we coined a single new word for the entire concept of **FEEL+/- = emotions+/- = love+/- = happiness+/-** , which is **EmoLoveJoy+/-** . This word permits us to reduce all the above concepts, laws, and questions to just one.

**EmoLoveJoy is the ultimate motivation
of all human behavior.**

What you do in life is try to optimize your experience of EmoLoveJoy, to avoid or stop negative EmoLoveJoy, and to cause, prolong and increase positive EmoLoveJoy. **This is underlying, ever present motivation -- conscious or subconscious-- of all of your actions and efforts in life, no matter what you may be consciously thinking your motivations or purposes are.**

This is a law of spirituality (of the nature of spirit and you are one) which applies to all Beings; and therefore to you, whether you know it or not, and whether you want it to or not. Furthermore, **you cannot break this law**, even knowing about it and wanting to.

This section above is a small part of The Existential Experiential Imperative, which is presented in the book PSICANICA.

Thus the **Central Question of Happiness can be stated as:**

What Causes EmoLoveJoy+/-?

How do I control (become Cause over) my EmoLoveJoy to avoid or terminate my negative FEEL= UPS and increase the amount and duration of my positive EmoLoveJoy FEEL?

As EmoLoveJoy+/- is psicanic experience, our questions can also be included in a more general question: **What causes our psicanic experience?**

In answering these questions, we will start by proving **what does not cause** your internal experience.

Part 1: Proof that nothing external causes your internal = psicanic experience.

Reminder: The words “experience”, “pain”, “suffering”, and “UPS” in psyanics always refer to psycanic experience unless physical experience is specified.

Most of humanity (say 99.99%) lives in the hallucination that external events, events in the physical universe, cause their psicanic experience. Most people live trying to control externals to control their experience (BE-FEEL) even if they know theoretically that externals do not cause their experience. The attempt to control psicanic experience by controlling external, physical things and events is called the **External Quest**, as we said above.

Love, emotion and happiness are entirely psicanic; and nothing in the physical universe ever causes, or can cause, any thing in your psicanic universe. **EmoLoveJoy (FEEL in the CS) has nothing to do with events or your HAVE. Happiness is how you FEEL, not what happens.** Your mother can die and you may be happy or unhappy about it. You can be a millionaire and be intensely unhappy; or you can have nothing and be totally joyful--St. Francis of Assisi

being a famous example. **Externals never Cause internal = psicanic experience**--despite any appearances to the contrary. **Therefore, the External Quest for happiness is impossible .**

Understanding all this, that nothing external ever causes your psicanic experience, is a landmark in your spiritual development. It helps you move out of Victim and to a condition of **RespExp (Responsibility for Experience)**. Therefore, we are going to take the time and make the effort to prove this for you. Before we show you (in the next chapter) what does cause your EmoLoveJoy, your happiness or UPS, we are first going to prove that nothing external, nothing physical, causes your experience. We will prove scientifically and beyond all doubt that the cause of all your psicanic experience is not without, but within you.

CAUSE, EFFECT AND CONSISTENCY

The physical universe operates by Cause and Effect. Science is the study of Effects to find their Causes; from that knowledge comes man's power over the physical universe.

The Principle of Cause and Effect includes the **Principle of Consistency**.

Consistency states that an Effect always has a Cause; and that a Cause will always produce its corresponding Effects. Consistency is the principle of the *dependability, the reliability*, of Cause-Effect. **Consistency says that every time a given Cause operates, it is certain that it will produce its corresponding Effects, without exception or deviation--and that any exception or deviation will have its own Cause.**

The **Principle of Consistency** is fundamental in science. To declare that something is the real Cause of some Effect, **it must produce that same effect every time, consistently. If there occurs a "cause" that sometimes seems to produce an effect, but at other times does not produce the effect, or produces different effects; then that "cause" is not a true cause of that effect. In other words, if Cause A occurs without producing Effect B, then A is not the cause of B. And if Effect B occurs without Cause A having occurred, then Effect B has some other cause.**

When there is any failure or randomness between the supposed Cause and its Effect, there is no Consistency and this is sufficient proof that there is no true relationship of Cause-Effect. I repeat: Lack of consistency is proof of the absence of a Cause-Effect relationship.

Without Consistency, life as we know it would be impossible. The universe would be totally chaotic with events happening at random, without reason or order. Prediction and control would not exist; science would be impossible. The same "cause" would produce different effects at different times, and would sometimes produce no effect at all. Sometimes effects would appear spontaneously without a cause, and sometimes the same effects would appear over and over but "caused" every time by a different "cause" – which at the same

time would sometimes not produce those effects or any effect at all. The universe would be inconsistent and illegal: operating without law: chaos.

Let us illustrate the importance of Consistency: Your car operates by many chains of Cause and Effect. One chain, which includes the motor, the accelerator, and the transmission, makes it move forward or backward. Another chain makes it slow and stop, and involves the brake pedal, brake pump, and brake discs and the brake rotor. Another chain of Cause-Effect controls the direction: steering wheel, steering column, rack and pinion, steering arms, etc. Other chains of Cause and Effect turn on the lights, honk the horn, start the heater or air conditioning, etc. You control the car by initiating the chain of Causes that produces the Effects that you desire: go, stop, turn left, turn right, faster, slower, etc.

Now imagine that there were no Consistency of Cause and Effect. One time you step on the brake and the car accelerates; next time you step on the brake and the lights turn on; next time you step on the brakes, the horn honks. You step on the gas and the car stops, it changes gear, it turns right, or the motor turns off. You shift gears and the car turns right – the first time. Next time, shifting gears turns on the radio. Trying to control a car without **Consistency** of Cause and Effect would be a very “interesting” and totally unsuccessful experiment.

Your car motor could not even operate without Consistency. You could not even start it if sometimes the starter motor works and sometimes not; if sometimes the fuel vaporizes in the carburetor and sometimes not; if sometimes a spark jumps the plug gap and sometimes not.

When you have a problem with your car, the mechanic chases down the chains of Cause and Effects to find and fix the problem. If there were no Consistency of Cause-Effect, this would be impossible.

Life and the universe as you know it absolutely depend on Consistency.

What would chemistry be like if sometimes chemicals reacted and combined in one way and sometimes in others. What would medical care be like if it were impossible to predict the effect of healing actions and medicines on the body? Any given treatment might cure any thing one time and kill you the next.

How would the telephone work if there were no Consistency? Any number you dial could connect to any other number. How would you control with whom you communicate?.

How would it be if sometimes airplanes take off and sometimes not -- and you never know which before you start the takeoff run? Wouldn't that be exciting!?

All of these are examples of the absolute **Consistency** of Cause and Effect and how we depend on that principle.

PHYSICAL EXPERIENCE

In the physical universe, physical realities **do** cause human physical experience. Fire causes heat and burns, snow causes cold; sugar causes sweet, salt causes saltiness, a bee sting causes a sharp pain, sound energy causes sounds, a brick causes the experience of its form, size and weight—we could go on forever. Nobody doubts the Cause-Effect relation of physical realities to physical experience.

Nor is there any doubt about Consistency. **Each physical reality causes its particular experience for all humans, every time, all the time.** And no reality ever causes the experience of different reality: sugar never causes saltiness; salt never causes sweet, fire never causes snow, and snow never causes fire. **We accept the Consistency of Cause and Effect in our physical experience so profoundly that you probably have never even thought about this before.** It is a paradigm as basic as gravity and as day and night.

To summarize: The physical universe operates by Cause and Effect, and is totally Consistent; both in the interactions of objects with each other, and in the effects of things on human physical experience. Any time there seems to be a change or failure of the Consistent Cause-Effect relationship, there is always a Cause of that change or failure.

Our scientific and technological power is the direct result of discovering Cause-Effect relationships and applying them to produce the results we desire.

Without Consistency:

1. We could never discover the Causes. There would be no way of connecting one thing with another; there would be none of the statistics on which science depends to identify causes.
2. In fact, there would not even be “causes” because a “cause” is not the cause if it does not always produce its effects. Anything and everything could be, and would sometimes be, and sometimes not be, the cause of anything and everything--which is to say that there would be no consistent cause, and no way to identify causes as we said in #1 .
3. There would be no sense in even trying to apply causes (*if you could identify them*) because the effects would be random and unpredictable anyway.

THE PSICANIC UNIVERSE

It is perhaps only natural that we project our paradigm of how our physical experience operates to our paradigm of how our psicanic experience operates. As physical events obviously do consistently cause physical experience; it seems only a small and inconsequential step to assume that they also psicanic experience. And this is exactly what most people believe.

The majority of humanity operates in the paradigm that external events cause their internal, psicanic experience. They firmly believe that their thoughts, their likes and dislikes, and especially their emotions **are caused by external events**, by what happens, by whether people say or do. Thus, most humans believe that their emotions+/- and therefore their happiness and pain, are caused by the external world. They believe that externals cause their psicanic experience. They believe that they are the Effect of external Causes, often beyond their control. They believe that they have little control over their psicanic experience except by controlling external events.

We call this group of beliefs the Fatal Paradigm.

It is totally false, a hallucination, as we are about to prove.

To show that it is false, we are going to examine this paradigm in the light of the principle of **Consistency of Cause-Effect**. For any event to be the Cause of psicanic experience, there must be **Consistency** between **the event (Cause)** and the **Effect = psicanic experience** it supposedly produces, and in both directions: Cause to Effect, and Effects to Cause. In other words:

Any given event must produce the same psicanic experience in all humans each and every time.

Any given psicanic experience must always be traceable to the same cause(s) in all humans each and every time.

If either of these conditions fails, then there is no Consistency, and if there is no Consistency, there is no Cause-Effect relation.

We will conduct this examination by taking events and observing their effects = experiences and checking for consistency.

EXAMPLE #1: MONEY.

Money (we can include wealth which is any material object, which are usually obtained through money) is a common goal of many people in the belief that it will bring =cause them happiness. Let us examine the experience of people with and without money to see if there exists Consistency of Cause-Effect.

- **Are there people who have a lot of money and material things and yet are unhappy? Obviously, yes.**

In fact, there are so many and their unhappiness so common, that psychology has sprouted a special name for the unhappiness of the rich: “jet-set neurosis”. It takes its name from those who have nothing more pressing to do than to jet from one social scene to another, from one resort to another. In spite of the external richness of their physical surroundings, their internal experience is impoverished, of inanity and “quiet desperation”. This is proof that money does not cause happiness --or all rich people would be happy: definitely not the case.

- On the other side: **Are there people who have little or no money and are happy? Again, obviously, yes.**

Some Buddhist monks renounce all possessions except their robe and a begging bowl, and are not permitted to touch money. If they are unhappy with such conditions, they are free to terminate them. They choose to live that way and they do so happily. In fact, they do so precisely to seek happiness.

However, we do not need to go to such extremes: there are many people who live with little in the way of material goods who are much happier than many caught up in the proverbial rat race for more and more and more. I imagine you can find examples among your own acquaintances.

Remember that we are examining the paradigm that external factors, in this case money, cause internal experience. **It is patent that the presence of money does not guarantee happiness, and its absence does not produce unhappiness. Ergo: There is no CAUSE-EFFECT CONSISTENCY between money and happiness: therefore the external event of having (or not having) money is not a true cause of internal experience, positive or negative..**

EXAMPLE #2: “SUCCESS” SUCH AS SOCIAL POSITION, PRESTIGE, FAME, POWER,

We repeat the process above: **Are there people who have success, prestige, social position and power--and are nevertheless unhappy?**

Quite certainly. To quote Ken Keyes in his book HANDBOOK for HAPPINESS:

“The more successful a person is in making money, collecting skills and possessions, developing exciting sexual relationships, acquiring knowledge and degrees, and achieving positions of status, power, and prestige; the **less loving, peaceful, and contented** he may find himself”.

Even when a person has all of such things: success, money, power, position, status, prestige, honors, etc, there is no guarantee, not even a probability, that he is any happier than a person who has none of these.

On the other hand: **Are there people who do not have position, success, power or social status and are happy? Most certainly.**

Again, we can see that there is no Consistency of Cause-Effect. The presence of such externals does not cause happiness, and their absence does not produce unhappiness. Therefore, there is no Cause-Effect-relation between such externals and psicanic experience. External factors are not the cause of psicanic experience: they do not cause pain and they can not cause happiness.

Example #3: Religion or Church Membership

- Are the people who have a religion and go to church and are happy? Surely.
- Are there people who have religion and go to church and are unhappy? Certainly.
- Are there agnostics and atheists without church or religion who are happy? Absolutely.
- Are there agnostics and atheists who are unhappy? Beyond a doubt.

No matter what combination of religion or no-religion we take, we will find all possible results and combinations of psicanic experience, of happiness and unhappiness. Religion or the absence of religion does not cause happiness or unhappiness.

As this is an inductive reasoning process, we need to investigate great number of events before concluding a general rule. We also need to speed up our investigation process which is the purpose of the following table.

EVENT-EXPERIENCE TABLE

In this table, we are looking for any external thing that we can certify as a true CAUSE of psicanic experience; certify that it is a CAUSE of happiness or unhappiness. Therefore, **we are looking for any CONSISTENT CAUSE-EFFECT relationship between any external event and internal = psicanic experience.**

In the left column is a list of things and situations of the external world that people commonly believe cause happiness. In the five columns to the right, we have a scale of human experiential reaction to those things from very negative experience to very positive. All we need to find a Cause of happiness or of unhappiness is CONSISTENCY: that the external event always causes the same psicanic experience in all humans all of the time.

The External Event (person, thing or situation) “causing” the experience.	The <u>effect</u> = experience being “caused” The person feels:				
	Very Un-happy	Un-happy	Neutral	Happy	Very Happy
? Are there people who have money and FEEL:	yes	yes	yes	yes	yes
? Are there people who have no money and FEEL:	yes	yes	yes	yes	yes
? Are there people who are married and FEEL:	yes	yes	yes	yes	yes
?Are there unmarried people who FEEL:	yes	yes	yes	yes	yes
?Are there people who have big houses and FEEL:	yes	yes	yes	yes	yes
?Are there people who don't have a house and FEEL:	yes	yes	yes	yes	yes
?Are there people who have education and FEEL:	yes	yes	yes	yes	yes
?Are there ignorant people who FEEL:	yes	yes	yes	yes	yes
?Are there people who are loved and FEEL:	yes	yes	yes	yes	yes
?Are there people who are not loved and FEEL:	yes	yes	yes	yes	yes
?Are there people who have children and FEEL:	yes	yes	yes	yes	yes
?Are there people without children and FEEL:	yes	yes	yes	yes	yes
?Are there people who have all the above “good” things and FEEL:	yes	yes	yes	yes	yes
?Are there people who have nothing and FEEL: E.g.: people in monasteries or convents that have renounced the world, and may (or may not) be happy.	yes	yes	yes	yes	yes
? Are there people who rejoice when a terrorist kills innocent people.	yes	yes	yes	yes	yes
? Are there people who suffer when a terrorist kills innocent people:	yes	yes	yes	yes	yes
Are there people about to die that FEEL (Thanatology reports that about 25% of the dying enjoy their death. More on this below.)	yes	yes	yes	yes	yes

Continue the list at left with any event (person, thing, or situation) that you choose as Cause. You will always find that the psicanic experience (the Effect) varies from person to person.

There is never Consistency between external events and psicanic experience.

A human being can be in negative experience under the best of situations, and in positive experience under the worst of situations. An example is Víctor Frankl, founder of Logotherapy who under the worst of circumstances, incarcerated in a Nazi concentration camp, created positive experience, strength and wisdom that not only made him survive, but changed the course of his life afterwards. (One of his books about that is called: Man's Search For Meaning.)

Let's take another style of example:

Suppose that you take five men: three are Americans, one is Japanese and the other is Chinese: At each one, you shout the worst insult in the English language in the exact same environment and circumstances; i.e. there is no other variable in the experiment. What will be the result?

1. Well, the Japanese responds "Origato, sayanora" It so happens that he doesn't understand English. (Nor I, Japanese; but I think these mean: "Thank you, goodbye".)
2. The Chinese does understand English, but as he has no cultural programming about the word, he has no emotional reaction.
3. The first American laughs.
4. The second feels offended but stays calm. He looks at you with disdain.
5. The third explodes in anger and attacks you verbally and perhaps even physically.

We have the same external event, the same Cause, but five different reactions. Again, obviously, there is no Consistency of Effect. If there were, the insult would cause the same Effect in each man, including the Japanese who does not speak English. The epithet therefore has no causal relation to the experience of the five men.

No word ever has any power whatsoever to offend, anger, or sadden, to cause tears or laughter. What offends one person is hilarious to another: there is no Consistency.

The question is then: Since the epithet is proven not to be cause, what is the true Cause of the five experiences? What determines the experiential reaction of each man? Before we get to that, let's do so more proofs..

Yet another example: Psicanic Experiences about the Death of Others.

- 1- In Mexico, (at least among some segments of the society) it is considered a great tragedy. There is a long overnight vigil with the coffin, a tearful and sobbing family, a mass in black, a solemn parade through the streets behind a slow, thumping drum, eight days of mourning, and then a visit every Sunday

- for a year to leave flowers, and then, ever after, an overnight vigil on All Souls Day (Nov. 1).
- 2- In the US --*at least in the segment of society where I grew up (Texas)*—most people take death calmly. They meet to eat and drink, and tell jokes and stories--not always flattering--about the departed. It is more of a social event for the living; the departed just provide an excuse to get together.
 - 3- In India, death is motive for celebration. The people dress in white, and march in a great parade through the streets, dancing and singing around the corpse as it is paraded through the streets to the funeral pyre. They are very happy: after all, the departed is now with God, is he not? -- what greater fortune can there be? Let us rejoice!

Again, we have the same external situation, death; but the reactions, attitudes and behaviors are totally different. Again, there is no Consistency. Death, even of a loved one, is not the cause of psicanic experience, no matter how much the bereaved suffer.

Death of Self

Some persons on their deathbed experience fear and resistance to dying, some to the point of panic. Others are not only serene, they even welcome the experience of dying.

I see my own death as a great adventure and plan to enjoy it thoroughly.

Yet again we have the same external factor, death; but a totally distinct psicanic experience. There is no consistency and therefore no Cause-Effect relationship between your death and your psicanic experience.

Consider the Destruction of World Trade Towers, 9-11-01.

- What was a common American experience? Horror.
- What was the experience for some Arabs? Celebration.
- One person I know, in a neutral third country, reported an experience of admiring the sheer brilliance of the attack.

Same event, radically opposed psicanic experiences. **No Consistency.** **The fall of the towers in itself caused neither suffering nor joy.**

What Causes psicanic experience? What Causes like and dislike? What causes satisfaction or anger? What causes joy or sadness? **What determines what FEELing= emotion= psicanic experience will occur as the result of any given external stimulus?**

Another example:

The naked human body. How varied is the experience of the human race to this stimulus! Some find it beautiful, some marvel at its complexity, some are indifferent, some consider it ugly or shameful, some respond with sexual arousal. What causes the reaction of any individual to a naked body? The event, in this

case, the naked body, is the same for all. **The experience, on the other hand, varies according to the beholder.**

Yet another example

Imagine that you work in an office with 100 other people, all of whom know you. In that group of 100, how many different experiences will there be of you?

Some people like you, several very much. Others like you a little, and still others are indifferent. Some dislike you, a few are jealous, and there may be some who hate or despise you.

And within these general categories there will still be a wide range of experience: different “reasons” for liking or disliking you, different opinions and judgments, praise and invalidations, acceptance and rejection.

There will be a **spectrum** of experiences about you, from very negative to very positive. **The truth is that there will about as many different experiences of you as there are people, about 100.**

But you are you. You don't change all that much from person to person, or day to day, or even month to month. You are more or less the same character and personality all the time. Or maybe you do strive to change from person to person, to be a chameleon, to influence the experience of others about you.

But either way, the variety of experiences of others about you continues to exist, and often **in spite** of your best efforts to influence their experience. In fact, your efforts to cause others positive experience of you will often backfire and result in their dislike.

What “Causes” such a variety of experiences of you? What determines the FEELings and reaction of others to you? If you were the Cause of their experience, there would be Consistency of Effect and everyone would have approximately the same experience, opinion, and affinity towards you.

However, **it is the opposite situation that reigns.** What stands out is the differences and the varieties of human experiences before any given external, including you. Obviously, such variety cannot be caused by you; you cannot be changing so much, so often, for so many.

One last example

Imagine that there is a cobra crawling across the floor towards you (yes: cobra, as in venomous snake). What would be the FEEL and reaction of most people? What will be your FEELing? Probably fear, even panic, no? Emotions impulse action. As a result of your psicanic experience, you would probably take some immediate physical action. Most people will try to get away. A few might try to attack and kill the cobra. Notice that these are antilove reactions (negative emotions and negative actions) to the cobra.

If you have watched much of the Animal Planet TV channel, the Discovery Channel, or the National Geographic channel, then you have certainly seen these guys that go out actively looking for snakes. What is their FEEL when they see a snake, including cobras? Excitement, enthusiasm, even joy, no? And their

physical actions are to approach, capture and examine the snake, care for it, and eventually release it somewhere safe. Some of these guys practically kiss it. Obviously, they love snakes, as opposed to those who antilove them.

In this case, we have the exact same external event, a cobra, and two intense, but entirely different psicanic experiences. For exactly the same event, we have **totally opposite** experiences: we have both great love and great antilove. **Same event, opposite experiences.** Again, it is obvious that there is no Consistency of Cause-Effect. Again, this proves that external events do not cause psicanic experience.

CONCLUSION

We see that a given external event can be followed by a great variety, in fact, the entire spectrum of psicanic experiences, both mental (e.g. opinions) and emotional. For any given person, thing or situation in the external world that *seems* cause, we will find numerous and varying “effects” in the psicanic universes of human beings. For any given thing, human experience can and does vary over the total scale of possibilities of experience. This violates the principle of Consistency. Where there is no Consistency, there is no Cause-Effect relationship.

If we hold the external event a constant, but find that the psicanic experience varies as we go from person to person, then the source of the variations must be within that which is varying, the person.

There is no other possibility.

The variations cannot be the Effect of the unvarying external event: that event can not be Cause.

The only Consistency in the alleged Cause-Effect relation between any external event and psicanic experience is the Consistency of No Consistency.

Therefore:

**Externals are not the Cause of psicanic experience,
(thoughts, opinions and emotions).**

Nothing external to the BEing ever causes hir psicanic experience.

Nothing external **ever** causes your psicanic experience, your thoughts, opinions or emotions. (Remember this about opinions and judgments of value, of Good-

BAD; they are very important, as we will see later.) **Experience varies according to the person having the experience, not according to the external stimulus.** The reactions, emotions, attitudes = the experience of each person is individual and particular to that person, and never caused by externals. **The Cause of any experience is something within the person having the experience.** In the coming lessons, we will see the real Cause and the entire mechanism of experience and behavior, of the Causal Sequence.

There is a saying that “Beauty is in the eye of the beholder”, meaning that it is not the external object that is beautiful, but who perceives it that makes it beautiful. What is beautiful for one person can be ugly for another.

A saying with a similar meaning is: “One man’s drink is another man’s poison”.

These statements fall short of the whole truth: **All psycanic experience is in the eye of the beholder.** All (psycanic) experience is created within the experiencer, by the experiencer.

I cannot over emphasize the importance of grokking all this. If humanity at large understood this, there would be a transformation of consciousness on this planet and a golden era of love and abundance would begin. When you grok it and live by it, you will begin an accelerated spiritual transformation.

Be it clear that we are not denying Principle of Cause and Effect. **The Principle of Cause-Effect is as valid for the psycanic universe as it is for the physical universe.** All psycanic experience is the Effect of psycanic energy on consciousness. Every thought, emotion, and impulse to action, is the Effect of energy forms or masses, of psycanic realities, on your awareness = experience.

The Cause of psycanic experience is always psycanic realities, never physical ones. Physical realities can never cause psycanic realities. We want to show what those psycanic realities are and how to control them. As we will see, you are the Creator of all your psycanic energy forms = realities.

Psycanic realities → (causing) psycanic experiences exist only in the psycanic universe of each individual. As we have proved, psycanic experience has its origin, **not in the external stimulus**, but within the psycanic universe of each person. **The only causal factor in the psycanic universe of each psican is the psican.** Each person = psican creates the thought and emotion energy forms = realities, positive or negative, that he then experiences. **Each person creates all his psycanic experience**, including all his happiness or suffering. **YOU ARE THE CREATOR** (which is also the title of one of my books).

All psycanic experience is the effect of psycanic realities (objects/energies) on Consciousness. To control your psycanic experience, i.e. emotions; you must learn to control, to create and discreate, your psycanic realities. Nothing you do in the physical universe will do that.

An external stimulus can trigger the mechanism that generates an emotion, an activation, **but it is never the Cause**. Furthermore, ***struggling to change the trigger is not an effective solution to control psicanic experience***. Nevertheless, in their ignorance, this is what most people do: struggle against life to control their experience by controlling externals (The External Quest). Life always wins in the long run.

The next lesson introduces the real mechanisms by which you create your psicanic experience. Once you understand those mechanisms, you can take control of them. You will be able to eliminate any negative experience and create any positive experience. You will be able to control your psicanic universe. Then, because your physical universe is a projection of your psicanic universe, you will also be able to control your physical universe.

How did we form the Fatal Paradigm, the paradigm that psicanic experience is externally caused?

There are various factors:

1. The first is the situation of the baby. The baby depends totally on others = the external world for its needs and survival. A baby often experiences negatives whether physical (hunger, cold, wet, gases, sick) or psicanic (boredom, loneliness, fear, etc.). It cannot talk and its only avenue to communicate its needs and control the world to get what it wants is with activations and “negative” behaviors: crying, yelling, etc. And the activations work: it gets what it needs and returns to positive experience and behaviors. **Thus as babies, we are programmed by nature to use negative energy (activations) to communicate and control the world to get what we want and obtain positive experience (happiness). It is what works—in the beginning of life.**
2. Then, many parents unconsciously reinforce this paradigm of control of the external world by negative emotions. Many parents allow their children to control them with negative energy. We have all seen a child obtain candy or whatever he wants from an adult by throwing a hissy fit. This teaches the child that his activations do control externals and do get him what he wants. The fact that this behavior works, is successful in controlling external events, reinforces it and the Fatal Paradigm in general. Many adults never get beyond this behavior; they never mature emotionally. Others do, but it take them years.

The problem is that life does not work like that. As adults, the world does not care about our activations and is not disposed to fulfill our every demand. Nobody is waiting on our happiness hand and foot. But even though temper tantrums no longer work, many people continue to throw them and often.

Fortunately, our activations necessary. As adults we have our own power to obtain what we want. Part of maturity is learning to handle our emotional tantrums, and to handle the world with communication and negotiation and action.

The problem here is **that most humans are never taught how to control their emotions and how to eliminate the negative ones** (only to suppress them). They are never shown how to mature emotionally. We attend school for years which helps to train, control and mature the mind, but when did we ever receive any education or training for our emotions? (When you know psicanica, you can easily and quickly educate and mature your dependents. Children learn all this much more quickly and easily than adults. In fact, the only problem children have in life is their parents.)

3. A third factor is the confusion between physical experience and psicanic experience, and above all, **ignorance of the fact that there are two entirely distinct universes in operation, each with its own energies and its own laws of physics**. It is very easy to overlook the somewhat subtle differences in the causal factors between physical experience and psicanic experience, especially when people are more identified with the body instead of with their spirit.
4. A fourth factor is the tendency of **people to absorb and adopt the paradigms in use by others around them, instead of thinking things through for themselves**. All socialization and acculturation is a mostly-unconscious process of learning the cosmo-vision (world-view) of the “tribe” into which you are born. If the people around you operate in the Fatal Paradigm, then you will naturally and unconsciously tend to adopt it. (In many families, the Fatal Paradigm is in full bloom even to the extent of the belief that the members have a duty to and should behave so as to make each other happy – which is impossible. We will get to this in the Course on Relationships.)

The customs of your tribe are not the laws of the universe.

5. A fifth factor is due to the mechanism of psicanic experience itself. The mechanism of physical experience is very simple: object→experience. **The mechanism of psicanic experience is much more complicated**, as we shall see in the coming lessons. **Our emotions often do change when external events occur, and this can indeed create the illusion that the event causes the experience. However, it is not the event change, but rather our identity change in relation to the event that determines our psicanic experience**. How all this works will become clearer when we get to the real mechanism of psicanic experience.
6. A sixth factor is that physical experience with physical causes often intertwines with psicanic experience (for example, physical sexual pleasure mingles with emotional and mental experience in the sex act). This further confuses and obfuscates a less-than-minuscule observation of the human experiential situation and its causes.
7. Another factor is Responsibility and the Good-BAD Polarity. All people try to be and hold themselves as “good”. As it makes you “bad” to cause “bad” things; you must try to avoid causing “bad” things in order to be “good”. Therefore, when something “bad” exists, **especially including one’s painful**

emotions; the human mind, to maintain itself as “good”, will deny being the **Cause** of those “bad” events, one’s pain in this case.

There is always a Cause: when you deny being Cause of something, you must then assign that Cause to something else, something not you= external. Thus, you make external events the cause of your negative emotions to avoid being the BAD cause of them yourself. This is to deny Responsibility for Experience and creates the Fatal Paradigm. As we have seen in a previous lesson, when you assign Cause, you lose Power.

The point of all this discussion is to “kill” in you the Fatal Paradigm, the belief that external things cause your psicanic experience. The Fatal Paradigm produces the External Quest, and they both have two sides.

- 1- Attach the BAD events to stop internal (psicanic) pain.
- 2- Try to get, accumulate and hoard the good things and events that seem to be the cause of happiness.

Your escape from the Fatal Paradigm will take you a giant step forward into the reality that

YOU ARE THE CREATOR OF YOUR EXPERIENCE.

It is only operating in this IDentity and paradigm, that you can control your experience, and so reach any notable degree of Happiness.

At this time, we are referring to your psicanic experience. In later courses, we will show you how you are also creating all your physical experience: the things, events, and circumstances of your life as a human being in the physical universe. At the deeper, transhuman, mystical levels of your BEing, you are creating the physical universe itself. (BEings operating at these high levels of consciousness (e.g. Buddha, Christ to name two), have direct and immediate control over the physical universe, producing what to us ordinary humans seem miracles, but are really just higher levels of BEing and Cause in operation.)

Grok these Laws:

**You are the Creator of your experience,
including the experience of
being the Creator of your experience;
and especially including the experience of
NOT being the Creator of your experience
if that is your experience.**

**What is your experience?
Are you the Creator; or are you NOT the Creator
of your experience?
Either way, it is your creation.**

**You are either experiencing being the Creator of your experience;
or you are experiencing NOT being the Creator of your experience.**

Which are you experiencing, living, in your life?

However, no matter which it is:

**You are experiencing your creation that you are --
or that you are not-- the Creator.**

**which proves that you are the Creator of your experience,
starting with the creation → experience of being or not being
the Creator of your experience,**

which is the Fatal Paradigm Dichotomy

(I AM Creator/Cause ↔ I AM NOT Creator/Cause).

Agreed: you do not yet understand how you are Causing = Creating your experience. This understanding will come as you advance in your studies of psicanic science. At this moment, just note that **we have proved beyond all doubt that you are the Cause of your psicanic experience.**

**It is only operating in the consciousness of you as
Creator/Cause that you have any chance whatsoever of
eliminating negative experience and
producing true and lasting happiness.**

Remember our previous chapter on Cause & Effect, Victim & Responsibility?

The world does not cause your negative emotions, pain, suffering and unhappiness: you do. And this is marvelous news! You are Cause; you have the control, not other people or events! With that power, you can eliminate all negative emotional states from your life and create love and joy all the time. This is what Psicanica is about.

Just as the world does not cause your unhappiness, neither can it produce your happiness. **Happiness is a psicanic condition: it does not exist in the world and can never be found there** (and couldn't be imported into your psicanic universe if it were). The External Quest is impossible.

Furthermore, to end UPS and achieve true Happiness, you must extricate yourself and transcend the External Quest. (This has proven to be a long and difficult process for me, the author, and one still on-going. Just understanding all this intellectually is not sufficient; a **lot** of PEP is necessary.)

You were designed to be happy, right now, all the time, no matter what. Furthermore, as we will see when we get to the real cause of your experience, **you need nothing outside of yourself to achieve your happiness, nothing!**

And that also is very good news! **You are free of the world.** You do not need anything in it for anything beyond basic physical survival. You do not have to struggle to get or accumulate anything. You do not need to be "successful" (whatever that is). You do not have to control others. You do not need to control external events.

**You are a "self-contained" entity.
You need nothing outside of yourself to be happy, ever.**

There are numerous benefits to understanding that you are the creator of your experience.

- **You can relax from the struggle to control the external world** and to achieve things that hitherto you have considered necessary to your happiness. The only thing that you can achieve by manipulating the external world are Moments of Pleasure (MOPs)--which always pass. You no longer resist the BAD events: you no longer need to as they no longer "cause" you pain.
- **When you are not resisting events in your life, life becomes a flow of experiences – all of them interesting. There are no BAD events and there are no painful events. Mystical note:** Eventually, you begin to look for and see the TAO in operation. (TAO: the Intelligent Life Force that creates and maintains and plays in the universe; i.e. God.) Eventually you begin to communicate with IT, and then to cooperate with IT, and finally to unite with IT. You can not do this while you are resisting any part of IT = LIFE.
- You will realize **that other people**, even those you most love or who most love you, **cannot make you happy**. They can give you MOPs, but not happiness. You will stop looking for your happiness in others. This improves

your relationships as you free others from your programs and demands of how they should BE DO HAVE to please you (make you happy).

- You will realize that **you cannot make others “happy”**; you can only give them MOPs. You realize that their happiness is neither in your power nor your Responsibility—and you have your hands full with your own happiness. As you grok this, **you will stop selling yourself out to please others** (as so many people do). **You will start BEing yourself and living your life as you want to live it.** You will consciously and without guilt or hypocrisy, put your happiness first. (You do this anyway, but you lie to yourself and others about it.) And this is as it should be: if you are not happy, you cannot make others happy: you cannot give what you do not have; you cannot do for others what you cannot do for yourself.

No other person can make you happy, and you cannot make others happy. (And you have no obligation to spend your life trying.) When you truly understand this you will be able to:

1. Cease trying to control others to have them please you or make you happy. Your intent to control others is your denial of Freedom to others to BE FEEL THINK DO HAVE as they wish. It is your failure to love them *as they are*. **All true love starts with that Freedom** -- anything less is denial of love. Furthermore, your intent to control damages your relationships and causes problems and conflicts. As you continue your studies of psicanica, you will learn how to eliminate all desire, all need, all compulsion, all neurosis, to control others.

2. Cease selling yourself out to please others. You cannot make them happy, and any MOP that you give them will soon pass -- and they will only come back to you for more MOPs. When you sell yourself out to give them MOPS, you only foment their NO Responsibility for their experience and their own happiness. It is the game you can never win.

You sell yourself out to buy their acceptance, approval, and love. But the price, your own BE FEEL THINK DO HAVE, your own happiness, is far too high. The only road to true happiness is through BEing Who You Want To BE and living *your* Causal Sequences. When you sell your self out, you sell *your* happiness down the river. As you advance in your studies of Psicanica, you will learn how to eliminate from your BEing all need and all interest in ever selling yourself out.

Control Your Psicanic Universe First. Then worry about the physical one.

There is a story of two friends who went bear hunting. Things didn't go quite as planned and they soon find themselves up a tree with a irate bear below –and starting to climb. One of the men tears off his hiking boots, pulls a pair of running shoes out of his knapsack and starts to put them on. The other says, “You

idiot! You can't out-run a bear!" The first responds: "I don't have to; I only have to out-run you".

Similarly:

**You don't have to control externals!
You only have to control your experience!**

In any situation, you have two "problems". The first "problem" is your FEEL (actually your BE-FEEL but we have yet to get to the BE part). This is the most important problem, because this one is the key to your happiness.

The second problem is the physical event or situation itself – if you need or want to do anything about it. However, you now know that the event does not cause your FEEL.

The External Quest takes place when a person tries to control the event to control the FEEL, instead of controlling the FEEL as the entirely separate "problem" that it is. **And when you control your FEEL directly, most events are no longer problems at all.**

To achieve happiness, you must work on the quality of that which FEELS: you, the psican. You must work on the quality of your psicanic universe (your thoughts, emotions, self-esteem, and above all your BEing..

It is *your* psicanic realities in *your* psicanic universe that cause your psicanic experience. You can learn to create and discreate these realities at will and this is the true control of your experience.

In other words, you can now embark on the Internal Quest ~~to find~~, better said: **to create**, Who You Are. The only happiness that exists results from creating Who You Are in your highest vision of Who You Can Be. The only happiness that exists is to create of yourself a BEing that you can admire and love. That self-love is the only true, permanent and impregnable happiness that exists.

You will learn to create and maintain your happiness all the time, irrelevant of the ever-changing external conditions of your life. You will create a profound and lasting satisfaction with yourself and with being alive that is independent of your external circumstances and of events.

In the previous chapter, we covered the concept of Responsibility. Responsibility, you will remember, is **recognition of Cause**. It is the acknowledgment that you are Cause, that you control your responses. We have just proved that you are Cause, that you are Responsible for your emotions, for your FEEL in the Causal Sequence.

So now we introduce a term, a concept, very important in psicanica: **Responsability For Experience** (abbreviated **RespExp**). RespExp is a condition

of BEing in which a person knows that s/he is the Cause, the Creator of his psicanic experience, of all his emotions, of all his FEEL in the Causal Sequence.

When you master yourself, when you live in Responsibility For Experience; anything can happen around or to you, and you remain serene and happy –because you control your experience.

So here's the deal. **Responsibility is the point of change between Cause and Effect.** You must move to a condition of Responsibility before you can become Cause. Therefore, the question before you is:

Are you or are you not Responsible for your experience: for everything that you think, all your beliefs, opinions and judgments, all your emotions, and everything you do, all your behaviors and actions? Are you or are you not Cause of everything within your Being, of all your psicanic experience (BE FEEL THINK RELATE ? Are you or are you not the CREATOR of your psicanic experience?

If you respond that you are **not** Response-able, then close this book and get on with your life as best you can. There is no sense in your studying any further. There is no hope for you as far as more personal power is concerned. You will never be able to control your experience and your life, nor will you ever reach and maintain any significant degree of happiness. There is nothing psicanics – or any other system—can do for you.

If you recognize that you are response-able, that you are the creator of your experience, that you have the Power, then continue on to learn how you to recover your Power and take control of your life.

I _____ acknowledge that I am the Cause; that I am the party Responsible for my psicanic experience. I am the Creator of the content of my mind and of my emotions; of all my BE, FEEL, THINK, even though at this time I do not understand the mechanisms by which I Cause all these and therefore my experience.

SUMMARY

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

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

The only motivation of all human behavior is to produce positive emotions.

External events never Cause your psicanic experience.

External events do not Cause your UPS, and
can never produce your happiness = emotions= love+.

It is impossible to achieve true and lasting happiness through the manipulation of the external circumstances of your life. (There are people who have everything that this material world offers and yet suffer greatly.)

Externals can give you MOPs but not happiness. MOPs always pass, returning you to your chronic level of psicanic experience

Until you grok this, you will be on the External Quest and thus never find the only you area truly looking for: happiness= love+.

Most humans are lost in the **External Quest**, trying to control their internal, psicanica experience by controlling external events. They attack negative events to stop or destroy them. They struggle to cause and accumulate positive events to be happy. And they suppress their experience when neither of these work, which is, sooner or later, always. Thus, they seeking happiness outside of themselves where it does not exist and can never be found.

Responsability For Experience is a condition of BEing in which you know that you are the Creator of everything you BE, FEEL and THINK.

It is the starting point for all further personal and spiritual development.

Chapter 10

BEING & IDENTITIES

The True Cause of Your Emotions= FEEL

We are now ready to see the true Cause of your emotions, of your FEEL in the Causal Sequence of BE→FEEL→ THINK→ RELATE-DO→ HAVE.

We saw in a previous lesson that your **emotions** are psicanic energy+/- . We saw that they are a Polarity. We saw that they are **Love +/-** , pos-love and anti-love. And we saw that they are Happiness+/- = Joy+/-; the negative side of which is unhappiness, pain & suffering. We coined the word “**EmoLoveJoy+/-**” to be able to include all these concepts in a single name. We also use the word “**UPS**” to denote negative EmoLoveJoy. Your negative emotions are the only UPS that exists.

Your happiness or pain is always your emotions, how you FEEL during and after the events, never the events themselves. Events themselves are just events. You decide whether they are good or bad, and that decision is always a personal point of view; good-bad does not exist in the objective world as we shall see in that chapter. As we have seen, another person will often view any given event differently and generate a different set of emotions, sometimes totally opposite.

In the previous chapter, we proved scientifically that events are not the cause of your emotions. Nothing outside of you ever causes your emotions; nothing outside of you causes your **EmoLoveJoy+/-**.

Our question now is: What does **cause** your **EmoLoveJoy+/-** ? What **causes** your emotions, your FEEL in the Causal Sequence? What **causes** happiness? What **causes** your activations of anti-love = your negative emotions= emo pain?

What your emotions really are and how they work are two of the most important pieces of Wisdom that you will ever acquire.

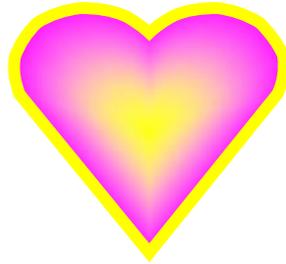
We have proved that your emotions are caused within you; now we want to see the exact mechanism. The Causal Sequence has already indicated what causes your emotions: BE→FEEL. We are now delving into the nature of BE.

BE→FEEL→ THINK→ RELATE-DO→ HAVE

The cause of your emotions= FEEL, is
you! yourself, your Self, your BEing.

We have shown that the emotions are Love+/- . Now we say that your emotions are not only Love+/-, but that they are

SELF-LOVE+/-



Your emotions are your love+/- for self.

Your emotions+/- are your **love** or **antilove** for yourself,
for your BEing, for Who You Are BEing at the moment.

Your emotions are how you **FEEL+/-** about you, your Self,
about Who You BE = What and Who You Are BEing,
at any given moment in time.

What and Who You BE = your BEing at any moment
is determined by your

IDENTITIES+/-.

This is expressed in the Causal Sequence as **BE→FEEL**.

Your BEing Causes your emotions+/- = SELF-LOVE+/- .

As BE= IDentities, this is equivalent to: **IDentities→Emotions**.

Your emotions are your **Self-Love** or **Self AntiLove**
auto-generated according to the
IDentities+/- you are activating
in relation to the events of your life.

You are a spirit-ual Being, a soul in religious terms, made of the UNIVERSAL LIFE LOVE ESSENCE ENERGY (aka God). This ENERGY has many qualities and characteristics that we abbreviate to four: **Intelligence (or Wisdom), Power, Value and EmoLoveJoy** (abbreviated WPVLJ).

Your EmoLoveJoy energy is actually part of what you are, part of your spirit-ual Being, of your soul. EmoLoveJoy is one of the most basic kinds of energy you are formed. And it is modulated to the different emotions as your natural and automatic response to Who You are BEing, positive or negative, as regards the other 3 energies (Wisdom, Power & Value). We will investigate the nature of the ESSENCE ENERGY in the book PSICANICA: it is beyond the scope of this work. .

BEing

Always try to remember that you are not a physical being seeking spiritual experience: you are a spirit-ual BEing temporarily enjoying(?) a physical experience.

BEing: your BEing –or better said: **you, the BEing--** is **all that you are**, which is also bounded and thereby defined by **all that you are not** (polarity at work). For example, if you are strong, then you are not weak. If you are weak, then you are not strong. Just note that most identities are polarities.

Your BEing consists of you, the psican, plus all your IDentities. You-the-psican are an individualized particle of the ONE LIFE ESSENCE ENERGY.

You are also Creator. You modify your basic BEing, the psican, by creating IDentities+/- . Your IDentities+/- are your creations (determinations, declarations, thoughts, beliefs) of self, of what you are and what you are not. Each IDentity affirms or denies a particular quality or thing that you **are BEing** (or **are not BEing**).

Most IDentities are statements of “**I AM** (whatever)” or “**I AM NOT** (whatever)”.

You-the-psican modify your Self; you modify and add to (or subtract from) your fundamental nature of Life Essence= psican by creating your IDentities.

You-psican plus all your IDentities is your BEing.

Psycan + IDs+/- = BEing

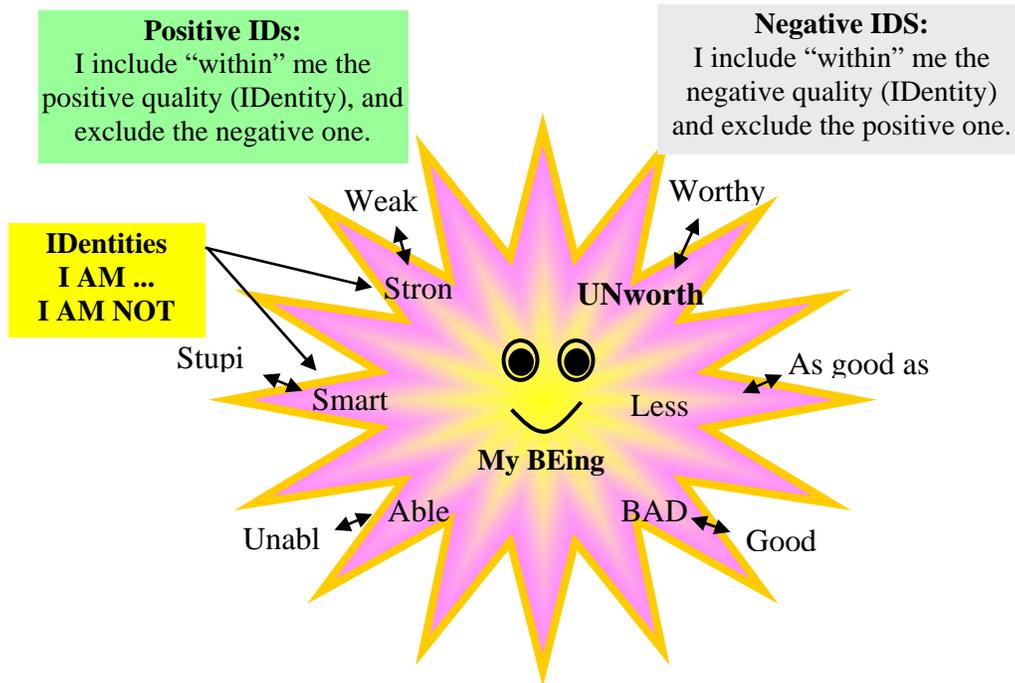
Your BEing is everything you are BEing, starting with psican= Life Essence Energy = WPVLJ, which is your basic spirit or soul. You then modify your psican by creating and “including” within you some qualities --and therefore, by polarity, excluding the opposite quality. Each creation =quality is an IDentity, an I AM or I AM NOT.

Let us attempt to illustrate this with the following diagram.

Diagram: Notice how a quality of BEing is included within the psican (the star) and its polar opposite excluded, thus forming what you are and what you are not, which is your BEing.

Psican + IDentities → BEING

**I AM everything inside the star of BEing.
I AM NOT everything outside the star of BEing.**



IDentities that our BEing is being in the graphic:

- Positives: I AM STRONG, I AM SMART, I AM ABLE.
- Negatives: I AM UNWORTHY, I AM LESS THAN (others); I AM BAD.

Notice that most IDentities are polarities, e.g. Strong—Weak.

Notice that an IDentity can be created or implied by either a positive or a negative statement, and can be stated in many ways. The exact words are not important; it is the concept that determines the IDentity.

E.g. I AM NOT WEAK= I AM STRONG. I AM NOT STRONG = I AM WEAK.

E.g. I AM UNABLE= I AM NOT ABLE= I AM WITHOUT SUFFICIENT POWER= I AM NOT CAPABLE.

The concept of all that you are, your BEing, is much more and much more grand and glorious than this intro explanation, but beyond the scope of this work. For this book, we are going to ignore the greater concepts of psican and of BEing, and concentrate on the lesser concept of IDentity.

IDENTITIES

An IDentity is any thing or quality you are being, or deny being, at any given moment. An IDentity is anything you create (think or say and then believe) that you are, or that you are not. An IDentity is What you decide and believe You BE (ARE), at least for the moment and in that situation. (Abbreviations for IDentity and IDentities is ID and IDs.)

Only you can create= determine what you are or are not: you are the Creator of your IDentities. Your creation of your IDentities in the past has been unconscious: we seek to make it totally conscious and deliberate; and to teach you how to discreate all the negative IDs you are carrying around with you from your past. Every human being has great quantities of these old negative IDs.

Almost any noun or adjective can BE an IDentity.

There are two major kinds of IDentities: human and psicanic.

1. Psicanic= spirit= Essence IDentities. These are the IDentities that refer to the fundamental qualities of **spirit**, of the LIFE FORCE, of all BEING, including the SUPREME BEING. These are also called the Essence IDentities. There are three basic kinds of psicanic or Essence IDentities. (They will be explained later as each is a big concept in itself):
 - i. Wisdom
 - ii. Power
 - iii. Value

Your Essence IDentities are the most powerful and most important things in your existence. They are the major part of the BE in the Causal Sequence that determines your life.

2. Human identities = roles. These are the parts that we play in our human dramas. There are also three basic kinds:
- i. Family roles, ones that you are born or marry into: daughter, cousin, father, mother, spouse, etc.
 - ii. Social roles: friend, leader, teacher, student, preacher, etc.
 - iii. Commercial roles: salesman, electrician, doctor, plumber, mechanic, politician, boss, etc.

The most important IDentities, the most powerful, are by far the Essence IDentities that are your basic nature as a spirit. In fact, human identities depend on the Essence IDs.

In your Essence, you are made of = you are = you BE: **Wisdom, Power, Valuable and Love-Joy.** These are the main components of the LIFE-SPIRIT-GOD ENERGY of which you are formed. (Of course, these are Polarities – which is the reason for the human condition of *apparently* lacking much of these qualities.)

The Essence IDentities are also the foundations upon which the human roles are based. **In this book, we will be talking only about the Essence IDentities.** We will study the human roles in other books and courses.

Most IDentities take the form of **I AM** or **I AM NOT**. For example:

- I AM STRONG <> I AM WEAK
- I AM INTELLIGENT <> I AM STUPID.
- I AM ABLE <> I AM UNABLE.
- I AM A SUCCESS <> I AM A FAILURE.
- I AM WORTHY <> I AM UNWORTHY.
- I AM THE EQUAL OF <> I AM LESS THAN
- I AM GOOD <> I AM BAD.

Some IDentities are expressed as verbs, for example:

- I CAN (whatever) <> I CAN'T (whatever);
- I DESERVE (whatever) <> I DON'T DESERVE (whatever).

However, note that these verb forms are just other forms of I AM: I AM ABLE; I AM DESERVING.

POLARITY of IDENTITIES

Notice the polarity in the IDentities. (The Polarity is clearer in Polarity Table of the Essence IDentities presented on page 10). **Most identities and all the important ones are polarities, and all the Laws of Polarity apply.** The Polarity of IDentities is of extreme importance as we shall see here and in Course #2.

EXPRESSION OF IDENTITIES

In the expression of an IDentity, it is not the exact words that are important but rather the concept and, above all, the **EXPERIENCE of BEing** that way, the **FEELing of BEing** that way.

For example, the Power IDentities include any form of experience or expression related to power, ability, strength or success. Power IDentity can be expressed as: I AM POWERFUL, I AM ABLE; I CAN; I AM CAPABLE, I AM STRONG; I AM BRAVE, I AM SUCCESSFUL, etc. **The important thing is not exact manner of expression but rather the concept** and, above all, the **EXPERIENCE of BEing** that way, the **FEELing of BEing** that way.

The ESSENCE IDENTITIES

There are three kinds of IDentities that are of supreme importance in your existence. These are the Essence IDentities: Wisdom, Power, and Value (abbreviated WPV, which is the first part of WPVLJ).

These are called the **Essence IDentities** because they are the essence of your nature as a **spirit = a spirit-ual BEing = psycan**. You as a spirit are made of SPIRIT-ual energy, also called the ESSENCE OF LIFE or the ESSENCE OF BEING.

This ESSENCE ENERGY includes many “sub-energies”, or many kinds of energy, among others: **Consciousness, Intelligence, Will, Creator, the ability to create Value (including to Self), and EmoLoveJoy**. (Value is not actually an energy, but a creation of the psican, but that is an advanced distinction far beyond the needs of our discussion here.)

We abbreviate these to just four qualities: Wisdom, Power, Value, and Love-Joy. **These four qualities, abbreviated WPVLJ, are the Essence of your existence,**

of you as a free, non-physical, spirit-ual BEing hanging out and playing in the universe.

You BE = are, and are made of this Spirit / Life Energy. (We have much more to say about the concept of Essence in other books.)

These characteristics of BEING are all polarities; thus there also exist ANTI-ESSENCE = AntiWisdom, AntiPower, AntiValue, & AntiLove. Notice that much of human experience is of AntiEssence. For example: every negative emotion SIN EXCEPTION signals an activation of AntiEssence.

Brief Explanation of the 4 Characteristics of BEing:

1. **Wisdom** refers to any quality of **consciousness including:** mind, knowledge, intelligence, reason, forethought, planning, problem solving, memory, intuition, vision, imagination, or creativity. It includes the ability to mentally model creation, and to plan effort (action) and the ability to foresee the consequences of actions. It is the **consciousness** part of the Aware-Will that you are. It is the **ABILITY** to BE AWARE of any and all things, including of (predicting) the future.
2. **Power** in psicanica is **successful Cause, the ability to produce any desired result., and above all, to create or manifest.** It is the **will** part of the Aware-Will that you are.
3. **Value** in psicanica refers to assignment= decision=creation of the relative value of anything – **but above all of Self.** It is the evaluation, e-**value-**ation, of anything. It is the degree of positive-negative, of Good-BADness of that which is being evaluated. **It is the estimation, the esteem-ation, of worth. As regards yourSelf, it is self-esteem.** As regards others, it is your “esteem-ation” of them. One of the importances of Value= worth is that it is the entry point to Love. You love valuable things e.g. money, art; and you antilove negative-value things, e.g. trash, disease. **Love and Value are correlated.**
4. The fourth part of your BEing is simply **EmoLoveJoy+/- = Emotion+/- =Love+/-=Happiness/UPS.** You are made of Love. You as a spirit are a glowing globe, sphere, a miniature sun, of **Love** energy. It is part of what you are.

Polarity Table of the Essence IDentities

Here is a table with both polarities of some of the more common expressions of the Essence IDentities, of the three critical areas of WPV:

Polarity	WISDOM	POWER	VALUE
POSITIVE: Those identities that affirm the quality or ability.	I LEARN EASILY. I KNOW. I AM SMART. I AM INTELLIGENT. I AM WELL-EDUCATED. I AM CREATIVE. I AM INTUITIVE. I AM IMAGINATIVE. I AM WISE.	I CAN. I AM ABLE. I AM CAPABLE. I AM STRONG. I AM A SUCCESS /SUCCESSFUL. I AM POWERFUL. I AM USEFUL. I FUNCTION WELL.	I AM GOOD. I AM WORTHY. I DESERVE. I AM USEFUL. I AM A HIGH-QUALITY PERSON. I AM EXCELLENT. I AM SUPERB.
NEGATIVE: Those identities that deny the quality or ability.	I DON'T KNOW. I AM IGNORANT. I AM UNEDUCATED. I AM SLOW. I AM STUPID. I CAN'T THINK (WELL). I AM NOT CREATIVE.	I CAN'T. I AM UNABLE. I AM INCAPABLE. I AM WEAK. I AM A FAILURE. I DON'T FUNCTION WELL.	I AM BAD. I AM LESS THAN. I AM NOTHING. I AM WORTHLESS I DON'T DESERVE. I AM GOOD FOR NOTHING.

Now, we can go to one of the most important datums in all of psyanics.

Reminder: Positive EmoLoveJoy is the ultimate motivation of all human behavior – no exceptions.

**The Cause of your EmoLOVEJoy+/-
is your Essence IDentities.**

You love yourSelf (generate positive emotions= happiness)
when you are in positive Essence IDentities

You antilove yourSelf (generate negative emotions = pain)
when you are in negative Essence IDentities.

**The polarity of your EmoLoveJoy corresponds to
the polarity of your Wisdom, Power and Value IDentities.**

**This is the real cause of the EMOTIONS+/- = HAPPINESS/UPS, of
EMOLOVEJOY+/- : YOU according to your Essence IDentities of the
moment**

Your Essence IDentities+/- determine your self-love+/- = your emotions+/-

- When you are in a positive IDentity of Wisdom, or Power or Value, you will love yourself = experience positive emotion = FEEL happy. You are, in effect, admiring and celebrating yourself, rejoicing in Who You Are. **This love for self is the only happiness that exists; there is no other source of happiness** in the entire cosmos. These positive Essence IDentities are called **PIRs: Positive IDentity Realities**.
- When you are any of these IDentities in the negative polarity you will anti love yourself= experience negative emotion= pain= unhappiness. You are, in effect, **resisting, fighting against, or lamenting Who You BE** at the moment.. **This anti-love for self is the only suffering and unhappiness that exist. There is no other source of unhappiness** in the entire cosmos.

Positive IDentities are called PIRs: **Positive IDentity Realities**.

Negative IDentities are called NIRs: **Negative IDentity Realities**.

(Note: The concept of “reality” and “realities” is special, important and technical in Psycanics, and presented in Course 2.)

Here is a Laws of Psycanics that is worth memorizing so that it deeply penetrates your psyche:

**Your emotions+/- are your love or antilove
for yourSelf
according to (the polarity of) the Essence IDentities
you are activating in relation to events at any given moment.**

**Your AntiEssence IDentities are
the ONLY Cause of all your
self-AntiLove = UPS.**

**Discreate the activated AntiEssence BE =ID,
and the
negative FEEL = neg emo = neg EmoloveJoy= UPS
will disappear --**

**and all the rest of the Causal Sequence,
BE > FEEL > THINK > RELATE > DO > HAVE,
will change.**

The Causal Sequence of Essence = The Causal Sequence of BEing = WPVLJ

(not the same as the Causal Sequence of Life = BE > FEEL > THINK > RELATE > DO > HAVE)

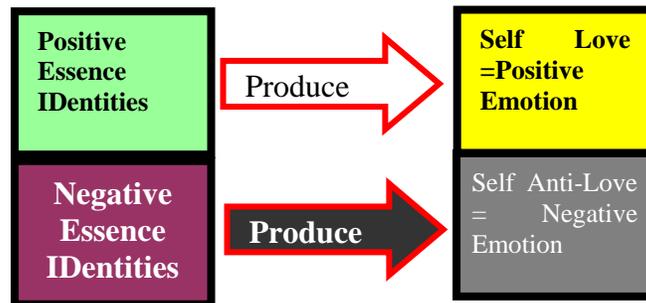
The Essence IDentities can stand alone, or they can operate in a Causal Sequence of their own, the Causal Sequence of Essence or BEing.

The Causal Sequence of BEing or Essence is: **Wisdom** → **Power** → **Value** → **emoLoveJoy**, abbreviated **WPVLJ**. Each element determines the next one.

This Causal Sequence can also be called the **Internal** Causal Sequence to distinguish it from the **External** Causal Sequence of BE FEEL THINK RELATE DO HAVE.

- **Wisdom** → **Power**. Knowledge, Intelligence and Wisdom guide action = Power to produce the desired results. “Knowledge is Power” is a famous saying that expresses this relationship.
- **Power** → **Value**. If you CAN = are Powerful, then you are Value-able and worthy. On the other hand, if you are Anti-Power; if you CAN'T, if you fail; then you have a negative Value; you are useless, unworthy, worthless, BAD, etc.
- **Value** → **Love**. You pos-love that which is good and valuable; you anti love that which has a negative value for you, i.e. it is BAD. For example, you love your parents or your spouse to the degree that they are valuable to you. You will antilove them to the degree that they are negatives in your life. You antilove terrorism (unless you are a terrorist) as having a negative value for you.

Your IDentities+/- determine your EmoLoveJoy+/- . Your AntiEssence (negative) IDentities are the only Cause of your anti love= unhappiness in life. You anti love yourself when you are in a negative IDENTITY and that is the ONLY cause of UPS in life.



**You cannot control many, if not most, of the events in your life.
 You cannot control your emotions directly (suppression is not control
 and is unhealthy).**

**Your Point of Power in life is your IDENTITIES.
 These you can create and discreate.**

Therefore, let us add another column to our table with arrows indicating the Cause-Effect relationship to the Essence IDentities. In the Internal Causal Sequence of $W \rightarrow P \rightarrow V \rightarrow LJ$; each element, *when present**, determines the following ones (if present).

* Note: **It is not necessary to have all the elements and often only one ID type is activated.** Any of the IDentity elements of W, P, or V can determine LJ by itself. The elements can work together or they can be separate, or they may be present in any combination, including alone.

Polarity	WISDOM	POWER	VALUE	LOVEJOY
PIRs POSITIVE: Those identities that affirm the quality or ability.	I KNOW. I AM SMART. I AM INTELLIGENT. I AM WELL-EDUCATED. I AM CREATIVE. I AM IMAGINATIVE. I AM WISE.	I CAN. I AM ABLE. I AM CAPABLE. I AM STRONG. I AM A SUCCESS/SUCCESSFUL. I AM POWERFUL. I AM USEFUL. I FUNCTION WELL.	I AM GOOD. I AM WORTHY. I DESERVE. I AM USEFUL. I AM A HIGH-QUALITY PERSON. I AM EXCELLENT. I AM SUPERB.	Self-Love = The Positive Emotions: Happiness joy, enthusiasm, satisfaction,, interest, contentment, etc.
NIRs NEGATIVE: Those identities that deny the quality or ability.	I AM IGNORANT. I AM UNEDUCATED. I AM SLOW. I AM STUPID. I CAN'T THINK (WELL). I AM NOT CREATIVE.	I CAN'T. I AM UNABLE. I AM INCAPABLE. I AM WEAK. I AM A FAILURE. I DON'T FUNCTION WELL.	I AM BAD. I AM LESS THAN. I AM WORTHLESS I DON'T DESERVE. I AM NOT GOOD ENOUGH.	Self Anti-Love = the negative emotions. pain and unhappiness anger, fear, sorrow, depression, etc.

Your EmoLoveJoy+/- corresponds to the Polarity of your IDs+/-.

The true cause of your emotions is your BE= your IDentities = Who You Are at the moment. **Your emoLoveJoy+/- (emotions/love/happiness) is how you FEEL about yourself according to the IDentity that you are assuming in relation to any event of your life. As IDentities can change at the speed of thought, so too do your emotions = emolovejoy change.**

A simple example will help make this clear. The Causal Sequence states BE→FEEL→DO. You remember our friend the cobra in the last lesson? We saw that there are two opposite reactions to our ophidian friend.

1. The first was **antilove**: a negative FEEL of fear (and maybe loathing, panic or hate); with a antilove DO of running away (or attacking to kill).
2. The second was **pos-love**: a FEEL+ of strong interest, enthusiasm, celebration; with a +love DO of approaching, experiencing, touching, union and caring for.

We have the same external event, our cobra; and two --not just different **but opposite**—experiences = (FEEL→DO) for that same trigger event.

You will remember that **INconsistency** proves the absence of a Cause-Effect relation between the external event and internal experience. We have inconsistency here in the same trigger “causes” two totally different “effect”=experiences. Ergo, there is no Cause-Effect relation.

And you will remember that we pointed out that whenever the stimulus (trigger) is held constant and the experience varies, then the Cause of that variance can not be the stimulus, and **therefore the Cause must be** within the experiencer. There is no other possibility.

What causes the totally different experiences is the BE= IDs that the two people are assuming in relation to the snake.

1. The first person goes to IDentities of antiwisdom and antipower: I DO NOT KNOW how to handle this; I CANNOT handle this snake; I AM UNABLE (to prevail against the snake); I AM INCAPABLE; I AM LESS POWERFUL than the cobra and therefore **it has the power** to harm me; **it is more powerful than I**.

Note the AntiWisdom and the AntiPower IDentities (in capital letters). In those negative Essence IDentities, the person automatically generates antilove for Self in the modulations= frequencies =“flavors” of (any combination of) fear, anger, revulsion, hate, etc. His antilove FEEL of fear then motivates his anti-love DO of attack to kill or running away. (Remember that increasing distance and separation --not to mention attack to kill--are antilove behaviors.)

2. The second person goes to positive IDentities of **Wisdom and Power**. I KNOW about cobras. I CAN handle this snake. I AM CAPABLE. I AM POWERFUL in relation to this animal. In those positive Essence IDentities,

the person automatically generates love for Self in the flavors of interest, excitement, enthusiasm, and joy. His positive FEEL then motivates his loving DO of approaching, protecting and caring for the serpent.

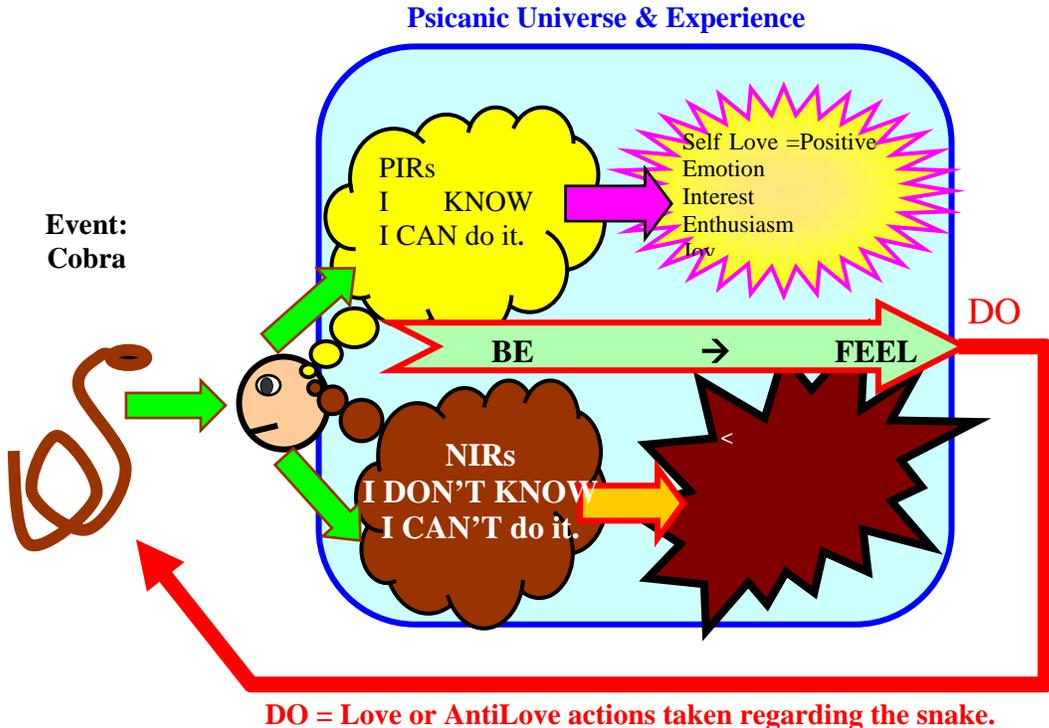
In both cases, you can see the Causal Sequence of Life in action:

BE → FEEL → DO
 or **ID → EMOTION → ACTION**

Note how it is not the event, the viper, that causes the EmoLoveJoy+/- (it is the same event for both), but rather Who the person “BE” (is) in relation to that scaly, wiggly event. Who the person is = BE is determined by the IDentities that s/he activates= assumes usually unconsciously and automatically in relation to the event.

In psyanics, we seek to make that response conscious and under control of the person. We seek to discreate the automatic negative ID→UPS response, and teach the person how to create (and make automatic) a positive ID→JOY response. This is the road to Happiness and to personal and spiritual growth.

The event itself just is; it is neutral. It is the person who “colors” the event with hir psicanic creations of Experience that includes hir **IDentities**, opinions of Good-BAD, determinations and beliefs (THINK), and above all EmoLoveJoy+/- = emotions/self-love/happiness-UPS.



It is never the event that is your happiness or pain, but rather Who you BE in relation to the event. Who you BE is under your power once you understand how all this works and take conscious control of the mechanism.

Study the diagram above. It shows both possibilities; the positive sequence on top, the negative one below.

Life is BE→ FEEL→ DO→ HAVE. (We are ignoring THINK & RELATE here for the moment – although you may want to include them and consider your **THINKing** and **RELATE-tion** to the snake.)

You can see the Causal Sequence here clearly: **THIS IS HOW ALL HUMAN EMOTION = Happiness+/- works:**

An event occurs.

- You activate one or more IDentities= BE in the areas of Wisdom, Power, Value.
- You then love or anti love yourself in that IDentity, experiencing that love+/- as your FEEL = emotion+/- = happiness or UPS; and then
- You take some corresponding action (DO), that
- will produce some kind of result= your HAVE.

There is no escaping the Causal Sequence. Your life operates by it whether you know it or not, and whether you want it to or not.

**Your emotions are your love or antilove for yourSelf
according to
the Essence IDentities you have activated
at any moment and usually in relation to an event.**

**Your emotions are how you FEEL about yourself
all your emotions, all the time, every time, no exceptions.**

**There is no other cause of emotion.
There is no other happiness and no other pain.**

YOUR POINT OF POWER

What you control and do not control in life:

- **You cannot control your emotions:** they are automatic love reactions to Who You Are. (Suppression does not count as control: suppression (whether by tension and resistance or substance abuse) causes neuroses, and is emotionally and physically unhealthy.)
- **You cannot control most events:**
 - you cannot control what other people say or do;
 - you cannot control world events, man-made or otherwise: wars, economic crisis, earthquakes, storms, etc.
 - **You can't even control many, if not most, events in your own life;** especially: **You cannot control the big, negative events,** such as death of a loved one, loss of a job, income or savings, repossession of a home, being assaulted or raped, car or work accident, major illnesses, etc.)

Where you do have control, what you can always control, is your IDentities.

You cannot always choose what happens, but you can always choose Who You Are when it happens.

As your emotions are automatic love reactions to Who You Are, on controlling your IDentities, you thus automatically control your emotions. As your emotions=self-love are happiness or UPS (and the only happiness+/- that exists); **by controlling your IDentities, you automatically control your happiness.**

Control of your IDentities is the only way you will ever reach a real, impregnable, and permanent happiness. This is a Secret of Life.



BEHIND EVERY EMOTION THERE IS ALWAYS AN IDENTITY.

**BEHIND EVERY NEGATIVE EMOTION THERE IS ALWAYS A NIR.
NIRs→AntiLove is the ONLY UPS that exist.**

ALL POSITIVE EMOTION IS SELF-LOVE FOR A PIR.

PIR→SELF-LOVE IS THE ONLY HAPPINESS THAT EXISTS.

BE-FEEL is really one phenomenon.

There are two ways to see that BE & FEEL are really two aspects of one thing: one is theoretical, the other practical.

1. Theoretical: You are really made of just one LIFE ESSENCE ENERGY. It has many characteristics that we abbreviate to four: WPVLJ, **but it is really just ONE energy, one thing.** WPV is your BE=IDs, and LJ is your FEEL=emotions. WPVLJ is one energy, the ESSENCE OF BEING or LIFE ENERGY, and therefore so is BE-FEEL.

2- Practical: There is no way to separate your FEEL from your BE. Be is always followed by a FEEL, and a FEEL always results from a change in BE. Your IDentities = BE trigger your emotions = FEEL. Your emotions+/- are ALWAYS an automatic love energy reaction to Who You Are; they are always EmoLoveJoy+/- about self;. Any Essence BE= ID will always trigger a corresponding FEEL that is your Love+/- for Self= that BE.

We list BE and FEEL as two separate elements in the Causal Sequence, but they are really one phenomenon: Essence of BEing.

Ergo: we will often use “BE-FEEL” together as one word, one concept.

The Speed and Variety of BE-FEEL

You can, and do, change IDentities at the **speed of thought**. Therefore, as quickly will your emotions activate and/or change.

Mixed and Conflicting Emotions

You can have multiple IDentities of the same polarity activated at any one time, which will trigger different emotions of the same polarity. For example, you can have I CAN'T DO IT with anger emotion; and I AM GOING TO FAIL with fear emotion; and I AM NOT GOOD ENOUGH with sadness, all activated at the same time. .

You can also have mixed polarity IDs activated at the same time, i.e. PIRs and NIRs at the same time. As a result, you will have “mixed emotions”, positive and negate, even conflicting, emotions.

WHICH EMOTION WHEN?

The **EmoLoveJoy Energy Spectrum** has an almost infinite range of frequencies and modulations creating a great number of “flavors” of emotion. However, we can simplify the negative scale to four basic frequencies of (negative) EmoLoveJoy: **anger, fear, grief, and depression**. We can consider the other negative emotions as are combinations, variations, permutations, and interactions of these four.

The different flavors of emotion do not occur randomly. There are precise causes that determine which emotions you will experience in any situation. These are Relative Power and Time.

RELATIVE POWER: That determining factor is **relative power**; your **perception** of the distribution or **balance of power** between you and the external “threat” event.

TIME: **The frequency of negative EmoLoveJoy that you will activate is also related to Time.**

We will explain both Relative Power and Time in the following discussions of each energy frequency.

The Causes of the Four Basic Negative EmoLoveJoy Modulations

1- Anger is the form of antilove that you generate when your ability to produce the desired result = your Power is obstructed --**but** you believe that you still have sufficient Power to get what you want if you try again, if you **attack** with more energy.

Thus **anger is additional energy to attack** to overcome obstacles and get what you want. You will generate anger when you believe you have more Power than the obstacle or the external threat and that therefore you can still prevail. Anger is: **“I didn’t that time, but I (think I) STILL CAN if I try (attack) with more energy=power.”**

Time: **Anger is always Present Time AntiPower.** Anger is “I didn’t do or get it on my first attempt, but if I try again, attack harder, I CAN get what I want.”

2- Fear is the form of anti-love that you generate when you no longer believe that you have sufficient Power to prevail. You generate fear when you perceive that the **external threat has more Power** than you, and therefore it can overpower, defeat, damage, or harm you. Fear motivates you to **not attack, but rather to avoid, withdraw, escape, flee, defend, hide or otherwise protect yourself** from something which seems (by your evaluation) more powerful than you, and against which you would **not be able** to prevail (**AntiPower**), and could lose or get hurt in some way (psicanically or physically).

Time: Fear is always **Future Anti-Power**. Fear is I AM NOT GOING TO BE ABLE, I WILL NOT BE ABLE, to prevent that BAD event, to get away, to avoid harm, whatever. I AM GOING TO FAIL; I WILL FAIL if I attempt (whatever) Fear is always in reference to a possible **future** event.

For example, a person with a gun jumps out at me. Immediately I go into fear that he is going to shoot me. (More accurately, and to put it in terms of IDentities; my fear is my antilove for my Anti-Power IDentity that I AM NOT GOING TO BE ABLE to avoid being shot (/ suffer / die); I AM GOING TO FAIL in avoiding being shot; or I AM NOT GOING TO BE ABLE TO AVOID pain or loss. Remember the exact words do not matter, only the concept of the IDentity, here of **AntiPower** to avoid some **future** event.)

Then he shoots me. I will instantly lose all fear that he is going to shoot me (I may go into either anger or grief, but it is impossible to fear something that has already happened.) Now my fear is that I am going to die, or said in terms of IDentities, that “I AM NOT GOING TO BE ABLE TO AVOID dying”. I may also have anger that I can’t control events (present time), or grief to the extent that I could not control events or grief that I am going to die, if I believe this is inevitable – see grief below.

3- Grief (includes sadness and sorrow) occurs when you perceive that you have no Power at all, neither to attack, or to avoid/escape. Grief will activate when the event has already happened and there is nothing you can do about it; or when you perceive that the event is inevitable and there is little you can do about it. These are basically the same thing: the event appears a “done deal” **and you have no Power to change it**.

Time: Grief is **Past Time AntiPower**; i.e. failed or no Power at all, either to control now (anger) or to avoid (fear). Grief is the lamentation of events that you have no Power to affect, be it by attacking with anger; or avoiding, hiding from or escaping in fear. The events have already occurred: you can do nothing to stop them. (Or, as we said above, they are certain to occur and there is nothing you can do about it). Grief is the mourning of no power at all, because the event has already happened or is inevitable.

To continue the example above: Once I have died, all that my family can do is mourn me. They cannot avoid or reverse my death; they have **no Power at all** in the matter. Thus, their IDentities will be: I AM A FAILURE, I COULD NOT PREVENT IT, I CAN NOT DO ANYTHING TO CHANGE THE SITUATION. I HAVE LOST SOMETHING VALUABLE AND COULD NOT PREVENT IT AND I CAN’T BRING IT BACK. Their anti-love in those IDentities will be grief, lamentation of that which can not be changed: i.e. total Anti-Power.

In such a situation, there will usually be AntiValue IDentities also, that also generate Grief in the forms of sadness and sorrow. However, keep in mind

that Anti-Value itself is often the result of Anti-Power IDentities (as shown in the Minor Causal Sequence).

4- Depression and its lower range, apathy, are even lower on the energy spectrum than grief and sorrow. **Depression occurs when there is a perception of no hope, no Power, ever.**

Depression is: "I COULD NOT do it, and I do not see that I will ever be able to do it: **I WILL NEVER BE ABLE TO; I WILL NEVER HAVE THE POWER** (do or get or achieve whatever) . **There is just no hope for my Power in the future.**"

Time: You might say Depression is **Forever Time**.

Apathy is even lower than Depression. It giving up totally and suppressing emotion to try to no longer FEEL (suffer) at all.

THE ON-OFF SWITCH OF POWER

In life, there are basically only two conditions: you CAN or you CAN'T.

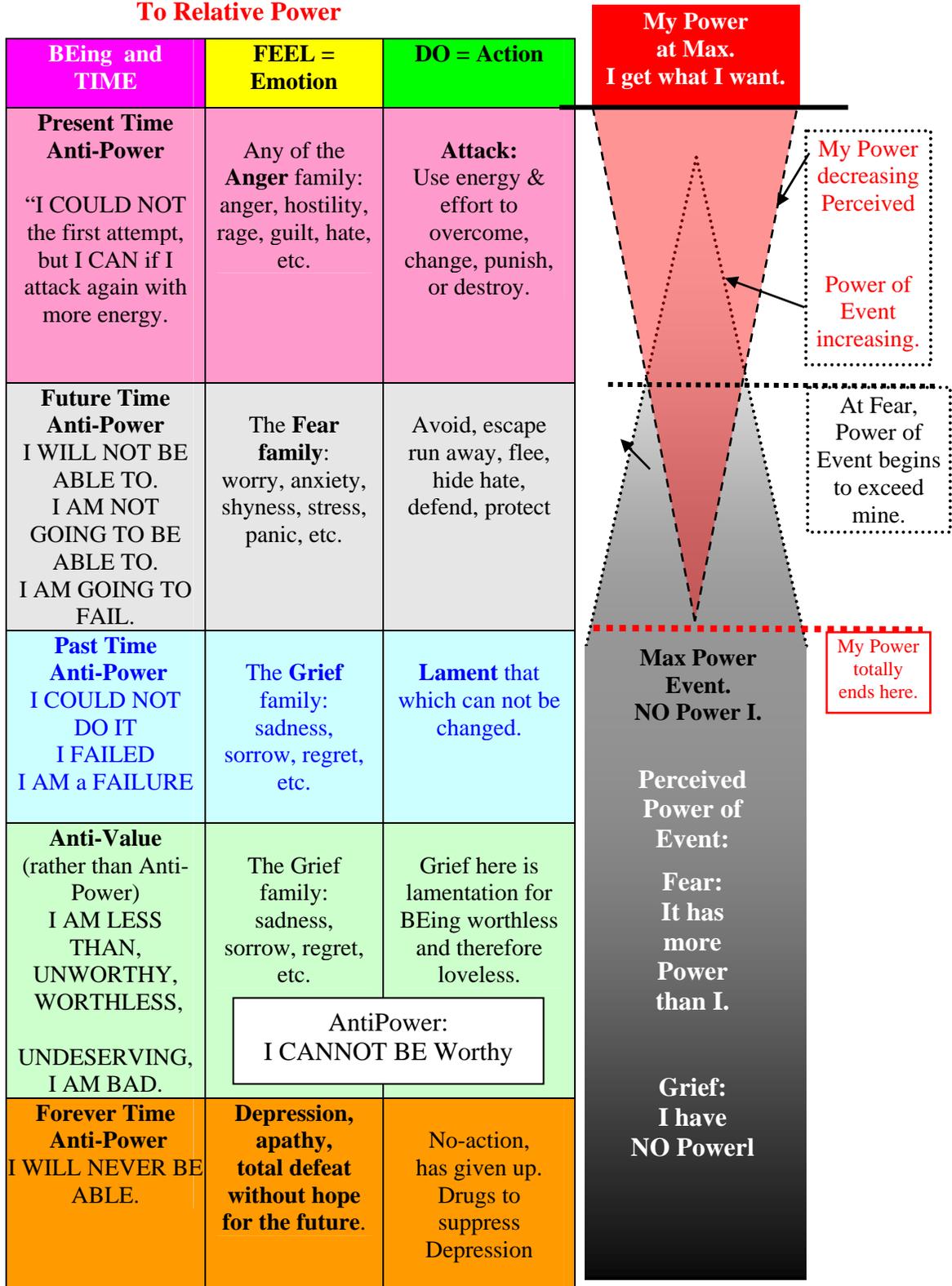
If you CAN, then you are VALUABLE, WORTHY, and DESERVING – and you will Love+ your Self. If you CAN (in whatever situation), then what problem can exist for you? What is there to get negatively excited, disturbed, about?

If you CAN'T, if you are a FAILURE, then you are UNWORTHY and UNDESERVING; you are BAD – and you will AntiLove your Self.

Behind every emotion, you will always find one or more IDentities. Behind every negative emotion, all forms of your pain and suffering in life, there are always negative IDentities.

We can illustrate all this with the following diagram showing Relative Power; that is, your perception of your Power relative to your perception of the Power of the external event. (Explanation below.)

Diagram: The Relationship Of The Emotions To Relative Power



See next page for explanations

On the right of the diagram are two triangles. The red triangle at the top represents your perception of your Power. The black triangle and rectangle represents the perceived Power of the external event.

When you get what you want= have Power, you have no negative emotions, represented by the full red box at the very top.

When your Power is first thwarted, you get angry, at the top and middle of the red triangle. Your Power continues diminishes as we go down, represented by the triangle narrowing. At Fear, the external event appears to have more Power than you. At Grief, you appear to have no Power at all, and the Power of the external event is total.

Seen from the bottom up: The black rectangle and triangle coming from the bottom represent (your perception of) the Power of the external event or threat. This diminishes (shown by the black triangle narrowing) as we go up into your Power.

In the area of anger, you perceive that you have more power than the external. You enter the band of the fear when the power of the external appears to equal and then exceed your own. You enter the band of grief when you perceive that you have no power to control events.

SUMMARY

The only pain that exists is self anti-love.

The only happiness that exists is positive self-love.

The only thing you ever have to do to be happy is to love yourself.

You are a “self-contained” entity.

You need nothing outside of yourself to be happy, ever.

You only need to love yourself.

You will naturally love your Self by creating of yourSelf someone Love-able (in your opinion).

You do this by creating of your Self, forming your Self in the image and likeness of the positive Essence IDentities: Wise, Powerful & Value-able. These IDs then naturally trigger your positive EmoLoveJoy.

Really loving yourself is much, much more difficult than it sounds. It takes years of practice. It takes years of discreation of negative IDentities to eliminate the self anti-love that we are carrying around in our subconscious. Psicanic is a science and a technology of how to love yourself.

I repeat: One way to love yourself is to BE someone love-able. To be that someone, you only need to BE Wisdom, Power, and Value-able; that is you need to BE the Essence IDentities.

However, every human BEing has “tons” of AntiEssence IDentities and AntiLove charges in hir subconscious. This must be loved in order to discreate it: Love dissolves AntiLove.

Love is the goal and love is the way.

End of Chapter

Chapter 11

Good, BAD & Evil

introduction to Good &Bad, resistance, and space

We said that your IDentities determine your EmoLoveJoy+/- . However, this is not the whole story. There is another a factor that is even more important than your IDentities in determining whether you love or antilove yourself: your Creation of Good-BAD (G-B).

Law:

**It is impossible to generate neg emo⁷ = antilove
without the presence of something BAD.**

Verify this law yourself: try to identify any negative emotion in your life, present or past, that is not related to something BAD.

(You will not be able to do this: there is no negative emotion which does not involve some BAD event. However, give it your best effort to make this law real for you.)

As neg emotion = neg EmoLoveJoy (NELJ) = antilove is the ONLY source of UPS (Unhappiness, Pain & Suffering) in the known universe, this law is equivalent to the law:

It is impossible to suffer without the presence of something BAD.

As we do find a Consistent Cause-Effect relationship between BAD and Anti-Love, we can state:

The trigger for all UPS is BAD.

**BAD is the catalyst, the trigger, for all
neg EmoLoveJoy = UPS.**

It is impossible to suffer in the absence of BAD.

⁷ neg = negative. emo = emotion

**Therefore to stop all pain and suffering, all you have to do
is eliminate all the BAD things from your life.**

At first take, this might seem impossible. After all, Mankind has been attacking BAD and Evil with everything from rocks and clubs to atom bombs ever since s/he first had the use of reason and could throw a rock – i.e. since caveperson times.

However, remember this **idea of eliminating all BAD** from your life, because we are going to show you how to do this. When you achieve, it, you will end all UPS in your experience: NO BAD, NO PAIN & NO SUFFER.

Definition of the Terms: BAD and EVIL

As always, we must define our terms. The definition of BAD in psyanics is precise and philosophically important to your comprehension and power. That definition is:

BAD is that which **should not BE** (or should not BE *as it is*), (or should not DO as it DOes), thereby *seeming* to **justify the use of negative energy to change, stop, punish, or destroy it** (or otherwise to make it not BE as it is).

I repeat the definition more directly:

**BAD is that which should not BE as it is
thereby justifying the use of negative energy
to change, stop, punish, or destroy it.**

In slightly different wording: BAD events (the concept of “event” remember, is very general and includes people, things, situations and occurrences) are those that should **not BE** as they are, which **state of BEing BAD = should not BE** seems to require the use of **negative energy= anti-love** to change, stop, punish, or destroy that BAD event so that it is no longer BE as it is, or **no longer BE at all= is destroyed.**

That neg energy=neg emolovejoy that you generate internally, psicanically, against BAD is your negative FEEL and the only UPS that exist. Thus, we have the sequence BAD→neg emo=UPS, or just BAD→UPS: BAD triggers pain and suffering.

An Agent of Cause is BAD when it **causes or permits** something BAD to occur or to continue to exist. In other words: If you cause something BAD, you are considered BAD yourself for causing BAD. If you have the power to stop something BAD and do not do so, you are BAD for allowing

that BAD to exist. For example; if you murder someone (BAD), then you are considered BAD for having done that BAD thing.

One of the things that **should not BE** (= is BAD) is damage or pain to Good things. (However, note that Damage & Pain is Good when administered to BAD thing, as in punishment.) As Pain is usually considered something that should not BE, Pain is BAD. This also gives a secondary (but unreliable) definition of BAD as anything that Causes Pain (to Good things).

Definition: **EVIL**: Intentionally Caused BAD. *Deliberately* caused harm, hurt or destruction to something Good= to that which is beneficial and so should BE as it is. The difference between BAD and evil is **intention**.

As an Agent of Cause, an Evil Agent is that which intentionally Causes BAD. An Agent of Evil is any one that deliberately causes or permits to exist evil events (intentionally caused BAD events).

BAD is a major concept in psicanica. It is a very big phenomenon with many ramifications requiring a small book to explain completely. It is an extremely important concept, as it is the only cause of anti-love, pain and suffering -- of which there is no shortage on this planet.

To remind the student of the size and extreme importance of the concept of BAD--and of the fact that it is ALWAYS a personal creation and a delusion that has no objective existence-- **the word BAD is always written in capital letters.**

We will also use the words BADder and BADdest in place of worse and worst to remind you that worse and worst are parts of the concept of BAD.

See Psycanics, Level 2: Fundamentals for three chapters on BAD.

How To Eliminate all UPS From Your Life

As BAD is the trigger for all UPS in life, only thing you have to do to stop all UPS is to eliminate all the BAD things from your life. As we said before, at first glance, this may appear impossible. But it is not only possible, it is easier to do than you might think, as you will begin to see in this lesson.

In this book, we have not the space and time to cover the entire, enormous concept of BAD, as fascinating as it is, nor BAD in relationships or as regards external events, not to mention “sin” and BAD as regards the God-Man relationship. You will find three chapters on BAD in Psycanics, Level 2. **Here we are primarily interested in three specific kinds of BAD events in your life:**

- 1- trigger events (for your NIR Masses activations = MODs);
- 2- your negative emotions; and
- 3- the most important of all, your **BADs to your NIRs**.

The Relationship of BAD, NIRs, and UPS.

What really triggers your love or antilove (EmoLoveJoy+|-) is not the NIR, but your creation (decision, determination, judgment, opinion, belief) of whether it is Good or BAD to be that IDentity.

It is the OPINION of GOOD-BAD that catalyzes the generation of EmoLoveJoy, not the IDentity. This is so important, let me say it again: It is the not the IDentity that catalyzes the generation of EmoLoveJoy, but the Opinion of Good-BAD about that IDentity.

Good-BAD is the toggle switch between love and antilove, and therefore between joy and pain, happiness and unhappiness.

Some examples will illustrate this clearly.

Situation #1: Let us take the IDentity: I CANNOT fly (directly, through the air as a bird does). First, as a human being and not a bird, you have this anti-power ID: it is a true statement about you. Do you experience any negative EmoLoveJoy = self-anti-love about that IDentity? Are you upset that you cannot fly?

No, right? You do not experience any anti-love at all about not being able to fly because you do not have it as BAD that you cannot fly. You accept it as normal, as natural. You have no **resistance** to being a BEing who cannot fly.

Situation #2: Now let us take this anti-power IDentity: I CANNOT make enough money to feed and clothe my children. Imagine that this is Who You Are, a parent unable to take care of hir children. How would that FEEL? Pretty bad, no? Or imagine you have a child dying of a curable disease for which you do not have enough money to pay the treatment. How would the IDentity: "I CANNOT save my child" FEEL?

In either case, what would your BE-FEEL be? How would that situation --or better said: **you** in that situation-- FEEL? How much anti-love (anger, frustration, desperation, sorrow and grief) would you experience in the Anti-Power IDentity of BEING UNABLE to feed or save your child? Would it not be pretty **BAD –TERRIBLE** in fact-- to BE that person, that IDentity? Would you

not FEEL pretty BAD= suffer BEing that person? What pain is there in life worse than losing a child?

Both Situation #1 and #2 involve Anti-Power Identities, the same BE, but the FEEL is very different. Situation #1 has no negative FEEL to speak of; while Situation #2 has one of the worst FEELS possible. The difference between them is not the NIRs of “I CANT” (AntiPower); it is the Opinion of BAD. It is not BAD that you cannot fly; it is very BAD to not be able to care for or protect your child.

It is not the Identities themselves that generate your EmoLoveJoy, it is your judgment of Good or BAD about your BEing that Identity, which is your judgment about your BEing, about your Self. . All this judgment of Good-BAD takes place subconsciously and at the speed of thought. You subconsciously create Good and BAD about your PIRs and NIRs.

It is the opinion of BAD that catalyzes the generation of negative EmoLoveJoy= UPS.

As negative EmoLoveJoy is the only pain, unhappiness and suffering that exist, we can stay that:

BAD IS THE GATEWAY TO ALL PAIN AND SUFFERING (UPS).

The Gates of Hell (UPS) do not say: **Enter Here All Ye Who DO BAD.**

They say: **Enter Here All Ye Who CREATE BAD.**⁸

⁸ We are speaking mythically. There is no such thing as hell as planted by religions. By hell, we mean a state of antilove and suffering— and there is plenty of that on this earth. If you are in UPS, you are in Hell on Earth. In mysticism, hell is the full experience of the Essence Suppressor Mass, that which separates us from ONEness with God and which is the experience of the opposite polarity of Essence. The Essence suppressor Mass will be introduced in Course #2.

The Place of BAD in the CAUSAL SEQUENCE.

A: The Causal Sequence of Life

In the External Causal Sequence of Life (BFTRDH), we must put the THINK of Good-BAD between BE and FEEL. It is your BAD or Good to your BE that determines your FEEL, rather than the NIR itself.



BE= PIR + THINK= “It’s Good to BE PIR” → posFEEL= +Love-Joy = Happy

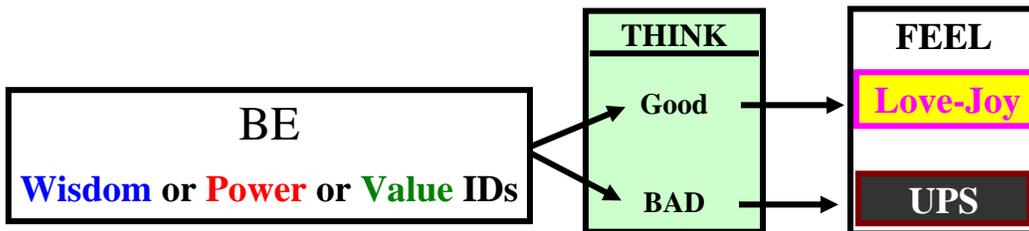
BE= NIR + THINK= “It’s BAD to BE NIR” → neg.FEEL= UPS.

B: The Causal Sequence of BEing (or Essence).

In the Internal Causal Sequence of Essence, of BEing, (WPVLJ),

Wisdom → Power → Value → Love-Joy

we must separate the IDentities (WPV) from the LoveJoy and insert the THINK of Good-BAD.



Therefore, to our Internal Causal Sequence of Essence (WPVLJ)

WISDOM → POWER → VALUE → LOVE-JOY

which Sequence is the BE → FEEL in the Causal Sequence of Life:

BE → FEEL → THINK → DO → HAVE ,

we must insert the creation = determination = opinion = belief = assignation of a position on the Good-BAD Polarity.

Therefore, the full Internal Sequence of BEing, the Causal Sequence of Essence, is:

WISDOM→POWER→VALUE ← G-B → LOVE-JOY.

As we have seen in a previous lesson, the Major Causal Sequence of BFTRDH includes the Minor Causal Sequence of WPVLJ. WPVLJ= PIRs & NIRs are the BE, the BEing, in the Major Causal Sequence of BFTRDH; and LJ= EmoLoveJoy is the FEEL.

Therefore, the full Formula of Life is: (R = RELATE)

{ BE= W / P / V } ← G.B → FEEL= EmoLoveJoy+/- → T → R & D → H

I know that some people find formulas a challenge. However, they are an important part of any science, psicanica included, and study of the formulas alone have led to important discoveries and connections. They provide a shorthand that packs a lot of Knowledge and Wisdom in a few symbols.
If you do FEEL your AntiPower as regards formulas, the optimum procedure is to process your NIRs and strive to overcome your intellectual limitation. It is better for you to come up to the science, rather than diluting the science down to you.

We can show the entire Causal Sequence of the Essence Identities inserting the Determination of Good and BAD between Value and Love-Joy, as in the Diagram 1 and 2 following:

Diagram 1

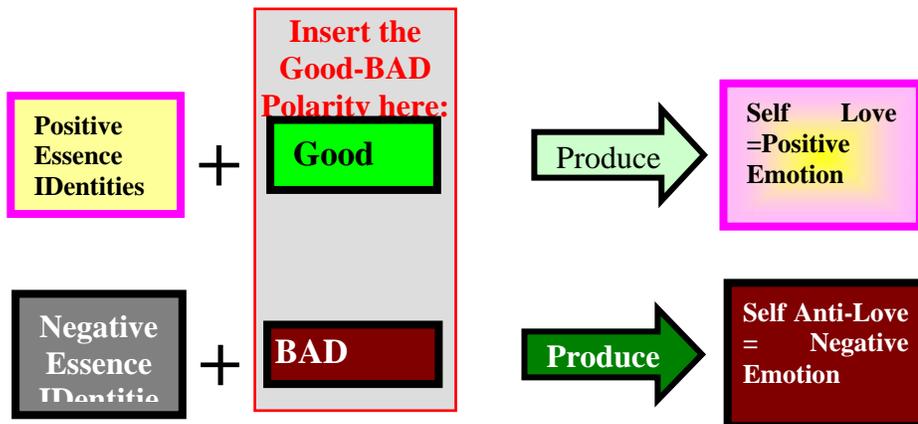


Diagram: 2 The Essence IDentity Sequence Polarized by Good-BAD

We are adding in GOOD-BAD as the 5th column.

1	Essence ID WISDOM 2	Essence ID POWER 3	Essence ID VALUE 4	Good-BAD POLARITY 5	LOVE JOY 6
PIRs Those identities that affirm the quality or ability.	I LEARN EASILY. I KNOW. I AM SMART. I AM CREATIVE. I AM INTUITIVE. I AM WISE.	I CAN. I AM ABLE. I AM CAPABLE. I AM STRONG. I AM A SUCCESS.	I AM GOOD. I AM WORTHY. I DESERVE. I AM USEFUL. I AM SUPERB.	GOOD → It is Good to be Essence.	Self-Love = The Positive Emotions: Happiness joy, enthusiasm, satisfaction, interest, contentment, etc.
NIRs Those identities that deny the quality or ability.	I DON'T KNOW. I AM IGNORANT. I AM SLOW. I AM STUPID. I AM NOT CREATIVE. I CAN'T LEARN.	I CAN'T. I AM UNABLE. I AM INCAPABLE. I AM WEAK. I AM A FAILURE.	I AM BAD. I AM LESS THAN. I AM WORTHLESS S I DON'T DESERVE.	BAD → It is BAD to be Anti-Essence	Self Anti-Love = Neg Emo= UPS. anger, fear, sorrow, depression, etc.

DO NOT CONFUSE THE VALUE IDS WITH GOOD-BAD

We must make an addition to the Internal Causal Sequence (the Causal Sequence of Essence= WPVLJ) of a **second category of Value, which is purely Good and BAD**. Do not confuse this second evaluation with the Value Identity itself.

1. The first creation of value is the **Value IDentity** of worth, worthiness and deservingness. The negative side is being unworthy, undeserving, less than others, worthless, etc. I AM NOT GOOD ENOUGH, I AM LESS THAN being examples. Notice that BAD itself can be an NIR: I AM BAD.
2. **The second creation of value is strictly the Good-BAD Polarity and can apply to any NIR, including the AntiValue ones.** It is a judgment that it is BAD to be any given NIR. The NIR may be Anti-Wisdom, Anti-Power, or Anti-Value. For example: I AM BAD is an IDentity. It is BAD to BE BAD is the BAD→Rxx creation about that ID.

I AM BAD = NIR. It is BAD to BE BAD = e-value-ation of the NIR.

It is important not to confuse the two Value creations; the AntiValue IDentities with the Creation of Good-BAD about any IDentity. They are separate entities and must be discreated separately. The AntiValue ID and the evaluation of Good-BAD on that ID (or any NIR) is not the same thing.

An Anti-Value IDentity will have an opinion of BAD wrapped around it: e.g. **I AM LESS THAN** and **IT IS BAD TO BE LESS THAN**. **If you don't understand this, it will be a major snag point in PEP.**

Some examples will help to make this clear.

Here is an example of the Opinion of BAD on an AntiPower IDentity:

1. AntiPower IDentity: 1-- I AM WEAK. 2- Good-BAD evaluation: It is BAD to be WEAK. The first IDentity, I AM WEAK, is the Essence IDentity. The second creation is the Good-BAD evaluation on that IDentity.

Here are two examples of the Opinion of BAD on a Value IDentity to help make the distinction between the Value IDentity and the Good-BAD determination clear:

2. The NIR: I AM UNWORTHY. 2- The Opinion of Good-BAD: It is BAD to BE UNWORTHY. Together they are: I AM UNWORTHY and it is BAD to BE unworthy.
3. The NIR: **I AM BAD** and the Opinion: **It is BAD to be BAD**. This is a very common IDentity. Here the Value IDentity is **I AM BAD**. The Opinion of BAD (**It is BAD to BE BAD**) is an addition to the ID. **This distinction, that there are two separate elements, is extremely important in PEP and discretion. It is the Opinion that is the BAD→Rxx & UPS sequence, not the AntiValue ID.**

When the Anti-Value ID is **I AM BAD**, there will be two BADs to be discreated: first the ID of **I AM BAD**, and then the opinion that **IT IS BAD TO BE BAD**. Watch out for this one in PEP: it is a key point on the ID of BAD.

One thing is the IDentity, I AM BAD, and another thing entirely is the Resistance to the IDentity triggered by the opinion, "It is BAD to be BAD". Again: It is the Opinion of BAD, not the IDentity of BAD, that is the BAD→Rxx & UPS sequence. In PEP, each of these elements must be handled separately, **starting with the Resistance BAD**.

Note that the Good-BAD judgment can be considered the creation of an second IDentity of I AM BAD in addition to the Anti-Essence NIR. For example: **I AM UNABLE** and therefore **I AM BAD for BEing UNABLE**. Or: **I AM WEAK** and **I AM BAD for BEing weak**

However, it is less confusing and more accurate to consider the BAD not an IDentity but a secondary, non-identity creation of Good-BAD about the NIR ID (where the NIR is the primary creation).

It is the OPINION of GOOD-BAD that catalyzes the generation of EmoLoveJoy, not the IDentity. This is so important, let me say it again: It is the not the IDentity that catalyzes the generation of EmoLoveJoy, but the Opinion of Good-BAD about that IDentity.

The Relation of Good-BAD to the Identities: MOPs & MODs.

When you are in IDentities that *in your opinion* are Good (that you **should BE** that way) then **you love yourself**. (That self-love is the only happiness there is.)

MOPs: A MOP, you will remember, is a Moment of Pleasure and an illusion of happiness. **A MOP is an activation of self-love when an event triggers a PIR.** (I DID IT; I A WINNER; I AM A SUCCESS; I AM GREAT, for examples.)

A MOP is not True Happiness because the person is not really controlling hir IDentities to thereby maintain himself in positive EmoLoveJoy all the time, but rather living at the effect of events. Therefore, hir experience will alternate between positive and negative emotions, like a merry-go-round or a roller coaster. However, MOPs as a moment of self-love are a mirage of Happiness. They serve to trap the person on the External Quest as s/he lives trying to control external events to keep himself in constant MOPs – an impossible chore.

MODs: The opposite polarity is the MOD: Moment of Dolor=Pain. A MOD is the period of neg emo=UPS that you live through when you are in IDentities that are BAD= that you should not BE = it is BAD to BE. (BAD is always your e-value-ation of self), your antilove to your Self. (That self-antilove is the only UPS there is.) Thus, **MOD = Activation (of a NIR Mass) = UPS.**

Again, to make sure we are crystal on this:

- You consider it Good to be PIRs (the Essence IDentities of Wisdom, Power, and Value). You compute subconsciously: I AM POWERful and **It is Good** to Powerful. Or you may create it as: I AM POWERful and I AM GOOD for Being Powerful.
- The flash of self-love = happiness that you experience as a result of the PIR is called a MOP.

- You consider it BAD to be NIRs (the Anti-Essence IDentities that deny or suppress your Wisdom, Power or Value). You compute subconsciously: I AM UNABLE and **It is BAD** to be unable. Or you may create it as: I AM UNABLE and I AM BAD for BEing UNABLE.
- The period of self antilove= UPS that you experience as a result of the NIR is called a MOD (also an Activation).

UPS is directly Proportional to the degree of BAD.

LAW:

**THE FORCE of your Neg Emo=Neg EmoLoveJoy = UPS
IS PROPORTIONAL to your Creation of BAD.**

The amount and force of all negative EmoLoveJoy= all negative emotions = all pain is ALWAYS directly proportional to the amount of BAD that a person is creating.

The amount of your negative EmoLoveJoy charge= UPS is determined by your judgment of **how BAD it is to BE that IDentity (which may depend on the importance and degree of BAD of the trigger event. In other words, **your negative emotion= pain is proportional to the degree of BAD you are creating about your BEing that way (the NIR).****

How BAD it is to BE that NIR is usually proportional to how important the event is for you. For example; take your grief when your dog dies, and compare it to your grief when your mother dies. The more important the event to you, the BADder it is to be a person “Who CANNOT DO anything about that” which is a Past AntiPower IDentity, which you will remember, will trigger the Grief Family.

**The farther down the Polarity Scale of BAD you put something,
the greater will be your Rxx→UPS to it.**

**Negative EmoLoveJoy is always directly proportional
to the strength (size or amount)
of the **creation of BAD** on whatever the NIR is.**

This means that whenever you see a person in a big emotional charge, you know that BAD→Rxx→UPS & Negation to BE-FEEL the underlying NIR is very strong (lots of energy, massive).

The force or amount of the NIR activated and the amount of BAD on BEing that NIR is usually proportional to the importance = BADness of the trigger event. The more important that an event is to a person= the BADder the event, the more important it is to BE someone who can handle it, and the BADder it is to BE someone who CAN NOT (AntiPower).

BAD is the catalyst for all negative emo charge, and all neg emo is Resistance to something BAD. The more important the trigger event, the BADder it is to BE

that Identity= NIR that cannot handle the trigger event, and therefore the more charge= resistance= pain the person will generate.

This is useful in PEP in that, when the explorer is at the effect of big emo charges, you can discreate BAD to the trigger to reduce the emo so that you can then get into the NIR.

The main BAD thing being resisted is the NIR - although it appears to be to the trigger events. The BAD to the trigger event is a projection of the BAD to the NIR and of the BAD to the negative emotional charge= pain itself, as the trigger is perceived to be the Cause of the UPS and UPS is something that should not BE= BAD.

Rxx→Perxx

Because **BAD→Rxx→Perxx**, you must reduce BAD before you can discreate anything. Because **BAD→UPS**, you may need to reduce BAD to make processing less painful for the explorer.

You must discreate (or at least reduce) the BAD→Rxx (& UPS) to the ID= NIR before you can discreate the NIR itself.

(Actually, you only need to **reduce** the BAD→Rxx→UPS sufficiently so that it does not interfere with the perception→integration→BE-FEEL→discreation of the NIR. Full discreation is not necessary and consumes more time than is necessary.)

WARNING: Notice the sequence formula: **BAD→Rxx & neg emo**. The discreation of the opinion of BAD will eliminate all the neg emo by itself and without discreating the NIR.

This will put the explorer in a condition of emotional SSpace (no neg emo in experience). (Emo SSpace is explained in the next chapter.)

Thus, the explorer will have discreated hir emo charge = UPS.

However, the discreation of the BAD→Rxx and therefore of the emo charge (UPS) is NOT the discreation of the NIR itself and the PEP session must proceed until the NIR itself is discreated.

As a pilot, you must not be fooled by the elimination of the explorer's emo pain into thinking that you have achieved much.

YOU MUST GET THE NIR, the neg ID, the BE, that is the first element of the Causal Sequence.

Alleviating the neg FEEL without changing BE does not accomplish much for the explorer.

Hir neg CS will still be active and the neg FEEL will regenerate as the NIR still exists.

Resistance causes Persistence, and as long as the explorer is in Resistance to an ID (NIR), discretion is difficult or impossible. Nobody wants to BE or FEEL something BAD, and **you must let yourself BE-FEEL your NIR to discreate them**. Thus **BAD blocks discretion**, expressed as: **BAD→Rxx→Perxx**.

Discreating the Resistance triggered by the Opinion of BAD, discreating the **BAD→Rxx→UPS→Perxx** sequence, clears the path for the explorer to be able to approach, integrate, **love** and experience = BE-FEEL the IDentity of BAD, which integration and BE-FEEL is what discreates any IDentity. **Love dissolves AntiLove**.

BAD is an ATTACK on BE

BAD is that which should NOT BE as it is, or should NOT BE **at all (not exist / destroyed)**. Notice that **BAD is a direct attack on BE** and **BE is the first and most important element of the Causal Sequence**, of the Formula of Life.

BAD is an attack on REALITY, on the reality of What Is As It Is.

What Is, Is

What ain't, ain't.

All UPS is Resistance to What Is.

To resist Reality is foolish and painful – and ineffective as Rxx→Perxx.

As BAD is the trigger for all Resistance and **Rxx→Perxx** (Resistance Causes Persistence), to “paint” something BAD is to cause it to persist. You can not create what you want by BADding* and resisting what you HAVE.

The Sequence Formulas are:

BAD→Rxx=UPS, and

BAD→Rxx→Perxx.

Combined: **BAD→Rxx=UPS → Perxx**

*BADding (verb) to make something BAD, to create an label of BAD on anything.

THE THREE OPINIONS OF BAD IN AN ACTIVATION

In most activations = MODs (Moments of Dolor = Moments of UPS), there are at least three groups or kinds of opinions of BAD. There can be more, but these are the main ones.

1. There is the **BAD to the NIR** itself: You have created that it is BAD to BE Anti-Wise (foolish, ignorant, stupid, etc.). You have created that it is BAD to be Anti-Powerful (unable, incapable, weak, a failure, etc.) and you have created that it is BAD to be Anti-Value-able (unworthy, undeserving, BAD, worthless, etc.). It is the Opinion of BAD to each IDentity that triggers your self anti-love = negative emotions, which brings us to the second Opinion of BAD:
2. There is the BAD to your **negative emotions= pain in life**. Most people have it as BAD to feel anger, fear, or sorrow and so resist their “BAD” negative emotions – (generating even more negative emotion). This Resistance is additional pain and creates suffering.

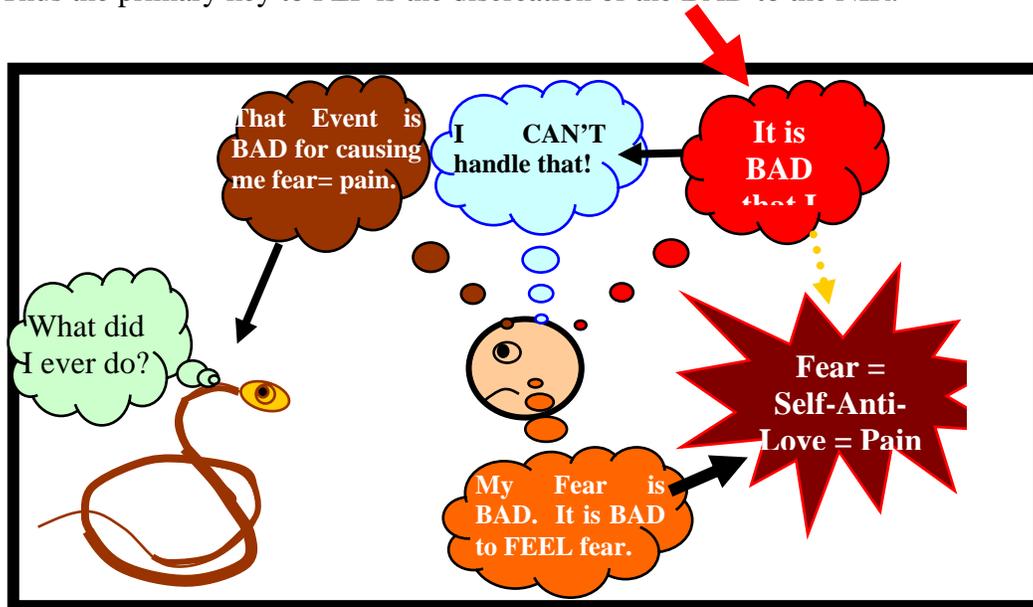
Pain and Suffering are not exactly the same: Suffering is Resistance to Pain. When we label Pain BAD, we resist it (as we do anything labeled BAD). That Resistance = negative energy= more pain converts mere Pain into Suffering. In other words, Resistance= negative energization makes Pain worse and makes it persist ($R_{xx} \rightarrow Per_{xx}$), so that it becomes Suffering rather than just Pain. Thus Suffering is Resistance to Pain. Suffering is Pain generated about Pain. As $R_{xx} \rightarrow Per_{xx}$, Suffering is Pain Persisted. **Suffering is Pain². Suffering is $R_{xx} \times R_{xx}$, or R_{xx}^2 .**

However, the words **pain, suffering** and **UPS**, are used interchangeably in psicanica unless the distinction is important to the point being made in that context. **The distinction does become very, very important when training explorers how to do PEP. The explorer must learn not to resist hir experience, hir pain; s/he must learn how to FEEL pain without suffering. S/he must learn to FEEL “negative” things as they are, as simple another flavor or experience, without even the label of “pain”, much less of “suffering”.**

3. Then there is the **BAD to the trigger event**. This BAD, you will remember, is a projection of your BAD to your NIR, and of your BAD to your UPS. When you are in the Fatal Paradigm, you ascribe the cause of your BAD of your BAD UPS to the trigger. As you have UPS as BAD, and that which causes BAD is BAD, the trigger naturally paints as BAD.

Graphic: **The Three BADs**

Thus the primary key to PEP is the discretion of the BAD to the NIR.



Of these three, the most important, by far, is the judgment of BAD on the ID= NIR. We only judge the trigger event as BAD because it appears to be the cause of our UPS. UPS is BAD (by our creation), and the Agent of Cause of BAD is BAD by definition. BUT that UPS itself is really the activation of a NIR and its emo charge (NIR mass). We judge the negative emotion as BAD because --when we do not know how to handle negative emotions-- we label then pain, and then we resist them and thereby make them suffering.

When we are in the Fatal Paradigm→ External Quest, we live trying to control the trigger events in order to control our IDs and BE-FEEL= happiness. When we fail to control events, our NIRs activate and that is UPS, and that is BAD; so we make the trigger BAD for activating our NIR-UPS, our negative BE-FEEL. The more we are using an event to control our NIRs, the more important the event seems to us and the bigger the activation we will experience when we fail to control that event, and the BAdDer that event will appear to us when it occurs. For example, a spouse (eg. Wife) will use attention and fidelity in a relationship to compensate I AM UNWORTHY, I AM UNATTRACTIVE, etc. When the husband is unfaithful, the wife will experience a major activation of upset and betrayal, which is really her AntiValue NIR masses triggering.

However, **you** --**now advancing nicely on the path of Wisdom**-- understand that the entire sequence originates in the NIR, and that it is the BAD on the IDentity that generates the negative emotion= UPS. The illusion of the Fatal Identity-Paradigm (I AM NOT CAUSE; external events ARE) makes it seem that the trigger event is the cause of our UPS, and so we label the trigger BAD. The entire sequence of BAD and pain starts with the NIR and its BAD, our original creation

of BAD. It is not the external event which is the initial or the important BAD. **Our BADs to external events are actually a result of our BADs to ourselves,** for BEing a NIR→UPS in relation to that event.

The mechanism is this: We assume a NIR before an event. We believe, subconsciously, that it is BAD to be that NIR, and we go into antilove for our self. That anti-love is our pain and the only source of UPS that exists. When we are lost in the Fatal Paradigm, as most humans are, we assign Cause of our UPS to the external event; we blame it for our suffering. Thus we label the event BAD as the cause of our pain.

One of the secondary definitions of BAD is: “that which Causes pain”. The Agent of Cause of BAD is BAD. We assign BAD to that event that *appears* to be the Cause of our UPS. However the initial and true BAD the one created about our NIR. When we do not understand the mechanism of UPS, we project Cause of UPS and BAD to the event.

Here is the entire mechanism.

In relation to the events of your life:

1. You assume an Essence IDentity+/- , a PIR or a NIR.
2. You then create a judgment of Good or BAD on yourself for BEing that IDentity:
3. You then **love** or **anti-love** yourself *according to whether you are Good or BAD (by your decision!)*. You experience that love+/- as your emotions+/-, as EmoLoveJoy+/-, and that psicanic energy+/- is the only source of happiness or pain that exists.
4. Then, if you do not know psycanics, you will label your negative EmoLoveJoy BAD and then generate **resistance** against your own FEELing. Your Resistance is even more pain and causes the Persistence of that which you resist, your negative EmoLoveJoy = pain. (Resistance is explained below.) You are now Suffering.
5. Then, if you are operating in the Fatal Paradigm as most humans are, you will blame (assign Cause) to the event for your anti-love= UPS, and therefore judge it BAD for causing your pain. **You will then resist and often attack the event to try to change it so that it no longer Causes your pain. You may also try to suppress your UPS with substances (addictions and attachments) Both of these are negative DOs:** Your Resistance to the event will also tend to Cause the persistence of that which you resist, that event. Thus when you resist and attack others with anti-love (with anger, invalidation, blame, etc), they resist and counterattack you, and you get a persistence negative relationship problem or conflict. Happens every day.

6. Thus, when you do not know psycanics, you generate resistance against all of your BADs: against the BAD events, against your BAD NIRs, and against your own BAD negative EmoLoveJoy = self-anti-love. The more you resist the more they persist and the more UPS you generate and experience. **It is a downward spiral in which many humans are trapped.**

Graphic: The Mechanism of BAD→UPS



This is the mechanism of all UPS. And you do -it all, and all by yourself. **You are a self-contained, Creator entity, Creator of your Self= Identities and your self-love or self-anti-love.**

Where this creation of BAD, projection of BAD, and then antilove= UPS resistance to any reality is most insidious is the humbe's projection of hir creation of BAD to hirself when in hir NIRs. This triggers hir negative EmoLoveJoy= anti-love to self and is the ONLY source of all UPS in life.

A humbe's projection of hir creation of BAD to hirself when in hir NIRs also makes it difficult or impossible to change Self and therefore hir life, as BAD is the trigger for Resistance and Resistance Causes Persistence.

A person in a lot of emotional charge will usually not even be able to detect hir NIRs, much less control the charge to be able to discreate them. The pilot will have to first reduce the emotional charge, and you do that by discreating BAD, to the NIR if possible, to the event if not. Every pilot must grok this.

BAD→RESISTANCE

Resistance is use of negative energy or effort against something to change it, stop it, or destroy it. Resistance is always some form of negative energy. For example, all anti-love= and all your negative emotions are Resistance **to self** BEing in a NIR= negative IDentity.

Notice the relationship of Resistance to BAD. BAD is that which should not be as it is, therefore justifying the use of **negative energy** to change, stop or destroy it. Another name for that **negative energy** is **Resistance**.

BAD to a NIR can provoke TWO LEVELS OF RESISTANCE:

1- **Resistance as the Negation to BE-FEEL:** This is refusal to BE that NIR, to integrate and BE-FEEL it completely so that it discreates, thus causing it to persist. BE-FEELing a NIR is what discreates it, **so the refusal to BE-FEEL your NIRs alone is sufficient to cause their persistence** within your BEing (conscious and subconscious spaces).

2- **Resistance in the form of an additional antilove energy attack** intended to change or destroy the NIR, but which energy only energizes the NIR more thereby increasing its energy= mass, density, reality and persistence.

Resistance, level 2, is more just Negation to BE-FEEL; it is attack with additional negative **energy**. The important word here is **energy**. All energy **energizes; it gives energy= mass to, makes more mass-ive, more dense, more real, that which it energizes. To resist anything is to energize it; it is to make it more massive, more real, more persistent in its existence.** Thus when you put resistance = negative energy against anything (for example, your negative emotions) all you do is increase the total amount of negative energy, energy which is your pain.

The formula is

$$\text{Neg. Energy X (against) Neg. Energy} = \text{Negative Energy}^2.$$

Only SPACE or Positive Energy= Love dissolves Negative Energy. Thus the teachings “Resist Not Evil”, and “Love Is The Only Solution”, and “Love Solves All”. You can never discreate (eliminate) evil with AntiLove, but only with Love. Notice that this is one of the main teachings of both Buddha and Jesus Christ.

Whenever you resist events, particularly what other people are, say or do, by dumping your anger, invalidation, blame, Victim or control on them, they will resist your negative energy (if they do not know psycanics). Their resistance may take many forms including self justification and defense, counterattack attacking you, ignoring you, sabotaging you, etc. You can expect to get what you get: give negative energy= anti-love and you will get negative energy= anti-love. Sooner or later, you get what you give. As they say, “What goes around comes around”.

Another example of how resistance creates is fear. Fear is resistance to a future possible event. However that fear is energy, and all energy tends to manifest what it energizes. Therefore, fear will tend to attract that which you fear. The Energy physics explanation of this must also wait until a later Course.

Laws:

**Resistance Causes Resistance; and
Resistance Causes Persistence.**

**All resistance starts with BAD.
BAD is the catalyst for all resistance,
all anti-love, and all pain, suffering, and unhappiness.**

BAD is the gate to hell.

(By “hell”, we mean UPS, not the mythical, religious place of fire and punishment for sin. There is no such place.)

As we said, in most activations, there are at least three opinion of BAD.

- 1- The judgment of bad on the trigger event
- 2- The judgment of BAD on the negative emotion.
- 3- The judgment of bad on the IDentity, on the NIR.

Of all of these, the BAD to the NIR is by far the most important. We seek the discretion of your NIRs in order to free your BEing of Anti-Essence and thereby restore you to a state of Essence and positive EmoLoveJoy. (This process of moving you from Anti-Essence to Essence only stops when you are ONE with the INFINITE ESSENCE again.)

When you discreate a NIR, that negative part of you no longer exists and so there is nothing there to antilove. You do not need to discharge negative emotion beforehand or separately (although this is possible): just discreate the NIR.

Your discretion of the NIR will also dissipate your resistance to the trigger event or person. Your discretion of the NIR will also eliminate any compulsive, obsessive or neurotic DOs. Therefore the discretion of your NIRs, your negative BEing, is the key to fast and easy elimination of all negative FEEL, THINK, RELATE, DO and HAVE in your life. That is how we control BE in the Causal Sequence to control everything else.

The key to the discretion of the NIR is the discretion of your opinions of BAD to the NIR. I repeat: the discretion of your BADs to your NIRs is the key to the discretion of your NIRs.

You resist your NIRs because they are BAD. That Resistance, as both negation to experience= BE-FEEL, and as negative energy thrown against the NIR, is what causes its persistence. Rxx → Perxx.

To discreate a NIR:

**You must let yourself BEcome and fully BE
that which you already ARE (by your own creation),
but are denying and resisting BEing so –
--because you have created that
it is BAD to BE that way (the NIR) --
upon which creation of BAD, you Anti-Love your Self & suffer.**

(Note how you do it all.)

Remember the two levels of Rxx. Resistance starts as the Negation to BE-FEEL, the unwillingness, the no-confront, the avoidance, the running away to mind to not-FEEL, not-BE that NIR, to not integrate and not BE-FEEL it completely. It is the BE-FEELing that discreates the NIR. The Negation to BE-FEEL a NIR alone is sufficient to cause it to persist. (One of the ways we refuse to BE-FEEL is with distractors and satisfactors, with attachments and addictions.)

The second level of Rxx is the active generation of negative energy= negative EmoLoveJoy= self antilove to attack and try to change or destroy the NIR or the UPS, or suppression with substances. This level of Resistance not only increases the NIR by energizing it, it is also the only source of UPS.

Therefore, in all PEP discretion processes, we will always seek out FIRST any Rxx to the NIR, knowing that it is caused by the Opinion of BAD. We will then reduce or totally discreate that Resistance = BAD in order to clear the way for the easy experience, for the BE-FEEL by the person of his NIR, for the person's integration with that creation (NIR) of himself.

It is that BE-FEEL= experience= integration that discreates the NIR.

The heart of PEP is the discretion of BAD. The discretion of the NIR itself is almost anticlimactic.

The Causal Sequence of BAD

BAD→Rxx & Rxx→Perxx. Ergo: BAD→Rxx→Perxx

Bad→neg emo =AntiLove= UPS. Ergo: BAD→UPS

BAD→ Rxx→ PERXX & UPS ← RXX→UPS & PERXX.

In the Fatal Paradigm, the UPS seems to be caused by the event, rather than by the person's creation of BAD. Therefore, the person will tend to make the event even BADder (as that which **should not BE** because it Causes Pain), and so resist it even more, which is even more persistence and even more UPS. Furthermore, resistance to Pain is Suffering. Thus the person enters into a downward spiral of the Persistence of what /she wants to change and of UPS.

Billions of human beings are trapped in the Causal Sequence of BAD.

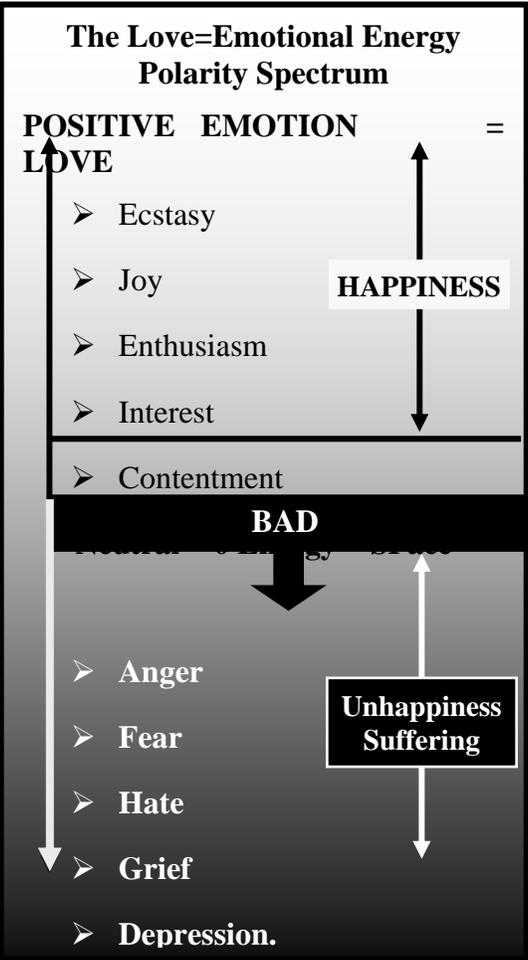
DISCREATION OF BAD

The procedure to discreate BAD is the same for the discreation of any psycanic reality. Exp2→0: The **experience of the creation** of BAD (in Responsibility) discreates the creation= reality = experience of BAD. To discreate a BAD, you simple experience **HOW BAD IT IS** (in Responsibility for Creation, not in Victim). The reality= experience of BAD will reduce and finally disappear (along with the neg emo—don't forget to discreate the NIR!).

**EXPERIENCED EXPERIENCE DISAPPEARS.
RESISTANCE CAUSES PERSISTENCE**

**What a wicked web we weave
when BAD we create and believe.**

**It is impossible to descend into negative energy =
neg. EmoLoveJoy= anti-love = negative emotions =
pain and unhappiness
without BAD.
IMPOSSIBLE!!!**



All pain starts here with BAD.

Therefore to stop all suffering in life, all you have to do is eliminate all BAD things. Of course, mankind has been trying to do this since the dawn of thought. Your first take on this might be that it is impossible to eliminate all BAD on the planet. However, once you

THE CAUSE OF BAD

Our next consideration, then, is the source, the Cause, of BAD. Where does BAD come from? What makes, causes, determines something to be BAD?

Remember that we mentioned that a possible definition of BAD is that which Causes pain (and therefore should not BE – neither the pain nor what causes it).

However, as regards psicanic pain, we have proven that nothing external to you ever causes you pain. We have shown that your UPS is never Caused by anything external to you, but by your BADs to your NIRs – not even by your NIRs, but by your BADs to them.

The ONLY cause of your emo pain is your BADs, never the events. As no event ever causes your pain, **no event is ever BAD** according to our definition here of BAD as that which causes pain. As nothing external to you ever causes your pain, **nothing external is ever BAD.**

It is your own negative emotional energy, your own self-anti-love, that you generate *to resist events* that is your pain, not the events themselves.

Actually, **you are only resisting the event because it activates your NIR--what is really BAD and what you are really resisting is your NIR that you are assuming in relation to that event.** You then resist your own neg emo pain, and that Rxx to Pain is Suffering.

Your emotional resistance to Self= NIR is your UPS, never the external event itself. You are the sole creator of all your resistance and pain according to the mechanisms that we have already seen. **Nothing external to you ever Causes your emotional pain, and therefore by the above definition of BAD, nothing external, no event, is ever BAD.**

The only cause of UPS is BAD itself (your BADs to your NIRs). **Ergo, “BAD” is the only cause of pain and is therefore BAD** (by the definition here). **“BAD” is BAD because it is the Cause of Pain. And “BAD” is ONLY BAD thing in the Universe as it is the only Cause of Pain.** Mark this line of thought because we have not finished with it. We will take it up a little later when we have more data.

As regards physical pain, physical pain is never BAD at all, but is necessary and therefore Good. Physical pain is essential to your survival. Physical pain warns you when something is damaging your body or threatening your well-being and even your life. For example is the physical pain that saves you from burning yourself even worse when you touch something hot. It is physical pain that warns you that you are sick and need medical attention. You could not long survive on this planet if you could not feel physical pain.

Furthermore, **UPS is also Good! Remember Polarities? You can't have positive EmoLoveJoy without negative EmoLoveJoy= UPS; and positive EmoLoveJoy**

(actually positive ESSENCE) is the ultimate motivation of your existence. You could not have what you most want if UPS did not exist and if you did not experience it (at least once – you don't have to wallow in it.)

Polarity, Relativity, and PVs.

Good-BAD is obviously a polarity. All polarities are relative: they depend where you are on the scale, they depend on your **Point Of View= ViewPoint**. A Point Of View is where you are looking from.

Remember our example of temperature back in the lesson on Polarities?. Without some point on the temperature scale from which to view any given object, to use as a reference point, you can not tell whether any object is hot or cold. If I present my writing pen, and ask you if it is hot or cold, you cannot say without assuming a point of view, a reference temperature, from which to judge the pen. From the viewpoint of ice, the pen is hot. From the viewpoint of a lighted match, it is cold.

So what determines if and when something is Good or BAD? What makes any thing, person or event BAD?

It is all a matter of **Point of View**. Another name for Point of View is **opinion**. Good-BAD is strictly a matter of personal opinion. What is Good to one person is BAD to another. **For any event that you call BAD, I can find a viewpoint from which it is Good.**

Two well-know examples: Hitler was Good from the View Point of most Germans, at least until the middle of WWII. The destruction of the World Trade Towers on 9/11/2002 was BAD to most Americans; but very Good to some Moslems --some actually danced in the streets.

In the ultimate analysis, **Good and BAD are creations of each BEing**, of each person. There is no absolute Good or BAD in the universe.

One of the major themes of psicanica is that you are **Creator**. You are Creator of yourself of Who You Are, of your IDentities and BEing. You are the Creator of all your thoughts, all the content of your mind, both conscious and subconscious. You are the Creator of all your emotions, as we have so carefully proved. You are the Creator of all your psycanic realities and experience. You are god in your psycanic universe. You determine what viewpoint, what opinion you take, on anything. You are the sole Creator of all your opinions. **You are the sole creator of BAD.**



YOU are the CREATOR of GOOD & BAD.
The **SOLE** Creator.

BAD is an additive: it is something you create and ADD on to realities; you “paint” realities with it (and deny that you have done so, claiming BAD as an innate quality of the reality). BAD is therefore is an illusion, a hallucination. It is a lie; it is a delusion. It is a distortion of reality; you own “paint” colors your perception of reality. You no longer perceive reality as it is but rather as you have distorted, disguised, disfigured it by painting it over with BAD.

Good-BAD does not exist in the objective universe at all. It exists only in your mind and by your creation. You can measure any object, any person, but you will never be able to detect the quality of BAD in it. **BAD exists only in your mind, and only by your determination, your Creation.**

As BAD does not exist (except as a hallucination in your mind): **there is no, and there can never be, any absolute standard of Good-BAD.** Therefore, **you will never find agreement among humans about what is Good and what is BAD.** (This is reflected in the almost infinite variety of religions, regulations, customs and laws.)

Now we can pick up that line of thought we left above. We were saying: **The only cause of UPS is BAD itself** (your BADs to your NIRs). **Ergo, “BAD” is the only cause of pain and is therefore BAD** (by the definition that BAD is that which Causes Pain). **Ergo: “BAD” is BAD because it is the Cause of Pain. And “BAD” is only BAD thing in the Universe as it is the only Cause of Pain.**

An interesting idea philosophically: only BAD is BAD.

So if BAD is the Cause of pain, is BAD BAD?

No, because although BAD may be the Cause of Pain, it is an intermediate Cause in a chain of Cause-Effect, not the ultimate Cause of Pain. BAD is the Cause of UPS, but what is the Cause of BAD? **YOU ARE.** You are the sole Creator BAD in your universe and experience – and therefore the true Cause of all your UPS. Therefore, we can reason that you, the Creator of BAD, are BAD, because you are the Creator of UPS.

So now we must ask: **So are you BAD for creating BAD and UPS?**

Well, that depends entirely on you. You are only BAD if you decide=create that you are BAD --for you are the sole Creator of BAD. Only you can decide whether you are BAD or not for creating your BADs and your UPS. What there is no doubt about is that you are the Creator of your BADs and thereby of your UPS. However, these are not BAD – unless you say so, and then only for you. AND you are not BAD—unless you say so.

But the really great thing in all of this is, as you are the Creator of BAD, of your NIRs and of all your UPS – you control! You can stop creating them and discreate the ones you created in the past and are carrying around with you.

Isn't philosophy fun? (If you read the 10 Great Questions of Philosophy on the Psicanica website, you will remember that this is one of the 10 Great Questions: **What is the nature of Good and Bad?**)

We have answered that: Its nature is that it is your creation. It has objective reality whatsoever.



Buying into off-the-shelf, prepackaged Standards of Good-BAD

Some people will argue that Good-BAD is set by some final authority, usually tracing it back to God either through a sacred book (such as the Bible or Koran), or as interpreted by the ecclesiastical authorities of a religious group, or maybe by civil authorities and law.

First of all, notice that **no religion has more than about 15% of the population of the planet, so that 85% of the people in the planet disagree that that book or those authorities or those rules speak for God.**

There is no absolute standard, no universal agreement, on Good-BAD (as there is to the laws of science), and there NEVER will be such an agreement, because **Good-BAD do not exist** except as a personal creation in the mind of each person. Therefore, objectively speaking and projected, Good-BAD is a hallucination.

But even more importantly, **notice who is deciding to use that book or church for their criteria of Good-BAD.** That person is. Thus that person is still Cause, still the determinant, of what is Good-BAD in hir universe, **even when that determination is to use the prepackaged criteria of others.**

You can not escape the fact that you are ALWAYS the ultimate determinant of Good-BAD in your universe; you can not escape the Responsibility for Creator. Even when you buy into someone else's ideas of G-B, that is your determination to do so.

Furthermore, it is **NOT TRUE that God has EVER set out any rules or commandments on Good-BAD or anything else.** (For the proof of this, go to the definition of Truth.) Good-BAD does not even exist for God, except as Her experience of what Mankind creates. Good-BAD are strictly man-made creations. Therefore, there will NEVER be any agreement on what is the Will or

Commandments of God; and therefore there will NEVER be any agreement among religions.

When you have grokked all that, let's go even deeper:

No human being has ever done, ever does, nor can s/he ever do, anything BAD, from hir point of view.

At the moment of action, every human being always does what s/he considers as the highest, the “Goodest”, option possible to hir, given hir understanding of the world and hir value system. At the moment of action, each person thinks that what s/he does is the best option possible—given who s/he is, what s/he wants and hir moral code. If s/he is caught between two negatives, s/he will choose “the lesser of two evils”, which is the *relative* Good.

For example: Suppose I am in an argument with you. I pull out my gun and shoot you dead. At the moment of pulling the trigger, I *must* feel that killing you is justified; that it is better that you are dead than alive. **Your death is the Good for that moment.** At the moment of action, I have killing you as justified by *my* reasons and logic, and no matter how insane those reasons may appear to another. An instant before pulling the trigger, I may not have thought that way; and immediately after, I may be all grief and regret. **But at the moment of action, I did what was Goodest from my point of view.** You were the problem, the BAD, at that point, and the universe is better off (“gooder”) without you.

Maybe I was at the effect of my anger or hate and my reason distorted or lost, but at the moment of action, I had to compute that it was Good to kill you. I had to believe that in some way that the world, or at least my life, would be better off without you. I had to believe, consciously or subconsciously, that I (or my interests) would be better off without you in the universe, and that that was a higher Good than your life – which life is BAD anyway because you were causing me problems or pain; (therefore not a hard choice).

No human being can ever do anything BAD from hir point of view.

The terrorists do the most heinous (BAD) things --from a “normal” citizen’s point of view. But from their point of view, as they have been taught, they are doing the highest Good: They are killing the infidel, the agents of Satan. They are serving God as She has commanded. They are saving their religion and tribe.

I repeat: Because Good-BAD does not exist in the objective universe, because it is always a individual creation, a purely personal opinion; **there can never be and will never be a general agreement among mankind about what is Good and what is BAD. There will never be a general agreement on a moral code.**

Some day, if mankind survives long enough (and that is a BIG if), we may reach a general agreement about what works and what does not work in life. But to reach this agreement, we will have to transcend Good -BAD, agree on goals and

objectives, and then carefully – scientifically-- observe to see what furthers these and what opposes them. To do this, we will also have to transcend religions, all religion. One of the greatest challenges facing Mankind today is the transcending of religion.

This is a tall order, and personally, I am not optimistic about achieving it. There is a cosmic law about the Trinity: **Without Wisdom, both Power and Love destroy.** That law that also explains why whenever the technology (Power) of a entity (in this case, the human race) outruns its spirituality (Wisdom and Love); that entity destroys itself. This has happened thousands of times on other planets throughout our universe. I do not see Mankind as far from that point.

POLARITY

GOOD-BAD is a POLARITY and all the Laws of Polarity apply.

You can not have one without the other. You can not create one without creating the other. Ergo, immediately that you say that something is Good, you have also created something else, something with differing characteristics, as BAD, whether or not that something is present at the moment or not. You will experience it as BAD whenever you should encounter it.

Thus you cannot escape the creation of BAD by trying only to create Good. You must transcend all creation of Good and BAD to come to complete and spirit-ual Freedom, Wisdom, Power, Love, Happiness -- and to find God should you be looking for Her. (There is no Good-BAD in God's world – it is a purely human creation.

BAD is a CAPITAL Matter in Psicanica

1. We have seen that the only Cause of pain, suffering and unhappiness in your life is your own negative EmoLoveJoy = self anti-love.
2. We have seen that it is impossible to enter into that negative energy= pain without the existence of something BAD.
3. We have seen that you are the sole creator of BAD.

→ Ergo: **you are the sole creator of all your pain, suffering and unhappiness. You are Cause; you are Creator --** a theme you will hear and see proved over and over again in psicanica.

Your most nefarious creation is not your Anti-Essence IDentities= NIRs, but your creation that it is BAD to BE them. That creation of BAD to your Self is the beginning, the catalyst, of your self anti-love. That creation of BAD to yourself – to yourself as you have created yourself by creating your NIRs -- is the gate to all UPS, to hell on earth – which is the only hell that exists. Hell is a very private and individual matter: it is your experience of your antilove.

In psicanica, the word BAD is always capitalized when it means the **opinion/judgment/belief** of BAD, or better said: the **Creation** of **Bad**. **In psicanica, BAD is always capitalized to remind you of everything in this lesson (and in the advanced lessons on Good-BAD).**

The first letter of “Good” is Capitalized whenever it refers to the positive pole of the Good-BAD Polarity.

Prices and Consequences; Responsibility versus Libertinage

Some people jump to the conclusion that as there is no BAD, they can do anything they want. And indeed, you can—humans beings have been doing what they want since the beginning of time, and including great acts of antilove, torture and destruction. They continue to do so. (And note that as regards all that, the so called Will and Commandments of God as expressed by religions to NOT do such things has made no difference whatsoever.)

However, the fact that there is no objective Good-BAD is not a free ticket to libertinage. There are always prices to pay. **Actions always have prices and consequences.** Every thing and action have characteristics, prices and consequences.

This brings us to a major principle of life and therefore of psicanica



**Nothing Is Good or BAD
and Everything Has
Characteristics,
Prices & Consequences**

(Pronounced "nisgob carpricon"):

Everything you DO produces a HAVE, some kind of Effect, some kind of result on yourself and on others. Actions have consequences. The consequences are either positive for you and others, or negative; i.e. your actions are either love or antilove. Furthermore, your actions will produce reactions from others.

One of the definitions of Wisdom is the **ability to foresee the consequences of your actions**, and therefore to avoid the actions that produce consequences you do not desired to experience. (Children, for example, should be taught Wisdom, not rules and regulations.)

However, **the most important consequence of all your actions is the creation of your Self**. If you indulge in anti-love actions, for example: lying, cheating, theft, fraud, etc.), you are creating yourself in the IDentities of liar, cheat, thief, etc. Remember that the only happiness that exists is self-love.

Will you be able to love yourself= find happiness in such IDentities? How do you FEEL about liars, cheaters, and thieves, about such IDentities? Do you respect and admire such people? Do you love or anti-love such people? **That is how you will FEEL about= love yourself if you create of yourself such IDentities by engaging in such activities. ALL ANTILOVE TO OTHERS LOWERS YOUR LOVE TO SELF. (It is really antilove to Self as we are ONE BEING.)**

However, this lesson is only an introduction to Good-BAD. At this very early point in your studies of psicanic philosophy, we have yet to discuss the Good-BAD, the morality, of your external actions. We are interested in this book only in your first three BADs: to your NIRs, to your negative emotions, and to trigger events. We will get to external morality and ethics in later courses.

Even so, this lesson on BAD is dangerous to the *unprepared* human being because it opens the door to hir freedom from hir enslavement by others'--*almost always erroneous*--ideas of Good-BAD before s/he has had an opportunity to create a personal code of conduct, ethics and morality. This can lead to libertinage and actions you may later regret. (I highly recommend the book: HOW I FOUND FREEDOM IN AN UNFREE WORLD by Harry Browne.)

For the moment, please maintain your present code of behavior. There is much to know before you will even begin to acquire the Wisdom to transcend Good-BAD entirely. You will need to understand the psicanic concepts of Love and Anti-Love, the Universal Principles, Positive & Negative, Productive and Counter-Productive; and other related concepts. These concepts you will have the opportunity to study in a later course.

At this point **we are primarily interested in your creation of BAD to your NIRs**. Your own creation of BAD to your NIRs is the **only** cause of your negative emotions = unhappiness. It is the only entry point to your self-anti-love. It is the trigger that puts you into resistance to your NIRs, i.e. to yourself. As you know:

Resistance Causes Persistence.

Your resistance is a negative energization that causes the persistence of exactly what you most need to discreate: your negative IDentities.

IT IS IMPOSSIBLE TO SUFFER
(enter into negative EmoLoveJoy)
WITHOUT FIRST HAVING CREATED BAD.

To discreate your NIRs, you must love them = love yourself. You are currently antiloving them= yourself, and that antilove is precisely what causes their persistence. We must reverse your relationship with yourself from AntiLove to Love. To do that, you must know how to Love; something that is rarely taught *correctly* on this planet.

We will see that Love is something quite different from what is commonly thought. Very few humans even begin to understand Love, **which starts with SPace, our next chapter**. That ignorance is the root cause of all the problems and conflicts and suffering, from relationship conflicts to international wars.

To eliminate all pain and suffering from your life, all you have to do is eliminate all BAD things. There are no BAD things in objective reality, and no external event ever causes you pain. BAD exists only in your mind and by your creation. Therefore to eliminate all BAD things, all you have to do is:

- 1-Stop creating bad about anything, and
- 2- Discreate the BADs you have created in the past about your NIRs, and are carrying around with you in your subconscious along with your NIRs.

Your anti-love to self is triggered by your creation of BAD on your NIRs. To take you out of your resistance to yourself, out of your anti-love for self; we must first discreate your (creations of) BAD.

Once the BAD causing your resistance to your NIRs is discreated, the process of discreating the NIRs themselves is simple and quick. **The key to the discreation of any reality, i.e. NIRs, is the discreation of Rxx→Perxx. The key to the discreation of Rxx→Perxx is the discreation of BAD.**

You discreate BAD as you would any psicanic reality (thought or emotion): by experiencing it fully in Responsibility, in awareness of BEing its Creator.

The basic laws of discreation, you will remember, are:

EXPERIENCED EXPERIENCE DISCHARGES AND DISCREATES.

RESISTANCE CAUSES PERSISTENCE

The symbols for these two laws in Psycanics are:

Exp2 →0.

Rxx→Perxx.

Summary

**YOU ARE THE SOLE CREATOR
OF BAD IN YOUR UNIVERSES.**

**BAD DOES NOT EXIST OUTSIDE OF YOUR MIND
AND EXCEPT BY YOUR CREATION.**

**Ergo, it is a hallucination and a Delusion
IT is a LIE about reality—and you cannot “fix” reality
dealing with delusion.**

**NISGOB & CarPriCon:
Nothing is Good or BAD &
EverYthing has Characteristics,
Prices & Consequence.**

**NISGOB: It is not Good or BAD
to create BAD,
and the Price & Consequence is suffering.**

**The CREATION of BAD is the GATE TO HELL.
(Hell = Anti-Love = UPS).
(Bible reference: Adam and Eve left paradise and went into
world of pain and suffering when they ate of the apple of
the **knowledge of good and bad**.
The knowledge of Good-Bad is your creation.**

**The amount of emotional charge that any person is
experiencing is ALWAYS proportional
to the amount of BAD
s/he is creating on the event and therefore on hir nir.**

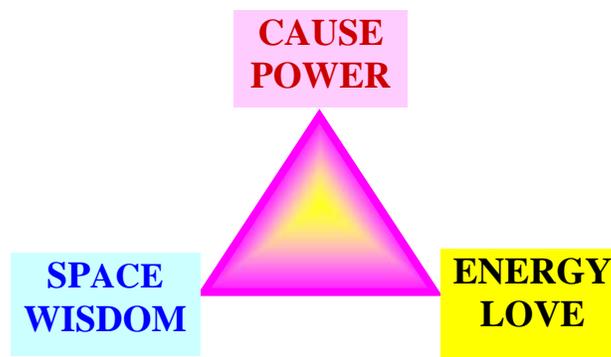
End of Chapter –
and we hope,
of BAD in your life.

Chapter 12

SPACE & LOVE

Inner and Outer

There are three basic factors that you must understand to control your universes. These factors are what we call the **Trinity** in Psycanics. These are **Cause**, **SPce** and **Energy**; which correspond to **Power**, **Wisdom** and **Love**.



The first, Cause, we have already seen. To control anything you must be operating in a condition of Cause and Responsibility for that thing. The highest form of Cause is creation. You are a Creator and that is part of your highest spirit-ual Essence. As you progress through Psicanica, you will see and learn how you are creating every aspect of your experience, everything that exists in your life. So far, we have seen how you are creating your emotions and IDentities and, and therefore your EmoLoveJoy = Happiness+/- . (See the book, YOU ARE THE CREATOR OF YOUR LIFE.)

We have had a very brief introduction to **Energy** in general and to your emotional energies in depth.. Everything that exists, physical and psicanic, is energy “molding” itself into myriad forms. For the physical universe, Einstein stated it simply with $E=mc^2$. An atomic bomb is the reconversion of a small amount of matter (a few grams) to free energy (lots).

You as a spirit-ual, life force entity, as a unit of consciousness, are an energy complex. You are made of spirit-ual energy, of the Essence Energy. Your emotions= self-love are energies. Every thought is formed of energy. And of course, you know from nuclear physics that everything in the physical universe is energy. Psicanica is a physics of non-physical energy -- energy that obeys laws just as precise and as rigid as those of physical energy.

Now let us explore the third element: SPace.



A Zen Maestro asks a student: What is the most useful part of a bowl?
 The answer: the nothingness, the space, inside.

SPACE

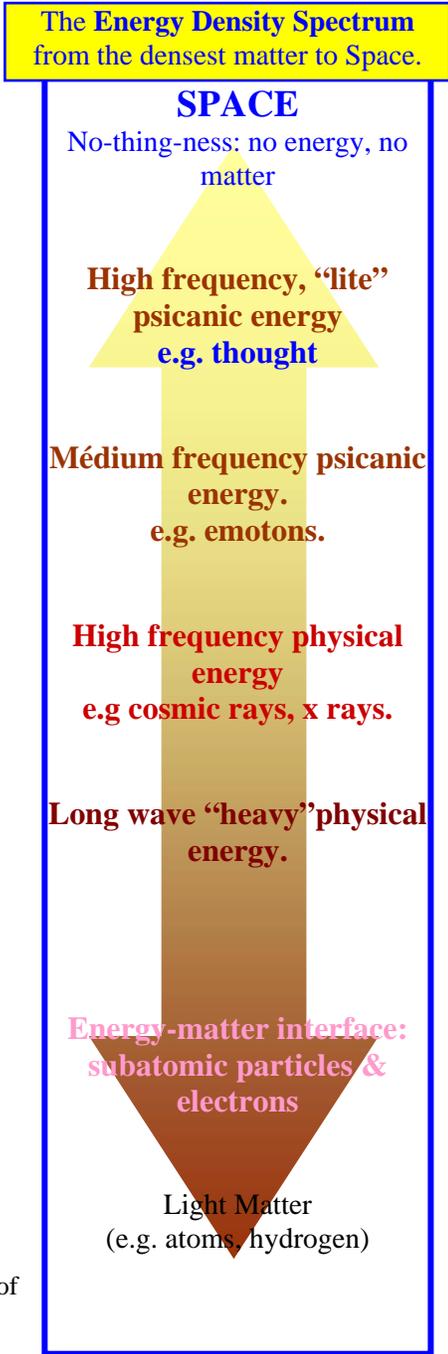
We now introduce the third pillar of Cosmos: **SPace**. SPace is an extremely important concept, just as important as Cause and Energy. For one thing, **SPace is the key to handling negative energy when you are unable to go to generate positive energy= Love for something “BAD”** – and most people are not able to.

Therefore, **SPace is the main solution to negative energy**. As you will have noticed, there is no shortage of negative energy in life. You receive a lot of negative energy from others; you sometimes give negative energy to others; and you are internally full of negative energy, of your negative emotions = self anti-love. **SPace is the solution to all of this**.

SPace is also the key to discretion. The absence of SPace to a creation causes its persistence. It is also essential to Love and to Happiness.

So what is SPace? It is nothingness. Just as physical space is nothingness: zero matter; so too is psicanic SPace. **Both spaces are the absence of all things, the absence of all energy and all energy forms**. Thus, it is somewhat difficult to explain what psicanic SPace is because it is nothing; there is no-thing to explain.

SPace is one pole of the SPace-Energy-Matter spectrum, also known as the Energy Density Spectrum⁹, that goes from SPace as Nothing,



⁹ Note: This diagram should be taken as a representation of a concept rather than an scientifically accurate scale. The relationships of the different kinds of energy and matter is

as **Zero Density**, down thru all the many frequencies and densities of Energy, down thru

less dense matter, finally to the densest of solid matter that is only found in collapsed, dwarf stars and black holes. Matter at the center of a white dwarf can reach a density of 15 tons per spoonful.

Consciousness itself is SPace

Consciousness itself is SPace. You are a Conscious Energy entity. Consciousness is your ability to perceive, be aware of, experience and FEEL. Consciousness is an Energy, but in relation to all denser energies of thought and emotion, it is SPace. Therefore, **you are made of SPace.**

Your Consciousness is the SPace in which your thoughts and emotions occur and are experienced. You are in SPace when your consciousness is without content, without realities, without thoughts or emotions, without experience (other than of self). **Thoughts and emotions take up, occupy, and therefore reduce or cancel SPace.**

Your **Subconscious** is like a warehouse. Your subconscious is the SPace around you= Consciousness= the Aware Will that is full of your old psicanic creations, thoughts, memories, knowledge, and NIR masses, but which are out of range of your present consciousness = perception. You perceive your old creations when they move within the range of your consciousness = perception. **An activation occurs when a NIR Mass moves into perception= Consciousness from your subconscious = out or range of perception.**

Mental SPace is the absence of all thoughts. When your mind is full of thoughts, then it is full of things rather than in empty SPace. **To be TOTALLY without thoughts is a very difficult state to reach, also called the Zen Mind.** (Mystics meditate for thousands of hours to achieve this state perfectly because it is an entry point for perceiving God.) When you transcend Mind, you leave the created cosmos and become the ONE SOURCE OF ALL THAT EXISTS and FROM WHENCE YOU COME --again. However, all this is Mysticism and therefore beyond psicanica.

Of all the thoughts that mental SPace is the absence of, BAD is the most important one. We will come back to it below.

Capacity To Contain Realities. Another definition of SPace is **the capacity to contain multiple viewpoints and realities --even when these conflict with each other.** A person of high SPace will be able to “contain” (know and accept) many ideas, concepts and philosophies, *even when these are mutually opposed.* A person of low SPace will be stuck in one (or very few) viewpoints, and will be resistant to the differing viewpoints of others.

much more complex than can be represented on a simple, 2-dimensional drawing. .

For an example of No-SPace in regards to this definition of SPace as the capacity to contain maximum realities, take most religions. Most religions insist in the absolute and only truth of their dogmas, and invalidate and would like to destroy all other religions. Crusades, Inquisitions, and Jihads are not SPace and Love activities. They are fine examples of the intent to deny the SPace to BE to others. Most religionists are people of very little SPace. They may be people of much faith, but they are people of little SPace and therefore of little Love. As **God is INFINITE SPace**, all attacks on the ideas of others are ungodly.

There was once a college professor of philosophy who saved up for a long time to be able to visit a renowned **Zen Master** in Japan. After years of planning the trip and a long journey, he was finally ushered into the presence of the Zen Master and seated before him at the tea table. As the Master performed the traditional Tea Ceremony, the professor began to declaim about all that he had studied and what he had thought and philosophized. The Master said not a word but only continued to pour the tea – which quickly filled the professor’s cup and overflowed, first puddling and then running over the table, and finally onto the lap of the professor. The professor feeling the hot tea looked down and seeing what was happening and stopped in mid sentence to exclaim to the still silent Master: “But what are you doing”? Do you not see that the cup is full, overflowing in fact and that nothing more can fit in!?” To which the Master responded: “As are you. Why come to me and how can I give you anything if you are already full?”

The fact that you give SP to other Points of View, does not mean that you find all useful or that you are going to adopt and use them. SPace means only that you recognize their right to exist and know that variety enriches the Universe. Furthermore, by the Laws of Polarity you can not find Truth if there is no untruth. We will come back to the critical distinctions between Reality and Truth in Course 2.

BAD and Mental SPace:

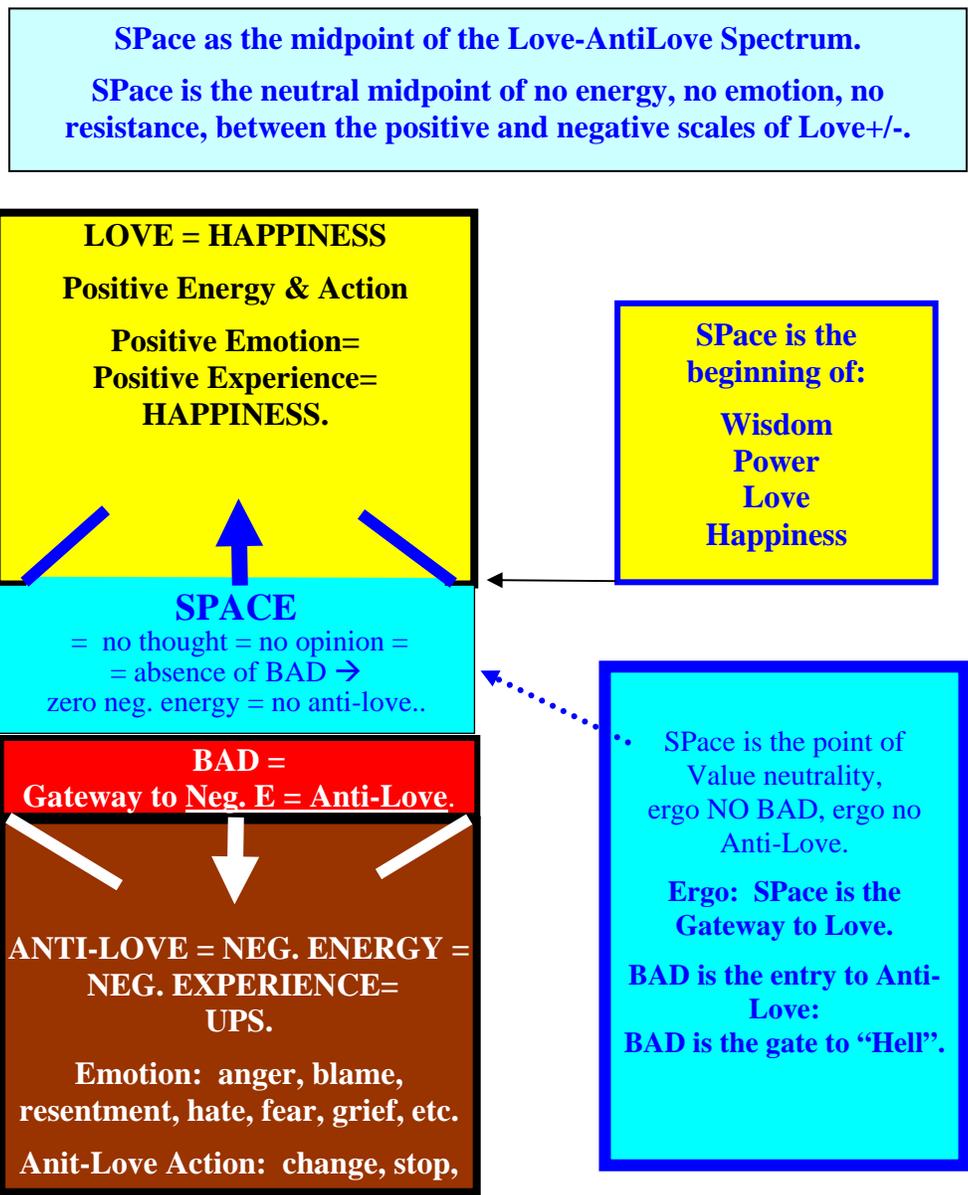
There is one thought that is more important and more deadly than all the others, the one we just saw in the previous lesson: the creation= opinion of BAD. **This is the “worst” (BADdest) thought because it triggers the Denial of SPace to all other things.** (We will explain Denial of SPace later.)

Therefore: a very important definition and characteristic of **SPace is the ABSENCE of BAD**. As you now understand, the absence of BAD in your mind will produce the absence of BAD in your world, as **you are the sole creator of BAD**. Therefore, when we refer to SPace, and especially mental SPace, we are usually referring to the absence of any judgment= creation of BAD.

When your consciousness= experience is filled with your opinions of BAD, **you are not in SPace**. Your mind-space is occupied by something, by your creations of BAD. You are not giving that thing the **SPace to BE as it is**. You want it **out of your space**, out of your experience, out of your life. You are denying it SPace in your universe.

So you resist the BAD event. You generate negative energy= anti-love against it and so your psicanic SPace (consciousness, mind, emotion and FEEL) is lost to that negative energy (that is your UPS). As it is BAD, you are trying to have it **not BE as it is** (which would have it BE something else). You are trying to have it not be in the same space with you, to be elsewhere. **Thus, you are denying it the SPace to BE as it is** (or where it is). **To deny SPace is the beginning of all Anti-Love.**

Love starts with giving all events (includes people)
the SPace to BE as they are
and to not BE as they are not.



Therefore, SPace is a condition of Value neutrality. Good is positive value; BAD is negative value; SPace is neither. SPace is neither for nor against. It just observes and accepts What Is= reality as it is with no generation of opinions about whether it is Good or BAD. It is acceptance of What Is As It Is, with the distortion and hallucination of BAD.

SPace and BAD are opposites.

SPace and Rxx are opposites.

SPace and the BAD→Rxx→UPS sequence are opposites.

Emotional SPace

Emotional SPace is the absence of all emotions, of all emotional energy. You are in emotional space when you are calm and serene because you are free of negative emotional energy, or **because you have discreated it**: the purpose of PEP. As the end and absence of neg emo = UPS, **SPace is the Beginning of Happiness.**

Repeating: On the **Emotion Energy Polarity Spectrum**, SPace is the end of neg EmoLoveJoy = UPS and therefore the **Beginning of Happiness**. As long as you live bouncing in and out of, and around in, your negative emotions, you will never achieve more than momentary flashes of happiness. SPace is the solution and the gateway to permanent and impregnable happiness.

The opposite of emotional SPace is neg emo, and that, you now know, comes from activations. Activations are movements of **NIR masses** (a **NIR plus its BAD plus its negative EmoLoveJoy**) from your subconscious to your consciousness= FEEL= experience. At that point your consciousness is no longer empty space; rather your space and your FEEL is occupied by the NIR mass. Your FEEL is no longer clear, but clouded by the NIR mass energy.

A NIR MASS is made up of **NIRs + BADs + Emotional Charges + Determinations**. (We will see NIR masses more fully in the next lesson – right now we are interested in SPace as related to NIRs and Activations rather than the NIR masses themselves.) **The negative EmoLoveJoy of the NIR mass is the only source of UPS that exists.**

Reminder: Your negative emotions in life: anger, anxiety, worry, fear, sadness, sorrow, grief, depression, etc, all come from your NIR Masses. They are the self love or self antilove you wrap yourself in according to Who You Are. Your emotions+/- are your love / antilove for Self as determined by your IDs+/- of the moment. When you are in PIRs, you love yourself. When you are in NIRs, you antilove yourself. Negative emotions always prove the activation of NIR Masses.

Reactive and Reactivity is a BE-FEEL condition of being easily & frequently activated, and is the opposite of serenity and of SPace. Reactivity in a person exists when hir NIR Masses are easily activated by relatively insignificant trigger events. Thus a reactive person spends a lot of time activated.

A reactive person is a person of little SPace. Hir internal SPace of Consciousness, Mind and Experience is often fill with hir NIR Mass activations, and therefore with negative EmoLoveJoy and UPS. There is no SPace as freedom from mass.

As a result of little internal psicanic SPace, the reactive person will have little SPace for external events. Events constantly trigger hir, and s/he will attack the events to change or stop them. A reactive person spends a lot of TE attacking hir triggers with hir antilove that also fills and destroys hir SPace. Thus, the reactive person does not give SP to events; s/he will not let events BE as they are, because they trigger hir NIRs. A person who is SPace is just the opposite: serene. Events occur but s/he remains in SPace; hir consciousness = experience remains clear and free of negative energies.

Look at the people in your life and you will probably be able to see the **SPace-**

Reactivity Spectrum.

The **SPace-Reactivity Spectrum** runs from total serenity no matter what, that is a person who rarely gets activated about anything; to people who get upset over every little thing.

More importantly: Where are you on the SPace-Reactivity Scale? Are you a person who is almost always serene, or a person who is often activated and in negative EmoLoveJoy? –or somewhere in between?

A word here about Victims: Victims will tend to be highly reactive. As they deny Cause and Responsibility, they kill their Personal Power. This means that they spend most of their life in Anti-Power Identities, which are going to be constantly activated by every little event. Thus, victims tend to be reactive.

As the only Cause of your negative emotions are your NIRs Masses, to achieve the Emotional SPace that is the end of UPS and the Beginning of Happiness, you must maintain your consciousness= SPace and therefore your FEEL clear of activations = NIR Masses. This is the purpose of PEP: the discreation of your NIR Masses.

SPace is the Absence of Activations.

Therefore, an important form of SPace is the Absence of Activations. You are in SPace when your negative Identity Masses are not activated. When you are activated, you have lost your SPace to that NIR Mass and its negative EmoLoveJoy. With psicanica, you will then discreate the NIR Mass and so restore your SPace.



Your Consciousness=FEEL will then be clear of the experience of the NIR mass its negative emotions: you will be in SPace again.

This **SPace** as the discretion and absence of NIR Masses **is the midpoint** of a PEP process. You can then proceed to fill your SPace with your creations of the positive BE > FEEL > THINK > RELATE > DO > HAVE that you desire. This is the purpose of PEP: the discretion of your NIR Masses, followed by your creation of the experiences you wish to have.

Thus SPace and NIR Mass Activations are opposite states. When you are activated, you are NOT in SPace; your SPace of consciousness, your perception and experience, is occupied by the NIR mass. Your SPace is no longer clear, but clouded by the NIR mass energy. SPace is freedom of NIR Masses in your Consciousness and FEEL.

SPace in Processing: Using PEP you discreate your NIR masses every time one appears, freeing yourself of that amount of your total Essence Suppressor Mass. This clears your BE-FEEL of that neg ID and its neg EmoLoveJoy, and so returns you to Space. Again: SPace is the mid-point of PEP where you have discreated the negative energy and are ready to fill your SPace by creating the positive energies you want to experience in the future.

SPace as Freedom from Reactivity Another viewpoint on SPace is that of **reactivity**: the state of being easily activated, the opposite of serenity. When a person has a lot of NIRs, s/he will be reactive; s/he will activate easily and often. Almost any trigger event will set off hir charges= will activate hir.

As a result, s/he will not want to let things BE as they are --because they are trigger events for hir NIRs. Thus s/he spends a lot of time attacking hir activated NIRs and their trigger events with hir negative emotions= anti-love= pain that are the contrary of SPace. A person who is SPace is just the opposite: serene. Events occur but he remains in SPace; his consciousness = experience remains clear and free of negative energies.

SPace to the World. When you achieve internal SPace and non-reactivity to event by discreating your NIR Masses, you will also achieve **external SPace to the world**. You will have no resistance (and therefore no pain or suffering) to any event because **EVENTS NO LONGER TRIGGER YOU**. You no longer have anything, any negative Identities, to trigger. To live in SPace toward all events is a very, very high spiritual state, a state of imperturbable serenity. Very few humans operate at this level. The best way to achieve it is to free yourself of all your NIR masses and of all creations of BAD.

Note: Being in SPace does not mean that you do not care, or that you do not act to change things you perceive as less than optimum. In SPace, you **love** and care, and act free of resistance and antilove, with Wisdom, Love --and therefore with even more Power and effectiveness to change things. You know that your lack of SPace= Rxx only causes the Persistence of that which you wish to change.

The 2 Levels of SPace as the Absence of NIR Masses.

Actually, there are 2 levels of SPace as Freedom from NIR Masses.

- Level 1 is having your present time Consciousness, your Experience, Free of Activated NIR Masses.
- Level 2 is to have cleared out your entire Subconscious of all NIR Masses so that there is nothing to activate ever again.

Achieving Level 1 by applying PEP to discreate an Activated NIR is fairly quick and easy, taking anywhere from 10 minutes to several hours depending on the ability to FEEL of the Explorer (the Jello-Rock Spectrum), the quality of the Piloting, and the size and hardness of the Mass.

When you achieve Level 2, the discreation of all your NIR Masses, of the entire Essence Suppressor Mass that we will see in Course 2, you totally free your BEing of all suppression of your fundamental nature of ESSENCE. You liberate yourself of all suppression of your Wisdom, Power, Value and Love-Joy. There are now no barriers between you and the SOURCE of all, and you and the Father are ONE again.

Achieving Level 2 takes many thousands of hours of PEP, so consider it a long term project. However, every time you do Level 1, discreate an activation, you are progressing towards Level 2. This is one of the reasons why it is so important to use PEP at every opportunity rather than suppressing you neg experience with drugs or other addictions, or just waiting for the anger or fear to subside.

As long as you do not achieve level 2, the complete discreation of all NIR Masses, the remaining NIR Masses in your subconscious continue to exist and are subject to triggering and activation. To BEcome a totally Free and Powerful BEing, to BEcome again the son of God that you are, you must discreate all your NIR Masses. Your fundamental nature as a BEing is SPace. As a human Being, you are buried in Essence Suppressor Mass (ESM), the totality of your NIR masses that counter-create and suppress your ESSENCE. When you discreate all your ESM, you become an Illumined Being (such as Buddha, Christ, Krishna, Ram, etc).

Your SPace to You: The Beginning of all Self-Love

Remember that in this Course #1, we are not interested so much in externals as we are in you, in your BEing. However, all this is equally valid internally as well as externally. And it is all *extremely* important because this denial of **SPace= Love** is exactly what you are doing to yourself when you create BAD on your NIRs and then resist your Self. **You are denying yourself the SPace to BE as you are and to NOT BE as you are not.** You are denying yourself the SPace to BE **as you yourself have created you.** (Your NIRs are your creations of self as we have seen.). Instead of giving yourself SPace to BE, you are denying yourself SPace by filling your SPace with antilove for self. **BAD is the beginning, the catalyst for all AntiLove. SPace is the beginning of +love and is critical to Wisdom; Power, Love and Happiness.**

SPace and Happiness

Thus SPace, as the absence of BADs→UPS is serenity and the **Beginning Of Happiness**. **This state of SPace as the beginning of happiness is achieved by discreating your NIRs**, as it is your NIRs that events trigger.

SPace is the neutral point between positive and negative energy. As negative energy is pain and suffering, SPace as no-energy is the end of pain and suffering. As positive energy begins at SPace, and positive energy is love, and love is the only happiness that exists; **SPace is, therefore, the Beginning Of Happiness**.

SPace as the mid point on the ESSENCE= BEING = WPVLJ POLARITY

This section is not strictly necessary to this book, but is included to enrich your understanding of SPace.

Mystically, your fundamental Nature is SPace. God is the INFINITE SPACE in which everything exists and all events occur. There is only ONE BEING in the cosmos and every BEing, i.e. you, is a part of IT. You are a “chip off the old block.” Mystically, you are SPace that has created itself as the Mass and Density of Energy that is a human BEing. **Let us look at how SPace is part of every element of ESSENCE.**

Essence is Wisdom, Power, Value and LoveJoy. The first element of BEing is Wisdom. We are now going to see what SPace has to do with Wisdom.

SPace and Wisdom

Wisdom begins with Knowledge. Critical Knowledge about life, critical for you to be Wise, includes the Knowledge of Polarity, of Good, BAD and Evil, of Resistance and Persistence, of Antilove, and of UPS= Pain and Suffering. This is Wisdom you have been acquiring. Life is a Polarity: is it Wise to resist one-half of Life, to resist the negative polarities in life? What are the consequences of your Rxx? It is Wise to create BAD and antilove? Is it Wise to create your unhappiness and the resist it and so create your suffering? SPace is the absence of BAD, of Rxx, of Antilove, and therefore of Pain. So as you can see, SPace is a very, very important part of Wisdom. It is unwise and painful to **not** BE SPace.

It is Wise to understand BAD so that you can avoid creating this hallucination. How can you expect to control Reality when you are trying to deal with it looking through your illusion and **distortion** of BAD? SPace is the Wisdom of **not** Creating BAD and of **not** resisting Reality (What Is As It Is). **Power, Control and Change start with Wisdom, and Wisdom starts with giving SPace to everything to BE as it is**, to then seek change through wiser means such as example, comprehension, communication, vision, alignment, win-win agreements and cooperation. Wisdom is the opposite of your creation of the BAD→ Illusion→ Rxx→ Perxx→ UPS sequence.

SPace is the end of the BAD Sequence: BAD→Illusion→Rxx→neg ELJ→Perxx→UPS that is part of all activations and that generate intolerance and impatience, damage intelligence & creativity, cause persistence of problems & conflicts, and generate pain & suffering for self & for others. Thus, and this is a MAJOR LAW: **SPace is the beginning of Wisdom.**

Wisdom is the **ability to consistently produce the optimum result with minimum TE**. Wisdom knows that everything has its cycles, its time and place,

and that life is a flow. Wisdom knows that to produce the optimum result, it must not push the flow, not go against the current. Therefore, Wisdom is acceptance of what is and, above all, **Wisdom is PATIENCE. Acceptance, tolerance and patience are all aspects of SPace.** Thus Wisdom starts with SPace.

Another definition of Wisdom is the **ability to predict the consequence of actions.** A most important Law of Life is that: **Activations destroy Wisdom.** Activations cloud and generate turbulence your mind with neg EmoLoveJoy that interferes with your rational thought processes and damaging your intelligence & creativity, and thereby reducing your ability to weigh the consequences of your actions. Thus: **SPace as the absence of Activation is essential to Wisdom.**

SPace and Power.

The second element of ESSENCE, of WPVLJ is Power. We now examine the relationship of SPace to Power.

Wisdom is part of **Power** because knowledge and intelligence are what guides action to produce the desired results. As SPace is essential to Wisdom, and Wisdom is essential to Power; **SPace is also the Beginning of Power.**

Knowledge is Power. This is expressed in The Causal Sequence of BEing as $W \rightarrow P$, as $Wisdom \rightarrow Power$. Wisdom is what guides action to produce the desired results, and that is Power. Wisdom includes everything related to the Mind: past experience and memory, knowledge, intelligence, foresight, intuition and creativity. We have seen how Activations enturbulate the Mind and thereby damage Wisdom. **Anything that damages Wisdom damages Power. SPace is the beginning of Wisdom and Wisdom is essential to Power. Therefore, SPace is essential to and the Beginning of Power.**

SPace is the absence of resistance and therefore of Effect and that is the Beginning of Cause. SPace is acceptance, tolerance, the absence of BAD and therefore the absence of the resistance that BAD triggers. **Resistance is Effect; you are at the Effect of what you resist.** To resist something is to give that something Cause= Power over you.

You only have Power when you are At Cause. To resist anything is to go to the Effect of it. What you resist moves and controls you and consumes your TE, which means that you are at the Effect of that which you resist.

To understand this, think of any event you are resisting in life. Think of anything you feel guilt or resentment about. Think of any people you are resisting, with whom you have problems or conflicts.

Now, observe how much of your TE (consciousness, attention, thought, time & energy, *of your life*; are you consuming in your resistance? Next, observe your DO in relation to that thing: what you are DOing to defend yourself or to attack what you are resisting? *All of these are Effects on you of your Resistance and are a kind of control of you.* You are being controlled and moved, your TE consumed, by what you resist – actually not by what you resist, but by your Resistance itself. Thus we say that you are at the Effect of what you Resist.

Being at Effect is the antithesis of Power. **SPace is the end of Rxx→ Effect and the beginning of Cause→Power.**

Creation of BAD is AntiSpace and AntiPower

To Create BAD is to distort Reality. It is to create an illusion, a mirage, a delusion. How can you expect to Control Reality dealing with an illusion? SPace is the absence of BAD and therefore the absence of illusion and distortion of reality that diminish your Power to control it. It is Anti-Power to distort Reality and SPace is the end of that distortion. Therefore, SPace is also the Beginning of Power from this perspective.

In Summary: SPace is the beginning of Cause and Power by being the end of the illusion and distortion of BAD, the end of Resistance and Effect of that which you resist, and by being the end of Activations as these destroy Wisdom and Wisdom is essential to Power.

SPace and Value

The third element of BEing is the ability to determine, to assign, to create, the VALUE of anything, **including of self** – which is the basis of all self-esteem.

The Value Polarity includes the Good-BAD Polarity. Good is positive value; BAD is negative value; **SPace is a condition of Value neutrality**. SPace is neither good nor BAD, neither for nor against. It just observes and accepts What Is= Reality as it is with no generation of BAD→Rxx→Perxx→UPS. If it seeks change, it does so with Wisdom and Love, not with negative energy.

SPace is the midpoint between Good→Happiness, and BAD→UPS. You can only enter into neg EmoLoveJoy= UPS when you stain and lose your SPace to your creations of neg Value=BAD. BEing SPace to everything and never creating negative Value= BAD→AntiLove=UPS is the only way to impregnable happiness.

Being SPace instead of creating BAD is most important when applied to Self. **Your Denial of SPace to your Self in your NIRs is the beginning of all your self-antilove and UPS, and of the Persistence of your NIRs.** Your giving of SPace to yourself to BE a NIR is the beginning of Self-Love and of the easy and fast discreation of your NIRs. **SPace is the Beginning of Discreation.**

What we want to learn to do is to substitute SPace for our creations of BAD, or to discreate our BADs already created, to restore our SPace. This short circuits the generation of neg EmoLoveJoy→Perxx of NIRs, and maintains us in emotional SPace that is the Beginning of Happiness.

This is a major Law in Psicanica:

**Self-Love starts with giving yourself the SPace to BE
as you are and to not BE as you are not.**

Of course, you are who decides=creates who you are and who you are not with your PIRs and NIRs.

SPace and EmoLoveJoy

The final element of your soul is EmoLoveJoy. You will remember that emotion, love and happiness are all the same thing, the same energy, that we call EmoLoveJoy.

You are made of the LIFE ESSENCE ENERGY = ESSENCE OF BEING energy and one of its components is EmoLoveJoy.

Love, as we have seen in previous lessons, consists of many aspects or qualities, all of which are Polarities. Love includes the Affinity-Aversion Polarity, the Separation-Integration Polarity, the Emotions Polarity, the Happiness-UPS Polarity, and the DO Polarity of Attack-Support.

SPace is the neutral point of no energy, the midpoint between Love and Antilove. As we have seen, SPace is the neutral midpoint in all of the Polarities that make up Love.

Thus: **Love Begins at SPace.** 1- SPace is the End of AntiLove. 2- SPace is the Beginning of Love. Thus, you do not even begin to Love, to love anything, self included, until you are at least in SPace to it.

Because the concept of SPace and of Love are so important and so needed on this planet, we are going to look at the Relationship of SPace and Denial of SPace, Love and Antilove in some detail.

As we have seen, the Denial of SPace that is the Beginning of all Rxx and AntiLove always starts in BAD. When something is BAD, you resist it by generating negative energy= anti-love against it. When you create BAD, you lose your SPace to that creation and its sequences of negative energy. Thus, on the Love Spectrum, your creation of BAD sends you out of SPace-Love, and down into AntiLove. BAD is the end of SPace, and the Beginning of Antilove. SPace, conversely, is the end of BAD→Resistance= negative energy= antilove, and the Beginning of Love in each of its many polarities.

Now, let's take Love as the Distance Polarity with the Poles of Unity & Oneness, versus Separation & Destruction. Love is the direction of less distance, of approach and integration and unity. Antilove is the direction of more distance, of separation -- and finally destruction. When you Deny SPace, you are trying to have something NOT BE in the same SPace with you, to have it BE elsewhere where you can not see and experience it, to have it BE separate and far away from you. This is Antilove. The maximum Denial of SPace and therefore maximum AntiLove is to want something to NOT BE in the same universe with you at all, to want it to not exist at all, to want to **destroy** it. To GIVE SPace is to accept that person or thing to BE within your SPace, in your Presence, and within your perception and experience. That Acceptation and Tolerance is the Beginning of the Love. **Thus SPace is the Beginning of Love.**

Denial of SPace→AntiLove. On creating BAD about any thing, you are denying that thing the SPace to BE as it is and where it is, to be in your personal universe. You want that thing out of your space, out of your experience, out of your life. This is a negation to accept and to BE, and therefore a form of AntiLove. Notice that on

this planet, acceptance and tolerance of differences, for example in race, religion, politics, etc, is in short supply. What we see on all sides to anything different from how we are and think is a Denial of the SPace to Be. **This is a planet where SPace is in short supply, a planet of No SPace.**

Another form of Denial of SPace-Love is a **Demand for Change**. To want to change someone because they are not as they “should be” is denial of SP and the beginning of AntiLove. A demand for change is a rejection of What Is As It Is, and is usually followed by an neg. energy= antilove attack to produce that change and make that entity as it “should be”. **All negative energy attacks on others to stop, change or control them is antilove and a Denial of SPace to BE.**

Love never seeks to change or control anything or anybody with negative energy= antilove, but through communication, vision, understanding and example – and then ONLY with total freedom to change or not change. Love envisions with other possibilities of BEing and leads the way with example. It never demands change and never attacks with negative energy to change anything.

A common example of this failure to love is the negative energy, the antilove of screams, threats and punishments that parents use to raise their children. Another example of No SPace→Antilove is the negative energy in many spouse relationships, as each attacks the other to control or change hir. Love can only start in and exist where there is SPace. **A Being of Love must first BE a BEing of SPace.**

Questions for Thought

1. How much denial of SPace to BE FEEL THINK DO RELATE and HAVE as you wish do you receive from others in life?
2. An even more important question is about you At Cause: How much Denial of SPace do you give to others? (How much do you tell others: I don't like or approve of this or that about you. Don't BE like that! Don't Act like that. Don't dress that way. Do this; don't do that. You should not FEEL like that. You should not HAVE that.; you should HAVE this. You should not be THINKing like that. Change your THINKing. Boy, are you ever wrong! How much invalidation and Denial to BE DO HAVE do you generate towards others?

As we said, the supreme Denial of SPace is attack to have something NOT BE at all; to DESTROY it. Instead of just trying to change something, so that it not BE as it is= BE different; humans often try to make it NOT BE at all anywhere, forever. You will note that there is a lot of this going around on this planet.

SPace is acceptance and tolerance of WHAT IS AS IT IS, of Reality. SPace is acceptance of others as they are, and as they are not, without invalidation= BAD and the resistances= anti-love attacks that BAD triggers. That acceptance= SPace is the **Beginning of Love**.

LET IT BE

To give SPace is to “grant BEingness”. To give SPace to something is to “permit” it to BE, to exist, *as it is* without invalidation, judgment, or resistance, **without BAD** in any form. To give SPace to anything is to **Let It BE as it is**; and **Let It NOT BE as it is not**. To give SPace is to grant something or someone a **place (space) to be and to BE as it is** with no negative energy = anti-love.

Thus, SPace is **acceptance** and **tolerance** of WHAT IS AS IT IS. **SPace is acceptance of others as they are, and as they are not**, without invalidation= BAD and the resistances= anti-love that BAD triggers. That acceptance= SPace is the Beginning of Love.

Your Failure to Give SP to other entities and to events, that is your NOT letting things BE, is your Rxx that is your Anti-Love, that is your Unhappiness, Pain & Suffering in life, and the ONLY UPS that exists.

However, always remember that the reason you can not let things BE = give SPace = not resist life, is your NIRs. You resist events = life because they trigger your NIRs. You are really resisting your BAD NIRs → self antilove= UPS.

YOU CAN ONLY GIVE SPACE TO OTHERS AND TO THE WORLD TO THE EXTENT THAT YOU GIVE SPACE TO YOUR SELF.

You can only love others to the extent that you love your Self.

SPace as FREEDOM

Yet another way to look as SPace is as LIBERTY or FREEDOM. : SPace is TOTAL FREEDOM and LIBERTY to self and to others to BE > FEEL > THINK > RELATE > DO > HAVE as that person chooses.

When you try to change or control others, you are trying to make them conform to your ideas of how they should be. **This Denial of SP for their ways of BEing is a failure to love them. Love requires giving total freedom to others to BE FEEL THINK DO as they choose, not as you wish.** Without this total Freedom= SPace, love does not exist. Love communicate, and even better, sets an example for what it considers a better BFTRDH (and that is only its opinion), but it always allows the other to do as they please. We will return to all this in the Course on Relationships.

Liberty is Freedom is SPace is the Beginning of LOVE: It is all the same thing. There is no Love without Freedom. To see this, look at relationships between parents and children and between spouses. How much energy is expended in trying to control the BFTRDH of the other person? How many problems and conflicts does this originate? The causes and the solutions to all of this we will see in the Course on Relationship.

This is a Major Law and a Major Definition in Psicanica:

LOVE for Self starts with giving your Self the SPace to BE (and to FEEL > THINK > RELATE > DO > HAVE) as you are and do; and to NOT BE (and not FEEL > THINK > RELATE > DO > HAVE) as you are and do not.

LOVE for Others starts with giving Others the SPace to BE (and to FEEL > THINK > RELATE > DO > HAVE) as they do; and to NOT BE (and not BE > FEEL > THINK > RELATE > DO > HAVE) as they are and do not.

We can combine and simplify this major Law as:

LOVE is giving Self and Others the SPace to BE as they ARE; and to NOT BE as they are not.

There is no Love that does not begin in SPace; and without SP, there is no Love.

Apply this by looking at your relationships: how much SP is there versus how much negative energy? How much SP versus negative energy do you receive from others? How much SP versus negative energy do you give to others?



Mysticism and Theology

We are now going to leave Psicanica for a few concepts and go into theology. What we are going to say may offend your religion if you have one, but that does not make what we are going to say any less true. It is religions that are in error.

- God is, by definition, Everywhere and Everywhen. Ergo, God is the INFINITE SPACE and TIME in which all entities exist and all events occurs. There is, by definition, nothing outside of or beyond God (unless God has a God).
 - God is, by definition, Omnipotent, all powerful, and so there can be nothing that can resist the Will of God and HER decisions as to what should or **should not BE**. Therefore, everything that Gods wants to exist does, and everything that God does not want to exist, does not exist, because God is Almighty. (Furthermore, God wants everything that can possibly exist to exist because is exploring Her infinite possibilities of Being.)
 - The definition of BAD is “that which should not BE”. If GOD thought that something is BAD and therefore should not BE, it would not and could not BE, as that would be against the WILL and Decision of the ALMIGHTY. Therefore, if something IS, then it is NOT BAD to God, and God has no objections to its Being, does not think it should not BE.
 - As we said, if God the ALMIGHTY did not want something to exist, it would not exist. Ergo, the fact that something exists (no matter how BAD *you* or anybody else may consider it to be), means that it has the permission and SPace to BE from GOD.
 - If something exists, it has the SPace of God to exist. As SPace is the Beginning of Love, if something IS, then God is loving it to some degree. Furthermore, as GOD is INFINITE and UNBOUNDED LOVE, SHE loves everything totally. God never descends into AntiLove for anything or anybody no matter who they are or what they did. If God AntiLoved anything, it would cease to exist.
3. It is one of the many arrogances of Man to label BAD things and events that the GOD gives SPace to, lets BE and loves. (Of course, God does not care how arrogant Man is: as SHE is INFINITE SPace, including to the arrogance of Man. Furthermore, as God is INFINITE SPace, there is nothing Man can do to offend God – and it is another arrogance of Man to think that he can offend God.
 4. All of this can be very confrontive to people still lost in the dogmatic belief systems of religions. But there is a saying in Mysticism: To find God, you must lose your religion.” Religions actually separate you from God by teaching you lies such as that God is not INFINITE SPace for all forms of BEing, and that you can offend HER – which is impossible.

All this needs more discussion, but we are in psicanica rather than mysticism, so let us get back to it. We are now leaving Mysticism and **returning to psicanica**.

SPace and JOY & HAPPINESS.

As we said before, Love includes many Polarities, one of which is the Happiness-Pain Polarity. Love, positive EmoLoveJoy, is the ONLY happiness there is; and AntiLove= negative EmoLoveJoy is the ONLY Unhappiness, Pain and Suffering there is.

BAD is the Denial of SPace and is the trigger for the BAD→Rxx→Neg Energy=AntiLove= UPS→Perxx Sequence. SPace is the Absence of BAD and therefore of the entire UPS sequence. SPace is the neutral point of zero energy between your positive and negative emotions, and therefore between Pain and Joy. **SPace is therefore the END of UPS and the BEGINNING of HAPPINESS.**

Just as Responsibility is the make break point between Cause and Effect=Victim, so too is SPace-BAD the make-break point between Love= Happiness and AntiLove= UPS.

Summary of SPace & Being. Let's summarize all that we have seen.

Your BEing, the non-physical, life-energy entity that you are, that rides around in your body to play in the physical universe, is made of the 4 Life Essence Energies: Wisdom, Power, Value and Love-Joy. These operate together as one Energy, as Spirit, as the Life Force, as BEing. Within themselves, they operate as the Causal Sequence of Being= WPVLJ.

As you will remember from previous lessons, the Spirit Essence Energies are all Polarities. For the positives of Wisdom, Power, Value and Love-Joy to exist, the negatives, the lack of and the opposites of the positive qualities, must exist. Anti-Wisdom, Anti-Power, Anti-Value and AntiLove must exist – and therefore they can not be BAD, as BAD is that which should not exist.

SPace is the mid-point, the change point in all the Essence Polarities. It is the neutral midpoint, the point of change from negative to positive. As regards Wisdom, SPace is the absence of BAD→Rxx, and the absence of NIR-Masses that leads to clear thinking, and to tolerance and patience, which qualities are essential to Wisdom.

As regards Power, SPace is the absence of the illusion and distortion of BAD, and it is freedom of resistance and activations that is the End of Effect and Victim, and the Beginning of Cause, which is POWER.

As regards Value, SPace is Value neutrality, the absence of BAD to self and others that is essential so Self-Esteem and to acceptance and tolerance. .

As regards LoveJoy, SPace is the end of all negative EmoLoveJoy and therefore the end of UPS, and therefore the Beginning of Love and Joy.

You are made of ESSENCE and more ESSENCE is the ultimate motivation of your existence. Thus, SPace is a key ingredient to ESSENCE, the end of AntiEssence and the Beginning of ESSENCE.

To BE a BIG BEing, you must BE a lot of SPace.

Really BIG Beings such as Buddha, Christ and God, are lots of SPace, God infinitely so. Notice how much of the Teachings of Christ and Buddha are about SPace: Patience, acceptance, non-resistance, not taking offense, turning the other cheek, not hating, forgiveness, pardon, etc. are all aspects of SPace)

SPace to Self

We are now going to look at your SPace to your SELF, the primary and most important SPace of all.

Of all the things that you need to give SPace - which is to everything in the universe-- that which most needs your SPace is you. In this book, we are most interested in your SPace to Self. In later courses, we will work on your BAD / SPace to others and to the external events of your life and of the world.

How much do you criticize, invalidate or blame yourself for what you are, or are not, for things you have done in the past, and for things you do in the present? How much guilt, self-resentment and non-forgiveness of self are you carrying around? **All of this neg energy is denying yourself SPace.**

However, **your most insidious murder of your SPace-Love to Self is your BADs to your NIRs.** And, by now, I imagine you know the BAD Sequence by heart. BAD triggers Resistance and AntiLove which is negative Energy that energizes the BAD thing thereby causing its Persistence, at the same time that the neg EmoLoveJoy is your UPS. We write the BAD sequence as **BAD→Rxx→UPS→Perxx** or **BAD→Rxx→Perxx & UPS.**

Your NIRs are your creation of you. When you create them=you as BAD, you are denying yourself the SPace to BE as you are and by your own creation. Your own BADs kill your SPace and therefore any possibility of Love for yourself, and send you into Antilove and UPS, as we have seen now many times in this course. And as we shall never tire of repeating because it is such an important datum: that self-antilove is the ONLY unhappiness in the cosmos.

You must restore your SPace where you have most lost it: in relation to your NIRs, so that you can restore your Self-Love. There are many reasons why the restoration of SPace is so critical.

- 1- to end your UPS and be happy;
- 2- To end the Rxx energization that Causes the Persistence of your NIRs, and
- 3 to be able to accept, integrate and BE-FEEL your NIRs so that you can Discreate them. In PEP, the discreation of BAD→Rxx and the achieving the condition of SPace to anything you want to discreate is the critical step. Once you are in SPace to any reality, its discreation is fast and easy.

The SPace you can achieve and BE has many aspects & levels:

- 1- Absence of BAD to Self for NIRs.
- 2- Absence of BAD to Self for behaviors.
- 3- Absence of BAD to triggers.
- 4- Absence of BAD to all events.
- 5- Absence of BAD to the BFTRDH of Others.
- 6- Absence of Activations (NIRs in Consciousness.)
- 7- Absence of neg. EmoLoveJoy = UPS.
- 8- Elimination of all NIR Masses in Subconscious.
- 9- Absence of all thoughts (meditation).

Notice that these are all characteristics of BIG Beings, Christ and Buddha being the best known examples.

PEP & SP:

SPace as the discretion of BAD is the both the key to Discreation of the NIR and the result of that Discreation. You discreate BAD to BE in SPace to your NIR, and then you discreate the NIR Mass which returns your consciousness to SPace and eliminates that negative experience.

You discreate BAD as you do any psicanic creation by taking Responsibility for having created it; by acknowledging that you are the Creator of it. You then experience your creation of BAD; you **experience how BAD that BAD thing is**, until you have “experienced it out”; until you have discharged the energy of that reality of BAD and it no longer exists. When you have discreated BAD to any creation, you are then in SPace to that creation. You will know that your BAD is discreated and no longer exists, because you can no longer experience your NIR as BAD; the BAD is no longer REAL for you. You will perceive your NIR just as it is, with no additive, without opinion or resistance on your part.

Love Discreates: Love is Integration to BE-FEEL. When a NIR is no longer BAD and you are in SPace to it, you can then let yourself integrate and BE-FEEL it fully, which is a very high form of love-ing it. Remember that Love is to decrease Rxx and then distance until unity. SPace starts the acceptance → approach → integration → full experience = BE-FEEL = Love Sequence that discreates the NIR. We will see more on this in the next lesson. Just remember for now, that it all starts with SPace: Integration, Love and Discreation.

The CREATOR is in a condition of absolute SPace to all that exists. If The ALMIGHTY were to Deny SPace to something, it would not exist. Thus SPace is a characteristic of the SUPREME BEING, and the gateway to higher levels of BEing = more Wisdom, Power, Value and Love-Joy. The State of SPace on every thing and every one in the universe is a very high State of Grace, and the beginning of real Love and Spirituality. Spirit is SPace; Mass is Dense. You

achieve this state on everything in the universe, by achieving it on yourself -- and that is the real challenge.

Now let's see a Summary List of the State of SPace.

SPace is

- BEing Itself: WPVLJ
- Absence of BAD
- Absence of Rxx→Perxx
- Key to Discreation
- Absence of Activations
- Absence of Neg ELJ = AL
- Absence of NIR Masses
- Nothingness
- Clear Consciousness, Still Mind
- Capacity to Contain Realities
- Serenity, Peace, Tranquility
- Patience
- Acceptance, Tolerance
- Value Neutrality
- Beginning of Wisdom
- Beginning of Love
- Beginning of Power
- One of the IDentities of God.

That is a lot of Juice out of Nothing.

The OPPOSITEs of SPace include:

- A Mind full of opinions, but especially of
- BAD
- Invalidation
- Rejection of the Rs & PVs of others.
- Rxx→Perxx
- Effect
- NIR Masses
- Activations
- Reactivity
- Neg EmoLoveJoy= AL.
- UPS

The failure of humanity to absorb and apply the phenomenon of SPace will eventually destroy us as we acquire ever greater power to anti-love and destroy our self-created hallucinations of BAD--BAD being anybody who is different

from us.

Whenever the technology of a race outstrips its spirituality, it will destroy itself, a pattern that has been repeated thousands of times across the universe.

Seeking to practice and BE SPace will put you on the highway to more Wisdom, Love, Power and Joy = Being = Life. Bon voyage.

SPace and Love

SPace is the absence of anti-love, and therefore the beginning of pos-love. I repeat: **SPace is the beginning of love**. **Denial of SPace is anti-love**: it is rejection of what is, demand for change, or attack to change it to make it as it "should be". **To want to change someone because they are not as they "should be" is Anti-Love**. Love never seeks to change any thing or anybody with negative energy= anti-love, but through vision, understanding and example. All negative energy attacks on others to stop, change or control them is antilove and a denial of SPace. **How much denial of SPace to BE FEEL THINK DO RELATE and HAVE as you wish do you receive from others in life? How much do you give?**

SPace is the Beginning Of Love+:

where there is no SPace, love+ is not.

Where this is most important, of course, is applied to yourself, to your NIRs. You deny yourself your SPace. You paint your NIRs BAD and that provokes your own resistance to your Self as you yourself have created you. Your own BADs kill your SPace for yourself and put you into Anti-Love and attack against yourself for BEing that NIR. The purpose of your Anti-Love attack against yourself is to change or destroy that (BAD) Self=NIR. But that is Resistance and **Resistance Causes Persistence**. When you resist your NIRs, you are actually strengthening them. And **Resistance is Pain**: that Resistance is also your only UPS in life.

This same mechanism exists in our relationships, and indeed, is a result and projection of our BADs to Self.. We attack others to try to control our own BE-FEEL; to activate PIRs or to avoid or stop our NIRs. We attack others with our negative energy= anti-love in the forms of invalidations, anger, resentment, or blame. Our attacks are efforts to change the "**BAD**" BE, FEEL, THINK, or DO of the other person. Our anti-love attacks on them are a denial of SPace and of love+. Furthermore, our anti-love is a resistance to them as they are that only causes their persistence in precisely those behaviors that we want to change. .

Of course, you now know what makes anything in the other person BAD: **you**. BAD is **always** your creation and exists only in your own mind, never in the External world. You now understand who is Responsible for all your Anti-Love, be it to self or to other: you.

Therefore, beware any desire to change others: that impulse to change others will usually be anti-love. Love starts with total freedom to the beloved

to BE FEEL THINK DO as they choose, not as you wish. Without this total **Freedom= SPace**, love does not exist Stop trying to change others, period. Change your self only out of a vision of greater excellence, never out of your resistance to how you are now. Love sets an example for BEing better (in its opinion) but allows the other to do as they please.

The person we most resist, attack and try to change with our anti-love is ourselves, our NIR IDentities. We create our NIRs, and then we create them as BAD. With our creation of BAD we deny ourselves our own SPace to BE as we are -- *as we ourselves have created us!* BAD= negation of SPace → anti-love are all forms of resistance that cause the persistence of those NIRs.

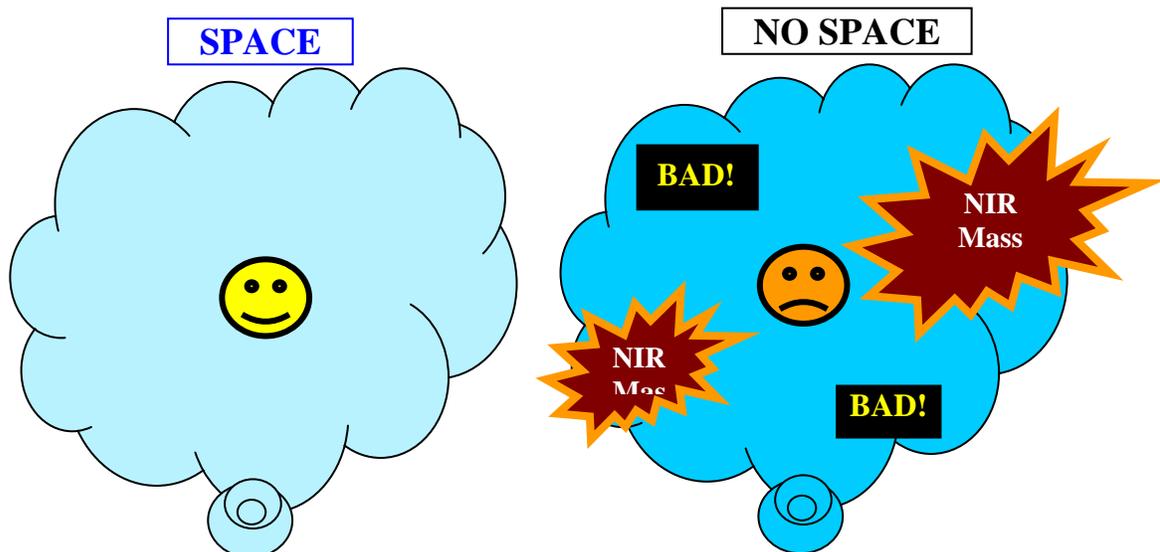
In fact, our Rxx to others is really a projection of our Rxx to ourselves, as we resist others when the activate our NIR Masses = UPS. Again, our BAD = denial of SPace to others is really a projection of our BAD=denial of SPace to ourselves.

SPace and PEP and Discreation

To change out of those NIRs, to discreate them, we must reverse this process of resistance. Instead of anti-loving ourselves, we must pos-love ourselves in our NIRs. **It is pos-love that discreates anti-love. You cannot destroy your NIRs with your anti-love = resistance: it is only your pos-love that will discreate them. That love starts with SPace.**

The key to discreating the NIR is to be in SPace to it, which **SPace is the beginning of love. Love dissolves antilove; +love discreates. Love starts with SPace.** If you can't love something "BAD", you can at least BE Space to it.

You get into SPace to your NIR by discreating your BAD to it. When the NIR is no longer BAD, you will let yourself BE it and experience it fully, which is a form of loving. **That experiencing it, that loving it, that integration and BEing it is what discreates it.**



Yet another aspect of SPace is the absence of the anti-Essence IDentities. When you are at the effect of = experiencing a NIR, that energy form and experience is occupying your consciousness= FEEL. Thus you are not in a state of no-thing-ness = SPace, but a state of some-thing-ness, the NIR.

Yet another aspect of SPace is emotional SPace. Emotions are energies, and SPace is no-thing. Thus, SPace is the **absence of all emotions** -- especially of all negative emotions. We say you are “in SPace” when you are **free of activations**, when you are serene. Of course, as you now understand, you achieve emotional SPace by discreating your NIRs as your negative emotions are your anti-love for self due to having a NIR activated.

CREATING SPACE

SPace is nothingness; you cannot create “nothing” directly. You create SPace by discreating the BADs that fill it, and by not creating new BADs in the future.

You discreate a BAD on anything by taking Responsibility for being its Creator, and then experiencing your creation, **experiencing how BAD that BAD thing is**, until you have “experienced out” = discharged the energy = mass of that reality of BAD and it no longer exists. You will know that it no longer exists because you can no longer experience = FEEL it. You will no longer perceive= experience that thing as BAD. You will perceive it just as it is, with no additive, without opinion or resistance on your part.

To achieve this state of consciousness on every thing and every one in the universe is a very high spiritual state: the beginning of Love. To achieve this state on everything in the universe, you have to first achieve it on yourself -- and that is the real challenge.

SPACE

Consciousness

Serenity

Patience

Acceptance, Tolerance

Freedom, Liberty

Value Neutrality: What Is, Is; As It Is.

Beginning of

- **Love**
- **Happiness**
- **Wisdom**
- **Cause→Power**

Key to Discreation

Capacity to contain realities & POV
(not covered in this lesson)

OPPOSITES TO SPACE

BADs, Invalidation

Resistance & Persistence

Effect

Activations & Reactivity

AntiLove

UPS: Pain & Suffering

Density (not covered in this lesson)

In summary:

SP is no-thing.

SPace is the absence of BAD. Ergo:

SPace is the absence of negative energy (as it can only be triggered by BAD).

SPace is the end of Anti-Love and the beginning of Pos-Love. Ergo:

SPace is the end of UPS and the beginning of Happiness.

SPace is Serenity and Patience, & the absence of activations and therefore the beginning of Wisdom.

Wisdom is essential to Power: Ergo: SPace is the beginning of Power.

Resistance is Effect: SPace is the end of Resistance and of Effect, and the beginning of Cause → Power.

That is a lot of juice out of “no thing”.

**Drink deeply of it, for SPace is
the end of AntiEssence and the beginning of Essence:
the beginning of Wisdom, Love, Power and Joy.**

This chapter is far from all that can be said about SPace, but it is sufficient to introduce you to this all-important –nay: critical-- concept. The failure of humanity to absorb and apply this concept will eventually destroy us as we acquire ever greater power to anti-love = destroy our self-created mirages of BAD, i.e. each other, BAD being anybody who is different from us.

**Seeking to BE SPace will put you on the high way of
Wisdom, Love, Power and Joy.**

Bon voyage.

Chapter 13

Introduction to

PEP

Psycanic Energy Processing

How to Discreate Realities

In this lesson, we are going to go more deeply into PEP= Psycanic Energy Processing, which is the creation and the discreation of realities (a reality being any **thing** that exists, physical or psycanic, and therefore, that you **can** experience). (Remember that a reality is only REAL when and while you **are** experiencing it.

Every thing= object= reality is made of energy, including your IDentities, thoughts, and emotions. ALL energy follows laws and principles: the universe is intelligent and ordered. All energy forms follow the Cycle of Existence: they are created, they live, they die = discreate. Our purpose is that you learn to control realities and their Cycle of Existence.

As always, we must start our discussion with the definition of any new terms.

Definitions:

Create: To Cause to exist that which did not exist before. To produce a reality.

Manifest: To Cause to come into your universe= experience something already created, often by somebody else. To attract something into your life.

Discharge: To let flow to your Consciousness= Experience=FEEL the energy of a reality which liberates and demodulates and thereby reduces the energy contained in that reality.

Discreate: The result of complete discharge of a mass. To liberate ALL the energy of a reality so that the reality no longer exists as such. (The energy does continue to exist, but no longer modulated.)

By creating the image of and then energizing (putting energy into) what you want to cause to exist, you create that reality.

By taking energy out of what you no longer want to exist, you discharge and thereby discreate that reality.

Cycle of Existence: Everything that exists has a Cycle of three stages: Begin-Do-End; Start-Process-Finish; Born-Live-Die; Originate-Travel-Arrive, etc.

As a spirit, “son” of the great CREATOR, you have “inherited” the innate power to create and discreate realities. By creating the energy forms that you desire to experience and discreating those that you do not, you control your psycanic universe. **As you discreate=eliminate all the negative energy that you are hauling around from the past, you free your BEing and return life to your control.**

As your physical universe is a projection of your psycanic universe, you will acquire more and more power over it as you learn to control your psycanic universe. (We will see Creation in Course #2 – first you must learn to discreate all the negative creations you have already created and are carrying around with you.)

However, this Course #1 is about Discreation rather than Creation. **Because of the Law of the 3Cs (Creation-CounterCreation), you must learn to discreate BEFORE you will be able to unleash you full Creator Power.**

ENERGY

Everything that exists is energy. In fact, everything that exists is a single INTELLIGENT ENERGY that divides ITSELF into all the myriad forms in the cosmos. Everything in the physical universe is energy, as Einstein expressed with the formula $E=mc^2$. Likewise everything in all psycanic universes are energy. Your thoughts are energy, your emotions are energy, and like all energy they have mass. Your thoughts and emotions are objects, psycanics objects made of energy= matter like everything else in the cosmos.

All energy is legal: it obeys laws and principles. Just as everything in the physical universe obeys the laws of physics, chemistry, biology, thermodynamics etc. so do **all psycanics realities, all your thoughts and all your emotions, obey the laws of psycanic energy.**

The laws of psycanic energy and the laws of physical energy are *almost* the same. However that “almost” is very important: there are a couple of laws of psycanic energy that are very different or even the opposite of the laws of physical energy. **It is the no-understanding of those differences that lead to suffering.** It is the effort to apply physical laws of energy to psycanic realities that lead to UPS.

For example, in the physical universe, it does appear that you can destroy energy/matter with negative energy. It does appear that you can resist and overcome something with force, if you have sufficient force. You can tear a building down. You can burn something up. You can take something apart and scatter its pieces to the four winds. In each case, it *appears* that attack with negative energy conquers and destroys that which you attack.

However, you are not really destroying energy: the energy remains in the pieces or is transformed to heat, smoke and other substances by the fire. The energy= matter itself is not less, not the destroy, just changed. And even in the physical universe, resistance can cause persistence and even grow that which is resisted. It was the resistance of the Roman government to the Christian Church that fed the expansion of Christianity and its final take-over of the Roman Empire. It is the resistance of governments to drug trafficking that have made it such an enormous and successful business.

Experience

All your experience is the effect of energy forms= realities on your consciousness.

Realities Cause Experience.

Experience is the Effect of a Reality.

To control your experience (which is the only thing that exists for you), you have only to create and discreate your realities. When an energy form= reality no longer exists, it no longer can cause experience: it is not possible to experience what is not. This is the way to make something not-real and no longer experience-able and experienced. (This, of course, is not how the average human being tries to not-experience his realities: s/he tries to resist, attack and destroy them, or to suppress his experience with substances. We will come back to this below.)

Just as you control your experience in the physical universe by manifesting and eliminating physical realities (light, heat, cold, chair, book, turn on TV, turn off TV, etc.), **so too must you learn to control your psicanic experience by creating and discreating psicanic realities.** It is exactly the same principle.

Nothing in the physical universe EVER causes your psicanic experience. (We have proved this scientifically in a previous lesson.) **You will never be able to achieve control of your psicanic experience (above all, produce the experience of Essence= Wisdom, Power, Value and Love-Joy that is the ultimate motivation of your existence) by trying to control physical events.**

First of all, **physical events do not cause psicanic experience;** and second, even if they did, **you will never have enough power to control even most of the events of your life.**

Few humans have learned to control, to create and discreate, their psicanic realities. Most try to control their psicanic realities with the three main errors:

1- They try to control their psicanic experience by controlling their physical realities and events. They try to control events to cause themselves MOPs and to stop or avoid MODs.

And/or 2- They resist their unwanted realities= experiences, and try to change or destroy them with negative energy. This, of course, is only energizes them more, causing them to persist and even increase. (Note: All energization is creation. When energizing, the polarity of the energy is irrelevant: Energy is Energy is Reality.)

And/or 3- They try to drown out their negative experience with substances: food, drugs, alcohol, tobacco, etc.

The psicanic universe is opposite of the physical universe as regards forceful discreation. **Force, attack, resistance, negative energy do not dismantle psicanic realities; it makes them more real and more persistent.** Your resistances, that is, your negative emotional charges=antiloenergy, to your creations such as your IDentities, thoughts, emotions, and behaviors; are causing their persistence and increase, even though the intention of your resistance is to stop or destroy (discreate) them.

We must reverse your resistance for you to be able to discreate that which you do not want. You must go through and experience what you have been resisting and avoiding. The way out of anything psicanic is by going through that experience, not avoiding or resisting it.

As you will see completely when you have studied all the entire Causal Sequence and applied them to yourself, all problems in life come out of resistance to yourself, specifically to your Anti-Essence IDentities. Life resolves and operates as it was intended to when you learn how to control and to love Who You Who.

**YOU MUST LOVE WHAT YOU HAVE BEEN
ANTILOVE-ING: YOUR SELF.**

DO NOT AVOID NEGATIVES: LEARN TO DISCREATE THEM

Most systems of personal change or development teach you to try to ignore negative energy and to concentrate on positive. Examples include Positive Mental Attitude, Positive Thinking, Affirmations, Neurolinguistic Programming, to name just a few. **This is a very limited approach for several reasons.**

First, as a spirit “descended” into AntiEssence, you are currently “packed” in negative energy (the Essence Suppressor Mass – not in this book). This negative energy is constantly activating like popcorn in boiling oil.

Your happiness and your spiritual development require that you free yourself from negative energy. **To do so you must be able to confront and handle it, rather than evade it or attack it with negative energy as most people do.** (Attacking negative energy with negative energy just produces twice the negative energy. $R_{xx} \rightarrow Per_{xx}$; $P_{xx} \rightarrow E_{neg}^2$).

Second, and this is a biggie:

**The Law of the Three Cs
(Creation-CounterCreation)**

Intents to create positives will often activate negatives previously created and latent in your subconscious.



ERGO:

If you do not know how to handle the negative energy, you will subconsciously reduce the power of your creative efforts to avoid activating the negatives. You thereby block your own power to create yourself in the life that you desire. Almost all humans do this (shy away from real, powerful creation) without any idea that they are doing it.

All real Power in life requires that you be able to handle both polarities of energy with equal facility. In Psycanics, you will not only learn how to handle negative energy; but you will eventually be just as comfortable handling negative energy as positive. **We are going to teach you to dive into negative energy and swim like a shark; to eat it and to use it to feed your Power and the growth of your BEing.** The maps of old used to say about unexplored and unknown areas: "Here lie Dragons". That is true about your subconscious --but dragons are no problem for Dragonslayers -- for which position you are in training.

What is PEP?

There are about 21 points of view on what PEP is and how it works.

One of them is the viewpoint of putting in and taking energy= mass=reality out of what we do not want to exist. This we have already explained.

Another of them is the point of view of **PEP as learning to love yourself**. This is the viewpoint we are going to explain here: **PEP is Love**.

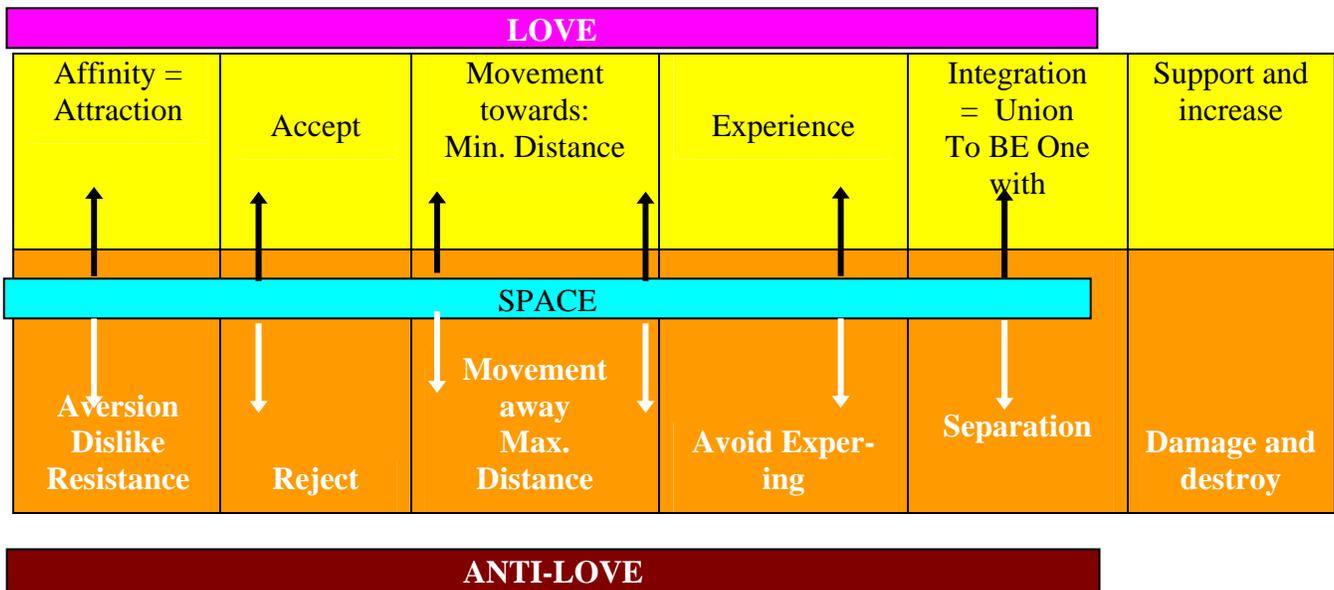
Law: Love dissolves Anti-Essence and Anti-Love.

You are an immortal spirit-ual BEing, and you already know all that we are saying. However, you have forgotten. We must refresh your knowledge of what Love is, and **rehabilitate your capacity to love-- starting with yourself**.

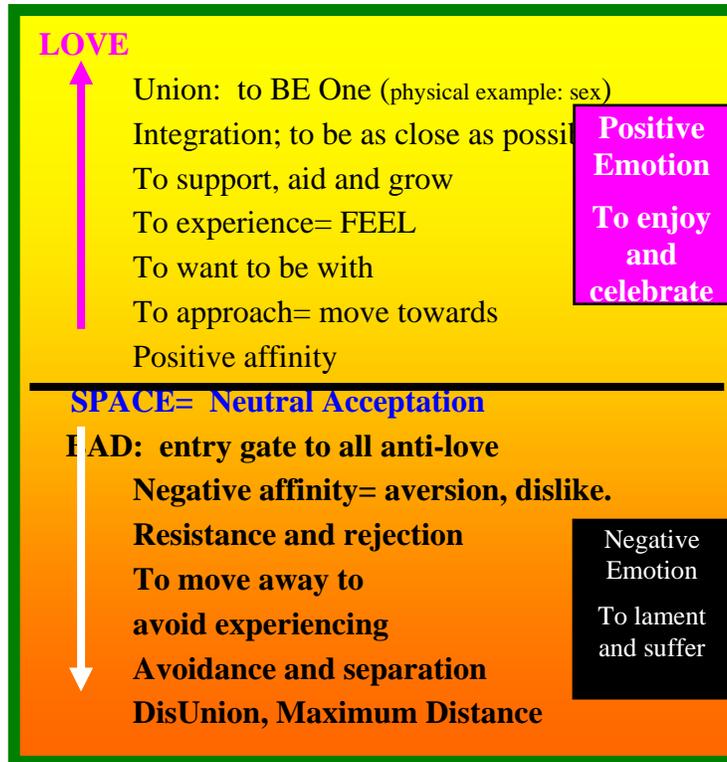
PEP is loving yourself. As you learn about PEP and how to do it, it may seem strange to you that we say that this is one of the **most powerful forms of loving yourself that exist**. However, that strangeness is not a measure of PEP or of love, but rather of human forgetfulness and ignorance about Love.

The Polar Characteristics of Love+/-

Let us start by returning to the characteristics of Love, some of which we saw in an earlier lesson. We are interested in the characteristics of affinity, movement, integration, and union. Love is a polar scale of these characteristics. It is a scale from maximum separation and distance, and therefore **minimum experience** of that which is anti-loved; to integration and union, to BEing one with, which union is the **maximum experience** of that which is beloved. It is a scale from minimum **BE-FEEL** to maximum **BE-FEEL**. It will be easiest to see and understand them if we put these in a polarity scale as on the next page.



Let us express most of these characteristics of Love in one scale with the following diagram:



When you love something, you experience and act (FEEL→ DO) in the positive polarities of these characteristics. When you anti-love something you FEEL→DO according to the negative polarity of these characteristics. Note again that it is your emotions that are the essence of the FEEL characteristics of Love in our table, and that provide the motivation and impulse energy for the DO.

Looking at the table of Love-AntiLove above, in which polarity are you now operating in relationship to your NIRs? How do you treat your NIRs? – with love or with antilove?

- Are you attracted to them, or do you feel aversion and dislike for them?
- Do you accept, or do you resist and reject your NIRs?
- Do you try to increase your experience of them, or to decrease and avoid experiencing them?
- Do you move toward them and try to become more of them, to become one with them? Or do you try to move away from them, to avoid them, separate yourself from them?
- Do you celebrate and enjoy them, or lament and suffer them?
- **Do you try to BE-FEEL them; or do you try to NOT BE-FEEL them?**

Notice that the lower half of the scale, Antilove, is where most humans spent much of their time and energy

Whenever you are in negative experience (any degree of UPS) you are in a condition of antilove for your NIRs. Your emotions are your love or antilove for self where self is determined by the IDentities activated at the time. And never forget that that self antilove is the only UPS that exist. And never forget that that AntiLove, all the forms of AntiLove that we are seeing here, are Resistance and *Resistance Causes Persistence*.

Love is about BE-FEEL. You want to BE with, unite with, and FEEL=experience that which you love. Love wants to be with, to integrate with and to experience the beloved as much as possible (The maximum physical expression of this is sex.) **The maximum FEEL of anything is to BE that thing, to BE one with it. Thus to Love is to BE and to FEEL: Love is BE-FEEL. Notice the correspondence here between Love as BE-FEEL, and BE-FEEL as WPV-LJ, which is also the Causal Sequence of BEing, and as the BEing and the FEELing part of the Causal Sequence of Life. No matter how you look at it you are made of Love.**

Remember: it is impossible to separate FEEL from BE; emotion from the Essence IDentities. As expressed in the Causal Sequence, BE causes FEEL; and FEEL is the inevitable Effect or result of BE. Your emotions are your FEEL for self where self is determined by your BE= IDs. For this reason, we often use BE-FEEL as a single word because it is really a single phenomenon.

To love yourSelf, you must BE-FEEL yourSelf – and that is precisely the essence of PEP.

You love Wisdom and to BE Wise. You want to **BE-FEEL** Wisdom, as much Wisdom as possible. You love Power and you want to **BE-FEEL** Power; as much Power as you can. You love BEing Value-able and you want to **BE-FEEL** Value-able, worthy and deserving, to BE-FEEL yourSelf as much Value you can. And you love Love, and you want to **BE-FEEL** Love-Joy, as much Love Joy as you can. You seek the bliss and ecstasy of the ESSENCE of LIFE that you are and from which you come.

You are seeking to BE-FEEL as much ESSENCE, as much of the INFINITE CONSCIOUS INTELLIGENT WISE ENERGY CAUSE CREATOR POWER LOVE-JOY BEING from which you come as you can. The Quest for this experience is, in fact, the ultimate motivation of your existence, called the Existential Experiential Imperative. We will delve into this in the book Psicanica, where we will see why these qualities are so important, why they are the driving force behind all existence.

You want to **NOT BE** and **NOT FEEL** Anti-Essence=Anti-Wisdom, Anti-Power, Anti-Value, and Anti-Love. You want to **NOT BE-FEEL** AntiEssence.

Love dissolves Anti-Love. Love is the universal solvent. It will solve all problems. **To dissolve= discreate your NIRs, you must move from a condition of antilove= resistance, to a condition of Love.** You must move from negation and resistance to acceptance, experience, and integration to BEcome one with them with your NIRs.

Love dissolves AntiLove, and Love is BE-FEEL. You have only to BE-FEEL *completely* what you yourself have created of your Self. You are currently trying to not BE-FEEL what you have created of your Self. **The path to discreation is just the opposite, to BE-FEEL it fully. This is to Love it fully, to love yourself, no matter what you have created of yourself.**

Love is the answer.

Love is the goal and Love is the way.

If these concepts of Love (We are not saying they are the only concepts of Love, there are many more even within psychanics) seem new to you --and they do to most humans-- then just note that you have been operating in ignorance of the nature of Love.

Pos-love starts with **SPace**, and then as you move up the love scale, moves towards= approaches the beloved thereby increasing experience, achieving more and more FEEL of the beloved, to finally reach maximum experience by integrating and BEcoming ONE with the BEloved. We live love this

way in the physical universe through relationships and their culmination in sex. We must do the same with our Selves psicanically.

Love your NIRs is exactly you are learning to do with PEP. Strange as it may seem, your love discreates your NIRs.

Other PVs on Discreation

Another point of view about discreation is that of Completing the Cycle of Existence on a creation.

Cycle of Existence of a Reality:

Create→Experience→Discreate

The purpose of a creation is experience. When a creation has fulfilled its purpose, i.e. it has been experienced; its “life” is over and it “dies” = discreates (– if you let it by not resisting it). When you experience fully your NIRs, it has fulfilled the purpose of its existence, to be experienced, and so can then “die”.

You currently resist experiencing your NIRs; you do not let yourself fully BE-FEEL= experience them, and this sticks them in the cycle at and in “experience”. As you do not let them be experienced fully, they can never complete the cycle of existence and proceed to the discreate section.

Therefore, the never-fully-experienced NIRs and their Masses of BAD and neg emo continue to exist in your subconscious as NIR Masses and activate every time you perceive a relevant trigger event.

Why Aren't You Discreating Now?

Discretion seems simple, no? So: **First Question:** why are not you doing it now, simply integrating and experiencing= BE-FEELing your negative IDentities? Why are your NIRs *persisting* and activating over and over causing you the same pain over and over again? Why have you not been able to free yourself of them permanently?

Try to answer this question *before* you read the answers to see how well you have understood everything that we have said so far.



The answer to the first question above should already be clear. They are persisting because you do not pos-love them= yourself. **They are persisting because you have not been experiencing them; you have been resisting them, trying to avoid them, or attacking them with negative energy.** You resist BE-FEELing yourself when you are (by your own creation) in Anti-Essence IDs such as (I AM) stupid, foolish, unable, incapable, weak, a failure, undeserving, unworthy, or worthless, etc.

Second Question: Why are you in resistance to BE-FEEL your NIRs? After all, you created yourself that way; why is it such a problem to just BE-FEEL your creations= your realities= your IDentities? (Really try to answer this before going on.)



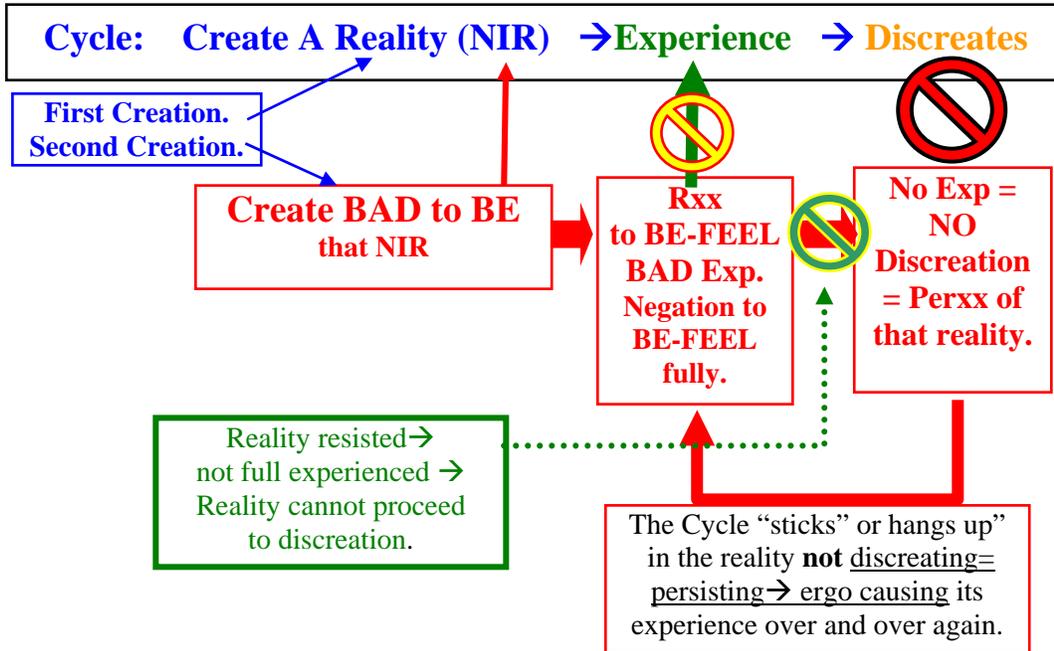
Again, the answer should already be clear. You resist them because they are BAD. Who wants to BE something BAD? Who wants to FEEL something BAD? -- much less FEEL themselves as BAD. Well, nobody in their right mind, right? (Of course, if they are in their left mind, that is another story.) (Ok, that was a bad joke.)

The **Third Question** is: What makes them BAD? How did they get to BE BAD?



Again, the answer should already be clear. What makes them BAD is you. You are the sole creator of BAD in your universes. Remember, BAD does not exist except by your creation nor outside of your mind. You have created Anti-Wisdom as I AM STUPID and **IT IS BAD to be stupid**. You have created Anti-Power: I AM INCAPABLE and **IT IS BAD to be incapable**. You have created Anti-Value: I AM LESS than others and **IT IS BAD to be less than**.

Because your NIRs are BAD, you resist them and do everything you can to not BE FEEL them, not experience them. As the basic law of discretion is **EXPERIENCE EXPERIENCED DISAPPEARS**, you keep this law from operating by your refusal to BE-FEEL= experience your creations.



A more advanced law of discreation is **LOVE DISSOLVES ANTI-LOVE**, and you keep this law from operating by your refusal to love= BE-FEEL yourSelf. Remember how we have explained what love is: the upper half of the Space-Love Spectrum of approach, experience and integration: total BE-FEEL. You don't have that kind of relationship with your NIRs, do you?

Remember that as we explained in a previous lesson, there are at least three BADs in every your activation.

4. There is the BAD to the NIR itself: You have created that it is BAD to BE Anti-Wise (foolish, ignorant, stupid, etc.). You have created that it is BAD to be Anti-Powerful (unable, incapable, weak, a failure, etc.) and you have created that it is BAD to be Anti-Value-able (unworthy, undeserving, BAD, worthless, etc.). This is the BAD that triggers your self anti-love = negative emotions.
5. There is the BAD to your negative emotion: most people have it as BAD to feel anger, fear, or sorrow; and resist their negative emotions.
6. Then there is the BAD to the trigger event. This BAD, you will remember, is a projection of your BAD to your NIR. When you are in the fatal paradigm, you ascribe the cause of your BAD negative emotions to the trigger. That which causes BAD is BAD.

Of all of these, the BAD to the NIR is by far the most important. Your discreation of the NIR will dissipate all anti-love = negative emotion with no attention to the emotion itself. Furthermore, just your discreation of the BAD to the NIR will dissipate all Anti-Love with no attention to the emotion. Your discreation of the NIR will also dissipate your resistance to the trigger event or person. Therefore:

The discreation of the NIR is the key to fast and easy discreation of all negative BE-FEEL in your life – which, as indicated by the C.S., will change your THINK, RELATE, DO and HAVE..

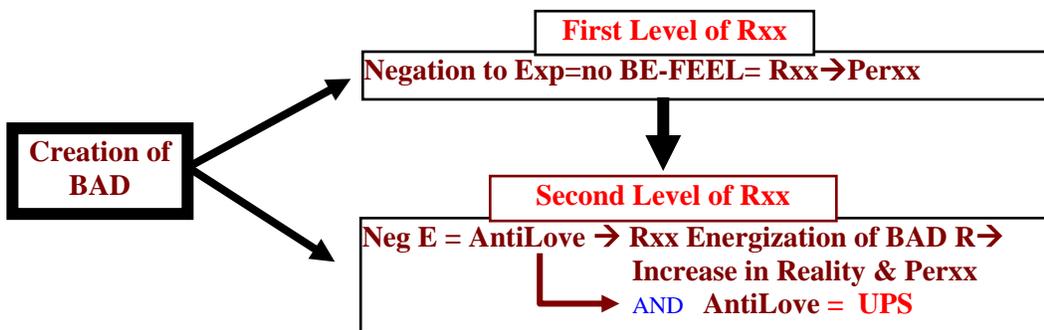
The discreation of BAD to the NIR is the key to the discreation of the NIR. You resist the NIR because it is BAD and that resistance = negation to experience is what causes its persistence.

The primary key to PEP is the discreation of the BAD to the NIR.

The CAUSAL SEQUENCE OF BAD:

Now that we have covered the concept of the Cycle of Existence of a reality, we can look at the Causal Sequence of BAD in more detail. Here we go with the formulas again: (L1 = Level1, L2 = Level 2).

**BAD → L1 Rxx=No Exp → Perxx +
L2: Rxx= neg E= A-L → UPS + Perxx.**



First Level of Rxx: The Creation of BAD about a Reality (e.g. a NIR) leads to the negation to experience= BE-FEEL that Reality, which stops {Exp2 → =0} = its discreation and thereby causes its Persistence. The Negation to Experience “sticks” the Cycle of Existence (Create → Exp → Discreate) in the middle, in incomplete Experience, and so prevents it from proceeding to Discreation.

Second Level of Rxx: At the second level, the Creation of BAD leads to the generation of negative energy= neg EmoLoveJoy= antilove to attack and try to stop, change or destroy the “BAD” Reality. This only serves to energize it further so that it increases in mass= reality and therefore in Persistence. At the same time, that negative EmoLoveJoy resistance is the only UPS (Unhappiness, Pain and Suffering) that exist.

The abbreviation and symbol for the Causal Sequence of BAD is **BAD → Rxx → Perxx + UPS**, and even more abbreviated: **BAD → Rxx**.

BAD is the generator force for all negative emotional charge. The bigger or stronger the creation of BAD to the NIR, the bigger will be the negative emotional charge. BAD to the NIR engenders a whole chain of negative effects:

1. BAD is the catalyst for all negative emotional charge, and **the amount of charge is always directly proportional to the amount of BAD** the BEing has created and is carrying. The bigger the negative emotional charge, the more the explorer will tend to be at Effect of his energies, rather than at Cause. Jellos are sometimes overwhelmed by the amount of the charge and out of control of their energies. When the explorer is overwhelmed by hir emotions, we call the trigger incident *traumatic*.

2. The sheer amount of the negative energy will sometimes obscure the perception of the more subtle, thought-frequency IDentities. Thus, when the pilot asks for NIRs, the explorer does not perceive them. In this case, you can not process the NIR (whether you are the pilot or the explorer) until you have run down the emotion to more manageable amounts.
3. BAD, by generating the negative emotional charge, **makes it painful** and therefore difficult for the explorer to integrate and BE-FEEL= experience the NIR to discreate it. **Nobody wants to BE anything that is BAD.** Being BAD contradicts a most basic instinct of our nature as BEings which is to BE Good in order to BE Love-able= Happy. **Thus BAD triggers neg emolovejoy resistance and obstructs discreation.**
4. We evade consciousness of our BADs to ourselves= NIRs, and **project the BADs onto the trigger events** as the apparent (but false) Cause of our activations. When we are in the Fatal Paradigm rather than in RespExp (Responsability for Experience), we are operating in the hallucination that the event is the Cause of our pain. That which Causes pain is BAD, and so the trigger event appears to be the BAD Cause of our pain. We then that attack that BAD event --thereby putting ourselves in conflict with others and the world, and usually damaging our relationships. However, as you now know, the event is not the Cause of our pain --and therefore does not qualify as BAD. It is our BADs themselves that are the Cause of our pain.

For all these reasons, the discreation of BAD is the key to discreation of anything else, starting with our NIRs and including our BADs to others and events, and to all other realities (such as programs and determinations).

Self-love starts with giving yourself the Space to BE-FEEL as you are.

- 1- Love discreates Anti-Essence and Anti-Love. ←
- 2- The discreation of BAD puts the explorer in SPace.
- 3- SPace is the beginning of Love. —

The discreation of any NIR starts with giving yourself the SPace to BE as you are, to BE that NIR.

You must come to a place (i.e. SPace) where you can look upon yourself, upon your creations = IDentities from a point of view in which the concept of Good-BAD does not exist.

**You are as you are, and you are not as you are not.
Let yourSelf BE as you are and Experience=BE-FEEL that.
That BE-FEEL is Love, and Love dissolves AntiEssence..**

That is the beginning of true self-love, and of the discreation of anything you wish to no longer BE.
You achieve that SPace by the discreation of BAD.

A note on Change: Notice that you are **not** trying to change yourself or anything else. Trying to change is often but another form of resistance to how you are now: BAD in some

way. Trying to change is resistance to What Is, and sticks us = makes us persist in the What Is we are trying to change.

You are not trying to change anything about you. You are trying to fully BE *how you are now*; and when you achieve that, *how you are now* discreates, and **you change effortlessly**. Therefore, do not try to change; just try to BE-FEEL the **truth** of what you ARE and FEEL. **The truth will set you free.**

Once you achieve SSpace (by the discreation of BAD), you need then only continue to pos-love = experience yourself in that IDentity= that creation of yourself by yourself, until it “evaporates”. That continuing love of your self is to simply experience= BE-FEEL yourSelf= IDentities. **The faster you can integrate and BE-FEEL completely a NIR, the faster it will discreate.**

**This discreation of your BADs to self to be in
SSpace= Beginning of Love to yourself, and
then the integration= BE-FEEL your NIRs, is to love yourself.**

**It is a process of Love that discreates the NIRs and allows you to change.
You control the direction of the change with Creation of Who You Want to BE now – starting
with PIRs.**

When the NIR is gone, so is your anti-love = emotional charges = pain. When you have discreated the NIR, there is nothing to anti-love. The mass is gone; you are in SSpace. You will then create PIRs, those positive IDentities that you wish to BE to fill your SSpace and cause your positive experience thereafter. **The process of discreating the negative Exp=R, and creating the positives desired is called PEP: Psychic Energy Processing.**

On the scale of how well PEP works for change and personal development, PEP seems to fall somewhere between magic and miracle. However, it is really just spirit-ual science, the physics and electronics of Spirit.

The rate at which people can do this (integrate and BE-FEEL to discreate) varies greatly. Some people let themselves experience energy little by little so that takes considerable time to discreate. Other people open themselves fully and integrate to the NIR more or less all at wants, so that it discreates almost instantly. Either way will work, the only difference is time.

Another factor that determines how long it takes, is the amount of charge activated and available: this differs not only from person to person, but also from activation to activation in the same person. Also, some charge masses are very fluid, and others are very solid, so that the discharge rate also varies accordingly.

Differences in experience rates brings us to the phenomenon of Rocks and Jellos-- and other selected excerpts from the Pilot’s Training Manual.

Excerpts From The Pilot Training Manual

JELLOS and ROCKS

Human beings operate on a spectrum of **ability to feel** that goes from **very open to FEELing**, to **very closed to FEELing**. A person who feels very easily, and therefore a lot, is called a **Jello**. The slightest trigger sets hir to “quivering” (FEELing and feeling¹⁰). A **Rock** is a person who finds it hard to feel, and feels much less than a Jello about almost everything.

Rocks are people who, usually when young, developed a strategy of handling their emotions by suppressing them, by shutting down. Rocks try to put mind, thought, rationality, over emotions in deciding how to operated in life. Rocks tend to be very mental, and to Jellos they often seen insensitive and even cold.

Jellos are people who have remained open to their emotional energies, and therefore also to the more subtle mental energies such as creativity and intuition. They tend to guide themselves in life by how they feel. For example, artists and musicians tend to be Jellos. To Rocks, Jellos seem to be oversensitive, impulsive and often irrational.

Jellos are moved primarily by FEELing; Rocks try to THINK their way through life.

In Western culture, men tend to be Rocks and women tend to be Jellos. **This is not due to any innate psychological difference between the sexes, but rather to social conditioning.** Men are taught to be strong, not to be a “sissy”, not to show, much less express, their feelings, and above all, not to cry. Women are traditionally allowed more SPace to be emotional. However this is only a general tendency: there are many very-Jello men, and many very-Rock women.

We can also note cultural differences. The Japanese, for example, are taught to be Rocks, to not have feelings – and if they do, certainly not to show them. Some Islamic cultures allow men to be Jellos, to show their emotions, even to crying publicly.

Most humans have shut down FEELing to some extent (the Rock-Jello scale). Due the differences in the amount of the shutdown, everybody is at different points the Jello-Rock Spectrum. Furthermore, where you are may vary from day to day according to your energy level, the charge, and according to your particular resistance to whatever you are processing at the time.

When you are so shut down that it is difficult to feel your emotions, much less your NIRs, then you qualify as a Rock. When you FEEL and feel easily, cry easily, you are a Jello.

There are also what we call “M&Ms”: people who are Rock when first trying to enter a charge, but once in, can FEEL and PEP it easily. You might say that they have a hard, Rock outside with a soft Jello center, like M&M candy.

Jello-Rock Polarity Spectrum

The **Jello-Rock Polarity** diagram below presents a comparative table of the advantages and disadvantages of each modality. In PEP, Rocks usually show more disposition and commitment to confront their negative energies, to process. Jellos tend to try to avoid FEELing negative energy as

¹⁰ Remember that “FEEL” refers to EmoLoveJoy, while “feel” refers to all perception and experience of any reality. FEEL is emotions; feel is all forms of experience. Even thoughts are experience, are “felt”.

A Rock will often not have to worry about discrediting BAD→Rxx to be able to get to the NIR: a Rock may have trouble feeling the emotion at all, and may not be able to find the BAD or the NIR. In fact, it is good that the Rock can not find the BAD→Rxx which would discreate the emo, because s/he needs all the emotion s/he can get to practice feeling on. **A Rock needs to practice feeling and FEELing.**

A Rock should not try or strain to feel or to process, or try to force anything. Feeling and PEP are passive, not active. It is not something you do; it is something you let happen to you. A Rock needs to **relax** and **open hir feeling** and let the experience, the energies, come in and over hir.

Likewise, do not use imagination to try to “create” in yourself the NIRs. It is okay to use imagination to imagine the trigger events to provoke the NIR Mass, but it is not a question of trying to imagine that you are the NIRs – that would tend to create them. It would be better to create PIRs to activate the NIRs with the Creation—CounterCreation technique.

Rocks: Just FEEL everything that you can, emo, BAD, NIR without worrying much about what it is. With time the NIRs themselves will become clearer, but always keep working you your ability to **REHABILITATE your capacity to FEEL.**

SPECIAL INSTRUCTIONS FOR JELLOS

The problem for Jellos is that they feel and FEEL too much. They can be overwhelmed by the amount of the charge, which puts them in Effect and causes them to lose control of their energies, even to the point of hysteria. Furthermore, the emo charge can be so strong that it overwhelms the Jello’s perceptions and she can not find the BAD or the NIRs because of the amount of the charge, so that standard way of reducing emo charge, discrediting the BAD→Rxx, is not available.

Jellos may also tend to be in Victim and denying Responsibility for their creations. You can not discreate what (you believe) you did not create: denial of Responsibility for being the creator stops the discreation process cold.

There are several ways to handle all of this:

- 1. Have the Jello explorer discreate BAD on the trigger event.**
- 2. Let the Jello explorer run the charge out with catharsis.**
- 3. Put more attention on discrediting the BAD and Rxx to the NIRs, if the explorer can feel this.**
- 4. Use the Bubble discreation process. As this is an advanced technique, it will not be covered here.**
- 5. Have the Explorer do a partial withdrawal from FEEL. This also is an advanced technique and will not be covered in this book.**
- 6. As regards Creator Responsibility, the pilot will have in mind beginning Victim explore of this while s/he is learning.**

HIGHLY EMOTIONAL JELLO EXPLORERS

Any time a jello explorer goes to the **effect of the charge= overwhelmed by the emotion and no control** (e.g. a traumatic charge); and is unable to perceive, or to handle the NIR, pull hir out of the charge and take hir to discreate the BAD on the trigger. Also remind hir of processing at CAUSE: to be conscious of being the creator of all hir experience and not to take it so seriously: it is just charge. Have hir watch hir drama. If the explorer is so at effect and out of control that s/he can't execute any instructions, just let hir go and let the charge rundown (catharsis) until s/he recovers some control and can follow instructions again.

Sometimes a NIR mass contains a lot of anger, rage, hate and violence. It can be useful to let a new explorer FEEL that while hitting something. It helps them to open up and accept and express their feelings which helps them to FEEL them. Once the anger is discharged, do not forget to go after the NIRs.

I have let explorers attack and beat on me. At one time, we used to let them beat on tables padded with blankets, and in the mountains on trees with poles or axe handles (I stopped that because of damage to the trees and we switched to beating on earth embankments). In courses now, IF I WANT TO DEMONSTRATE such expressions of emotion, I usually just put a pillow in my lap and let the explorer beat it with hir fists, or beat the seat of an empty padded chair.

However, by first reducing the emo charge with any of the techniques we are covered in this and previous chapters, physical discharge is no longer necessary.

EXPERIENCE VERSUS MIND

You have two different psycanic systems: **FEEL** and **THINK= Experience** and **Mind**. Here by mind we mean thought, analysis, reason and logic.

Key Concept:

**DISCRETION TAKES PLACE IN BE-FEEL= EXPERIENCE,
NOT IN THINK= MIND.**

Thinking is creation and manipulation of mental creations, not discretion. “Being in your mind” is to focus attention on thoughts, to be thinking, as opposed to feeling, to experiencing. “Being in your mind” **stops discretion as it pulls your attention from experiencing= feeling (and especially FEELing) to THINKing.**

Discretion consists of converting psycanic mass to charge to flowing energy and discharging the mass by moving its energy through consciousness. This impact and movement of the energy through Consciousness Causes Experience at the same time that it demodulates and frees the energy from that reality-mass.

Mind, thought, understanding and analysis are not only useless for this, they are counter-productive: they distract from and reduce experience. Note this is a big difference between psycanics and many kinds of psychotherapy and psychoanalysis that focus on analysis and understanding your problems.

Logic, analysis and understanding *why* you are the way you are and *why* you feel or act as you do are fairly useless; they are the booby prize. **It makes no difference to discretion when, where, why, who-did-what-to whom: don't waste valuable PEP time on it.** If you must think about anything and analyze it, do it later after the PEP session.

You feel, think and act the way that you do because you are at the effect of = being acted upon by a psycanic reality= object= mass, by modulated mass of psycanic energy.

(The purpose of all your THINKing and negative behaviors= DOs is to change that experience. Thus you attack the trigger or you try to suppress your FEELing with addictive substances.) **However, the true path out of effect is simply discreate the mass, and for this none of such data (when, why how, etc) matters.**

(I have had people stand up at the end of the first day of a psycanics course and announce to the room that they had achieved more personal change that day than they had in years of psychoanalysis.)

Note for Pilots: Be very careful of using the word “why” in your questions to the explorer as this tends to take the explorer out of experience and into mind. There are times when a pilot will want to know a “why” but they are rare. As beginning pilot, make it a rule to never use “why”. This prohibition will also force you to develop your linguistics which very important in piloting

SEVERAL IMPORTANT DISTINCTIONS BETWEEN PSYCANICS AND OTHER SYSTEMS OF THERAPY OR PERSONAL CHANGE.

The goal of psicanics is to teach you to handle your own energies. You have neither the time nor the money to go running to a therapist every time you are in negative experience or behavior, or want to change something. While piloting by others is necessary when you are learning, the goal is always that you are able to process yourself at any moment in your life. (This is like learning to fly an airplane. You need an instructor pilot¹¹ beside you while you are learning, but eventually you do it yourself.)

We can identify at least three kinds of BEing “repair” systems before Psicanics.

1- ANALYSIS: As regards those types of therapy based on analysis, those in which memory and understanding of events, usually childhood events, are sought (i.e. psychoanalysis):

Psicanics observes that any type of thought about and understanding of why you are the way you are is relatively useless. There will be some discharge by inspection, but *without any serious discreation of NIRs, personal change will be slow and laborious.* Psicanics is about DISCREATING YOUR NIRs. As long as those NIR reality masses exist around you, (in your subconscious), you will be at the EFFECT of them, no matter how well you understand their why and wherefore.

2- POSITIVE ONLY: As regards those systems of therapy or self change that try to have focus only on positive.

There is only so much creation and so much personal change -- *relatively little--* that can be achieved while avoiding confront on, and experience of, and discreation of the negatives. **Sooner or later you have to confront and discreate negatives. You have to handle them for two reasons. First because they are the real problem: you already ARE the positives; you have only to remove the suppression. And secondly, because serious intents to create positive will activate negative because of the Creation Counter-Creation principle.**

3- FEEL ONLY: As regards those types of therapy that are based in feeling (i.e. gestalt psychology, Sedona Method, to name two), most tend to limit themselves to the discharge of the emotion *only*. While this will provide **temporary** relief of the UPS and some behavioral change, the underlying cause of all emotions, the NIRs, remain intact.

Emotional discharge provides relatively little long-term benefit: no reduction of NIRs, no reduction of reactivity, no reduction of the creation of BAD, and no permanent reduction of the **Essence Suppressor Mass** (explained in Course 2). , and little change along the entire **Causal Sequence**. Emotional discharge is better than nothing, than continuing to carry around the pain; but is light-years from all that can be achieved with the discreation of negative IDentities are. Furthermore, psicanics achieves, as a by-product, total emotional discharge without even having to “suffer” through the emotion.

BE-FEELing , not THINKing, is the key to discreation and spiritual progress. But not just BE-FEELing anything: the emotions are not important; the BADs and especially the NIRs are.

¹¹ There are 2 kinds of PEP Pilots: those that just pilot you, and those that strive to teach you how to pilot yourself while piloting you: PEP Instructor Pilots.

A saying in Mysticism:

You cannot think your way back to God; you can only feel your way back.

HANDLING EMOTION

We use emotion= FEEL to find BE, working the Causal Sequence backwards. Once we have the NIR identified (in experience, not mind) we are not much interested in emotion unless it interferes with the explorer or his access to the NIR. Such interferences include:

1. The emo charge is so strong that it obscures the perception or concentration on the NIR. In this case, you have to reduce the emo charge to get to the NIR.
2. The explorer goes the Effect of the emo charge and loses all control of his energies. This sometimes happens with Jello explorers in Victim and with anybody when the charge is fresh and big enough: e.g. grief charges for major losses. A bad case of Effect is hysteria, and the worst case is insanity: people have totally left contact with reality to avoid major charges. The good solution is often catharsis: just let the explorer go through the emo charge until s/he winds down. Then go for the NIR.
3. The emo charge is strong enough to be painful for the explorer. If the explorer then adds in resistance, s/he will suffer. PEP requires feeling, but not pain or suffering.

Major Piloting Rule

Whenever the emo charge interferes with fast and painless processing, you should stop trying to discreate the NIR and go to discreate the BAD to reduce the emotional charge.

If the emo charge is big, it will overpower the explorer's FEELing and make it hard to find and focus on the NIR. If it is really big, a Jello explorer may go to more or less total effect and lose all control of his energies, even get hysteric.

Any time the emo charge is causing the explorer too much pain, or is interfering with the explorers perception, concentration and integration=BE-FEELing of the NIR, leave the NIR and discreate BAD to reduce the charges. Otherwise, ignore the emotion. It is OK for the explorer to feel a little emotion while processing. Rocks, in fact, need the practice FEELing so let them feel all the emotion that shows up.

Ignore does not mean resist or suppress, only not to pay much attention to it – and the best way to achieve this is by not having much emotion to pull attention. You control the amount of emotion by discreation of the BAD→Rxx on the NIR. If the emotion is too much for this, then discreate BAD on the trigger event. .

There are advanced piloting techniques to control emotion, Flowing vs. Feeling, and Entry Restriction by Percentage, but these are beyond this beginning text.

One of the more common errors of new pilots is to focus on and have the explorer experience out hir neg emo (applying the law $\text{Exp2} \rightarrow 0$ to the emo instead of to BAD and the NIR). This will reduce the emotion, BUT

- 1- This wastes PEP time: discreation of the NIR is faster.
- 2- Is painful for the explorer as you drag hir through hir neg emo.
- 3- It doesn't achieve much in the long run. There is no real progress in BEing, no real change, as the NIR is still there – AND the emotion will usually re-generate because it is Rxx to the NIR and the NIR is still there. This will eventually give the explorer the sensation that PEP doesn't work because s/he finds himself processing the same charge over and over again.

Ignore the emotion once you have the found the NIR causing it, as long as the emotion is not interfering with the processing. Again, it is OK, even ideal, for the explorer, especially the Rock, to experience some emotion. If there is too much emotion, discreate some of the Bad \rightarrow Rxx, as explained previously.

Sometimes, especially with Rocks, the explorer can not find the NIR and all you have is emotion. In that case, just have the explorer Exp2 as best s/he can.

FIVE WAYS OF HANDLING EMOTION

There are five ways with which you can discharge emotion, each with advantages and disadvantages. Be clear that we are talking about the emotion here, not the NIR.

- 1- You can just FEEL the emotional energy itself, experience the emotion, until it runs down. There will be times when this is the only option that you have, both with Rocks and with Jellos – although for very different reasons.
 - A- Sometimes Rocks can just barely FEEL their emotion and cannot perceive the NIR at all. In such a case, they need to practice FEELing anything and everything they can to rehabilitate their perceptions.
 - B- On the other extreme, sometimes Jellos will be overwhelmed by the amount of their charge (as in a traumatic incident), and are so much at Effect that they have little control= Cause and can not focus on the NIR, and sometimes cannot even find it in all their charge. In such a case, just let the explorer go through catharsis and experience hir experience until the energy runs down.

Therefore, sometimes emotional discharge by Exp2ing your emotion is the only thing you can do. However, this should never be used as a substitute for finding and discreating the NIR when this is possible. **Discharge of the emotion alone does not discreate the NIR**, and as long as the NIR remains, two important situations continue to exist:

 - a. Although there is a reduction in FEEL, there is no real change in BEing, no reduction of Anti-Essence IDentities.
 - b. The probability is high that person will re-create the emotion in the near future, as all emotion is created against an NIR and the NIR is still there.
- 2- You can discreate the BAD to the event. As BAD is always the only catalyst to negative emotions, any reduction of BAD will reduce the emotional charge. The technique of reducing BAD *on the event* is used with overwhelmed Jello explorers to reduce the emotional charge so that they can perceive the NIRs and so that Jello recover enough Cause to handle them. For

example, traumatic incidents often have so much charge that the explorer cannot perceive his NIRs.

However, again note that **discharge of the emotion alone does not discreate the NIR**, and as long as **the NIR continues to exist there has been no real reduction of Anti-Essence Identities and therefore no real change in BEing**. The person will re-create the negative emotion the next time that NIR activates -- at which time it will be apparent that no lasting results were achieved with that original discharge. With any of these techniques of emotional discharge, the person may achieve emotional SSpace (tranquility), but the true power and benefits of PEP have been truncated.

- 3- You can discreate the BAD to the emotional charge. This will reduce the explorer's resistance FEELing= discharging the emotion. Once the explorer opens to FEELing his emotion, it is easy to discharge it. However, remember what we said above: **Discharge of the emotion alone does not discreate the NIR**, and as long as **the NIR continues to exist there has been no real reduction of Anti-Essence Identities and therefore no real change in BEing**, and therefore no real change in the relevant Causal Sequences.
- 4- You can discreate the BAD to the NIR -- and **this is a critical discretion and the correct and necessary path to the discretion of the NIR**. However, never forget that **BAD is the Cause of all anti-love= negative emotion**, not the NIR. Therefore, once the BAD to the NIR is discreated, the explorer will be in emotional SSpace. **This is good, but it is a danger point!** To the unknowing, it appears that the process is over and has been successful: after all the explorer is now free of all pain; s/he is serene and even happy again.

The discretion of BAD will discreate the negative emotion, but **the elimination of the emotion does not indicate a discretion of the NIR** and is not the purpose or an end point of a process (if the NIRs are available).

Discreating the BAD to the NIR and therefore dissipating all the anti-love = emotional charge **does not discreate the NIR**. No matter how good the explorer FEELS at that point, you must continue processing until the NIRs are discreated. While the NIRs continue to exist, untouched, un-reduced, by the explorer's BE-FEELing them to at least a minimal degree, the only thing that has been achieved by that processing is to end that present time pain for the explorer. While this might seem a great thing, even a feat at the cutting-edge of psychology and therapy as it is today (year 2005); it is far beneath the power, the reach, and the highest purpose of PEP. That highest purpose and ultimate objective of PEP is the restoration of your original BEingness of Essence. It is the re-ascension, of you as a descended spirit-ual BEing, to your ONENess with the ALL THAT IS.

- 5- And finally, **you can also discreate all antilove = emotional charge = UPS by discreating the NIR**. As all negative emotion is resistance to a NIR, if the NIR no longer exists, there is nothing to resist and therefore no generation of Anti-Love. The discretion of the NIR will discreate all negative emotion -- therefore no special attention to the negative emotion is necessary; and whenever the NIRs are available to process, it is a waste of time to discharge emotion. **Therefore, in PEP, we want to get to the NIR and discreate it as quickly as possible, ignoring the emo charge when the emo is not too great to interfere with the NIR discretion**. Discreating the NIR will render irrelevant the BAD and discreate the emo also -- no need to handle BAD and emo separately. So

discreating the NIR is the fast and universal discretion procedure for everything in the NIR Mass.

However, when the **BAD→Rxx→ UPS** interferes with NIR perception and integration, it is necessary to reduce the UPS-emo charge to clear the path to the NIR.

The reduction of the **BAD→Rxx→UPS** sequence *before* the discretion of the NIR is the path we will normally take in PEP. It is usually a reduction rather than a full discretion so that we can go to the NIR as soon as possible.

If it is necessary to discharge emotion, you can achieve that discharge by experiencing the emotion itself, but it is faster by experiencing and discreating the BAD, preferably to the NIR, but to the event if the NIR is not available.

Some explorers are resistant to negative emotion itself. In such cases, you should discreate their BAD to the negative emotion, and their fear of the negative emotion because it is either “suffering”, or they might lose control. (This is advanced piloting data that needs more explanation, but is beyond the scope of this course.)

In summary and in order of importance and use: to reduce emotion:

1. **Discreate the NIR.** No NIR means nothing to resist and antilove; ergo, there will be no emotion. However, this usually requires prior discretion of the BAD to the NIR to eliminate the emotion so that the explorer and integrate to and BE-FEEL the NIR: Ergo, go to Step 2 below.
2. **Discreate BAD to the NIR.** (This will eliminate all emotion, but you still need to discreate the NIR.) Ergo: go to Step 1.
3. **Discreate BAD to the event.** (This indirectly reduces the amount of the NIR and its BAD.)
4. **Discreate the BAD to the emotion and any determinations that it is BAD or painful or weakness to FEEL.** (This is important for Rocks.)
5. **Discreate the emotion directly by simply Exp2ing=FEELing it until the energy is discharged.** This can be a slow flow, or a dramatic catharsis. (This does not discreate the NIR and the neg. emotion will usually recreate later. No real change of BEing is achieved.)

Remember:

**That no matter what comes up in a
PEP session; you can always fall back on**

Exp2→0

**Experienced Experience Disappears
Experienced Experience Dissolves the Reality**

The PEP Procedure

THE POINT OF ENTRY

Identities are the fundamental factor of life. If you give a good pilot any negative experience, s/he can guide you – in experience, not in mind, not with guesswork – to find your NIR behind that experience. The limit is your own ability to perceive your psycanic realities, your own perceptions. You can enter processing from any negative situation in your life including:

- Addictions: tobacco, alcohol, drugs, etc.
- Attachments: loss or damage of anything you treasure producing negative experience.
- Mirrors (what you dislike or resist in others)
- Any neurosis, compulsion, obsession, phobia, etc.
- Creation-Counter-Creation: the intent to create positive identity will activate any prior existing negative identity.
- Inability to manifest anything desired: relationships, money, job, success, etc
- Any negative behavior (biting nails); or pattern of behaviors. (For example, some people rise to almost-success only to fail, and repeat this pattern over and over again.).
- Any negative situation in your life.
- Any desired creation that is not showing up in your life. (Identities control creation.))
- Any negative emotion.

In this Course 1, we are using only the last, any negative emotion. You will learn the others as you progress through psycanics.

THE FUNDAMENTAL PRINCIPLE of processing is:

EXPERIENCED EXPERIENCE DISAPPEARS. The explorer must FEEL= live the truth of his experience. Resistance Causes Persistence. And Resistances any negation to experience, and any counterattack with negative energy to change or destroy. These two laws alone are sufficient, but there are more efficient ways to discreate.

We know that the structure of all negative emotion is:

BE=NIR + BAD → FEEL=Anti-Love= negative emotion= UPS.

This formula says that all negative emotion is anti-love for self generated around an invalidated (BADded) IDentity. It is not the emotion that is the crux of a problem but rather the BAD and the NIR.

THE BASIC PROCEDURE for PEP

Entering from FEEL=emotion.

This sequence is a summary of the full procedure as explained below

1- Penetrate Emotion →

2- find NIR →

3- discreate resistance to BE-FEEL the NIR = BADs →

4- discreate NIR.

5- create PIR desired

There are more steps after this that will be presented in other courses. These steps include verification that the trigger is clean, verification of discreation of the NIR chain (if any), recovery and discreation of Determinations, vision and energization= creation of the new Causal Sequence (BE FEEL THINK DO HAVE) desired.

- 1- **Penetrate Emotion:** The basic procedure of PEP is for the explorer to penetrate his experience, his emotion, discharging where necessary to reduce charge or improve his perceptions, until s/he finds in it experience, by FEELing it, the NIR.
- 2- **Find the NIR:** The explorer then looks, in experience, not in mind, to identify, by FEELing it, the underlying NIR(s). All emotion is generated around a NIR. There may be a chain of NIR(s.)
- 3- **Reduce BAD→Rxx→UPS if it interferes with NIR integration or is making the session painful.** The explorer should then look for any resistance to BE-FEELing the NIR. The resistance may be felt in many forms or expressions, but behind all forms of resistance, there will always be BAD(s). Instead of trying to discreate the NIR with the BAD still present, it is best to leave the NIR and discreate BAD itself. This will eliminate the anti-love =emotional charge, and the Explorer will be in emotional SPace. The lack of emotion can fool one into thinking that the process is successful and finished. However, this is not so.
- 4- **Discreate the NIR:** The explorer must now discreate the NIR itself. s/he discreates it by BE-FEELing; by integrating with, letting himself BE that NIR, and FEELing how it FEELS to BE that way. To help NIR discreation, the explorer should experience (remember or imagine) the trigger; and can also use the CCC technique.
- 5- **Create the PIR desired.** The explorer should energize the new Causal Sequence desired, starting with the PIR BE-FEEL. The final step is for explorer to create the BE-FEEL-THINK-DO-HAVE sequence desired; s/he should envision and energize the PIRs, thoughts, emotions, action and results desired. This will naturally produce positive FEEL as all positive emotion is pos-love for self in positive IDentities.

We will see all of this in much more detail in a few pages.

The explorer should try to activate all the NIR that s/he can, that is, to bring into his perceptions and experience all of that NIR that s/he can so that s/he can discreate as much as possible. One way to do this is to imagine himself in the trigger situation again and let it activate his as much as possible. S/he

should keep doing this until the trigger event is “clean”, that s/he is it no longer activate any negative experience and s/he can face and be in that situation in total SPace.

Another way to do this is with Creation-Counter Creation that will be explained later.

SKILLS THAT AN EXPLORER NEEDS

1 - Flow=Experience=Discreate emotion only, or even just Experience, which may be felt as something other than emotion.

The first and easiest ability is to be able to flow, experience and discreate emotion by itself, without reference to BAD or to NIRs. This is because sometimes you will be activated and unable to find the NIR – especially if you are a rock (like me). You need to be able to simply experience your experience, whatever it may be.

As I rock, I sometimes can't perceive my NIRs; I just feel bad (sad, listless, or depressed, for example). And sometimes that “feeling bad” is such a mess of different flavors of emotional energy (frustration, tension, anger, fear, sorrow all mixed together) that there is no way to even describe how I feel. My only option then, is to just be able to experience my experience, without naming it, without always even being able to identity the NIRs, much less discreate them; and sometimes not even knowing what the trigger was. (One's own subtle, half conscious thoughts can be a trigger.) This doesn't handle the NIR, but it soon has me feeling good again. Eventually the NIR will surface.

(And sometimes, I can't experience or flow*. When I am low energy (tired) and the mental masses are dense and hard, I may not be able to move them at all, either to experience or down through my body to flow out my feet. When that happens, I will probably get a granddaddy of a headache as I mentioned before.)

*Note: There is a difference between flowing energy and experiencing energy. You can flow the energy of a NIR mass through the body with little or no experience. This is useful when you want to clean out activated energy – go to SPACE- *without pulling in the rest of the mass*; for example when you are out of processing time but didn't finish discharging the entire activated mass. It is also useful for Jellos who have no problem experiencing and in fact could do with less emotional experience. The downside is that when you are flowing, you cannot perceive very well what is in the energy, what is the modulation, so that you don't know what you are cleaning out –which information can be very useful. In such cases, you don't know if you are discharging NIRs or not, or if it is just all emotional mass.

Rocks as a general rule should not use flow, but full experience= FEELing. They need to practice perceiving and feeling their psycanic energies in order to rehabilitate the ability to feel.

You should use Exp2 only when neither of the other two options are available. Never forget: discharge of the emotion **only** is far from optimum for three reasons.

- 1- It is a danger point in that it can fool you into thinking that the process is over.
- 2- There is no elimination of the NIR and therefore there is no real change of BEing. Change, expansion and transformation of BEing is what we are most looking for. We want to terminate everything that we do not want to BE and to create ourselves in our highest vision to BE all that we can BE.
- 3- because the NIR and the BAD are still there, the emotion will regenerated itself and the trigger activate the explore ID and in the future

2 – Discreate BAD

The second skill that you need as an explorer is to be able to perceive your mental creations (opinions) of BAD and to discreate these (or at least reduce them) by experiencing them out or by “blowing them on inspection”*. **Behind every resistance, every aversion, there is always a BAD – although we are interested here in your BADs→aversion to self in a NIR.** Obviously, mental experience is more subtle and difficult to detect than the stronger, obvious emotional energies: it may require practice to identify your BADs.

* **“Blowing=Discreation”** on Inspection: Often realities only remain in existence because they were created and then forgotten, becoming stable data. When a reality has neither positive nor negative energization (no desire and no resistance), just the perception of it in consciousness of Creator, is sufficient to **“blow” = discreate** it. Blowing is to discreate almost instantly on perception.

While a BEing can create BAD to anything, there are three basic BADs that can be use in processing. You need to be able to detect and discreate, in order of importance:

- 1- **BADs to your NIRs.** BAD to the NIRs are the most important BADs we have explained elsewhere.
- 2- **BADs to the trigger.** Normally you ignore BADs to the trigger because they are projections of BAD to the NIR and will discreate when you discreate the NIR. However, you discreate BAD to the trigger to reduce emotion when the BAD to the NIR is not available.
- 3- **BADs to your emotions.** Normally you ignore BAD to the negative emotions unless the Explorer is in resistance to FEELing. BADs to negative emotions cause and disposition to FEEL and therefore generate Rockness.

Once you identify these realities, then it is relatively simple to focus your attention-consciousness into that creation of BAD, and experience it out (discreate it).

Remember that BAD may be felt and expressed in many ways: It’s horrible; It’s terrible; I don’t want to Be or Feel (whatever); I hate . . . ; or just an un-nameable experience of resistance or aversion.

When piloting, remember that discreating BADs will dissipate emotional charge; and the explorer will report relief, and SPACE, and that s/he is feeling normal again. **Don’t be fooled by this: this is not end-of-cycle: GET THE NIR!**

A special note: The IDentity of BAD versus the opinion of BAD. **When the NIR is I AM BAD, a very common one; there are two BADs: the Anti-Value IDentity of BAD, and the Opinion of BAD about the IDentity. I AM BAD (ID) and It is BAD to BE BAD (the opinion). Do not confuse these two; each must be handled separately. Your must first discreate the Opinion of BAD to BEing BAD before you can integrate with the IDentity I AM BAD. A good processing question to put the explorer’s attention on the opinion to discreate it before discreating the IDentity is: “How BAD is it to be BAD?”**

3- Discreation of NIRs

The third processing skill is to be able to discreate NIRs. To avoid repeating it, I will explain this step at the appropriate place as we go through the “FULL PEP CYCLE” below.

The FULL CYCLE of PEP

We are now ready to see the basic procedural flow of PEP session.

You, the explorer, are living= experiencing negative Causal Sequences. Your total negative experience is Neg. BEs = NIRs → negative FEEL = negative emotion = self anti-love → negative THINK → neg. DO = behaviors → negative results = HAVE.

Because you have yet to study the other parts of the Causal Sequence, THINK, DO, HAVE; these last three elements of the Causal Sequence may not be clear to you yet. But for the moment, we are going to work with BE and FEEL only anyway.

You are living this:

NIRs → **Neg. Emotion= pain** → **Neg. DOs= ineffective behaviors**.

We want to change that to the positive Causal Sequences that we wish to live:

PIRs → **Self-Love = Joy** → **Loving DO= effective behaviors**.

Our objective in PEP, therefore, is to discreate NIRs and create PIRs. The first step is to find, *in experience*, not in mind or analysis, the NIR(s). To do this we reverse the Causal Sequence and penetrate FEEL to find BE. **A pilot can take any negative aspect of your life: HAVE; DO, RELATE, THINK, or FEEL and trace it back to the Causal NIR** – here we are only entering from FEEL.

When entering through emotion (**as opposed to negative habits, relationship conflicts, HAVE, etc.**), the FULL CYCLE of processing is:

1- **Penetrate the emotion to find the NIR.** It is not necessary to put any attention on discreating negative emotion itself once you identify the NIRs. However, do not resist the emotion; let it be and let it flow to your experience, but without paying it much attention. The emotion will discreate proportionally as you discreate the BAD to the NIR (or to the trigger if you cannot find the NIR).

The emotion **will also discreate when you discreate the NIR** – but before you try to discreate the NIR you should have discreated the BAD to the NIR and therefore already be in emotional SPace before you start on the NIR.

When you start processing, you often need to “feel into” the emotion to find the **NIR= who you are that you FEEL that way about yourself**. Once you find the NIR, remove as much attention from your emotion as possible to put it on BAD and then the NIRs. There is no need to feel the emotion more than is necessary to find NIRs, but above all don't suppress it. Experiencing emotion is OK, but our real target is first the BAD and then the NIR. The emotion will collapse when the BAD discreates – any that is

left will disappear when the NIR discreates. However, rocks need to practice FEELing and so should try to FEEL as much emotion as possible.

If there is too much emotion: we have already covered what to do.

2- Find the NIR in experience. Who /How / What are you that you feel that way? Here are some examples of linguistics to find NIRs:

- **Sadness:** What is so sad? Why is that sad? Who does that make you? Who are you that you feel that way?
- **Anger:** Who, what identity, is angry? What is it that you can't get or achieve? What do you want? Go to the experience/ identity of "I can't (whatever)". (Anger is always Present Time Anti-Power).
- **Grief:** What are you grieving about? Who are you that you grieve about that? Who are you that this is so sad? (If you can, follow the chain of NIRs to the root as explained below.)
- **Fear:** What are you afraid of? What is the worst thing that can happen? How much do you feel that you are not going to be able to handle that? (Fear is always Future Time Anti-Power).

Until you gain experience in FEELing and recognizing your NIRs, finding them may require piloting, especially for the rocks. A good pilot knows what questions to ask and where to direct the explorer's attention to find the NIRs. **They are not hard to find when you understand them and know where to look.**

3- Reduce **BAD→Rxx→neg emo=UPS** Sequence to the degree that it will not interfere with **NIR integration**. It is usually not necessary to discreate it completely. Once you identify the NIR, if you can integrate with it =let yourself FEEL and BEcome it= BE-FEEL it, then you can discreate the NIR immediately without pay any attention to the BAD.

However, what usually happens is that the BAD is sufficiently strong that you resist BE-FEELing that way (NIR). Your BADs make you resist assuming=integrating to that identity and letting yourself BE-FEEL= Love the NIR completely: It is difficult to BE something BAD such as: I AM UNABLE, I AM WEAK, I AM A FAILURE, ETC. when you have created that it is BAD to BE so. Such resistance makes it difficult and painful to BE-FEEL = experience the NIR. **Therefore, discreate your resistance to BEing the NIR; discreate your creation of "It is BAD / horrible / despicable to be NIR"** (or however you have it wired), **so that you clear your path to an easy integration.**

You discreate BAD by simply taking Responsibility for your creation of BAD (recognize that you are the Creator) and then by FEELing how BAD it is, FEELing all the BAD that it is, until you can no longer experience that it is BAD. You will no longer experience that it is BAD because you have discreated that reality. **Discreate or at least reduce all aversion to your NIR to the point where it is easy to integrate with it. Your objective is to enter in a state of SPACE= NO RESISTANCE towards your NIR.**

3- **Discreate the NIR.** Having discreated the BAD, you are in SPACE towards the NIR. Now open yourself fully as you can to acknowledge, accept and BE-FEEL that you are that NIR. Some people can only flow their experience a little at a time, never

achieving much integration. Others can, like a child, just accept themselves and let themselves BE the NIR, which discreates it very quickly.

If you can generate a positive flow of love for you=NIR, it will dissolve even faster. Love dissolves Anti-Love.

When your experience of the NIR has diminished, try to activate more of it. Try to activate all of the NIR that you can so that you can discreate as much of it as possible. One way to do this is to use the trigger event. Use the real trigger if possible. If not, imagine yourself in the situation that originally triggered your activation, or re-live the incident that trigger the NIR. Keep BE-FEELing all the NIR that you can get to in your psychic universe. This is called “cleaning the trigger” or “clearing the trigger”.

Another way to activate more of a near NIR is with the technique of Creation Counter Creation explained later.

If later you do experience the real trigger and it is not clean (it still activates you), then you need to apply PEP again.

Be aware that NIR Masses are HUGE. When you discreate, you are actually only discreating the part of a NIR Masses that has moved within your perceptions=consciousness=feeling. That might be only 10%, or 20% of the total of that NIR Mass in your subconscious.

Therefore, especially when first starting to process a new “flavor” of activation, there is usually much more Mass still in your subconscious.

That remaining Mass will often be triggered by the same or a similar incident at a later time.

That remaining Mass will also tend to “fall in on you”, to move into the SPace created by the discreation of the part of the Mass you processed. This creates the experience later, that the Mass is still there, that you did not achieve anything by processing. Do not be fooled by this. You did discreate what was available to you in experience. There is just much more Mass there than was available to your perceptions. The fact that the remaining mass falls in on you later, or that it is triggered later, does not mean you did not discreate the original part.

It usually takes multiple PEP sessions to completely eliminate any given NIR Mass. From another PV, there is only ONE NIR MASS and you do not eliminate any NIR Mass completely until you eliminate the entire Essence Suppressor Mass.

HEADACHES: Headaches are a common result of NIR Masses activated during processing but not discharged.

4- Verification of Discreation: When you can no longer FEEL the NIR and no longer can do anything to activate more of it, discreation is complete. You verify discreation by confronting the trigger (in life if possible; in your imagination when the real one is not available), and verifying that you can maintain SPace, that you do not activate.

Note: If you only cleared the trigger in your imagination, you may still activate when you confront the trigger in real life. Obviously, the real trigger will usually activate you better than your imaginary ones. In this case, just PEP your activation again, running the cycle of discreation as many times that is necessary until you are SPace to that trigger, i.e. it no longer activates you.

Sometimes one session of less than an hour will eliminate an activation forever. Other times, it can take multiple sessions over days, weeks, even months to reduce a mass sufficiently to leave you in SPACE, as we explained in the previous section of text, #3. It all depends on

- 1- the size of the NIR mass (NIR mass = NIR + BAD + Charge).
- 2- the hardness of the NIR mass (some masses are more dense and rigid and therefore less susceptible to flow and discharge than others.
- 3- the jello-rockness of the explorer: hir degree of blocks and hir ability to experience;
- 4- the quality of the piloting. A good pilot can guide an explorer to discreate in minutes what a poor pilot can't do in hours.

5- Create the PIR desired and the new Sequence BE-FEEL-THINK-RELATE-DO-HAVE. Now you should fill your newly acquired SPace with positive IDentities and the self-love = happiness and joy that these automatically generate.

Create in your imagination how you would like to BE in the future. Be sure to include the polar opposites of the NIRs that you just discreated. Then affirm and energize that BE; love yourself in those IDentities for as long as possible. This creates them in the more energy and time that you put into energizing them, the denser and more real that you make them. Open yourself to FEEL and enjoy the self-love = positive emotions that spring up naturally.

Once the desired PIR experience is real, create your THINK, DO and HAVE. THINK and see yourself acting (DOing) as you would like to act in the future. Visualize and energize the HAVE, the results that you want. Remember the Causal Sequence of existence is BE-FEEL-THINK-RELATE-DO-HAVE.

SUMMARY OF PEP

1. Step 1: Identify the NIR in experience. If you cannot feel it directly and immediately, penetrate the emotion to find the NIR. If and when you study piloting, you will learn a number of questions and techniques to do this.
2. Step 2: Do not penetrate the NIR yet, but rather back off and look for any resistance to BE-FEELing it. To discreate the NIR you must BE-FEEL = experience it completely. Your resistance is what obstructs that process.
Behind all resistance there is always a creation of BAD --that you may or may not be able to perceive= experience, depending on your Rockness. If you can, then discreate the BAD directly. If not, then just experience your resistance until it reduces in reality sufficiently that you can integrate and BE FEEL the NIR. (This has been explained in more detail elsewhere.)
3. Step 3: Return to the NIR and integrate with it. Let yourself BE-FEEL it as completely as you can, and for as long as necessary until it is no longer real= experience-able. At that point you have discreated that IDentity= reality and you are in SPace= absence of reality.
4. Step 4: "Clear the trigger": Imagine the trigger event, and verify that you can now at least experience and imagination that event without activation. If you activate, reapply or continue the processing steps above, until your best efforts no longer produce any activation.
5. Step 5. Create the **vision**, the mental image of the BE and create desired FEELing, of who you choose to BE, whether in general or only in relation to that event, from now on. Your positive IDentities here will usually include the PIRs that are the polar opposite of the NIRs you just discreated. For example, if you discreated an I AM WEAK, you will create an I AM STRONG in its place.
6. Run Creation-Counter Creation: explained below.
7. Step 6: Clear the trigger in real life. Confront the real trigger whenever you can and verify the complete discreation of the NIR by verifying that you can experience that real trigger event not only in SPace, but also in your PIRs. If the real trigger activates you, then you will again reapply these processing steps.
You will repeat PEP as many times as it is necessary to be able to confront the real trigger event and to maintain your positive IDentities and therefore your SPace, self-love and happiness (i.e. activation). For the ordinary, every day, garden-variety of NIRs this will usually take one or two sessions and rarely more than three. The big, deeply embedded NIRs, the ones that power the really neurotic behaviors, including addictions such as alcoholism, drug addictions, overeating, smoking, etc. may take many sessions over a period of weeks or even months.
8. Create PIRs and the desired Positive Causal Sequences.

As you apply this process on all your triggers, you are reshaping your BEing. Piece by piece, you are eliminating all your NIRs and creating yourself according to your vision of how and who you choose to BE. This creation of self is the highest purpose of your existence. It is a process that is complete only when you have re-created yourself again as THAT FROM WHICH YOU CAME, the INFINITE ESSENCE.

CREATION--COUNTERCREATION (SYMBOL CCC):

It is a **Law of Realities that the attempt to create a reality will tend to activate latent, previously created realities of the opposite polarity = counter-realities.**

For example: The intent to create the PIR I AM STRONG will usually activate I AM WEAK, should you already have that NIR latent in your subconscious from past creation -- as all humans do.

THIS IS GOOD! The activation of the counter-reality NIR gives you the opportunity to discreate it, which creates SPACE in your BEing for the positive creation. You can overpower your NIRs by the creation of PIRs but it takes a lot of energy and time. It is easier and better for your BEing to first clean out the NIR. The PIR then needs much less energy and creation time to be real -- and the NIR is no longer there to activate at all.

When a counter-creation activates, leave off the positive creation and discreate the negative experience. Once it is discreated, return to PIR creation – which once again may activate more NIR. Keep repeating the cycle of discreation of NIR and creation of PIR until no more NIR activates and the PIR is real and stays real.

Creation Counter-Creation is what puts a cap on the ordinary human's disposition to create. When the creation of a positive starts to activate negatives, a person ignorant of how to handle negative energy subconsciously retracts his intention to create to avoid causing himself negative experience. Thus a human BEing unconsciously limits his create even intention and power. For example, affirmations have a very, very low level of creative power and do not achieve much change of BEing -- but that the same time, they do not tend to activate much negative.

If you want to experience this, lie down, relax and go into psycanic focus. Create the intention (which is will-force to move energy) to create love with IDentities such as I LOVE ME; I AM LOVE; or I AM JOY; I AM JOYFUL. (Remember that it is the will that is important, not the words.) Observe any stirring of your psycanic masses and any trickle of sorrow that may activate. (Of course, if you have not rehabilitated your abilities to perceive and handle energy, you may not perceive anything.)

As a psycan, you are kind of an electronic phenomenon. You are designed to perceive and handle energies or many types. As a human, you have blocked those capabilities to avoid experiencing your negative realities.) Part of any spiritual progress has to include the rehabilitation of your ability to perceive and handle energy.

CHAINS of IDENTITES

An IDentity is often created as a result of another, forming chains with a first or **root identity**. For example: Explorer is upset, angry and sad; the trigger is school. During the processing, the Explorer encounters the NIR: I AM LESS THAN OTHERS. (Notice the linguistics and avoidance of “why” by the pilot in this example to avoid sending the explorer into mind and analysis.)

Pilot: “What makes you less?”

Expl. “I AM WORTHLESS”.

Pilot: “What makes you worthless?”

Expl: “I COULDN’T pass the exam”.

Pilot: “What is there about you for which you couldn’t pass the exam?”

Expl: “ I AM STUPID”.

Pilot: “What makes you stupid?”

The explorer looks but doesn’t find anything underneath “I AM STUPID” and says so: “I don’t know, nothing that I can find, I AM JUST STUPID.

“I AM STUPID” then is the root of the chain: **discreating the root on a chain will discreate all the NIRs above on the chain and all emotions involved.** This “wholesale discreation” saves a lot of time compared to discreating those NIRs one by one. For this, reason **a good pilot will always scout for the bottom of a chain before starting the discreation cycle.**

However, as you are just learning and need the practice; and may not have a certified pilot available; just take your strongest experience. Start with your biggest emotional charge and run the FULL CYCLE on the most available NIR without worrying about the chain. Then take the next strongest emotion or strongest NIR, and so on. You can study chains and all of the information and technology of piloting in the pilot’s course.

To do PEP under the guidance of a Pilot, the explorer needs five critical abilities:

1- Communicate your experience and especially every change of your experience to the pilot. s/he cannot guide you if s/he does not know where you are and what is going on in your psycanic universe. Beginning explorers are often afraid to say what they are thinking or feeling for fear of invalidation (BAD), blame, anger or rejection by the pilot. **Your pilot is trained to be SPace**; to create no opinions, no BADs, no invalidations, and no resistance about the explorer. s/he knows you are human just as s/he is. s/he knows that everything you are experiencing is human --and s/he has been through it all, or something similar himself in his own processing. Furthermore, an experienced pilot has seen it all before: every human being has pretty much the same charges, just in different settings and intensities.

For example; should the pilot hear during the process something like: “Well, today I raped my sister in the morning, robbed a bank on the way to work, beat up an old lady on the way home, and jerked off this afternoon.”, hir response would be something like: **“Busy day. Anything else?” A pilot is SPace.** Furthermore, what you say to a pilot is confidential and s/he may not say anything about it, except to hir Pilot Supervisor should s/he need help with your processing.

Explorers tend to wander off into all kinds of irrelevant actions and experiences while processing, including into mind. Another of the pilot’s job is to keep the explorer on track: s/he needs to know what is happening to do that. And for this reason, the pilot will often ask: “What is your experience? or “Are you in cycle?”

2- Follow all the instructions of the pilot as precisely as possible. The pilot is there to understand where you are, where you want to go, and to guide you to get you there. It is hir job to know where the explorer is, where s/he wants to go, and do all that thinking and computing of what the explorer need to do to get there, so as to leave the explorer free to concentrate on FEELing hir experience. Thinking blocks the FEELing: the explorer is to avoid thinking, including all the thinking that goes into piloting. If don’t or can’t carry out an instruction, tell the pilot immediately. Don’t be wasting time do something else other than what was instructed. A good pilot always various routes to get you wherever s/he wants you to go.

3- You must be able to FEEL, to experience your experience: your IDentities, BADs and negative emotions. Rocks have trouble with this; and Jellos try to avoid it by reality hopping or bouncing into mind to avoid feeling.

4- You must get to the NIR and discreate it. The discharge of the emotion, even all the emotion, achieves only the temporary alleviation of pain. There has been no real change of BEing, no elimination of negative IDentities. The explorer will continue to be reacted to the trigger, and the emotional charge will soon re-create itself.

5- Avoid reality hopping, mind bouncing, and bypassed charge: The explorer must be able to maintain his attention and FEELing in one charge until it is discreated. To avoid confronting and FEELing, an inexperienced explorer, especially the Jellos, may try to jump from charge to charge without really penetrating and discreating any of them. The rocks will let their attention to bounce off their charges and go to mind, to thinking, whether about the charges, or about something totally unrelated, even to daydreaming. Analyzing and understanding your experience has no effect on discreating it: you must live it to discreate it

Reality hopping will produce a condition of bypassed charge and no results, no discreation. Negative psycanic masses activated without being handled are called **BYPASSED CHARGE**. When an Explorer has bypassed charge, s/he leaves the session feeling the same or even worse than when s/he went in. For the Jellos, it may take days for that charge to subside on its own.

Mind bouncing usually produces less bypassed charge than reality hopping because the explorer is not “picking at” so many charges, but rather avoiding just one or two by fleeing to mind.

BY PASSED CHARGE, REALITY HOPPING and MIND BOUNCING

You must complete full discreation on each NIR *before* hopping to another one (except when **scouting chains and looking for roots**). Otherwise you will cause yourself **bypassed charge**: many NIR Masses activated but none discreated. Bypassed charge is more fully discussed in the next module.

It is a common tactic of explorers to jump from one experience (emotion or NIR) to another in order to avoid really penetrating, confronting and experiencing a reality (whether emotion or NIR).

Another common tactic to avoid FEELing is to “bounce off” a reality into mind. Bouncing occurs when the explorer, almost always without realizing it, goes into mind, whether it is thinking about something else, daydreaming, or analysis of his experience. The explorer will suddenly find himself about something often unrelated to processing (a problem or a project or what his needs to do tomorrow, etc). Bouncing off realities is very, very common. Again, even a novice pilot can help the explorer here by constantly reminding hir: “In experience and in cycle?” “In experience” means in feeling and not in mind; “in cycle” means doing what you are supposed to be doing= following instructions.

Both of these are tactics, **reality hopping and mind bouncing, have as their purpose to avoid confronting and FEELing.**

Don't let your explorer do this. Take the strongest or most available negative experience, or the one that explorer as most interest in, as the entry point. Keep hir in cycle on that NIR mass until it is discreated.

If an explorer has a lot of trouble penetrating a charge or an area of charge, (a lot of “hopping” and “bouncing off”*), reduce BAD and reduce fear by running Future Anti-Power such as “I won't be able to handle / control it”. Also run the distinction between feeling and suffering: they are not the same.

NETWORKS of NIR MASSES

You-psycan are roughly equivalent to a nuclear reactor in the quantity of Power and Love that you are in your Essence. To descend from your real level of spirit-ual BEing, a powerful “son of God” (to use religious terms) and become a human BEing; you had to counter-create and suppress your true nature of great Wisdom, Power, and Love. Remember how they had to bury Chernobyl under

hundreds of thousands of tons of cement? That's you. **You are encased in a tremendous quantity of Anti-Essence mass that counter-creates and suppress Who You Are really; pure ESSENCE at the highest level. (This is called the ESM: the ESSENCE SUPPRESSOR MASS and it is explained in the book PSICANICA.)**

Humans have about 20,000 watt hours of NIR masses in many different flavors. (From a more advanced point of view, it is all one mass, the ESM.) "Individual" masses are connected by subject matter, just as ordinary memories are. If you were to ask a person for all his I can't's; or all his I can's, you would get a long list: consciousness of one leads to consciousness of others.

Therefore, almost any thing (thought, emotion, NIR) can lead to something else. For example, processing anger about one thing can bring up anger about something entirely different. IDs in one area are connected to identities in other areas. For example: the antipower IDentity "I couldn't pass the exam at school" in the preceding example, could be connected to "I couldn't speak up" in an incident where the person was blamed for something. Or an "I couldn't avoid the other car" in an accident; or an "I can't swim".

While processing one NIR, connected IDentities will pop up in the consciousness of the explorer and s/he may want to change over to processing them leaving the original NIR only partially handled. This is a form of reality hopping and of no-confront.

DO NOT CHANGE INCIDENTS or NETWORKS or NIRs (except in chains to find the bottom one) without first making sure the original NIR is clean (discreated) -- or making sure that you return later to clean it up. This is one of the purposes of the Logbook, to maintain a record of charges, and check that each one before terminating session.

Otherwise, you will stir up a lot of mass/charge without really cleaning any of it out. This will leave your explorer activated with "bypassed charge". Those stirred up masses= by passed charge can hang around for hours or days leaving your explorer feeling angry, anxious, sad, depressed, etc. until the masses recede. They can also cause major headaches. That is bad piloting. The explorer who finishes sessions with bypassed charge will eventually resist processing at all, as s/he is feeling worse rather than better

Once something is activated, complete the processing cycle on it; reduce it to SPace before changing to something else. The only exception is CHAINS of IDENTITIES mentioned above where it is permissible to bypass NIRs higher on the chain, knowing that they will be discreated when the root NIR is discreated and that they will be verified as clean during the up part of the PEP cycle.

Note: There is no way you can hurt someone by attempting to process them (piloting). The worst that can happen is that you activate and then bypass charge, leaving your explorer massed up for a few days. What usually happens with inexperienced pilots is that they just don't get much results in terms of watt-hours discreated. This is due to lack of understanding all that we have been covering (and all that we are not covering for lack of space).

Note: If a person reports seeing monsters or devils, or thinks s/he is "possessed" or about to be, or suffers from hate and desire to kill or destroy (including suicide), or *lives in a fear or panic of any of this*, you should contact me or a Level 5 Pilot.

This is a special NIR Mass that needs a particular processing procedure that requires expert piloting, far beyond the scope of this book.

LEARNING TO EXPLORE AND TO PILOT

One of our objectives is that you are eventually able to pilot yourself. This frees you from dependency on the availability and session time limitations of others. When you can pilot, you can process your charges as soon as they occur and for as long as you need to, which is always the optimum. Where you cannot process an activation immediately, when you are the pilot, you can still process as soon as possible later, without having to postpone your session until a pilot is present.

A pilot needs advanced knowledge of realities, creation and discreation, communication, the Causal Sequence, IDentities, and many other things. The job of the pilot is to guide the explorer and handle the session administration and paperwork, i.e. the Logbook. Processing and Piloting are precision technologies and they are arts.

A Pilot understands the structure of realities and of blocks and resistances; know what is important and what is not. S/he may have hundreds or thousand of hours of exploring and piloting time. Piloting consists of exactly phrased questions and precise instructions to the explorer as to what to do next with his attention, will and consciousness in order to discreate and realities.

I have seen a good pilot break through blocks in 5 minutes that the explorer had been struggling with for many hours. I have seen pilots handle things in 40 minutes that the explorer had been struggling with for years.

The pilot:

- 1- understands where the explorer is at the beginning of the process;
- 2- never loses sight of where the explorer wants to go, that is, of what experience= Causal Sequence the explorer wants to create and live happily “ever after”. The pilot must at every moment be aware of what the explorer *should be* doing, of what explorer *is* doing, especially when s/ he is doing that instead of what s/he should be doing.
- 3- is always calculating and computing what the explorer should do next to in order to get the explorer to where s/he wants to go as efficiently and painlessly as possible.
- 4- keeps the explorer in session (focused on the correct charge and applying the correct PEP cycle step). The pilot keeps the explorer out of reality and mind bouncing.

Even when you are a good explorer (which may require up to several hundred hours of processing with a pilot guiding you), the pilot relieves you of the division of attention necessary to calculate, guide and administer your process, allowing you to relax more and “enjoy your show”. s/he will also catch your no-confronts and guide you into handling realities that you have unconsciously been avoiding (unless s/he has the same no-confronts).

You must learn both exploring and piloting to be able to pilot yourself. Learning to pilot teaches you to explore; and learning to explore teaches you to pilot. Both exploring and piloting are sophisticated, somewhat complicated activities that you must learn one at a time. They are both science and art. In other words, you must crawl before you walk, and walk before you run. :

Once you are good at exploring, **and** you are good at piloting, you will combine them in to pilot and explore *yourself* at the same time. When you *can process yourself* and develop the discipline to **dedicate** an hour or so a day to **PEP= to loving yourself**, you will see big changes in your life in short order.

If you can get someone to help you by acting as a pilot, they can begin by constantly reminding you of two things. The first is **to be in experience, not mind**. The second is to **be in and complete the cycle**: not to jump to another charge or NIR before the current one is finished. They can do this by just asking every minute or so: “In experience and in cycle? ”

They can also read or remind you of the next step in the full cycle above when you report the previous step terminated.

Co-piloting is where two people take turns piloting the other: **you will learn just as much piloting , if not more, than you will exploring.**

However, the best way to learn is to

1- First UNDERSTAND PROFOUNDLY the THEORY, all that you are learning in the book. This is so that as you are being processed, you understand what the pilot is doing and why and see the APPLICATION of the theory.

2- Buy some PEP sessions from an Instructor Pilot. An Instructor Pilot not only pilots you, but also explains and teaches you while doing so. With a good Instructor Pilot you can learn to process yourself in as little as 10 hours of PEP.

PEP is Love; Piloting is Love.

Piloting is an act of Love. You are serving another BEing in the most powerful way possible: helping hir to Love herself and to grow humanly and spiritually. When you don't know what to do, just say so in your thoughts, request help to the Energy, turn off your mind and open your intuition. **The answer will arrive.** Don't think about it, don't look for it; relax and just say what comes next. The INFINITE always answers within seconds a request for help when processing or piloting.

Your course facilitator will sometimes put you into co-processing exercises. You will first pilot your partner, and then s/he will pilot you (or vice versa). When you start this, you will probably experience a lot of confusion about what to do, how to do it, and when to do it. This is normal given that this is your first course in psicanica. Follow the PEP cycle completing each action before proceeding to the next. Remember the theory and try to guide the explore as best you can. As you advance in knowledge and practice, you will get better and better. **Remember, a good pilot can do in 5 to 20 minutes, what for pilot can't do at all. You get to be good by practicing.**

Do not worry about hurting or damaging the explorer. About the worse you can do is let hir go away with bypassed charge.

The PILOTS CODE

Processing takes place under the shelter of a **code of ethics**. As a new explorer, you need to have a familiarity with the provisions of the code that define your rights. (The points listed here are not the entire code.) The Pilot's Code exists to protect you and to ensure maximum effectiveness and efficiency in your PEP sessions.

- 1- You have the right to a **certified** facilitator-pilot one who has graduated from the entire training program, completed an internship, maintains himself up-to-date with the latest trainings and pilot's bulletins, provides you with the latest versions of the materials, has sworn to the Pilot's Code, has no reported code violations, is maintaining positive feedback from his students. You will find certified facilitator pilots listed at www.psicanica.com/facilitators . If you are co-processing with another person at your same experience level, then obviously, this provision does not apply.
- 2- **Confidentiality:** Your sessions are private. A pilot may not mention --much less discuss-- anything you say to hir in a session to any other person (unless, of course, you specifically authorize an item and the person it is to be discussed with). Your logbook is your property, not the pilot's. There is one exception to this rule: your pilot may consult your case with a Pilot Supervisor when s/he needs more experienced viewpoints on how to assist you. The pilot supervisor is under the same obligation of confidentiality.
- 3- **SPACE: The pilot is Love, therefore she is SPace.** Your pilot shall have no opinions of Good or Bad on anything you are= BE, FEEL, THINK, DID, or HAVE. S/he is not there to judge you in any way or form, nor by any standard or moral or legal code. **S/he shall express no opinions in favor or against anything or anyone in a session, least of all you, the explorer.** A pilot may not indulge in any form of anti-love, including invalidation, anger, blame, hostility, fear, or sorrow with an explorer. One of the purposes of this is to free you from any impulse to seek the approval of a pilot, or to distort your values for those of the pilot.
- 4- **Self-determination:** The pilot shall not interpret or evaluate for you. S/he shall not communicate meanings, such as: "This means "x" or "y". S/he shall have no "shoulds" or "should nots", no "should have" or "should not have". **You are the only person appropriate to deciding the meaning, significance or value of anything in your life.** You may ask a pilot for options of what you should do about any given situation. The pilot may respond with all the ideas that occur to hir, point out any consequences that s/he can see, but may not make any recommendation as to which one you should choose, if any. A pilot is there to make you more Cause in life, not to reduce your Cause or in any way make you dependent on him. However, no matter what the pilot does or says, you are always the final authority about your life. **You should never accept determinations (opinions, ideas, beliefs) from anybody without you evaluating them for you.**
- 5- **Abandonment.** The pilot can never abandon the explorer in the middle of a charge or a session. The pilot must carry all processing cycles through to completion, which is discretion of all the negatives that were activated (no bypassed charge), and leave the explorer in positive energy. When the explorer chooses to terminate an unfinished session because of his own time limits, the session should be continued to finish the charge as soon as possible, and meanwhile the explorer understands that s/he will be walking around with an open cycle and possibly bypassed charge.

- 6- **Safe Place:** Unless the explorer is choosing the session location, the pilot is responsible for assuring a safe physical place for the session. S/he is responsible for assuring that there are no interruptions, outside noise or other distractions, that the temperature is adequate, etc.
- 7- **Session Cancellations:** A pilot may not cancel or postpone a session once agreed upon. An explorer is financially accountable for any session that s/he has scheduled but does not appear or cancels on notice too short to allow the pilot to reschedule that time with another explorer (generally 24 hours).
- 8- You should report pilot violations of this code, or other negative behavior on the part of a pilot, to the Psycanic Organization by email to tompowell@psicanica.com .

If your facilitator is not registered on the www.psycanics.site, then you are dealing with an imposter or a pirate and the Psicanica Organization has no responsibility in the situation.

You are now ready to begin exploring. Your log book is used to record each item that comes up in a session and what handling was made of that item. You will now begin processing the NIRs that that you have recorded in your workbook from your previous exercises.

You should also begin a discipline of processing all your APTs in life as soon as possible when they occur.

You will find up-to-date Explorer Session Instructions and other important data for processing here:

<http://www.psicanica.com/english/pep-and-piloting/the-pilots-code.html>

<http://www.psicanica.com/english/pep-and-piloting/pilot-linguistics.html>

<http://www.psicanica.com/english/pep-and-piloting/pep-explorers-session-guide.html>

PHYSICAL AIDS to Discharge: DIGIPUNCTURE and TAPPING

Psycanic energies reside in and around the BEing. Since the body is inside the psycan (the human psycan is an egg-shaped energy field about 3 meters high and about 2 across at the mid point)¹²; psycanic energies lodge in the body everywhere. They are the cause of a lot of muscular pains and aches, organ malfunctions, and increase susceptibility to sickness. You can process physical symptoms by focusing attention on them, opening consciousness and perceiving the stuck emotional energy at that point. Once you have the emotion, run the full cycle.

Acupuncture and all the many types of energy work and massages can be very helpful in eliminating negative energies BUT they usually don't discreate the NIR.

Certain pressure points and tapping points can be very helpful in both freeing up mass and in helping it to flow. The points I have found most useful are:

- **The best of all in my PV: underneath the eyebrow bone ridges just to each side of the nose. The forehead between the eyebrows and just above the nose.**
- **The centerline of the head from the back of the head, across the crown and top front of the head and down the forehead to the top of the nose.**
- **Along the eyebrow ridges and then down to the outside edges of the eyes.**
- **The temples.**
- **The hollow at the top front of the ear where the upper outside lobe starts. All down the face just in front of the ear to the hollow where the bottom lobe connects to the face.**
- **The hinge point of the jaw just under the ear.**
- **The entire jaw ridge from ear to chin.**
- **The hollow under the cheekbones and up and back to the hinge point of the jaw.**

Pressure point: the inside of the eye sockets just under the eyebrow ridge and almost touching the nose

Massage: the muscle at the top of the shoulders, all down the back.

Squeegee technique: Hands at the forehead sweep back across the head, down the back and neck. Then at the forehead, sweep down the face and into the neck.

You will have to play with this to see what works for you and when. Not everything works all the time: depends on where the mass is stuck.

Another good technique when the explorer is choked up is to lightly touch his throat and tell him to focus on a point above his throat or at the upper breastbone. This will usually help him to open up to crying.

If you will do an internet search on "energy therapies" you will find a goodly number of offerings, everything from Reiki to massage to tapping. My observation about these is, that while they are often effective in reducing charges in the body, **they**

¹² This is, of course, depends on how you consider it. From another point of view, the psycan extends outward to connect with and be ALL THAT IS. There is only ONE CONSCIOUSNESS, which pretends to divide itself into individuals. Drawing any limit on the psycanic energy field is very arbitrary.

can't be depended upon to handle the root cause, NIRs. They therefore provide relief, but not real spiritual growth.

Since identities are the fundamental experiential-purpose of the universe, there is nothing as powerful as being be able to create and discreate yours at will.

!!!GET THE NIRs !!!
They are the KEY to the everything.

FINAL WORDS for this Book !

I have thousand of hours of processing myself, both with and without a pilot. I have thousands of hours of piloting others. I have trained pilots and supervised their activities and their results. I have seen thousands of activations, thousands of emotional charges. I have seen thousands of human problems and suffering of all types. The bottom line is that: Give me any negative experience or any negative behavior and I can guide you to find the NIR behind it and to discreate it and that, plus any needed knowledge, will usually resolve the problem.

Processing is one of the most important things I have ever learned. It has given me the security and the power to know that I can handle ANY experience life sends me; that I can dissipate and transcend any pain, any fear, any sorrow, any grief, any depression. I am more powerful than life.

Psycanics is an exact science. Learn well the principles and you will be able to do it too, both for yourself and for others. Every human being needs to understand himself and to be able to control his energies.