

# PSYCANICS

Psycanics

The Fundamentals

by

Thomas M. Powell

**PSYCANICS****The Fundamentals**

By

**Thomas Michael Powell**

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# THE KEY TO STUDY, COMPREHENSION AND LEARNING

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

**Power** we define as the “action that produces the desired results”. The goal of all human effort is either Love or Power.

**Knowledge is Power.** Knowledge indicates and guides the correct actions--from among the infinite possibilities of ineffective actions--to produce the desired results.

**Only Comprehension constitutes Knowledge.** To read over or even memorize data without understanding it is totally useless as knowledge.

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

IT HAS BEEN SHOWN THAT THE FAILURE TO UNDERSTAND JUST ONE,  
BASIC CONCEPT IS SUFFICIENT TO SABOTAGE THE UNDERSTANDING OF  
AN ENTIRE AREA OF KNOWLEDGE.

A SINGLE MISUNDERSTOOD WORD (MUD) IS SUFFICIENT TO MAKE  
IMPOSSIBLE THE UNDERSTANDING OF A CONCEPT (MUC).

CONSEQUENTLY, A SINGLE MISUNDERSTOOD WORD CAN SABOTAGE  
THE COMPREHENSION OF AN ENTIRE AREA OF KNOWLEDGE, OF A  
SCIENCE.

---

<b>MUD → MUC → MUS (MisUnderstood Science).</b>
---

There are a dozen ways to misunderstand a word. The easiest is to not know the word at all. The rest involve incomplete or erroneous definitions, confusions with synonyms or homonyms, not knowing all the definitions and/or applying the wrong definition of the multiple definitions of the word, etc.

To continue with a confusion or uncertainty -- whether of a word, an idea, or a concept -- is to guarantee the Graveyard Spiral down in increasing difficulty and eventual failure in your learning. This is especially true for Psychanics, which is a sophisticated, technical model of spiritual existence with a precise nomenclature.

**The Graveyard Spiral in Study and Education.** When a person continues to study past MUDs, his lack of comprehension and confusion will increase the further he tries to proceed. The subject becomes increasingly difficult, instead of increasingly easier as it will when each concept is understood in the correct gradient. In fact, any science will quickly become **impossible** to understand without returning to clear up the MUDs.

When a student tries to learn ignoring his MUDs and thereby accumulating MUCs, the subject matter will become so confused and "difficult" that the student gives up and abandons it or tries to get through it with memorization. To the student, it appears that that subject is too difficult or advanced for his intelligence – with the attendant damage to his self-esteem. However, the problem is not that the subject is difficult, but rather that the student, considering his accumulation of MUDs and MUCs, never learned it at all.

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

The student then forms negative beliefs about himself and his intellectual capacities: “I am not intelligent enough; I can’t understand things well; I am not good enough; I am stupid; I am less than others”; and so on. These destroy his self-esteem and self-confidence to handle life and get what he

wants. He then generates the negative AntiPower emotions such as anger, frustration, fear of failure and sorrow. He turns moody and unhappy.

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

All this is because of MUDs. This entire spiral starts with a single MUD and ends in intellectual death. The Graveyard Spiral started the first time the student continued to read beyond a word he did not understand, the first time he let a MUD stick to him.

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

Just as bricks and girders are the building blocks of buildings, and ideas, concepts, principles and laws are the building blocks of science; words are the building blocks of the ideas, concepts, principles and laws: of Knowledge. The basic concepts as well as the advanced ones are formed of **words**. The advanced concepts are formed of the basic concepts and of more words.

When you do not understand an idea, the cause is almost always one or more MUDs. (The only other cause: sometimes the grammar is poorly constructed.) In other words, *there are no misunderstood ideas, only misunderstood words*. Words are the critical components of knowledge. ***The misunderstanding of one word is sufficient to block the understanding of an idea, and the misunderstanding of one idea is sufficient to ruin the comprehension of a science.***

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

If your MUD is one of the technical terms used in psychanics, you must define them with the Glossary or the Dictionary-Encyclopedia of Psychanics.

The ordinary English dictionary definitions will be inadequate and, in fact, will create a MUC.

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

You should be aware that it is not just technical words that you must be careful of, especially as they will be defined in the book. Any word, for simple that it appears, can be a MUD and make impossible the comprehension of the sentence. Even prepositions -- towards, from, by, etc.-- have been MUDs for some students.

### **BYPASSING MUDS**

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

- Difficulty in comprehension, confusion. The text becomes difficult to understand.
- Difficulty in concentration. You find yourself becoming distracted easily, or thinking of other things. You lose interest or become bored with the material.
- Your mind blanks out. You suddenly find yourself to have read a section but don't know or recall what you were reading.

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

Psychanics offers you power over your life. The foundations of that power are your comprehension of the phenomena and their laws of operation that must be acquired through the comprehension of all the words. Therefore you should read this book with a good dictionary at hand, and above use the PSYCANICS TECHNICAL DICTIONARY, available free on [www.psychanics.com](http://www.psychanics.com) .

## TECHNICAL TERMS AND THE PSYCANICS DICTIONARY.

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

In any area of knowledge as it expands, there is always a tension between the need for new terms, and overloading the area with an obfuscating plethora of extraneous, abstruse, superogatory, ambagious, discombobulated, and labyrinthine nomenclature. Such overloading in some fields, psychology to name one, is not at all uncommon.

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

Therefore, our problem is how to communicate about newly discovered, often subtle, non-physical phenomena. Over a period of 22 years of describing and teaching, I have developed a precise terminology. Sometimes I have assigned new, technical meanings to normal English words; other times I have had to invent new words. My intention is never to complicate or confuse, but rather to symbolize sophisticated concepts to make communication exact and efficient. Psychanics has a very specialized terminology designed to get you looking at and thinking about life from a very particular viewpoint—one that opens understanding and leads to power.

Eventually, I will be saying things like:

- **NIRs** and their **AntiLove charges** are the source of all negative **BE-FEEL**. BE-FEEL is the only motivation of all human behavior.
- **Space** is the absence of **BAD** and therefore of **Resistance** and **AntiLove**. It is, therefore, the beginning of Love, and therefore the beginning of Happiness.
- The **trigger event** for the **activation** was the violation of a **program**.

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

The words in bold print in the above sentences—NIR, AntiLove, BE-FEEL, trigger, event, program, truth, reality, real, space—are all technical terms with have precise psychanic meanings. Some of those terms require chapters to explain. If you have not carefully learned the definition **and the concept** of each of such technical words, you will be totally in the MUC.

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

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

## UNDERLINED WORD EQUATIONS

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

- Most people have some degree of consciousness = awareness = perception = feeling = experience of their emotions.
- Space = the absence of BAD = No Resistance = zero negative energy is the beginning of Love = Happiness.
- BE = IDentities and FEEL are the only cause of your FEEL = emotions.

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

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

There are several ways to handle underlined word equations. You can reread the sentence with each word alone assuring that you understand each resulting sentence. If any of the resulting sentences do not make sense or does not seem to be true, then you are not understanding that particular word in the word equation. As you advance in your conceptual comprehension of

Psychanics, eventually you will be able to read the sentence once, grasping immediately the similarity or relation of each term to the others in the equation. You will eventually understand the word equation as one concept, one phenomenon. (If you don't, you have not understood psychanics.)

Word equations are necessary to reconnect multiple words to their single underlying concept or phenomena. Furthermore, word equations enhance conceptual understanding. When you "plug in" each word of the equation into the sentence, you are using a different perspective for the same thing. This leads to fuller conceptual understanding. This is what we seek: full conceptual understanding.

## TEXT CONVENTIONS

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

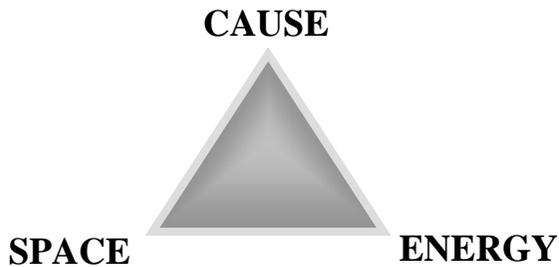
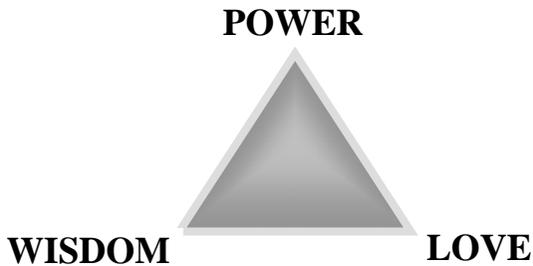
- When a word refers to a primary, global concept in psychanics, it will be capitalized: e.g. Love, Responsibility, Will, Space.
- When a word is in all capitals, it refers to a quality of God: CREATOR, ENERGY, CONSCIOUSNESS, LOVE.
- BAD is always written in capitals to remind the reader of its total concept that requires an entire book to explain.
- The psychic IDentities, AntiWisdom, AntiPower, AntiValue are often written in small capitals to assure the reader's recognition of them as IDentities: example: I CAN'T, I AM UNWORTHY, I DON'T KNOW.
- The elements of the Causal Sequence and their derivative are always written in capitals: BE FEEL THINK DO RELATE HAVE; BEing, FEELing, Doing, etc.

For example: In the sentence "He is being stubborn", "being" is not used with reference to BE in the Causal Sequence. In the sentence "Your BEing is composed of all your Identities; "BEing" is a reference to the BE in the Causal Sequence.

## CHAPTER 1

# THE TRINITY: CAUSE – SPACE - ENERGY

The “Trinity” in psycanics consists of the three forces of existence: **Cause**, **Space** and **Energy**. These factors can also be called **Power**, **Wisdom** and **Love**.



**Cause is Power:** The ability to produce the results that you desire, to get what you want and feel how you want to feel. To create and manifest the life that you desire, you need to be at Cause and apply Power. Active Power is the capacity to move energy. Passive Power is the ability to maintain Space, to hold a position despite all attack.

**Energy:** Everything that exists, all realities, are energy. All energy follows laws and principles. Knowledge of the laws gives you control and power over energy. Your experience, your feelings, thoughts and emotions, for example, are all energies. You can control these energies. Positive energy is Love; negative energy is AntiLove. Love and AntiLove will be explained when we need the concepts.

**Space:** Space is the absence of energy. For example, all your negative emotions are energies. Space would be the absence of those energies and therefore the absence of suffering. . **Space is the only way to handle negative energy.** Space is Wisdom. Space is a grand concept that requires a complete chapter to explain.

To control your existence, you only need to understand these three Forces and how they function. Failure to understand them guarantees the inability to manifest what you want (AntiPower) and guarantees you will suffer throughout your life. (AntiLove).

Cause is Power; Space is Wisdom; and Energy is Love. And these, of course, are ESSENCE, the essence of BEing, of which God is the upper polarity. ESSENCE is what you and every human being seek;; you seek Wisdom, Power and Love = Happiness. If you have these three, you have dominated all life. You have all that is experientially important, and you can manifest anything else you want.

#### **DEFINITIONS:**

**Love,** verb: To give positive **energy** that benefits, grows or expands the beloved. Love is any kind of action or energy that benefits the beloved. Love is action: you must be Cause; you must exercise Power, you must DO in order to Love, to generate positive energy. (Love as a noun is any positive energy given.)

**Wisdom:** The combination of knowledge, intelligence, experience and intuition that guides action to produce the optimum result with minimum energy. The ability to foresee the consequences of action.

However, the most important of the three, Power, Love and Wisdom, is Wisdom.

**Law:** **Power and /or Love without Wisdom destroy.**

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For an example of Power without Wisdom destroying, take Hitler. For an example of Love without Wisdom destroying, think of a mother who spoils her children in the name of love thereby forming them as irresponsible, lazy, soft, weak and otherwise incompetent to handle life.

Note: Psycanics has nothing to do with religion. There is, however, a seeming correspondence between the concept of the Trinity in the Catholic Religion and the Trinity in psycanics. The Cause-Power-Creator factor in psycanics seems to correspond to God the Father as Creator in Catholicism. The Energy factor seems to correspond to the Holy Spirit. The Space-Love factor corresponds to Jesus Christ, “Son of God”: Space-Love was his main teaching.

Whether this correspondence is a coincidence, or both systems are observing and describing the same phenomena in different terms, I leave to your judgment.

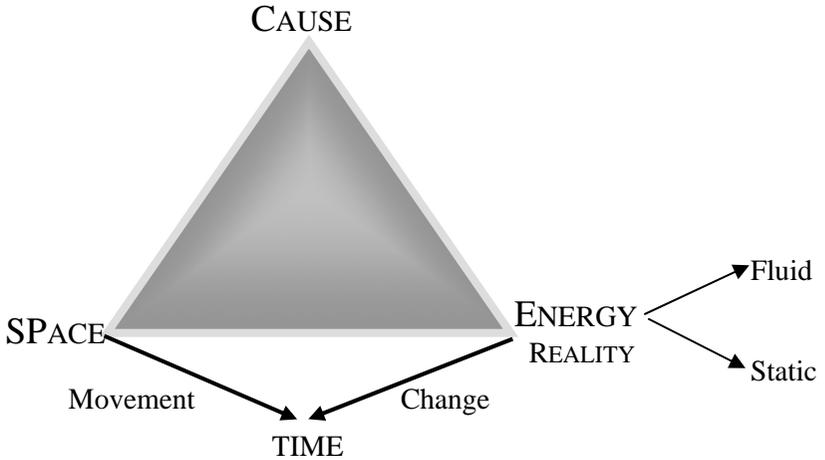
A sub-concept of Energy is the concept of Reality. A reality is any form of energy. Energy = realities come in two basic styles:

1. Fluid energy such as light, electricity and the entire EMR (Electro-Magnetic Radiation) spectrum.
2. Static energy such as matter and all material objects; e.g. a planet, a rock, a house.

A concept that arises as the interplay of Energy and Space is TIME. Time, you will remember, is CHANGE. That change can be any internal transformation of the energy form with or without movement; or it can be movement as change of position in space. Either one creates TIME.

Note for Advanced Psycanics: Time, as we humans perceive it, is an illusion. In reality, all that has ever existed or ever will be exists right now as the Cosmic Matrix. You as a psycan are moving through a part of that total created reality matrix, and that motion you experience as change and time.

Adding the two concepts of Reality and Time to our graphic, we have.



This graphic: **Cause, Space, Energy-Reality, and Time**, pretty much sums up the universe. Anything you can think of, experience or know exists within these four concepts. To be a master of your existence, you only need to understand the laws and principles of each factor. Psycanics explains these laws and principles.

The short definitions in this chapter are totally inadequate to understand these concepts: each requires several chapters. You are not expected at this point to understand them, only to know that they exist and that you will be studying these concepts.

Abbreviations and Symbols for formulas and equations in psycanics:

C	Cause
Cr	Creation
Sp	Space
T	Time
E	Energy
Ef	Effect
Exp	Experience
H	Happiness
J	Joy
L	Love

P	Power
R	Reality
Resp	Responsibility
Rxx	Resistance
Perxx	Persistence.
TE	Time and Energy = Life
TEE	Time, Energy & Experience = Life.
V	Value Polarity
W	Wisdom

## CHAPTER 2

# CAUSE and EFFECT

One of the most important polarities is that of Cause and Effect. You are operating on some point of the Cause-Effect polarity scale at every waking moment. It is critical to your power and your happiness in life that you understand and operate in live in a condition of Cause.

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**Definitions** (Remember that words referring to general concepts in Psycanics are capitalized.)

### CAUSE

noun: The agent of force and action that effects change. That which originates, initiates, creates, manifests, decides, determines, acts, forms, produces, gives, moves, controls, changes, or affects anything. One pole of the Cause-Effect polarity. The concept of Cause includes: Will, Power, Force, Creator and Creation, and Manifestation, defined below.

verb: The action and process of bringing into being or changing something. The action of originating, starting, creating, controlling, changing, moving, affecting, or effecting something. The action of producing an EFFECT. Synonyms: to create, to produce, to effect. To affect and/or to effect anything.

Cause is Power; it is the ability to produce the desired results. When applied correctly, Cause is your ability to manifest what you want in life. When not understood, your own Cause will block your getting what you want and will often produce things you do not want. Low Cause is the condition of many humans.

**EFFECT** -- The other pole of the Cause-Effect polarity.

noun: 1- The influence, change, affect or result produced by a Cause. Examples: The effect of a bomb is destruction. The effect of a psycanic reality on consciousness is experience. Synonyms: result, impact, outcome.

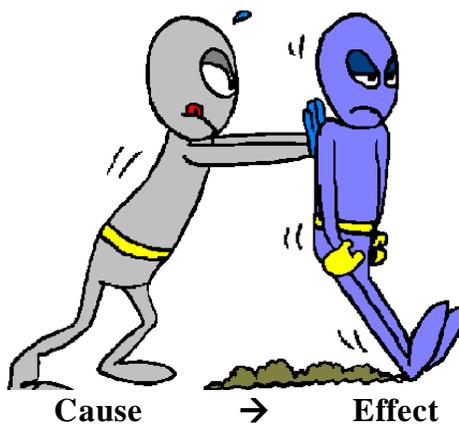
2- That which receives the action of a Cause. Any thing or person that is created, formed, produced, moved, changed, controlled by an external agent. To be subject to a Cause, to a superior force, so that one has little or no control and is at its mercy. E.g., Many people are at the effect of their emotions. This usage is often worded as: “at the effect of” or “in the effect of” E.g.: The victim is at the effect of his persecutor. The poor live in the effect of their ignorance of how to create money.

Effect is a condition of no power, no control; of being affected or controlled by an external cause. For example, one of the laws of Psycanics is: Resistance is Cause at Effect. It means that to resist anything puts you at the effect of it. E.g. Resisting your negative emotions will give them more power (cause) over you.

verb: to cause the desired result successfully; to achieve, to carry out to conclusion. E.g. She effected the maneuver.

TO BE EFFECT or AT EFFECT means to be acted upon. One of the aspects of Effect is experience. Experience is the effect of realities = energies on consciousness.

**AFFECT**: Affect is a word very related to Effect. To affect something is to cause some kind of effect to it, to influence it.



**WILL:** The innate ability of the Psycan to exert force and move energy.

**POWER:** 1- Active: The ability to produce the desired result. 2- Passive: The ability to hold a position despite all counter effort. Power is the condition of a successful Cause in action; it is the ability to cause the desired results. (Note: you can be Cause and not produce the desired results: you can fail = no power.) Cause is the entity that exercises Power. Effect is a state of no Power because the Power is wielded by other. **Personal Power:** the ability of a person to manifest his desires and achieve his goals.

Knowledge is Power: An abbreviation of the complete law that is **BEing + Wisdom = Power**, where BEing consists of the optimum identities including **I am Cause**.

**CREATE:** To cause to exist, to bring into being that which did not exist previously. **CREATOR:** that agent which CAUSES something to exist.

**MANIFEST:** To bring into one's experience, into one's personal universe, that which has already been created—often by others--but is elsewhere (out of experience). **MANIFESTOR:** the agent of Cause that causes something to move into experience.

Difference between Creation and Manifestation. You create your thoughts and emotions. You create a painting by painting it; you create music by composing it or playing it on an instrument. However, you manifest your car or your house; somebody else creates these--unless you work in the automobile factory and assemble that car; or actually build the house yourself.

**CREATION:** Any energy form, any reality. Everything that exists was originally a creation.

**REALITY:** Any energy form, any creation.

Difference between Creation and Reality: They refer to the same thing. The choice of which word to use depends on your focus. Use the word "reality" when referring to the fact that some thing exists irrelevant of who created it, when or why. Use the word "creation" when you wish to include reference to the process of its coming into existence  $\equiv$  cause  $\equiv$  creation; or to emphasize the identity or responsibility of the creator of that reality.

End of Definitions.

---

At first take, it might appear that Cause is “good” and Effect is “bad”. But not so: ALL experience is Effect. We seek to be the Effect of positive realities that **Cause** us positive experiences = happiness. Two examples: 1- Give is Cause; Receive is Effect: Do you not like to receive gifts? Then you like to be in effect. 2- You go to a roller coaster or a horror movie because you want the effects = experience of fear and terror.

We resist being Effect only when the effects we are receiving are negative = undesired or painful. For example, we resist our negative emotions (e.g. fear or depression). We resist the negative cause = actions of others, i.e. we resist being the victim of others; we resist being damaged by them.

What we most seek, of course, is to be Powerful CAUSE, to be the CAUSE that produces those positive things = results = effects that we want to experience. We seek to be the CREATORS of all our realities = our lives, in order to be at the effect of those creations = experience them. We seek to Cause only positive Effects and then to enjoy those effects = experiences.

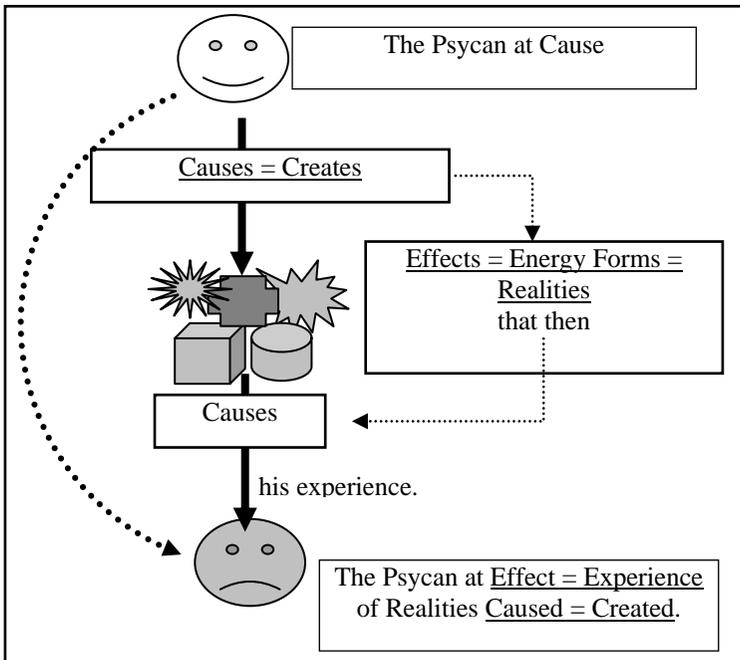
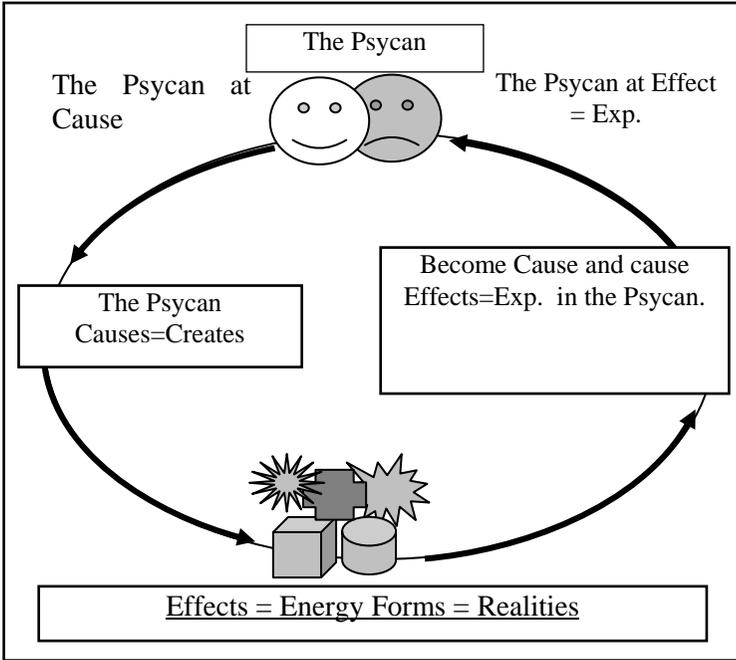
Cause may be successful (Power) or unsuccessful (failure).

Effect may be positive (desired and appreciated), or negative (unpleasant and repudiated).

This brings us to a basic equation describing how existence works:

**Cause = Creator → Effect = Reality > Cause → Effect = Experience to Cause = Creator**

This equation means that you are Cause = Creator. First you create your realities; you are **cause**, your realities are **effects**. Then your realities **cause** your experience: They become Cause, you become Effect. We can show this with either of the next two graphics (follow the arrows):



Law:

The psycan is a creator of reality that puts himself at the effect of his creations for the purpose of experience = games = drama.

You are Cause; you are Creator of ALL of your realities. In fact, you even create the physical universe itself although you do this at a mystical level of your BEing far beyond your human perceptions<sup>1</sup>. You create your thoughts, your identities, and your emotions. ALL your thoughts and emotions, ALL your psycanic experience, work by this equation as expressed in these graphics. Your psycanic realities then determine (Cause) your physical circumstances – a complex process we will come back to in Advanced Psychanics.

For many people, the very idea that they create their psycanic experience, especially their emotions--and therefore their happiness or unhappiness--will be shocking. At this time (year 2003), most humans still believe that they are not creator of their psycanic experience. They believe that external things, events and others, cause their experience and make them suffer. We will absolutely prove this false in about two chapters.

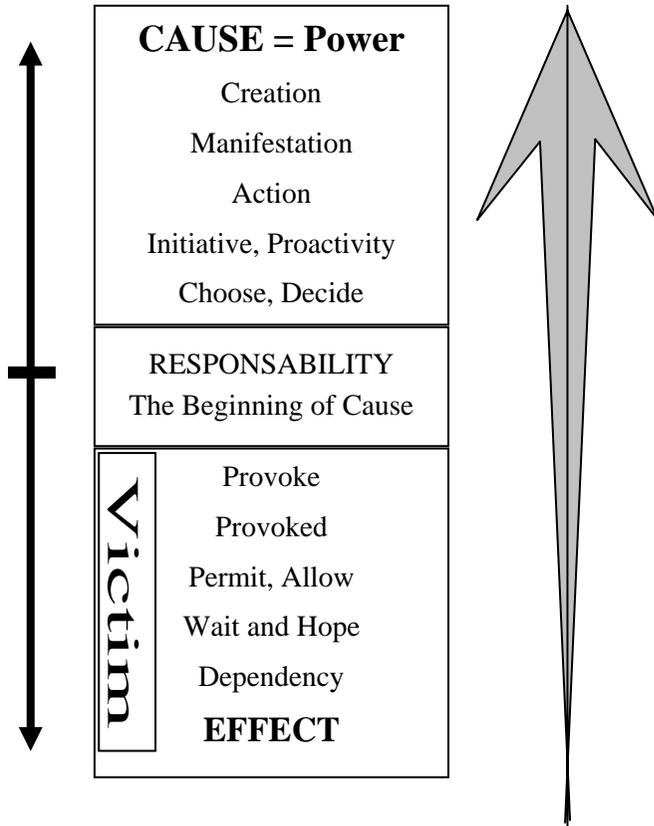
Likewise, most people do not believe that they have much influence over the physical universe, much less that they can control it to achieve their goals and desires. Much later, we will explain the process of creation and manifestation in the physical universe.

Because your psycanic experience--happiness or suffering--is the effect of your psycanic realities; and because your personal physical universe is the reflection of your psycanic universe, the key to everything is the control--**the creation and discreation**--of your psycanic realities. How you create and can discreate your realities is a major area of psychanics and one that we explore later in your studies. Right now, we need to get back to the Cause-Effect Polarity.

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<sup>1</sup> As you remember from Level 1 Cosmology, there is only the ONE. You are part of IT. As you go back “up” the chain of individualization to the ONE, you are part of a Bigger Being, who is part of an even Bigger Being, who is part of an even Bigger Being, all the back to the ONE. You create the physical universe at one of these levels of Big Beings.

**The Polarity Scale of  
CAUSE and EFFECT**



Increasing Cause as  
you ascend the Scale.

## The Spectrum of Cause-Effect

<b>CAUSE POWER</b>		
Create	<b>Proactive</b>	The highest expression of Cause and Power is creation, the bringing into existence of that which did not exist previously.
Manifest		To Cause to come into one's world (experience) that which is already created, often by others. Sometimes called Attraction.
Act		To take action, to move oneself to move other. Often a preliminary step to manifestation or creation.
Decide		The exercise of Will to choose between alternatives of action.
<b>RESPONSABILITY</b>		Responsability is the point of change between Cause and Effect. The concept of Responsibility is so grand; it will be the next chapter. (Note spelling as a technical word in Psychanics)
All levels below Responsibility are the condition of VICTIM, explained in the next chapter.		
↑ Provoke	<b>Reactive</b>	
Victim ↓ Provoked		
Permit		
Wait and Hope		
↓ Dependency		
<b>EFFECT = NO POWER</b>		

## Definitions:

**Proactive:** A person who is ahead of events; who foresees consequences and events and takes action in time to prevent or control the negative ones and to produce the positive ones. Such a person is at Cause.

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

To understand the Effect = Victim levels, it is necessary to first understand the concept of Responsibility. Therefore, the levels of Victim will be explained more fully in the next chapter on Responsibility.

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 Cause and Creative in our work world, but a Victim in our relationships.

### Comparison of Characteristics of Cause and of Effect in Beings:

#### CAUSE:

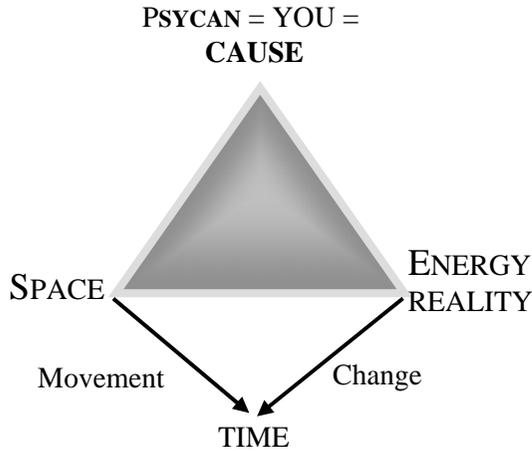
- Strong
- Dynamic, highly active
- Creative and Creator
- Proactive
- Optimist
- Shows Initiative
- Responsible
- Highly Productive
- Independent and Interdependent.
- Powerful
- Leader



#### EFFECT:

- Weak
- Procrastinator
- Conformist
- Reactive
- Pessimist
- Irresponsible
- Dependent, emotionally and otherwise.
- Beaten, Defeated
- Victim
- Blamer
- Mediocre.

**One of the purposes of Psychanics is to bring you to  
FULL CAUSE and POWER over SET: SPACE, ENERGY, and  
TIME.**



What to take with you from this chapter:

1. The concepts of Cause and of Effect = Victim
2. Cause-Effect is a polarity spectrum. You assume a position on it on facing any person, event or thing. Your Power to handle that person, event, or thing depends on your Being = Identities and your knowledge and wisdom. Those IDentities must include with **I AM CAUSE; I AM RESPONSIBLE** or you are denying your own Cause = Power.
3. Responsibility is the middle point and the change point between Cause and Effect.

## CHAPTER 3

# RESPONSABILITY

Responsability 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**

Law:

**CAUSE and POWER are only possible within  
the psychic condition of RESPONSABILITY<sup>2</sup>.**

**Personal Power begins with Responsibility**

Our objectives are for you to become more at Cause in life, to acquire more Power over yourself and both of your universes and for you to BEcome a more Powerful Being. Our goals in psycanics include that you become able to play better and bigger games; that you learn to manifest your movie according to your desires.

Such 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-Responsability include no Power and not getting much of 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-Responsability.

Responsability = Response + Ability. Responsibility is the ability to respond. To respond to or for something is to be **at Cause**. It is to **act** in some manner whether to answer or to take physical action. Response-ability then is the ability to act.

**Responsible, Responsibility = ABLE TO ACT.**

2 (Note that Responsibility in Psycanics is spelled with an “a” as a distinguishing mark for a technical term.)

**DEFINITIONS: RESPONSIBILITY****Main Definitions**

1. The point of change between Effect and Cause on the Cause-Effect Spectrum.
2. Consciousness of Cause; acknowledgement and awareness of being Cause, of being able to act.
3. The relationship of a Creator to his creations.
4. An essential element of Love: to deny Responsibility is to deny Love.
5. Any condition of possibility of action, including when in the negative effects of the Cause of others.

**Secondary Definitions**

6. The ability to respond deliberately under self-control and reason as opposed to out-of-control emotional reaction: logical choice as opposed to emotional reactivity and resistance.
7. The ability to vary your actions and responses until you achieve the desired result (as opposed to repeating over and over an ingrained habit or behavioral rut)
8. The duty or privilege to care for someone or something.
9. A counterpart of Freedom.
10. Accountability: The ability and the duty under Love and Justice to respond for our negative actions, to restore damaged or lost energy. 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 Cause.
2. Responsibility is Consciousness of Cause. To be responsible is to be aware of Cause, of the duty to act when necessary. When a person declares or believes she is not responsible, she is declaring

she need not act; that she is not Cause. Responsibility, then, is recognition and acceptance of Cause.

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

3. Responsibility is the relationship of a Creator to his creations: Every Being is Cause when she creates something, and remains responsible for that creation. A person who creates a bomb is responsible for the effects of that bomb. Every person creates her psychanic realities (identities, thoughts, and emotions) and remains response-able for those creations. This response-ableness = Cause includes the power to discreate any of those realities. For example: You are the creator of and responsible for your emotions. (This will be proved in a later chapter.)
4. Responsibility as an aspect of **Love**. Love is action for the well-being of the beloved: Love requires 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—is 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 for those results and failure to love.

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. This planet's highest feat until now has been Fairness and Justice, not Love. Were there Love, ignorance and poverty would not exist.

5. Responsibility is any condition of possibility of action, especially when at the effect of the negative actions of others (vulnerable to others). In any situation, if you have any possibility of action, then you are responsible—you do not need to be the initial Cause of the situation. 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 going inside or opening an umbrella. If you have no possibility of action—for example, you are chained to a post--then you have no responsibility for getting wet. **Any possibility of action establishes 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,

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you almost always have some possibility of action in any situation. (Note how it matters not who or what is causing those effects.)

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. It 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 his negative emotions (activated) is reactive rather than response-able--although he is responsible for those reactions nevertheless. When a person is activated, he reacts without thinking and usually with unwise, negative consequences for himself and others.
7. The concept of Responsibility includes the capacity to vary your actions and responses 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 trying with the same futile approach 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 rats by hiding cheese a specific spot in a maze. At the same time, they test humans (using students) by hiding money in a specific spot using as a maze 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 to a new spot. The rats quickly learn that the cheese is no longer in the old spot and respond by concentrating on finding the new spot. They say that the students are still breaking into the laboratory at night looking for the money.)

8. Responsibility can be position of caring for someone or something, or of doing = Causing something positive. 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).

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9. Responsibility is a counterpart of Freedom, of Liberty. A- Freedom requires Responsibility; and B- Responsibility does not exist in the absence of Freedom.
- A. One of the prices of Freedom is the Responsibility to control one's Cause and to avoid actions that are harmful to others (AntiLove). Each entity (except the insane) is response-able for his actions and the consequences of those actions. The violation of this responsibility will result in others revoking your liberty and controlling your Cause (prison, for example). 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.
- B. If a person is not free to act (to be Cause), but is under the coercion (at the Effect) of another, the responsibility is with him who controls, who has the Power. This is similar to #5 above.
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 also called Accountability. Accountability is justice; it is the equalization of energy.

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.

The second side is the negative side. He who produces negative results is responsible (is to be at Cause) to restore the energy lost or damaged. He who damages or loses anything is responsible for restoring that thing. Without such accountability, without the restoration of energy, responsibility does not exist. (The violation of this principle destroys any system.)

**NOT PUNISHMENT:** The restoration of energy is not to be confused with punishment. Punishment is negative energy designed to make bad-and-wrong and to hurt, to Cause pain to the offender, either as vengeance or so that he does not repeat that behavior. Punishment is AntiLove. Restoration is the production of positive energy by the responsible subject to restore damage done: restoration is an act of Love. The restoration of damages is Accountability

## LOVE AND RESPONSABILITY

Note the relation of Responsibility to Love. Responsibility is the beginning of Cause and positive Cause is one of the definitions of Love. Responsibility is also the condition of caring for someone or thing and that is Love. For example, should a parent say that he is not responsible for the well-being of his child, you would know instantly that he does not love her. He is denying being at Cause for his child and denial of responsibility is denial and the refusal to love. Responsibility as accountability is the reparations of any damage or harm we do, intentionally or unintentionally, to others. And, that too, is Love. Responsibility is a prerequisite for love.

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

The difference between Accountability and punishment with children is critical. Children respond very well to Accountability, even on the negative side of restoring damages they Cause. And Accountability teaches them Wisdom, Justice and Love (as explained below).

On the other hand, children and your relationship with them will always be damaged by punishment, as it will be by all AntiLove. Children (and everybody else) should never be punished; they should always be held accountable (according to their age level, of course).

## WISDOM AND ACCOUNTABILITY

Wisdom and Accountability are reciprocal factors. Wisdom is the ability to predict the consequences of one's actions. To be responsible and avoid harm to others (AntiLove), and to be Positive Cause = Love, requires the ability to foresee the consequences of our acts. One of the definitions of Wisdom is the ability to predict the consequences of actions.

Reciprocally, Accountability develops Wisdom. When you must respond for the consequences of your actions, you are maximally motivated to learn to predict and control those consequences in order to maximize reward and reduce damage restoration. You become a Wiser and more Powerful person.

The consequence of excusing people from responding for the consequences of their actions, is to fill the world with people who are either unable to calculate those consequences (unWise), or who don't care (unLoving), or both. As Herbert Spencer put it so succinctly:

**The ultimate result of shielding men from the effects of their follies is to fill the world with fools.**

To the degree that parents raise their children without training in responsibility and accountability, those children as adults will lack Wisdom (the ability to foresee the consequences of actions) and Discipline and Personal Power.

Definition: Discipline: The ability to do what you should do, when you should do it, to the best of your ability, whether you want to, or like to, or not.

Accountability is a great teacher of Wisdom and a great trainer and motivator of Discipline.

**Without Accountability, Responsibility does not exist.** Without Responsibility, any energy system will collapse. At the current, extremely primitive level of spiritual consciousness of mankind, if there is no Accountability, there will be no Responsibility. Where there is no Responsibility there is no quality Cause, only fools loose in the universe. Where there is quality Cause, there is no Love.

In advanced races, races that understand that we are all ONE, races that understand LOVE; everybody is naturally responsible and accountable as they play win-win and seek the greatest good of the greater number at all times.

**Responsibility → Accountability → Quality Cause → Love.**

### Notes on the Fall of Civilization

There are several things that will destroy a person, a society, or all civilization. One is the denial of personal liberty, including freedom of speech. Another is the annihilation of responsibility and accountability. To the degree that any entity—government, government official, corporation, group, or individual is freed from the consequences of his actions, the quality of the Cause of that entity deteriorates. This naturally deteriorates the entity's surroundings, destroys the organization.

The annihilation of Responsibility and Accountability is now widespread in the U.S., and a major signal of the decay of that

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society from its origins of Liberty, Cause and Responsibility as practiced by the founders and settlers.

To name just a few examples:

1- One way in which accountability is cancelled is by taking from those who produce to give to those who do not. This destroys the incentive for production and awards those who do not produce. One name for this is communism: other names are proportional (unequal) taxation, subsidies, socialized medicine, and welfare—all rampant in the US. Another is the government giving away money to anybody for any reason. As someone put it so succinctly for one example of this: “Foreign aid is the taking of money from the poor in a rich country to give to the rich in a poor country.”

2- Government officials do not have to respond for their bureaucratic nonsense, excessive regulations and other harmful acts to citizens or to the country. Brokers and corporations lie and cheat causing the loss of billions of dollars to citizens, and get off with a slap on the wrist.

3- When the government does bring a case against corporate malfeasance, (e.g. Enron); the case is often allowed to bog down in legalities and “if they knew”, “if they personally did it”, and other irrelevant details. The only real question is “Was this person in a position that was *or should have been* at Cause = in control of the negative events?” Even if the person did not know of the malfeasance, if it was his position and duty to know, he is responsible. Unless such a person can prove—and the burden of proof is on him, not the government-- that others above him deliberately and successfully kept him in the dark, he is responsible. In other words, just being in a position of Cause in the corporation is proof of responsibility.

4-Criminals do not have to repay damages to victims. They may be punished, but that does no good, neither to the criminal nor to his victim.

5-Children and teens are not held accountable for their actions by parents and schools. Parents are not always held accountable for the actions of their children.

The consequence of saving such men from their follies is to fill the world with such men who harm others, intentionally or not makes no difference. When there is no accountability, they do so without restitution and therefore without justice – which only encourages

them to more of the same. They do not learn, do not become Wiser and more Loving.

Juries violate Responsibility when they ignore an injured party's responsibility in the disputed event: the injured party almost always has some degree of responsibility. Juries violate accountability when they award totally excessive compensation for damages. An example of both situations: A jury awarded a woman millions of dollars in damages for her spilling hot coffee on herself while chasing her rambunctious child at a McDonald's restaurant.)

Another example of the annihilation of Cause, Liberty and Responsibility and the de-powering of the individual and the society are all laws that deny freedom of choice. These are usually justified in the name of safety and security.

For example: there are all the laws that deny you the freedom to choose whom you want for medical advice: you must use AMA/government approved (i.e., licensed) doctors only. Nor may you offer your healing services to others without such approval no matter how effective you are. Jesus Christ, today, would be arrested for practicing medicine without a license.

Nor may you go into a pharmacy and buy any medicine that you wish; you must have the written permission of approved doctors. An American today has very little freedom or options in health care.

I have lived many years in a society where such laws are nonexistent: Mexico. I have found it far, far superior to the US system. If you want such government-approved advice, doctors are available for consultation and treatment. But there are also many forms of alternative healers and treatments, often just as effective. And if you want to treat yourself and to buy freely the medicines to do so, that option is available – your responsibility, of course, for the results. And if you do choose to treat yourself, you decide the degree of investigation and study you will employ before taking action. Everything is options and freedom – with the attendant responsibility, of course. They go hand in hand.

Note, that no matter what, you are always responsible. When you let others dictate your treatment, that is your decision. And you are still responsible for the outcome: you are who suffers the results, positive or negative of the other person's treatment.

You loose your freedom when you let others dictate what you can and can not do (outside of harming others) – no matter how someone tries to justify that in the name of your own well-being or safety.

This state of no-freedom and control exists in the U.S. for many things, not just medicine: legal representation, psychological consultation, etc.

## Maturity and Responsibility

Responsibility 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. She has no responsibility for anything, including anything she does--adults are totally responsible for her well-being and for anything she does, even should she get hold of a gun and shoot someone.

Growing up is the process of acquiring responsibility for one's actions and life and exercising Cause to become independent and self-reliant. **Responsibility is a sine qua non of maturity.** And note that responsibility = maturity has relatively little to do with age. Some people are very responsible while still quite young: others never mature, never become really responsible—a common complaint of many women about men.

## VICTIM

The opposite polarity of Responsibility→Cause is Effect→**Victim**.

**Definition of Victim:** A person who **Assigns Cause** for his (negative) experience outside of himself. A person who **denies responsibility** for something he does and for anything that “happens to happen” to him. A Victim denies responsibility both as the original Cause of a situation (Provocation or Permission on the Cause-Effect scale); and as being able to respond, to stop or avoid the negative effects. The Victim therefore believes that life or others are doing things to him without his Cause and participation being involved; and furthermore, that he has no ability (Cause) to stop or avoid those things.

Negation of Cause and Responsibility conducing to complaining and blaming are characteristics of the Victim. He or she perceives him/herself as having very limited Personal Power and is unhappy: his experience consists of the antipower emotions: anger, frustration, resentment, guilt, fear, sorrow, grief and depression.

### The Denial of Responsibility Creates Victim

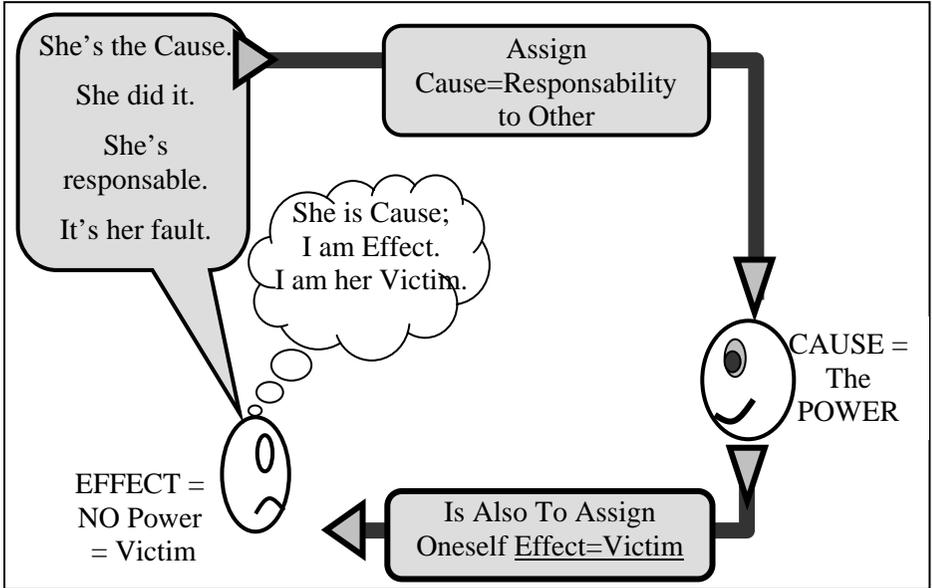
Responsibility is Cause: the ability to act. To deny responsibility for something, you must assign that responsibility to somebody or something else. In other words, you **ASSIGN CAUSE** to Other.

The opposite polarity of Cause is Effect. You are one or the other (relative to any given event). If you are not Cause, then you must be Effect, a condition of No-Power. To deny Responsibility = Cause = Power in you and assign that Cause = Power to Others, is to automatically assign yourself

the role of Effect = No Power. To deny Responsibility is to give away your Personal Power.

On denying Responsibility = Cause, you put yourself at VICTIM of the Cause = Power that you assigned to Other. When you blame somebody else, you are giving away your Power; you are saying that that person is more powerful than you are.

The following diagram shows all this:



Note: The Formula of Life is: BE FEEL THINK DO HAVE. The Causal part of the Formula is BE or IDentity. The essence of Victim is the AntiPower and the resulting AntiValue Identities. The AntiPower Identities include: I AM UNABLE; I CANNOT DO IT, I AM LESS THAN; I AM WEAK; I AM A FAILURE. The AntiPower Identities then catalyze the AntiValue IDentities: I AM LESS THAN, I AM NOT WORTH MUCH, I AM UNDESERVING; I AM BAD, etc. The Victim lives in much negative emotion as all emotions are love or AntiLove for self according to the identity assumed. (The student need not try to understand this last statement now—it will first be necessary to understand Being and Identities, information in a later book. This paragraph is included here in order to assure the completeness of the concept of Victim.)

## THE FATAL IDENTITY

An Identity is any statement of “I AM”. Observe how we create Identities and the resulting thought processes:

1. “I am not the Cause; I am not Responsible.”
2. Thought process: “So who is Cause?—it must be around here somewhere.” This leads to the Assignment of Cause:
3. “X” is the cause; s/he or it is responsible. S/he did it; s/he is the Cause. It is her/his fault.”
4. “Since I am not responsible, why look to me for remedy or action? It’s not my responsibility. I cannot (or do not have to) do anything about it: I am not the Cause: s/he is!”

#1 is the main AntiPower IDentity, the Fatal Identity; and the rest are part of an AntiPower paradigm. Apply these to anything or any area of your life and you have killed your Personal Power. You will have little power to change that situation. For examples:

- State 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?)
- Say you are not responsible for your love relationship or any particular problem in it--assign that the other is the Cause of all the problems-- and you will have no power to improve that problem or relationship.
- Declare that you are not responsible for your poor financial situation and you will have no power to change it.

Law:     **The Negation of Responsibility Kills Power.**

## SELF-ESTEEM, HAPPINESS AND RESPONSABILITY

Self-esteem is your subconscious evaluation, your estimation, your good opinion of yourself. Your self-esteem depends on whether that evaluation 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 as Cause; it is your perception of yourself as able and competent to handle life, as capable of reaching your goals. You are “good” and therefore self-love-able when you are able and powerful. You are “bad” and consequently self-unloved when you are unable, not powerful.

As Responsibility is Cause; the ability to respond, to be powerful; it is an essential factor in self-esteem. Denial of Responsibility puts a person in Victim, and Victim is a position of very poor self-esteem. Furthermore,

self-esteem is self-love, and self-love is the essence of happiness. The Victim, then, lives with very little self-love and is fundamentally unhappy. Furthermore, there is no remedy to that unhappiness without exiting Victim by taking Responsibility.

### Examples

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

The solution is the principle of Responsibility:

**It doesn't matter what anyone made of you;  
It only matters what you make out of what they made of you.**

**It doesn't matter what anyone did to you;  
It only matters what you do with what they did to you.**

As Charlie Brown puts it: "If life gives you lemons, make lemonade". Make lemonade is being response-able; this is being Cause.

### THE EMOTIONAL VICTIM

A common form of Victim is the emotional victim. Many people deny Responsibility for creating their negative emotions, their pain and suffering, blaming others for their pain and suffering. They also use this as a control mechanism of others. "Poor me," they say, "look how you are making me suffer. 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. Then you will be GOOD again and I will love you again. "

The victim wants you be Cause--to act, to change—in order to alleviate his "suffering". That way he does not have to take responsibility for his emotions or learn how he creates them and how to control them. (We will return to this in the next chapter.)

## VICTIMS IN RELATIONSHIPS

Another common area of DOR (Denial of Responsibility) = 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 any participation or contribution to Causing the problems: they feel they are the innocent Victim of the other partner:

“It is the other’s fault; I am the innocent Victim here; I am not doing anything to Cause this. Therefore, it is the other who must act and change to improve the relationship—not I. I am not the cause of the problems; I am not the one responsible.”

As long as either person is in Victim, it is difficult to better the relationship. When both parties are in Victim, there is no hope whatsoever.

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

When both persons are denying responsibility for the negative energy in the relationship and blaming the other, both are denying Cause. There is, then, zero percent Cause in the relationship: no force, no effort, to have it work or to improve it. The correct way is for both to take 100% responsibility for the quality of the relationship. Thus, there is 200% responsibility for the relationship; and even if one party fails at times, the other can easily carry the relationship through those times.

However, it should be noted here, that it requires great Wisdom for one person to be 100% responsible for the relationship for any length of time. The person at 100% must bring the partner up to a position of higher responsibility. For one person to remain at 100% and allow the other to remain at very little would be very tiring and eventually destroy the relationship.

## WHEN OTHERS CAUSE ME “BAD” THINGS

Even when others are the Cause of negative energy in your life, you are response-able. You may be responsible that they treated you that way (see Provoked)—or you may not. However, you are responsible for how you handle that negative energy. In every situation in your life, you are Cause or you are Effect: It is your declaration or denial of Responsibility that determines your condition – not what the Other person did.

Another way to look at this is to ask the question: “Who is going to suffer the effects?” That is the person it behooves to respond (take responsibility)

and act to avoid or change those effects, no matter who is causing the effects.

In other words, the greater importance in your life is not what Other did, but rather your response: how you are going to handle (your Cause) what they did (their Cause)? Your Cause starts with Responsibility, your recognition that unless you are chained to a post, you are at Cause over everything in your life. And if you are chained to the post, it may be your responsibility for getting chained to the post—and certainly is to get unchained. To deny responsibility is to give away your Cause and your Personal Power no matter what the situation or how it came to be. As we said before:

It matters not what anyone did to you;  
It matters only what you do with what they did to you.

### **DILUTION OF RESPONSABILITY**

Your responsibility in a situation is independent of, irrelevant to, the responsibility of others. To say that others are also responsible is to try to dilute or deny your own responsibility.

Admiral Rickover expressed it very well: “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.

### **DISTORTIONS OF RESPONSABILITY: OBLIGATION AND BURDEN; BLAME AND GUILT.**

#### **Obligation and Burden**

Responsibility is the beginning of Power, and normally a pleasure for a psycan. However, it will be experienced as negative, as an obligation or burden, under two conditions:

1. **Burden:** AntiPower Identities: Confronting responsibilities can activate the antipower identities ( I am unable; I can’t do it, I am too weak; I am a failure, etc.). When a person feels, consciously or unconsciously; he is not going to be able to fulfill the responsibility that he may fail; these IDentities and their negative emotions may activate, putting the person in a negative experience towards responsibility.
2. **Obligation:** Imposed Cause: When the responsibility as duty = obligation is forced upon the person against his Will, whether by someone else or by circumstances; his experience of responsibility may also turn negative and resistive.

These two factors: “imposed by Other” and “antipower identities”, are often found together, making a person feel that he cannot fulfill his obligations, obligations forced upon him by Other.

### **BAD AND RESPONSABILITY**

One of the major resistances to Responsibility is that when we fail, we label that failure and the Agent of Cause who failed (ourselves) “BAD”. This sends us into guilt. Nobody wants to be “BAD” or to feel guilty. We weasel out of this by denying Responsibility; deny having been the Cause (of the failure), and often assigning the blame elsewhere. Thus the “BAD” results may exist, but we did not Cause = are not responsible for them. Therefore, we are not “BAD”.

For this reason, we so readily claim responsibility for our victories and the good things in life; we accept ourselves as “good” Cause. However, most of us quickly deny responsibility for our defeats and the “BAD” things in our lives. We assign Cause = Responsibility to someone or something else; we blame them.

#### **Blame, Complaints and Guilt**

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. Therefore, Blame and Guilt, which imply “BAD”, are distortions of Responsibility.

1. **Blame:** Responsibility is NOT blame. Blame is *invalidation for failure*, invalidation for failed cause (invalidation means there is a label of BAD and wrong). Blame is to assign Cause while labeling the results of that Cause, and often the causal agent, as “BAD”. Thus blame involves negative energy; responsibility is always neutral.
2. **Complaints:** Complaining is similar to blame and is a sure sign of denial of responsibility. Complaining is invalidating a “BAD” situation while denying cause, therefore is invalidating the failed Cause of Other. The difference between blame and complain is the center of focus: blame focuses on the causal agent: complain focuses on the result = situation. The solution to complaints is taking responsibility and action, starting with communication with whoever is at Cause over the situation, and ending with taking the initiative to fix the problem oneself.
3. **Guilt:** Responsibility is NOT guilt. Guilt is how you feel when you blame yourself. Guilt is to recognize one’s Cause while labeling the results “BAD”, and oneself “BAD” for having Caused

them. Guilt is the IDentity “I am Bad” for having done (Caused) something BAD”.

(Note: Blame, Guilt and “BAD”--and Responsibility as free of these--will not be fully understood until the theme of Good, Bad and Evil is studied.)

These four factors: obligation, burden, blame and guilt give responsibility the heavy negative connotations that so many people have about responsibility. In Psychanics, Responsibility is always positive, free of invalidation and negative energy. It is recognition of the cause-effect relationship without invalidation. It never involves punishment; it always is accountable for the consequences. To blame, complain, or feel guilty is to fail responsibility.

The solution to BAD, Blame and Guilt is to understand and transcend the creation of “BAD.”

## **COST-BENEFIT STUDY OF VICTIM**

### **THE VICTIM’S PAYOFF**

Nobody ever does anything unless he calculates in some way that it is to his benefit. Assuming the position of Victim is no exception: it seems to have its rewards.

**Comfort:** Taking the position of Victim is comfortable; it is easy: no action required. The Victim is not the Cause of anything, of any situation. And he does not have to take Cause in any situation. He does not have to respond for anything. He does not have to make any kind of effort, does not have to exert himself to change things. He can just sit back and criticize, complain and blame.

**Positive Value Polarities:** As the Victim is never the Cause, never responsible for “BAD” things and situation, the Victim gets to play the positive value polarities. The Victim gets to be innocent, to be right and to be “good” by assigning guilty, wrong and “BAD” to the failed Cause.

**Failure:** All failure is failure of Cause, of Power. Unconsciously, the Victim believes he is isolating himself from failure. The Victim subconsciously calculates that because he is not Cause, not doing anything, not responsible; he is not and cannot be a failure.

**Manipulation and Control:** The Victim uses victimhood to manipulate and control others. He uses the “poor, weak, helpless me” IDentity strategy to attract attention, sympathy and cooperation from others. He accuses others of

“BAD” Cause, of hurting him, of betrayal, in order to manipulate them with duty and guilt. He uses the value polarity: he invalidates others; labels them “BAD” when they do anything he does not like. They can redeem themselves, become “good”, by pleasing the Victim.

### **THE PRICE OF BEING A VICTIM:**

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

**Power:** Power is successful Cause, the ability to produce the desired results. By denying Responsibility, the Victim has blinded himself to his own Cause and thus does not take much action—he limits himself to complaining and blaming and trying to manipulate others to do what he wants. Victim is the antithesis of Power and a Victim has very little Personal Power.

**Failure:** Unconsciously, the Victim believes he is isolating himself from failure by relieving himself of responsibility and action. What he does not realize is that the consequences of his failure to act include that he does not get his desired results. Thus he is in failure all the time.

**Self-Esteem.** Self-esteem is your good opinion of yourself. The most powerful factor in self-esteem is Personal Power: your perception of yourself as able and competent to handle life, as capable of reaching your goals. The Victim is assuming a position of no power and that is very damaging to self-esteem.

**Relationships:** The relationships of a Victim tend to be negative for several reasons. The Victim lives trying to manipulate and control others: others resist being manipulated and controlled. The Victim lives invalidating (labeling “BAD” and wrong) others; he lives broadcasting complaints and blame. Others resist being “BAD”. The Victim is emotionally reactive and therefore often in frustration, anger, and resentment. He is unpleasant to be around. The Victim present himself as helpless, dependent and needy of others. He drains energy. Other people naturally resist this.

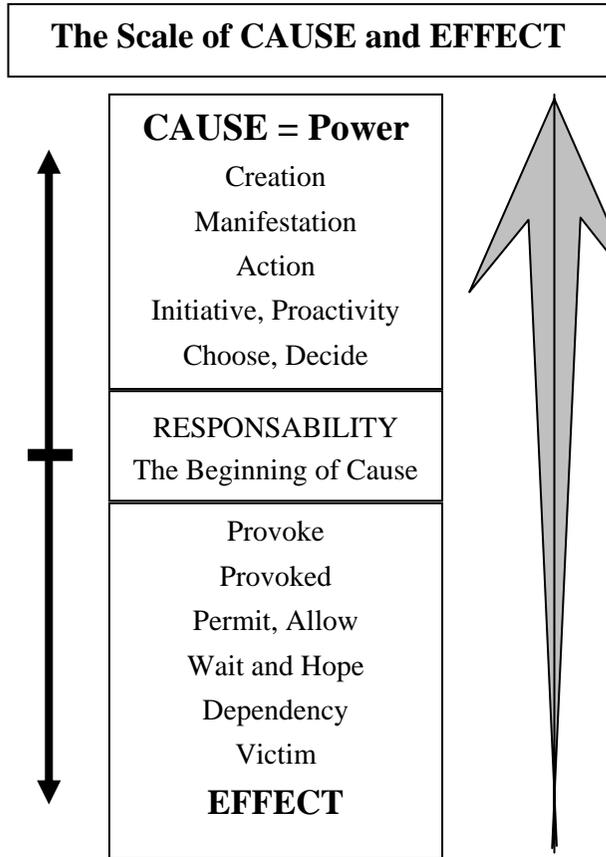
**Love:** Love is Cause; it is Power. It is to act and produce results for the well-being of the loved. Victim is a low-power condition. It is an antithesis of Love. In fact, Victim is a condition, not of Loving, but of seeking attention and support = trying to obtain Love by pretending to be incapable and needy. Furthermore, the Victim does not Love himself for being so powerless and valueless. His experience is frequently AntiLove = anger, frustration, sadness, depression, etc.

**Happiness:** All of the above factors: Cause, Power, Success, Self-Esteem, Relationships and especially emotional control are relevant to happiness. Above all, happiness is emotional; it is how you feel at any moment. The Victim is submerged in AntiPower and AntiValue IDentities and these are the cause of all the negative emotions. The Victim, therefore, lives in

negative emotions: anger, fear, grief, resentment, guilt, blame, dissatisfaction, and depression. There are no truly happy Victims: Victim and Happiness are opposite conditions.

**THE CAUSE-EFFECT SCALE**

Now that we are familiar with the concepts of Responsibility and its antithesis Victim, we can return to the Cause-Effect Polarity Scale in more detail on the next pages.



### The Effects of DOR (Denial of Responsibility) on the Cause-Effect Spectrum

<b>CAUSE</b>	<p><b>POWER:</b> the ability to produce the desired results.</p> <p><b>LOVE:</b> ALL FORMS OF POSITIVE <u>CAUSE = ACTION</u> are FORMS OF LOVE. <b>Power</b> is a prerequisite to Love and you can Love on to the extent that you are powerful. DOR and Victim kill Love.</p>
Create	<p>The highest expression of Cause and Power is creation, the bringing into existence of that which did not exist previously.</p> <p><b>Creativity:</b> Creativity requires a high level of awareness of Cause. DOR blinds the person to possibilities of action thereby suppressing creativity.</p>
Manifest	<p>To Cause to come into one's world (experience) that which is already created, often by others. Sometimes called Attraction.</p> <p>In DOR, the person blinds a person to his Cause and puts him in the paradigm that the world is great machine mostly beyond his influence.</p>
Initiative, Action, Proactivity	<p>To initiate action, to move oneself to move other.</p> <p><b>Proactivity:</b> to lead and act before events shaping them to one's preference. A stitch in time saves nine.</p>
Decide	<p>The exercise of Will to choose between alternatives of action. .</p>
<b>RESPONSABILITY</b>	<p>Responsability is the point of change between Cause and Effect.</p> <p>All levels below Responsibility are the condition of VICTIM.</p>

<p>DENIAL of Responsibility = Denial of Cause = Effect</p>	<p>Denial of Responsibility is Denial of Cause and ability to act, sending the Being into the EFFECT polarity, which includes Victim.</p>
<p>Provoke</p>	<p>The Victim hides the hand that throws the stone. The Victim does many things including complaining, invalidating, blaming, instilling guilt, manipulating, lying, etc. that <b>provoke</b> the negative reactions of others. But because he has created himself in a condition of NOT-responsible, NOT Cause; he does not perceive his own Cause (participation and contribution) to his problems and conflicts with others. He only perceives their reactions, which he feels are not in any way his fault or otherwise justified. This sends him into Provoked.</p>
<p>Provoked</p>	<p>The Victim perceives himself as attacked, insulted, offended, hurt by others and reacts accordingly with blame and counter-attacks. To him, it seems world conspires against him. He takes no responsibility for his experience (emotions) or his provocations to others. He feels himself as justifiably provoked and reacts accordingly.</p> <p>As regards initiative and proactivity, Provoked is a state of reaction to events after they happen, trailing behind, instead of action to lead events. The deny of Responsibility blinds the person to the need and possibility of his proactivity and initiative.</p>
<p>Permit, Allow</p>	<p>“Permit” refers to a person allowing avoidable negative events in his life. “Permit” can be due to either of two things:</p> <p>Failure to be proactive; to initiate action in time to achieve the desired result; or avoid negative events.</p> <p>Failure to respond to stop, remedy and avoid such events in the future.</p> <p>This is the level of the person who lacks sufficient self-assertiveness to stand up for himself. He lets others</p>

	<p>“walk over” him, which is why this behavior is called “being the carpet”.</p>
Wait and Hope	<p>In this level of no Responsibility and no Cause, the person lives from day to day with few plans and less action to create his future. He lives waiting and hoping for somebody or something to come and change things, to save him and make him happy.</p> <p>Known as the White Knight Trap for the common theme in fairy tales of the prince on a white horse who comes to save the helpless maiden. Many women are raised in this trap: to marry and live happily ever after.</p> <p><b>Nobody is coming. If it's to be; it's up to me.</b></p>
Dependency	<p>When person A depends emotionally, economically, or otherwise on person B; A is at the effect of B. If that B treats A with AntiLove (negative actions), then A becomes the victim of B. <b>All dependency is a sign of negative identities in the dependent.</b></p> <p>This mechanism is also called attachment and is the result of the AntiEssence Identities. We will study all forms of dependency later.</p>
<b>EFFECT</b>	<p><b>NO POWER = Inadequate Results, Failure.</b></p> <p><b>Victim:</b> a person who denies Cause and Responsibility for his experience and his results in life.</p>

In your life, other people may help you, but they cannot and will never be responsible for you or your happiness--for several reasons.

First, remember one of the laws of Experience: 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 can never put this in second place. Your happiness will always be secondary to others no matter how much they profess to love you. If they ever have to choose between your happiness and theirs, you lose.

Secondly, even if they could and wanted to be responsible for you, there is no way that they can ever really know what is best for you. 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. Hell, most of them can't even make themselves happy.

Third, you are who will finally have to responder = experience the effects of everything in your life, all choices, actions and events. 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 respond; you are who is going to suffer the consequences. In the sense that responsibility is to respond to effects, there is really no way you can avoid it.

If you live wanting, waiting, hoping, or trying to make others responsible for you and your happiness, you are playing a losing game with a 99% certainty of dissatisfaction with the results. First, of all, nobody is coming who is seriously dedicated to your happiness. And even if they did, they could not be effective, successful Cause for you all the time or even most of the time. Others, even the best intentioned, are bound to eventually fail, "betray" and disappoint you. It is the nature of life.

And if someone wise and dedicated to your happiness were to come, the first thing they would do is insist that you take Responsibility for your life—just as it is the job of an effective parent to insist that her children become Responsible. There is no happiness not founded in Responsibility.

**Nobody is coming.**

**And even if they did, they can't be responsible for you.**

And don't think that Psychanics has come to save you. It has only come to tell you that nobody is coming.

## **THE DENIAL OF RESPONSABILITY IS INSANITY**

One of the definitions of insanity is **the negation or inability to perceive reality (what is)**. A person out of contact with or who denies reality is insane (e.g., someone who thinks they are Napoleon). The reality of life is that you **are** responsible. You will experience the results of decisions and your actions and your no-actions: you will respond to the natural law of responsibility with the same certainty that you respond to the law of gravity.

To deny that you are responsible is to deny reality, and to deny reality is insane. Failure to take responsibility is self-created blindness; it is insanity. It is to be an “ostrich” and stick your head in the sand to not see What Is and what is coming.

On this same theme of insanity, a very well-known psychiatrist said:

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

## **RESPONSABILITY IS GOOD!**

In Psycanics, Responsibility is something very positive. In fact, it is one of the “scared” concepts. 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 retake it within me.**

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

## **HOW TO TAKE RESPONSIBILITY**

There is nothing to take: you already have it. You are and always have been responsible. You are the main Cause in your life. If you believe that you are not responsible, you are responsible for that belief. That belief may blind you to your responsibility, but does not change the fact of its existence.

If you have been living denying your responsibility in any area of your life (e.g. your emotions, your relationships); you are responsible for denying it and trying to live as if you were not responsible. You have been living the effects of that denial, including impotence to change things and 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; well, you can create it at any moment. It is easy. You-psychan are God in your psychanic universe. **You can create your Responsibility from nothing, just with your declaration that you are responsible.**

This seems too easy? Notice that that is exactly how you created your **no**-responsibility: 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 ideas and beliefs are creations of the psychan.

Some humans take to Responsibility like ducks to water. They find in it a relief and a solution to life. Others resist RESPONSABILITY. Some resist because of fear, fear of not being able to fulfill it, fear of failure. Some do not want it because it seems more comfortable emotionally to blame others to avoid guilt. Still others flee it because they want to keep playing the VICTIM game and try to manipulate others. Some resist it because of laziness; responsibility requires action.

**No matter what the negative attitude or resistance to Responsibility, it is based in the antipower identities.** Discreate the antipower identities and the resistance disappears.

#### **SUMMARY OF LAWS AND PRINCIPLES OF RESPONSIBILITY:**

- ✓ Responsibility is not blame, and to blame somebody is the denial of Responsibility.
- ✓ Complaining is usually a denial of Responsibility.
- ✓ Responsibility is not guilt: it involves no opinion of bad.
- ✓ Responsibility is not obligation and is not burden.
- ✓ To identify the Responsible person in any situation, ask: Who is going to suffer the effects and has any possibility of action?
- ✓ The Denial of Responsibility.
  - Creates the Victim
  - Kills Self-esteem
  - Kills Power
  - Kills Initiative
  - Kills Proactivity
  - Kills Creativity
  - Reduces Productivity
  - Kills Love

- Damages Relationships
- Kills Happiness
- Contributes to pain and suffering
- Is insanity.

**Responsibility is the end of Victim and  
the beginning of Cause,  
and Cause is the beginning of Power.**

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

GENERAL LAW of Psychanics:

**CAUSE -- and therefore POWER -- START with  
RESPONSABILITY**

**Corollary: Denial of Responsibility kills Power.**

No matter the area of life (work, relationships, success, health, etc.); whenever you deny RESPONSABILITY, you are denying CAUSE. You thereby create yourself as without power and in EFFECT and VICTIM.

*Denial of RESPONSABILITY alone is sufficient to cause the persistence of any problem in life. The psychanic condition and viewpoint 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.*

## CHAPTER 4

# THE CAUSE OF EXPERIENCE: YOU ARE CREATOR

One of the purposes of Psychanics is to bring you out of the condition of Effect, No Power and Victim that most human beings live in, and into a condition of Cause = Power = Control over your experience and your life. As we have seen, Power starts with Responsibility; that is, with Consciousness = Knowledge = Certainty of Cause.

Most people are not in Responsibility for large areas of their lives, especially for their feelings and emotions that are the most important of all forms of experience. **You cannot control that for which you are not Responsible.**

In this chapter we explore the illusion of no Responsibility in which most of humanity operates. In the next step we will prove beyond all doubt that you are Cause = Creator = Responsible for ALL your psychic experience such as your identities, your thoughts, your motivations, your behaviors, and especially your emotions. In the advanced level, we will show that you are also responsible for your physical universe conditions (health, success, wealth, etc.)

If you already know that you are the creator of your emotions = experience, congratulations. If you do not know that; if that is not truth for you, then this is a critical chapter. Without a condition of **Responsibility for Experience**, there is no hope for increasing your Wisdom, Power, Love, or Happiness in life.

In this chapter, we will present a scientific proof that you are the creator of your experience. Other psychanics books present the exact mechanisms by which you create your experience and your life.

**INTRODUCTION TO THE CONCEPT OF THE CAUSAL SEQUENCE AND AN EXPANSION OF THE CONCEPT OF EXPERIENCE:**

The Causal Sequence is the basic equation of life. It is **BE→FEEL→THINK→DO→RELATE→HAVE**,  
(sometimes abbreviated to BE DO HAVE, or to **BFTDRH**.)

The Causal Sequence is the Formula of Life and can also be expressed as:

**IDENTITY→EMOTION→THOUGHT→ACTION→RELATING→RESULTS**

(Each element in the first equation is equal to the same element in the second.)

Note: Whenever these words (BE, IDENTITY, FEEL, EMOTION, THINK, etc.) are capitalized, they specifically refer to that concept as part of the Causal Sequence = The Formula of Life.

**Each element in the formula Causes the next elements.** Notice that the equation starts with BE = IDENTITY. BE = IDENTITY is the fundamental Cause of everything in your life.

**Experience and the Formula of Life.** The Formula of Life, BFTDRH, covers all your experience. Your experience consists of the six areas in the Formula--everything that exists in your life falls into one of the six areas. Therefore: Experience = BFTDRH.

Note: In this chapter, we will be focusing primarily on FEELing = emotional experience. BE = IDentities determine FEEL = emotion; and these determine THINK, DO, RELATE, and HAVE. The key to understanding how you create your life lies in understanding FEEL and so we focus on emotional experience, the King of Experience, here.

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## THE GREAT ILLUSION

Most of humanity lives in the Fatal Identity and its resulting Fatal Paradigm. The cost of this illusion is very high; a life of conflict, problems, struggle, and suffering. **It is impossible to reach any notable degree of Wisdom, Power, Love or Happiness as long as you are operating in the Fatal Identity.**

Definition: **Identity**: Any declaration, decision or belief a person has created about himself, thereby forming what he is or is not. Most identities are polarities in the form of “I AM” or “I AM NOT”: a few are verbs such as “I CAN” and “I CAN’T”. The totality of the identities of a person is what he “BE”. The totality of identities the compose his BEing: all that he is being and not being. A person’s BE determines his life according to the Causal Sequence (BE→FEEL→THINK→DO→HAVE).

**Law: Your IDentities determine your life.**

## THE FATAL IDENTITY

The Fatal Identity is the most basic and important of all IDentities. It kills Power. The Fatal Identity includes any identity = any statement of “I am” or “I am not” that DENIES Cause = Responsibility. The Fatal Identity is any form of:

I AM NOT CAUSE; I AM NOT CREATOR; I AM NOT RESPONSABLE.

For example:

- I am not cause = creator = responsible for my FEEL = my emotions.
- I am not cause = creator = responsible for my DO = my behaviors and habits and reactions.
- I am not cause = creator = responsible for what I HAVE, for my results in life.
- I am not cause = creator = responsible for my RELATE = the quality of my relationships.
- I am not cause = creator = responsible for my FEELings.
- I am not cause = creator = responsible for my FEEL = my happiness.

- And so on, for any thing, event or area of life.

In sum: **I AM NOT CAUSE; I AM NOT CREATOR;  
I AM NOT RESPONSABLE FOR MY EXPERIENCE.**

Notice that each of these *is* a creation, a thought. Each is a creation of self = a creation of identity = of what I am or am not. “I AM NOT CAUSE”; “I AM NOT RESPONSABLE” are declarations that determine, limit and describe me; they are identities.

With the Fatal Identity, the creator creates himself as not creator, not Cause, not Responsible. When the creator creates he is not creator, he creates the reality (although false\*) *and therefore the experience* that he is not creator. He creates for himself the illusion of not being Cause and that illusion will be real = experience for him.

His false reality = illusion does not change the fact that he is creator—the psycan cannot stop being a creator any more than the body can stop breathing and live. But this illusory creation blots out his consciousness of Cause, of Power and his awareness of Responsibility.

The creation of the Fatal Identity places the person at the Effect pole of the Cause-Effect polarity. If he is not Cause, then, by polarities, he can only be the Victim of the often “bad” Cause and creations of others.

### **INTRODUCTION OF TERMINOLOGY:**

The concept of Reality and Real is the subject of a different book. However, we need some of the concept now.

**Realities Cause Experience. Experience is the Effect of a Reality.**

R and Exp are the two sides of the same coin. This expressed as a word equation is: Realities = Experience. We also use the term R/Exp to denote concept and this equation. R/Exp means Reality and Experience as the two points of view of one phenomenon.

### **THE EXACT LAWS OF REALITY THAT GOVERN ALL THIS ARE:**

**Realities Cause Experience. Experience is the Effect of a Reality.**

The psycan is a cause-creator, and effect-experencer of realities.

The purpose of the creation of a reality is experience.

**The psycan is a creator of realities who puts himself at the effect of his creations in order to experience (games, movies and drama).**

**The psycan creates all his realities, including his realities of what he is and is not, which is the creation of his identities.**

**The psycan is CAUSE of all his R/Exp (realities = experience), including the R/Exp of not being CAUSE.**

The above law stated with the word “create” instead of “Cause”:

**The psycan creates ALL his R/Exp, including the R/Exp that he does not create his R/Exp.**  
(This is the creation of the Fatal Identity.)

This law can be stated for each side of R/Exp as:

**The psycan creates ALL his realities, including the reality that he does not create his realities.**  
(This is the creation of the Fatal Identity.)

**The psycan creates all his experience, including the experience that he does not create his experience.** (The Fatal Identity.)

The Fatal Paradigm, explained below:

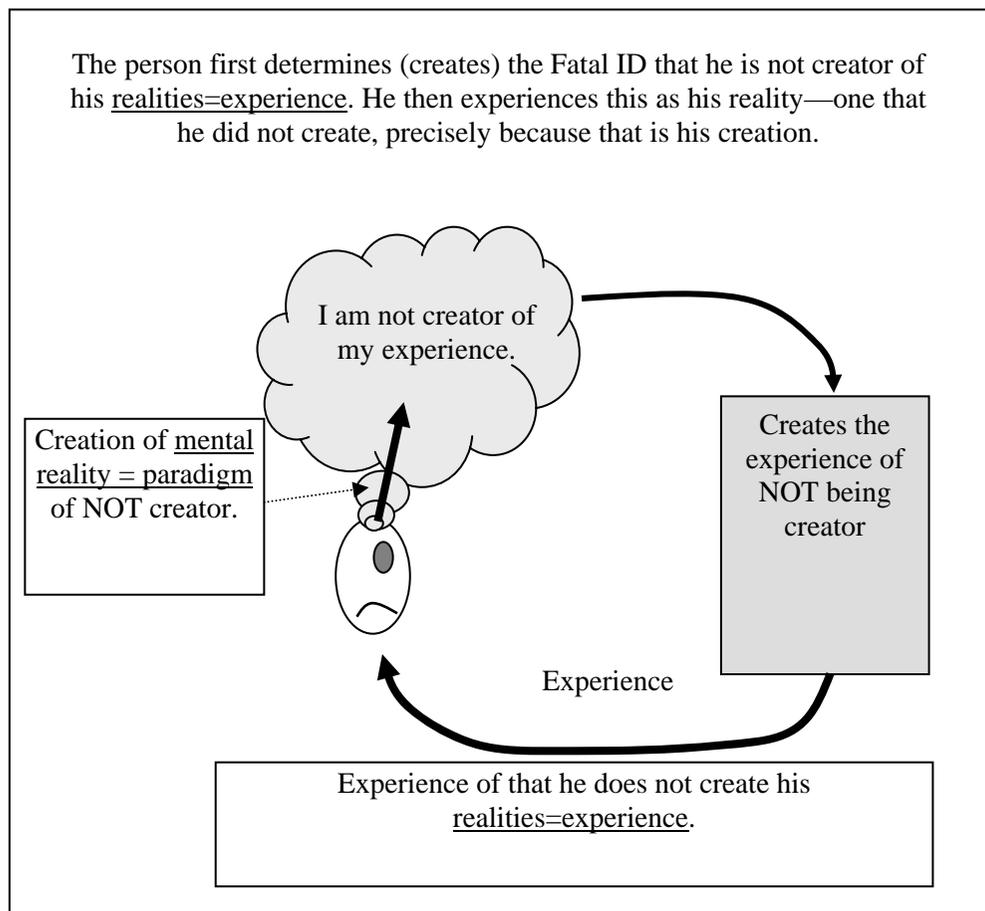
**The psycan creates all his R/Exp including the R/Exp that externals cause his experience,**  
(and that therefore his R/Exp are out of his control).  
(Def. Externals: other people, things or events)

All thoughts are realities. Realities Cause Experience. All R/Exp are creations. If you think that you do not create your R/Exp, you are creating the R/Exp that you do not create your R/Exp. You will then experience your R/Exp as something you did not create – which only proves that you have created the R/Exp that you do not create your R/Exp. (If this is hard to follow, substitute first “realities” for R/Exp, and then read it again substituting “experience”).)

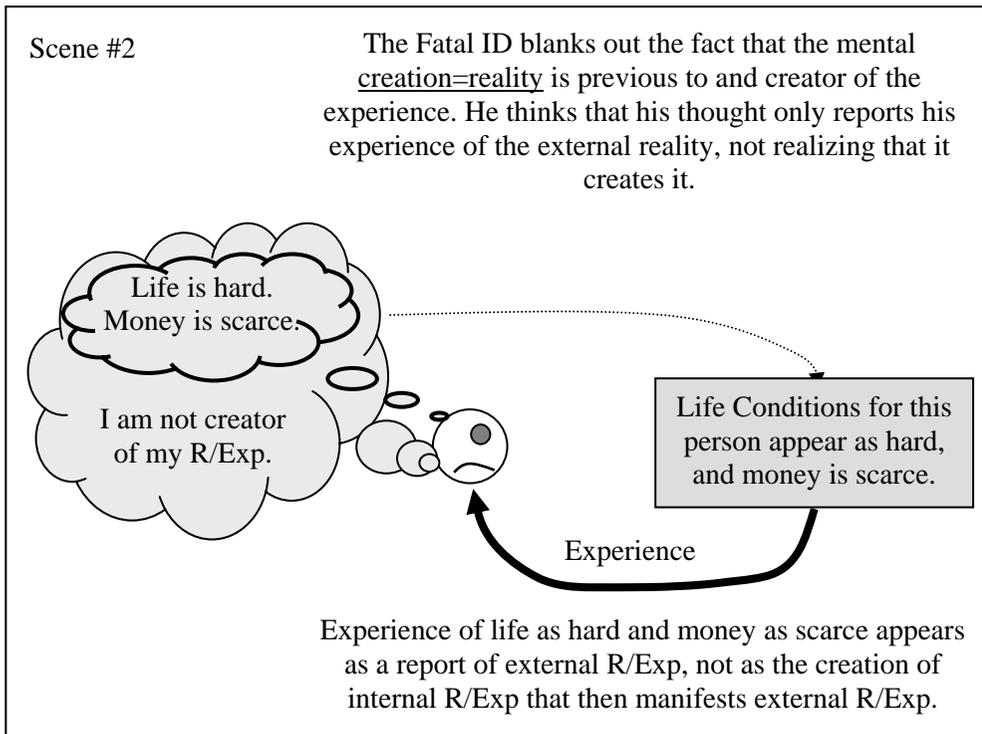
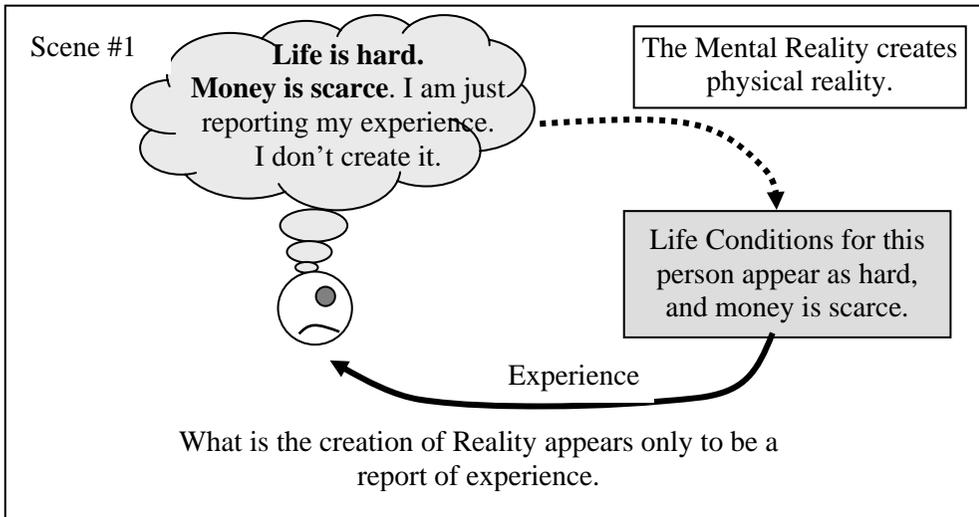
Most people think that their thoughts about reality are just reports of how reality is, of their experience of reality. What they don’t realize is that their

thoughts are realities that create their experience, first their psychic R/Exp and then their physical R/Exp. (Your mental realities are the patterns that manifest your physical conditions.) The thought = mental reality comes first, then the experience, which then confirms the “truth” of the reality. It is a vicious circle that can only be broken by changing the thought. And the first thought that must be changed is the Fatal IDentity.

All this is shown in the following diagram.



The Fatal ID then blinds the Being to his creation of all other R/Exp.



## THE FATAL PARADIGM

**The psycan creates all his R/Exp including the R/Exp  
that externals cause his experience,**

(and that therefore his R/Exp are out of his control).

The Fatal Paradigm is an enormous thought-belief structure (THINK in the Causal Sequence) that springs up as a result of the Fatal Identity. It is the other pole of the Fatal Identity. Once the psycan has created that he **not** “BE” Cause; he must then assign Cause to something other than, outside of, himself. He reasons subconsciously:

“As I, internally, am not Cause, the Cause of my experience must be external, in the outside world. As I am not the cause-creator of my experience, external events, things, and people must be – there is no other possibility. Therefore, I hereby recognize = decide = determine = create = believe that externals (events, things, people) cause my experience.”

The Fatal Paradigm continues as the above reality will then cause the corresponding experience:

“Externals cause my FEELings = emotions; both the negatives ones and the positives ones. Therefore, externals make me happy or they cause my suffering.”

“Thus my happiness or suffering is the world’s doing, the world’s responsibility. It is, therefore, the Responsibility of the world and especially other people (other Causes) to make and keep me happy.”

**“Therefore, I must control externals (people, things, events)  
in order to control my experience.**

**I must control the world to control my experience,  
avoid pain and reach happiness”**

The Fatal Paradigm is a mirage that sends the person on the “External Quest”. (The External Quest is one of the “DOs” in the Causal Sequence: BE FEEL THINK DO HAVE.) The External Quest is the vain attempt to control externals = the world, to control internal experience (BE and FEEL). The External Quest is the neurotic, obsessive search for happiness outside of one’s self in such things as relationships, material things, wealth, fame, or power.

The Fatal Paradigm (THINK) and its execution as the External Quest (DO) have two sides:

### #1 The “Negative” side:

I must avoid, stop or destroy the BAD things that cause my unhappiness and pain. This motivates a long list of negative behaviors (DOs). One example: attacking others with anger and other negative energies to try to control them.

I can use alcohol, tobacco, food, drugs and medications to suppress my negative experience (since I don’t control it).

### #2 The “Positive” side:

**Things:** I must find what GOOD things "cause" happiness (e.g. success, money, fame, power). I then must compete and struggle against the world to get and keep enough of them to be happy. (This leads to the compulsive and obsessive accumulation of more and **MORE** and **MORE**: more money, more fame, more power, etc.)

**People:** I must do whatever it takes to control or to appease others to get them to accept, approve and love me—even selling myself out--so that I FEEL good, worthy and loved.

**The Fatal Paradigm has many forms;** the following are just a few examples:

- My happiness depends on manipulating the external world to be as it “should” be. I must struggle to arrange everything and everybody in my world to be as they should be (according to my programs) so that I can feel good and be happy. (“Programs” define how it should be – see below.)
- My happiness depends on getting the world to give me what I want—by force if necessary.
- Worldly success (or any given goal) will bring me happiness.
- Whenever things do not go as I want, it is justified that I get angry (or sad, or depressed, etc.).
- I must compete with others, even hurt or destroy them, for the limited and often scarce good things in life in order to be happy.

- 
- Other people cause my dislike of them. They are “bad”. The “wrongness” is in them, not in my perceptions.
  - I am not the cause, much less the creator, of my emotions. I am not responsible for what I feel. I can’t control my emotions. Other people cause my neg. emotions and suffering. E.g. Other people make me angry.
  - Some things or events are sad—it’s the nature of the event. They make me sad. (What! I am the creator of my sadness!?! Are you crazy? Why would I make myself suffer!?!)
  - I am not responsible for the problems in my relationships: the others are the cause of the conflicts.
  - I am not cause and not responsible for the BAD things that manifest in my life. They just happen. Or: God sends them.
  - I am not responsible for the success or failure of my company. I just work there.
  - I am not responsible for my happiness. Others are supposed to make me happy.
  - I am not responsible for being a drunk (or a drug addict or whatever)
  - The devil made me do it.
  - It’s God’s will.
  - Shit happens, but I don’t have anything to do with it happening.

The Fatal Paradigm also leads to the creation of PROGRAMS. A program is any idea, any mental picture or model, of how some person, event or thing should BE or DO (behave), to be “good” and permit me to be happy. They are expressed outward as emotionally backed demands for the world to be some way and not other ways. We compare externals—What Is—with our programs of how they should be. When the external does not conform to our program we get angry or sad, and often attack it to change it to thereby change our experience. Examples of Programs:

- Other people (spouse, parents, children) have the duty to do make me happy.
- I need \$X.00 amount of money to be happy.
- My son should be a great athlete.
- My daughter should have all A’s in school.

- My children should always obey me.
- People should notice me and respect me.
- Others should change to be as I tell them they should be -- so I can feel good.
- I can and should try to make others happy.
- It is impossible for me to be happy without “x” (any thing). Only when I have “x”, can or will I be happy.

What they all these THINKs have in common is that the person wants something external to change in order to change her experience. Thus, in the External Quest, a person is struggling to control her experience *indirectly* by trying to control the external world.

This is impossible. It is impossible to control internal experience and achieve love and happiness by controlling the external world, other than momentarily (see MOPs). Nobody who has ever lived-- for king or emperor that he might be--has ever or will ever have enough power to always make others and the world conform to his programs (mental realities) of how they should be so that he can FEEL good = be happy all the time.

However, you can control your experience directly and irrelevant of the external world. This is the only way you will ever be permanently and impregnably happy.

## MOPs

The best you can do by controlling externals to get what you want is produce a MOP, a Moment of Pleasure. A MOP is a spark of happiness that ignites when we achieve some material or relationship goal.

A **Symbol of Success** is anything that a person seeks to ostentate that he is successful, better-than-others, important, wealthy, powerful, or famous. Such symbols include designer clothes, gold pens, luxurious houses, expensive cars, etc. A person in the antipower and antivalue identities neurotically seeks symbols of success trying to compensate those identities and their corresponding low self-esteem. By accumulating and ostentating symbols, he hopes to achieve the inner experiences of success, power, security, value, etc symbolized by the external object.

A MOP is an activation of positive IDentities (BE) that then activate a moment of self-love (FEEL). (Self-love is the ONLY true source of happiness- a declaration to be proved later.) However, because the IDentity

and its MOP are not truly under the control of the Being, are not being created and maintained by the Being, they will soon pass. The Being returns to his chronic experiential state of dissatisfaction, of lack of love = happiness.

Lost inside the Fatal Paradigm, he only knows to keep seeking an external cause of happiness. So he sets out to get another thing or achieve another goal—which will only give him another MOP, which will also soon pass.

MOPs are a dangerous mirage that maintains the Being on an experiential roller coaster of up and down, of happiness and pain. The person achieves something external (money, fame, power, or a relationship event) and gets a MOP. In the Fatal Paradigm, the experience of a MOP makes that positive external appear as a true cause of happiness.

But a MOP always passes, and the person returns to his chronic experiential state of dissatisfaction or worse (guilt, sadness, depression, etc.). But because getting the goal seems to cause happiness (the MOP), the Being follows either or both of the following strategies:

1. I will achieve happiness by getting more and **more** and **MORE** of that thing that gave me a MOP until I finally have enough to make and keep me happy all the time.
2. Well, the MOP passed, so that thing is not the final cause of happiness. But it is confirmed for me that externals cause happiness. Therefore, all I have to do is go from external to external until I finally find the one that is the real cause of happiness. (The person then goes from relationship to relationship, or from success to wealth to fame to power, etc., seeking happiness.)

The Being thus lives chasing MOPs. He lives on an emotional roller coaster—and as long as he is in the Fatal Identity and Paradigm, he can't get off. As long as a Being is in the External Quest seeking outside of himself for love = happiness, he will never find much.

Experience, you will remember, is the only motivation of life. Love-Joy-Happiness is the highest experience and the supreme motivation of all human conduct. You, as a spiritual being, seek it as assiduously as a thirst dying man in the desert – whether you know this or not.

Nothing external to you can ever fill the hollowness of the heart that lacks love. Nothing external will ever fill the internal love void. Nothing external will ever make you truly happy, permanently and impregnably. The path to love = happiness is your creation of yourself to BE who you want to BE, your highest ideal of self, such that your self-love blossoms and produces its fruit: joy.

As long as you are in a condition of No Responsibility for Experience; that is, not recognizing that you are Cause-creator of your experience = happiness, you must seek that Cause outside of you. But as long as you seek it outside of yourself, you will never find it: the Kingdom of Heaven is within.

Thus, the External Quest becomes the **Eternal Quest**, a search that never ends. It never ends because what you are looking for doesn't exist where you are looking for it. You will never find it, but you can never stop looking—it's the nature of the beast, of you-psycan.

The Eternal Quest is the fate of Sisyphus in Greek mythology. He was condemned to ever push a heavy boulder up a mountain, only to have it slip from his grasp at the top and roll back down. The human ignorant of psychanics is condemned to strive and struggle for MOPs, the mirage of happiness. Even when he gets them, "happiness" (the MOP) slips from his grasp, and he has to start all over again--and again and again.

### THE NEGATIVE SIDE OF THE EXTERNAL QUEST

I must avoid, stop or destroy the BAD things that cause my unhappiness and pain. This motivates a long list of negative behaviors (DOs). One example: attacking others with anger and other negative energies to try to control them.

I can use alcohol, tobacco, food, drugs and medications to suppress my negative experience (since I don't control it).

The negative side of the External Quest includes all the negative behaviors (DO) that we adopt to try to change our experience. When a person FEELS bad, he attacks externals with negative energy, e.g. with anger and invalidation and blame, to change them. Or he will sell himself out to appease others and buy their cooperation and acceptance and love. Or he may use substances such as food, alcohol, or drugs to try to change or suppress his negative experience. All such behaviors are intents to use externals to try to control our internal experience. The problem with all of this is that it is all AntiLove in some manner or another, and as a result will always increase pain eventually.

There are five basic strategies humans operating in the Fatal Identity-Paradigm use to try to change their negative experience. The first three are intended to handle activations.

1. Attack the trigger to dominate and change it. (Examples: anger, criticism, blame).

2. Appease (Buy off) the trigger so that it changes.
3. Suppress Experience (Addictions): suppress FEELing with satisfactors or distractors.

**Definition: SATISFACTOR:** any substance used to suppress negative experience. Examples include food, tobacco, alcohol, drugs, tranquilizers, marijuana, cocaine, etc.

**Definition: DISTRACTOR:** any activity used neurotically to avoid negative experience. Examples include: over-sleeping, shopping, sex, TV, must be with others, etc.

4. Try to change identity with ego and masks, and the symbols of success. (Terms not defined here and not necessary—will be covered later.)
5. Attachment: Avoid activation of the NIRS by neurotically holding on to something.

It is not necessary that the student understand the above concepts at this time. You will study the Causal Sequence and all of these in detail in the section on the DO = ACTION = BEHAVIOR of the Causal Sequence. You will learn to recognize these behaviors in yourself and in others, and to trace them back to the causing negative BE = Identity. You will learn how to discreate the negative IDentities and supplant them with positive Identities of Wisdom, Power and Love. Before you will be able to fully understand the entire mechanism of the condition of No Responsibility for Experience, we need to cover the Causal Sequence.

The diagrams at the end of this chapter summarize the two conditions:

1. No Responsibility for Experience (abbreviated No RespExp)
2. Responsibility for Experience (abbreviated RespExp).

To achieve Wisdom, Power, Success, Love, and Happiness; you **must** be operating in a condition of RespExp.

In this chapter, we have explained the two conditions and stated that you are responsible for your experience, including the experience that you are not responsible for your experience should that be your experience. In the next chapter, we will prove that you—not externals-- are the source of your experience.

But even when we can control externals or reach goals, the Fatal Paradigm is a hopeless strategy. \_ On the “positive” we must work hard, even fight in the world to achieve the material things, money, prestige, honors, fame,

position, etc. that *seem* to be essential to our happiness. In many cases, these are limited and we must compete with others -- somebody has to lose. Even when we do achieve them it is only an illusion of happiness in the form of MOPs. MOPs always pass and experience returns to dissatisfaction.. We then must set new goals to “cause” ourselves new MOPs in an unending, no-win cycle. This puts us on a roller coaster of up and down experience: MOPs to activations to MOPs to activations. We become the proverbial donkey pursuing the carrot of happiness always hanging before us. We will return to a fuller discussion of MOPs much later in the book.

On the negative side, we often fail to reach our goals, which under the EEP is immediate negative experience. However, goal failure is far from all the “cause” of our negative experience. Under the EEP, we must resist and fight to change the people and events that appear to be “bad or wrong” and *seem* to be causing our negative emotions. Since there is always a lot of “bad” out there, we find ourselves in continual activation and activations take all the fun out of life.

One of the problems with this is that control of the world is a major failure point. The truth is that we don’t have all that much control over the world, either to produce the positive or stop the negative. Situations, events and people pretty much are as they are and do as they do. We do have some capacity to reach some goals, but our influence and power over most people and events are very limited.

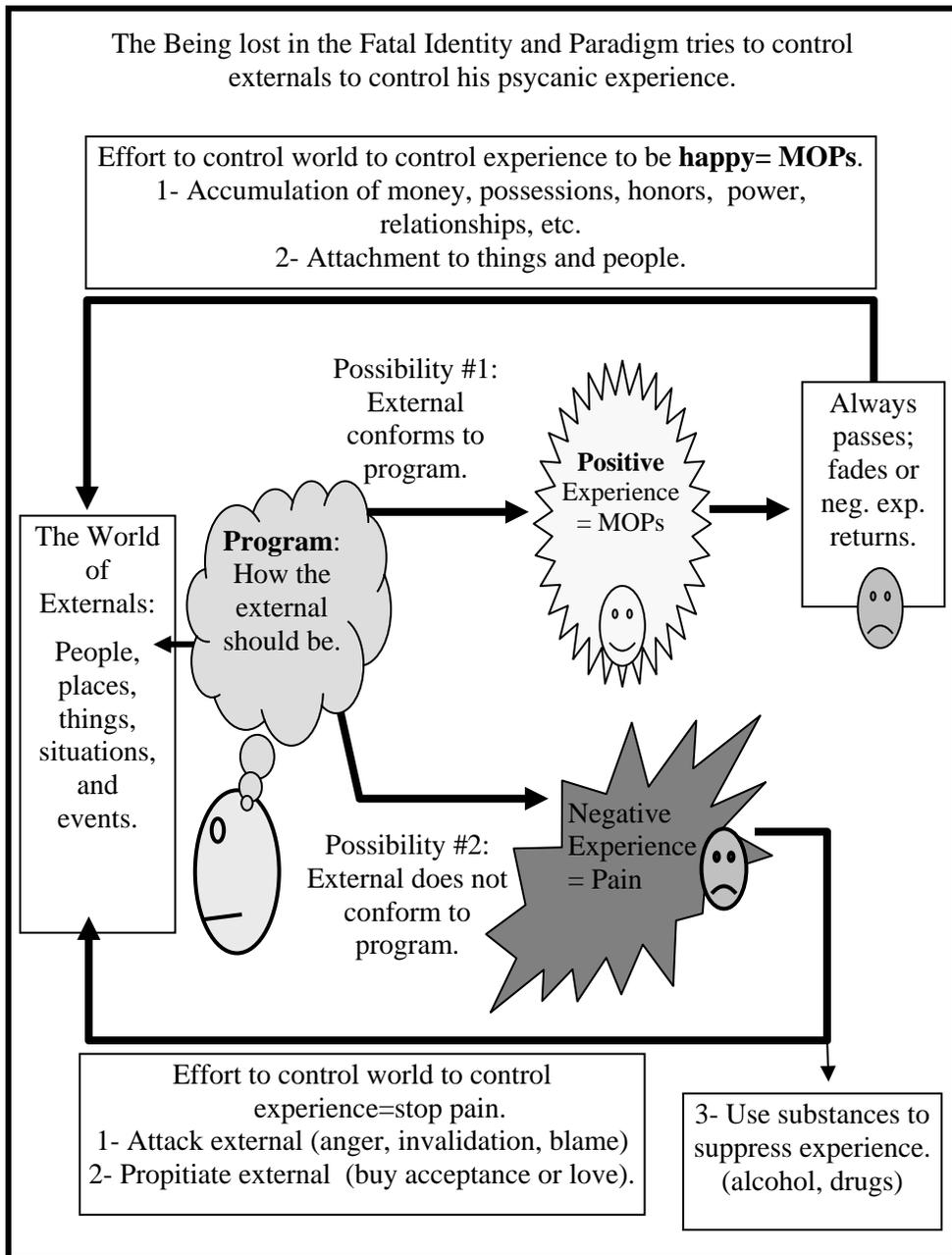
The Fatal Paradigm puts the Being into a struggle to control his or her experience by controlling externals. She is not controlling her experience—as she can and should be—directly, but rather indirectly through a roundabout control of the world. She must stop “bad” things from existing in order to stop her neg. emotions. She must obtain “good” things to be happy. All this we covered in the last chapter.

If our suffering is caused by “wrong and bad” externals and our happiness depends on getting all those that we want when we want them, our ship of happiness is pretty well sunk before we ever set sail on the sea of life.

The fundamental motivation of all human behavior is to be happy, to be in positive experience the great majority of the time. We are saying that to achieve any given external and not be happy is to have lost the game of life. To paraphrase a famous saying: “What does it profit a man to gain the whole world and lose his happiness?”

We are saying that as long as you are operating in the Fatal Identity and its Paradigm, you are in a no-win situation -- you will never be more than momentarily happy and you will often be activated. However, on the “good

news” side, we are also saying that externals, both “good” and “bad” ones, are irrelevant to your happiness -- except when you are operating in the Fatal Paradigm where you yourself have determined that they are “cause” of your experience.

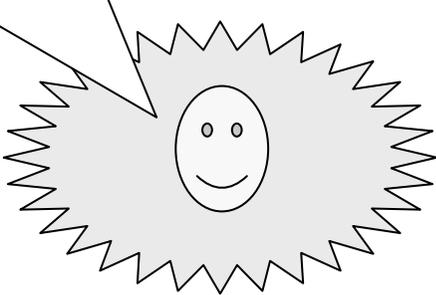


The Being who understands psychanics control his psycanic experience=happiness by controlling his IDentities.

I am creator of my experience and I understand the BFTDH formula and the entire mechanism by which I create my identities and generate my emotions.

I do not let the world dictate my Identities – I control them. As my emotions are always how I feel about myself according to the identity I am using, I thus control my emotions to assure that they are positive no matter what the world does. This is the only true road to love and happiness.

The World of Externals:  
 People,  
 places,  
 things,  
 situations,  
 and  
 events.



Once upon a time, at the dawn of history and before the invention of many things, including shoes, there was in India a Kingdom and a King. The King had a son, the Prince, whom he loved above all else. The Prince was born and grew up in the royal palace; in fact he was never allowed to leave. And, indeed, the palace was beautiful: tapestried walls, polished marble floors covered by many oriental rugs, and great cushions for furniture. The gardens, too, were lush lawns always manicured lawns kept impeccably free of all twigs and stones that might injure the Prince’s feet—feet that had never known shoes (they were yet to be invented, remember?). Thus the Prince grew to maturity as the King intended, in a world of smoothness and softness, royally protected from all injury and pain.

The King often had to leave the palace on business or war. The Prince pleaded with his father to take him, but the King, cognizant of the dangers, pain and suffering that are inevitable in the outside world never acceded. The King felt it his highest duty to protect his son from all negative experiences.

But came the day when the Prince was of age and his pleading and insistence such that the King could no longer refuse. But still most fearful of all that could befall his son in the world, he knew he had to do everything possible to protect him. So he called together all his ministers to hear and obey a royal edict.

“The Prince is about to go forth into the world,” he announced. “As my beloved son and as the only successor to the throne, he must be protected from all harm and all pain at all cost. “Therefore”, the King proclaimed, “I order you to go forth and cover the entire world with leather that nothing may cause him pain, not even his feet as he walks.”

The ministers bowed their obedience and retired to the council room. There, flabbergasted by the immensity of the task, they were quickly in hot debate: Could it be done? How to do it? Who would do it? How would it be paid for? The Wizard listened to all this all the day without saying a word, as was his custom. Finally, the ministers, exasperated and no closer to a solution than when they started, turned to ask his opinion.

“Why not just cover the Prince’s feet in leather?” responded the Wizard. The ministers were astounded—but delighted. They left forthwith to present the idea to the King, remarking, among others, the advantages for the royal treasury. The King, too, was delighted. And so it was done: The Prince went forth, his feet covered by the world’s first shoes.

Comment: This was originally an Indian fable about the invention of shoes. However, it perfectly illustrates Responsibility for Experience. You will never be able to cover and control the entire world to stop it from being as it is. You can, however, take control of your experience so that the world has no effect on you. This is the only way you will ever achieve much happiness.

## CHAPTER 5

# PROOF THAT YOU ARE CAUSE OF YOUR PSYCANIC EXPERIENCE

Probably 80% of humanity lives in the illusion that external things cause their experience. 99.9% lives trying to control externals to control their experience (BE-FEEL) even if they know theoretically that externals do not cause psychic experience.

The purpose of psychics is to give you power, first over your psychic experience and then over your physical circumstances. The change from the usual human condition of victim to a condition of power is a transformation that requires these two elements.

Responsibility + Knowledge = Control (Power)

Up to this point, we have been giving you concepts. Now the moment has arrived for you to make a shift. The shift that you must make is to a condition of Responsibility for Experience (abbreviated RespExp). You must recognize that you are CAUSE of your psychic experience before you can control it.

The purpose of this chapter is to prove to you that you are Cause so that you make that change. We are not here explaining the mechanism by which you create your experience, only the fact that you do--the knowledge of the mechanisms will come later. The combination of the two, Responsibility and Knowledge will give you power.

### CAUSE AND EFFECT

The Principle of CAUSE and EFFECT declares that the physical universe operates by cause and effect: A cause will always produce its corresponding effect. Conversely, an effect always has a cause. We are saying nothing new here: this is the basic scientific paradigm of modern times. Science is the observation of effects to discover their causes. Technology is the application of causes to produce the desired effects. Modern science began about 1300 AD when men began to suspect that things operated by natural laws and to question the religious paradigm that things occurred by the will of God.

The Principle of Cause and Effect is equally valid for the psychic universe. All experience is the effect of energy = realities on consciousness. All experience--every thought, emotion, motivation and behavior-- is the effect of something, of some Cause. In this chapter, we will prove that that Cause of all psychic experience is not in the external world, but within the psycan  $\equiv$  you.

As Einstein once said in an ongoing discussion with other physicists about the principle of Cause-Effect: "God does not play dice with the universe." This is just as true about you, an entity far finer and more complex than any material object, as it is about the physical universe. Just as the physical universe cannot exist with out Cause-Effect, neither can you. Every thing and event in your BEing, in your mind, in your emotions, in your behavior, occurs and operates according to precise laws. Your experience, your emotions, your activations (negative emotions), your happiness or unhappiness have precise causes.

## CONSISTENCY

The Principle of Cause and Effect includes the Principle of Consistency. It is a fundamental principle of cause and effect, and therefore of science, that there is consistency between causes and their effects. Consistency refers to the reliability and certainty of the relationship between causes and effects. A given cause always produces its effects and always the same effects. Any given effect always has its cause and always the same cause. Every time a given cause operates, it is certain that its effects will result, and result consistently, without exception or deviation--and that any exception or deviation will have its own cause. Consistency is the principle of the *dependability* of cause and effect.

The Principle of Consistency is fundamental in science. To declare that something is the true cause of some effect, it must produce that *same* effect *every time*, consistently. If there occurs a "cause" that sometimes seems to produce an event<sup>3</sup>, but at other times does not produce the event, or produces different effects; then that "cause" is not a true cause of that event. 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.

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<sup>3</sup> Definition: Event The term is used in the same sense as in physics. It means any change in the environment or the situation. An event can be the appearance or actions of another person or thing or situation. "Event" means any person, thing, place, situation, circumstance or happening.

In other words, when there is any randomness or failure between the supposed cause and its effect, this is sufficient proof that there is no true relationship of cause-effect; there is no consistency.

The Principles of Cause-Effect-Consistency are fundamental to existence as we know it. If there were no consistency between cause and effect, science and the power it gives us over the universe would be impossible.

Worse than that, life as we know it would be impossible. The universe would be chaos with things and events happening at random without reason, order, prediction or control. The same cause would produce different effects at different times. It would sometimes produce no effect at all; and sometimes effects would appear spontaneously without a cause. The universe would be inconsistent and illegal: operating without law: chaos.

Let us illustrate the importance of Consistency with an example: What kind of world would it be if sometimes things fall down, sometimes they fall up, and sometimes to the sides--no matter what you did to them. How could you predict or control any object in a world with such inconsistency?

Even in space where there is no up and down and things just float, there continues to be consistency of the laws of force, mass and acceleration. Imagine if there were not those laws: Anything could spontaneously take off in any direction at any time— or never move at all no matter what force you applied. You would have no prediction and no control.

Another example: 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 involves the brake pedal, brake pump, and the discs that make it stop. 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 and the horn honks. You step on the gas and the car stops, it changes gear, or the motor turns off. You shift gears and the car turns right – the first time. The next time, shifting 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 at all if sometimes the fuel vaporized in the carburetor and sometimes not; if sometimes a spark jumped the plug gap and sometimes not.

We would have very poor chemistry 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?

How would the telephone work if there were no Consistency? Any number you dial could connect to any other number at any time. You would have no control.

How would it be if sometimes airplanes take off and sometimes not -- and you never know which before you start the takeoff run?

All of these are examples of the absolute **Consistency** of cause and effect and how we depend totally on that principle.

### **PHYSICAL EXPERIENCE**

In the physical universe, physical realities do cause human physical experience. Fire causes heat, snow causes cold; sugar causes sweet, salt cause saltiness, the sting of a bee 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 and physical experience.

Nor does anybody doubt Consistency. Each physical reality causes its particular experience for all humans, every time, all the time<sup>4</sup>. And no reality causes the experience of another reality: sugar never causes saltiness; fire never causes cold. We accept the Consistency of cause and effect in our physical experience so profoundly that you probably have never even thought about this before.

To summarize: The physical universe is totally cause and effect, and totally consistent; both in the relationship of objects to each other and in the relationship of objects to human physical experience. And any time there seems to be a failure of the cause-effect-consistent relationship, there is always a cause of that failure.

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<sup>4</sup> Since mind is superior to matter, there can always be individuals who are not AT EFFECT of a particular physical cause. For example, there are fire-walkers.

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.
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 cause.
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 PSYCANIC UNIVERSE

It is perhaps only natural that we carry over our certainty that external things cause physical experience to our paradigm of how our psychic experience operates. We are so obviously the effect of external causes in our physical experience: is not our psychic experience = thoughts and emotions the same, the effect of external causes?

This is exactly what most people believe. The majority of humanity operates in the paradigm that external events also cause their internal, psychic experience. They operate in the paradigm that their thoughts, their likes and dislikes, and especially their emotions are caused by other people, things and events. They believe that their happiness (happiness is purely emotional) and unhappiness is caused by the external world. External causes are cause and they, their experience, their joy or their pain, is effect. They believe that they have little control over their psychic experience except by controlling that external cause. This is the Fatal Paradigm we saw previously.

We are going to examine this paradigm in the light of the principle of Cause-Effect-Consistency. For external events to be the cause of psychic experience, there must be Consistency between any given event and the effect = psychic experience it produces. Any event must produce the same psychic experience in all humans each and every time. If it doesn't, then there is no Consistency and 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 include any material object that money can buy) is a common goal that humans select, 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 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 for 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”. They are unhappy.

On the other side: Are there people who have a scarcity of 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 do it willingly and for their whole life and they do it happily. However, we do not need to go to such extremes: there are many people leading simple lives 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.

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. There is no CAUSE-EFFECT CONSISTENCY between money and happiness: therefore the external event of money is not a true cause of internal experience.**

**EXAMPLE #2 SOCIAL POSITION, PRESTIGE, FAME, POWER, “SUCCESS”.**

We repeat the process: Are there people who have success, prestige, social position and power--and are nevertheless unhappy?

Quite certainly. To quote Ken Keyes:

“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”.

On the other hand: Are there people who do not have position, success, power or social status and are happy?

Quite certainly.

Conclusion: The presence of such externals does not cause happiness, and their absence does not produce unhappiness. Again, there is no cause-effect-consistency relation between such external achievements and internal experience. Therefore, such external factors are not true causes of psychic experience.

**EXAMPLE #3: RELIGION**

- Are the people who have 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 happiness and unhappiness. Religion or the absence of religion does not cause happiness or unhappiness.

Since this is an inductive reasoning process up, we need to check a great number of particulars before concluding a general rule. We also need to speed the process up, which is the purpose of the following table.

**TABLE**

In this table, we are looking for any external thing that we can certify as a true CAUSE of psychic experience; certify that it is a CAUSE of happiness or unhappiness. Thus, we are looking for any CONSISTENT CAUSE-EFFECT relationship between physical things or events and psychic 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 psychic experience in all human all the time.

The External Event (person, thing or situation) “causing” the experience.	The <u>effect = experience</u> being “caused” The person feels:				
	Very Unhappy	Unhappy	Neutral	Happy	Very Happy
? Are there people who have money and the experience of:	Yes	yes	yes	yes	yes
? Are there people who have no money and the experience of:	Yes	yes	yes	yes	yes
? Are there people who are married and have the experience of:	Yes	yes	yes	yes	yes
?Are there unmarried people who have the experience of:	Yes	yes	yes	yes	yes
?Are there people who have big houses and the experience of:	Yes	yes	yes	yes	yes
?Are there people who don't have a house and have the experience:	Yes	yes	yes	yes	yes
?Are there people who have education and the experience of	Yes	yes	yes	yes	yes
?Are there ignorant people who have the experience of:	Yes	yes	yes	yes	yes
?Are there people who are loved and have the experience of:	Yes	yes	yes	yes	yes
?Are there people who are not loved and have the experience of:	Yes	yes	yes	yes	yes
?Are there people who have children and have the experience of	Yes	yes	yes	yes	yes
?Are there people without children and the experience of:	Yes	yes	yes	yes	yes
?Are there people who have all the above “good” things and have the experience of:	Yes	yes	yes	yes	yes
?Are there people who have nothing and have the experience: 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 about to die that have the experience of:	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 psychic experience (the Effect) varies from person to person.**

There is never Consistency between external events and psychic 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.

**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” -- he doesn’t understand English. (Nor I Japanese, but I think these mean: “Thank you, goodbye”.)
2. Tjhe Chinese does understand English but since 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 and tries to attack you with murder in his eyes.

**We have the same external event 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 with the experience of the five men. The word may be a stimulus, a trigger; but it is not the cause of their experience. No word ever has any power whatsoever in itself to offend or to make any one laugh, cry or get angry. What offends one make another laugh: 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?

**YET ANOTHER EXAMPLE: DEATH.**

In Mexico, (at least among some segments of the society) it is considered a great tragedy. There is a long overnight watch by 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).

In the US, (at least in the segment of society where I grew up), the people take death calmly. They meet to eat and drink, tell jokes and stories, often about the departed and not always flattering at that. It is more a social event for the living -- the departed just provided the excuse to get together.

In India, death is motive for a celebration. The people dress in white, and take part in a great parade through the streets, dancing and singing around the sarcophagus. They are very happy. After all, the departed is now with God, is he not? -- what greater fortune can there be? Let's 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 psycanic experience, no matter how much the bereaved suffer.

**LET'S TAKE DEATH AGAIN FROM ANOTHER POINT OF VIEW:**

Some persons on their deathbed experience great fear and resistance to dying, some to the point of panic. Others are not only serene, but some even look forward to the experience of dying.

Yet again we have the same external factor, but totally distinct internal experience. Yet again there is no consistency and therefore no cause-effect relationship between your death and your psycanic experience.

**Take the 9-11 event of the World Trade Towers.** What was the American experience? Horror. What was the fanatical Muslim experience? Celebration. Same event, radically opposed psycanic experiences. No Consistency. The fall of the towers caused neither the suffering nor the joy except by the creation of the individual psycan.

What causes experience? What causes like and dislike? What causes satisfaction or anger? What causes pleasure or sadness? **What determines what emotion will occur as the result of whatever external stimulus?**

**YET ANOTHER EXAMPLE:**

The naked human body. How varies 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 the naked body?

**A LAST 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, one fellow despises you, and maybe there is even one who hates 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. The experiences of you will run the whole scale of AFINITY<sup>5</sup>. 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. Furthermore, your efforts to cause the experience in others that you would like them to have often backfire and results in their dislike.

What “Causes” such a variety of experience of you? What determines the reaction of others to you, their emotions about 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. Such variety cannot be caused by you; you cannot be changing so much for so many so often.**

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5 Affinity: the degree of emotional attraction or rejection towards something. The emotional aspect of love. The scale of affinity runs from apathy through hate to hostility to indifference to like to enthusiasm.

## CONCLUSION

It is obvious that a given external event can be followed by any possible psycanic experience (opinion and emotion). For any given person, thing or situation in the external world that *seems* “cause”, we will find numerous and varying “effects” in the internal world of the person. This violates the principle of Consistency. Where there is no Consistency, there is no Cause-Effect relationship.

The only consistency in the alleged cause-effect relation between anything external to a human being and his or her psycanic experience is the consistency of no consistency. For any given thing, human experience can and does vary over the total scale of possibilities of experience.

If we hold constant the external stimulus, but the internal experience varies as we go from person to person, then the source of the variations must be within that which is varying, the person; and not an effect of the **unvarying** external stimulus. **There is no other possibility.**

**Therefore:**

**Externals are not the cause of psycanic experience,  
thoughts, opinions and emotions.**

Nothing external **ever** causes your psycanic experience, your thoughts, opinions or emotions. (Remember this about opinions; we will come back to it in the next chapter.) The reactions, emotions, attitudes = *the experience* of each person is individual and particular to that person, not the consistent effect of externals. Experience varies according to the person having the experience, not according to the external stimulus. The point of determination of experience is in the person having the experience, not in the external world of other people, things or circumstances. Experience is not the effect of an external cause, but rather a determination, a **creation** of the being.

It may be a creation of the being *in response* to a perception or stimulus, but the important fact here is that it is an origination, a decision, of the being. And as such, it is subject to his control and change at any moment. The psycan is CAUSE.

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 behold 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* experience is in the eye of the beholder, or said more exactly:

**All psychic experience is created in the consciousness of  
the experiencer by the experiencer.**

Psychic experience exists only in the psychic universe of each individual. As we have proved--and contrary to how physical experience works--psychic experience has its origin not in the external stimulus, but within the psychic universe of each person. The only causal factor in the psychic universe of each psychan is the psychan. Each person determines all his psychic experience, all his emotions and happiness or suffering.

As we will see, an external stimulus can trigger an emotion, an activation, but it is not the cause. Furthermore, *struggling to change the stimulus is not an effective solution to control psychic experience* -- although this is what most people do, as we saw in the previous chapter.

As you advance in psychanics, you will learn the mechanisms by which you create your psychic 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. Then, because your physical realities = circumstances are projections of your psychic realities, you will also be able to control your physical circumstances.

## **How did we form the Fatal Paradigm, the paradigm that psycanic 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 continually enters into negative experience, both physical (hunger, cold, wet, gases, sick) and psycanic (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 “negative” behaviors: crying, yelling, etc. And the behavior works -- it receives what it needs and returns to positive experience. Thus as babies, we are programmed to use negative energy (activations) to control the world to eliminate negative experience and to get what we want = obtain positive experience. It is what works—in the beginning of life.

Some people never get beyond this. The parents do not emotionally mature the children and the children continue to control the parents with negative energy. For example, even in public places, it is not infrequent to see a child obtain candy or whatever he wants from a parent by throwing a fit.

Once a child can communicate, whenever the parents respond to a child’s negative energy with any form of positive energy -- that is to say that when child achieves what he wants (or any other reward or buy-off) by using negative energy, this reinforces the Fatal Paradigm that the world can be controlled by one’s emotion-backed demands. Thus the very manner in which many of us are raised teaches and reinforces the Fatal Paradigm.<sup>6</sup>

As adults, however, life does not work like that. The world is not so disposed to fulfill our demands. Nor is it necessary: as adults we have our own power to obtain what we want. Maturity is learning to handle our emotions and handle the world with acceptance of What Is, and with communications, agreements, the interchange of give

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6 1: This is not to say that the parents should respond to negative energy with negative energy, with punishment. 2: As far as I can determine, the most difficult thing to do in all life is a raise child well. It requires self control, patience and above all, wisdom (love without wisdom destroys.) One of the worst things you can do for them is raise them in an emotionally reactive environment, a negative energy environment. 3: It is quite easy to teach a child to be responsible and cause for her experience-- much easier than teaching most adults. Psycanics provides some guidelines for raising children that I plan to present in future works.

and receive, and the application of our POWER OF MANIFESTATION<sup>7</sup>. The basic problem is that we were never taught to mature our emotional system. We attend school for years which helps to mature the mind, but when did we ever receive any education or training for our emotions, much less for BEING itself?

2. A second factor is the confusion between physical experience and psychic experience. Physical experience can be very strong, very painful, even mortal, and has beyond all doubt external causes. It is very easy to overlook the somewhat subtle differences in the causal factors between physical experience and psychic experience, especially when people are more identified with the body instead of with their spirit.
3. A third 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 or 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 should behave so as to make each other happy.

Furthermore, due to shared values and customs in a given culture or sub-group, the people are programmed to react in the same way to a stimulus (e.g., a given cultural reaction to death). There is little opportunity for the distinction of differing reactions at the same that there is considerable *appearance* that the stimulus *is* causing a consistent effect in everybody. Furthermore, in most societies there is great social pressure to hide what you really think and feel. You will be criticized and ostracized if you do not conform to and follow the herd. If a person in a society could see widely varying reactions, it would show up the inconsistency and help point to the person as the source of her experience rather than externals.

**The customs of your tribe are not the laws of the universe.**

4. A fourth factor that contributes to this is MOPs. (MOP = a Moment of Pleasure--really, it is self-love-- that occurs as the result of the activation of a positive identity on perceiving a positive external

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<sup>7</sup> Through a process of energization of mentally formed visions, a being can attract the physical circumstances that she desires to experience as will be explained in advanced levels.

event.) When a person is ignorant of psycanics and the mechanisms of his experience, MOPs appear to be caused by external events. MOPs reinforce the Fatal Paradigm by making it seem that externals *do* cause psycanic experience, the MOP. MOPs lead the being to think: “Getting ‘x’ did make me feel good for a moment. It must be the road to happiness. If only I can get and keep enough of the right externals, then I will be happy.”

Furthermore, often-physical experience with physical causes intertwines with psycanic experience (for example sexual physical pleasure mingles with emotional and mental experience in the act). This further confuses a less-than-minuscule observation of the human experiential situation.

5. Another factor is that all people try to be and hold themselves as “good”. As it makes you “bad” to cause “bad” things; you must not be the cause of “bad” things to be “good”. Therefore, when something “bad” exists, including one’s own painful emotions; the human mind--to maintain itself as “good”--will deny being the **cause** of the “bad” (This is to deny responsibility for experience.) There is always a cause: when you denying being cause of something, you must then assign that cause externally to something else.

The point of all this discussion to kill in you the Fatal Identity and Paradigm and empower you to take a giant step forward to the reality that you are creator of your experience. **It is only operating in the consciousness of you as creator that you have any chance whatsoever either of eliminating negative experience and achieving true and lasting happiness.**

The world does not cause your negative emotions, pain, suffering and unhappiness. You do. And this is marvelous news! This means you have the control. You are cause and you can eliminate all negative emotional states from your life and create love and joy all the time.

Just as the world does not cause your unhappiness, neither can it produce your happiness. **Happiness is a psycanic condition: it does not exist in the world and can never be found there** (and couldn’t be imported into your psycanic universe if it were).

You were designed to be happy right now, all the time, no matter what. To impair this happiness, you have to counter-create it (which is to counter-create Essence).

There are numerous benefits to understanding that you are the only cause of your experience.

- You can relax from the struggle to control the external world and to achieve things that hitherto you have considered essential to your happiness. The only thing that you can achieve by manipulating the external world to conform to your desires are MOPS--which always pass. When you are not resisting experiences, life becomes a flow of interesting experiences.
- You will realize that other people, even those you most love or who most love you, cannot make you happy over the long run. 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 for long; you can only give them MOPs. You will realize that, as long as they are in NO RespExp, you can give them MOPs—often at the cost of your own happiness—but never make them truly happy. Nor is their happiness your responsibility—you have your hands full with your own. Furthermore, if you are not happy, you cannot make others happy: you cannot give what you do not have.
- 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 irrelevant and independent of your external circumstances.

**To achieve happiness, you must work on the quality of that which experiences happiness: you-psyca. You must work on the quality of “its” (your) environment: your psycanic universe (your thoughts, emotions, self-esteem, energy and love). It is your own psycanic realities in your psycanic universe that cause your psycanic experience. You can learn to create and discreate these realities at will and this is the true control of your experience.**

**SUMMARY**

Each psycan is the creator of his psycanic experience.

The external circumstances do not cause your unhappiness,  
and cannot cause your happiness.

A corollary of these principles is:

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.)

The externals can produce MOPS but not happiness. MOPs always pass, letting you down into your chronic level of psycanic experience.

In the long run, no other person can make you happy, and you cannot make others happy. (And you have no obligation to spend your life trying.)

There is a story of two guys who went bear hunting. Things didn't go quite as planned such that they found themselves up a tree with an angry bear below and starting to climb. One of men pulled a pair of running shoes out of his knapsack and rushed to put them on. The other said, "Idiot! You can't out run a bear!" The first responded: "I don't have to out run the bear; I only have to out run you".

Likewise:

**You don't have to control externals!  
You only have to control your experience!**

When you master yourself, anything can happen around or to you, and you remain serene and happy –because you control your experience.

You are the creator of your experience, of your BE, FEEL, THINK DO and HAVE.

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. 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?

If you respond that you are not responsible, 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 psychanics is concerned. You will never be able to control your experience and your life or ever reach and maintain any significant degree of happiness.

If you recognize that you are responsible, that you are the creator of your experience, then continue on to learn how you do this and how to take control of the process.

Fill in the form and sign to continue on:

I \_\_\_\_\_ acknowledge that I am the Cause; that I am the party responsible for my psychanic experience. I am the Creator of the content of my mind and of my emotions; of all my BE, FEEL, THINK, DO, RELATE and HAVE; even though at this time I do not understand the mechanisms by which I Cause all these and therefore my experience.

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## CHAPTER 6

# THE CREATION OF GOOD AND BAD

There was once a king in Africa who had a wise and trusted minister, a good friend, who always accompanied him wherever he went; they were truly inseparable. One day, as they were accustomed, the king and his minister went hunting. The minister prepared the king's musket as usual, but this time when the king fired, it exploded blowing off the king's thumb.

The king was most upset at losing his thumb due to the apparent incompetence and carelessness of his minister in loading the gun. The minister listened calmly to all the king's ranting, and then replied, as was his custom: "This is good!" This sent the king even farther into his kingly rage and he ordered his minister seized and imprisoned in the dungeon. And so it was done.

Three months later, the king returned to his beloved hunting and, in the thrill of the pursuit, galloped far ahead of his entourage into a wild region outside of his kingdom. He was quickly captured by cannibals who jubilantly took him home for dinner. At their village, he was locked in a hut and closely guarded to await supper.

That evening, the cannibals set their fire and prepared everything for their feast. They went for the main dish, the king. As they were tying his hands, they noticed that he was missing a thumb. Superstitious, as most primitives are, the cannibals had a rule to never eat anyone that was weak, sickly or damaged in any way. They believed that would contaminate them with the defect of the person they ingested. So on they freed the king and sent him on his way.

As he journeyed back to his kingdom, the king pondered the loss of his thumb and how that had saved his life. Feeling great remorse for how he had treated his friend the minister, he went directly the dungeon to free him.

"You were so right," the king said, "It was good that my thumb was blown off." And he proceeded to tell all that had happened. "And so, you saved

my life. I am so sorry for sending you to prison. It is really bad for me to have done so."

"Oh, no!" his friend replied, "It is good!"

"What do you mean, 'It is good'?" the king exclaimed, astounded. "How can it be good that I sent you to the dungeon for so long?"

"If I had not been in the dungeon, I would have been with you," replied the wise one.

**This chapter deals with:**

- The creation of mental realities and the area of THINK in the Causal Sequence (BE FEEL THINK DO HAVE).
- The denial of Cause and Responsibility for a most important mental creation.
- The catalyst of all suffering.

**Prerequisites:** To fully understand this chapter, you must first understand:

- Experience
- Polarities
- Cause-Effect and Creation
- Responsibility
- Responsibility for Experience.

This chapter has several exercises. Doing the exercises rather than just reading them will greatly increase your understanding of the extremely important concept that is the subject of this chapter. It is helpful to have another person pilot you (read and guide you) in the exercises.

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### EXERCISE #1

In the left column, write the name of 10 persons, places, things, activities or events that are BAD.

NOTE: IN PSYCANICS, THE WORD BAD IS CAPITALIZED WHEN IT MEANS "THE OPINION = CREATION OF BAD". IT IS

CAPITALIZED TO REMIND YOU OF EVERYTHING IN THIS AND  
THE NEXT TWO CHAPTERS.



### EXERCISE #3

Select any person in your life, well known or almost a stranger; it does not matter. While picturing this person in your mind, and taking as much time on each cycle as you need to **really** experience the person as Good or Bad, execute the following instructions:

- Get the idea and experience that that person is Good.
- Get the idea and experience that that person is Bad.
- Get the idea and experience that that person is Good.
- Get the idea and experience that that person is Bad.
- Get the idea and experience that that person is Good.
- Get the idea and experience that that person is Bad.
- ETC.: Repeat these until you can easily experience the person as Good or Bad at will.
- Now experience the person as he or she is, without Good or Bad.

### THE CREATION OF BAD

Hopefully, you arrived at certain cognitions about BAD while doing the process. If not, these questions will help:

- WHERE IS THE EXPERIENCE OF GOOD AND BAD: IN THE OBJECT / PERSON, OR IN YOU?

If it is not clear for you where the experience is, note that objects don't have experiences and that you and all people believe themselves to be Good. Does that person suddenly believe and experience himself as BAD just because you think he is? Whose experience alternates between Good and BAD as you do the exercise, yours or his?

Obviously, the experience of Good and BAD is in you: it is your experience, not that of the person or object.

- Where is the reality of BAD: in the object/person or in you?

Realities cause experience. The reality of BAD is the mass of thought energy, the thought form, the opinion, the idea, that causes the experience of BAD. The reality of BAD is the thought, the idea, of BAD that you are experiencing.

Where is that reality, that thought energy: in you or in the object?

Obviously, it is in you, in your mind. Nothing in the reality of the object or person is changing as you alternate between Good and BAD. What is changing is your mind, your mental reality.

- Who is the Cause, the **creator**, of your experience that something is Good or BAD?  
Who is the Cause, the **creator**, of the reality of Good or BAD?

If you are following all this, your answer to these questions will be: “I am. I am the Cause; I determine what is Good and what is BAD. I create Good and BAD in my mind and then project these labels onto the world. I am the creator of Good and BAD.”

If you have not actually experienced what we are talking about, I suggest you repeat the exercise, seeking not just to understand, but also to experience it.

In the previous chapter, we proved beyond all doubt that you are the creator of your psychic experience; we proved the concept of Responsibility for Experience. The reality = experience of Good and BAD is a psychic experience = reality. If you answer anything but “I” to those last two questions, you are denying being the creator of your experience/realities; you are in a condition of NO Responsibility for your creation = realities = experience. We have shown that No RespExp is a lie and an illusion.

## **YOU ARE THE CREATOR OF GOOD AND BAD** in your universes (psychic and physical).

There is no Good or BAD in the objective world. Nothing, absolutely nothing is Good or BAD per se. Good and BAD are always a creation of the human mind and exist only in the mind.

You can take any object or person and you can measure such qualities as size, color, temperature, weight, height, but never will you find GOOD or BAD. They aren't there. They do not and have never existed in any external reality. GOOD and BAD are mirages. They are ghosts of your mind

**WHY DO WE DENY RESPONSIBILITY FOR CREATING BAD?**

Of course, the psycanically ignorant human being has no idea he creates BAD. He will deny it vehemently claiming that some things are innately BAD irrelevant of his opinions. We humans deny responsibility for creating BAD.

We deny responsibility for BAD for very good reasons. That which causes BAD is BAD and should be, therefore, AntiLoved, and changed or destroyed. To love ourselves and to be loved by others, we must be GOOD. To be happy, we must be GOOD. Therefore, we do not want to be responsible = to acknowledge being the Cause of BAD. We, therefore, deny causing BAD things and assign that cause outside of us. The creator of BAD is BAD and we try to be GOOD by denying being the creator of BAD.

The Fatal Identity is I AM NOT CAUSE OR CREATOR wipes out awareness of creator The negation of being the creator of BAD, the denial of Responsibility makes BAD appear to be a characteristic of the external thing or event. The illusion that GOOD and BAD exist in external reality is the second great erroneous paradigm of the human species. (The first is the Fatal Identity: I am not creator of my realities = experience, which leads to the second.) The paradigm is:

1. BAD exists.
2. BAD exists and I have nothing to do with its existence. I am not the creator. BAD is an inherent property of some events or things or decided by God or other authority.

Most humans believe that BAD exists in the external; that it is an inherent characteristic of the object or person. They are totally unconscious that they create BAD, project it into the external and then deny responsibility for their creation. Psycanics seeks to wake you up to reality: you are the creator of Good and Bad and no real spiritual progress, no increase in Love, is possible until you know this.

**You are the Creator of BAD, which provokes your AntiLove.  
No real spiritual progress, no increase in your love is possible  
until  
you understand this and transcend the creation of bad.**

## **POLARITY AND RELATIVITY**

Good-Bad = Right-Wrong is a polarity, a distortion of the Value Polarity (Positive-Negative). Therefore, all the dynamics and laws of Polarities apply. What you call BAD is always the opposite polarity of what you call GOOD. One cannot exist without the other. GOOD-BAD is always relative and can only be created by reference to the degree of Good-Bad of something else. GOOD is also an opinion, viewpoint, —and an illusion. It seems not to have the deadly consequences of BAD-- except that by the laws of Polarity, it creates BAD. You can't have one without the other.

Therefore, to transcend the creation of BAD, you must also transcend the creation of GOOD. (You can't have one without the other.) You must come to view the world and events as God does, from a viewpoint of Total SPACE for all that is, with infinite, non-judgmental, total acceptance and LOVE for everything just as it is (and knowing that it is going to change in a minute anyway).

As the Third Patriarch of Zen said:

**“Seek not Illumination; seek only to have no  
opinions  
and the Heavens will open to you.**

## **POINT OF VIEW**

**Definition:** Point of View, or Viewpoint. In the physical universe: the point in space from which anything is looked at. In the psycanic universe: A perspective on anything; an idea created about anything. A mental reality created about any other reality. An opinion or judgment about anything.

**Exercise to understand the concept of viewpoint.** Put some objects on a table and use the table and the objects as the objective reality. Look at the table and things as you walk around it. Change your distance to the table as you walk around it. Climb on a chair to see it from above. Move the chair around the table, and move it closer and farther out: and observe how your view of the table and the objects changes. Lie down on the floor and observe your perspective of the table. Notice you no longer can see the things on the table: they are not visible from your low viewpoint. Move around on the floor, and move closer in and farther out and notice how your perspective changes as you change your viewpoint.

This same principle of viewpoint applies to the psycanic universe of your thoughts, opinions, beliefs and values. Each one is a point of view. There is no limit to how many different points of view there can be about anything.

### **BAD IS A VIEWPOINT**

The psycan, you will remember, is a viewpoint on the universe. GOOD and BAD are one of the viewpoints that the psycan assumes (creates); that is to say: Good and BAD are always points of view. They depend on from where you are looking. Thus what is GOOD for one person can be BAD for another. GOOD and BAD depend on who is looking and from where he is looking (from what value system).

Let me first illustrate this with one of my favorite stories from Taoism:

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### **Good? Bad? Who Knows?**

There was once an old man, so poor that all he had in this world was his son, a hovel, a parcel of rocky land, and a stallion. Horses were valuable in that land and his son used the stallion to plow the hard ground. Thus they survived—barely--on what they sowed and reaped.

Then one day, the stallion ran away to the hills. The neighbors heard of it and came to commiserate with the old man. “Oh, look how bad this is!” they clamored. “You have lost your magnificent stallion and can no longer work the land.” You will surely die of starvation. This is truly terrible.”

And the old man said: Good? Bad? Who Knows?

The next week, the stallion returned—leading five mares.

Again the neighbors came, this time to rejoice. “Oh how good, how marvelous is this!” they exclaimed. You have gone from certain death to considerable wealth. You have five mares to breed. You will soon be rich! How wonderful!”.

And the old man said: Good? Bad? Who Knows?

The next week, the son was breaking the mares in to the saddle when one threw him, fracturing badly his leg.

The neighbors came again: “What a tragedy!” they lamented. “Your son can no longer work. There is no one to tend the field and harvest the crops. You are facing certain starvation. This is bad; very, very bad!”.

And the old man said: Good? Bad? Who Knows?

Within the month, the army marched through the region conscripting all the young men for the war.

Again, the neighbors gathered at the old man's place.. "The army has taken all our sons!" they cried. "They will be killed in the war and we shall never see them again. But you! Your son they did not take because his leg is broken. "God has blessed you with such goodness?"

And the wise, old man said: Good? Bad? Who Knows?

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For anything that you call BAD, I can find a view point from which it is GOOD—and vice versa. People regularly challenge me on this in my seminars, but no one has ever come up with any thing or event for which I could not find an opposing viewpoint.

One of the students' favorite challenges is physical pain as BAD. However, pain is GOOD! Physical pain is your body announcing that something is wrong and it needs attention. It is notifying you in terms difficult to ignore that there is a threat of damage or death. Imagine that you are cooking and holding a hot skillet but don't feel any pain. By the time you smell the burning meat --your hands-- and figure out what is going on (assuming you can distinguish the smell of your hands burning from the smell of the hamburger you are cooking) your hands are char-broiled. The intense pain of hot causes you to let go of anything hot almost instantly thereby minimizing damage and additional pain.

Imagine that you have internal organ damage or an illness of any kind, but no physical pain. How would you know to get treatment in time to minimize the illness? You could have cancer and not know it until long after the point where it is treatable. Physical pain constantly saves you from worse damage and from death.

So is physical pain BAD? Obviously no. You could not survive long in this world without physical pain.

This raises another question: Is it GOOD or BAD to keep living in this world? About 80% of humans feel that life is a valley of tears, a scourge that they must endure; i.e. it is BAD. The other 20% enjoy it: life is GOOD.

How do you feel about it? And how often have you changed from one side to the other; from "Life is GOOD" to Life is BAD" over the years?

**ANOTHER EXAMPLE: HITLER**

Another challenge people like to throw me at me is Hitler. Surely Hitler was BAD?

Most people judge Hitler as a BAD person because he caused a World War in which 50 millions persons died, of which 6 million were Jews. However, for most Germans before the war, Hitler was GOOD. He led Germany out of a severe economic depression and was leading it to be a world power. Hitler could not have done what he did without the support of most Germans. Even during the war, his intentions were always for the GOOD of the German people.

Not only Germans, but many other persons and nationalities also approved of Hitler. For example, Joe Kennedy (father of JFK, the president), then ambassador of the US to Great Britain before the war, spoke publicly in favor of Hitler.

Was Hitler GOOD or BAD? --- From the viewpoint of whom and when?

During the war, the Germans were very close to nuclear weapons, using heavy water = deuterium oxide = D<sup>2</sup>O as an essential component in their reactors. The Allies got them first only because a special commando unit planted bombs that sunk the railroad tank cars carrying a critical shipment of heavy water to the reactors. (The tanks cars were on a ship at the time.) It then took the massive Manhattan Project for the Allies to catch up.

Had Hitler not started WWII when he did, it is possible that our next war—starting any time after 1943 or 1944-- would have been with much greater consequences than WWII. (For example, MacArthur wanted to nuke Korea and China during the Korean War.) It is quite possible that Hitler, through causing WWII when he did, limited nuclear war to just Hiroshima y Nagasaki, just enough to scare us of its consequences and horrors.

On saving humanity from a more extensive nuclear war, one that could have devastated Europe and left it a radioactive wasteland for thousands of years, is Hitler GOOD or BAD? (Notice that only a half dozen nuclear bombs would be necessary to do this.)

Good? Bad? Who Knows?

## **WAS HITLER, GOOD OR BAD FOR THE JEWS?**

The Jews have dreamed of returning to their homeland for almost nineteen centuries. They were able to return after the first Diaspora (dispersion) in 722 B.C., and also after the second in 586 B.C.; but the third, under the swords of the Romans in 70 A.D, lasted 1875 years (70 to 1945).

**Through Hitler, the Jews now have what they have so long sought, their own nation, Israel—and exactly where they sought it.** Without the events initiated by Hitler, it is fairly certain they would not have achieved this. True: the cost of moving world opinion to create the present-day Israel was high—six millions Jews tortured and killed most unjustly in the concentration camps. But then, in today's crowded world, a new nation is not easy or cheap; everything is already claimed and populated. Would a lesser event than the size, the injustice, and attempted extermination of Jews have been sufficient to create that nation? Without Hitler, would Israel exist?

Thanks to Hitler, the Jews have what they wanted, where they wanted it.

And all the Jews who died for the new Israel? People die willingly for their religion or their country all the time—most consider it an honor. Here they died for both at the same time. Furthermore, according to the Jewish faith, they are saved souls and in Paradise with God. What more could they desire?

Was Hitler GOOD or BAD for the Jews?

Good? Bad? Who Knows?

And the question of GOOD-BAD never ends: Is it Good or Bad that the Jews now have their own country? Depends on whom you ask. The Jews say GOOD – and have proven themselves willing to fight and die for that Good. The Palestinians and most of Israel's Arab neighbors say BAD—and have shown themselves willing to fight and die to eliminate the BAD that is Israel.

Remember that our point is that there is no such thing as an objective Good or Bad. Good-Bad exist only in the mind of the beholder and only by his creation.

Here are some more examples of how BAD is always a creation of the human mind, a viewpoint:

The person who robs your house considers that Good; you consider that BAD. You spoil his robbery attempt: he considers that BAD; you consider it Good. He is arrested: you consider that Good; he considers it BAD. There is no objective reality of Good or BAD. It is always a viewpoint, a particular and individual creation of the human mind.

Good and BAD can be a question of geography. Prostitution is accepted in Mexico and many Asian countries and considered GOOD. Prostitution is BAD in the US, both legally and “morally” --- except in certain areas like Nevada where it is GOOD.

Abortion is considered something very BAD and is illegal in Mexico. In China, it is GOOD, so GOOD in fact that it is required by law for any woman who already has two children. In the U.S., how many viewpoints are there about abortion—running the entire polarity scale from GOOD to EVIL?

Good and BAD can be a question of timing. Homosexuality was honored in classic Greece and accepted as normal in Ancient Rome. In present times, most people consider it BAD—but some consider it a natural situation and OK. And with the Gay movement in recent years, it is becoming GOOD again at least to some people.

Bathing was considered GOOD by the Romans—again until the Christians took over when it became BAD. This made for a very odorous thousand years during the Dark Ages in Europe, and in France today. Today a daily bath is GOOD again—except in the viewpoint of boys from about 6 to 12, and the French.

Most people consider it BAD to eat another human being. But for a cannibal, it would be BAD to capture a person and not bring him home for lunch. Vegetarians consider it BAD to eat any meat at all. It all depends on your viewpoint.

Some people would say that there are universal BADs-- like killing another human being. Is killing another human being bad?

We humans kill all the time precisely because we often have it as GOOD. We kill criminals; we kill in war; we kill to defend ourselves or our property. For the Muslims in jihad (holy war), killing is Good and a ticket to paradise. For the Christian in the Inquisition, torture and burning at the stake was God’s Good work. Slavery has been considered GOOD throughout most of the last 3000 years, including in the US until the Civil War, only 140 years ago.

Yet another example: the World Trade Towers on September 11, 2002. From the American viewpoint, very BAD. From the fanatical fundamentalist Islamic viewpoint: very GOOD: the American imperialist infidels were punished.

So is killing GOOD or BAD? Depends on your viewpoint, on how you are creating it: GOOD or BAD. It’s up to you.

If someone breaks into your house to torture, rape and murder your wife and children and the only way you have to stop the intruder is to kill him,

would you? Most people will—and with little hesitation. And they will call that killing GOOD. And if you don't kill to protect your children from such AntiLove, are you not failing in your duties as a parent and in your love for them? Would that not be BAD of you?

You may argue that the intruder is BAD and doing BAD things. But you would be wrong. From his viewpoint, the intruder is GOOD and doing what he considers GOOD for him. It's a matter of your perspective.

Furthermore:

**No human being ever does, nor can he ever do, anything BAD—  
from his viewpoint.**

Remember the concept of Polarity and Relativity. At the moment of action, every human being always does what he considers as the highest option possible to him on the polarity scale of GOOD-BAD. *At the moment of action*, he thinks that what he does is the best option possible—given who he is, what he wants and his system of values. If he is caught between two negatives, he will always choose “the lesser of two evils”, which is the relative Good.

Suppose I am in an argument with you. I pull out my gun and shoot you dead on the spot. At the moment of pulling the trigger, I feel that killing you is GOOD. At the moment of action, I have that action as justified (by whatever reason or logic, and no matter how insane it may appear to another). One second before pulling the trigger, I may not have thought that way; and immediately after, I may be all sorrow and regret. But **at the moment of action**, I did what was GOOD. Maybe I was at the effect of my anger, but at the moment of action, I had to believe that it was GOOD to kill you. I had to believe that in some way that the world was better off without you. I had to compute, consciously or subconsciously, that I would suffer less pain or be happier without you in my universe and that that was a higher GOOD than your life – which is BAD as you were causing me pain.

**(Definition:** Justify: to make something right or good by applying a validating reason. To create something as GOOD.)

We can look at this from yet another point of view. The psycan is the creator of his mental realities. One of the purposes of the mind is to guide us to do GOOD (and therefore be Love-able; this is the Experiential Imperative in action). However, this also works in reverse: the mind can and will justify any action. Confront a person with some BAD he has done

(from whatever viewpoint) and he will always be able to justify, to create a GOOD reason for that action.

Thus, we can answer part #6 of the Great Questions of Philosophy:

#6 A- What is good and what is bad or evil? What is moral? What is ethical? Who decides good and bad, right and wrong; and by what standard? Is there an absolute standard of good and bad beyond one's personal opinions? Should good and bad be determined by custom, by rational law, or by the situation? B --What if the decisions of others (society, authorities, laws, etc) determining good and bad are contrary to one's personal beliefs or freedoms? C: Moreover, if we do not have free will but are ruled by outside factors, what difference does good and bad make--we have no choice.

A: What is Good and what is BAD is defined by each individual. What is legal, moral or ethical must always be defined by some kind of code, always the creation of someone. If when someone cites God or the Bible as their authority, it is their decision to do so: thus each person is ALWAYS the Cause, always responsible for the Creation of GOOD and BAD. (This is explained in more detail below.)

B: If the decisions of others are contrary to one's personal beliefs and freedoms, do what you please-- always aware of the consequences. There will be consequences if the authority has power and catches you. But the main consequence of any action is that it creates you, and your self-love = happiness is determined by Who You Are. So if you act with AntiLove you are creating of yourself and for yourself AntiLove and that will diminish your self-esteem = happiness.

As to whether man has free will in regard to GOOD and BAD =Right and Wrong: the answer is unexpected. The answer is man has no free choice: he can only do Good—as he perceives it at the moment of action given who he is, given his values and codes. (Remember that Good is always relative to all other options and may be the “lesser of two evils”.) However, what we do is always extremely important as DO creates BE, your actions create your BEing, Who You Are. If you steal, you create yourself as a thief. You probably dis-esteem and AntiLove thieves, and that is what you do to yourself in that identity.

However, we digress; let us return to our main theme:

**YOU ARE THE CREATOR OF Good AND BAD IN YOUR LIFE.  
You are Responsible for Good and BAD in your universe,  
both psycanic and physical.**

Furthermore, you cannot avoid or abdicate Creator. Nor can you assign this responsibility to anybody else, including God – which is what so many humans try to do. Many people will insist that GOOD-BAD is determined

by some authority outside of themselves. For those trapped in a religion, that authority is usually God, as recorded by some “sacred” book (e.g. Bible or Koran) and interpreted by their ecclesiastical authorities. Others will say GOOD-BAD is determined by some moral or legal code, or by social custom.

The response to this argument is: Great! So who is deciding to adopt that authority or book or code as their standard of Good-Bad? Who is, therefore, choosing their code of GOOD-BAD by choosing to use a code established by someone else? Who is Cause here; who determines; who decides? Who has the final word on what is YOUR code of Good-Bad?

Obviously, each person decides for himself. Each person is the Creator, the Cause of GOOD and BAD in his world. In the ultimate analysis, each person is the determinant of GOOD and BAD for himself. The fact that someone decides to adopt a pre-fabricated, off-the-shelf, brand-name code in no way reduces his Cause and self-determination in choosing=creating what is GOOD and what is BAD for him.

Our discussion here is apart from whether or not “sacred” books and religious codes actually come from God. There is no truth in any statement that the Bible or any other “Holy Books” or writings come from God, as I prove elsewhere. But that is a different question. Our point is that *even if they did come from God*, you still have free will and choose whether to use HER code or not. You are always Cause. And if you do adopt some code advertised as coming from God, you still decide whether or not to obey its provisions or not. Looking at all the world from a religious viewpoint, at all the killing, the “immoralities” and the “sins”, there doesn’t seem to be much obedience.

As long as we are on the subject of God, GOOD, BAD and religions, let us point out the resolution to one of all religions’ greatest dilemmas (a dilemma also shared by western philosophy): How can a GOOD God permit BAD people and events.

That which Causes or permits BAD is BAD. Therefore:

How can a God who is ALL-GOOD and ALL-POWERFUL create or allow BAD things to happen (especially to “GOOD” people)? To do so is to BE BAD and God can’t be BAD: it contradicts Her ESSENCE as the highest GOOD.

But BAD exists and sometimes God causes it and at all times permits it. How can a Good God cause or allow BAD? And how can She be GOOD given that She does allow it?

The solution of the Christian religion is to have there be a Devil. But this is really no solution:

- 1- because God is still the creator of the Devil = BAD and Evil and therefore She remains Cause and therefore responsible; and
- 2- God can't create a BBeing= the Devil that She can't control or She would not be ALL-POWERFUL. Therefore, She remains at Cause and responsible.

The solution to this dilemma is simple. God doesn't create BAD—or GOOD. Humans do. The viewpoint of God is that everything is a creation and an experience. Everything is the expression and exploration of Herself, just infinite Games and Drama.

And She understands that all is ONE, and that all created reality is an illusion (maya). And She understands Polarities: that nothing can exist without its opposite; that the world is the play of opposites. It is the mind of man that divides things into GOOD and BAD. **God is Space and Love for all creations, experiencing What Is without opinions and judgments, ever.**

**Good and Bad, like Beauty, is always in the eye of the beholder.**

Returning to the matter of adopting a pre-packaged moral code (Good-Bad): To adopt a pre-fabricated moral code is a cop-out. It is an intent to avoid responsibility for creating Good and BAD by assigning that responsibility to others. It is an intent to avoid the hard work, to avoid the mind and soul searching, necessary to create a personal behavioral (“moral”) code.

### **THE TRUTH OF BAD**

A reality is any thing that exists. Truth is the correspondence between a reality and a description of that reality. For Truth to exist, there must be evidence = objective reality = proof of that correspondence to which all are forced by the objective reality to agree. Where there is no correspondence, there can be belief and faith, **but there is no Truth.**

BAD is always a purely subjective reality and does not exist in any objective reality. Since it isn't there in objective reality, there can be no correspondence between BAD and the reality to which that descriptive is applied. Therefore BAD can never be Truth and you will never achieve

agreement among humans what is GOOD / BAD. It depends on how you look, not on what you are looking at.

This is reflected in the condition of the whole human race. There is no universal code, no standard of GOOD-BAD on which everyone agrees—on the contrary, it is amazing the variety of ideas of GOOD-BAD. As we saw in the earlier examples: any thing or action is labeled GOOD or BAD depending on geography or time or who does it or why it was done. Even when two people agree on the same code, e.g. the Bible, their personal interpretations are usually quite distinct. Theologians argue about GOOD-BAD endlessly.

Where man has identified Truth in some degree, in the physical sciences for example, there is universal agreement and adoption of the same data. The fact that there is no universal agreement on GOOD-BAD, on morality, is another proof that there is no Truth in GOOD-BAD. Thus, because GOOD-BAD is always a creation of the individual and unique mind, rather than a report about how reality is, we will never get everybody to agree on RIGHT-WRONG.

GOOD-BAD = Right-Wrong is a mental reality, but it is never Truth. There is can never be any correspondence between any objective reality and the description of BAD: nothing is innately = inherently = intrinsically BAD. Thus BAD is always

- A lie;
- An illusion, a hallucination – or better yet, a delusion-- and therefore a
- Distortion of reality.

From your earliest years, you were taught that BAD exists. You were also taught about the Tooth Fairy, the Easter Bunny, the Boogeyman, and Santa Claus. BAD is in the same class.

Knowledge is Power. All untruth (false knowledge) reduces Power. You cannot deal very successfully with reality while you are operating in a lie-illusion-distortion about it. This is one of the main reasons so many people have so much trouble with life, with others, and above all with Love and Happiness. This will become clearer and the mechanisms visible as we progress in this chapter and in psychanics.

### **THE INSANITY OF BAD**

We normally label a person who constantly sees thing that aren't there, insane or crazy. For example, if someone continually insists that he is Napoleon; or that there are pink elephants in his room; or that he is being stalked by giant purple snakes, we start thinking about locking him up.

Most of the human race sees lots of BAD all around them, all the time. Ask them how many BAD things and events there are in the world: you will get an encyclopedic listing. To live seeing BAD is to see what is not there, what does not exist. This is insanity.

Likewise, we suspect the mental health of anyone who refuses to see reality. To deny that one is the creator of BAD is to deny reality. Most of the human race denies the reality that they are the creator BAD. This is insanity.

As you can see, most of the human race is insane. Of course, you don't need to analyze BAD to see this: just look at the planet. Most humans are certifiably insane.

(I would lock 'em all up, but there's just too dang many.)

### **NOTHING NEW UNDER THE SUN**

When I first saw the nature of Good and Evil in a mystical vision, I was astounded and thought I had discovered something new. However, as I later pondered the experience, I realized that it is an ancient teaching. It can be found in all of the following (and probably many others with which I am not familiar.)

**The Old Testament.** Adam and Eve ate of the Apple of the Knowledge of Good and Evil, and with that left Paradise-God-Love and went into the world of AntiLove and suffering. (This will be clearer in the next chapter.)

**The New Testament:** The teachings of Christ: Judge not. Resist not evil. Give Space, tolerance, acceptance, pardon.

**Taoism:** The very symbol of Taoism, the mutually defining circles of black and white, refer to Polarities, of which Good and BAD is one of the most important ones.



**Zen.** The Third and the Fifteenth Patriarch stress the absence of opinions as the way to enlightenment.

**Buddhism**

**Hinduism**

**Sufism**

**The Mayas** (The Mayas have a drawing like the Tao symbol above, but much more intricate.

**CWG:** The CONVERSATIONS WITH GOD books channeled by Neale D. Walsh. Years later after I had re discovered the Knowledge of Good and Evil, I came across these books which emphasize there is no Good or Bad. (This is one of the ways that I recognized that those books were indeed dictated by God. It was obvious that Mr. Walsh had no clue about BAD before his Conversations.

The Law is:

## NOTHING IS GOOD OR BAD

(except in your mind by your creation).

Abbreviation: **NISGOB**

We will see that the “baddest” of all the BADs that you create, is the BAD that you create to yourself in your negative psychanic identities. In fact, it is the only BAD that really matters. We only assign BAD to externals because they activate our negative identities and our AntiLove for self = emotional pain that we have created around those identities.

Our goal is that you become conscious and take responsibility for being the sole creator of BAD in your life. If you want to stop suffering; if you want to live in Love, stop creating BAD. To evolve spiritually, you must transcend the creation of Good and BAD. To walk again with God, you must regurgitate the apple of the knowledge of Good and Evil and return to the Garden of Eden.

Our goal is that you come to be able to view yourself and the world from a condition of SPACE in which the concept of Good and BAD is irrelevant. You will learn to discreate and transcend BAD, to be SPACE, and to reignite your ESSENCE of self-love. This is the only road to Happiness—and to Power, as Power results from Love.

Transcend now, please, the paradigm that Good-Bad exists. Notice that it is a paradigm like that of a flat earth or the sun rotating around the earth. Good-Bad looks like Truth, but it is only a mirage. Stop creating BAD. Everything is as it is. Let it be without painting it BAD.

## Summary

**You are the creator of your psycanic realities = experience (R/Exp), including the R/Exp that you are not creator of your R/Exp, if that is your R/Exp (the Fatal Identity).**

The second R/Exp for which most humans deny creation is BAD.

**You are the Creator of BAD in your life. BAD exists only in your mind.**

**It is your viewpoint; it is your subjective reality.  
BAD has no objective reality and therefore is never Truth**

**You are the creator of your R/Exp of BAD,  
including the R/Exp that you are not creator of BAD  
if that is your R/Exp.**

Now go back to Exercise #1, and in the right column, look at what you have written. Cross it all out and write the Truth: "I DO. I AM THE SOLE CREATOR OF BAD IN MY EXPERIENCE."

The objective of this chapter is to make you aware that you are the creator of your creation = reality = experience of BAD, that you take Responsibility for your creation and experience of BAD. If you are aware and responsible, proceed to the next chapter. If not, redo this one until you are.

## CHAPTER 7

# BAD II: THE CARPRICON OF BAD

The meaning of CarPriCon will become clear later in this chapter.

**Definition of BAD:** Bad is that which should not be as it is. It should, therefore, be changed, stopped, or destroyed. Something BAD, then, appears to justify the use of energy and action, usually negative,-to effect those changes or destruction. BAD, then is **that which should not be as it is, justifying the use of negative energy to change it to neutral or Good.**

The following words are related concepts in psyanics and may be used interchangeably:

**Definition: Opinion:** a mental reality created about the nature or value of another reality; a viewpoint. In psyanics, opinion usually refers to BAD. There are, however, opinions that express viewpoints that are not evaluative.

**Definition: Invalidate:** to think or say that something is not valid as it is; that it is invalid; that it should not be as it is: therefore it is BAD. A synonym for “to create an opinion of Bad”.

**Definition: Invalidation:** any expressing that says or implies that something is not valid = invalid = BAD. Abbreviated form: **inval**.

**Definition: Label,** verb. To apply an adjective that implies BAD; examples: selfish, stupid, greedy. To put anything into a class of similar things that are invalidated. Examples: fool, idiot, jackass, bastard, bitch, son of a bitch, white trash, nigger, chink, kite.

**Definition: Label,** noun: in psyanics, any word that carries implicit an invalidation = BAD. Labels have inherent all the negative effects of BAD. Examples: selfish, stupid, greedy, fool, idiot, jackass, bastard, bitch, son of a bitch, white trash, nigger, chink, kite. When used to invalidate someone, these words fall into the concept of BAD.

**Definition: Evil:** The highest gradient of BAD. Willful, intentional BAD. When there is an agent of cause who deliberately does BAD, we call that BAD action and the agent: “evil”.

**Why do we label something BAD.**

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What determines that something is BAD? What qualifies something to be labeled BAD? Try to distinguish this before proceeding.

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### **THE WHY OF BAD.**

The fundamental reason why something is BAD is that it appears to cause negative experience = pain. BAD is that which causes negative experiences: damage, destruction, pain and suffering to that which is GOOD (from the viewpoint of the labeler). BAD is that which causes pain or diminishment to GOOD. (Notice that most people would say that it is GOOD to cause pain or diminishment to BAD.)

Even when something is BAD only because it violates some provision of a moral code without causing any pain to anybody. For example, premarital sex<sup>8</sup> is BAD in the Catholic religion although it causes no pain and, in fact, quite delicious (speaking from my personal experience). Premarital sex is BAD because it supposedly offends = causes pain to God.

This is ridiculous because nothing that a puny human can do can possibly offend the INFINITE SPACE and LOVE of God.

(Of course; God experiences ALL human pain no matter the source or kind. However, this is not a problem for God: All human pain from the beginning of time combined is less than a mosquito bite to the POWER that creates and runs the cosmos.)

Thus, BAD is that which should not be as it is because it causes pain. Therefore, we compute that we must stop BAD and we use negative energy to do so, starting with negative psychanic = emotional energy. One the purpose of emotional energy is to motivate and move us into action. The negative emotions, e.g. anger, fear, hate, etc., impulse negative actions.

Of course, that negative energy = AntiLove = negative emotions that we use to stop BAD is painful in itself. In fact, it is the ONLY pain that exists, related to BAD or otherwise. What we want to see now is that the pain that BAD *seems* to cause us is really our own negative emotional energy that we generate against that BAD thing. What we want to experience now is that our pain is not caused by BAD but by the AntiLove we generate against the BAD. For this purpose, the following exercise after the definitions that you will need.

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<sup>8</sup> Of course, there is a simple solution to this. It's not premarital sex if you are not planning to get married.

## Definitions:

**Life energy:** The general quantity and polarity of energy that you have at any moment. When you are tired, your energy is low. After you sleep and rest well, your energy is high. Your energy can also be positive, as when you are happy and joyous; or negative as when you are angry or afraid. Positive energy is love; negative energy is AntiLove.

**Love:** Any form of positive energy or action that benefits the beloved.

**Affinity:** One of the aspects of Love. Positive affinity is to like and to be attracted to. Negative affinity is to dislike and experience an aversion to.

**Happiness:** The amount and degree of positive life and emotional energy that you are experiencing. Happiness is the experience of Love; Love causes Happiness.

**Equation:** Life Energy = Love = Affinity = Happiness.

**EXERCISE**

Using any person for whom you have neutral affinity as the “target”, execute these instructions. Look for the answer to the questions in your experience = feeling, not in your mind = analysis = thought. Don’t think, don’t analyze: FEEL for the answers!

Create an opinion that the target person is Good.

Feel your life energy: did it increase or decrease, or turn more positive or more negative?

Did your affinity for that person increase or decrease?

Did your love for that person increase or decrease?

Did your happiness increase or decrease?

**Create an opinion that the person is BAD.**

Feel your life energy: did it increase or decrease, or turn more positive or more negative?

Did your affinity for that person increase or decrease? Did your aversion increase?

Did your love for that person increase or decrease?

Did your happiness increase or decrease?

Create an opinion that the person is Good.

Feel your life energy: did it increase or decrease, or turn more positive or more negative?

Did your affinity for that person increase or decrease?

Did your love for that person increase or decrease?

Did your happiness increase or decrease?

**Create an opinion that the person is BAD.**

Feel your life energy: did it increase or decrease, or turn more positive or more negative?

Did your affinity for that person increase or decrease? Did your aversion increase?

Did your love for that person increase or decrease?

Did your happiness increase or decrease?

Repeat the above cycles of instructions and questions until you can easily feel the answer to each question for each flow of Good and BAD. Do not proceed until you have fully experienced the exercises.

Questions for the Exercise:

WHAT IS THE EFFECT OF GOOD AND BAD ON YOUR LOVE = HAPPINESS?

WHAT IS THE RELATIONSHIP OF BAD TO ANTILOVE (NEGATIVE AFFINITY, NEGATIVE EMOTIONS, UNHAPPINESS)?

If you have done the exercises correctly, it will be real for you in experience, not just intellectually, that Good increases love = happiness; and that BAD increases AntiLove and reduces your love = happiness. You may have come to the conclusion that basically the questions are all asking the same thing—which is correct as shown in the equation: Life Energy = Love = Affinity = Happiness.

Your feelings in this exercise are probably very light, subtle. Your opinion of BAD really isn't very strong as you are, by instruction, using a neutral person. When the BAD is really strong, however, likewise will be your feelings – to the extent of the strongest emotional charges you have ever experienced.

**EVERY NEGATIVE EMOTION IS PAIN.**

**YOUR OWN NEGATIVE EMOTIONS ARE THE ONLY SOURCE OF PAIN IN YOUR LIFE.**

For example: Think of the three worst events in your life. (e.g.: a car accident, divorce, death of someone you loved, etc.)

How BAD were those events?

How did you feel when they happened and how strong were those feelings?

A question for your thought: What is the relation of BAD to negative emotions = pain. Try to answer this before proceeding.

The relation, the law, is:

BAD is the trigger for all negative emotions.

The strength and duration of all negative emotions is directly proportional to BAD.

**IT IS IMPOSSIBLE TO GENERATE NEGATIVE EMOTION = PAIN WITHOUT HAVING FIRST HAVING CREATED AN OPINION OF BAD.**

The more GOOD that something is (that affects you), the better you will feel. For example, how would you feel if you, penniless, won \$1,000,000 in the lottery?

The more BAD that something is (that affects you) the worse you feel. To lose a penny is not very BAD and you feel no pain. Lose a \$1000 dollars and not be able to pay your rent: that is BAD and painful. How BAD are events such as losing a job you need and love, or having a son die? How painful are such events? You should have no trouble seeing that there is a direct correspondence between BAD and neg emotion = suffering.

**Exercise:** Review your life observing your moments of pain and the BAD events that *seem* to cause it, noticing the relation between the “quantity” of BAD and the quantity of pain.

Note the word “*seem*” above. We have already proved that external events never cause psychic experience. This is true no matter how BAD they are. BAD events only seem to cause pain: the real cause is your creation of BAD to yourself in your negative identities. However for now, it is OK to operate in the illusion that the BAD externals cause your suffering.

WHAT WE ARE SAYING HERE IS EXTREMELY IMPORTANT AND WE ARE GOING TO LOOK AT THIS SAME PHENOMENA (THE RELATION OF BAD TO NEGATIVE ENERGY) FROM ANOTHER POINT OF VIEW: THAT OF LOVE AND ANTILOVE. REMEMBER THAT **WISDOM, POWER, and LOVE** ARE THE “HOLY TRINITY” OF PSYCANICS, AND ARE OUR SUPREME VIEWPOINTS AND OBJECTIVES.

**LOVE AND ANTILOVE**

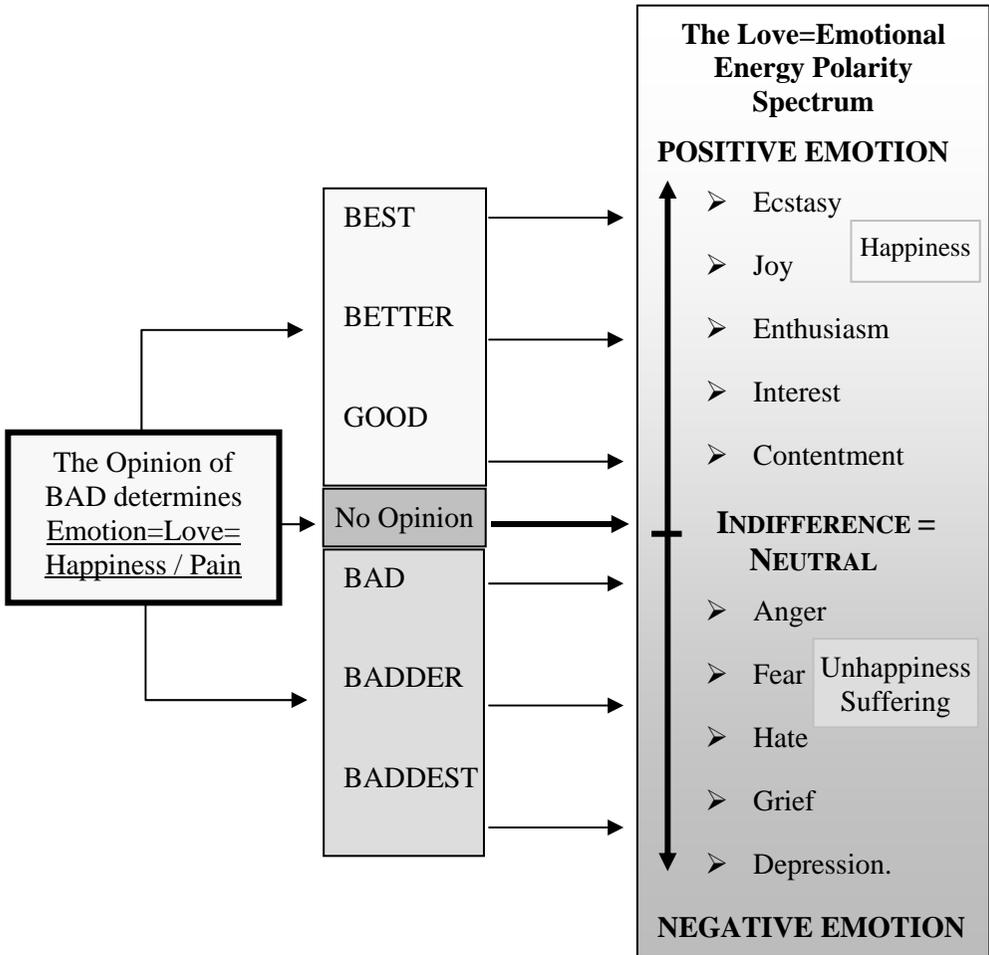
A short definition of Love: Love is positive energy and positive action. For example: money is a positive energy; to give money to someone is an act of love. To help someone is a positive action; it is love. In other books, we will prove that your emotions+/- are Love+/-.

To simplify our discussion here, we are going to limit our concept of love for the moment to the emotions, and only the most outstanding ones as shown in the diagram below. In more advanced materials, we will show that Love is a polarity and that the emotions, positive and negative, are Love energy. If this is not true for you at the moment, just put the data in mu and treat it as a hypothesis for now.

**The emotions are Love energy.  
The positive emotions are love and  
The negative emotions are AntiLove.**

**Love = emotions = happiness.  
AntiLove = pain is the polar opposite of Love = Happiness.**

The diagram on the next page shows the relationship of BAD to the emotions. However, there is another factor, not shown, that also determines the negative emotions; the factor of Relative Power.



The Value Polarity =-the Good-Bad polarity for purposes of our discussion here determines Love in **spiritually undeveloped humans**\*\*\*. Value = Good-Bad Determines Love-AntiLove. You love that which is Good; you AntiLove that which is BAD.

\*\*\* The normal human—spiritually undeveloped-- loves according to GOOD-BAD – which is not really Love at all. An objective of psycanics is to train ourselves to Love all the time, no matter what, irrelevant of Good-Bad. This is also what Christ taught. Crucifixion, and those who perform it, are BAD from the viewpoint of the crucified—yet by pure will, Christ loved those who crucified him so unjustly. How to do this requires the comprehension of Space in the next chapter.

GOOD sends you into love. You love = feel good about--and want to preserve and increase (love as action)--that which is GOOD. You love that which is GOOD. And Love feels good. The intensity and duration of love = positive emotions is proportional to the degree of GOOD. When a big GOOD occurs in your life you will enjoy strong positive emotions.

BAD sends you into AntiLove. You react to something BAD with neg energy = neg emotions = AntiLove. You attack it with neg energy (frustration, anger, resentment, fear, hate, etc); or you lament it with grief and sorrow. Your emotional = motivational energy (e.g. anger, fear) may then impulse you to physical action to stop, change, punish or destroy the BAD thing. You AntiLove = feel bad about, and want to stop, change or destroy = AntiLove action, that which is BAD.

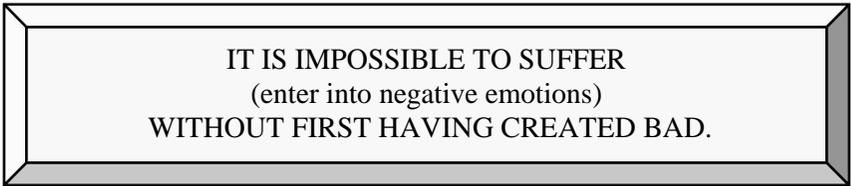
You AntiLove that which is BAD. And AntiLove (the negative emotions) feel bad. They are the essence of pain and suffering. The intensity and duration of AntiLove = emotional pain is proportional to the degree of BAD (and the Relative Power factor).

Notice that you only generate neg emotions = AntiLove = pain in the presence of BAD things. BAD is the entry point to all AntiLove. It is impossible to generate neg emotions = suffering in the absence of something BAD. Check this law in your own experience.

Law:

**ALL NEGATIVE EMOTION IS ANTILOVE.  
ALL ANTILOVE STARTS WITH BAD.**

Not only are your negative emotions proportional to BAD, but also—and engrave this in stone as a LAW OF PSYCANICS—



(This is a corollary of: BAD is the trigger for all negative emotions; and All AntiLove starts with BAD.)

Proof: In your memory and experience, try to find any example of a neg emotion = AntiLove about something GOOD. Try to find any neg emotion, anger, fear or grief, guilt, hate, etc., without the presence of something BAD.

Contemplate this law: “It is impossible to suffer without first having created BAD” until you see the fullness of its Truth, for it points to the path to ending suffering and achieving real Happiness = Love.

Once you have grasped that law, continue:

Who creates your BADs?

You do, right? (If that is not Truth for you, go repeat the previous chapter: you haven't understood that you are the only creator of BAD in your universes.)

So if BAD is the catalyst for all negative emotions = AntiLove = pain and you are the creator of BAD, who is the cause = creator of all your negative-emotions = suffering?

In other words: 1- Proven that you are the creator of BAD; and 2- proven that BAD is the cause of suffering: 3- who is the creator of your suffering in life?

That's right: YOU, and only YOU.

Nothing outside of you ever creates your psychanic experience; nothing outside of you ever causes your pain and suffering. You do it all--and all by yourself. You create BAD and BAD triggers your AntiLove = pain.

Furthermore, we have proven that BAD is not only your creation, but also that it is an illusion, a lie about reality. How does it feel to know that you have created all of your suffering throughout your life about nothing, about an illusion? Sobering thought, no?

**HERE IS ANOTHER VIEWPOINT ON THIS:**

Why do we decide that something is BAD?

If you analyze this question, you will come to the conclusion that we label something Bad because it causes damage, pain or suffering. This is true both on the personal scale (e.g. infidelity, illness, loss of income or savings, etc) as it is on the macro scale (e.g. war, hunger, poverty, etc.). BAD events are those that cause us pain and unhappiness. (We covered this already.)

But you now know that pain and unhappiness is never caused by the event, but by our resistance = AntiLove to the event once we have labeled it BAD. We are the creators of BAD and of our Rxx = AntiLove = pain = unhappiness—not the event.

Therefore as no event causes pain and unhappiness; ergo: **NO EVENT, NOTHING, IS BAD.**

We label as BAD an event because it appears to cause pain. But the truth is that nothing causes us pain: our pain is always our own negative energy and that we control, not external events. Therefore, nothing causes pain, and as “causing pain” is the definition of BAD, nothing is BAD.

This brings us to:

**THE NOT-SO-MERRY GO ROUND OF BAD**

First, you create an opinion of BAD; you create the illusion of BAD. (You lie.)

Then you deny Cause = Creation = Responsibility for the BAD: your second illusion and lie.

You assign the Cause of BAD to the event; you say that BAD is intrinsic in the event: your third illusion and lie.

Then you generate AntiLove = neg emotions = neg energy against that BAD event to change or destroy it. (As well as any attacks and negative actions to change or destroy it.)

That neg emotional energy = AntiLove is your pain and suffering. However . . .

Trapped in the Fatal Identity and Paradigm, you blame (assign Cause) to the BAD event for causing your pain. You create the illusion = lie that the event caused your pain. You are now made yourself the “innocent” Victim of BAD.

As BAD is that which should not be because it causes pain, this assignment and the resulting illusion of Cause of pain makes the BAD even BADder. The event is BAD and it becomes even BADder because it (appears) to be causing you your negative emotions.

You then resist the BADder event even more by generating even more AntiLove = more pain.

This additional pain, seemingly caused by the BAD event, makes the event even more BADder. You then resist it even more, which is more pain, which makes its apparent cause even BADder, so you resist even more, which is even more pain, which makes the apparent cause even BADder, so you resist even more; and on and on and on.

That’s why they say: “Resist not evil”. You only hurt yourself.

As you can see, you have tremendous CREATOR POWER. You have made all of this very REAL in your life.

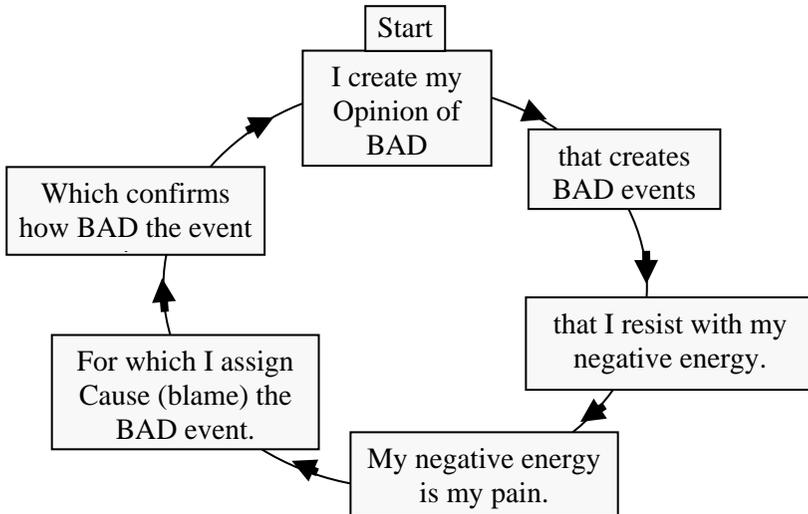
**HERE IS THE MERRY-GO-ROUND ABBREVIATED:**

You create something as BAD when it violates your programs of how it should BE. BAD is that which should not be as it is, thereby justifying the use of negative energy to change or destroy it. You then resist that BAD with negative energy, beginning with your neg emotional energy = AntiLove = pain. You live = experience your AntiLove and therefore suffer. Meanwhile, you deny Responsibility for creating both the BAD and

your negative emotions; and assign Cause to the BAD something. This makes the BAD something appear to be the cause of your suffering, which confirms that it is BAD and makes it appear even BADder. So you resist the BAD with even more negative emotion = AntiLove that causes you even more pain and suffering, and around and around you go.

And you don't stop there. You then label your neg emotions = pain themselves BAD and create even more resistance--to your own feelings, which only energizes and strengthens them more. This is the law of Resistance Causes Persistence in action. Thus a human first generates his emotions and then resists them, and then resists his resistance, fighting against his negative experience until he is more balled up in his own negative energies than a kitten in a skein of yarn.

You can never get off this merry-go-around as long as you are creating BAD.



Law:

**What Is, is--as it is  
Your unhappiness is your resistance to What Is.**

**Reality is as it is.**

**Your pain is always your resistance to Reality.**

**Events never cause your pain: you cause it by resisting events.**

You resist What Is = reality because it is BAD – by your creation of BAD.

Your suffering is your resistance = neg emotions = AntiLove to the reality of What Is, to Truth—after you paint it BAD. **Events themselves do not cause suffering**; all psychanic pain is your own AntiLove that you generate against BAD. You are the creator of your suffering, not the external world.

### **THE DIFFERENCE BETWEEN PAIN AND SUFFERING**

Emotional pain is the experience, the feeling of, a negative emotion (e.g. anger, fear, grief or depression). Suffering is another matter completely. Suffering is pain created about pain. Suffering is your BAD → emotional resistance to your negative experience = emotions. Suffering is your resistance to pain (whether your negative emotions or your physical pain).

Suffering is pain about pain. It is emotional resistance is your negative emotions that you generated about whatever event. It is not the primary experience that is suffering; it is the secondary experience, the experience of your Resistance to the What Is = reality of your experience. You generate this secondary resistance = suffering because you label your primary experience = resistance = negative emotions as BAD.

Once you learn this, you will no longer resist your experience. You will be able to experience fear or grief or depression as interesting if unpleasant energy forms rather as suffering. You will be able to go through considerable physical pain just observing it and not resisting.

Life is a kaleidoscope of experience. It is your creation of BAD that triggers your resistance to your experience and turns your experience into suffering. As your BAD is untruth and a delusion, you suffer because of an illusion. You suffer because you see things that aren't there: you suffer because you are insane.

And that is not all:

Law: **Energy energizes = makes more real, irrelevant of polarity.**

Negative energy energizes what it is directed against and increases its energy content = mass = reality, just as much as positive energy does. The short form of saying this is  $Rxxx \rightarrow Perxxx$ : Resistance Causes Persistence. Another name for negative energy = AntiLove = suffering is resistance. All suffering is resistance to What Is when “painted” BAD.

Your neg energy = AntiLove is resistance to the BAD. When you AntiLove something, you are who experience your AntiLove = negative emotions. And that neg energy only energizes the BAD that you are resisting and makes it stronger. Your neg energy is not only your pain, but it also strengthens and makes more real and more lasting the BAD you are resisting. It’s a downward spiral.

You can see how neg energy causes resistance when you are angry and arguing with another person. They will usually become angry also and resist whatever it is that you want. This law of resistance becomes critically important when we get to discretion of your negative identities: you can’t discreate what you resist because you are energizing it instead of de-energizing it.

**To AntiLove and resist something BAD is not only painful,  
it is also counter-productive.  
 $Rxx \rightarrow Perxx$ .**

For that reason, Christ, Buddha, Lao Tse et al, taught:

**RESIST NOT EVIL.**

And they also taught **JUDGE NOT**, so that you aren’t walking around creating evil (BAD) to resist. It hurts and it don’t work so good.

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Furthermore, to think that What Is should not be (remember the definition of BAD is that which should not be) and then resist it with your AntiLove is a another form of insanity. What is, is. Your resistance to it being there is like beating your head against the wall to make the wall go away. Doesn’t do much to the wall, but sure hurts you.

If there is something you would like to change something, change it with wisdom and love, not resistance and AntiLove.

This brings us to the Paradox of Change:

**Rxx→Perxx. What you resist persists.**

**The Cycle of Existence is: Creation→Experience→Discreation.**

When you allow anything to BE itself fully, to “live”, to be experienced, it completes its Cycle of Life and then discreates. This is a law of the cosmos.

When you live resisting and struggling to change anything in you instead of allowing it to BE and experiencing the reality of how you are, you bog yourself down in that way a BEing. You “stuck” yourself in the Cycle of Existence at the midpoint: in Experience. When resisted, instead of proceeding to discreation, that reality “sticks” in existence = Experience, does not proceed to discreation and so persists.

Thus you keep experiencing and resisting, and resisting your experiencing: you cannot change or terminate it. When you resist anything, you stick the Cycle, the flow of Life, for that thing. You only resist because that thing is BAD—and remember how it got to be BAD—and that resistance causes its persistence. This is why most people find it so hard to eliminate negative (BAD) things from their themselves and BAD conditions (e.g. lack of money) from their lives.

The Paradox of Change is:

**When you try to change, you can't, for you are resisting how you are.**

**When you stop trying and just fully BE,  
you change naturally in the flow of life.**

CDT (Creation and Discreation Technology) applies the Cycle of Existence by showing you how to accelerate the process of experience of anything so that it discreates quickly and you move on to whatever you create to replace it.

## CHAPTER 8

### BAD III

#### THE MANY BADS

Not all BADs are created the same. It is useful to be aware of the different levels and targets we have for BADs.

The first level, easy to see, is our BADs towards the external world. Most of the problems and conflicts that exist on this planet are due to the failure to give SPACE to What Is after creating it as of BAD. (Short Definition of giving Space: to let it BE as it is.)

We create BAD around things: guns, drugs, gambling, viruses, taxes, ignorance.

We create BAD around events: violence, murder, car accidents, illness, war, death.

We create BAD around people: We personalize BAD. We believe that he who causes BAD is also BAD: thus there are two BADs, the event caused and the causer. Stealing is BAD, so therefore is the thief. The child that does something BAD becomes BAD. We paint BAD family members who don't do what we want.

**Every time you are upset, angry with, or fearful of another person you are painting him BAD in some way.**

Others will resist your imputation of BAD: you become BAD in their eyes for making them BAD and attacking them with your AntiLove. They will respond defending and justifying themselves (making themselves Right and GOOD) and usually counter-attack you with their AntiLove. This is part of the nature of most human conflicts, although there are even deeper causes: negative Identities.

We create BAD about the psychic realities (ideas and beliefs) of others: We create BAD around the philosophies and religions of others when these are different from ours. Americans are BAD to fundamentalist Muslims. All other philosophies are BAD to scientologists. Baptists are BAD to Catholics. If you think that there is any idea, philosophy or system of

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thought that should not exist, you are BADding it. All ideas are valid and enrich the universe.

If you don't want something in your personal universe, don't create it. If it is already there, discreate it. Psychanics offers a precise technology for creation and discreation. But you have no right to deny experiences to others, no matter how BAD you think those experiences are. We are all ONE: who are you to deny that experience to any part of God, to the Mind of God?

So, you can see that the average human being is swimming in BADs. **However, it is our “internal” BADs to self that are the true source of our problems and sufferings in life.**

We create BAD to our negative emotions, our FEEL: anger, fear, guilt, sorrow, hate, depression, etc. That is the door to suffering.

We create BAD to our behaviors and habits; our DO: overeating, laziness, irresponsibility, etc.

We create BAD to our THINKing: to think certain things is BAD: to think about sex or certain kinds of sex is BAD for many people.

We create BAD to our HAVE: it is BAD to have certain things, and BAD not to have others.

**But the most nefarious of all: we create BAD about ourselves.** We create our identities (beliefs about I AM and I AM NOT) and then we label them = ourselves BAD.

We create our anti-Essence identities and then invalidate them. We create the anti-power identities and label them BAD: I AM UNABLE AND IT IS BAD TO BE UNABLE; I AM WEAK AND IT IS BAD TO BE WEAK; I CAN'T (WHATEVER) AND IT IS BAD THAT I CAN'T. We create the anti-value identities and label them BAD: I AM INFERIOR AND IT IS BAD TO BE INFERIOR; I AM UNWORTHY AND IT IS BAD TO BE UNWORTHY.

**The anti-Essence identities are the most powerful factors in your life** and initiate the Causal Sequence (BE FEEL THINK DO HAVE.) These identities are the source of all your AntiLove, of all suffering in live.

As you can see, the “normal” human being is drowning in a sea of BADs. Both his physical universe and his psycanic universe are filled with BADs. Each BAD leads to resistance and pain. Each BAD sends you into AntiLove and damages your happiness. Every negative emotion has multiple BADs behind it: you absolutely cannot generate = feel a negative emotion without having created BAD—it is impossible. Each BAD makes persistent its target and change difficult.

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## CHARACTERISTICS, PRICES AND CONSEQUENCES

We have already seen the law: NIsGOB: Nothing Is Good or Bad. However, there is more to it. The complete law is:

Law: **NIsGOB &  
CarPriCon**

**NOTHING IS GOOD OR BAD  
and everything has  
ChARacteristics, PRICES and CONsequences**

## CHARACTERISTICS AND NATURE

Everything that exists has characteristics that comprise its nature. These characteristics determine how that entity acts and the effects it produces. The characteristics of a cow differ from those of a horse. The characteristics of a scorpion are distinct from those of a spider. The characteristics of a cobra are distinct from those of a Komoda dragon. A wolf differs from a dog.

Note that a scorpion, a cobra, a Komoda dragon, a wolf-- no matter how perilous to your health—are not BAD. It is their nature to sting, to inject venom, to tear apart; these are their characteristics—and how they earn their living.

Given those characteristics, how should you deal with a scorpion, or a cobra, or a wolf? Obviously, very carefully--or not at all, if you have a choice. You must recognize their particular features and behaviors, and the possible effects of such on you, and deal with them accordingly and wisely. You must deal with them according to their nature--and that nature does not include BAD.

For example, you can avoid a scorpion if you see him in time (where I live, I see about one a month *inside* my home); you can outrun a cobra; but to run from a wolf will cause him to pursue you. Should you have these creatures as pets, are you going to treat each in the same way? Obviously, not: you are going to treat each one according to its nature.

Every person, thing and event has its Characteristics, its Nature, and Wisdom require that you recognize them and deal with them appropriately.

In the same way, your life will be filled with events (people, places, things and occurrences) The events are not BAD: “Good? Bad? Who

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Knows?" Each event needs to be dealt with according to the nature of the event. In general, you will grow more from your handling of the negative events in your life than you will from the positive ones. If you use something negative to grow, is it really negative?

Every person has his nature, which consist of all his characteristics. You will meet people who are dishonest, liars or thieves. You will meet people who are lazy and irresponsible. You will meet people who are closed-minded and loud-mouthed. You will meet people at the effect of their negative identities and using ego to try to prove to themselves and the world that they are not weak, inferior, powerless or worthless.

These are not BAD characteristics—NOTHING IS BAD--and each one has its prices and consequences for the person who has it, and for you if you do not deal with it appropriately. Your goal is to make sure that YOU don't suffer the consequences of that person's nature.

You will best do that by not creating BAD about such traits or the people who bear (in both senses of the word) them. Your BAD only clouds your mind and logic in dealing with them, as well as creating your pain and resistance to them—to which they will respond with resistance to you. All this will only exacerbate your difficulties in dealing with such people.

BAD clouds your mind, distorts reality, and causes pain, resistance and counter-resistance.

Your goal is to deal with each thing and person according to its nature in Space, Wisdom and Love. Your goal is to avoid suffering the effects of the characteristics of others and to achieve what you want, preferably in a win-win transaction consistent with your integrity. This ability starts with not creating BAD; creating in its stead SPACE as we will see in the next chapter.

## **NOTHING IS GOOD OR BAD.**

**DEAL WITH EACH THING ACCORDING TO ITS NATURE**  
without distorting that nature with your BADs.

## PRICES AND CONSEQUENCES

A “**price**” is something you must pay before or for an event. Example: The price of becoming a medical doctor is years of study.

A “**consequence**” is an effect or result after an event. Example. One of the common consequences of becoming a doctor is wealth.

However, the difference is not important for our purposes here and we shall consider prices and consequences together. Also, these following words are synonyms for our purposes: effects = results = consequences.

Every Cause has its Effects. Just as everything has its characteristics, so too does every one of your actions has its prices and consequences. Here we are going to focus on the negative events and negative consequences, the things we usually label BAD. There are also positive actions with positive consequences, but here we are on the subject of BAD.

What are the consequences of over-eating? Bloated feeling, digestive problems, getting fat, heart trouble, loss of self-esteem, etc. Over-eating is not BAD—nothing is—and it has its consequences.

What are the consequences of over-drinking alcohol? Waste of money, hangovers, liver disease, loss of self-respect, loss of job, doctor bills, etc. Drinking is not BAD--and it has prices and consequences.

What are the consequences of robbing a bank? Living in fear of getting caught, going to prison, loss of self-esteem, etc. Is robbing a bank BAD ? No—and it has consequences.

Is sexual infidelity BAD? No—and it has consequences: relationship conflicts, divorce, effects on children, sexual diseases, loss of respect of others, loss of self-respect, etc. Is infidelity BAD ? No—and it has consequences.

In nature—and all is nature--nothing is GOOD or BAD and everything has its prices and consequences. Every action has a reaction (Newton). If you don't want to pay the prices and suffer the consequences, then don't do the action.

Occasionally, a young person on understanding that there is no GOOD or BAD, will go wild. He or she will go do whatever s/he wants no matter how it affects others, or his or her own future, including such things as promiscuous sex, drinking, smoking, drugs, wild living, etc. **He confuses libertinage with liberty.**

This means that he has understood only one half of the law (NIsGOB and CarPriCon). Indeed, nothing is GOOD or BAD – and EVERYTHING HAS

PRICES and CONSEQUENCES. Wisdom is the ability to predict the consequences of your actions, and discipline is the ability to abstain from those that will cause unwanted consequence. Such a person has neither.

**THE ULTIMATE CONSEQUENCE**

Your actions will have many consequences in many directions. However, there is one consequence for all your actions that is usually the most important one. Its comprehension requires concepts that we have not yet covered, and I can only state them here briefly without explanation or proof.

Happiness is the ultimate motivation of your every action. Happiness is a result, an effect of Love. The only Love that really matters is your love for self: the essence of Happiness is Self-Love; Self-Love is the only true cause of Happiness.

Your love for self is determined by Who You Are = your BEing = your Identities. You naturally love yourself when you are in positive identities: e.g. I AM POWERFUL, I AM WISE, I AM WORTHY. You naturally AntiLove yourself when you are in negative identities: I AM WEAK; I AM INFERIOR, I AM STUPID, etc. AntiLove is the essence of pain and suffering.

By the Causal Sequence, BE determines DO: you act according to Who You Are. However, DO also creates BE; your actions form Who You Are. For example: if you DO the action of stealing or cheating, you create in yourself the identity of THIEF or CHEAT. If you DO the action of drinking, you create the identity of DRINKER and maybe of a DRUNK. If you kill, you have BEcome a KILLER. It is a circle: **Identities determine actions and actions determine identities.**

Expressed in the form of the Causal Sequence that we will see in other materials, this is



**Your BEing determines your DOing and your DOing forms your BEing.**

Your BEing also determines your FEELing = emotions = self-love. How do you feel about a THIEF, about a CHEAT, about a DRUNK, about a

**KILLER?** Is your affinity = love = happiness about these identities positive or negative? Do you love or AntiLove them? Just as you feel about others in these identities, so will you feel about yourself if you do such things and create such identities in you.

To act with Love towards others creates positive identity and Love in you; to act in AntiLove towards others creates negative identity and AntiLove in you. You get what you give.

Another example: There are two ways to achieve great wealth: Love and AntiLove. If you choose the path of Love, you create goods or services of value to others and interchange win-win with them. This is a form of Love and creates Happiness on both sides.

If you go the path of AntiLove; you lie, steal, cheat, defraud, even kill to get money. You may indeed accumulate wealth, but the price is your self-love and Happiness. You will have destroyed them in you.

The greatest consequence, then, of your actions is that they determine Who You are, and therefore your self-respect and love, and Love is the only Happiness there is. If you DO actions that are anti-loving to yourself or to others, you create in yourself negative identities and AntiLove for self.

This can also be explained in terms of self-esteem. Self-esteem is just that: self estimation, self-evaluation (Value in the Causal Sequence), self-grading. Esteem is a question of value. When you assign a negative value, BAD, to yourself, you damage your self-esteem. When you are Good, you esteem yourself; when you are BAD, you AntiLove yourself. As you are a BEing of Love, when you AntiLove, your soul knows it. The love that you are diminishes. You, consciously = guilt, or subconsciously create BAD about yourself for your AntiLove actions.

The only thing that damages self-love = self-esteem is BAD created about self. There is NO other cause of low self-esteem (although the mechanism involves identities and is more complicated than this).

As we mentioned above, some people when they first understand that there is no BAD, think they can run out and do anything they like. Well, you can—you have always been able to. **BUT there are effects = consequences and the greatest of these is always Who You Are→Self-Love→Happiness.** The price of Antiloving acts is the destruction of your own self-esteem = self-love = Happiness.

So you see, there is perfect justice in life: everyone immediately experiences the consequences of his acts: the increase of BEing and Love and Happiness, or the decrease of them.

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Thus, the complete Law of Psychanics, and one of the great Laws of Wisdom, Power and Love, is:

## NIsGOB—CarPriCon

**Nothing is Good or Bad, and  
Everything has Characteristics, Prices and Consequences**

I suggest you memorize this concept, this law NIsGOB; CarPriCon: it is a lighthouse in the darkness of life.

### THE PRICES AND CONSEQUENCES OF BAD

NIsGOB, CarPriCon includes the creation of BAD itself. It is not BAD to live creating BAD—and it has many and great consequences. These include:

- The creation of an illusion, a hallucination and a lie.
- The insanity of seeing what is not there.
- The distortion of reality that deteriorates your ability to deal with reality.
- The Negation of Responsibility for your creations and manifestations (to avoid BEing BAD).
- Guilt to self (for doing BAD things).
- Negative Criticism and Blame to others (for doing BAD things).
- Invalidations to others leading to conflicts of attack and defense mechanisms in relationships.
- AntiLove = Resistance, rejection, hate and separation between people,
- Feeling and acting with AntiLove to those externals (people and events) labeled BAD.
- BAD is the entry point for AntiLove = pain = suffering for the creator of BAD: (impossible to suffer without first having created BAD).
- AntiPower: the inability to change that which is resisted = BAD: Rxx → Perxx.

On a macro scale, BAD creates division between entities (religions, races and countries). It creates the polarity of superiority-inferiority; hate; and war (to destroy the BAD).

And we have yet to see the worst consequences of BAD. These occur when you apply BAD to self--and every human being does so. For example: When you apply BAD to yourself, it destroys your self-esteem = self-love = happiness and triggers self AntiLove. All happiness is the celebration of Who You Are. If you are BAD, there is not much to celebrate.

There are even more consequences of BAD in relationships.

Creating BAD creates a lie and illusion, destroys love = happiness, and reduces your Power, which is your ability to deal with reality and get what you want. Obviously, creating BAD is not Wise. Creating BAD is AntiEssence; it is counter to your nature and to your deployment of Wisdom, Power and Love.

God doesn't create BAD. You would do well to follow his example.

None of this makes creating BAD, BAD. It is just expensive in terms of prices and consequences.

**Its not BAD to create BAD; it's just expensive.**

## CHAPTER 9

### BAD IV: SOLUTIONS TO BAD

The Value Polarity is absolutely essential to Experience, to Games, to Drama, to existence. We can't just do away with Value; we must have values or we would have no direction towards which to move, no meaningful change and therefore no Games or Drama. Good and Bad, however, are not the essence of the Value Polarity; Positive and Negative are. Good-Bad is a distortion of the Positive-Negative polarity. The understanding of this distortion, of the difference between “negative” and “BAD”, permits us to avoid creating Good-Bad while retaining Positive-Negative.

#### **Definitions:**

- **Positive**; that which is pleasant, desired or productive (productive means that it contributes to our purposes and objectives).
- **Negative**: that which is unpleasant, not desired or counter productive to our purposes and goals.

#### **THE DEFINITION OF BAD AGAIN:**

**BAD is that which should not be as it is** (usually because it harms or causes pain to GOOD) **thereby (appearing to) justify the use of negative energy to attack, stop, change or destroy it.**

Notice the differences in definitions: the differences are “should not be” and “attack with negative energy”. “Negative” differs from BAD in that it never says that the negative thing should not be, and thus does not “authorize” the use of negative energy to attack its object. “Negative” only says that that thing is not of interest or benefit to me at this time (it might be later).

An example may best illustrate the difference between BAD and negative. Imagine that you are in Chicago and want to go to New York. However, by error, you take the road or the plane to Los Angeles. Is the road or plane to Los Angeles BAD? Should it not be? Should it be attacked and destroyed so that it no longer exists?

Obviously, not.

The road or plane to LA is not BAD. However, it is negative: it is not desired; it is counter-productive to your goal of the moment: NY. You will not waste your energy trying to make the road or plane nonexistent. (You may waste your energy resisting yourself with anger and labeling yourself “stupid” or whatever for taking that road, but that is another story.)

All BADs are part of the possibilities of experience. If you don't want an experience, then don't create it; or if it is already in your personal universe, discreate it. But all possibilities and experiences are not only valid in themselves as God exploring Her possibilities of BE; DO HAVE; but they are essential to our universe because of Polarity.

Another kind of example: There is much debate about abortion: whether it should or should not be. Both sides create a long list of reasons to support their position. But in the final analysis, what do we know to be absolutely true about abortion?

It exists. As it exists, we know that it is OK with God; it has Her SPACE = permission = tolerance to exist. God is, by definition, all-powerful. If She were to judge something as BAD = should not exist, it would not exist. The fact that it does exist means that it has God's permission to be and to be explored as an experience.

Thus, if you do not want abortion in your life, then do not practice it or participate. However, you do not have the right to deny that experience to others or to the Mind = Experience of God. (As a solution to this question, I propose that those that are anti-abortion set up a fund to pay for the birth expenses, upbringing, and education of the children who would otherwise be aborted. 1- This would give the mothers an option; and 2- Anti-abortion people would assume the burden and expense of raising the children, burden and expense that they are presently trying to force on others. Are they willing to do what they want to force others to do?)

Furthermore, when you resist something as BAD, you will usually **punish** those who do it. You, therefore, stop them from learning from the consequences of their actions (the development of Wisdom). You also create even more resistance and AntiLove in the world. To make this comprehensible, we have to take an aside into the difference between **Consequences** and **Punishments**.

**Consequences** are the natural results of actions . People learn what works and what does not by experiencing the **consequences** of their actions. They thus acquire **Wisdom** (the ability to predict the consequences of action and therefore the knowledge of how to produce the desired results.)

Of course, even better is to acquire Wisdom by observing the actions and consequences of others. As they say: The Wise man learns through the mistakes of others; the Fool through his own.

Consequences are positive or negative, but not BAD. For example, a consequence of the Law of Gravity might be breaking your leg in a fall, but that does not make the Law of Gravity BAD – nor even make the fall BAD; remember the story of Good? Bad? Who Knows? Where the fall saved the son's life?

Nor to Consequences need to be imposed by others; they are the natural results of actions. **They therefore preserve auto-determination.**

Punishment, on the other hand, comes behind a BAD. Punishments are artificial penalties imposed = determined by another to cause pain and suffering (supposedly to modify behavior or retribute the BAD done). Punishment is not Accountability, a part of Responsibility that is the restoration of the energy damaged or lost by the BAD act. Punishments are designed to make the BAD person suffer. Punishment is other-determination, AntiLove and usually provokes resistance and AntiLove in return. Punishment serves neither the punisher nor the punished.

Furthermore, the invalidation of BAD will usually send the offender into justification to restore his sense of Good and self-esteem. And it will often put him in a position of adversary of that which labels him BAD. How may criminals admit they are BAD? —versus how many think the system is BAD and they are the innocent = Good victims?

For just one example of all this, let us take prisons, one of the most stupid inventions of humankind. Prisons are universities of crime, and an excellent example of Rxx Perxx. When a person goes in, he committed one kind of crime, and obviously not too well as he got caught. Let's say he is a car thief. In prison, he will meet and talk with people from all walks of life and crime: he will perfection his area (car theft in this example) and learn bank robbing, extortion, smuggling, drugs trafficking, forgery: if somebody is in the prison for it, he has the opportunity to learn it. All he has is time and people to learn from. And, not only does acquire a university-level education, he acquires contacts. Before he went to prison, he knew, say, 3 to 15 other criminals all or mostly in his area. When he comes out he know hundreds and in all branches of crime. At the same time, he is branded and preventing from many kinds of work; this puts pressure on him to remain in crime. So to foment crime, maintain prisons. I cannot imagine anything more effective.

What to do with criminals? – there is a Loving solution, but that is another story, one for the Level on Society, Government and Religion.

### **RESPONSABILITY VERSUS BLAME AND GUILT**

BAD is the difference between Responsibility and Blame/Guilt. Responsibility has no BAD: it is simply: Cause→Effect = Result = Consequence→positive or negative. If you don't like the result; if it is

negative, then correct your error; vary your action until you produce the desired result. If your action has resulted in damage to another, then restore that damage. There is no BAD, no invalidation; it is all handled in Space—and Space is the beginning of Love.

Blame and Guilt both require BAD to exist. Blame is invalidation to self or other for failed or BAD Cause: what you did is BAD and you are BAD for doing it. Guilt is self-invalidation for BAD Cause: you did something that violates your own standards. Both blame and guilt are denial of Space and are AntiLove. Love starts with Space.

Children respond very well to Responsibility and Accountability, even when they have to restore some damage they have done. In Responsibility, there is no BAD, thus no Blame or Guilt. There are just Actions and Results (Consequences). If the result is not adequate or appropriate, then you show the person how to vary their action until it is. If there are damages, then they only have to restore the damage. There is no intent to make them Bad or to make them suffer for what they did. Responsibility and Accountability are Love: children and adults respond to Love.

On the other hand, children respond very poorly to the AntiLove of BAD, invalidation, blame, and punishment. To love ourselves and to be loved by others; to be “Value-able” and to BE happy (remember love is happiness); we must BE GOOD. **The human being will not, cannot, accept BEing BAD.** The “BADed” person will go into resistance to the entity that paints him BAD; and given the opportunity, he will sabotage it and its purposes. He will go into justification of his acts to make them and him GOOD, and will perform them again when possible to assert that he is GOOD. He does not willingly or easily correct his behavior because that would be to admit that he was BAD. He does not learn; he does not become Wise (except in how to be better at his negatives). With Blame, Guilt and Punishment, you may have enough force and cause enough pain to suppress the negative behavior, but it is all AntiLove and in the ultimate analysis negative for both parties.

The world is full of this spiral of resistance to BAD followed by blame and punishment. It is the root cause of rebellion in children and all human beings, including re-incidence in criminals. **Resistance to the imputation of BAD is a major dynamic in all human conflicts.** We resist and counter-attack all forms of invalidation = BAD because to be BAD is to be unlove-able, and Love is the ultimate motivation of all human endeavor.

As you can see, the difference between “negative” and “BAD” makes all the difference. It is the difference between Space = love = happiness and AntiLove = pain = unhappiness.

## LOVE AND ANTILOVE

This brings us to a second system of Value, of evaluation, that is very useful in transcending the creation and use of GOOD-BAD: **Love** and **AntiLove**. Instead of evaluating your acts in terms of GOOD-BAD, evaluate them in terms of are they Love or AntiLove. Love and AntiLove in psycanics are extensive concepts that are not covered here, but we can define them briefly.

Love is positive energy. Love is all forms of positive energy the benefit or grow the beloved. It includes actions like working, helping, building, and contributing in any form to well-being of self or other. Love creates, grows, strengthens that which is loved. Raising a child, painting a house, and creating a business are all acts of love.

AntiLove is any energy that attempts to lessen the BEingness of any entity. AntiLove is negative energy or actions that damage or try to destroy an entity **causing a net loss of energy in the universe**. This needs explaining:

To create anything it is usually necessary to destroy something. For example, to build a house, you may have to eliminate the fauna (i.e. ants, spiders, lizards, etc), and the flora (trees, grass, etc) on the lot. The measure of whether an action is Love or AntiLove is whether there is a net gain or net loss of positive energy in the universe. Of course, to calculate this requires great Wisdom; but without Wisdom, Love cannot exist.

The principles of Love and Loving in psycanics are expressed as the Universal Principles. These include integrity, honesty, veracity, etc.

Your objective in life, whether you know it or not, is to return to ESSENCE, to LOVE. (Essence also includes Wisdom and Power, but here we are only interested in Love.) The only motivation of all human behavior is the experience of ESSENCE = LOVE (for our purposes here).

We have already presented the equation of  $BE \rightarrow DO \rightarrow BE$ ; which in other words is: Identity expresses in action, action determines Identity. This is a circle with each element feeding back into the other. One of the ways in which you can create Love in your life and more especially create yourself as Love (which is the highest experience of Love) is to Love, to perform actions of Love. Your loving DOs create a BEing of Love. You BEcome that which you DO.: the Consequence of all your DOing is the creation of yourself.

Therefore, an excellent value system is to evaluate everything in terms of Love. Ask not: "Is this Good or Bad?", but rather: "Is this Love or AntiLove?".

He who seeks higher spirituality should live in the question: What would Love do now? And then do it—which will generate in him Love (you get what you give), and above all, the IDentity of Love. He BEcomes Love. This is a non-stop ticket back to ESSENCE.

Of course, you must not confuse, must not think, that AntiLove is BAD. It's not; it is AntiLove. Furthermore, if you label AntiLove BAD, then you will generate AntiLove against AntiLove which only creates more AntiLove: Rxx→Perxx.

### A FALSE SOLUTION

You might think that the solution to BAD is to always and only create GOOD. This is not possible: you cannot have one pole without the other. If you create one polarity, you unavoidably create the other. GOOD-BAD is always and to define anything as GOOD, something else must be BAD. On creating one, you create the other.

The solution is to transcend GOOD-BAD altogether. To Love everything all the time as a commitment and act of your will. **This is done by going into the condition of SPACE**, the subject of our next chapter.

The ignorant man—which is most of humanity at this time in history—lives thusly: “The world is full of BAD events, people and things, full of EVIL. BAD and EVIL cause pain and unhappiness, and make the world difficult and hostile. Life is a war between Good and Evil and a valley of tears and suffering. I am necessarily a soldier in that war—all GOOD people must be--and I must resist and fight BAD and EVIL and try to destroy them.”

“I don't seem to make much progress, but never can I abandon this war for BAD and suffering would take over the world. When I don't win, as I often don't, a battle against a BAD, why then I must resist it even more, even though that is even more painful for me. But I see no other options and no way out. My tragedy is that I don't realize that I can never win because I am fighting my own ignorant mind that generates a constant mirage of BAD.”

Of course, the ignorant have no idea what is really going: their creation of BAD.

It is important to note, that as Buddha said: **All Evil is ignorance**. Man is ignorant of his ORIGIN and ESSENCE and that all is ONE; he lives in separation and isolation. He is ignorant of the nature of God. He is ignorant of Polarities and Relativity. He is ignorant that he is the creator of all his psychanic realities, especially BAD. He is ignorant of the true nature and

operation of Love. He is ignorant of Space. In all this ignorance, he creates BAD and EVIL and then resists them. He creates his demons and wars with them.

The Wise man lives thusly: What is, is. Reality is as it is. GOOD and BAD were ghosts of my mind and I have buried them. As there is no BAD, only events and experiences, I resist nothing. “Good? Bad? Who Knows?” -- knowing how limited is my viewpoint and wisdom, and having seen that my greatest good often comes from my greatest “bad”; I live in Space, experiencing the flow of my life without judgment, without resistance. As I do not resist, I do not suffer. And life is just a river of experiences.

I know that each BEing creates his life whether he knows it or not. I am the creator of my life—and observe how others create theirs out of ignorance of the psycanics of life. There are very few things about which I need to make value judgments, and when I do, I use **positive-negative** and Love-AntiLove to make my evaluations. When something is negative, I act to change it with Serenity, Love and Wisdom. In pure self-interest, I try to always act to Love and to avoid AntiLove for that determines Who I am and my Happiness. Thus I live in peace and love and happiness.

Which way of living do you choose? (Of course, this is a very high spiritual level and requires years of CDT to achieve it.)

One part of transcending BAD is to stop creating BAD; to have no opinion about most things; and to use positive-negative or love-AntiLove where you do need to make a value judgment. You can control your mind and stop creating BAD about anything: you can learn to live in Space. (Space is defined in the next chapter.)

The other part is to discreate all the BADs that you have created in the past and are carrying around with you. Your subconscious is chock-full of them: Every negative FEEL, THINK and DO is a sure sign of multiple BADs in your mind. We will see how to discreate the BADs you are carrying around now in other books.

To end all suffering, to climb out of the Vail of Tears and return to Paradise, you must transcend the creation of GOOD and BAD. To return to your ESSENCE which is LOVE and JOY; to return to the Kingdom of Heaven and consciously BE God again, you must adopt the viewpoint of God: there is no GOOD or BAD. There are only actions and consequences: positive or negative. And you never forget that **the greatest consequence of all your actions is the creation of yourself as a BEing of Love or AntiLove.**

Above all, **our purpose is that you come to be able to view yourself from a condition of SPACE in which the concepts of GOOD and BAD are irrelevant. This is the beginning of Self-Love** and self-love is the basis and sine qua non of all other forms of Love.



In all of this: Observe your POWER OF CREATION and the POWER OF YOUR CREATIONS.

- How real have you made BAD and EVIL in your life = experience?
- How much has BAD impacted in your life?
- How much pain and suffering has BAD caused you?--ALL of it!
- How many problems and conflicts have you had in your relationships?—BAD is present in all of these.
- How is your self-esteem?—your BADs to self are what limit it.

**SUMMARY OF LAWS**

Your are the creator of your realities = experience, including the R/Exp of BAD.

### Nothing is Good or BAD

except your thinking makes it so.

**BAD exists only in your mind and by your creation.**

There is no objective quality or characteristic of BAD.

(Related Law: Nothing has any meaning or significance until you create it.)

### NIsGOB, CarPriCon

Nothing is Good or BAD, and  
everything has Characteristics, Prices and Consequences.

BAD is the door to AntiLove = suffering; thus **BAD is the gate to hell**.  
It is impossible to suffer without first having created an opinion of BAD.

What is, is. Reality is as it is.

Your suffering is never What Is.

Your suffering is your Rxx to What Is = Reality.

The trigger for all AntiLove = Rxx = suffering is BAD.

You are the creator of BAD.

Thus you are the creator of your suffering.

Rxx manifests and energizes that which is resisted.

- 1- With other BEings: Rxx provokes Rxx.
- 2- With conditions and states: Rxx Causes Perxx.

Your maximum Wisdom and Power in life come from seeing and treating things as they are – which is never “BAD”.

Your opinion of BAD is a lie, a hallucination, and a distortion of reality  
that

blinds you to how things really are.

You can not control Reality dealing with an Illusion.

Deal with each thing according to its nature (characteristics)--  
BAD is not one of them.

## THE FALL OF THE ANGELS

In the Old Testament, there are two major references to GOOD and EVIL, both in the first chapter; Genesis. The first we have already mentioned: how the eating of the apple of the knowledge of Good and Evil, sent man (represented by Adam and Eve) out of Paradise = God, Love and happiness, and into the world of toil and suffering.

The other story is of the fight in Heaven between GOOD represented by the Archangel Michael and his gang; and EVIL represented by Lucifer and his coterie. Notice that Lucifer means light bearer; Lucifer was originally GOOD. GOOD won and the EVIL ones fell from the Heavens, supposedly to Hell. (It is not relevant to our point here, but the cause of the Fall was ego.)

This is a very accurate story as far as it goes. However, there are two important details that are left out. First: The fight between GOOD and EVIL is not external to the BEing, but internal within the BEing. It is the fight between your opinion of GOOD-BAD about yourself and therefore your creation of self as Light or Darkness. As GOOD-BAD determines Love-AntiLove; the battle really is between Love and AntiLove for yourself—not between external factors. What you “GOOD-BAD” and Love-AntiLove is your own BEing = IDentities as will be explained in more advanced materials. As Love is Happiness, the consequences of the battle are joy or suffering, Heaven or Hell.

The second detail omitted is what really happened to the BAD guys. If you want to know what happened to those “fallen” beings, where they went—and even see one for yourself, go look in a mirror.

I first saw all this in a mystical vision. I saw us in our ESSENCE as great beings of Love and Light. I saw how we destroyed that which we loved because of ego, and then how we created BAD to ourselves. We then failed to love ourselves in that identity of BAD thus not only failing to discreate it; but then we resisted ourselves as BAD and caused the persistence of ourselves as BAD.

Thus we counter-created our ESSENCE: we reduced POWER to avoid doing more BAD. We reduced LOVE as we felt we no longer deserved it, and we fled from heaven, because we believed we were no longer worthy (AntiValue). I tell you that deep, deep in the interior of every human being, there is a great mass of BAD—which is the real source of our projection of it onto the world. By making the other BAD, we hope to take the opposite polarity and be GOOD.

When I saw all this—and there is much more—I was awed. And I realized that someone else had seen this exact same thing 3000 years ago and had described it quite well in the Bible. It was not myth; it was not an analogy: it was a report of a historical, although mystical, fact. That was the story our apparent separation from ESSENCE and our descent into Anti-Essence where we are today. As I said the only things left out were that the fight between GOOD and BAD is internal, and that the Fallen Angels, that is who we humans are, hiding out from God on this planet of AntiLove, in no confront on our creation of ourselves is BAD. That no-confront also blocks our perception of our real BEing of Essence and of ESSENCE.

As we continue on into psycanics, this will become more real for you. We will examine Essence and Anti-Essence and how we create our AntiEssence Identities and paint them BAD, and how we create AntiLove and suffering. In Mysticism, we will come back to this vision and how the Fall, the descent into Anti-ESSENCE, happened in more detail.

## **GOD AND BAD**

Observe that, by definition, BAD is that which should not exist = BE as it is. It is that which should be changed, stopped or destroyed.

God is, by definition, omnipotent = all powerful. Therefore, were there something that God All Mighty thought should not exist, it would not exist: it could not resist Her Power.

The fact that something exists proves that the OMNIPOTENT does not think it BAD = should not exist. Therefore, nothing exists that is BAD in God's opinion: She isn't creating BAD about anything that exists. Everything that exists has Her Space = Love to BE as it is. There is no BAD for God.

Understanding the nature of BAD resolves one of the great dilemmas of most religions: How can a GOOD God create or allow BAD? To Cause or to allow BAD if you can prevent it makes you BAD. (As it is said: "By their fruits you will know them".) So how can a GOOD God permit BAD and evil? This question has stymied religions for millenniums.

The question resolves itself when you understand that BAD is a creation of and exists only in the human mind. It has no objective reality. BAD doesn't exist as an innate property of anything. God does not create opinions of BAD; BAD is an ungodly creation. She is Space = Love to all that is. It is strictly Man that creates BAD. Thus God does not create BAD; Man does.

**SUFFERING FOR NOTHING**

Why do you suffer? You suffer because of BAD things and events that (seem to) cause you pain = negative emotions. The human definition of BAD is that which causes pain. I say “seem to” because we have proved that nothing outside of you ever causes your emotions. Thus, as there is nothing that causes pain, there is nothing BAD.

To summarize this.

That which causes pain is BAD.  
But no thing causes pain—  
therefore nothing is BAD.

Actually, that which causes pain is BAD itself.

The opinion of BAD is the entry point to all pain;  
it is impossible to suffer without first creating BAD.

Therefore, only BAD can possibly be BAD--  
Except nothing is BAD, not even BAD..

BAD exists only in your mind; it is an illusion, a hallucination, a mirage, of your own creation. **Nothing, no thing, is BAD; and BAD is no-thing, nothing; it doesn't exist.**

So, you know all that suffering that you been doing all your life? **–it was for nothing.**

**How does it feel to have suffered for nothing?**

The only way to stop all pain is to stop creating BAD and discreate the ones you have already created and are carrying around. And remember, the only important BAD is the BAD that you create to self.

## CHAPTER 10

# SPACE

Psycanics observes that there are three factors central to the existence: Cause, Space, and Energy, referred to as the Trinity. We have shown that you are the Cause = Creator of all your psycanic Energies = realities = experience; that is of your thoughts and emotions. Particularly, we have seen how your creation of BAD triggers your negative energies = AntiLove = pain. We are now ready to launch into Space, the third element of the Trinity.

Space is the least understood of the three above-mentioned factors. In fact, most humans have no concept of its existence. It is the beginning, the entry point, to Cause, Wisdom, Love and Happiness. It is the key to handling negative energy. Space ends conflict and suffering. It is essential to discharge negative Energy and to discreate negative Realities. If you cannot discreate realities; it is much, much harder to create the realities that you desire. Space, then, is a critical factor in Power.

While psycanic Space shares some parallels with physical space, it is a more complicated phenomenon. We are going to start with definitions and concepts of physical space and then use these to begin the study of psycanic Space. Space is a difficult concept to explain precisely because Space is, by definition, nothing. It is emptiness; it is the absence of energy, matter, or reality. Thus, there is literally no thing to talk about. (Reminder: When referring to the general concept of psycanics, the term, here “ Space” is capitalized.)

### PHYSICAL SPACE

**The distances and areas between points (and objects).** Examples: 2 points = a line; 3 points = a plane; 4 points = three dimensional space; any point in motion = change = Time = the fourth dimension as we humans imperfectly perceive it. The last equation is why Einstein reported the universe as a Space-Time Continuum. If you have studied geometry in high school, the Theory of General Relativity in college, and Cosmology in Psycanics, you will understand all these. If not, don't worry about it: comprehension here is not critical to our

discussion. Just think of space as that nothingness between somethings and which the somethings occupy (next definition).

**The capacity to contain objects.** Space is a three dimensional area within which realities exist. For example, a room is a space that can contain furniture and other objects and through which people move. The solar system is a space that contains the sun and the planets. Galactic space contains the 200 million or so stars of our galaxy. “Outer space” contains all the 100 million or so galaxies of this universe. Thus space is the “box” in which the universe exists.

**The absence of objects.** Objects occupy space, thereby denying that space to other objects. Where there are objects, there is no more room, no more space: the space is already occupied by other objects and nothing else can fit in, can occupy that space. For example, if you have a box full of sand, there is no more room = space in the box for other objects. You would first have to remove some sand to be able to put anything else in the box: you would have to **create space** in the box. From this viewpoint, **objects occupy and cancel space.**

Space is **the opposite polarity of density**. Space is nothingness; density is “something-ness”; the degree or amount of energy = matter in a given space. Maximum density is maximum “somethingness”. Some stars reach a density of energy-matter of 15 metric tons (33,000 lbs) to the cubic centimeter. Ordinary matter, even the densest matter on this planet is still 99% space, the space being between the atoms and within the atoms in the electron fields. There is much less space in matter that dense. The physical Space polarity runs from the nothingness of “outer” space down to the densest matter at the “bottom” of a black hole.

Physical space is the most plentiful thing in the universe. Even on this planet, there is still a lot of space (except in places like Manhattan and downtown Tokyo). Psychic space, however, is in very short supply on this planet.

These concepts of physical space above will help to understand psychic space:

- Space is the capacity to contain objects: more space = more room for more objects.
- Objects cancel space.
- You create or restore space by eliminating what is previously there.

## PSYCANIC SPACE

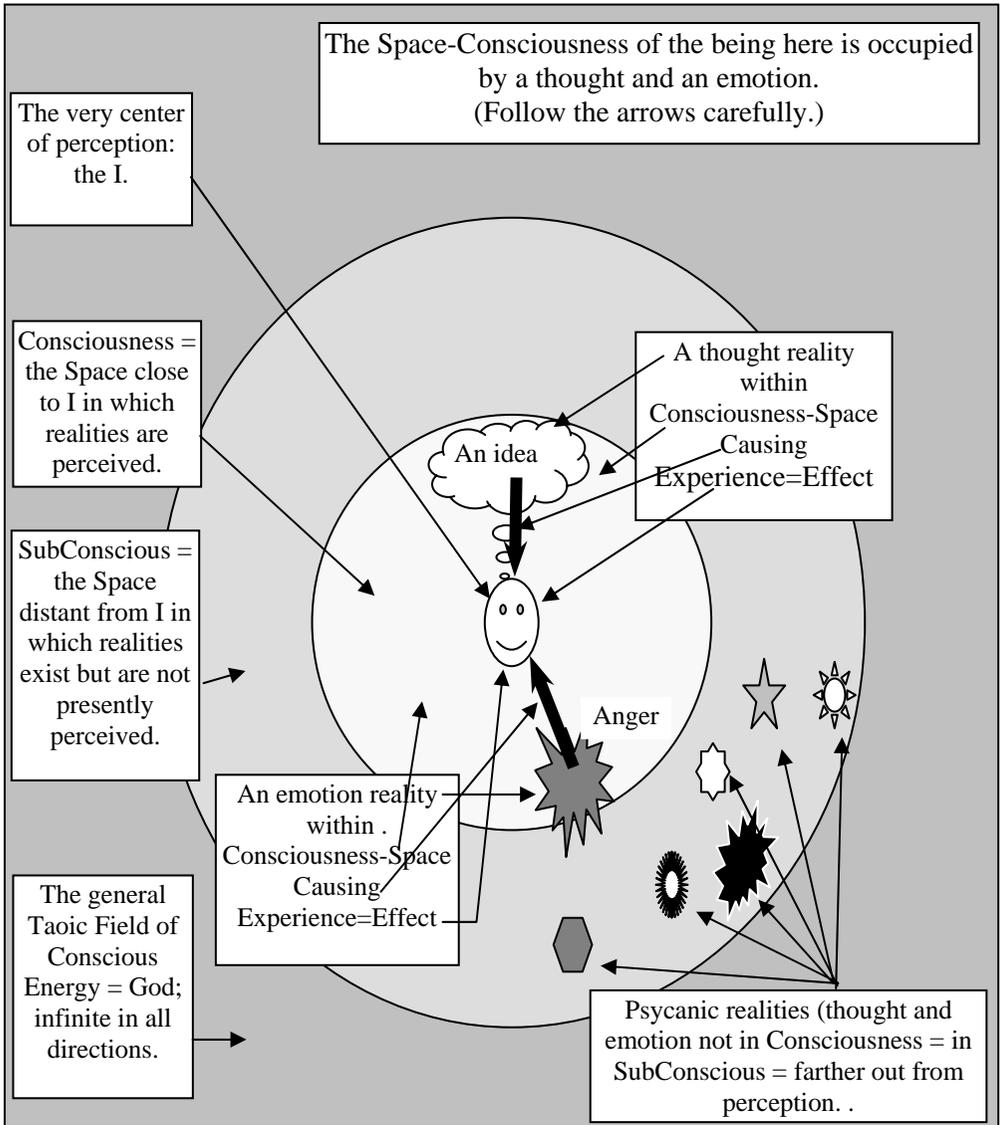
As you see, the concept of physical space is fairly simple; psycanic Space is more complex. To truly understand Space, you must go beyond mere definitions and grasp the total concept.

### The Concept of Psycanic Space:

- (Cosmology and Mysticism) The universal non-physical SPACE is the Taoic conscious-energy field = God in which all reality exists, all psycans and their individual psycanic universes = personal psycanic spaces exist. SPACE as absolute nothingness is one of the ESSENCES of God. “Underneath” the highest level, the SPACE of God = Absolute Nothingness and therefore within Created Reality; there is always some energy present, at a minimum, Consciousness
- Space is the opposite polarity of density. Just as physical space is nothingness and the opposite of density as the amount of “somethingness”; **psycanic Space is the absence of psycanic energy = mental matter (thoughts) and emotional charges.** The psycanic Space polarity runs from the SPACE ESSENCE of God (Absolute Nothingness) down through all frequencies of thought to the densest and heaviest negative emotions such as hate, grief, despair, and depression. Compare this to the physical Space polarity that runs from the nothingness of “outer” space down to the densest matter at the “bottom” of a black hole.
- Space is the relationship of any finer energy to any denser, lower-frequency energy. Higher frequency energies are “spacious” to lower frequency energies. Thus Will is Space to Consciousness; Consciousness is Space to thought; thought is Space to emotion; and all psycanic energies are Space to the body and matter.
- Therefore, Consciousness is Space in relation to all lower energies. The conscious energy field, both the universal field and the personal field, is part of what the psycan is and the Space in which he exists. It also the Space (really a conscious-energy field) in which his realities exist and where they Cause his experience. The individual psycanic space, the psycanic universe of each individual, is that space (really a conscious-energy field) around each psycan in which he forms, manipulates and experiences his psycanic realities (identities, thoughts, ideas, emotions, etc.). It includes both the area close in where he can perceive his realities, and the space farther out from the center of perception where he maintains those realities (e.g. memories, data, etc.) that are not presently in consciousness: this is called the subconscious.

Thus what we call consciousness and subconscious is the force of a reality’s charge divided by the distance from the center of perception.

The following diagram may help to make all this clearer.

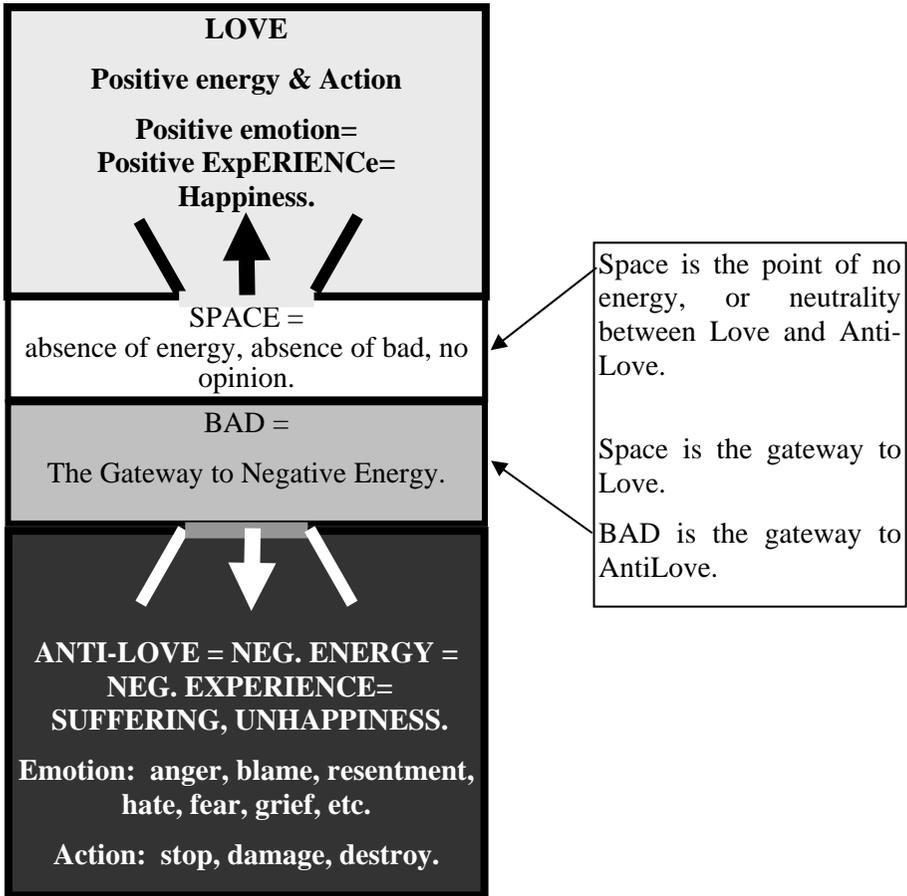


- **Space is nothing: zero energy = matter. Space is the absence of all realities = energy objects.** Therefore, Space is no thing, nothing, nada, zero, zip. As related to Consciousness, Space is consciousness without content, without realities, without experience. Psychic realities occupy space (take up room) in the Space of Consciousness and distort that conscious-energy field = space in reference to realities, thereby producing experience. In the mind,

then, Space is the absence of all thoughts, of all mental realities = thought forms. It is Consciousness without mental content.

- Mental Space is the absence of the creation = opinion = reality = experience of BAD. This is one of the definitions that most interests us.
- Space is to grant BEingness. To give Space to something is to “permit” it to BE, to exist, as it is without invalidation or resistance or judgment. It is to grant a person or event or experience its “Beingness”: to BE as it is. It is to grant it a place (space) in your universe without negative energy = resistance. Space is acceptance and tolerance; acceptance of What Is without resistance. Space is acceptance, tolerance, of others as they are and as they are not, without resistance, invalidation or trying to change them.
- Acceptance and Tolerance are qualities of Space.
- Likewise, mental Space is the absence of any activated Identity, especially the NIRs (Negative Identity Realities.)
- The ability to contain viewpoints and realities. A person of low Space will be resistant to the viewpoints of others.
- As regards the emotions, Space is the absence of emotion, most importantly of all activations (negative emotional charges) that are pain and suffering. Reactivity is the degree to which one activates with negative emotions. Space is the absence of activations and of reactivity.
- Space is neutral emotional experience; it is the **END of SUFFERING**. The End of Suffering is an important milestone on the road to happiness.

- **Emotions are Love energy. Therefore, Space is the absence of AntiLove. It is the point of no energy, of neutral polarity between Love and AntiLove.**



- **Space is the absence of Resistance:** As all negative energy is resistance to reality, to What Is, **Space is the end and the absence of Resistance.**
- Space is neutral point between Love and AntiLove. Thus Space is the end of AntiLove and the Beginning of Love. (See diagram.)
- Space forgives, pardons, negative energy. Negative energy is the absence of Space. On forgiving someone, you “wipe out” their negative energy account with you and restore yourself to Space.
- Patience. Space includes Patience. Impatience is resistance to What Is. Patience is part of Wisdom and so too is Space.

- 
- Space is the opposite of Density. A psycan's consciousness is Space, except when that Space = consciousness and subconscious is occupied by mental and emotional masses. The psycanic universe of a "dense" being is thickly populated with his realities: his fixed ideas, beliefs, opinions and judgments. For example, this planet is over-populated with people who are full of "rigid" mental matter such as dogmatic religious, social and political beliefs, and negative opinions, judgments and prejudices of all kinds. Such people are psycanically dense, aka "rednecks". (Do not confuse this meaning of dense with a lack of intelligence.)

The most important of the psycanic matter = densities that fill our Space of BEing is the Essence Suppressor Mass, that consists of NIR masses. A NIR mass is any negative identity, invalidated with an opinion of BAD and surrounded by a negative emotional charge = AntiLove. A person who has many NIR masses is highly reactive to triggers (any event). External events activate these masses and cause them to move into experience. **This activation of NIR masses is the ONLY source of all negative emotions = pain.**

When a person is serene, free of activations = emotional charges, he is said to be in Space. When a NIR mass moves into consciousness, he is said to be "activated". He is no longer in Space but in negative energy and negative experience. One of the purpose of CDT is to discharge negative energies = masses from our consciousness and subconscious, thereby restoring us to Space and serenity.

- One of the definitions of SPACE is: **The absence of RESISTANCE.** Resistance is one of the Opposites to Space

Definition: Resistance. Resistance is any form of energy thrown against a reality to stop, change or destroy that reality. Thus resistance is always negative energy. It is any invalidation, aversion, rejection, any "no" to any part of the BEingness of a reality = What Is.

Resistance is beyond Density. Density is energy or matter taking up Space and blocking new energy. Resistance is energy or matter thrown up against the new energy to change or destroy it. Resistance is an active movement of energy against something.

Resistance is the opposite of Acceptance and Tolerance. To resist something is to deny it the **SPACE TO BE AS IT IS, AND TO BE AS IT ISN'T**. This is part of the definition of Love in psychanics and we will come back to this later.

As we so carefully explained in the previous chapter, all resistance = negative energy is triggered by an opinion of BAD (hereafter referred to simply as “BAD”). Resistance is suffering. You suffer not for What Is, but for your resistance to What Is. And you know who the Creator of BAD is. So who is the Creator of all your Resistances? And who is the Creator of your suffering?

A law of Resistance in Human Relations:

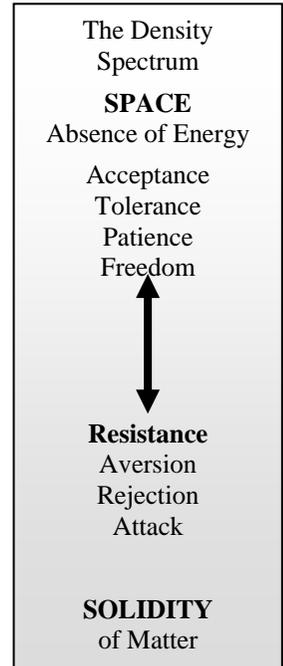
### **Resistance Causes Resistance**

Your resistance = negative energy to another human will provoke his or her resistance and negative energy towards you -- unless that person has trained him/herself in Space, and therefore in Love. Space, the beginning of Love, is what Christ taught. **Space is acceptance of What Is, As It Is.** (This does not mean that you do not have a desire to change something, only that you have no negative energy against it as it is. You use positive energy = love to change it instead of AntiLove = pain.)

#### ➤ SPACE as the Power to Absorb Negative Energy

Another definition of SPACE is: **The capacity of a being to absorb negative energy.** A “small” or dense being will react to small amounts of negative energy and use negative energy to defend and counterattack. A “big being”, a spacious being, will be non-reactive even to large amounts of negative energy. S/he can absorb large amounts of negative energy and even respond with positive energy = love. The example here is again Christ who received all the negative energy that humankind could throw at him but maintained Space and returned love. Most people go into AntiLove (e.g., anger) if you just call them a name.

Space is non-reactive to the negative energy of others. And if you lose your Space; if you become reactive to the negative energy of others (i.e. get



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angry, resentful or vengeful), to forgive and pardon is to wipe out your reactive energy and restore yourself to Space. Space breaks the vicious circle of mutual resistance between people. It breaks the reactive chain of negative energy, of vengeance, of “an eye for an eye.”

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You will recognize in the above paragraphs the perennial teachings of all the great philosophies and religions: Christ, Taoism, Zen, Buddhism, Hinduism, and Sufism, to name a few, for **SPACE is the beginning of LOVE.**

A person who applies psychanics will always be working on herself to increase SPACE, which increases Love. She will transform herself from living in reactivity and at the Effect of negative energy to living in Cause by being Space to negative energy. She will break the automaticity of both her own reactivity and that of others around her. SPACE resolves negative energy.

### **SPACE IS THE SOLUTION TO NEGATIVE ENERGY.**

To resist negative energy with more negative energy only piles up negative energy.

You can discharge negative energy only by giving it Space.

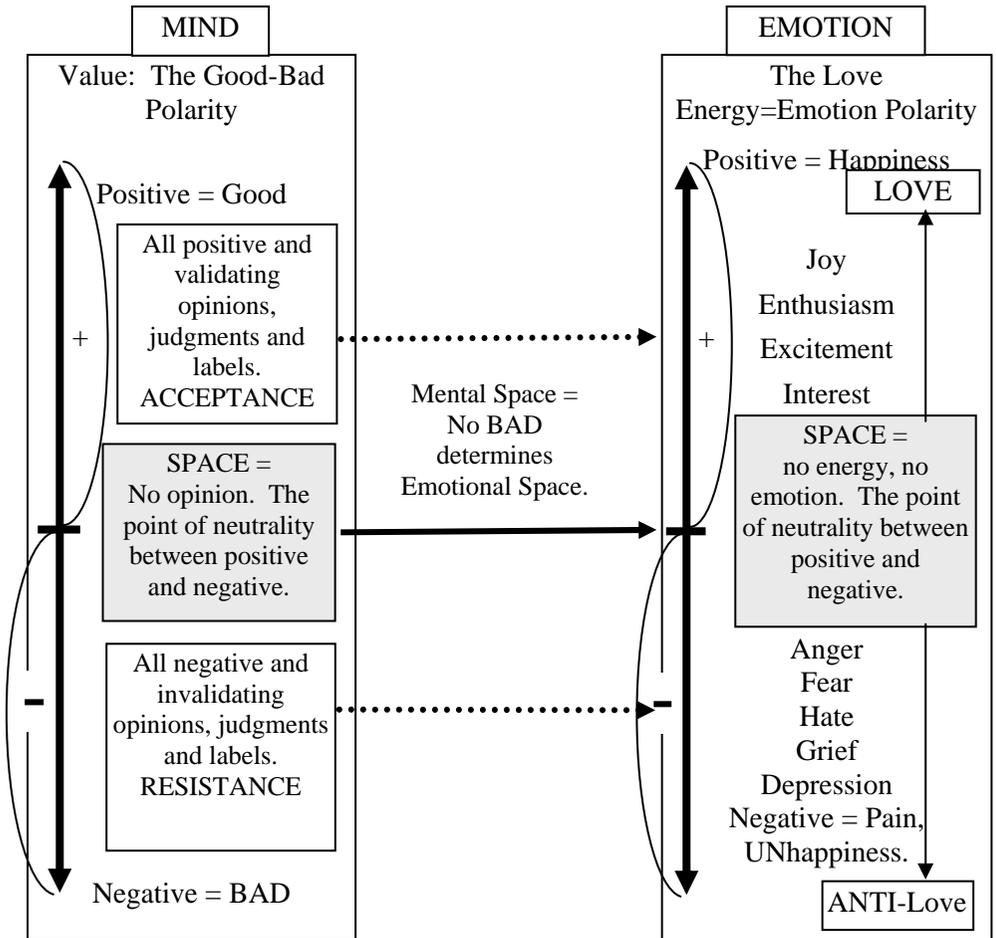
### **SPACE FROM THE VIEWPOINT OF POLARITIES:**

#### **GOOD-BAD AND LOVE-ANTILOVE**

Space is the point of no energy and of neutral polarity on any spectrum and on any waveform. Here we are interested in the GOOD-BAD polarity and its Love-Emotion counterpart. BAD is the trigger, the entry point for all AntiLove = negative emotion = pain as shown on the diagrams below.

Space is the absence of BAD. Thus Space is the absence of AntiLove; it is the end of AntiLove. Thus, Space is the first point you encounter when desiring to move out of AntiLove to Love. **Space is the BEGINNING OF LOVE.** This is an EXTREMELY IMPORTANT POINT in psychanics and for the human race. SPACE is the end of AntiLove and the **BEGINNING OF LOVE.** Love is the secret to Power and therefore to the quality of your life.

### A Scale of Space for the mind and the emotions.



### **SPACE FROM THE VIEWPOINT OF LOVE**

Space is the end of AntiLove and the beginning of Love. As long as you or anyone is in negative energy towards any other person or thing, you /they are in a state of antilove. Antilove is always a state of unhappiness, primarily for the person who is antiloving and secondarily for the targets of his antilove. That state is quite common on this planet.

To hold AntiLove towards anything or person you must have first created an opinion of Bad, and that BAD is the first denial of Space and the beginning of antilove.

Space is the absence of BAD and the absence of AntiLove. To move to Space then is to move out of AntiLove. This is the first step, the beginning of Love. Space is the passive side of Love.

SPACE IS THE END OF ANTILOVE.

**SPACE IS THE BEGINNING OF LOVE.**

### **SPACE FROM THE VIEWPOINT OF POWER**

1. First: Love is the fuel, the motive force of Power. The Power that Christ had was the result of the Love that he was: Great Love→Great Power. God is INFINITE LOVE→INFINITE POWER. We have already explained how Space is the Beginning of Love. Seek not Power in life: Seek Love and all Power will open before you – and Happiness as well. (Power does not guarantee Happiness, Love and Wisdom do.)
2. Second: Law: **Resistance is Effect.** You are at the Effect of that which you resist. That which you resist absorbs your attention and energy and in effect controls you. Furthermore, you resist something because you want it to change or disappear. However, Resistance Causes the Persistence of that which you wish to change or discreate: therefore resistance is counter-effective; it is AntiPower.
3. Third: When you go to Space, you free yourself of the lie and distortion of reality as BAD. Remember: “You cannot master reality dealing with illusion.” You also cease resisting and wasting your energy and “persisting” that thing. When you move to Space, you release yourself from all these characteristics of the condition of Effect and move to Cause. Therefore, Space is the BEGINNING of CAUSE and POWER.

This datum becomes extremely important when we get to Discreation and Creation of Realities, which is the essence of your power over life. You cannot discreate that which you resist. Every “normal” human being is resisting what he most wants to discreate. This is why personal change is so difficult.

### **SPACE IS THE BEGINNING OF FREEDOM**

When you learn to be and to give SPACE, you become free and independent of the world. By creating SPACE as your response to any button, you cease to resist and suffer for What Is and you move from EFFECT to CAUSE. You cease to be reactive. Your emotional state becomes independent of what happens around you. You free yourself from struggling against the world to control it in order to control your experience. You let the world be as it is and you concentrate on achieving your happiness by controlling your internal energies (specifically your Essence Identities)—and the control of all negative energies commences with Space.

### **SPACE FROM THE VIEWPOINT OF WISDOM**

WISDOM is the most difficult and elusive of all human qualities. It is rather rare on this planet, which is partially why there is so much conflict and suffering. Part of its definition is the ability to produce the optimum result over the long range with the minimum effort. It requires many sub-qualities such as balance, knowledge, intelligence, prediction of the future and the consequences of actions, and of interest to us at the moment: **dispassion, patience and serenity.**

Is it wise to resist when that resistance causes your AntiLove = suffering and lowers your intelligence?

Activations (emotional charges) are the loss of Space in your consciousness to negative emotions, to resistance to What Is. Activations destroy rational thinking; **they destroy wisdom.** They distort perceptions: they destroy the serenity and mental balance necessary to see and evaluate things in their true light. Even mild activations distort and twist thought thereby damaging intelligence, logic, creativity, impartiality and justice. A strong activation of anger or hate can turn a person totally irrational and destructive of herself and others. All of this is counter-wisdom, which requires dispassion and serenity.

A rule for a happy and effective life is: ***Never make a decision when you are activated.*** There is little possibility that it be wise.

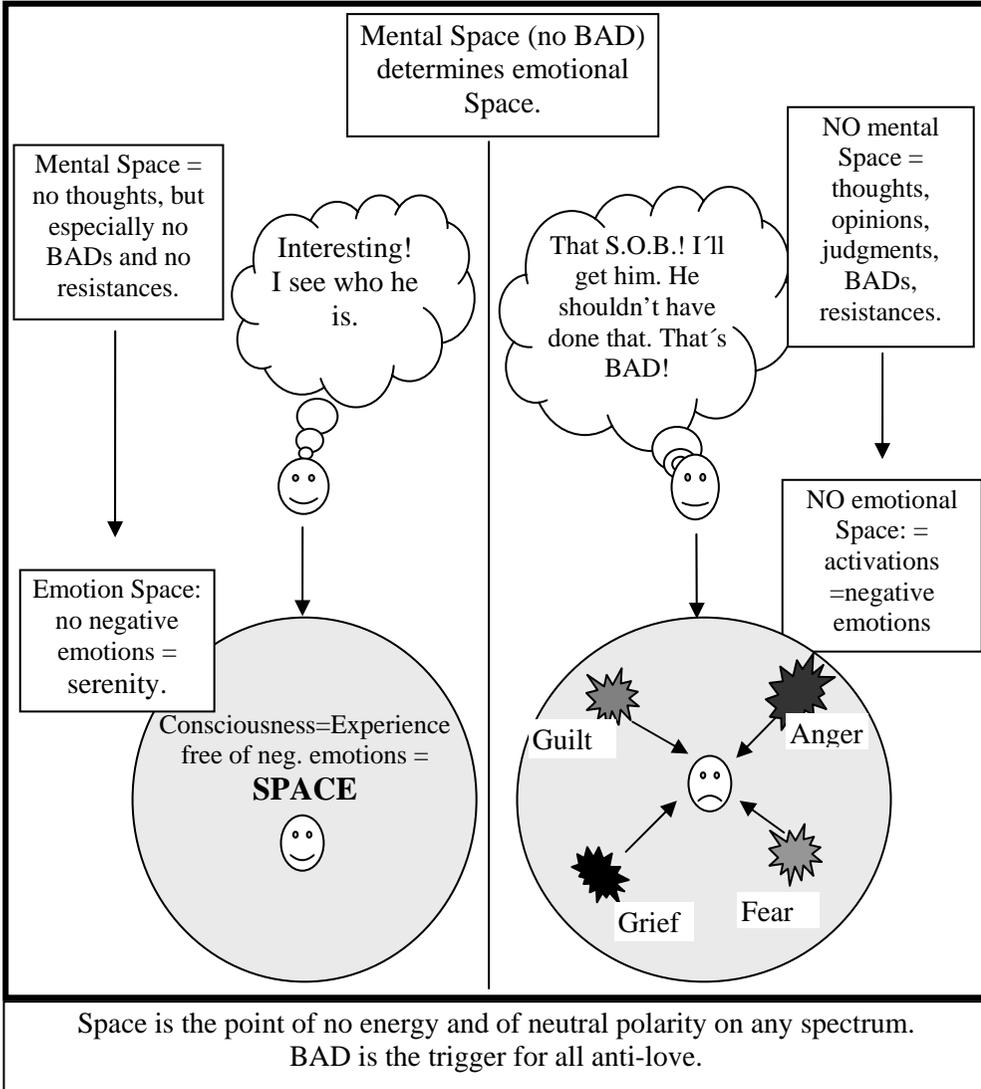
Is it wise to resist What Is and thereby putting yourself in Effect and also contributing to its persistence? Is this not antipower?

Resistance, the opposite of Space, is ineffective and painful. What is, is; what ain't, ain't. 'Tis foolishness to resist Reality.

Space includes both Patience and Tolerance, which are both characteristics of Wisdom.

You have no doubt heard the expression: “a word to the wise”? That word is “SPACE”

When you want to change something in the world, resistance and negative energy is counter-productive. The correct path is with Wisdom, Power and Love. All of these start with Space.



## SPACE FROM THE VIEWPOINT OF REALITY AND EXPERIENCE

Your consciousness is the space in which your thoughts and emotions occur, caused by your realities. When there are no realities in your consciousness, you are in Space. These graphics present the concept of mental and emotional space:

Technically, Space is the absence of all energy = reality. However, as a practical matter, we usually mean the absence of negative energy, of invalidations, BADs, and negative emotions = pain.

## SPACE AS THE CAPACITY TO CONTAIN REALITIES

Another definition of Space is: The ability to contain the maximum number of realities. In the physical universe, the bigger the warehouse, the more space is in it and thus the more objects it can contain. In the psycanic universe, the more points of view = realities that you have about something, the more Space you are and the knowledgeable you are—which is a prerequisite to Wisdom.

A dense person has no more space for other points of view. In the South, we use the term “redneck” to indicate someone who is closed up tight in his little world of just a few viewpoints = beliefs and has no Space for other ways of thinking, sometimes violently attacking any viewpoint that differs from his own.

This definition of Space as the capacity to contain realities is very related to the concept of Mu.

**SPACE and MU:** Mu, as you will recall, is to recognize that it is relatively rare that we know the Truth about something. Therefore, to achieve Wisdom, we should give space to all points of view, knowing that few are Truth but invalidating and rejecting none, while choosing best we can which ones we shall use. For example, very few religions give Space to the competition: most religions declare wrong and BAD to other religions. A wise man puts all religions in Mu.

Racism is a denial of Space to people whose skin color is different. All war is a denial of Space that usually starts with a denial of psycanic Space for the other’s religion, social system, or political philosophy; and then turns into a denial of physical space = territory and even of life: “There is no Space for my enemy on this planet: kill him so that he be gone!”

**WE CAN TURN OUR SPACE IN TWO DIRECTIONS:  
EXTERNAL AND INTERNAL.**

**Space to Externals:** (Externals = other people, things and events.) To give Space to something is to “permit” it to BE, to exist, as it is without resistance. It is to grant that person or event its Beingnesses; to give it a place in your universe without negative energy = resistance. External SPACE is the absence of negative energy of any kind held or sent against an external reality. It is the abstention from creating BAD. It is the absence of invalidation and resistance. It is the absence of anger, resentment and hate towards others. It is the absence of blame.

In short, Space is the mental and emotional acceptance of What Is As It Is. It is the simple wisdom of recognizing that What is, is, and that resisting Reality with negative energy is foolishness.

In relation to other beings: SPACE is the unconditional acceptance of others as they are and as they are not. It is total acceptance of all their forms of BEing, DOing and HAVEing, without invalidation, activation, or demand for change.

The Law of SPACE → LOVE is:

**Give yourself and others the SPACE  
to BE as they are,  
and to not BE as they are not.**

**Internal Space.** We have said that the PSYCAN is energy, the energy of consciousness and will. However, those energies are Space relative to the denser energies of mind and emotions. Thus the psycan is Space; consciousness is the space in which mental and emotional phenomena occur. The psycanic universe of a person can be defined as that space around the psycan in which his mental and emotional realities exist.

A psycan is in a condition of SPACE when there are no energies = realities = experience in consciousness; i.e., no thought or emotion, especially the negative ones. When there is an energy mass = reality present, then there is mental and emotional “matter” taking up space (and causing experience).

Internal Space as regards the mind, is—strictly speaking--the absence of all thought. This level of Space is achieved only after much practice of meditation. However for practical purposes, it is the absence of invalidations: BADs, labels, blame and guilt.

Internal Space as regards the emotions is the absence of activations that cloud the clear and serene space of our awareness = experience. An activation is the presence = experience of an emotional charge = mass. When a psycan is at the effect of an emotional charge, his consciousness is not in space, but in energy = experience.

Since Space is the absence of reactivity and activations, it is FREEDOM from being at the effect of our internal energies. And it is SERENITY.

Internal Space as regards to the subconscious is the absence of the NIR masses that are the source of all negative experience = activations. It is the purpose of CDT that you discreate all your NIR masses so that your subconscious is free of them, i.e., in Space.

Internal Space is the ideal condition of our consciousness and subconscious, of our psycanic universe: that it be clean, clear and free of **negative** energies and realities. Of course, we don't want complete space -- that would be the *total absence of all energy-reality*: what we want is Space as the absence of negative realities.

External SPACE is the absence of resistance broadcast towards externals. You are in external space when you avoid radiating invalidations, resistance and negative energy to others. You may have these internally in your mind and feeling, but you strive to take responsibility and to avoid dumping them on others. You seek to avoid "contaminating" the external space you share with others with your negative energies. (The best way of doing this is by applying CDT to discreate those energies. Whenever you lose your Space, you can restore it by discreating BAD.)

Internal SPACE is the true absence of negative energy, of invalidations and activations (negative emotions) within in your consciousness (mind and emotions). Internal space naturally produces true external space. The distinction between external and internal space is that with external, you don't transmit externally the negatives that you have internally. With true internal space, you *have* no negatives: this, of course, is our ideal.

### INTERNAL SPACE: SPACE TO OURSELVES

The most important Space by far; the Space that determines all other forms of Space, is our Space to ourselves. The true source of all AntiLove and suffering is our denial of Space, our BADs, to ourselves in our negative identities. **Our BADs = denial of Space to ourselves in our negative identities is the origin of all suffering and all negative behavior on this planet**—as shown by the Causal Sequence of BE >FEEL>THINK>DO-RELATE>HAVE. The understanding of all this requires the comprehension of the Causal Sequence and of the Essence Identities.

**SPACE: THE SOLUTION TO ANTILOVE.**

Negative energy = AntiLove (anger, resentment, hate, etc.) is quite common in life. You receive it from others, you give it to others, and you have it internally for yourself. Love = positive energy is the only solution to AntiLove = negative energy. The law is:

**LOVE DISSOLVES ANTILOVE**

And Space, of course, is the first level of Love. Therefore, Space is the first level of solution to AntiLove. If you try to handle, change or destroy negative energy with more negative energy, you just pile up more and more negative energy.

For example, you have surely experienced something like this: Another person is angry with you and comes to invalidate and blame you (for whatever). If you respond with negative energy, allowing yourself to become angry and counter-attacking the other person, his anger with you only grows. The relationship usually deteriorates into a shouting match followed by smoldering AntiLove that can last days or in some cases, years.

However, if you meet the person with space, without anger, and give him space for his realities by listening to them without invalidating them, then his negative energies flow and discharge. He will move towards Space, calm down and move to a more conciliatory and loving state. Your space helps him to discharge AntiLove. Your AntiLove will only resist and increase his AntiLove.

This law is even more important when we come to the discreation of your negative identities. Your emotions are your AntiLove to yourself in a negative identity that you have labeled BAD. As long as you are resisting and anti-loving yourself in that negative identity, you are denying yourself Space = Love and causing the persistence of that negative identity and that AntiLove = pain. You must first come to a condition of Space = no BAD (and therefore no AntiLove = the beginning of Love) before you can discreate that identity.

This brings us to the Law:

**ENERGY FLOWS TO AND IN SPACE**

In all discreation of negative identities, thoughts or emotions, you must start with a condition of Space. As long as you are in resistance to your negative energies, you cannot discreate them:  $Rxx \rightarrow Perxx$ . To discreate anything, you must de-energize it, flow energy out of that reality mass. To do this, you must give Space, not resistance, to that undesired reality.

**SPACE is the first level of SOLUTION to  
all NEGATIVE ENERGY = ANTILOVE.**

You can only handle negative energy (AntiLove) with Love. Love starts with Space. Therefore, the beginning of all Cause = Power over negative energy is Space.

**SPACE IS THE BEGINNING OF LOVE FOR OTHERS**

**Mental Space:** An invalidation is a rejection of something as it is. It is a declaration that the entity (thing or person) is not valid, not GOOD--and therefore it must be the other polarity, BAD. If you are invalidating something, you are demanding change in order that it be not as it is--BAD by your opinion--but rather be different so that it is GOOD. Once it has changed from BAD to GOOD, it would then “deserve” your Love. Invalidation is a denial of acceptance, approbation and love to the entity as it is. **At best, invalidation is a conditional withholding of love until the entity changes.** (At worst, it is an intention to destroy.) **Most humans, even within their own family, “love” conditionally—which is not true love at all.**

**Emotional Space.** The negative emotions are AntiLove: how can we say we are loving someone if we are dumping our angry, resentment, blame hate or fear energy on that person? Before I can move into a positive energy (love) for someone, I must first move into the absence of negative energy -- which is the definition of Space.

Space is the absence of BAD to others, of invalidation and blame.

Space is being non-reactive to others and events.

Space is the absence of DUMPING your negative emotions = activations on others.

Space is giving others their right to be as they are, to be free of your control and demands for change. (How many parents are really Space for their children? Precious few in my observation.)

Space is your condition when others can say and do anything around you free of fear of your reaction, of invalidations and activations. It is to be in a condition where nothing anyone says or does makes you lose your cool. It is Cause, Control and Love. When you achieve Space for any communication such that nothing another can evoke AntiLove from you, your communication and relationships will become more open, deeper, more intimate and more satisfying.

Space is receiving the negative energy, invalidations and dumping of others, without being reactive, without returning negative energy. Thus Space is an act of Love by absorbing and discharging the pain of others.

**Pardon:** To pardon or forgive is to restore your SPACE after you lost it. When we are holding a grudge (anger, resentment, hate) against an entity, we are in negative energy = AntiLove. We have lost our SPACE and therefore our LOVE towards that person. When we pardon, we are wiping the slate clean; we restore ourselves to SPACE. Thus we can see that the purpose of pardon is much more for our well-being and happiness than it is for the “transgressor”. Our forgiveness terminates our negative energy and experience and restores us to SPACE, positive energy, love and happiness. The “transgressor” not only does not experience our burn towards her, but also may not even be aware that it exists.

### WHAT SPACE IS NOT

Space is not “Kismet” or fatalism. It is not to just blindly accepting things as they are, resigning yourself because that is your destiny, or fate, or the will of God = Allah. Space confronts and accepts reality without AntiLove, and then proceeds to Love. Love always does its best to achieve the greatest good for the greatest number.

Space is not an excuse for laziness or irresponsibility. It is not to just accept and abandon yourself to “What is” as an excuse to do nothing. Space is the Beginning of Love and the continuation of Love is Excelsior, to ever strive that things be better.

Space is not “don’t give a damn”. Space is Love and is caring about others and things and life.

Space is not ignore-ance. By ignore-ance, we mean to pretend to pay attention to someone while mentally dismissing and ignoring her, even labeling her as “crazy” This is a masquerade of space. It is actually is a denial of Space and an invalidation.

SPACE is attentive to the other person and her communication. The concept of Space includes giving others space in your time, attention and consciousness to be heard and comprehended. Space seeks to understand the experience and reality of the other person, and when there is disagreement to handle it with space, communication and positive energy--not with ignor-ance, resistance or rejection.

Space is not being a “doormat”. A doormat is a person who let others walk over her by not standing up for herself and her rights. A doormat is a person

lacking in assertiveness who lets others “step on” her, and manipulate and use her. (This behavior is due to negative identities of low self-esteem.)

SPACE is not debility: it is power, knowledge and wisdom. SPACE does not preclude communication and action before the negative acts of others, although non-action is always an option. SPACE only refers to the energy state from which the person is communicating or acting: without activation or hate or even anger (although a person could choose this last as a deliberate response). A person in SPACE is centered and is able to communicate and act to maintain her rights and dignity; and to do so more effectively than a person in activation. All the communication flows (such as CONFRONTATION, RESIGNIFICATION, VERIFICATION, WITHHOLDS and AGREEMENTS) and relationship interchanges require SPACE as a basic condition to be effective.

Space is strength, not weakness. It requires strength to stand up to and absorb negative energy without activation or cowering while continuing to communicate and work with integrity with negative persons and energies. Space is turning the other cheek, but not from weakness, but from power—control of our AntiLove reactions—that is from Love.

### **THE MOST IMPORTANT SPACE IS SPACE FOR OURSELVES**

Space for ourselves, to let ourselves be as we are and as we are not without invalidation, is the beginning of all self-esteem and self love. Self-love is the beginning of all love, including love for others. You can not love others if you do not love yourself: you can't give what you are not and what you do not have.

Space is the absence of negative energy. To give ourselves **Space** is stop all self-invalidation, negative self-criticism. It is terminate the generation of neg energy = AntiLove towards ourselves. It is to stop activating and beating ourselves up over our deficiencies and failures. It is to give ourselves **SPACE** to be human, to have faults and weakness. It is to accept ourselves as we are. Thus SPACE is the termination of our negative self energy, which opens the way for our generation of positive energy, of love, towards ourselves.

This brings us to the PARADOX OF CHANGE. (We covered this before in the GOOD and BAD, but it bears repeating here from the viewpoint of Space.) Often we want to change because we are INVALIDATING how we are; we are labeling ourselves as bad and wrong to be as we are. We want to change as a solution to the BAD we perceive in how we are. This is pure resistance. (The same principle applies to others: we want them to change because we believe they are wrong how they are.)

We have said that the principle that RESISTANCE CAUSES PERSISTENCE has many applications; here is another. When I resist how I am, I cause myself to persist in that manner that I resist. When I strive to change myself out of invalidation and resistance to being how I am, I cause myself to persist in that manner. (Likewise, resistance to others as they are, conduces to their persistence in that manner of being.)

**THUS SPACE IS THE BEGINNING OF CHANGE.** When I accept myself as I am and fully experience in SPACE that which I am but resist, then that manner of being discreates into the flow of life. When I am no longer stuck in resistance and that manner has discreated, there exists SPACE for the new manner in which I would like to be. Remember that life is change. Change is the only constant in life. When we resist, we stop the flow of life; we stop the natural flow of change, which includes self-change.

Upon giving ourselves SPACE and letting ourselves be as we are, we cease to resist and therefore can begin to move to change again. Furthermore, we can control the nature and direction of the change through the creation of self-image, vision, identities and the positive energization of these, as we will see in the more advanced materials. However, everything: happiness, love, change and all CREATION—everything--starts with SPACE.

#### **THE PARADOX OF CHANGE**

Change is the only constant. The only thing that does not change is change itself. Life in and by itself is a flow or current of change.

A Desire to Change, to be different, is often motivated by Invalidation to What Is.

Invalidation is Resistance.

Resistance Causes Persistence. Resistance brakes and sticks the natural flow of change.

Space is acceptance of WHAT IS AS IT IS. Space is non-resistance.

Space unlocks the knot of resistance and unsticks the flow. Thus:

Space is the beginning of Change.

Therefore to change anything, whether it is yourself, other persons, or the entire world; you must give Space to What Is and then concentrate on energizing the positive situation desired.

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## HOW TO ACHIEVE SPACE

Space is your nature; it is your ESSENCE. You come from ORIGINAL SPACE (God). It is not that you need to create Space—Space is no-thing, so there is nothing to create-- but to stop creating its opposites, BAD and resistance and AntiLove. This you do by understanding Space and BAD and AntiLove and having the will, the commitment, to Love and therefore to control these things.

SPACE, like RESPONSABILITY, is something which you-PSYCAN can create from nothing, just by your decision to do so. Upon moving to a condition of responsibility for your mind and emotions, you move from EFFECT to CAUSE over your energies. At CAUSE, you can decide to create SPACE instead of resistance and activation. Although your mind may not understand all this very well, you-PSYCAN know perfectly well what I am talking about and will be able to create SPACE on command. When you feel yourself activating, simply order SPACE. You don't have to think; you don't have to understand -- in fact thinking will just interfere. Just give yourself the command: SPACE or GO TO SPACE, or GIVE SPACE, or BECOME SPACE. (Use whatever words seem to work best for you.) You will be able to feel the change in your energies, the opening and the relaxing of your being.

Actually, you don't even have to be activated. Try SPACE now. Sit back, close your eyes and relax, let go. Center your attention in yourself; center in experience (as opposed to your attention in the world or in your mind). Then give energize the identity "I AM SPACE" or give yourself the order to SPACE; form the intention to SPACE; and see if you can feel the changes in your being. A sensitive person will be able to feel the opening, the relaxation, maybe expansion and maybe even an increase in energy. (I can feel chills of energy in my scalp and spine and an immediate increase in consciousness and energy just doing this as I write this paragraph.)

If you don't feel it -- don't worry. Many of us are very blocked to psychanic processes and perceptions when we first start to work on our being. It took me several years of work before I could perceive ENERGY and SPACE. Furthermore, it is not necessary to feel it in that manner to use and give SPACE: the firm intention to do so is sufficient. Your result, your experience will be less or no activation.

However, having lost Space to its opposites (resistance and activations = AntiLove), you may need to restore it. To do so, you must first be in a condition of Cause and Responsibility for your energies and your creations, especially for BAD. --Second, you must discharge and discreate your

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BADs, which will discreate your resistances. The ability to discreate BAD and be in a condition of Space for your negative identities is crucial to their discreation. You will learn how to discreate BAD when we get to the Creation and Discreation Technology (CDT).

#### SUMMARY OF LAWS RELATED TO SPACE

##### **Love is Will, Space, and Energy.**

**Love is an Act of the Will, expressed in actions of giving yourself and others the Space to be as they are, and as they are not; and in caring for, teaching and growing the Energies around you.** Notice Will Space and Energy in the definition

What is, is. Reality is as it is. Suffering is never the What Is, but your resistance to What Is. Space is the acceptance of Reality without resistance.

Resistance Causes Resistance and Resistance Causes Persistence.

Space is the end of resistance and the beginning of happiness.

Space is:

- A characteristic of ESSENCE, of God. God is infinite SPACE.
- The relationship of a higher energy to a lower, denser one.
- The psycan in his original nature of consciousness, before any mental or emotional creations = realities.
- The mid and neutral point, the transition point, between negative and positive energy.
- The absence of energy, particularly, negative energy. Thus it is the end of AntiLove.
- The absence of BAD.
- The end of the lie, illusion, distortion of reality with the falsehood of BAD. It is the end of the insanity of seeing what is not there.
- The absence of Resistance. Thus Space is the end of insanity of resisting What is and creating your own suffering.
- SPACE is the unconditional acceptance of Reality, of WHAT IS, AS IT IS.

- The absence of activations (NIR masses, experienced as emotional charges).
- The end of reactivity to external events (triggers).
- The conservation of your energy (usually wasted in opinions, resistance and activations).
- The ability to contain all realities and viewpoints.
- The ability to absorb negative energy without reactivity.
- Serenity
- Mu: The capacity to contain viewpoints and realities, even when conflicting.
- Freedom: Space is freedom from neg. energy, both our own and that of others. It is freedom from being at Effect, even when we are in effect. For example, Victor Frankl spent WWII in a Nazi concentration camp. He was in the effect of the Nazis, but not at effect: he controlled his attitude and his psychanic experience.
- Change: Space is the starting point of Change.
- The end of Effect and the beginning of Cause and Power. It is the transition point between Cause and Effect.
- The end of automatic reaction in Effect and the beginning of Response-Ability and choice.
- The end of AntiLove and the beginning of Love.
- The beginning of self-love and self-esteem.
- Patience and Tolerance.
- The beginning of good human relations.
- The beginning of good communication.
- The beginning of Wisdom.
- The end of suffering and the beginning of happiness.

That is a lot of juice for one phenomenon.

In every moment you are Space or Resistance. What do you choose to be?

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## A Tale of Wisdom

Once upon a time there was a great emperor of Persia, a good man who desired the well being and happiness of his subjects. To this end, he convoked an assembly of a 1000 philosophers and wise men from near and far. Under imperial edict, he commissioned them to find and compile all the human knowledge and wisdom necessary to achieve happiness and love.

The sages set themselves to the task. While some began to study all the books of the libraries of the empire, others set out for the 4 corners of the world to seek even more books and teachers. They labored five years, to finally present before the emperor an encyclopedia of 25 abundant volumes, swearing on their lives that it contained the best of all human knowledge.

And the emperor gazed upon the stack, fully 5 feet high, thanked the sages, and said: “This is very good, but your work is not done. A man of normal education only with much difficulty could know and apply so much information. Return to thy labors and produce something simpler and more practical.”

So the wise men returned to their halls to ponder more. Seven years later, they again presented themselves before the emperor and handed him with a single tome upon their oath that it contained the jewels of all planetary wisdom.

Once again the emperor thanked them, and said: “You have done well. But still the work is not finished. I want one saying, law or principle that every man can know and remember. And it must be no longer than can be inscribed on this.” And he handed them his gold ring.

Once again the sages set to work. For twelve years more their deliberations and debates raged seeking agreement on the Truth of Happiness and the Secret of Life. Finally, they once more presented themselves before the emperor. They handed him his ring. The emperor looked at it, read it, and smiled. He congratulated them and ordered them rewarded with whatever they wished, for very well had they fulfilled their mission.

Inscribed in the ring was:

**What is, is.  
Be Space.**

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Wisdom is the most difficult and rare of all human attributes. It starts with these truths:

**What Is, Is. What Isn't, Isn't.**

**UNHAPPINESS is the RESISTANCE to WHAT IS.**

**Resistance causes Persistence.**

**SPACE is the end of Resistance and the beginning of Happiness.**

In other books, we will examine the true source of ALL your resistance in life: it is the resistance to yourself.

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