



PSYCANICS

A Science of Being and Life

HOW TO END YOUR NEGATIVE EMOTIONS NOW AND FOREVER

THE END OF SUFFERING

PART 1: What Are Your Emotions and Where They Come From.

PART 2: How To Eliminate Negative Emotions

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THE PURPOSE OF THIS BOOK

. . . is to show you how to take a giant step forward in your happiness, love, and joy in life by understanding and eliminating all emotional pain and suffering.

You will learn how to free yourself from anger, anxiety, worry, fear, stage fright, phobias, guilt, remorse, resentment, depression, hate, substance addictions, neurotic attachments, etc: any and all unpleasant or painful emotional or mental experience. I have done this and have taught many others. It is a process that takes several months and for some people several years. But it is doable.

There are two levels of freedom from negative emotions:

1. The first level is to be able to terminate the emotion when it activates in any particular moment or situation.
2. The second level is to erase the underlying cause of negative emotions so that they no longer activate at all and you live in serenity, love, and joy, no matter what happens.

Your whole attitude about negative emotions and suffering will change. You can change from fearing and resisting your negative emotions to welcoming them as an opportunity to work on yourself, to polish your BEing by eliminating the causes of your self-AntiLove. (All emotions are love or AntiLove for self, as you will see in this book.

New and Powerful Information

The knowledge and techniques in this book have terminated both acute and chronic depression, sometimes in less than an hour. These techniques have quickly ended the suffering associated with the post partum blues, divorce, loss of a job, failure of a business, death of a loved one, etc. They have reduced and eliminated the emotional reactivity in families, between spouses and between parents and children. They have saved people from suicide. They have terminated the need for medications like Prozac. They have changed personalities. They have changed lives. Having demonstrated such power, they will probably be able to help you to achieve your goals for personal change. On learning and applying them, you will be able to live a much happier life.

This book:

- ◆ Explains the nature of the emotions
- ◆ Pinpoints the real cause of all emotions and of pain and suffering
- ◆ Teaches you how to avoid the activation of your negative emotions
- ◆ Teaches you how to eliminate any negative emotion at any moment or in any situation
- ◆ Teaches you how to reduce and finally eliminate the causes of your negative emotions
- ◆ Explains the nature of addictions (alcohol, tobacco, drugs, etc) and how to end them
- ◆ Shows how to eliminate emotional reactivity in relationships
- ◆ Introduces important concepts about love
- ◆ Explains the source of self-esteem
- ◆ Introduces a path for increasing positive emotional experience (love, happiness, enthusiasm) and maintaining it consistently

LAWS OF STUDY, COMPREHENSION AND LEARNING

Knowledge is power. Knowledge indicates and guides correct action to produce the desired results.

Knowledge is comprehension of the what, why, and how.

The primary knowledge is the knowledge of how to acquire knowledge.

Knowledge depends upon comprehension.

(Memorization of data without understanding is useless.)

The comprehension of advanced concepts in a specific area depends upon the full comprehension of the previous and basic concepts. It is impossible to understand the advanced concepts without having understood the basic ones.

The failure to understand just one key concept or idea is sufficient to sabotage the understanding of an entire area of knowledge.

Misunderstandings snowball, the first one in a subject causing subsequent ones that in their turn cause more and more misunderstandings as a person tries to advance. Eventually the subject becomes so confused and “difficult” that the student gives up and abandons the study. The cause of difficulty in study is almost always a chain of misunderstood concepts.

- ◆ A subject becomes easier and easier to understand as one advances if all previous concepts are understood.
- ◆ A subject becomes harder and harder to understand as one tries to advance with misunderstandings in the area.

The cause of no-comprehension is misunderstood words. The cause of a mis-understood idea is almost always one or more misunderstood words in the expression of that idea. (Occasionally, poor grammar can cause a mis-understood.) It is not ideas that are misunderstood but rather words. There are at least 10 ways to mis-understand a word. The careful and correct defining of all the words in an idea will make the idea clear.

THEREFORE:

NEVER, NEVER, NEVER CONTINUE TO READ BEYOND SOMETHING YOU DO NOT UNDERSTAND. To continue on over a confusion or uncertainty is to guarantee a progressive difficulty and an eventual failure in your learning.

IF YOU DON'T UNDERSTAND AN IDEA, IDENTIFY THE WORD OR WORDS THAT SEEM TO BE THE CAUSE OF THE MISUNDERSTANDING. Look them up in a dictionary, learning all meanings in order to be able to choose the best one for that sentence.

GLOSSARY: With these materials, you will be entering into the study of a new science that has its own specialized terminology. Sometimes it has to invent new words to designate the phenomena to which it refers, and sometimes it uses normal English words giving them new meanings. These terms are always defined when they are first introduced and are also defined in the glossary. They are often written in SMALL CAPITALS to remind the reader that they are technical words, and the usual dictionary definitions are incorrect.

Please turn to the back of the book and peruse the glossary now to get an idea of technical definitions. On the site, www.psycanics.org, you will also find a dictionary of psycanic terms.

Underlined Word Equations

I will sometimes write two or more words underlined with an equal sign between them, as in this example:

Most people have some degree of consciousness = awareness = perception = feeling = experience of their emotions. Space = the absence of BAD = No Resistance is the beginning of love = happiness.

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

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

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

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.

Gender

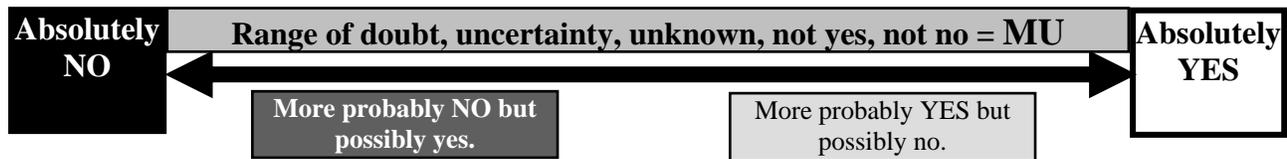
Where a sentence includes both or either gender, we use these dual gender forms: **s/he** for she or he; **hir** for him or her; **hirself** for himself or herself. Example: Whoever fixed that; s/he is very intelligent, but s/he left behind hir tools.

Chapter 1

MU

Western thinking and logic tends to operate with either/or positions: **yes-no, is-isn't, good-bad, right-wrong, correct-incorrect.**

Eastern or Oriental logic operates with a scale of possibilities that goes from absolutely no to absolutely yes with all possible graduations of possibility and probability between the two poles. This scale of possibility and uncertainty is called: mu. Oriental logic uses a scale: right—mu—wrong, correct—mu—incorrect, yes—maybe—no, etc.



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

For example: Suppose the judge asks you, “Do you still do cocaine and beat your wife?” No matter whether you respond “yes” or “no,” you are admitting that you have done cocaine and beat your wife. The only good answer (assuming you are innocent) is “mu,” meaning the answer is neither yes nor no and the question is invalid.

Another example: Suppose somebody declares, “The backside of the moon has more craters than the front side.” What do you respond to that statement? Unless you have gone there and counted them or have read a reliable scientific report, you can only respond “mu.” “I have no idea whether your statement is true or false.” Since the backside of the moon always faces away, and meteors will always arrive from beyond the moon’s orbit, we can guess that that statement is probably true, but we don’t know. Mu.

“SPACE” is a concept about the absence of resistance to something, the absence of negative energy against something. To give something SPACE is to allow its existence as it is without affirmation, but more importantly, without judgment, invalidation, or other negative energy. To give SPACE to someone is to give them full tolerance and acceptance to be as they are, and to not be as they are not. SPACE, as the absence of negative energy, is the first level of love. (And I will have much to say about SPACE later as its absence in you is the cause of your suffering.)

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

Let us suppose that I am a fervent religious person. I can judge other religions wrong and deny them SPACE (a place) in my mental universe by invalidating and condemning them. (Notice that most religions and their adherents deny SPACE to the others, each claiming that it is the one, true religion and that the others are wrong.) Or I can study as many religions as possible and hold them within my personal data bank under the classification of mu.

To put other religions in “mu” would be to say: “Other religions exist and each has very different points of view. Although everybody believes that their religion is the best; the truth is that there is absolutely no proof that one religion is better, or more accurate, or more pleasing to God than any other.” After all, “What religion is God?” Without proof, truth does not exist, only beliefs. A belief is anything which a person holds as true in spite of the absence of proof. However, in the absence proof, the truth is unknown.

Nothing can be claimed as truth for which there is no proof such that all rational people must agree that it is so. Truth is always one and universal. Whenever there are conflicting ideas on a subject, the truth is not known and no such ideas are truth.

The very fact that there are so many religions and sects is de facto proof that none of them is the truth. Where humanity has found truth in some measure, there is always only ONE system with agreement and harmony. For example: the physical sciences such as math, physics, chemistry, thermodynamics, etc. are ONE and the same in the whole planet. Everybody agrees and uses the same data.

Thus, the many points of view and disagreement—the situation of religions on this planet—is a sure indication that the truth of the situation is unknown.

Therefore I can only recognize that I don’t know—and can’t know in the absence of proof—whether any religion is true or false, correct or incorrect. The optimum position then is to simply learn all that I can about all religions. Then with as many viewpoints as possible, with as much data as possible, I can make the best decision about which to believe or follow—if any.

It is not my place to invalidate other religions, or deny them, or try to destroy them or their followers. And to invalidate them without even knowing their tenets, as many people do, is the epitome of arrogance. The only wise option is to hold them in mu.

Let us imagine two people. The first knows only a particular sect of Christianity (Baptist, Methodist, Catholic, etc). The second knows Buddhism, Taoism, Hinduism, Sufism, Judaism, and Western philosophy¹, etc. Which person has a richer field of religious and philosophical concepts upon which to draw and evaluate truth and life—and probably a much better understanding of hir own religion, whichever s/he chooses (if any)?² Will it not be the second person?

Mu permits you to hold many different, even totally opposing ideas, at the same time, to work with all of them, and therefore to consider any question from all those points of view. As many spiritual truths are paradoxes, this ability is essential in studying spirituality. (Your emotions, as we shall see, are spiritual phenomena.) You may favor one idea more than the others, or decide to use only one, but your understanding and options are multiplied, and having all available enriches you. Just as physical wealth is measured by the quantity of money and things that you possess, so is your intellectual wealth measured by the quantity of ideas and concepts you possess.

Given the depth and range of human knowledge and the infinitely vaster depth and range of human ignorance, what I really know, what I can say with certainty is yes or no, true or false, is really infinitesimal. To the great majority of themes and questions, the only wise response we can make is “mu”: “I don’t know.” Most of life, we have to put in mu.

¹ En general, religion and philosophy both seek to answer the same questions about the nature of God, man and existence. However, religion purports to answer from divine revelation and ecclesiastical authority, while philosophy seeks to answer from knowledge, reason and logic.

² Rest assured that this is only an example. This book is not about religion.

For examples:

- ◆ Which presents a more accurate representation of God and the universe: Hinduism or Sufism?"
- ◆ Is the speed of light really the universal speed limit?

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

- ◆ All points of view are valid. They all have a right to exist and all serve to enrich the universe. (Validity is irrelevant of truth: fairy tales are valid but not true).
- ◆ No point of view is absolute truth. (The human mind is not even capable of understanding absolute truth.)
- ◆ Any point of view can be useful under the right circumstances.

By now you may be asking yourself: "Why is this author starting a book on emotions, love, and happiness with a lecture on mu?"

The purpose of this book is to give you full control over your emotions. However, to get to that point I am going to present a lot of background data and concepts. This information will enrich your understanding of yourself and your emotions—in fact, much of it is essential to understanding your emotions. However, the data may seem strange and it may conflict with some of your beliefs now, including your religion or your personal philosophy.

I will further stretch your capacity for mu because I will say some things without giving you proof or even adequate explanation—not because I can't, but because we do not have the time and space to enter into all the cosmology behind this book and still cover the emotions. I explain everything in other books.

The ultimate criterion of the value of what I say in this book is whether you can control your emotions and eliminate the negative ones or not. And you won't know that until you have understood the entire book, including Part 2, and have applied it to see what your results are.

This book is an introduction to a large and internally coherent system of cosmology, philosophy, and psychology that can be applied with a precise technology of personal change and development. If you go through this book immediately judging each piece of data as true or false, right or wrong and rejecting those that you consider wrong, you will never build up in your mind the whole conceptual system that I am trying to give you. Then this knowledge might not work for you—not because it doesn't work, but because you didn't pick up all the pieces and put it all together.

Therefore, please put anything that seems dubious in MU: suspend judgment of the pieces. I don't ask you to believe in anything; the last thing I want to do is put into the world another dogmatic system of beliefs.

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

So if some of what I say seems fantastic, then fine, label it fantasy, but also put it in MU, and do your part to acquire and understand each piece and to assemble the whole. There can be great and grand power in fantasy.

HOW COMPLEX ARE YOU?

How complex is a computer? How complex are the circuits in a CPU, in the motherboard, in the RAM and all the other chips? How complex are the flows of energy and data and instructions? How complex are the operating systems and the programs? How many lines of code are there in an operating system like Windows or in the programs that control the space shuttle? Would you believe 2,000,000?

Would you agree that computers and space shuttles are very complex; the epitome of human intelligence, knowledge and design?

If you were to read a book or manual that purported to teach you the inner workings of computers, would you not expect that book to be rather technical and somewhat complicated?

The computer is made in the image and likeness of the human mind. However, **you** as the human being-mind-emotions complex that created the computer **are thousands of times more complex than the computer**. Do you think any serious operating manual for that BEING will be less complex than a computer manual?

This is a self-help book; but it is not your common self-help book. There are no motivational stories. There are no platitudes. There are few examples. This book is technical. It goes deep into how you as a being are constructed and how you function. It describes subtle phenomena of your being, mind and behavior never discovered before in 5,000 years of human thought.

Your inner workings are somewhat complex. You are a spirit, which is to say that you are non-physical Life energy entity. In a sense, you are an electronic phenomena. Your thoughts and emotions are complex, modulated energies. Knowledge is Power. To control your being and your life, you must understand yourself and how you function. You are not a simple mechanism, but rather the most complex thing on the planet, much more so than a computer or a rocket.

The knowledge that you need, I must communicate with words. I use a precise, technical and carefully chosen vocabulary in the effort to communicate how you and your emotions function. All this does not make for light reading.

What this book offers you is POWER: the power to stop all pain and suffering. It will give you the power to make rapid and large changes in your being and therefore in your quality of life and happiness.

The price of that power is your time and effort to understand some complex ideas and mechanisms of your being. Never continue on without understanding a word or an idea. If you do, you will start a domino effect of accumulating misunderstood ideas that will make the book impossible to understand and keep you from acquiring its power.

Chapter 2

ENERGY

There is **THAT** which is beyond human understanding. **IT** is the origin and the nature of all that exists. Anything we can say about it is misleading because **IT** is far beyond human comprehension. However, since words are the only material we have, we can't but try to label **IT** with them:

IT is the **ALL THAT IS**, the **EVERYTHING-NOTHING**; the **BEGINNING** and the **END** and **EVERYTHING IN BETWEEN**; the **FIRST CAUSE-CREATOR**, the **INFINITE WILL-POWER-CONSCIOUSNESS-INTELLIGENCE-WISDOM-ORDER-LAW-SPACE-LOVE-ENERGY-JOY-BLISS-ENERGY**, etc.

When referring to **IT** as the mystical, ineffable, impersonal, incomprehensible **THAT WHICH IS**, I will use the Chinese term **TAO**. When referring to **HER** in our usual anthropomorphic projection, I will use the term with which you are probably most familiar: **GOD**. (In this book, whenever I am referring to **IT** or any quality of **IT**, I will write that word in bold capitals. Examples: **WILL, LOVE**.)

The form, or quality, or characteristic of **IT** that interests us here is **ENERGY**.

All that exists is **ENERGY**. Everything that exists is formed of **ENERGY**.

The **ONE-ALL THAT IS-CONSCIOUS-INTELLIGENT-ENERGY-CREATOR** molds **ITSELF** into an infinity of forms (stars, planets, objects, plants, animals, human bodies, etc) for the purpose of experiencing **ITSELF**; for the purpose of knowing **ITSELF** in all **ITS** infinite possibilities of **BEING**. In other words, the cosmos³ is God forming of **HIRSELF**—there isn't anything else of which to form it—everything that exists. The cosmos is God creating of **HIRSELF** forms, shapes, and “toys,” and then playing with **THEM = HIRSELF**⁴. The purpose is to explore **HIRSELF**, experience **HIRSELF** and therefore know **HIRSELF**, in all **HIR** infinite possibilities of **BEING, DOING** and **FEELING**. The cosmos is **GOD** playing with **HIRSELF**.

The fundamental purpose of all creation is **EXPERIENCE**, both for God and for human beings. Your emotions are a most powerful form of experience. We will have much to say about the concept of experience later.

In the physical universe, the fact that everything, including all *seemingly* solid matter, is energy is a basic tenet of all the physical sciences. The most famous expression of that tenet is probably the equation of Einstein: $E = mc^2$. The proofs that everything is energy are many, including nuclear reactors, atomic bombs, and the sun and stars. In an atom bomb, a small quantity of matter (a few grams) reconverts to enough energy to level a city. In the case of the sun, 5,000,000 tons of matter are converted every second to 386 billion megawatts of energy.

Energy comes in two basic options: **fluid** energy, such as electromagnetic radiation (light, radio, x-rays, etc) and “rigid” or “static” energy such as all matter and material objects.

Most things, and all living things, are systems of energy. For example, your body is energy and operates on energy. It converts food to energy to run itself. Your brain and nervous system function

³ Cosmos: all creation consisting of innumerable universes, of most of which are not physical universes.

⁴ When various words are connected by equal signs and underlined, it means that these words are similar in concept and the sentence can and should be understood with either and with both of the words. Example: negative energy = AntiLove = suffering.

with energy. Your eyes register light energy; your ears perceive sound energy. The full comprehension of the human body and all its energy systems is still beyond human science.

The first thing you need to understand about your emotions then is that they are energies. (Everything is ENERGY, so they can't be anything else.)

EMOTIONS ARE ENERGIES.

Psycanic (non-physical) energy has properties and follows laws just as physical energy does. Here are some examples of psycanic energy laws.

One of the properties of energy is mass. Even the "lightest" and most fluid of energies, light, has mass. Again: $E = \text{mass} \times c^2$ {c = the speed of light). Emotions, when resisted so that they don't flow, accumulate forming MASSES of energy.

(SUPPRESSED) EMOTIONS ARE MASSES of energy = matter.

When a mass (rigid energy) has a potential to flow as energy, we say that it has CHARGE. For example, a common flashlight battery is a mass of chemicals with the potential to flow electrons (electricity).

SUPPRESSED EMOTIONS are CHARGED MASSES
that can be converted to FLOWING ENERGY.

EXPERIENCED EMOTIONS are FLOWING ENERGIES.

ENERGY THAT FLOWS GOES (away).

Experience Experienced Disappears.
Resistance Causes Persistence.

Summary of this chapter:

EMOTIONS are ENERGY.
(Everything that exists is.)

Chapter 3

LEGALITY

The cosmos is LEGAL: everything operates according to exact laws and principles.

The universe is ordered and lawful: there is nothing random in how it functions; everything operates by cause and effect. All forms of energy in the physical universe, both the fluid waves (such as light, radio, x-rays, etc.), and the persistent forms (matter) are legal; all forms obey the laws of CAUSE and EFFECT. The knowledge of the CAUSES gives us the power to control energy and therefore to control the universe.

All the non-physical forms of energy, such as your consciousness, love, thought and emotions, are also legal. All energy exists and operates by very precise laws. The importance of the principle of legality is that your emotions operate according to precise laws.

YOUR EMOTIONS HAVE PRECISE CAUSES AND FUNCTION BY EXACT LAWS.

There is nothing random or accidental in how you feel at any moment.

KNOWLEDGE IS POWER. Science is the observation of effects in order to discover their causes. Science is the cataloging of causes and effects. Knowledge of the laws of physical energy has given us great control and power over our physical existence, as all the conveniences of modern technology illustrate. When you understand the laws of the energies that are your emotions, then you will have great power over your emotions.

Your emotions are forms or masses of energy. Like all energy-forms, including objects in the material universe, they have a beginning (a point of creation); limits (no energy-form is infinite in size), and an end, a point of ceasing to exist. In the case of your negative emotions, we are interested in that end point and how you can cause it at will.

Emotions, like all forms of energy, are legal.

You can know the laws of emotional energy.

YOU CAN CONTROL YOUR EMOTIONS.

And by control, I don't mean avoid or suppress them, but eliminate the negative ones and create more of the positive ones.

Summary:

1- Everything that exists is energy.

- ◆ Your body is energy.
- ◆ Your thoughts are energies.
- ◆ Your emotions are energies.

All forms of energy, fluid and static, are legal.

They exist and function according to precise laws, including the laws of cause and effect.

Ergo⁵: Your emotions exist and function according to exact laws and principles.
(All energy does.)

When you know those laws and principles, and apply them with an appropriate technology, you will be able to control your thoughts and emotions with the same precision that we now control the physical forms of energy such as light, heat, sound, electricity, radio, computer energies, etc.

This control is the objective of this book.

⁵ Latin for “therefore,” used in logic to denote the conclusion of previous statements.

Chapter 4

THE PSYCAN

You are a human being. You consist of two parts: the “human” and the “being.” The human part is your body and your human identity. However, that is a very minor part of all that you are. The “highest” part of you is not your body, but that which experiences your body—your mind and your emotions—and which controls them (or can control them).

You are a non-physical energy entity. You are the non-physical CONSCIOUSNESS that perceives your thoughts, feels your emotions and experiences the body, and through it, perceives the world.

CONSCIOUSNESS is a field of very high frequency energy that registers denser forms of energy (thought and emotion) as experience. Consciousness perceives thought and emotion energies directly. Your thoughts and emotions are energies that move, or vibrate your field of consciousness.

Your consciousness perceives the physical universe through the body, through transduction of physical energy to psycanic energy in the brain. This is how we draw the somewhat arbitrary line between physical and non-physical energy: whether they are perceived directly in consciousness or come from the physical universe and are perceived through the medium of the body.

You are WILL: you are a force which forms and moves non-physical energy, such as your thoughts and emotions, and controls your body, and through your body, the physical universe.

WILL is that mystical, incomprehensible force which controls and moves lower energies. Your WILL can control your consciousness (i.e. direct attention), and it can control your mental and emotional energies. For example, your WILL can choose what you think about and control what you think about it. It is also, as we shall see, instrumental in controlling your emotions. It also controls your body as you decide when and how to move it.

Note that both WILL and CONSCIOUSNESS are highly non-physical: you cannot go into a store and say, “Give me a pound of CONSCIOUSNESS and a gallon of WILL.” You will never cut open a body and find something you can point to as WILL or CONSCIOUSNESS.

You are an energy unit for the perception and control of energy. You, CONSCIOUS WILL, are energy - everything is - but you are non-physical energy.

Since this energy entity has a WILL with which it can move energy and can change itself and other things, and since it can perceive itself, its thoughts and emotions, emotions, and the physical universe through the body; and can respond to all, we can safely say that it is alive.

So what do we call something that is an invisible, non-physical, alive, conscious, will-ful energy entity with the ability to think and feel and be CAUSE over other things?

How about “spirit?” Or we could use the religious term and call it a “soul?” However, we want to stay away from religion and theology and stay within science; we want to stay with what we can precisely define.

Therefore, let us create a technical term for this non-physical energy entity and call it a “psycan,” meaning “a thing of the psyche.” Psyche is the Greek word for mind or spirit and the root of psychic, psychology, psychotherapy, etc.

A psycan is: the non-physical energy entity (spirit) consisting of the properties of WILL, CONSCIOUSNESS-INTELLIGENCE-ENERGY, and LOVE (among others) that is the unit of perception and control of all the lower (denser) forms of energy, such as thought and emotion and the body. It

incarnates in and operates a human body to manipulate, play with, and experience the physical universe.

You are a psycan.

You are that which asks the question: “What am I,” and has thoughts about the answer. You are that which says “I feel; I think.” If you will analyze what you refer to when you say “I,” you will eventually realize that you are not your body, your emotions, your mind or thought; but the consciousness that has and experiences these things and can control them. Thoughts, emotions, and bodies are HAVES, not BEs. You HAVE a body, emotions and thoughts, but you are not these. You are something separate, something that perceives and controls those things.

It took me several years of meditation before I could distinguish between my “I,” my true BEing and my mind. If you have never examined these matters, you probably have never noted the distinction between your BEing, pure consciousness, and your mind and thoughts. Most people define themselves as their minds and therefore their mortal human identity and personality, rather than with their true selves as immortal spirits. The difference is as day and night.

You are a psycan, a spirit-ual life energy entity. Your CONSCIOUSNESS is energy. During the day, you consume your conscious-energy, so that at the end of the day you are tired and need to sleep. During the night for about three hours, you-psycan leave your body and return to the ENERGY to recharge so that you can focus in physical reality again.

You, psycan, do not come from the physical universe. You are not a product of this planet’s evolution, or of the physical universe. You are individualized part of that ONE-UNIVERSAL-SPIRIT-CREATOR-INTELLIGENCE. There is only ONE, and you come from it *directly* as a spirit and not through or as a product of the physical universe. You are the highest level of ENERGY: WILL-CONSCIOUSNESS-INTELLIGENCE- LOVE, and no lower form of energy (i.e. matter) can produce a higher form.

This is not to say that there is not physical evolution. SPIRIT-WILL-CONSCIOUSNESS-INTELLIGENCE controls and guides physical evolution to produce the physical life forms it would like to experience and use. You, spirit = psycan, then incarnate within those physical creations and forms to experience = play. There is evolution of matter into forms and bodies for SPIRIT to play in. Each form is endowed with the level of consciousness = spirit appropriate for that form. However, CONSCIOUSNESS itself has not evolved from matter: matter is evolved by consciousness = spirit. Spirit descends into lower levels of consciousness and incarnates in material forms, and at death of the form returns to ITSELF.

You = psycan are a “son of God” “made in HIR image and likeness.” As such your ESSENCE is the same as that of GOD: **WILL-POWER-CONSCIOUSNESS-INTELLIGENCE-WISDOM-ORDER-LAW-SPACE-LOVE-ENERGY-JOY-BLISS.**

Of course, you *appear* to have much less of these qualities than the **INFINITE**. The process of lowering or reducing your WILL-POWER-CONSCIOUSNESS- LOVE-ENERGY-JOY from the level of GOD to the level of a human being is one of creating a “suppressor mass” that denies or covers up your true identity, that ESSENCE.

The mass of non-physical energy that suppress you as spirit, suppress your ESSENCE, exists as a subconscious energy field around you. It lowers your level of identity = consciousness = being to that appropriate for a human body. This suppressor mass lowers or densifies you-psycan from your true and full spiritual essence to the level of BEing of a human being. (We humans are about as far down the scale from God as a creator being can go.)

This psycanic suppressor mass arrives with you when you incarnate, accompanies you throughout life in a body, and leaves with you when you-spirit depart the body. The great challenge of life is to reduce this mass thereby recuperating your essence = identity of WILL-POWER-CONSCIOUSNESS- LOVE-ENERGY-JOY

This suppressor mass is the source of your negative emotions. With this book you will be learning how to change and reduce that mass. However, the full presentation of all this mechanism is beyond the scope of this book.

Your thoughts and emotions are psycanic energies, that is, spiritual frequency energies. They are perceived directly by the psycan, directly in consciousness. Your thoughts and emotions do not come from the body; they don't depend on the body or on anything in the physical universe. They are masses of energy that can be felt physically and that effect the body, but they are not physical-universe energies.

YOU ARE A NON-PHYSICAL ENERGY ENTITY, A SPIRIT, A PSYCAN.

YOUR EMOTIONS ARE NON-PHYSICAL ENERGIES,
EXPERIENCED BY YOUR CONSCIOUSNESS.

You-psycan are plugged into the brain. Let us not confuse mind with brain. They are two very distinct entities. The brain is a physical organ that works with nerve energy to regulate the body. The brain also serves to connect the psycan to the body. You-WILL control your body by transducing your psycanic command energies down through the brain to your body. And your brain transduces physical energies from the body up-frequency to psycanic energy for perception by consciousness.

The mind is a psycanic (spiritual) ability that includes perception, analysis, manipulation, and storage of thought and emotional energy. The mind is an ability of the psycan and continues to exist after death. (Actually, there is no such thing as a mind, but that is beyond our discussion here. We will continue to speak of mind as if it existed. The glossary contains some explanation of this.)

Your psycanic energies, thought and emotion, can affect your body (for example, fear activates adrenaline). The negative emotion masses can cause physical ailments. And physical things will affect your body and your emotions. For example, tranquilizers can suppress emotions, and certain operations can remove parts of the brain and effect emotion. Thought and emotion and body are intimately interconnected. **However, your emotions are not products of the body or the physical universe.**

You have a complete spiritual existence outside of and irrelevant to the physical universe. You existed before the physical universe and will continue to exist long after it is gone. However, the physical universe is a great show, and we psycans love to incarnate in a human body for the purpose of manipulating and *experiencing* physical reality. Indeed, we use physical reality to stimulate psycanic, emotional experience. For reasons known as "games conditions" and "drama," we create amnesia of our spiritual existence when we incarnate. These terms will be explained later.

If you haven't already, eventually you will wake up to the fact that you are an immortal spiritual being having a physical experience and begin to live in that realization all the time. Your entire approach to life changes. You lose your fear of death. Your value system changes. You begin to think beyond this life; you begin to gather your treasures for the Kingdom of Heaven.

PSYCANICS

Having defined psycan, we can now give a brief definition of "psycanics." Psycanics is a sophisticated model that describes the origin and nature of the psycan and of his existence in both the spiritual and physical worlds. The entire cosmos is legal. Just as everything in the physical universe occurs according to the laws of cause and effect, so does everything that occurs in the psycanic universe.

Everything that occurs in your BEing, your mind and your emotions, occurs by precise laws. Psycanics presents those laws for spirit existence, just as physics, chemistry, and biology present them for physical existence.

Psycanics is a spirit-ual science: it is about spirit, about the non-physical aspects of your existence. Please be sure that you do not confuse “spiritual” with “religious.” Spiritual means “related to spirit,” to non-physical being and phenomena. Religious means “related to a proprietary brand of dogmas and beliefs about God.” Psycanics is highly spiritual; it is nothing religious. It has no beliefs or dogmas; it asks no faith; it has no authorities, and claims no divine revelations. It simply presents laws and principles and proves them.

“Psycanic” as an adjective means related to the psycan. It therefore also means “non-physical.”

Although you are now located and focused in the physical universe, you have never stopped being a spirit-ual entity.

Most of your problems in life and all of your pain and suffering are the result of not understanding yourself as a non-physical, spiritual, “electronic” energy entity.

You don’t have many problems with the plumbing or the electricity in your house or your car. The majority of your problems are non-physical: in your thoughts, emotions, your relationships with others, and your ability to manifest what you want in life. All of these (thought, emotion, relationships, manifestation) are psycanic phenomena. You incarnate into a body, but you never stop being a spirit. “Spirit” functions by laws and principles just as precise and rigid as the laws of the physical universe. You know the laws of physics: do you know the laws of spirit?

Psycanics as a science only deals with non-physical phenomena (such as thought, emotion and relationships) that are easily perceivable to the ordinary human being. Furthermore, its postulates, laws and principles are almost all easily and quickly verifiable by an ordinary human being.

However, psycanics comes from mysticism, as I recounted in the Short History of the Book. Mysticism is the knowledge and personal experience that comes from the direct perception of levels of existence beyond human perception, especially perception of the Deity. In the same way that we cannot directly perceive most of the physical universe (all EMR except light is invisible, and most of the stars and galaxies are too far or dim to be perceived by the unaided eye), so too most humans cannot perceive the non-physical planes—of which there are many.

Furthermore, despite the fact that God is all things and everywhere, despite the fact that SHE is within you and without you and that you are HER “son,” and are made of HER, you probably don’t perceive HER; most people don’t. Is that not strange?

The problem with mysticism is that it is not easily or quickly verifiable by the normal human being. The instrument of perception is your own consciousness, and it requires thousands of hours of a very precise kind of meditation to develop that perception. Therefore, when I state mystical truths there is no easy way for the reader to verify them. (However, in other books I will explain how the ordinary human being can perceive God with relatively little meditation. What is required is that you understand yourself and your present condition as a spiritual being.)

The basic instructions for mysticism have been around for thousands of years both in the West and the Orient. For example, in the West, we have these very clear directions:

Seek first the Kingdom of Heaven.

The Kingdom of Heaven is within.

Seek and you shall find.

(These are instructions to penetrate within you, often called meditation.)

Anyone willing to put in the time and effort can verify what I say about mysticism. It is not that mysticism is unverifiable, only that few choose (though many are called) to put in the time and effort required. Furthermore, you must put the Kingdom **first** and search with your whole heart and mind. You may have no “false gods” (worldly interests such a spouse, children, money, business, etc) as a higher priority. Most people simply aren’t willing to fulfill the requirements.

This book is an introduction to psycanics—which means that I should only include things easily perceivable and verifiable by an ordinary person. However, the philosophical richness of psycanics is greatly reduced with some reference to its origins in mysticism. Therefore, I am going to mix in some mysticism where it is relevant.

This may estrange two classes of persons:

- 1- Those whose religious beliefs are dogmatic and blind based on authorities such as the bible or their church, and held in spite of total lack of evidence. They will be offended by the assertion of spiritual truths that conflict with their dogmas. Such people are irrational.
- 2- The materialistic-scientific types who object to the mention of anything not visible and measurable through a telescope or microscope or provable in a laboratory. Such people are over-rational—and ignore the fact that science itself depends on a non-rational, intuitive process: the discovery of the hypothesis.

However, for the rest of us, I hope to begin to weave for you a thought-provoking, new vision of your existence. It will be mostly psycanics—laws of your being, mind and emotion eminently provable, with a few references to mysticism and to you as a transcendent spirit-ual being (psycan) where such data will contribute to the tapestry.

Now, getting back to the subject of you-psycan and your emotions: the two are impossible to separate. Your emotions are not just energies—they are SPIRITUAL ENERGIES, psycanic energies. Your emotions are to you-psycan as breath is to your body. As we will see later, your emotions are so relevant to your BEING that it is impossible to separate them. Since you-psycan are the creator of your IDentities = being, it is impossible to separate your emotions from your essence. I hope to make all this clear later.

You-psycan are Energy-Will-Consciousness.

CONSCIOUSNESS: You are consciousness. Consciousness is that which perceives = experiences = feels. It is the consciousness, the full experience, of an emotion (and of its underlying cause, an identity), which eliminates the emotion from your experience.

WILL: You are WILL. WILL is your power to move energy. It is your power to form thoughts and mental images. It is your power to focus your conscious energy on an emotion in order to experience it. Control of your emotions requires WILL.

This is not as simple as it seems. Most humans are in no-confront on their negative emotions. They hide, suppress, block, drown them in chemical substances (food, alcohol, drugs, etc), distract themselves in every way—ANYTHING to not feel bad. It will require WILL to free yourself from negative emotions.

Summary of this Chapter:

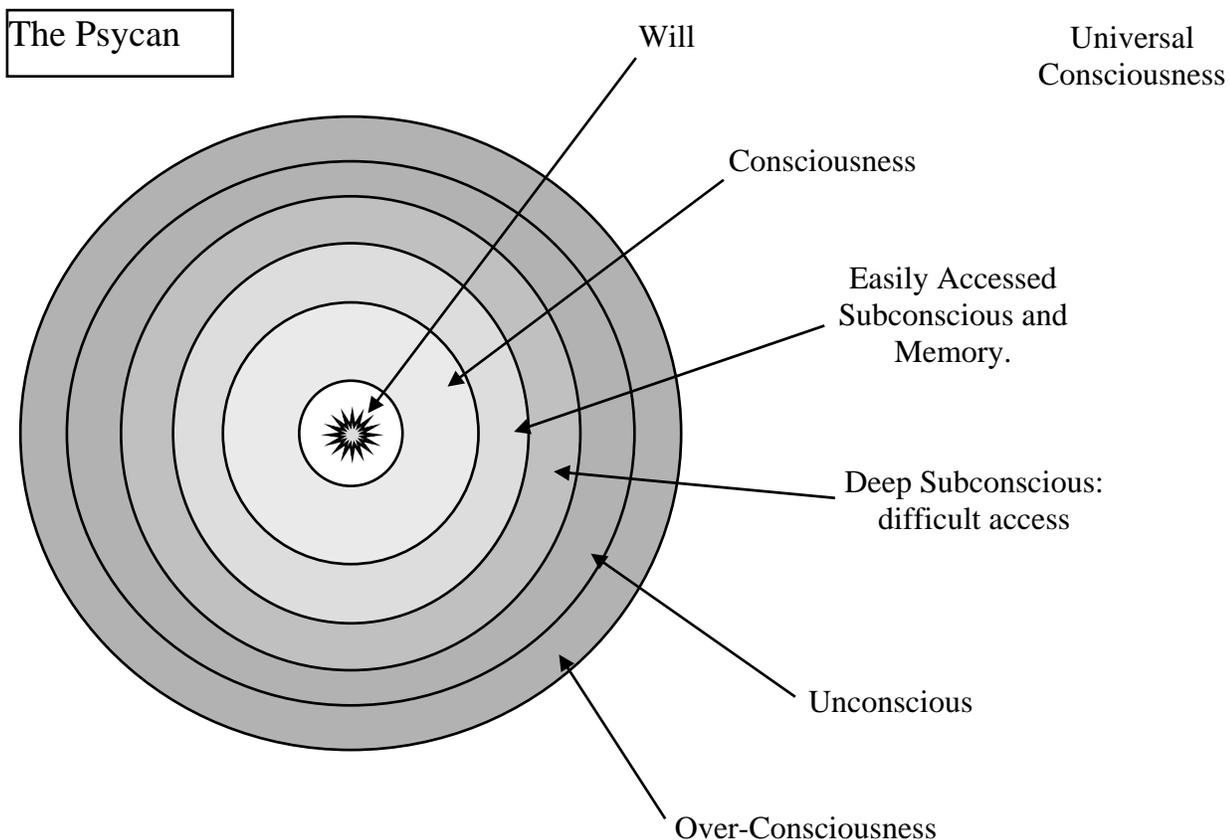
You are a spirit, a psycan. As such you exist in a spiritual universe. Furthermore, you have your personal psycanic universe. Your psycanic universe consists of all your non-physical energies = experiences, including all your IDentities, your thoughts, memories, knowledge and values, and all your emotions. Your psycanic universe is infinitely larger than the physical universe; however, you

perceive only an infinitesimal part of it when you are in the physical universe. The rest is deep within, on the road to the Kingdom of Heaven.

You have incarnated in a body in a physical universe in order to play with matter. Upon incarnating, you have lost perception of most of your psycanic universe, including most memory of who you are, how you got here, and what you are doing here. Thoughts and emotions are part of your psycanic universe that you can still experience while in a body.

Until you recognize yourself as a spirit and learn how the non-physical part of you operates, you will never really understand yourself or life, or have much control; and will continue to suffer. Suffering is not a natural or necessary part of life. When you suffer, it is because you are not handling your energies correctly.

This book is about learning to control those psycanic energies that we call the emotions.



Chapter 5

EXPERIENCE⁶

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

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

Since emotions are experience, we must begin our journey towards emotional control and more happiness with a brief examination of the concept of “EXPERIENCE.”

Definition: EXPERIENCE is everything you are aware of, all that you perceive and feel in present time. (Experience in psyanics rarely refers to what you did in the past: “I have five years of experience with computers,” but rather to present time perceptions.)

Positive experience = happiness. Negative experience = pain, suffering, unhappiness.

(In psyanics, “pain” and “suffering” always means mental and emotional pain. When physical pain is referred to, it will be specified as “physical pain.”)

“EXPERIENCE” (and its counterpart: “REALITY”) are profound and fascinating philosophical concepts that have been debated for thousands of years in both Western and Eastern philosophy. Although we will examine the concept of “REALITY” later in this book, we must leave a deeper exploration, and my proposed resolution of the subject, to another book.

LAW:

THE ONLY THING THAT EXISTS IS EXPERIENCE. There is nothing else.

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

(A thought is an experience in your mind, so if you have thought about something, you already have a mental level experience of it.)

EXPERIENCE IS THE PURPOSE OF ALL EXISTENCE.

The cosmos exists to provide experience and to be experienced.

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

Mysticism note:

The cosmos is ONE INFINITE INTELLIGENT ENERGY FIRST-CAUSE CREATOR CONSCIOUSNESS SPACE LOVE which forms out of its own substance all that exists for the purpose of experiencing Itself in all its infinite possibilities of Being, Thinking, Feeling, Doing and Having.

⁶ This chapter is abbreviated and summarized from the upcoming book *Cosmology*.

To put it in simple terms: God, the only thing that exists, was sitting around in heaven. Since there was only S/He and nobody and nothing else to play with, S/He was bored out of His mind. S/He wants to play and experience and enjoy; to be able to communicate, to relate, to play, with others. So S/He decided to divide Himself up into universes and planets and objects and sub-beings (such as you and I) to EXPERIENCE Himself in all that S/He could BE, FEEL, DO, and HAVE. HE is still at it. S/He is both within and without all that exists.

You are asleep in God, and God is awake in you. Everything you think, feel, and do, S/He also experiences. You are an organ of sensation for God, extended down into this reality for the purpose of experience.

If you will go far enough into yourself, beyond your mind that is the mechanism of the creation of the illusion of your individuality and separation, you will wake up to the fact that there is only ONE CONSCIOUSNESS. Your consciousness and that of God and of everybody else are the same. Your separation is an illusion.

You have (or can have) many different kinds of EXPERIENCE. For convenience, we are going to divide them into two main classifications: physical experience and psycanic experience.

Physical experience is all that depends on the physical universe and the body to exist. It includes⁷:

1. Corporal experience:

- ◆ positions of the body, limbs, and joints
- ◆ movement of your body,
- ◆ sensations: in the body, both pain and pleasure (for example: sexual orgasm).

2. Experience of the physical universe itself, of which there are many different types:

- ◆ Sight: light, color, shape, and form of objects, distance, movement,
- ◆ Sounds: pleasant and unpleasant: words and communication, music, noise, etc
- ◆ Touch: hot, cold, texture, wet, dry, rough, slick, weight and pressure forces, etc.
- ◆ Smells and tastes.

Psycanic experience is that experience which occurs directly in or to the psycan. It is perceived directly in consciousness, not through a body. It is independent of the body and the physical universe, and exists whether or not you are in a physical body. (Most of your existence as a psycan (spirit) has not been in a body.)

- ◆ Psycanic experience includes:

⁷ This is not intended to be an exhaustive list of types of experience, but only examples to illustrate the concept.

- ◆ Identity experience: first: the experience that you exist and are an individual; and second: the experience of all that you are. (IDentities will be explained later.)
- ◆ Thought: ideas, memories, plans, mental images, values, data and knowledge, goals, dreams, etc: everything that occurs in your mind.
- ◆ Emotions: enthusiasm, joy, interest, hostility, anger, anxiety, fear, sorrow, grief, jealousy, guilt, etc. Includes all feelings and sentiments. (Note: I will use feelings and emotions and sentiments as synonyms.)
- ◆ Will: intention, decision, determination, commitment, persistence, etc,
- ◆ Psychic experience: clairvoyance, telepathy, energy readings, etc⁸. All psycans have all the psychic abilities: these are blocked by the suppressor mass.
- ◆ Mystical experience: direct perceptions of other levels of consciousness, including of God = LOVE.⁹

Experience is the effect and the impact of an energy form (reality) on consciousness.

All experience is the perception of forms of energy,
whether that energy is rigid such as a physical object, or fluid, such as light or heat or sound.

That all experience is the perception of energy is as true for all physical experience
as it is for psycanic (thought and emotion) experience.

Your emotions are the effects = impacts of spiritual energies on your consciousness.

Note: The term “psycanic experience” includes both mental experience (thoughts, memories, dreams, etc) and emotional experience.

Some advanced concepts:

A thing exists for you only to the degree that you experience it.
(This experience can be purely mental and even second-hand
such as when you acquire knowledge of something by reading about it.)

⁸ It is not important whether you believe that these forms of experience exist or not: If they do, then they are psycanic experience, not physical.

⁹ Ditto for mystical experience. However, statistics show that most people have at least one transcendent experience during their lifetimes, common times being childbirth and near death events.

Corollary:

**You know something only to the degree that you have experienced it.
The highest knowledge is experience.**

The fullest experience is IDENTITY (being the thing).

Therefore, the fullest knowledge is IDENTITY.

The most complete knowledge of something occurs when you become the something.
Perfect knowledge is integrating to that the identity, becoming that thing.
This is what God is doing with the universe, knowing it/Hirself by BEing it.

Your negative IDentities are the source of your negative emotions. Your resistance and failure to integrate your negative IDentities (causing their persistence) is cause of the persistence of your negative emotions. This will be explained and proven later:

You might want to say at this point: “Why all this (excessively philosophical) information about experience?”

The reason is that your emotions are experience. If you don’t understand what experience is and its laws, how it is caused and how it works, how can you expect to understand, much less control, your emotions?

Continuing our discussion:

**The only motivation of all human behavior
is to control one’s own experience.**

(Remember, there isn’t anything except experience. The purpose of the universe is experience, and your purpose is to choose to control your experience.)

Since we try to avoid negative experience and have positive experience = happiness
this law becomes:

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

This is a statement totally contrary to what most people believe. Most people believe that unselfishness, altruism, and sacrifice for others exist and not only should exist, but are one of the highest values. (Of course, for thousands of years people have also believed that the earth is flat.)

I repeat and **can prove absolutely** that every human being in every moment and circumstance **always** acts for hir own happiness as *s/he* calculates it at that moment—no exceptions. Furthermore, **we are so constructed as spiritual BEings that we cannot act otherwise** than for our own happiness.

And this is fine. If everybody would be honest about egocentricity and self-interest in themselves and others, the world would work much better than it does now. We have problems and conflicts not because everybody is selfish, but because we don't admit the truth of own egocentricity, and because we demand that others be unselfish when that is contrary to their happiness and ultimately impossible.

The proof of the statement that the only motivation is one's own experience = happiness is that no matter what situation someone presents, you can always bring that person to recognize and admit that the final motivation of hir actions is how s/he feels.

Most people believe otherwise so strongly that I can't state this law in a seminar without one or more people challenging it. A common case is that of a mother who will declare that all her life she has sacrificed her desires, preferences and happiness so that her children can be educated, successful, and happy. She will say she has given all her time and energy, and sacrificed what she would have liked to BE, DO and HAVE for the well being of the children.

The refutation is simple: Ask her: "Who would you be and how would you feel if your children did not turn out to be successful and happy, if they were failures, alcoholics, or drug addicts, and miserable?"

She can only answer something like this: "I would be a bad mother. I would be a failure as a mother and as a person, a failure in my most important purpose and role in life. I would have betrayed my responsibilities. I would be useless as a person and therefore a person of little value. My life would have been in vain. I would have failed my purpose. My live would lose its meaning.

Emotions: "I would feel guilt, remorse, shame, despair, self-recrimination, self-rejection, self-hate, grief, depression."

Then ask her: "Therefore, bottom line: the suffering of whom are you trying to avoid, and the happiness of whom are you trying to assure by striving for the success and happiness of your children?"

The truth is obvious for everybody in the seminar room. She can only state it: "My own."

The decision that the happiness of another is important to our own is always our decision, our own creation—and an illusion. It is not a law of nature. You can be happy no matter what others are. For example: when you are happy, you are happy despite the fact that at the same moment 80% of the human race is unhappy.

We are always seeking our own happiness, no matter how we have it wired in our heads about how or what we have to do to get there.

We can go farther with this and point out to her how she is using her children to give her identity, and life meaning, using them to create her own happiness. We can then point out how all that is neurotically-based (and part of the External Quest we will see later) and drives her into AntiLoving and ineffective behaviors with her children (such as losing her temper, excessive demands, shouting, withholding love, punishments, etc).

It's wonderful and loving to play win-win in life and to have others be happy: but that is not the real motivation of human behavior; one's own happiness is—always. Play win-win; but if you ever have to choose between your happiness and pleasing another, you need not doubt choosing your happiness. To not do so is to fail your first responsibility in life—to love yourself and make yourself happy. Furthermore, if the other person really loves you, why do they want you to do something that is against your happiness? I will go deeply into the nature of Love and the laws of loving in my main works of *Psychanics*.

EMOTIONS ARE KING

Of all the varieties of experience possible—both physical (sight, sound, touch, etc) and psychic (thought and emotion)—the most powerful, most interesting, and the most present ones are the emotions. You are emoting in one degree or another all the time that you are awake (and sometimes even in your sleep), no matter where you go or what you do.

Even the most powerful physical sensations, such as sex, have as their ultimate purpose emotions such as the experiences of closeness, intimacy and love.

EMOTIONS ARE THE KING OF EXPERIENCE.

(Happiness is but a positive emotional state.)

If we take the emotions as the most powerful, the most common, and the most present of all experiences, we can rephrase the law of the only motivation as:

**The only motivation of all human behavior
is to control one's own emotions:**

to avoid or terminate negative feelings and to produce and prolong positive ones.

However, given all the emotional pain and suffering that most of us experience throughout a lifetime, we do not seem to be all that successful in achieving that control. But we never stop trying—which is why you are reading this book.

Our emotions are the “main event” throughout our life. Even when we want physical things like a new car or job, fame and fortune, we want them because of how we think they are going to make us feel: free, secure, happy, joyful, successful, powerful, admired, respected, loved. If on achieving something external it were to produce a negative experience, we would quickly get rid of it. The basic motivation of all human behavior is one's psychic experience, not physical experience.

Our emotions and feelings are the final arbiter of our actions. Even when we analyze and reason about something to reach a decision and believe ourselves to be purely logical, the final measure is our (often unconscious) estimation about how the final result will make us feel.

MYSTICISM: GOD IS LOVE; LOVE IS GOD.

Beneath this law of the motivation of all behavior is the fundamental driving force of existence. To present it, we have to go a little into mysticism.

The fundamental nature of the cosmos is LOVE. GOD is LOVE; the ENERGY is LOVE and LOVE is ENERGY. LOVE = ENERGY = GOD: GOD = LOVE = ENERGY.

ENERGY = LOVE = GOD. In truth, you are formed of LOVE. Your body is formed of LOVE; you-psyca are formed of LOVE; solid matter is formed of LOVE. As we said before that all is ENERGY, so too can we say that all is LOVE. They are the same thing.

Love is the supreme experience, the supreme emotion. **Love is happiness. Love = Happiness.** To verify that statement, recall a time when you “fell in love” with someone. How happy were you? How joyful?

Your psycanic essence is LOVE. You came from LOVE and have descended into ANTILOVE¹⁰ for reasons we will see later. The driving force behind your existence and all your actions, **the supreme force shining in the depths of your soul, is to return to the experience of the infinite LOVE = JOY from whence you come.**

Until you do this, your soul will never rest.

It is this search for the mystical LOVE that is the fundamental factor of human existence. It may be deeply submerged in the unconscious, but it is always operative in your motivations and actions.

An aside: I reiterate that psycanics, although highly spiritual, is not a religion and is not religious. However, where I feel it is helpful or interesting, I may occasionally make some observation, comment, or comparison with religion. Here is one such:

The story of the departure of Adam and Eve from the Garden of Eden is a metaphor for the departure from LOVE to ANTILOVE.

The original teachings of Jesus and of Buddha (not the distortions that pass for religion today) are a path of return from ANTILOVE to LOVE.

Summary:

The purpose of life is to feel, to experience, and therefore to know truly and profoundly. The ultimate experience of anything is to BE that thing, which is to become that IDENTITY. The cosmos is God forming of Herself, of Her Self-Energy-Substance, all forms possible in order to explore, experience, and know Herself in all Her infinite possibilities of BEing. God is not separate from Her creation but is both within and without each creation. Since there is no limit to the forms, and new ones are being created all the time, God is playing a never-ending game with Herself.

Your life is a miniature of that. You are one variety of BEing and an experience for God while at the same time you also experience your experience as an individual. Your purpose of existence is to BE, DO and HAVE, to experience, all that you desire and are capable of. Your only motivation in life is to control your experience, avoid negative and increase and prolong positive experience.

YOUR EMOTIONS ARE PSYCANIC EXPERIENCE.
Your emotional experience is the perception of psycanic energies.

¹⁰ AntiLove is a concept we will introduce later. For the moment, think of it as struggle and suffering.

YOUR EMOTIONS ARE SPIRITUAL ENERGIES.

Your emotional experience is the perception of spiritual energies.

YOUR EMOTIONS are the KING of EXPERIENCE.

Emotions are the prize of life. They are the richest of all experiences possible.

A major purpose of physical experiences and things is to provoke emotion.
(Think of an amusement park where you go to scare yourself on the roller coaster.)

LOVE IS THE KING OF EMOTIONS.

THE HIGHEST OF ALL EMOTION and of ALL EXPERIENCE IS LOVE.

LOVE = HAPPINESS

LOVE = HAPPINESS is KING.

**LOVE IS YOUR ORIGEN and ESSENCE and what YOU as a
SPIRITUAL BEING SEEK TO RETURN TO.**

YOUR EMOTIONS ARE LOVE (and ANTILOVE)

This statement we will explain and prove later.

What you seek in life is **LOVE**.

Your ultimate purpose of existence is to be **GOD = LOVE = BLISS** again.

Chapter 6

THE CAUSE OF EXPERIENCE

Given that the only motivation of all human action is to control experience, the question then arises: Is that control possible? How much influence, if any, do we have in what we feel?

It seems to most people that their emotions are caused by external factors, by the world of people, things and events. I think that we can agree that nobody, however much power s/he wields, including kings and emperors, can control what other people do or say or even most of the events in hir life.

As an example, we have Xerxes (485 - 465 B.C.) king of the Persian Empire, at the time the greatest the world had ever seen, stretching from the foothills of the Himalayas to the Mediterranean Sea.

Wanting to avenge his father's defeat at Marathon by the Greeks, he assembled the greatest army ever seen until then: it took seven days for it to march pass any given point. (Estimates run to 750,000 but was probably about half that).

To transport his army across the Dardanelles (Hellespont), Xerxes tied hundreds of ships together with thick ropes to create a floating bridge—only to have it destroyed by a storm before his army was able to cross. Used to being obeyed and having his way, Xerxes went into apoplexy. Such was his rage that he ordered the engineers that had built the bridge massacred, and sent thousand of troops down to punish the water by scourging it with whips and branding it with glowing irons.

He finally got to Greece only to suffer another fit when his plans were again delayed by the 300 Spartans at Thermopylae, causing him heavy losses of his best troops and giving the Greeks time to organize their defense at the island of Salamis.

Salamis for Xerxes was to be the final and permanent defeat of the Greeks. He had thousands of big ships, and the Greeks had only about 200 small ones. Expecting to enjoy a splendid victory, he had mounted his golden throne on a hillside overlooking the bay at Salamis—only to witness the annihilation of his navy. His big ships ran aground in the shallow waters around the island and the smaller Greek ships easily out maneuvered them and set them afire.

Can you imagine how this proud man felt, the world's most powerful emperor in his most colossal effort? Well, it broke his spirit. He gave up and went home. He dedicated himself to the pleasures of the flesh and never again involved himself in military campaigns.

Nobody controls the world all the time or even most of the time.
(If governments could control the world, then there would be no crime, no drug trafficking, no poverty, no wars, no social unrest, and everybody would pay all their taxes all the time.

If external things cause our emotions, and we have little control over external EVENTS¹¹, then we can have little control over our emotions. In that case, there is no hope for human felicity. Uncontrollable

¹¹ When used as a technical term, "event" means anything happening. It can be what someone says or does, or any situation or circumstance. The meaning is similar to that applied in physics.

events toss our emotions up and down and around; our emotional lives are but foam on the stormy seas of life.

Fortunately, such is not the case.

All experience (both thoughts and emotions) is psycanic energy generated by the psycan himself.

In other words:

The psycan, the spiritual being—this means YOU—are the ONLY CAUSE (creator) of your emotions.

Nothing external causes your experience. It is not caused by other people say or do. It is not caused by your spouse, your parents, your children, or your boss. It is not caused by things, events, situations, or circumstances. It is not caused by angels, gods, devils, the tooth fairy, or whatever else the human being has dreamed up to explain why s/he feels bad.

**Nothing external to your being ever causes your experience.
EVER. NEVER. NO EXCEPTIONS.**

Until you really get this: **That you are the sole creator of your emotions¹², you will never even begin to be able to control them, and pain and suffering will be your continued lot in life.**

Note: Later in the book, we will be going into the “how,” into the exact mechanism by which you create your feelings. For the moment, we are concentrating only on the fact that you do.

Externals can activate the mechanism with produces your emotions, but they are only a trigger and even then only because you permit it. The causes of those emotions are within you and can be under your complete control—a control you will never achieve with the world.

Since many, many people—if not most of humanity—believe firmly that their emotions are caused by external factors, I will give a summary of the proof that nothing external causes your experience.

PROOF THAT ALL EXPERIENCE IS CREATED INTERNALLY BY THE PSYCAN.

Since experience is either positive (happiness) or negative (pain), this proposition can also be stated as:

- ◆ **NOTHING EXTERNAL CAUSES HAPPINESS.**
- ◆ **NOTHING EXTERNAL CAUSES SUFFERING.**

Cause and Effect and Consistency

Science is the observation of effects to discover their causes. It is a fundamental principle of cause and effect, and therefore of science, that there is perfect consistency between causes and their effects. This means that a given cause always produces its effects, and that any given effect always has its cause and always the same cause. If there is no consistency between events, for example, if Effect B never occurs without Cause A, or Cause A occurs without producing Effect B, then A is not the cause of B. If there

¹² At a higher level, beyond the scope of this book, you are the creator of all your experience, including your body and the physical universe. Jesus and Buddha operated at that level. You can too – however, you would no longer have game conditions in this universe.

were no consistency between cause and effect, science and the control and power it gives us over the universe would be impossible. Worse than that, life as we know it would be impossible.

To illustrate with an example: What kind of world would it be if one time something falls down, next time it falls up, and then to one side, and then down again, and then to another side, such that you never knew what would happen next? How could you predict or control any object in a world with such inconsistency?

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 up and the car turns right—the first time. The next time, shifting up turns on the radio. Trying to control a car without consistency of cause and effect would be a very interesting and highly unsuccessful experiment.

The universe as we know it depends on the consistency of cause and effect. Consistency is a fundamental axiom of science without which science could not exist. Without consistency, there would be total, absolute chaos. You could know nothing, predict nothing, control nothing.

Physical Experience

There is consistency of cause and effect in physical experience. If we give 100 people sugar, they will all report a similar experience of sweetness. If we give them a hot pepper, they will all report a burning taste. If we give them salt, they will experience saltiness, and so on. If we expose them to fire, they will all report similar experiences of burns. If we touch or hit them, they will all report a contact or blow. If we turn on a red light, all the people all the time will report seeing red unless there is some cause preventing this such as colorblindness. And so on.

There is consistency between physical events as causes and the experiential results (effects) of such events: sugar always causes sweetness for all the people all the time, and sweetness always results from eating sugar. Jalapeño peppers always cause “picante”¹³ and picante always results from eating such chiles for all the people all the time. In the physical universe, there is a reliable, consistent cause-effect relation between physical causes and physical effects. And any time there seems to be a failure of the cause-effect relationship, there is always a cause of that effect / failure.

Our scientific and technological power is the direct result of discovering cause-effect relationships and applying them to produce the results we desire.

Without consistency:

¹³ Picante: Spanish for the “hot” taste of chili peppers. “Picar” means to prick or to sting.

- 1- We could never discover the causes. There would be no way of connecting one thing with another, none of statistics on which science depends. In fact, there would not even be “causes” because a “cause” is not the cause if it does not produce its effects. Anything and everything could be and would sometime be and sometimes not be the cause of anything and everything, which is to say that there would be no cause.
- 2- 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.

It is perhaps only natural that we should carry over the idea that external things cause (physical) experience to our relationship with our psychic experience.

However, it is a FATAL ERROR.

The Psychic Universe

When we examine psychic experience and any presumed external cause, there is absolutely no consistency. Therefore, there is absolutely no causal relationship between external events and internal (psychic) experience.

Take any person, situation, or event, and investigate human feelings about it, and you will find not a consistency of experience, but the total opposite: the greatest variety of experiences and complete inconsistency.

We are looking for the causes of experience, of emotions, of happiness, and suffering. But for any given person, situation, or circumstance you can name, we can find some people with positive experience and some with negative experience and everything in between.

For example, does poverty cause unhappiness and wealth happiness? That fact that there are poor people who are happy, and rich people who are unhappy, violates consistency and proves that there is no causal relationship between economic status and emotional state.

We can repeat the same test for anything you care to name: success, money, fame, marriage, divorce, having children, not having children, etc. For any and every condition, there are people who have positive experience and those who have negative experience. The fact that stands out is not the consistency of human experience but that although there may be patterns of similarities of experience—any given event produces a different experience in each person.

This observation that psychic experience has no causal correspondence with external events is even true for the external situation of physical health. I have heard of more than one case where a person was crippled at one point and spent the rest of his life in a wheelchair and gave thanks to God for the experience (Ken Keyes, author of a Handbook for Higher Consciousness, to name one).

Name anything, and there are some who are for it and some who are against it, and all intensities of experience possible between the two extremes. For any external, human experience, both mental and emotional, the gamut runs from maximum negative to maximum positive.

Take abortion, for example. Observe all the public debate and positions about it, from those who defend it vehemently to those who would kill those who perform it. Observe also the individual

experiences of the women who undergo it and how they feel afterwards. Some celebrate and some weep.

Take five different people and insult them identically. One gets angry, another sad, another responds by attacking you, one begins to hate you and plot revenge, another just laughs. The external stimulus is identical for all; the emotional and mental response varies according to the individual.

Take any given person and 25 people that know her. Ask each one their opinion and their level of like or dislike of the person. You will get 25 different experiences, from loving her to hating her and everything in between.

A person dies. Some mourn, others rejoice. There is one event externally identical for all, yet very different psychic experiences.

How about one's own death? Surely, that is a universal "cause" of negative experience for all mankind! Not at all. The studies of thanatology show that about 75% of all dying people resist death and suffer, while about 25% die with acceptance and peace, welcoming the experience.

The only consistency in the alleged cause-effect relationship between anything external to the BEing and psychic experience, both positive and negative, **is the total consistency of no consistency.** For any given thing, human experience can and does vary over the total scale of possibilities of experience available.

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

End of Proof

Psychic experience—thoughts, opinions, judgments, emotions, feeling—are *always, without exception*, creations of the psycan. (I don't mean that you actually create the energy itself; you just modulate the energy that you already have to your desired "flavor" of the moment.)

The only real happiness, irrelevant of external conditions, unaffected by external events, is the Love that you develop in yourself through taking control of your IDentities and thereby determining your emotions.

ARE YOU AT CAUSE OR AT EFFECT?

Psychics has a trinity of three factors that when understood and applied make you a master of life. These three factors are CAUSE, SPACE, and ENERGY. Everything that exists is one or a combination of these three factors.

A person who is at CAUSE is one who recognizes that she is the creator of hir life—in this book, of hir emotions, of hir experience. S/He therefore acts and controls hir life: she is proactive.

A being at EFFECT is one who believes that external factors determine hir life, for examples: the actions of others, luck, coincidence, accidents, fate, etc. In the case of experience, s/he believes that hir emotions and suffering are caused by others or by events and situations. A person in EFFECT reacts: s/he is emotionally reactive.

The word for a person operating in EFFECT is VICTIM. A victim believes that other people and events are doing things to him, determining hir life and especially causing hir emotions (suffering) without hir participation in the situation and without much possibility of hir controlling or changing the situation.

The belief I AM NOT THE CREATOR of my emotions is one in which most of humanity lives. The belief: I AM NOT CREATOR is the **FATAL IDENTITY**—fatal because the creator destroys hir own consciousness of creator and power: the creator “kills” himself. And if you are not cause / creator of what effects you, then you are VICTIM of it.

One of the results of the Fatal Identity is the negation of responsibility for experience; the negation that one is the response-able for hir thoughts and especially for hir emotions.

If I am not response-able for my emotions, if I am not the cause, the creator; then who or what is? Because that is who or what I am going to have to control to control my experience. That is who or what I am going to have to stop or destroy to end my suffering. This puts me in the situation of having to control the world to control my experience; something we have already seen is impossible.

RESPONSE-ABILITY

The point of change between CAUSE and EFFECT is RESPONSE-ABILITY¹⁴. Responsibility is the recognition that we have the ability to respond at CAUSE, to choose, to create, instead of reacting at EFFECT.

YOU ARE RESPONSE-ABLE for your EXPERIENCE.
YOU ARE THE CREATOR of your EXPERIENCE, of your EMOTIONS.

To deny that responsibility, to deny that you are CAUSE, is to renounce your power and ability to control them. It is to put yourself at EFFECT, in VICTIM. It is to condemn yourself to a lot of negative emotion and suffering, including a sense of helplessness to change your situation. And it is all a self-created illusion, a lie. You are creator; you are CAUSE; you are response-able.

This is very difficult for some people to accept because on looking at their life or even just their emotions, they see a lot of failure and pain and a lot of “bad.” It is hard to take responsibility for being the creator of “bad”—it implies that one is a failure and “bad” for having created all that “bad.” Fortunately, there is a way out of “bad” which we will see in the chapter “Good, Bad and Evil” in the second part of this book.

So: Now you must decide something: Are you response-able for what you feel? Are you the creator of your emotions and feelings? Or are you the effect, the victim of what external things “make” you feel?

¹⁴ For many years, this word has been misspelled as responsibility, even in most dictionaries. The more correct spelling in line with its Latin roots, its meaning and its component words is responsibility.

As long as you believe you are not CAUSE, you are not CAUSE. This is because you are CAUSE and if CAUSE decides it is not CAUSE, then it will cause the appearance, the self-delusion, of not being CAUSE. And when it is at the effect of the self- determination of not being CAUSE, it can only obey its own delusion of not being CAUSE and act in consistency with not being CAUSE, which is to be the emotional victim of the world.

In Part 2 of this book, you will begin to learn a powerful technology of discreation of anything negative in your life. However, it is a law of psycanics that you cannot change what is not yours. If you are not the creator of something, then it is not yours and therefore you cannot discreate it. Responsibility is recognition of cause. Personal power begins with responsibility.

Your power over your emotions begins with taking responsibility for them. They are yours; you are the creator. As long as you are blaming other people or events for how you feel, you will never be able to control how you feel.

**THE ONLY WAY OUT IS TO DECLARE YOURSELF CAUSE.
SINCE YOU ARE CAUSE, NOTHING MORE IS NECESSARY.**

If you are not willing, and/or do not achieve recognition that you are cause and CREATOR of your emotions by the end of this book¹⁵, then there is no hope for you being able to control your emotions. Only cause has power.

Definition: I will use the term “responsability for experience” abbreviated to “RespExp” in the future when referring to the concept that you are cause and response-able for your experience, both thoughts and emotions.

Every human being is in one of two conditions:

1—They are “RespExp”: Responsible for their Experience, which is in a condition of awareness that they are creators of their experience, of their emotions. Or

2—They are in **no** RespExp: in a condition of denying responsibility for their experience, denying that they are creators of their emotions. In this case, they live in “victim” of others and of life, complaining and blaming others for their pains, and trying to manipulate and control others to be happy. ‘Tis a sad way to live.

¹⁵ It may help greatly when you see the mechanism by which you cause your emotions.

Chapter 7

EXPERIENCE II

Cosmology is the study of the origin and the mechanisms of existence, of how and why existence began and how it works. It is study of the fundamental factors of existence: God, Being, Experience, Reality, Polarities, Love, Happiness, Wisdom, Creation and Manifestation, the Purpose of Existence, Good and Evil; etc.

Although Cosmology may appear to be an obtuse philosophical subject of little relevance to daily life, people have problems and suffer precisely because of their ignorance of it. You are a non-physical life form (psycan), and your spiritual existence is ruled by the physics of cosmology just as the laws of mechanics rule terrestrial machines. To the degree that someone is ignorant of cosmology, they don't know what they are, who they are, where they come from, how they got here, why they are here, what their spiritual purpose of their stay here is, what they should be doing here, how existence works, how their BEing functions, how their mind and emotions work, how to manifest what they want to experience, what love is, etc. Obviously, any BEing in that situation is going to have more problems than a one-eyed blind person fighting a black panther in the jungle at midnight.

The purpose of this chapter is to introduce four concepts from cosmology concerning experience that will enrich our understanding of life and emotion.

CONCEPT #1: THE DISNEYLAND MOVIE

One of the favorite activities on this planet is entertainment: TV, movies, amusement parks, novels, games, etc. Why do we seek such things so much? For EXPERIENCE. To see, feel, experience, and live, even if only vicariously. Life is experience.

And notice that we don't like movies just for "positive" experience, but for all kinds of experience. Some people like adventure stories, some like comedy, some like romance, some like action, some like war stories, some like suspense, some like horror or terror, some like tragedies. Our human tastes in experience are quite varied.

The earth is a sandbox for spirits, an amusement park, and movie set. You-psycan come from "higher" spiritual realms where everything is just great: no problems, manifestation is easy and fast, everything is love and peace and happiness—which is all quiet boring. There are no games, no drama (these are explained below). You come to earth for experience, for life and adventure under game conditions and with as much drama¹⁶ as possible. You write a script for your movie before you incarnate and then live it out with varying degrees of modification as you go. (By modification, I mean you have a limited ability to manifest things and experiences while you are in the movie.)

For example, perhaps you are familiar with the book and movie "The Neverending Story" in which a boy finds a mysterious book and starts to read it, only to find himself drawn into the book and then into living it in a "real" fantasy world. Life is something like that: the opportunity to play out in physical reality whatever adventure we choose from our psycanic spiritual reality.

¹⁶ Hinduism presents these concepts as "Maya" = illusion, and "Lila" = play.

Your life as a movie and all the factors which effect all that happens to you and how you can manifest what you want during your “movie” is a fascinating story that requires its own book. What I want to emphasize here is that all experiences are valid and sought by the psycan on some level, **including the experiences that as humans we consider “bad” or tragic or painful.** There are no accidents, no coincidences, and no luck, good or bad. All experiences and all emotions are valid and sought by Spirit. What would a Hollywood movie be without difficulties, struggle, and pain and suspense, without negative emotion?

Life is a four- dimensional, real “virtual reality” psycanic movie. Not only are negative experiences “good,” but also they are essential for three reasons: polarities, game conditions, and drama.

CONCEPT #2: POLARITIES:

One of the ways in which the **INTELLIGENT ENERGY** creates possibilities of experience is through creating Polarity Scales. A polarity scale is any two opposite qualities and the entire range of gradients of those qualities between those two opposite poles. Just naming a few poles and their scales should make this quite clear:

- ◆ white-black and all the infinite shades of gray between
- ◆ hot-cold and every possible gradient of temperature between
- ◆ happy-sad and every possible gradient of emotion between
- ◆ big-little and every possible gradient of size between

Can you try to imagine how limited experience would be and how dull life would be without the Polarity Scales? Try to imagine existence without polarities: without light-dark, hot-cold, big-little, etc.

Five of the most important polarities are: God-Human, Love-AntiLove, Positive-Negative, Good-Bad, and Pleasure-Pain. Each of these is explained in Cosmology. Here we will cover only two of the laws as the minimum necessary for you to understand emotions:

1. Polarities create each other. It is impossible for one polarity to exist without the other. (Polarities are the two ends of the same stick.)
2. It is impossible to experience (know) one polarity without having experienced (known) the other. The experience, at least once, of one polarity is necessary to be able to experience the other.

Corollary: You can only experience one polarity to the degree that you are willing to experience its opposite.

As regards the emotions, these laws mean that

1. The negative emotions must exist for the positive emotions to exist.
2. The negative emotions must be experienced to experience and appreciate the positive emotions. However, you only need to experience them once—you don’t have to live there in pain and suffering, which is what most humans do.

3. You can only experience one polarity, say joy, to the extent that you are willing to experience the opposite, grief. Most people live in a narrow band of reduced emotion around neutral with occasional peaks towards both poles. Their resistance to pain limits their experience of joy.

AntiLove is a concept we will define later. Right now, just notice that these laws apply to love and its opposite polarity: AntiLove. **The AntiLove must exist for love to exist. AntiLove must be experienced at least (but only) once to experience and appreciate love.**

- ◆ Negative experience is not “bad”: in fact, it is essential to know positive experience. Therefore, it is “good.”
- ◆ The negative emotions are not bad: they are essential to know and appreciate the positive emotions.
- ◆ AntiLove is not bad: it is essential to know and appreciate the experience of Love. AntiLove is therefore necessary and “good.”

CONCEPT #3: LUDOLOGY: GAME THEORY

The cosmos is God at play. The most fascinating of all forms of play are games.

While a game can include many factors, the essence of a game is an obstacle to a goal. A game is the struggle to overcome an obstacle. The essence of a game is not the goal or winning: people play games knowing beforehand that one side has to lose. A game is the effort to overcome some obstacle. In that effort is the experience of using our powers and pushing our limits. It is the struggle against the obstacle that tries our mettle, and most makes us **feel** (experience), which is the purpose of existence.

Another name for obstacle is problem. Count how many problems you have and you can see how many games you have. However, most of us consider problems and the accompanying negative emotions “bad” experience.

Note how the “bad” experience in a game (the struggle, the frustration, doubt, uncertainty, fear, sadness, etc) sets the stage for the appreciation of the positive experience. You can only savor the victory to the degree that you were tested to your limits with all the intense negative emotions involved. This is polarity in operation. And it is drama, explained below.

A game requires a more-or-less equal balance of power between the player and the obstacle thereby creating maximum struggle and maximum uncertainty of outcome. This creates maximum suspense and drama, maximum emotion, the juiciest experience. You don’t want to win all the time or lose all the time: either situation destroys game conditions.

Life is a game. Every activity and goal in life is a game. You are here to PLAY!

The problem arises when you forget the rules of the game (cosmology) and begin to spend too much time in loss and pain. In this book, I am going to remind you of the rules of emotion¹⁷. In others, I will remind you of all the rules.

¹⁷ In my other books: Cosmology, The Power of your IDentities, What Would Love Do Now; Relationships, and Manifestation, I will give you other rules.

CONCEPT #4. DRAMA

Is your life dramatic? Most people will say yes.

Psychians love drama. Drama is the maximum, the richest experience possible. Drama is the result of maximum uncertainty, maximum suspense over the outcome, over winning the goal. It exists when you are pushed to your limits, and there is maximum doubt about your ability to win, to achieve the goal. Doubt about winning, having winning appear almost impossible, is what activates maximum negative emotion, which is what makes possible the maximum positive experience. **You can savor victory only to the extent that you almost failed (polarities).** That almost failing is the drama.

For an example of both a game as a worthy obstacle and of drama: The sports matches most enjoyable are always those in which the contest is close, so close that you don't know until the last second who wins. Games that are one-sided are not only unexciting, but boring and a disappointment.

Think of any dramatic movie that you have seen and observe that the hero/ine first went through a strong negative situation before ultimately winning. That is “dramatic game”—and juicy experience.

(However, even monotony and boredom can be dramatic if you go into Victim about them.)

Life is a dramatic movie taking place in an amusement park-movie set called Earth, and consisting of many games as dramatic as possible. You are here to play and experience all that you can.

Summary:

Life is experience, and the purpose of life is experience. There is nothing else. The maximum experiences are the emotions. In the final analysis, the purpose of life is to feel, to experience emotions. The highest emotion, the most joy and happiness, is love.

The point of mentioning these factors is to understand better the purpose of emotion and especially of the negative emotions. The negative emotions exist because:

1. They are the essential opposite pole that permits the positive emotions to exist and to be experienced.
2. You can experience the positive emotions and love only to the degree that you have experienced their opposites, negative emotions and AntiLove¹⁸.
3. Life is a Game, and in any game, the “juice” (the experience) is more in the overcoming of obstacles than in winning. You need big obstacles, obstacles at the limit of your power, to have good games.
4. Drama, maximum experience, requires maximum doubt of the outcome, which activates maximum negative emotions, which is what permits the maximum positive drama and celebration of winning. Maximum doubt of the outcome occurs when the obstacle is at the limit of your abilities to overcome it.

¹⁸ I am aware that I have not yet defined AntiLove. We are getting there.

5. Psychans love experience, emotions and drama. Life is a movie-amusement park-game-drama opportunity. Negative emotions are an essential part of the whole scheme.

Here is a datum from the laws of Manifestation that serves to illustrate the importance of drama:

Your objective as a psychan is to create drama. There are two ways to generate drama.

- 1- In the struggle to get what you want: the obstacles.
- 2- In the getting of what you want: the prizes.

Which way you define drama determines how your life manifests: a continual struggle, or the easy getting of what you want, one thing after another. This is why some people's lives appear to be magical, and they always appear to be winning.

As you can see, negative emotions are an essential part of existence, but it is only necessary to have experienced them once: you don't have to live there. Most people have far more negative emotions in their lives than they would like and no idea of how to control them and change that. Many people live too much of their lives in guilt, anger, fear, sadness, regret, resentment and depression (witness the billions of tranquilizer pills such as Prozac and Valium sold every year). It's not necessary.

The lessons of this chapter are:

1. Stop resisting your negative emotions. They are not "bad." (More on this in the chapter Good, Bad and Evil.)
2. Recognize the importance, the essentiality of negative emotions. They make possible the existence of the positive emotions, and you can appreciate the positives only to the extent that you have explored the negatives.
3. Take response-ability for having chosen (at the psychic level) a planet heavy into AntiLove drama. (AntiLove includes negative emotion.) You chose to come here—nobody pushed you.

Chapter 8

FALSE SOLUTIONS I

THE FATAL PARADIGM AND THE EXTERNAL QUEST.

The Fatal Identity generates the mental structure of the Fatal Paradigm, and those false beliefs and calculations conduce the being to that system of behaviors we call the External Quest. Most of humanity is operating in this illusory pattern.

The price of living in this illusion is never being able to control your experience and to pass your life in unhappiness and to quote Emerson, “quiet desperation.”

The imperative of life is to control experience. Since the emotions are the king of experience, the imperative of life is to control emotions. When a person does not know what his emotions are, where they come from, or how to handle them, s/he adopts all sorts of strategies and tactics to try to control his experience, i.e. to avoid pain and produce pleasure and happiness. These are the External Quest.

When a person is operating in the Fatal Identity and NO RESPEXP (that is, denying that s/he is the creator of his experience = emotions, s/he then enters into the Fatal Paradigm¹⁹, a system of false beliefs designed to control his experience by controlling the external world (hereafter sometimes called “externals” and meaning any person, event or circumstance).

When a person believes that s/he does not create his EXPERIENCE (emotions); and, therefore, that s/he does not cause his suffering and is not the source of his happiness; s/he puts himself into the position of looking outside himself for the Cause-Creator, for that which is response-able. S/He must then **find** and take control of who or what is response-able for his EXPERIENCE.

We call the whole behavioral structure by which humans try to handle their experience by controlling the world, the **External Quest**. The Quest is the intent to control psychic experience (primarily emotions) by controlling the external world of people, places, things, and events.

The **Quest** has 2 sides.

- 1- The first is the effort to stop, change, or eliminate those “bad” things which seem to be the cause of our pain and suffering: those external things that make us angry, insulted, offended, fearful, sad, etc.
- 2- The second side is the neurotic effort to find and accumulate anything that appears to be the cause of happiness: lovers, money, jewelry, fame, power, bigger houses, more “toys” etc;

The first side, the struggle to stop the triggers that cause our suffering, is a primary cause of problems and conflicts in relationships. Since we believe what others do and say causes our emotions and our pain, we try to control them in many subtle ways. We try to be “good” and please them to obtain their desired “good” treatment towards us. **OR** we try to buy their acceptance and love. **OR** we try to covertly manipulate them with blame and guilt. **OR** we attack them with anger and invalidation to try

¹⁹ Definition: Paradigm: a usually unconscious belief or system of ideas and beliefs, which distort the perception of reality. Paradigms are **mental virtual realities** intended to model the world and resolve a problem. To the degree that the paradigms are false (and most are), they eventually will create other problems. At the same time their distortion of reality makes it impossible to resolve those problems. Most of the problems in the world, from the personal to the planetary level, are caused by false paradigms. Law: A problem cannot be resolved in the paradigm in which it was created.

to force them to obey our programs (ideas) about how they should be and behave. This is all to please us and make us happy.

The first side is also the cause of much of the “bad” things that happen in the world. The Fatal Paradigm says that bad things that cause problems and pain must be attacked with negative energy to change or destroy them.

For example: How often are you subject to someone’s anger because you didn’t or won’t do what s/he wanted? In such cases, you are the “bad” external that must be changed so that the other person gets what s/he wants and doesn’t suffer (his own anger). And on the other side: How often are you attacking others or situations with anger? Note that you only attack “bad” things.

All this pattern of behavior is covered in the book “The Power of your Being” under the section on DO.

The second side, the Quest for the “good” things to make us happy, is the world of MOPs: Moments of Pleasure.

MOPs: MOMENTS OF PLEASURE

MOPs are moments of positive experience. Goal achievement (the obtaining of some external situation or thing) will temporarily activate a PIR (I COULD DO IT, I WON, I AM A SUCCESS, ETC.) and therefore a MOP. However, MOPs are a mirage of happiness, not true, permanent, impregnable happiness. **MOPs are always fleeting, and quickly we return to our chronic level of LoveJoy and to the roller coaster of our emotions.**

MOPs are insidious. They are the carrot before the donkey. They spark a moment of positive identity²⁰ in us and therefore a moment of positive emotion. On appearing to spark, to CAUSE, happiness (although momentary), they make externals appear to be true CAUSE and appear to be the road to happiness. So, when the spark passes, we enter into either or both of two calculations:

- 1- That amount of (whatever) gave me a moment of happiness, so it must be the cause of happiness and I am on the right track. However, that moment didn’t last, so that amount was not enough. All I need to do is get more and more and more until eventually I have enough and will be happy. (Of course, enough never arrives, because the MOP for whatever amount will always pass and the void will always reappear.)
- 2- That thing gave me a moment of happiness, although it passed. So, that thing must not be the final cause of happiness. However, I am on the right track to happiness seeking in externals. I just need to keep trying different things (money, sex, fame, power) until I finally find the one that is finally the true source of my happiness.

The body needs a certain amount of physical things to exist and be comfortable. The psycan needs goals to have games and things with which to play the games. However, whenever you find yourself using negative energy towards others, or are unhappy but still wanting more in the midst of having enough to live, you are in the External Quest.

Whenever you are living without the inner work on yourself being your number one priority, therefore looking to anything external (spouse, job, money, success) as your primary value or goal in life, you are in the External Quest.

Most people are.

²⁰ The relationship between IDentities and emotions is a critical part of this book and will be explained fully later.

Religion comparison note:

As Jesus once said: “Seek **first** the Kingdom of Heaven. The Kingdom of Heaven is **within**.”

If the Kingdom of Heaven is not maximum positive experience (GOD-LOVEJOY), what is it and why bother?

If it is **within**, what are we doing so focused without?

If it is not **first** in our values and in our focus and efforts, are we thinking it can be achieved by a lesser and amateur effort?

The control of external things to control internal experience is a game you can't win. We have already proved that is an illusion: externals do not determine internal (psycanic) experience.

The only real happiness is learning to control your emotions, eliminate the negative emotions, and create more emotion that is positive. **Only when you learn to create your internal experience irrelevant of your external situations will you ever find impregnable happiness and love.**

The only real happiness is to create a permanent state of intense love for yourself.²¹ Part 2 of this book presents a precise technology for doing that.

Your pain, suffering, and lack of LoveJoy will go on and on until you do learn to love yourself, however, many lifetimes that takes you. (The average human psycan on this planet has more than 500 past lives.)

Thus, when we are in the Fatal Identity (I AM NOT CAUSE) that generates the Fatal Paradigm (Externals are CAUSE; they CAUSE my pain and can CAUSE my happiness), which leads to the External Quest behavior (attacking triggers and the neurotic seeking of MOPs), our lives become a struggle to control the external world in order to control internal experience. We fight along side of Xerxes to:

- 1- Attack or bribe the triggers to stop them from causing our pain.
- 2- Struggle to accumulate more and more of the “good” things that seem to cause happiness, but never fill the fundamental experiential vacuum that exists inside of us for lack of **LOVE**.

When the control of externals fail, as it constantly does, and we are unable to avoid negative experience, we then fall back on other tactics to suppress the pain, some of which are described in the next chapter.

**The purpose of all human behavior is to control experience.
Psycanic experience is never caused by externals.**

**To control your experience, you must learn to control
certain things inside of you.**

Buddha said that life is pain and suffering, and only Illumination is freedom and joy. There are only four possibilities:

²¹ The why and how of this statement will become clearer as we progress – I hope.

1. You get what you want: your experience is a MOP that always passes.
2. You don't get what you want: suffering
3. You get what you don't want: suffering
4. You don't get what you don't want: very short lived rejoicing.

As long as you are in the External Quest, life is mostly 2 and 3 with brief moments of 1 and 4.

Exercises to cement and apply this chapter:

A: Consciousness of the External Quest as control of "bad" externals:

- 1- Make a list of your most common negative emotions (at least six), especially those that are the same patterns activating over and over. (You may use the list you have already made.)
- 2- Identify the triggers: the specific EVENTS which set off = activate your negative emotions (especially family and people).
- 3- To what degree have you been blaming = denying responsibility = assigning cause for your experience to the triggers?
- 4- To what degree have you been able to control those triggers so that they now no longer "cause" you pain?
- 5- To what degree do you believe that you will someday achieve the control of those triggers and all other possible triggers in your life (the whole world), so that one day you will cease to suffer?

B: Consciousness of the external quest as the search for mops.

Make a list of your six most important goals in life.

How do you expect to feel when you reach each of them? (what experience are you hoping that these goals will cause in you?)

In the past, you have had many goals. how many of those goals have you reached?

For each goal, what psycanic experience did you expect and what did you actually get?

For each goal that you have not achieved, what has been your experience?

To what extent have the experiences that you did get remain with you and are now maintaining your happiness?

Has the achievement of those goals freed you from pain and suffering? do they insure you against them in the future?

Are you trying to accumulate more and more of something that you already have?

Chapter 9

FALSE SOLUTIONS II

Positive emotions = happiness = love are the conscious or unconscious goal of every human being and the only motivation of his every action, whether s/he recognizes this or not. Most people operate in the sequence Fatal Identity-Fatal Paradigm-External Quest as their first line of battle to control their experience. Since they lose such battles more than they win, they have to fall back on other tactics to stop suffering and try to enjoy life. As the imperative to control experience will not be denied, humans have adopted a multitude of ways to try to, in some degree, avoid or suppress negative experience and increase positive ones. Here is a brief mention of the more common ones.

#1 Blocks and Suppression

Some of us learn in childhood how to block and suppress our emotions. For example, when I was a child crying after a whipping, my father would say, "Shut up or I will give you something to really cry about." As a matter of survival, I learned to suppress and block my feelings very, very well. Many, if not most, men have learned to block and suppress to some extent. We will come back to the results of such suppression in the section on "Rocks" below.

#2 Fleeing to Mind

As a psycan, you have two systems of knowing. The first and most important is direct perception or direct experience. Direct perception = consciousness = experience = feeling is the home of feeling and sensing, intuition, sympathy and compassion for another, and psychic abilities.

Your second system of knowing is MIND as thought. Mind versus Experience, Thought versus Feeling: they are opposed in the sense that when you are in one, the other is partially or even totally blocked. You cannot give full attention to both at the same time.

We flee to mind in order to block perception and feeling.

The distinction between mind and experience is very important: you can only discreate emotions and their underlying causes, IDentities, in experience.

Rocks and Jellos

The degree to which a person has learned to operate in experience or in mind, and to suppress or express emotion varies greatly. To describe this, we use a scale of "hardness" that goes from "Jello" to "Rock."

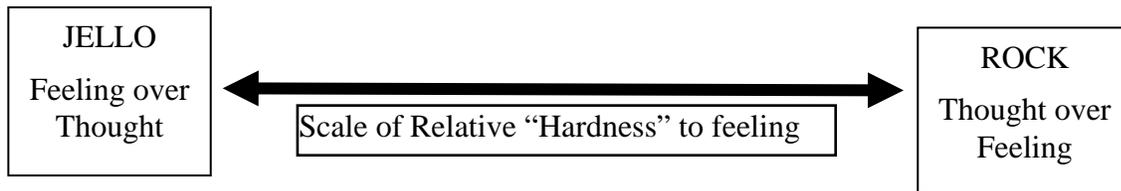
Each position has its advantages and disadvantages. Of course, no one is a perfect jelly or a perfect rock, but rather somewhere on the scale. There is no good or bad in any position: it is just your particular strategy to control your negative emotions and therefore your life.

JELLOs: These are the people whose disposition to feel is open or high. They are sensitive; they feel easily, cry easily, get depressed easily; but they also feel joy and love easily. They are like a serving of jello: just a light touch of energy sets them to quivering. They perceive their own energies and usually have the ability to sense the feelings of others, which is empathy and leads to compassion. Emotions and feelings dominate their lives. Due to being so at the effect, and therefore affected by strong

emotions, they are often impulsive in deciding and taking action, and some of these actions are not always wise. They tend to be emotionally reactive to negative events.

Advantages: Jellos feel beauty, joy, and love easily and therefore enjoy life much more than a rock when in positive experience. Their perceptions and empathy with others gives them a high emotional IQ (Daniel Goleman).

Disadvantages: Jellos live on an emotional roller coaster; their mood swings are frequent and big. Just as they enjoy positive more than rocks, they also feel more their negative (anger, sadness, grief, remorse and depression, etc) and therefore suffer much more. They are emotionally reactive = triggered = activated easily. The force of their emotions often overrules their minds and logic, causing them to make errors of judgments and decisions, which produce even more problems and suffering. Jellos tend to be very **no** RespExp and to be VICTIMS.



ROCKs: A “rock” is a person who has learned to suppress hir feelings and to operate through hir mind with thought, reason and logic. These are the strong, silent types. They, usually as children or teens, learned to deal with emotions by blocking and suppressing them. Rocks have the same latent emotion masses as Jellos, but have much less consciousness of them. They try to ignore emotion and think their way through life using reason and logic to decide what to do. Spock, of Star Trek, is their hero.

Advantages: With less conscious negative emotional experience, less often and of less intensity than the jellos, rocks suffer much less than jellos. It is rare to see a rock cry. Less reactive to triggers, and with less emotion arriving into their experience, they are not as overpowered by their emotions. They are often able to make more rational decisions and avoid many of the problems that jellos create for themselves with their impulsiveness and reactivity.

Disadvantages: Shutting off negative emotions also shuts off positive emotions (remember polarities). Therefore, rocks do not feel beauty, joy, and love; they do not enjoy the highs of life as much as a jello. They tend to live in a much more narrow range of emotions around neutral: very high and very low mood swings tend to be rare. Rocks have much less ability to perceive the feelings of others; they tend to be unfeeling, cold, and even aloof. They have a low Emotional IQ (Daniel Goleman), and their relationships often suffer from their lack of perception and empathy with others.

Due to cultural education and permissions, in general, women tend to be more jello and men to be more rock. Girls have more permission to feel and to cry. They are orientated towards non-competitive relationships. Boys are raised to suppress or ignore feeling and to think and act; they are orientated to compete and to producing results. However, few people are a perfect jello or perfect rock; most of us are somewhere on the scale between the two poles with some mixture of the characteristics. Furthermore, our ratio of jello to rock can vary from day to day or trigger to trigger.

The ability to distinguish between your two perception-information systems is very important for spiritual growth. Spirit exists in EXPERIENCE; mind is just a toy and despite how mankind glorifies mind, it is far from our highest power).

For example, one of the laws of mysticism says that: YOU CANNOT THINK YOUR WAY BACK TO GOD; YOU HAVE TO FEEL YOUR WAY BACK.

Another law says: IN MYSTICISM, THE MIND IS A HINDRANCE. One of the major purposes of meditation is to go behind the mind, which is where the Kingdom of Heaven resides.

As a rock, and entrenched in mind as part of my emotional suppression strategy, it took me a long, time to even realize that the experiential system exists. It took me even longer to learn to be able to be open to it and to use it. And even now, any good jello is better at feeling than I.

Here is an exercise to distinguish the difference between experience and mind. First, go into an interior, psychic focus. Lie down or sit in as comfortable a position as possible. Close your eyes and focus inside yourself. Try to turn off your mind. Give yourself the order to “Open Experience, and Open Feeling.” Extend your consciousness in and around you. Imagine that you are in a field of energy that is all around and through you. Open to let the energy in to your perceptions, and extend your perceptions out to feel the energy.

If you are a jello, you will probably easily begin to feel emotions. (All humans are in a cloud of resisted emotions and suppressor mass all the time.) Observe how the emotional energy is there all the time, but we subconsciously block it with resistance and by being in mind.

If you are more towards the rock end of the scale, perception and feeling will be more difficult and tenuous. (In fact, a really good rock will not notice or feel anything at all, and this exercise will make no sense to him.) However, all of the following symptoms indicate the stirring up of emotional charge even if you cannot feel the emotion itself: respiration increasing in velocity or depth, movements of energy or mass, pressures in your head, face, throat, or chest.

Play with focusing in experience and focusing in mind until you can distinguish the difference.

Later, in Book II, when we get to how to discreate your negative emotions, you will need to be able to stay in experience.

We flee to mind, to thinking, to avoid experience.

#3 ADDICTIONS AND ATTACHMENTS

ADDICTIONS An addiction is the compulsion to use a substance (a satisfactor) or an activity (a distractor) to suppress negative experience. The common addictions include tobacco, alcohol, food, drugs, sex, shopping, television, etc.

Behind every addiction, there is a negative emotion. The purpose of the satisfactor or the distractor is to avoid feeling that emotion. The substance or activity either chemically suppresses the emotion or distracts us from it, substituting a “happy” activity such as eating, sex, shopping or watching TV.

The force of the compulsion to use the substance or activity is the imperative in the person to avoid his underlying negative emotions.

ATTACHMENTS An attachment is the compulsion to possess, to have and keep near as much as possible, a person or a thing. Wives are attached to their husbands, mothers are attached to their children, businessmen are attached to their business or their money, teenagers are attached to their sports cars, etc.

If the absence or loss of the “beloved” person or thing “causes” you suffering (negative emotions), then you have an attachment.

Jealousy is one indication of attachment. Another common example is the suffering that some people experience when divorcing; they were very attached to their spouse. The empty nest syndrome is another proof of attachment. To further confuse the issue, attachment is often mistaken for love, and often mixed with real love. Most of what humans call love is really attachment: the need for the other so that one feels needed, valuable, important, and lovable.

NEED IS NOT LOVE and, in fact, is contrary to love. To the degree that you need someone, you cannot love hir. To the degree that you need someone, you are in the External Quest. To begin with, love is always total freedom for the BE-DO-HAVE of the other. When you need someone, you have to restrict freedom and control hir so that they fulfill your needs: BE-DO-HAVE as you want. Furthermore, when they fail to fulfill your needs—which is inevitable—you will activate and go into AntiLove towards them.

When you NEED someone to be happy, you are using hir, not loving hir.

I will take this up in the book on Relationships.

Some people have been so attached to things, for example, to money, that on losing it (as in a stock market crash) they have committed suicide. A classic case is Shakespeare’s Romeo and Juliet, where they both commit suicide because they believe that the other has died. If you “can’t live without” them or it, you are attached and using such externals to avoid confronting negative internal experience.

Addictions and attachments have the same mechanism. The only real difference is that attachments are socially acceptable, even approved (such as the attachment of parents to children, or children to parents and spouses to each other).

The First Noble Truth of Buddha says that attachment is the root cause of suffering. This not the whole story as there is yet a deeper cause of the attachment itself– the same fundamental cause of all negative experience which we will see later.

#5 DRUGS

The purpose of chemicals such as sedatives, tranquilizers, mood stabilizers, antidepressants, even sleeping pills **is to suppress negative experience** such as anxiety, anger, fear, worry, grief, stress and tension, sorrow, depression, etc. (There are hundreds of such chemicals, legal and illegal including: Xanax, Valium, Buspar, Ativan, Halcion, Restoril, Prozac, marijuana, cocaine, amphetamines, Quaaludes, and many others.) However, some of these are addictive in themselves, and most eventually exacerbate the emotional problems they are intended to relieve. **They are all forms of no-confront** on the deeper identity-emotional issues. Change the identity and the emotion disappears and with it any compulsion to chemical suppression of experience.

#6 SUICIDE

The ultimate intent to terminate negative experience is suicide: to try to stop existing in order to stop feeling. The problem with suicide is that you-psycan continue existing, and you take your psycanic mental-emotional mass with you when you “die.” The change from the corporal state to the pure spiritual state is sufficient to deactivate the emotions for which the person killed himself, but the underlying causes remain and will surface in later incarnations. A no-confront on experience through death does not solve anything in the end.

All these are examples of false solutions to negative experience. The true solution begins with the understanding that the spiritual being, the psycan, is the creator of all hir psycanic experience and can learn to

- 1- avoid creating negative experience and
- 2- to discreate the subconscious negative energy masses created in the past, which activate in present time.

**PSYCANIC ENERGY PROCESSING WILL TERMINATE
ADDICTIONS, ATTACHMENTS, AND DRUG DEPENDENCE.**

THERE IS A WAY OUT OF ALL SUFFERING.

It is scientific, precise, and unfailing:

PSYCANIC ENERGY PROCESSING.

CHAPTER 10

WHAT ARE EMOTIONS?

#1 EMOTIONS AS ENERGY

First, emotions are energy; everything is. Emotions are spirit-ual energy: they are accountermments of the spirit. They do not come from the physical universe: there is nothing emotional in matter. You have emotions even when you are not in the body and after you leave it at death. They are psycanic (non-physical) energies. As such, they are subject to the laws of psycanic energy. These laws are very similar to the laws of physical energy, **with a few but very important exceptions.**

Like physical energy, the properties of psycanic energy include

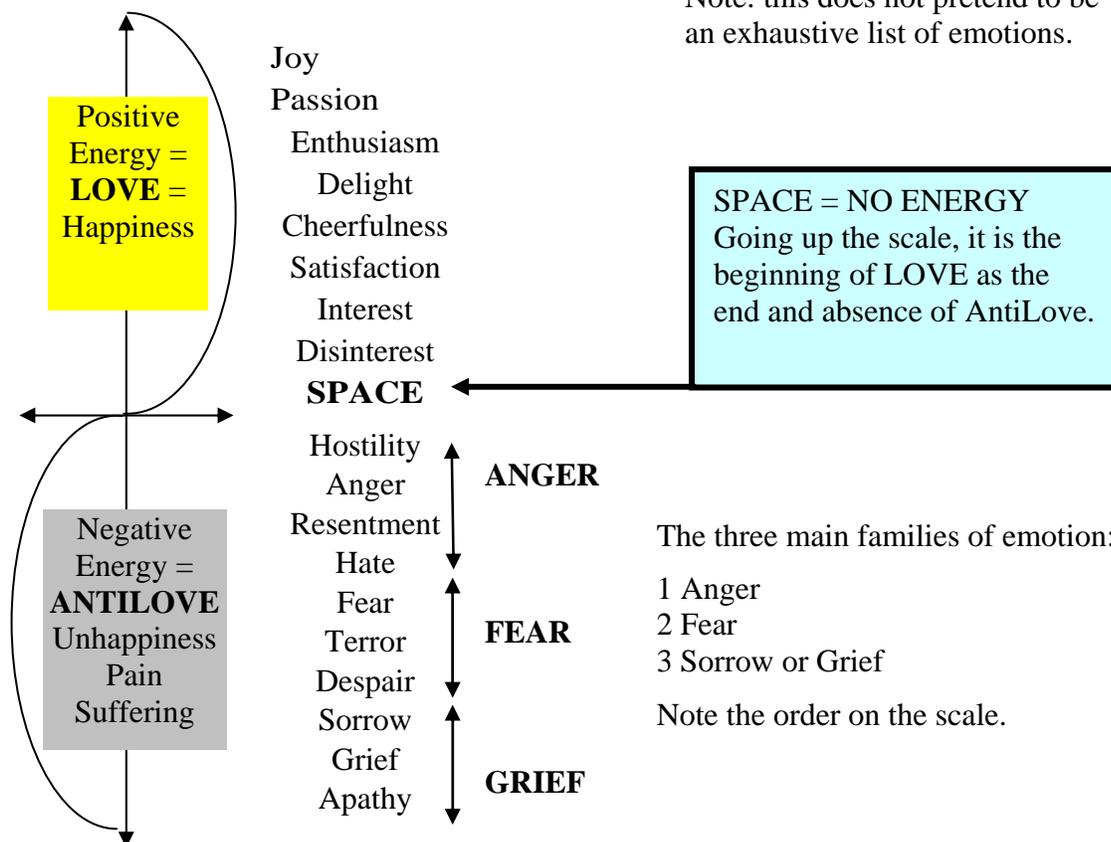
- ◆ mass
- ◆ charge
- ◆ frequency and spectrum
- ◆ modulation
- ◆ intensity
- ◆ flow
- ◆ response to resistance

You can control your emotions by understanding its properties and laws, just as the understanding of physical energy has given mankind control over it.

FREQUENCY AND SPECTRUM

The emotions are not random: they have a scale and an order on that scale according to their frequency of vibration (explained in the next chapter).

SCALE OF EMOTIONS



#2 EMOTIONS AS HAPPINESS OR UNHAPPINESS

This should be so obvious as to require little discussion. How you feel is either positive: pleasing and pleasurable; or negative: pain and suffering. The positive emotions are happiness. Happiness is feeling positive the majority of the time. The negative emotions are pain and suffering; they are the essence of unhappiness. Nothing except the emotions are necessary for either condition of happiness or unhappiness. And without emotion, NOTHING is either happiness or unhappiness. It is how you feel, your emotions that determine happiness.

#3 EMOTIONS AS LOVE.

LOVE is energy; energy is LOVE. Everything is Energy; everything is LOVE. Emotions are LOVE. The supreme emotion that we all seek, both humanly and mystically, is love. Love is the highest feeling; it is the supreme joy and happiness. (If you doubt this, just remember a time when you fell in love and remember how happy you were.)

The objection and the question which will arise here is, “OK: Love is energy, but only positive energy and only positive actions, which increase the well-being of the beloved, and only the positive emotions, which feel good and make me happy. How can anger, hate, fear, sorrow, guilt, resentment, negative and painful energies, be love?”

Remember the law of polarities: In order to be able to know and experience positive love, **AntiLove** **must exist** and be experienced at least once. You cannot have one pole of anything without the other: it is impossible.

Love is emotional energy. The emotions are a spectrum of frequencies of energy between two poles: positive (ecstasy) and negative (grief). Love as emotional energy is every point on the scale: the entire positive and the entire negative ranges of energy.

This example may help to understand how Love includes AntiLove. When you pass white light through a prism, it divides into a spectrum of colors, all of which are part of white light. In the same way, Love also includes the negative emotions, all the painful emotions below Boredom on the scale.

Positive love is positive energy and feelings, positive affinity, attraction, and the desire to be with and to do good to the beloved. Love feels good: it is happiness. Positive emotions = happiness = love. (We have already shown that love and happiness are the same thing. All positive emotions are forms or frequencies of love / energy / emotion.)

However, all negative emotions are also forms or frequencies of love / energy / emotion. We call these forms **ANTILOVE** to distinguish them from the positive forms. ANTILOVE is negative psycanic energy = the negative emotions. They are negative because they are unpleasant. They are pain and suffering.

Love (with a capital L) is the entire concept and spectrum; it includes poslove and AntiLove.

Your psychic experience is always and only the experience of your own energies.²² Your thoughts are your energies; your emotions are your energies. Since you always experience your own psychic energies, **your own AntiLove is your pain and suffering. Love is happiness; AntiLove is suffering.**

Your emotions are the flavor of energy, of love, with which you are vibrating at any time.

You are living your love or AntiLove in every moment, every instant of your existence. AntiLove is pain and suffering—primarily for you, and if you act on it, for others.

Love is not some airy-fairy spiritual concept; and it is not just what you feel for another person. Love is what you are feeling and experiencing at every moment of your existence. It is your happiness or your pain moment to moment.

Everything you feel, every emotion, is your love (happiness) or its other pole, AntiLove. When you are angry, fearful, or sad, you are living your AntiLove towards something very specific (that we will see in the next chapter).

When you AntiLove, when you let yourself descend into negative energy and into negative emotion, you are who primarily suffers that AntiLove. **You are who enjoys your love or suffers your AntiLove.** And I say, “let yourself” because you are who controls this. Remember that we proved cause and responsibility for your psychic experience and for your internal energies. **You determine your love or your AntiLove—although we have yet to see HOW you do this.**

**This is the importance of love: You are a spirit; you are spiritual.
Love is spiritual. You live and experience your love
or your AntiLove (in the form of your negative emotions)
in every moment of your existence.**

**When you are in negative emotion = pain and suffering, you are in
ANTILOVE.**

**YOUR PAIN AND SUFFERING IN LIFE are ALWAYS
THE EXPERIENCE OF
YOUR OWN ANTILOVE of yourself.**

**WHAT YOU MOST NEED TO KNOW IN LIFE ARE HOW LOVE AND ANTILOVE WORK:
HOW TO GET OUT OF ANTILOVE and HOW TO INCREASE LOVE.**

**Your happiness, your advancement as a spirit and your return to God, depends on this.
(You are in luck: that is where we are going. Just keep reading.)**

²² This is not completely true. Psychically, you can perceive the thoughts and the emotions of other beings. However, for our purposes, consider it true.

Verify definitions:

- ◆ LOVE: at the mystical level: GOD = ALL THAT IS = The ENERGY.
- ◆ LOVE: (always in small capitals) All emotion energy of both polarities. The entire spectrum of emotional energy between the two poles of joy and depression. Love can be divided into a positive side and a negative side: pos-love and AntiLove. Analogy: Temperature consists of hot to cold; as LOVE consists of pos-love to AntiLove.
- ◆ Pos-Love: the positive half of the spectrum of Love, from monotony up to joy. The psycan experiences these frequencies of energy as pleasurable. Analogy: Hot.
- ◆ AntiLove: The negative half of the spectrum of Love, from monotony down to apathy. The psycan experiences these frequencies of energy as unpleasant. Analogy: Cold.

Note: we are only considering LOVE here as emotional energy. In reality, LOVE is much more than emotional energy. It is also energy in the form of action to better the well-being of the beloved; or as AntiLove action to diminish, damage or destroy.

Summary of this section:

EMOTIONS ARE SPIRITUAL ENERGY.
SPIRITUAL ENERGY IS LOVE.
EMOTIONS ARE LOVE.

LOVE IS A POLARITY SCALE (SPECTRUM).
ANTILOVE MUST EXIST FOR POS-LOVE TO EXIST.
ANTILOVE MUST BE EXPERIENCED AT LEAST ONCE
TO APPRECIATE POS-LOVE.

YOU DETERMINE YOUR SPIRITUAL ENERGIES (RESPEXP).
YOU DETERMINE YOUR LOVE OR YOUR ANTILOVE.
ERGO: YOU DETERMINE YOUR JOY OR YOUR PAIN.

Your enjoyment or your pain is your pos-love or AntiLove.

#4 EMOTIONS AS SELF-ESTEEM.

Once you have understood emotions as love, it is but a short step to understand them as esteem—esteem for others, but especially esteem for yourself. Your emotions are your acute self-esteem of the moment.

Esteem is a positive evaluation of something: it is to appreciate and value someone or something. When you are in positive emotions, interest, optimism, enthusiasm, joy, etc., obviously you are appreciating and valuing something. You want to do it good, and to have more of it. You are in positive affinity; you want to be close to it.

When you are in negative emotions, you are placing a negative evaluation on the other person or situation, and you want to change them, stop them, or separate from them. You are demeaning and rejecting them as they are. You are in negative affinity and want to withdraw from the other.

It may appear that your emotions are esteem for other people, but we will soon see that they are purely and only self-esteem.

The essence of self-esteem is the belief and feeling, felt as confidence and security, that you are capable of handling whatever situation life sends you, and that therefore you are a valuable and a worthy person. Self-esteem is your estimation of how well you are fulfilling your self-image, your idea

of who you are (or at least who you should be). It is your evaluation of and your love for yourself. Low self-esteem is the lack of confidence in one's self to handle life (or any given situation); wherefore you assign yourself a low value, low self-esteem

There is acute self-esteem and chronic self-esteem. Chronic self-esteem is your "at rest" emotional state. By "at rest" state, I mean your everyday state or level of emotion in which you reside most of the time, when you are not excited either positively or negatively. It is your general level of belief in and feeling of self that you are in when you are not activated.

Acute self-esteem is your emotional variation from your "at rest" emotional state. Every activation of negative emotion is negative self-esteem at that moment in that particular situation. Every activation of positive emotion is acute positive self-esteem in that moment. This is clear when you understand the relation between IDentities, emotion and esteem.

Self-esteem is simple: it results naturally when you are operating in PIRs of Power and Value: I CAN, I AM ABLE, I AM STRONG; and I AM WORTHY, VALUABLE, or IMPORTANT, etc. To develop self-esteem, energize PIRs using Creation-Counter-Creation, and discreate the NIRs that come up (explained in Part 2).

Psycanics does not put much attention on self-esteem per se because it handles itself when you handle your IDentities. Self-esteem is the same as self-estimation, which is the same as self-love, which is the same as your emotional state; and all of these are determined by PIRs and NIRs. If you follow the technology of Part 2, you will eliminate low self-esteem and increase positive self-esteem automatically.

#6 EMOTIONS AS AFFINITY

We can also consider emotion = love in terms of affinity. Positive love is affinity towards the beloved and the desire to be close to s/he/it. AntiLove is negative affinity (aversion) and desire to separate from the person or thing AntiLoved, or to change, hurt, or destroy it. The emotions are affinity.

#7 EMOTIONS AS MOTIVE FORCE OR MOTIVATION

E-motions are Energy in Motion. Energy is force. Energy is movement. Motion, motive, motivation, movement: all are related to emotions. The purpose of energy is to move things, whether that thing is a radio signal, a locomotive, or your bicycle. Relevant to psycans, **the emotions are motive force; they are motivation to act in specific ways depending on the identity and the relative balance of power in the situation.** (This is explained later.)

For example: the positive emotion of enthusiasm is the energy-motivation to act, to create, to work, to build, to achieve the thing you feel enthusiasm for.

Joy is the energy = motivation to be with and to celebrate.

NEGATIVE MOTIVATIONS

Although there are a great variety of negative emotions, of AntiLove, we can put them in three basic groups: ANGER, FEAR and GRIEF, in that order.

ANGER

- ◆ hostility
- ◆ frustration
- ◆ impatience
- ◆ resentment
- ◆ guilt
- ◆ hate
- ◆ desperation
- ◆ fury, rage
- ◆ wrath
- ◆ outrage

FEAR

- ◆ anxiety
- ◆ worry
- ◆ apprehension
- ◆ dread
- ◆ fright
- ◆ panic
- ◆ intolerance
- ◆ suspicion
- ◆ phobias

GRIEF

- ◆ sadness
- ◆ gloom
- ◆ sorrow
- ◆ remorse
- ◆ regret
- ◆ melancholy
- ◆ anguish
- ◆ loneliness
- ◆ forlorn

There is also a fourth category that is the suppression of emotion to feel as little as possible. It includes apathy, depression, and hopelessness. However, we will consider these as within grief.

Each different class of negative emotion is energy motivating you to act in a specific manner.

1. The energy of ANGER is the energy to **ATTACK** and change, stop, or destroy whatever is wrong and “bad” in a situation. It is motivation to act charging ahead with increased energy to forcefully overcome the “bad” in a situation and achieve whatever is desired. In ANGER, you still believe that you can take effective action. Anger is always PRESENT TIME.
2. The energy of FEAR is the motivation to **WITHDRAW** and protect yourself from a “bad” situation which appears **more powerful** than you, one which you would not be able to overcome by attacking. Fear motivates you to avoid, flee, hide, or defend yourself from “bad” things that you cannot control. In FEAR, you doubt that you can take effective action, either to attack or to protect yourself. In fear, the BEing perceives that the balance of power is in favor of the threat. Fear is always FUTURE TIME: all fear is of future events.
3. The energy of **SADNESS** or **GRIEF** is your outlet of energy when you perceive that there is nothing you can do to change the “bad” situation (by attacking); and nothing that you can do to protect yourself. No effective action is possible, usually because the bad thing has already occurred. (Example: a loved one dies.) Sadness and sorrow are the **LAMENTATION** of “bad” things about which you perceive you can do little or nothing. It is defeat and giving up. No effective action appears possible, either to attack or to withdraw, and the only thing left is to discharge your energy in crying. GRIEF is PAST TIME.

We will say more about this later. For now just note that the emotions have two main characteristics:

1. Love
2. Motivation to action

SUMMARY:

The two most important points that we want to make here are that emotions are

- ◆ ENERGY: SPIRITUAL ENERGIES

- ◆ LOVE and ANTILOVE, and therefore:
- ◆ HAPPINESS and SUFFERING
- ◆ MOTIVATION to ACT—with love or AntiLove

Considering the importance of each of these and of all of them together, it is clear why emotions are the most important thing in life.

Given the force of emotions and their importance as both love and motive force, we can see why all conduct is emotionally driven, no matter how logical we pretend to be.

CHAPTER 11

WHAT CAUSES YOUR EMOTIONS?

YOUR EMOTIONS ARE your LOVE / ANTILOVE and
the MOTIVE POWER for your IDENTITIES.

Until you make conscious your unconscious,
it will control your life and you will call it fate.

–Carl Jung

To understand your emotions, you must understand the phenomenon of psycanic IDentities, which requires understanding three concepts: Reality, Creator, and IDentities.

CONCEPT #1: REALITY

A reality is any form of energy, any energy-form, that you can perceive, experience, feel. There are physical realities and psycanic realities. In the physical universe, every object is a reality. Every object is a form of energy with certain properties of size, shape, color, weight, temperature, etc. Every wave energy is also a reality: light, radio, heat, sound, etc. If you can perceive it, it is a reality for you.

Physical realities are perceived through the body; psycanic realities are perceived directly in consciousness. In the psycanic universe, the universe of your spiritual being with its mind, emotions, and subconscious²³—every thought, idea, memory, feeling, and every emotion is an energy-form and therefore a reality.

Reality is the other side of the coin of Experience. A reality is the CAUSE of an experience. Experience is the EFFECT (in consciousness) of a reality. You can't have one without the other.

All realities, both psycanic and physical, are masses of energy with form, shape, modulations, density, etc. Energy = mass produces effects when it impacts something. When that something is consciousness, it produces the effect of an experience.

An emotional charge is a reality: it is a form, a mass, a cloud of energy in a certain frequency and modulation (i.e. fear). That energy form causes an experience (i.e. fear) in the consciousness of the psycan.

A thought is a reality as it is a form, a mass, of energy in the mental frequency. As mental matter, it impacts consciousness, causing experience according to the modulation of its energy, which is experience is that thought. An energy = mass = reality impacts and causes

²³ Never underestimate the size of your subconscious and therefore of your psycanic universe. Your subconscious is bigger than the entire physical universe. "The Kingdom of Heaven is within." How big is the kingdom of heaven? You are ALL THAT IS, which consists of an infinite of beings in innumerable universes. The physical universe is infinitesimal within the cosmos.

an image or idea to appear in the area of consciousness we call the mind. You perceive that mental image form: that is your experience.

Your psycanic experience is always the EFFECT = pressure = impact of an energy = mass on your consciousness. Since all energy = mass = matter = reality is always legal, you can control those masses of mental and emotional matter and eliminate the ones you don't want to continue feeling.

Can you recall a movie or TV program where you were moved emotionally, where you "choked up" or "teared up" or even cried? (This usually happens when we see an act of heroism or of love, since love activates AntiLove. You are encased in AntiLove, so love activates you.)

What is happening psycanically is that masses of energy in your head, around your eyes, in your throat and in your chest are activating, "melting" and converting to charge and flowing into your experience. You can actually feel the masses activate, first as physical pressures in your head or face or chest; and then you can feel them shifting, moving and "melting" as they convert to flowing energy. Notice this the next time it happens to you: it will make the concept of mental and emotional mass and charge more real for you.

I want to emphasize that your thoughts and emotions are real energies, that they are masses of psycanic frequency energy. They are things; they are objects, although much less dense than physical objects. Oftentimes, you can perceive them as dark clouds that come over you, smothering or coloring your perceptions. Jellos, especially, can often close their eyes and perceive them as black masses.

REALITY has nothing to do with truth. Truth is the correspondence between a reality and a declaration about that reality. Example: for thousands of years, people held three false realities:

- ◆ The earth is flat; you will fall over the edge if you go too far out to sea.
- ◆ The earth is the center of the universe; it is the most important of God's creations.
- ◆ The sun rotates around the earth.

These ideas were very REAL for the people but simply not true. Some realities are true; some are not. Religions are another example of false realities firmly held by many people.

The nature of reality, like the nature of experience, is one of the basic questions of philosophy and has been argued for thousands of years in both the West and the East. The definition and explanation here is very brief and incomplete, only sufficient for our purposes in this chapter: there is much left to be said on the subject that I will cover in other books.

Here is the importance of this information: **EVERYTHING IS A REALITY. EVERY REALITY IS A CREATION:** somebody had to create it (whether God or the car factory or you). Realities, creation, existence and discreation are legal and precise processes. You create your mental and emotional realities, and YOU CAN DISCREATE THEM.

Since your mental realities attract your physical reality; by controlling your mental realities, you can control what you manifest in your physical reality. Thus you are creator of your psycanic and your physical realities.

CONCEPT #2: CREATOR BEING

As a psycan, you are a “chip off the old block,” or as some religions say, a “son of God” made in “His image and likeness.” The image and likeness, the heritage; that you have received from and have in common with your Origin-Essence-“Father” is WILL-CONSCIOUSNESS- WISDOM- LOVEJOY. You are a candle lit from the bonfire of God: same essence, just less flame.

WILL is the creative force; it is that psycanic power which moves and forms energy. Your will directs your attention to whatever it chooses. It decides your goals, raises your arm, walks your body, decides what you study, where you work, who you marry, etc. It chooses and forms your thoughts. It is the supreme force in your life.

An energy-form is a reality. A reality is energy formed into a particular shape, modulation, frequency, etc. That which moves and forms energy is WILL. Your will is your ability to form energy into the shapes = realities you desire to experience. Your will is your CREATOR POWER.

Your will forms your mental realities: your thoughts. You can think about anything “at will,” and you can think anything you choose about it: which is will again. Your emotions are an automatic energy = esteem = loves response to certain specific and special mental realities (thoughts): your IDentities.

From your predominant mental realities at all three levels of your consciousness (supraconscious, conscious, and subconscious), your life and physical reality are generated. Your life is a reflection of your mental realities. In other words: You create your thoughts and your thoughts create your emotions; your thoughts and emotions together create your physical reality²⁴.

(Note: the process through which you create your physical reality, your earthly BE-DO-HAVE including success or failure, poverty or wealth, is rather complicated. I will address it in a book on Creation and Manifestation. However, IDentities are one of the most powerful factors in your manifestation of your physical reality.

The physical universe is a thought held in the mind of God. Just as God is a creator of reality at Her level of being and power, you are a creator of your realities at your human being level. The difference in the size and quality of the realities is the size of the BEing. However, the nature and the laws of reality and creation are the same for you as they are for God.

The process of creation starts in the mind. Every thought is a reality and is a creation. You create your thoughts; you are a creator of mental realities, particularly your IDentities. Your emotions are your love or AntiLove for yourself in those IDentities.

²⁴ At a high psycanic (spiritual) level, far outside of physical reality, you are creator of all realities that you experience, including matter itself, including all the physical universe, but this is way beyond our discussion here. If that is not real for you, put it in mu. In this book, we are limiting ourselves to how you create certain specific mental realities called IDENTITIES and how these determine your emotions.

CONCEPT #3: IDENTITIES

Identities are a special case of psycanic realities. They are realities that you create about yourself thereby defining what you are or are not. Identities are self-determinations of what you are or are not.

An identity is any self-created reality = thought = belief about yourself that determines what you are or are not; or what you are capable of, or limited by. IDENTITIES are statements of I AM and I AM NOT, although a few can take the form of a verb in the first person: I CAN do it.

Since you are the creator of your mental realities—you are GOD in your own mind—anything you declare and believe about yourself becomes REAL (at least for you). You-psycan create your IDentities. You are then the effect of your creations and become them. Then you be = experience = live them.

The sum total of your IDentities creates your BEing. You-psycan form your BEing with your IDentities. This is more advanced than what we need in this book, but we should note that psycan and BEing are not the same thing.

Definition: DETERMINATIONS: A determination is a decision by the psycan that creates a reality for him. Examples: Life is hard. Women are bad drivers. All men are alike.

Distinction: Although technically an identity is a determination, we use the word DETERMINATION to mean any mental reality that is not an identity. IDentities are realities about one's self; determinations are realities created about anything else except one's self.

Since existence always obeys the BE-FEEL-THINK-DO-HAVE sequence, your life and experience result from your IDentities.

For example, we have already introduced the concept of the Fatal Identity: the creation that you are not a creator. From that creation = reality = identity flows many negative emotions (about not being able to manifest what you want in life); many negative determinations (including the entire Fatal Paradigm and NO RespExp); many behaviors (including the External Quest); and much limitation on what you achieve and have in life. In this book, I am covering the relationship between BE (IDentities) and FEEL (emotions). In another, I will cover the entire BE-FEEL-THINK-DO-HAVE sequence and how everything is determined by the IDentities.

As a human being, you have many different levels of IDentities and many IDentities on each level. Almost any noun and any adjective can be an identity.

Adjective IDentities include anything that you say you are: I am happy; I am sad; I am tall / short; I am hungry; I am fat / thin / too thin; I am cold / hot; etc.

You have human biological IDentities, called roles, such as: man-woman, father-mother, son-daughter, brother-sister, etc.

You have human social IDentities, also called roles, such as: acquaintance, friend / enemy, colleague, host / guest, etc.

You have human commercial and professional IDentities, also called roles, such as: carpenter, plumber, salesperson, customer, lawyer / client, doctor / patient, etc.

Anything where you say I AM or I AM NOT is an identity. You have human IDentities and spiritual IDentities. Notice that most of the human IDentities above, the role-IDentities,

change depending on where you are, with whom you are, or what you are doing; such IDentities come and go.

PSYCANIC IDENTITIES

Your psycanic IDentities are of a much higher level and much more important and powerful than your human IDentities. Your psycanic IDentities are those which affirm or deny your spiritual essence of WILL-POWER-CAUSE-CREATOR CONSCIOUSNESS WISDOM LOVE JOY.

We do not have space here to explain fully the importance of IDentities, but they are the primordial principle of your existence.

LIFE IS ABOUT IDENTITIES.

The psycanic IDentities not only determine the quality of your human role IDentities but they also determine everything else in your life through the Chain of Causation of Existence.

Life is a chain of causation that is
BE → FEEL → THINK → DO → HAVE.

Or in different terms: IDENTITY → EMOTION → THOUGHT → ACTION → RESULTS.

Your IDentities determine all the rest of your experience and you life. They determine how you feel, how you think, how you act, and what you have.

IDENTITIES are the key to life.
Life is the search for IDentities.

Life is:

- 1- WHO ARE YOU NOW?
- 2- WHO DO YOU WANT TO BE?
- 3- How do you move from 1 TO 2?

Psycanics is a technology for achieving #3.

All this I will present and prove in another book. In this one, we are examining the relationship of IDentities to Emotions, that is: BE to FEEL.

Of all your IDentities,

ONLY THE PSYCANIC IDENTITIES ARE REALLY IMPORTANT.

They determine your basic characteristics including Power, Value, and Love.

They are the source of your emotions = self-love.

Furthermore, they determine the quality of your roles.

Since IDentities are realities, they obey all the laws of realities, experience, creation and discreation. You are the creator of your realities = IDentities, and you can discreate anything you have created (as long as you are in RESPEXP).

Positive and Negative IDentities

When your realities = decisions = beliefs affirm power, intelligence, worth, and love, they are positive.

When they deny power, intelligence, worth and lovability, they are negative IDentities.

Positive IDentities, we call PIRs: Positive Identity Realities.

Negative IDentities, we call NIRs: Negative Identity Realities

EXAMPLES OF PIRS AND NIRS

A- POWER IDENTITIES, Group 1

Note: Definition of ANTIPOWER. Any identity that reduces or denies POWER. AntiPower is any belief that suppresses or negates your power and capability in any area.

PIRs that affirm POWER	NIRs that deny POWER
◆ I am able.	◆ I am unable.
◆ I can do it.*	◆ I can't do it.*
◆ I am capable.	◆ I am incapable.
◆ I am strong.	◆ I am weak.
◆ I am useful.	◆ I am useless.
◆ I am cause.	◆ I am not the cause.
◆ I am responsible.	◆ I am not responsible.
◆ I am powerful.	◆ I am powerless.
◆ I am creator.	◆ I am a victim.
◆ I am a success.	◆ I am failure.
◆ I am highly creative.	◆ I am not very creative.
◆ Etc.	◆ Etc.

(* = Examples of IDentities that are not in the form "I AM / I AM NOT.")

In all IDentities, it is the concept that is important, not the exact words; the words may vary. Thus, the negation of Power can be expressed as: I AM UNABLE, I AM INCAPABLE, I CAN'T, I DON'T HAVE THE ABILITY, I DON'T HAVE THE POWER, I AM WEAK, I AM POWERLESS, I AM A FAILURE and many other ways. The words are just a label for an identity-reality-experience of no power, of not being able to do something. The experience is beyond and above words; words are only symbolic representations of experience, not the experience itself.

The psycanic IDentities exist and are the same in all human beings irrelevant of language, race, culture, creed, sex, occupation or position. They exist in kings and beggars without distinction. They exist in the most successful of persons, which is why so many of them are

neurotic. They are psycanic, spiritual realities, and not human realities. You had them before you got to this planet, and you will take with you those you do not discreate while you are here. The discreation of these suppressor realities, of NIRs, is an excellent form of spiritual progress.

Note: Remember that BE determines THINK. Many negative DETERMINATIONS are actually the result of IDentities, especially of the “ I can’t.” Examples:

Life is hard. For whom? For someone who “can’t” handle it well.

Money is scarce. For someone who “can’t produce it.”

S/He is obstinate. For a person who “can’t” negotiate

Nobody loves me. Who are you that nobody loves you?

I don’t deserve it. Who are you that you don’t deserve it?

B- POWER IDENTITIES, Group 2: INTELLIGENCE AND WISDOM.

PIRs that affirm CONSCIOUSNESS, INTELLIGENCE and WISDOM	NIRs that deny CONSCIOUSNESS, INTELLIGENCE and WISDOM
<ul style="list-style-type: none"> ◆ I know*. ◆ I am smart. ◆ I am wise. ◆ I learn quickly and easily*. ◆ I am a good student. ◆ I understand quickly*. ◆ I am intuitive. ◆ Etc. 	<ul style="list-style-type: none"> ◆ I don't know*. ◆ I am stupid. ◆ I am a fool / foolish. ◆ I am no good for books. ◆ I am a bad student. ◆ I can't understand things well*. ◆ I have poor intuition. ◆ Etc.

Note: Knowledge is Power: IDentities that deny Intelligence and Wisdom also deny Power; they are AntiPower.

C- VALUE IDENTITIES (LOVE)

PIRs that affirm VALUE and LOVE	NIRs that deny VALUE AND LOVE
<ul style="list-style-type: none"> ◆ I am good enough. ◆ I am superb. ◆ I am worthy. ◆ I deserve. ◆ I am valuable. ◆ I am good. ◆ I love me*. ◆ I am lovable. ◆ Etc. 	<ul style="list-style-type: none"> ◆ I am not good enough. ◆ I am inferior. ◆ I am unworthy. ◆ I am undeserving. ◆ I am worthless. ◆ I am BAD. ◆ I am despicable, I despise me. ◆ I am unlovable. ◆ Etc.

Again, remember that it is the concept-reality-experience that is important, not the exact words used to label or describe that experience.

Note: Hereafter; to assure instant reader identification, PIRs and NIRs will be written in small capitals: I CAN DO IT, I AM CAPABLE, I AM WEAK.

How many and how often do you recognize these NIRs (or similar thoughts /sentiments) as surfacing in your experience? How often do you find yourself thinking or feeling them?

Many people are not very conscious of their IDentities (and some are not even conscious of their emotions). If you should say that you don't have many NIRs, I will ask you: "How often is your experience, either mental or emotion, negative?" "How often are you worried, anxious, sad, angry, or feeling guilt or resentment?"

Every negative experience is absolute proof of the activation of a NIR, whether that mental reality = identity is fully in consciousness = experience or not. If you are not very conscious of your NIRs, it is either because you haven't been looking for them, or because you are in a no-confront on them: most of humanity is.

By looking for the NIRs, you will learn to quickly identity them. Once you know what they are and where to look for them (behind or underneath the emotion); they stand out like neon signs in the night desert.

Most people live their entire lives driven by a subconscious need for affirmation of their power and worth. As children, they never got enough positive attention and grew up feeling less than others, less intelligent, less capable and therefore unlovable.

Most people live their entire lives in negative IDentities that strive for external things to compensate the internal dissatisfaction in order to prove their ability, value, worth, and lovability.

Their basic problem is one of IDENTITIES.

What determines which frequency of emotion (anger, fear or grief) activates?

The two most important functions of emotion are 1- self-love, and 2- motive force. As motive force, the emotions move the BEing to the action appropriate for the activated identity given the perceived power of external threat = trigger. Now that we understand that emotions are energetic evaluations of our IDentities, of our power and value; we can examine the mechanism that determines what emotion, what motivation, what flavor of AntiLove, we will generate in any given situation.

First, we must understand the relationship of the three basic "flavors" of AntiLove: Anger, Fear, and Sorrow. They are not random: but are in that order on the spectrum of emotional energy.

ANGER is motive energy to attack: to act forcefully to change, stop, or destroy an obstacle (the trigger). The psycan generates anger when a NIR of Anti power activates, but s/he still perceives (correctly or not) that hir power is sufficient to overcome the trigger. This perception comes from weighing (subconsciously) hir NIRs of No Power (I CAN'T); against hir PIRs of Power (I CAN) with the balance tipping to the PIRs. The NIR is activated (hence the anger), but the BEing still believes s/he can win if s/he will attack with more energy and force.

TIME: ANGER is PRESENT TIME. It motivates immediate action to attack and overcome the obstacle and win the game (get what you want).

FEAR is the motive energy to withdraw, to flee, or to protect oneself from a bad and powerful force or event. The psycan generates fear when she (subconsciously) weighs hir

NIRs and PIRs and the balance tips to the NIRs: I AM NOT GOING TO BE ABLE TO WIN AGAINST THIS THREAT. THIS THING WILL WIN, AND I WILL BE HURT OR SUFFER.

TIME: FEAR is FUTURE TIME. The damage is not yet done, but appears possible if not imminent—I AM NOT GOING TO BE ABLE TO STOP IT; I WILL NOT BE CAPABLE OF PREVENTING IT, etc. Notice the future time of the verb tense in the expression of the NIR.

GRIEF is motive energy that has no place to go to avoid the bad, powerful event because it has already happened (or because it is inevitable). Grief is lamentation of what has already occurred (or is inevitable), and therefore there is no POWER to change it. The basic NIR is I COULDN'T DO IT; I COULDN'T STOP IT. Since the psycan perceives that she has no power, the only option is to give up, to collapse before the bad powerful event and just lament it.

TIME: SORROW is PAST TIME: “The BAD deed is done, and I COULDN'T PREVENT OR AVOID IT.”

To make all this clearer, let us use a metaphor of a spectrum of a knights and a dragon. At the upper end of the knight scale, we have the Shining Knight in polished and proud armor. Shining Knight has more PIRs than NIRs, and therefore is confident in his power to handle even big dragons. At the lower end of the scale there is Rusty Knight. He has many NIRs of AntiPower and lacks self-confidence to handle even small dragons.

The dragon is the trigger. It is whatever external event that appears to threaten our welfare or desires. It is therefore POWERFUL, DANGEROUS and BAD.

Our knights perceive the dragon along a continuum from big, bad, and powerful to small, weak, and not so bad. It is the knight's perception of himself (NIRs-PIRs) that determines where along that scale he perceives the dragon.

The basic equation that determines which flavor of love and motive energy the psycan generates is: How powerful is the Dragon compared to my power as Knight? The possibilities are any size of the Knight against any “size” and BAD of the Dragon. The specific factors are:

How powerful am I, the Knight? Am I the Shining Knight charging beneath a banner of the PIR of I CAN DO IT; I AM POWERFUL AND CAPABLE; I AM A SUCCESS? Or am I the Rusty Knight with NIRs of I WON'T BE ABLE TO DO IT; I AM LOSER dominating my consciousness?

How powerful is the Dragon? This is a subjective evaluation that depends on which knight is sizing him up.

How BAD is the Dragon (the trigger)? For example, most people will create a much bigger BAD about a rape than a verbal insult.

The possibilities are any combination of the Knight with any “size” and BAD of the Dragon.

The Shining Knight against the Weak Dragon: PIRs dominate consciousness, and there is no activation as Knight feels he can win against the Dragon. He attacks relaxed. Then, when he doesn't win at the first charge, the NIR I CAN'T + ANGER will activate. He will then attack again using the anger for more force. Although each failure will activate more NIR + ANGER, our Knight does not really doubt his ability to eventually win.

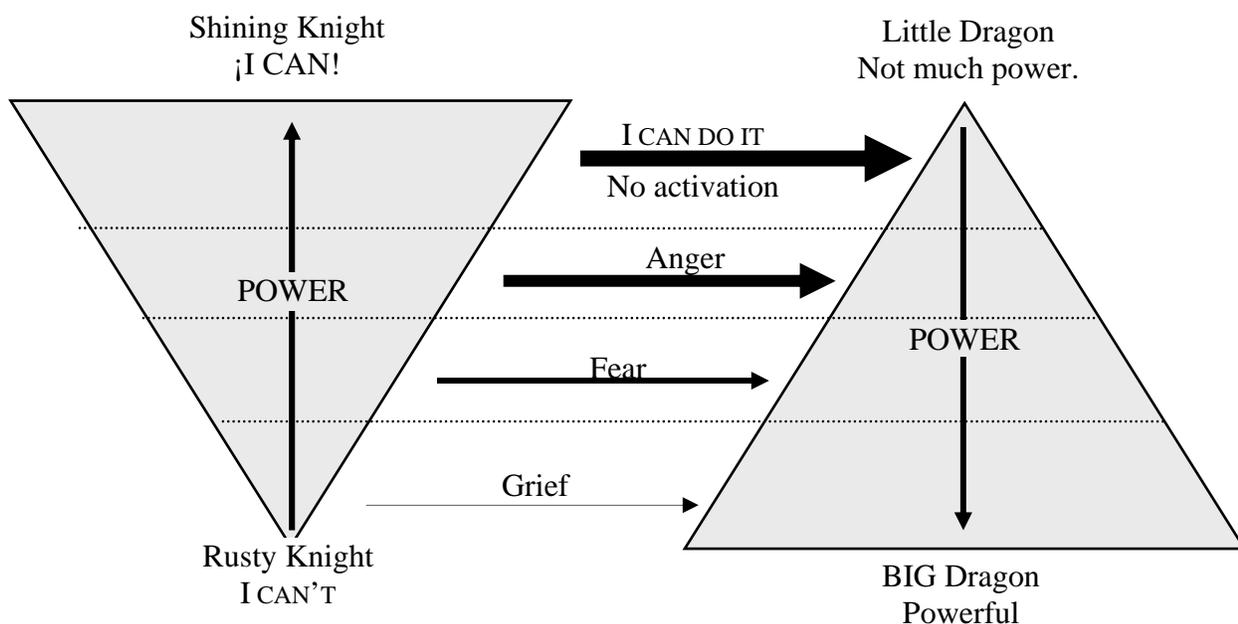
Now increase the NIRs of the knight so that his belief in his power lessens, and/or increase the power = danger of the Dragon. At some point, the NIRs begin to dominate in the consciousness of the Knight, and his conscious or subconscious thought-identity becomes:

“I AM NOT GOING TO BE ABLE to win. That Dragon is going to get me.” The emotion then will be FEAR. Fear is always the result of doubt about Power: it is always: I AM NOT GOING TO BE ABLE TO HANDLE IT.

The more that the knight perceives that he is going to get mauled, and that there is nothing he can do about it, neither fight effectively or escape, the more his emotion moves down the scale to GRIEF. Rusty Knight looks at the big, bad Dragon, and all that power to hurt him and his NIRs come on like flashing red lights at a disaster scene. I CAN’T DO IT; I CAN’T WIN, and I CAN’T ESCAPE. IT’S HOPELESS. At first there is fear. But then as he can do nothing not even escape, he can only lament his fate as the dragon approaches and mauls him—and mourn thereafter in his hospital bed. Grief, remember, is past tense: it has already happened, and the person did not have the power to overcome it (or he is already certain that he won’t be able to).

Anger and Fear almost always indicate NIRs of AntiPower. Grief is also usually AntiPower. However, grief can also be lament about low value: I AM INFERIOR, LESS THAN, UNWORTHY, UNLOVED, ALONE, I AM BAD, etc. However, behind each of these there is always a failure of some kind; so everything returns to POWER.

This graphic is intended to show the relationship between the power of the person and the power of the threat that determines the flavor of AntiLove activation.



The source of your emotions is your IDentities. Your emotions are your Love and your motivation for yourself according to the IDentities you have activated at any given moment.

The source of your negative emotions (AntiLove) is always your negative IDentities + BAD.

LAW:

BEHIND EVERY NEGATIVE EMOTION
THERE IS A
NEGATIVE IDENTITY.
ALWAYS. NO EXCEPTION.

Your NEGATIVE EMOTIONS are your ANTILOVE
and MOTIVATION for yourself in a NEGATIVE IDENTITY.

Your pain and suffering in life is your resistance = neg. energy = AntiLove
to yourself when you are in a negative identity.

To the untrained eye, it appears that your emotions are both caused by and directed at external factors. This is an illusion: your emotions are energies generated and directed at yourself in your negative IDentities labeled BAD. They are your own Love for yourself, which is flavored AntiLove when you are in NIRs of NO POWER and/or NO WORTH. You may direct that AntiLove externally at others, but they are not the cause or even the real target: you are.

Your emotions are also your motive power (motivation) to proceed against the external “bad” event given that you are in an identity of NO POWER (or NO VALUE).

Forget your body and think of yourself-psycan as a glowing ball of energy, especially of Love. Love is your essence, and you live that essence in every moment. As a beginner in psychanics, you have not yet developed CAUSE over your IDentities: you live at EFFECT of the world. Therefore, as you perceive the world and consider it as ally or threat, GOOD or BAD, your IDentities activate: I CAN—I CAN’T; I AM STRONG—I AM WEAK; I AM APPRECIATED—I AM UNIMPORTANT; etc.

You are Love and you automatically respond, not to the externals, but to those IDentities with pos-love or AntiLove. Your IDentities determine your Love, which is your emotional experience, at the same time that energy moves you to act: draw close and support (pos-love), or separate and attack (anger); flee (fear); or mourn (grief).

You are a spiritual entity who has created your BEing: what you are and what you are not. You are Love, and it is your nature to respond to your creations (of self) with love or AntiLove depending on your evaluation of that identity as POWER or NO POWER and as GOOD or BAD.

Chapter 12

The MECHANISM of The GENERATION of NIR MASSES

How you create NIR masses:

STEP 1: At some point in time, in whatever circumstances and for whatever reason, you stated and accepted as true, as reality, a negative idea about yourself. Examples: I am a bad reader (or student). (Note: such an identity will generate Determinations such as: Study is hard. Study is boring. Learning is hard. School is hard; and many more)

THAT'S ALL THAT IT TAKES TO CREATE a NIR: your decision that it is so. You are God in your own mind: you are the unopposed and absolute CREATOR of your mental realities and IDentities.

For example, as a child perhaps you couldn't do something well and thought; "I can't do it." Or perhaps others told you that you were incapable of doing something, and they put you down and ridiculed your efforts. You then, unconscious of what you were doing and of its importance, created the thoughts = realities = IDentities = NIRs such as, I AM NOT GOOD ENOUGH; I AM UNWORTHY; I AM LESS CAPABLE THAN OTHERS; I AM A FAILURE; NOBODY LOVES ME; etc.

However, it really makes no difference when or why you made such determinations about yourself. All that matters is that you created and believed them as valid and true descriptions of you.

Of course, it also matters that you can discreate them.

(It should be noted here that for a reality to become "what is" for a person, that person has to determine by hir own will that it is so. The beliefs and opinions of others, no matter how forcefully asserted, do not create reality for a person when s/he is in disagreement with the validity of those realities = opinions. In other words, someone can preach to you that you are no good, stupid, worthless, or any other NIR; but if you do not "buy into it," they will have no effect on you. Your will, your self-determination, is supreme.

Of course, a child has little ability to judge the validity or resist the opinions of big, god-like others such as parents. Therefore, children are open and vulnerable to NIR inputs of others and readily adopt them as true. That is why childhood is so important in setting the identity tone of a person.

On the mystical level, all NIRs are part of your psycanic suppressor mass, and childhood events are only activators of NIR masses already present in your subconscious. However, it makes no difference to their handling and elimination if we pretend that they were created in this life; and for many people this will be easier to accept and to understand.

STEP 2: Having determined that you are a particular NIR, for example, I AM WEAK, you then created an OPINION OF BAD about yourself as being weak.

You determined (created the reality): "It is bad to be weak." And then: "I am bad for being weak." Thus all NIRs are accompanied by OPINIONS of BAD.

Another example: I am unable + It is BAD to be unable; I am BAD for being unable.

As you can see, first you create the NIR, and then you create "It is BAD to be NIR; from which it is but a short step to "Therefore I am BAD."

And with all those creations, the NIR and the BADs; your self-esteem now drags on the ground behind you as you walk through life.

(Note: We will return to the OPINION of BAD in the Chapter Good, Bad and Evil.)

STEP #2 IS A CRITICAL STEP. It is the failure to give SPACE to your identity, your creation, to yourself as you created yourself. It is to deny you your own Space, and therefore to deny yourself your LOVE. To label yourself BAD is the first step into ANTILOVE. It is the beginning of RESISTANCE to yourself.

(SPACE is the end of negative energy and the beginning of positive energy and therefore of pos-love. Space is the minimum level of Love necessary to eliminate AntiLove.)

LAW of PSYCANICS: It is impossible to generate AntiLove and negative experience without first having created a label of BAD. It is impossible to create pain or suffering without first having created a reality of BAD. Thus, it is impossible to suffer when you operate in SPACE, that is, live without judging, without creating BAD. The admonition to “Judge not” is for your benefit more than for the other.

(The relation of BAD and suffering is fully explained in Cosmology. Here I only state the law. However, you can verify this concept by looking to your own experience. Try to think of any negative experience in which there was not something BAD present.)

STEP 3: You have now created for yourself not only the NIR but added BAD to it. How does anyone feel towards anything BAD? Do you celebrate or bemoan BAD? Do you love or AntiLove BAD?

Obviously, you feel bad about BAD. You AntiLove BAD things.

Your negative emotions are your ANTILOVE towards your BAD self. As NIR+BAD, you “AntiLove” yourself. (Always remember that you created both the self (the identity) and the OPINION of BAD.)

NIR+BAD is the underlying cause of all negative self-esteem, of all the negative emotions, and therefore of all pain and suffering.

But it doesn't stop there. You don't accept being NIR and BAD. You want to be PIR and GOOD. Not only do you not accept them: anything BAD should be RESISTED changed or destroyed. Anything BAD should be attacked with negative energy in order to stop, change, or destroy it. You are BAD—by your own creation. Your negative emotions are also your generation of motive force to act against the BAD, to change or stop BAD. This BAD is both your negative identity and the external trigger that you have also labeled BAD as the false cause of your negative emotion = pain. Therefore, you share your AntiLove for yourself with the BAD trigger. (Then in the Fatal Paradigm, you blame the trigger for causing your pain, which is No RESPEXP.)

Your negative emotions are RESISTANCE; they are negative energy directed to your creations of NIR+BAD. By the LAWS of CREATION and ENERGIZATION of realities, THIS ONLY MAKES THINGS WORSE. Creation is to cause to exist, to bring into reality. The process of creation is a process of energizing, of densification of a reality, until it reaches the desired mass = reality. If you want to manifest something in your life, you first create a mental reality (image) of it, and then you energize that image with forms of energy such as attention, imagination, visualization, planning, desire, and above all Love.

As you energize a psycanic reality, it becomes increasingly solid = real in your psycanic universe (mind). Since your physical universe is a projection of your psycanic universe, eventually that thing manifests in your life. (There are other factors involved not covered here.)

However, in Creation and Manifestation, the polarity of the energy is irrelevant. All energy creates; all energy increases the density, mass, and the solidity of a reality. Negative energy is just as effective to create, densify, solidify and cause to persist a reality as positive energy. This is why what you fear tends to manifest in your life; giving your attention and resistance (negative energy such as anxiety and fear) to something, you are energizing it, making it denser and more real. *Positive or negative energy makes no difference.*

Anything “real” psycanically will eventually manifest in your life. Thus, you manifest both the desired and the no-desired or feared. Your physical life is the reflection of your psycanic universe (which involves at least 4 levels: supra conscious, conscious, subconscious and unitary consciousness.)

The more energy you direct at your NIR—even though it is negative energy meant to change or destroy the NIR—the more you are energizing it, solidifying it, and causing it to persist in existence.

This is expressed in the vernacular as the law: RESISTANCE CAUSES PERSISTENCE.

In the physical universe, there is the appearance of using negative energy to destroy things. You can shoot or blow up the bad guys. However, even in the physical universe, negative energy often strengthens things. Example: All the resistance to Christianity eventually made Christianity strong enough to become the official religion of the Roman Empire. Example 2: All the legal pressure on drug trafficking only makes it more profitable; after 50 years of resistance, it is now one of the biggest and most solid businesses on the planet.

When we want to destroy something in the physical universe, we direct negative energy at it. This never really destroys energy, although it can transform its shape or type. In the psycanic universe, resistance = negative energy always reinforces its object. In the psycanic universe, realities can never be destroyed, only demodulated and their energy liberated.

- ◆ A negative energy sent against another negative energy will strengthen it.
- ◆ A positive energy sent against another positive energy will strengthen it.
- ◆ A positive energy sent against a negative energy will dissolve and discreate the negative energy.

Love is the highest positive energy. Therefore:

LOVE DISSOLVES ANTILOVE.

SPACE IS THE FIRST LEVEL OF LOVE.

SPACE is the first step in discreating a negative reality.

Both Good and Bad, and Space are profound subjects to be introduced in Part 2 of this book, but whose full treatment must wait for another book.

THE 4 FUNDAMENTAL NIRs

The four basic spiritual qualities of the psycan are: Wisdom-Power, Value and LoveJoy.

POWER: the ability to produce the desired result.

This includes Will, Cause, Creator, Responsibility. For our purposes here, we will consider Wisdom part of Power.

VALUE: to be good, worthy and deserving as opposed to bad, unworthy, less than and undeserving.

LOVE: first to BE Love, and then to Love (CAUSE) ; and then to be worthy of and receive Love (EFFECT). (Love is Joy). Love is a function of value. You love that which is valuable; you are indifferent to that which is of little value, and you AntiLove that which is a negative value (BAD).

Therefore, the fundamental NIRs will be the opposites of Power, Value and Love; and are in fact:

- Negation of Power: I AM UNABLE, I CAN'T (do whatever); I AM WEAK. The failure of Power results in
- Negation of Value: I AM UNWORTHY, UNDESERVING, and
- The ultimate negation of Value is: I AM BAD.
- All of these result in UNLOVABILITY.

These NIRs are connected in a logical sequence. POWER, the ability to produce the desired results, in general determines VALUE. You are valuable when you can do things; you are of less, little, or no value when you can't. And you are of negative value when you fail, damage, or destroy as a result of not being able or misusing Power. It is only a short step to add BAD to powerless and valueless. To be BAD is to deserve AntiLove.

Therefore, the fundamental NIR is Negation of Power. When you have no power, when you can't do it; then you are of little value. When you have failed, damaged or destroyed (a no-power condition), then your value is negative: you are BAD. And when you are of little value, not to mention a failure and BAD, then you are not worthy of love. Failures of POWER lead to unlove-ability and AntiLove.

Self-Esteem

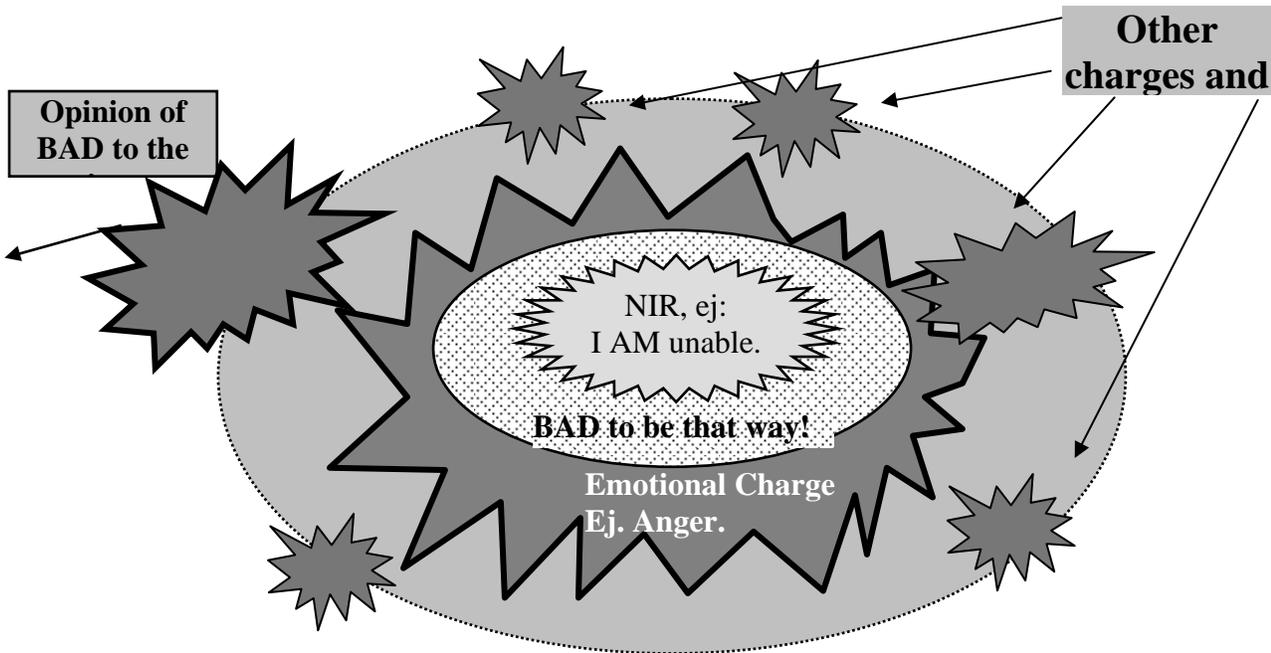
We can crosscheck this evaluation from the point of view of self-esteem. The basis of self-esteem is (1) the sense of being capable and competent to handle life (one's sense of Power), followed by (2) the feeling of being valuable, worthy, and lovable (Love). Self-esteem depends on the PIRs of Power and Love and is damaged by the presence of NIRs of Power and Love. The essence of poor self-esteem is NIRs. The essence of good self-esteem is PIRs.

THE FINAL RESULT

At the end of the three steps, what you have created is a mass of negative energy in the form of a three part reality: (1) an NIR surrounded by (2) an Opinion of BAD surrounded by (3) AntiLove = emotional charge.

There are usually many other energies, such as Opinion of BAD about the emotional charge (It is BAD to feel anger /fear, etc.). And there will also be an Opinion of BAD about the “trigger,” the external event that activated the NIR and its charge. There are often multiple NIRs and multiple emotions. Furthermore, NIR masses exist in chains and networks. However, the basic structure is always the NIR, its Opinion of BAD, and the charge.

Your final creation then will look something like this:



Every human being has hundreds of these masses in their “subconscious.” They are NIR masses—modulated masses of thought and emotional energy = realities—which hang around their creator, moving into consciousness = perception = experience = feeling when stimulated by any internal or external factor (including other thoughts).²⁵

A NIR mass always consists of at least one NIR, an opinion of BAD, and a negative emotion (which is the AntiLove to the NIR). Some are quite complicated containing multiple NIRs and a dozen or more BADs (to the NIRs, the trigger person, the trigger event, to feeling, suffering, to each emotion, etc.).

The stimulation of a NIR mass into consciousness we call ACTIVATION. ACTIVATION of a NIR mass works by the same mechanism as memory: any minimally relevant element in present time (sight, sound or smell) can stimulate (trigger) a memory. For example: seeing a small white dog can stimulate a childhood memory of your small white puppy and you feel a moment of happiness. You may, but probably don’t, consciously recall the puppy.

²⁵ From the mystical point of view, there is only one God-suppressor mass with many flavors of suppressor Antipower and AntiValue IDentities buried in the entire spectrum of AntiLove.

All that the activated person usually notices are his negative emotions. But underneath the emotion, the entire mechanism is in action: the NIR, the BADs and a lot of resistance thoughts.

What happens in an activation is that the trigger event violates your programs of how it should be, and this activates your NIR mass. Unconsciously, you label the trigger BAD because you perceive (NO RESPEXP) that the trigger appears to be the cause of your pain.

Example: Someone calls you a fool (the trigger). Your thought process is, “It is BAD to be a fool;” and “Fool” activates your NIRs: “I am stupid,” “I am not good enough,” “I am less than,” “I could fail,” etc. All NIRs have Opinion of BADs and emotional charges; in this case, they might be anger, fear of failure, and sadness. You will then experience the emotional charges with or without consciousness of the NIRs, and usually you attack the trigger (the person calling you a fool) with negative energy (anger) to try to change the trigger in order to stop feeling (and BEing) that way.

Note: “Fool” activates you precisely because, due to your NIRs, (I AM STUPID; I AM IGNORANT, etc.) you unconsciously “suspect” that the trigger person is right; you are (susceptible to being) a fool. You can say “fool” all day long to a person who is certain of his intelligence and wisdom, who has no NIR in this area, and there will be no reactive effect at all. S/He would only be amused.

Occasionally, you create a new NIR mass by affirming a new NIR: “BADing” it (creating an Opinion of BAD); and then resisting it with negative emotion. However, 99.9% of your negative experience in life is the activation of an old mass created in the past and stored in your subconscious. Every time you are in negative emotion, you are either creating one of these masses, or 99% of the time you are experiencing an old one that has been triggered = activated = stimulated to move from unconscious to conscious (like any memory).

The activations of NIR masses are your moments of emotional pain.

AND THEY ARE YOUR MOMENTS OF OPPORTUNITY.

What you do with your WILL, CONSCIOUSNESS and ENERGY when you are activated determines what happens to you, to your masses, and to the heart of those masses, your Identities.

You can resist the experience and thereby cause it to persist as a creation in your psycanic universe, both in your immediate experience and in its potential for future activation. And you can *really* resist it generating even more energy and thereby add to its energy = mass causing it to increase in size within your being.

The neg. identity = NIR mass = energy = charge = neg. experience will eventually subside into your subconscious, after minutes, hours, or weeks or even months. You will usually return to your normal experiential state. HOWEVER, THE MASS REMAINS WITH YOU-PSYCAN in your subconscious, READY TO BE ACTIVATED AGAIN AT ANY MOMENT, BY ANY APPROPRIATE TRIGGER. This is why we have the same patterns of activations = negative experience = NIRs+BAD+Charge repeatedly as we go through life. We resist our experience, above all the NIRs.

Usually the activated person, ignorant of the true mechanism of his suffering and in NO responsibility for his experience, attacks the BAD trigger with his negative energy (anger, blame, guilt, even physical blows) in an attempt to change the trigger so that it no longer “causes” his pain. When the trigger is another psycan, she frequently activates in return, and

the two beings stand there throwing negative energy at each other, which only piles up a more negative energy between them. Obviously, all this AntiLove going back and forth damages relationships, which function better on pos-love than on AntiLove.

Every human being is “buried” in negative mental and emotional energy = mass. To give you an idea of how much psycanic mass of negative IDentities and AntiLove it takes to reduce your original psycanic nature down to the level of a human being, let us define the amount of mass that an average person (neither very jello or very rock) can discreate in one hour of processing *with a good pilot* as one watt-hour of mass handled. The average person has about 20,000 watt-hours of mass suppressing hir true spiritual nature.

DISCREATION

When you don't know how to discreate mass, at each activation all you can do is wait for it subside out of your consciousness = experience so that you no longer feel it, or you can apply any of the many tactics of no-confront (drugs, tobacco, TV, shopping, etc). However, once you understand the laws of psycanic energy and realities, you can work with the activated mass to discreate it and return to positive experience quickly. You can discreate most activations within minutes.

A second benefit of processing = discharge = discreation is that each time you process, you reduce the total mass of that BAD-NIR-Charge reality until finally your psycanic universe (consciousness and subconscious) is free of that particular mass = reality = experience. You will have erased that NIR and its emotions. You are no longer REACTIVE to those triggers. You easily and naturally remain serene when encountering a trigger that previously made you ballistic; you are able to choose freely and wisely your response. You have recovered even more response-ability.

A third benefit is that every time you discharge mass you reduce by that amount discharged your total 20,000 watt-hour suppressor mass. Gradually you liberate yourself from the total God suppressor mass, reducing resistance and expanding identity and integration until you are ONE with ALL again. (This can take several lifetimes.)

Note on Wisdom:

LAW: ALL ACTIVATIONS DESTROY WISDOM.

Explanation: All activations incur the effect of AntiLove and AntiPower; they put you in negative IDentities and emotions. A negative identity can only produce negative actions and results. Remember the sequence: $BE_N \rightarrow FEEL_N \rightarrow DO_N \rightarrow HAVE_N$.

An introduction to the technology of how to discreate psycanic NIR mass and liberate your BEing of negative IDentities and emotions is the subject of Part 2 of this book.

Always remember this: The problem is not the emotion although that is what you must feel and suffer. The emotion is the symptom resulting from an NIR plus BAD. THE NIR, THE NEGATIVE IDENTITY, IS THE REAL PROBLEM; and not only because of your pain, but because it turns the whole BE-FEEL-THINK-DO-HAVE sequence negative. The NIR keeps you in AntiPower, thinking negatively, acting neurotically, alienating others, and sabotaging your results in life

We can vanish the emotion by discreating it directly, or by discreating the BAD (negative emotion cannot exist without a BAD); but what we really want to do is eliminate the NIRs and replace them with PIRs. This

- ◆ Eliminates the emotional charge.
- ◆ Reduces the entire latent NIR mass.
- ◆ Reduces reactivity to the trigger.
- ◆ Reduce future activations.
- ◆ Transforms the whole $BE \rightarrow FEEL \rightarrow THINK \rightarrow DO \rightarrow HAVE$ sequence to positive.
- ◆ Decrease AntiLove and increase self-esteem and poslove.

Eliminating only the emotion leaves the NIR, and the emotion will eventually recreate itself around the NIR.

There are many techniques to reduce emotion: TIR (Traumatic Incident Reduction), Sedona Method, Dianetics, Tapping (EFT and others), the Option Method, and Vivation, to name a few. **However, none go to the underlying cause that the person most needs to handle: hir IDentities.**

When you are in positive IDentities (I CAN DO IT, I AM INTELLIGENT, I AM WORTHY, etc.) then your self-esteem is naturally high, you love yourself and others, and all is well with your world. Events don't trigger you; you are in the reality / identity of I CAN HANDLE WHATEVER COMES ALONG. You are happy; you love yourself, and you can love others.

When you are in AntiLove towards yourself, you can only be in AntiLove towards others. To love others you must first love yourself; you cannot give to others what you don't have.

Your primary experience in life is always
the experience of WHO YOU ARE
and that determines your Love = experience.

Your primary experience of "who you are" is your psycanic IDentities.

- ◆ NIRs = negative experience, mental and emotional (AntiLove).
- ◆ PIRs = positive experience, love and happiness.

These "color" all your other IDentities and roles.

HAPPINESS AND LOVE ARE THE SAME THING.

THE PRIMARY LOVE IS ALWAYS LOVE OF SELF.

Without it you ca not love others: you cannot give what you do not have.

TO LOVE YOURSELF easily and all the time,
discreate your NIRs and install PIRs.

The objective is that you fall in love with yourself forever.

YOU USE LOVE TO DISCREATE NIRS, and
YOU USE LOVE TO CREATE PIRS.

LOVE DISSOLVES ANTILOVE.

Love starts with Space: Space starts with no BAD.

Love ends with integration: BEing the thing.

Love is the WAY and the DESTINATION.

Your negative experience in life is the activation of NIR masses present and latent in your subconscious. **A NIR mass consists of an identity denying POWER or WORTH, plus your judgment that it is BAD to be that way, resulting in your generation of AntiLove in the form of negative emotional energy.**

WHEN YOU ELIMINATE YOUR NIRs and INSTALL PIRs, you eliminate your ANTILOVED IDentities of NO POWER and install IDentities of POWER that are easy to LOVE.

You eliminate NIRs by loving them. Love starts with SPACE.

LOVE and HAPPINESS are the natural result of WHO YOU ARE.

This is the only real and impregnable happiness that exists.

The purpose of existence is to expand your identity until you are
LOVE = GOD = POWER again.

Your primary source of experience is always your own IDentities. In the final analysis, the purpose of life is to control your IDentities, to become who you want to be, which you can respect and love, and therefore feel good and happy about.

The highest of all IDentities are Power, Love, and Wisdom.

(Do not underestimate the importance of Wisdom:
without the guidance of Wisdom,
both Power and Love will destroy.)

Psycanics offers you a technology to discreate NIR masses and create PIR masses, thereby transforming your BEING to WHO YOU WANT TO BE, someone with POWER who naturally LOVES self and other. Applying psycanics, you keep expanding identity until you are ONE again.

SPIRITUAL DEVELOPMENT

All this is much more than just the handling of your emotions. This is a high-power technology for spiritual growth. You are a spiritual BEing buried in your AntiGod suppressor mass, which is composed of AntiPower and AntiValue IDentities, liberally sprayed with BAD, which is the trigger for all AntiLove. You are buried in AntiPower and AntiLove. You have used that mass to separate and descend from the ONE-LOVE to human.

Your spiritual game, the central game of your existence, is to return to GOD which is the return to the identity of TOTAL LOVE and ONENESS, which requires INTEGRATION to ALL IDENTITIES in TOTAL SPACE. You must start this process with your own resisted IDentities within you.

Your obstacle in that return is your NIR+BAD+ANTILOVE masses. (The AntiLove also motivates you NOT to work on yourself, to go and stay in no-confront, and to punish yourself by keeping yourself lost in AntiLove.)

The Kingdom of Heaven is within. The first thing you are going to encounter on the road within are your negative IDentities with which you are refusing to integrate. How can you hope to integrate with the universe if you won't even integrate with your own IDentities?

Processing stops your AntiLove = resistance to yourself by discreating your BADs so that you move to SPACE towards your NIRs. **This space is your first level of Love to yourself.** Once in SPACE, you can then integrate with and fully experience your NIRs—which

Our purpose is for you to learn to identify your negative IDentities behind any negative emotion. Your objective is to fill in the grid so that each row contains all 6 elements for any given trigger or emotion.

You can start with column 1 and 2, listing your triggers: the persons, things, situations, or events that activate you (appear to cause your negative emotions). Then list the emotions, column 4, that you experience in relation to that BAD trigger event.

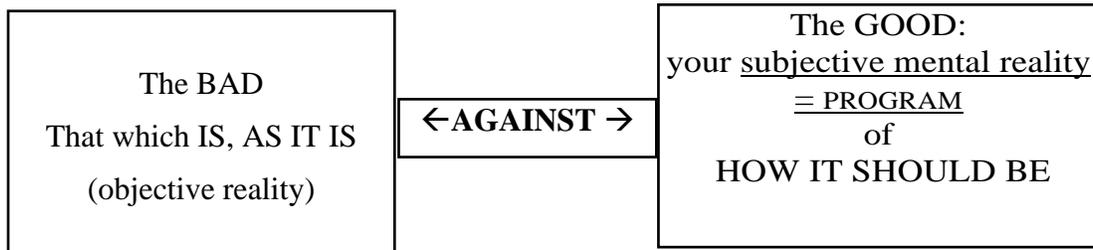
Or you can start with column 4, your negative emotions, especially your patterns of the same activation repeating itself over and over. Then fill in columns 1 and 2 with the situation in which they activate (the trigger).

Please do these columns 1-2 and 4 with as many trigger-emotion situations as you please, but at least six before continuing beyond this point. For the moment, vary the charges: for example, list say, two angers, two fears, and two sadnesses. We will do other emotions such as resentment, guilt, and depression in Part 2 when you have more advanced information.

Column 2: BAD. For every trigger-emotion combination, there will be something BAD taking place. This is whatever you were or are angry about, or whatever has happened that you are sad about. For Fear, since fear is always future, it will be something BAD that might occur. The BAD is always “What Should not Be as it is.” Write this down in column 3.

Column 3: GOOD: For every BAD, there will always be a GOOD. The GOOD is whatever you want to have or want to happen. This is your PROGRAM of how the BAD, the trigger, should be instead of how it is. The GOOD is your desire, ideal, or goal. It might be only that the BAD does not take place, especially in the case of fear, but is usually something you want to achieve or to exist in place of the BAD.

Note the conflict of realities between the external reality of WHAT IS and your mental virtual reality (program) of WHAT SHOULD BE:



What IS, IS; What Ain't, Ain't.

Your unhappiness is your resistance to What Is.

Your unhappiness (activations) is never what happens, but rather your resistance to what happens. You resist what happens because it violates your programs of HOW IT SHOULD BE and therefore it is BAD. The purpose of your programs is to project HOW IT SHOULD BE so that you are a PIR and experience a MOP. Programs are an attempt to control IDentities (and therefore experience) by controlling the world.

Instead of creating and controlling your IDentities internally irrelevant of the world, most humans try to use the world to determine their IDentities by making the world conform to their programs of HOW IT SHOULD BE. (This is a part of the External Quest). When it does conform to your programs then: YOU WERE ABLE (PIR), YOU ARE A SUCCESS,

POWERFUL, INTELLIGENT; WORTHY, DESERVING, etc. You experience a moment of positive energy (love) for that identity.

However, when something violates your programs, then that something becomes “BAD trigger” which activates your NIRs: I CAN’T, I AM A FAILURE, etc. You then suffer your AntiLove.

When operating thusly, you are giving control of your IDentities and therefore of your experience and happiness to externals. Obviously, the world does not pay much attention to conforming to your programs.

Psycanics proposes that you stop trying to use the world to control your IDentities, which is impossible anyway (Xerxes). Trying to achieve positive IDentities by controlling the world is like trying to teach a pig to sing. You never get much music and you annoy the pig.

To achieve true power over your BEing and to live in love and happiness, you must take control of your IDentities internally: create PIRs, and discreate NIRs.

Please complete columns 1, 2, 3 and 4 before proceeding beyond this point.

Columns 5 and 6.

Here our objective is that you identify your NIR, column 5. The purpose of column 6, PIRs, is to help you identify the NIR by providing the polarity contrast (explained below). Of course, you can later use column 6 for the creation of PIRs and for the technique of Creation—CounterCreation (activates NIRs).

Column 5: NIR: the Negative Identity Reality. This is best done in experience (consciousness, direct perception—not in mind or by analysis). The objective is to detect your NIR as a feeling and an experience, and therefore as a reality, a mass of mental energy that produces an “I AM (whatever)” experience.

To do this, go into PSYCANIC FOCUS: Get as comfortable as possible in a safe place where you will not be disturbed. Close your eyes and turn off your mind. Withdraw all attention from the physical universe so that you can focus on and move energies in your psycanic universe of consciousness, mind, and emotion. (Whenever I say PSYCANIC FOCUS in the future, I am referring to this procedure.)

Do not remember but rather imagine yourself in the trigger situation. Be there again and re-live it. Let the emotional charge activate, remembering that all feelings are OK; they are just energies that you have created. If you find yourself in resistance to the emotion (or to anything), discreate your opinion of BAD to that emotion (or thing).

Behind that emotion, and often obscured by it if the emotional charge is strong, will be your mental experience, all your thoughts. During activation, the mind usually goes wild with all kinds of negative thoughts. Somewhere among those thoughts will be some IDentities as “I AM’s,” or IDENTITY-VERBS such as “I can’t.”

Your NIR will always be accompanied by an OPINION / EXPERIENCE of “It is BAD to be (NIR).” This often makes the NIR difficult to detect because you do not want to confront, much less experience, much less be, anything BAD; and least of all a “BAD YOU” (a NIR). The NIRs are thoughts beneath all your other thoughts and mental turbulence (invalidations, blaming, justifications, excuses, etc.) that you really don’t want to admit to yourself or anybody else.

Here are two questions to help you identify your NIRs.

When the BAD event occurs, what does that make you? What does that say about who you are? (incompetent, failed, bad mother, weak, not respected, not valued, slighted, not loved, etc?)

If you could get the GOOD to exist and get the trigger to obey, to fulfill, your program, then who would you be (able, competent, successful, strong, smart, appreciated, valued, etc.)? (This is Column 6)

If you find yourself in mind rather than experience, and especially if you are thinking (daydreaming) about something that has little or nothing to do with your activation sequence, then you “bounced” out of your NIR+BAD experience into mind as a manner of no-confront. THIS IS VERY COMMON especially if you have never meditated much or learned to control your attention and your mind. If this bouncing off an experience into mind happens much, then you need the help of a pilot to remind you to stay in the process and not lose your attention. The pilot can do this by simply reminding you every minute or so to “Stay in process.” (Note: A real pilot does much more than this; she guides you through the entire discretion process step by step, evaluating your experience and telling you what to do next.)

Your objective for the moment is to practice finding these semi-conscious, unconscious, or subconscious realities, the NIRs. In Part 2, you will learn how to discreate them.

Doing this exercise may leave you with activated mass and/or with emotional charge. This is because focusing attention on these masses activates them, brings them into experience, and the result is that you feel bad; you feel the emotion to some extent. You may also feel mass as pressure in the head, face, or chest.

The solution is discretion; however, as yet we haven’t gotten to that information. For the moment, you can clear your space (consciousness) by flowing the energy through your body. Lie down and relax your entire body as much as you can—spend at least 10 minutes just on relaxing. Imagine that there is a cloud in and around your head. You may also feel mass or charge in your face, neck, and chest. With your will, aim all the energy flow down into your neck, along your backbone, and out your feet.

It can help to place your hands around your forehead and then pull them back over the top of your head, down the back and neck, as if you were squeezing water out of your hair. Then squeeze the muscle along the top of your shoulders. You can often feel the energy moving through you when you do this.

It can also help to tap your forehead from the hairline down to the nose and about one inch to each side of the nose along the eyebrow ridge.

Activated mass that you can’t turn to charge and discreate, or at least flow, can cause headaches, sometimes very strong ones. For example, sometimes when processing at night before bed, I activate big and solid masses. Being the end of the day, I am somewhat tired and not in my best energy. There are times when I can’t budge the masses with discretion, or flowing, or tapping, or any combination of these and other techniques. (Law: It takes energy to move energy.) I wind up with an excruciating headache. The only solution is four aspirins and a hot shower, followed by two to four more aspirin and another hot shower 20 minutes later. (That is a lot of aspirin; don’t exceed whatever you know is the working dosage for you.)

Summary of Part 1

You are a spiritual being (psycan) temporarily located in a physical body and universe.

Your essence is: Will-Cause-Creator-Power-Consciousness-Wisdom-Love- Joy-etc.

You are a creator of all your psycanic REALITIES: thoughts and emotions. As a creator, and with the instrument of your WILL, you form your REALITIES of ENERGY.

Your prime creations are your IDENTITIES: your self-determined REALITIES (ideas, thoughts, decisions, beliefs) about what, who, and how you ARE.

Your prime negative creation of identity is the Fatal Identity, which is I AM NOT CAUSE; I AM NOT CREATOR; I AM NOT RESPONSABLE. This “kills” your consciousness of being creator and leads to the generation of the THINKING of the Fatal Paradigm and the programs. It also leads to AntiPower NIRs and their FEELINGS of anger, impotence, fear, sadness, depression, etc. It leads to the DOING of the External Quest (manipulating the external world for happiness).

A second and also deadly psycanic creation is that of the labels of BAD and EVIL. The worst of all creations of BAD is the identity I AM BAD. BAD is the portal to AntiLove.

Your emotions are non-physical, spiritual energies. All energy, and especially spiritual energy, is Love. Your emotions are Love.

Love as emotional energy is a polarity scale, a spectrum with two sides: pos-love and AntiLove.

Pos-love is pleasurable energies of positive affinity, which attract and motivate the psycan towards the thing loved. It includes interest, enthusiasm, and joy.

AntiLove is unpleasant, painful energies of negative affinity, which motivate the psycan to attack or to avoid the thing AntiLoved. It includes anger, fear, guilt, and sorrow.

Your emotions are your pos-love or your AntiLove towards yourself, depending on your IDentities. You live your pos-love or your AntiLove for yourself and for others in each moment of your existence. Your own pos-love or AntiLove is your happiness or your pain in life.

All suffering is the activation of the AntiLove that you generate against yourself in your negative IDentities (your own creations) after labeling them BAD.

Your emotions, besides being your Love for yourself, are also motive energies for that identity to act. Pos-love motivates the psycan towards the external and to take positive action for its benefit (love as action). AntiLove motivates the psycan to withdraw from the BAD external and to take negative action to change or destroy it.

The three main frequencies of AntiLove are anger, fear, and grief. The factors of identity and estimation of the power of the BAD external determine which frequency of AntiLove activates. Anger is present time and attack. Fear is future time and withdrawal. Grief is past time, the mourning of that which cannot be changed.

The Sequence of Causation of your life is BE-FEEL-THINK-DO-HAVE.

Positive ID→ feel love→kind, wise thoughts→ loving actions→ good results. or

Negative ID→feel AntiLove→negative thinking→non-loving actions→poor results.

A NIR mass is an often a complicated mixture of various NIRs, BADs, and emotional charges. However, the essence is always a NIR labeled BAD and resisted with AntiLove: symbol NIR+BAD+AL.

As creator of your IDentities, opinions, and your emotions, you can also discreate them.

Although emotions and BAD can be discreated directly, it is the discreation of the NIRs and the creation of PIRs that is most important. The discreation of the NIR not only banishes the emotion, but also reduce the general suppressor mass, reactivity, future activations, and expands the BEing in power and love. It is a spiritual expansion of Being, Power, and Love, and therefore a path of return to God.

LOVE IS THE WAY AND LOVE IS THE DESTINATION.

Psycanic Energy Processing is a precise technology for the handling of all psycanic realities, including emotions, paradigms, programs, BADs, beliefs, and above all, the creation and discreation of IDentities. It works like a laser to find and remove the cause of any negative experience or behavior and to install and grow positive IDentities and pos-love.

Psycanic Energy Processing is the subject of Part 2 of this book.

Contents for Part 2.

PART 2: HOW TO ELIMINATE YOUR NEGATIVE EMOTIONS, NOW AND FOREVER.

13. The LAWS of REALITY
14. GOOD, BAD, AND EVIL
15. SPACE
16. DISCREATION of PSYCANIC REALITIES
17. EXAMPLES and SPECIFIC EMOTIONS
18. The MECHANISM OF UNHAPPINESS
19. RELATIONSHIPS
20. DO and HAVE
21. POLISHING YOUR BEING
22. CREATING POSITIVE EMOTION
23. SUMMARY
24. Final Chapter: WHAT NOW?

GLOSSARY

CHAPTER 13

The LAWS of REALITY

Everything that exists is energy. The energy takes on an infinity of forms, both persistent forms such as material objects and fluid forms such as light, radar and heat waves.

A reality is any form of energy that you experience. A reality is the CAUSE of an experience. Experience is the EFFECT (on consciousness) of a reality. Reality and experience are so much the two sides of one concept that we coin the term R/EXP or REXP to designate it.

The only thing that exists is experience is to say that the only thing that exist are realities (as that which causes experience).

Your thoughts are realities. Your emotions are realities. The physical universe consists of realities. The physical universe is a thought, is realities, in the mind of God. Your thoughts and emotions are realities in your mind. Your IDentities are realities and obey all the laws of realities.

The we-psycans form free energy into realities (thoughts and emotions). (Higher beings (demi-gods) form energy into physical reality.) A reality is a specific quantity of modulated energy with characteristics, shape and limits. What we now what to do is “undo” those realities and return them to free energy.

The laws of reality are the same for your thoughts and emotions as they are for the physical universe: the difference is the size of the BEing forming and holding the realities. Big beings (demi-gods) think = make REAL entire universes. We humans are barely able to handle our individual, personal universes.

The only thing that you try to do in life is control your realities = control your experience.

- 1-You try to create the realities, both psycanic and physical, that you wish to experience. ,
- 2- You try to change, avoid or destroy the realities that you do not wish to experience.

There is nothing else happening in life except the attempt to control realities to control experience. It's the only game in town.

Name anything you want—you want it in order to have an experience; you want something to be REAL. Name anything you want to eliminate from your life—you want to eliminate it in order to change your experience; you want something to no longer be REAL.

All realities are also creations: realities are always the effect of a creative force that forms the energy into that particular shape. In the case of the physical universe, we call that creative force “God.” In the case of your personal realities, thoughts and emotions, you are that creative force. However, the laws of creation (and discreation) of realities are the same. The difference is the size of the Will-Consciousness (BEing) creating and holding the realities.

To terminate negative psycanic experience, what we must do is make the causing reality NON-EXISTENT. Where once we created it, we now must discreate it. If something does not exist, it can't be experienced.

However, few people understand how their own Being functions, or understand realities and experience and all that we are saying in this book. What most of humanity does is employ

all kinds of tactics to make the reality—*not non-existent*—but leaving it existent, to have it be not-REAL, not experience-able. They try to not experience something that still exists and is present.

To try to make negative experience such as IDentities and emotions not-real, to try to not-experience, not feel, not suffer; humans have developed a great arsenal of tactics which we have already seen. To remind you of them: attack the trigger to change or destroy it, block the experience, suppress it, ignore it, pretend it is not there, lie about it, drown it in alcohol, tobacco or other chemicals and drugs (both legal and illegal), food, excessive TV, shopping and other attention distracters; and trying to counter-create with neurotic relationships, MOPs and by accumulating material symbols of success and happiness (fortune and fame), etc. in the hope that such externals will create the internal experience sought. In short, all the forms of the External Quest, both on the positive side and the negative side.

Not-real is not non-existent. Not-real is to try to cover up or hide or suppress a reality so that it is no longer experienced. However, all these tactics are forms of resistance to the REXP and RESISTANCE CAUSES PERSISTANCE.

In all of these tactics, the reality remains in existence and the being remains at the effect of it. And in fact, the more s/he resists it, the more s/he is at its effect. Such tactics do nothing to discreate the identity remains and the emotional charges created against it. And every time the NIR mass activates, the being must re-apply whatever hir tactic of not-real is: suppression, tobacco, alcohol, drugs, etc. The desire, the compulsion to suppress a NIR mass (have it be not-REAL) is the compelling force behind every addiction, every attachment, every neurosis.

The only really effective way to make a reality non-existent is to discreate it. Discreate a reality is to take its modulated and persistent energy mass and transform it back into unmodulated free energy. This is done by flowing it through consciousness, which means experiencing it. (Note: When a reality has no BAD+resistance mass, then this process of discreation can take place instantly, just on regaining consciousness of the existence of the reality. This is called discreation by inspection.)

To create—and of our interest in this book—discreate realities; it is helpful to understand the basic laws. Therefore, let us start with a list of the Laws of Reality. This list is taken from the chapter on Reality in the book “Cosmology.” These are not all the Laws; just the ones you need to understand to discreate your psycanic realities: IDentities, opinions and emotions.

THE LAWS OF REALITY

(A partial listing)

The psycan is a sub-god-creator (cause of); and experiencer²⁶ (effect of) 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 hir creations in order to experience = play = theater, games and drama.

The psycan creates all hir realities, including hir realities of what s/he is and is not, which is the creation of IDentities.

The psycan creates all hir realities, including the reality that s/he does not create hir realities, which is the creation of the Fatal Identity.

This can also be stated:

The psycan creates all hir experience, including the experience that s/he does not create hir experience. (NO RESPEXP); and the experience that externals do (Fatal Paradigm).

The psycan is CAUSE of all hir experience, including the experience of not being CAUSE.

**The purpose of the creation of a reality is experience:
A reality persists until it completes its purpose of creation; that is, until fully experienced.**

**The cycle of existence of a reality is:
Creation → Experience → Discreation**

Therefore: Reality Experienced Disappears.
= **Experience Experienced Disappears.**

**Resistance is the refusal to experience a reality.
Ergo: RESISTANCE CAUSES PERSISTENCE.**

Now let's go through these laws with a little explanation and commentary.

The psycan is a sub-god-creator (cause of); and experiencer (effect of) of realities.

The psycan forms (causes) psycanic realities of energy with hir Will and experiences them in Consciousness (effect). The psycan controls physical realities in that the INTELLIGENT ENERGY responds to hir psycanic realities and manifests them around him in the physical universe. In other words, your beliefs create your life (among many other factors).

The purpose of the creation of a reality is experience.

The purpose of everything is experience: only experience exists; there is nothing else. Experience is the highest form of knowing. You know to the degree that you have experienced. Integration, being one with, is the highest form of knowing and of experience.

²⁶ Experiencer: one who experiences, perceives, feels something.

Therefore, Identity is the highest form of experience and of knowing. A favorite form of experience is play and the play-experience concept includes the concepts of theater, games and drama.

The psycan is a creator of realities who puts himself at the EFFECT of hir creations in order to experience. Creation is Cause; Experience is Effect. You first create a house or a family, and then you experience them. You first create a thought = mental reality and then you perceive = experience it. You first create an emotion and then you experience it. Experience is the purpose, but you have to first create that which you will experience.

The psycan creates and experiences all hir realities, including the reality that s/he does not create hir realities. This can also be stated as: The psycan creates all hir experience, including the experience that s/he does not create hir experience (NO RESPEXP).

This law describes the creation of the Identity “I AM NOT the CREATOR of my realities; I AM NOT the CREATOR of my experience” in which most of humanity lives. This NIR destroys the power of the psycan over hir creations as s/he denies that they are hers; s/he denies responsibility. The law is: You cannot discreate anything that is not yours. You cannot discreate anything you did not create—or have decided (created the illusion) that you did not. You must accept responsibility; you must “own” your creations, in order to discreate them.

The Identity: I AM NOT CREATOR is called the FATAL IDENTITY or the FATAL PARADIGM; fatal because the creator destroys hir own consciousness of creator and power: the creator “kills” himself. And if you are not cause / creator of what affects you, then you are VICTIM.

One of the “sons” of the Fatal Identity is No RespExp (No responsibility for experience); the negation that one is the creator of hir thoughts and especially of hir emotions. This, you will remember, conduces the BEING to assign the CAUSE of hir emotions to externals.

I have taken great pains in Part 1 to explain who you are and how you create your emotions and your IDentities to move you out of the fatal identity and into consciousness and responsibility for your creations. If you still believe you have little or nothing to do with your thoughts, IDentities, emotions, beliefs, opinions and other realities both psycanic and physical, then there is no hope for you as to ever controlling them.

The purpose of the creation of a reality is experience: A reality persists until it completes its purpose of creation; that is, until it is fully experienced.

The cycle ²⁷ of existence of a reality is: Creation → Experience → Discreation

These last two are the laws that most interest us in discreation.

The purpose of the universe is experience. The universe consists of realities which are the cause of experience. The purpose of a reality is to be experienced and a reality persists until it completes the purpose of its existence; that is, until it is fully experienced.

The universe is

- ◆ Creation of a Reality; (birth)
- ◆ Experience of that Reality; (life); and

²⁷ Everything exists in a cycle of 3 stages. Example: born, live, die; start, process, stop; begin, function, terminate; etc.

3- Discreation: the reality having served its purpose, “dies,” ceases to exist.

Therefore all that we need to do to discreate a reality is to complete its cycle of existence; complete step 2 above. All that we need to do to discreate a reality, to return it to non-existence, is to experience, feel, live, BE it completely. (Note: These are synonyms: perceive = experience = feel = integrate = take on the identity of = be)

This can be expressed as:

**Reality that reaches total reality discreates.
= Experience Experienced Disappears.**

Express what you suppress.

This would seem to quite simple and it is once you have trained yourself to do it. However, the average person does everything *except* experience (and thereby discreate) hir negative realities. S/He does everything possible to avoid experiencing them. S/He does everything possible to make them not-real through any of dozens forms of resistance: suppressing, blocking, denial, pretending, etc.

The first stage of resistance is the refusal to experience a reality. The negation to experience a reality is negation to complete the second stage of the cycle of existence (experience). This “sticks” the reality in the stage of experience, where it “plays” over and over again like a scratched vinyl record. The reality cannot discreate because it can not complete its cycle of existence.

**Resistance is the negation to experience a reality.
Ergo: RESISTENCE CAUSES PERSISTENCE
(by avoiding the full experience that discreates).
Symbol: Rxxx→Perxxx.**

Resistance to reality in order to not experience it does nothing to make the reality cease to exist—on the contrary it causes the reality to persist as not-experienced. If the BEing then goes to a second stage of resisting, that of sending negative energy against the reality, s/he is then energizing, densifying, real-izing, that reality even more. Now s/he is actively making it not only persist, but grow.

It is in this cycle of resistance to reality, both stages, that most human beings are trapped. It is this 2-stage resistance to experience their own creations that make personal change difficult and that perpetuate AntiLove and suffering.

Summary:

The only thing that exists is REXP: REALITY-EXPERIENCE.

The only game in the universe is to control experience: to cause positive and to avoid or terminate negative experience. A reality is the cause of an experience. Therefore the only game is the effort to control reality.

There are then two sides to the games:

- #1- To avoid negative REXP = to not suffer.
- #2- To cause positive REXP = to enjoy.

This book only addresses #1 above. I will have a great deal to say about #2 in other books.

Taking up #1- A basic objective of every human being is to avoid negative experience = to not suffer. There are 2 possible strategies to achieve this:

1. the resistance strategy of the psycanically ignorant person, and
2. the psycanic strategy.

Strategy #1: Try to make the REXP not-real, not-experience-able but not by discreating it. Tactics: attack the trigger, resistance, suppression, blocks, denial, pretense, MOPs and distractions, tobacco, alcohol, chemicals and drugs (both legal and illegal), excessive ambition to accumulate symbols of success, and all other addiction, compulsions and neuroses.

Results: DOES NOT WORK: 1 - the reality and therefore the experience and suffering continues to exist, activating constantly; 2- which requires continual resistance and countermeasures which themselves cause problems and suffering; 3- at the same time they energize and reinforce the negative realities. Rxxx→Perxxx.

The person enters into a never-ending circle of activation→countermeasures→persistence of activations. The countermeasures are not a real solution: they do nothing to eliminate the causing realities. And where the countermeasures are in themselves destructive, such as drugs or excessive ambition, the circle becomes a descending spiral into ever greater problems and suffering and even death.

Strategy #2. The psycanic strategy: Discreate the reality returning it to non-existence, whereby there is nothing to be experienced or resisted. Tactic: Experience the negative realities, especially the IDentities, fully to discreation so that they no longer exist and therefore there is nothing there to be experienced. Technique: Psycanic Processing.

Results: The being is free of that REXP. It no longer exists: there is nothing to experience. S/He is likewise free of any compulsion to any kind of countermeasure: there is nothing to resist.

The next question then is: Why do we refuse to experience; why do we resist our creations?

This is the subject of the next chapter.

Chapter 14

GOOD, BAD AND EVIL

We resist “evil,” despite the injunction of great teachers not to do so²⁸.

We resist negative experience because it is “BAD” to be NIRs and “BAD” to feel negative emotions, (and, of course, because they are unpleasant experiences in themselves). We do not want to be anything BAD and we do not want to feel BAD. We refuse to experience anything BAD, which is the first level of resistance. Then, we try to destroy bad and evil with negative energy. This is a second level of resistance.

The study of the nature of Good, Bad and Evil is fascinating subject and I cover it as completely as I can in other books. Here, we have only time for and only need the bottom line.

The bottom line is:

BAD doesn't exist. It is an illusion. It is a lie.

99% of humanity is trapped in the illusion that evil exists in the world and that BAD is a property of things and objects and events. Most people firmly believe that BAD is a intrinsic quality of that which is BAD, irrelevant of the observer-creator. This is an illusion. When you measure and list the properties and characteristics of any person or thing, you will never be able to find or measure BAD. BAD, like beauty, exists only in the eye of the beholder.

The psycan is the creator of all hir REXP, and that includes the reality and the experience of bad. BAD is a psycanic (mental) reality created about another reality (whether psycanic or physical). It is an opinion, a judgment about a reality. BAD has no existence outside of your mind. It does not exist as an intrinsic property in any person, thing, event or action. BAD is always a personal mental creation.

BAD is always a point of view: it depends on where and how you are looking. For anything you name BAD, I or someone can find a point of view from which it is GOOD, and vice versa. For example, take the opposing points of view on abortion: for some it is good, for others bad. To give a very strong example: Americans labeled the destruction of the World Trade Center on 11 Sep 01 as bad and evil. However, some of the Arabs labeled it good, so much so that they celebrated it in the streets.

Remember the definition of TRUTH: the correspondence between a objective reality (person, thing, event or action) and a description of that reality. BAD is never a property or characteristic of the object. It is always a label created in the mind. Since BAD only exists in the eye of the beholder and not in the reality, any description of a reality which includes BAD is false. BAD and EVIL are illusions.

You and every individual are always the final arbiter of what is BAD in your personal world. Some people will argue this saying that BAD is determined by the bible, or the church, or the government or the law, or any other external authority. The answer to that is, “And who decides to adopt that “authority” as their determinant of good and bad?”

²⁸ For example: Jesus: “Resist not evil.”

YOU ARE ALWAYS THE FINAL DETERMINANT OF BAD.
YOU ARE THE CREATOR OF GOOD, BAD AND EVIL.

Bad /Evil is an illusion. However, it is a most powerful and dangerous illusion. It is response-able for most, if not all, of the problems and conflicts on this planet. It is response-able for ALL of the suffering. As I mentioned before, it is impossible to suffer without first having created an OPINION of BAD / EVIL. Without first creating an opinion of BAD, it is impossible to generate AntiLove; and AntiLove is the only source of suffering.

A creation of BAD is the essential catalyst for all AntiLove and suffering.

That fact BAD is their own creation and an illusion is a revelation for many people and not one that all people can handle. For some, it is literally “mind blowing.” Some people have a lot of trouble even *seeing* that Bad and Evil are their creations. Many others have trouble *accepting* it: their minds rebel at taking responsibility for creating BAD. It is particularly difficult to accept for those mired in some religions.

BAD is a case similar to that of the world being flat. BAD is a reality but is never truth. BAD is a false paradigm in which most of humanity operates—at great cost to their Love and happiness.

However, the logical and philosophical proofs are irrefutable: BAD only exists as a creation of the human mind. In another book, I will go much deeper into the entire concept of BAD and all its ramifications. Here, our interest is the BAD that you create to your internal, psycanic realities: specifically your emotions and above all your NIRs.

To Discreate NIRs (or any psycanic reality), you must first discreate your opinion of BAD about that reality. You will not integrate and freely experience that which you hold as BAD. On the contrary, you resist BAD (on both levels) and resistance causes persistence.

To discreate BAD (or any psycanic reality, including your NIRs), you must take responsibility for the creation of that reality. You must recognize yourself as creator and the reality as yours. As long as you think that the BAD is in the object = reality (in this case, the NIR), you will not know/believe that you can discreate the BAD. It appears to be something “out there” beyond your CAUSE and control.

So, at this point, if you have a hard time with the idea that BAD and EVIL for anything anywhere do not exist, OK. However, you do need to understand that the idea of BAD applied to your NIRs is your creation, that it is an illusion, and that you can discreate that reality of BAD.

Exactly what does “BAD” mean?

BAD is “negative value”: it is that which SHOULD NOT BE AS IT IS. The psycanically ignorant soul then tries to use negative energy to attach and change or destroy THAT WHICH SHOULD NOT BE AS IT IS (BAD). What the attacker does not realize is that it is hir own negative energy that is hir AntiLove and therefore hir suffering—which leads us to the second definition:

BAD is that which causes suffering. However, this too is an illusion: BAD does not cause suffering. Our suffering is always and only our own negative energy (AntiLove). We generate—and can only generate—AntiLove = suffering against something BAD. The vicious circle in which most humans are trapped is: We create the reality that something BAD. We then generate negative energy to resist, change, or destroy the BAD—which

negative energy is our suffering. In NO RESPEXP, it appears that the something is the cause of our suffering, which confirms for us that it is BAD.

We then resist that BAD something even more, generating even more negative energy = suffering, making it appear even more BAD; which requires even more negative energy = suffering to change it. Around and around we go in a descending spiral of resistance to BAD.

Your suffering is always your own resistance negative energy = AntiLove to WHAT IS AS IT IS. You resist WHAT IS because you have decided (created) that it is BAD. The only way out is SPACE, which is the subject of the next chapter.

In your moments of activation, of emotional charge, there are always multiple BADs in operation. The uncontrolled mind spews BADs in all directions. For example, let us take the EVENT that John shouts at me. John is the trigger and the trigger event is shouting, at which I activate in NIRs and anger. We can expect at a minimum the following BADs.

- 1- It is BAD what the trigger is doing: It is BAD to shout at me.
- 1- The trigger is BAD for doing that: John is BAD for shouting at me.
- 2- John makes me angry when he shouts at me. It is BAD that John makes me angry. (Note how in the condition of NO RESPEXP, I assign CAUSE of my anger to John.)
- 3- Anger is BAD. One shouldn't get angry; it is BAD to be angry.
- 4- Anger is suffering; suffering is BAD. It is BAD that John makes me suffer. John is BAD for making me suffer.

Then there are the BADs created around each NIR. Shouting at me activates my: I AM STUPID, I AM NOT GOOD ENOUGH, I AM A FAILURE, etc. Each NIR will have its own "It is BAD to be that way." Every NIR is encased in an opinion of BAD. It is the BADs to the NIRs that are important in the discreation of NIR masses.

Let us look more in depth at the internal mechanism of unhappiness and suffering.

Your programs are your mental models of how the world should be so that you can enjoy positive "I AM CAPABLE, SUCCESSFUL, GOOD AND LOVABLE" PIRs.

The trigger situation violates your programs and sets off your NIR and its emotional charge, which is your pain. The trigger receives a BAD for violating your programs (which are the GOOD: WHAT SHOULD BE). And it receives a BAD for "causing" your pain as you, in NO RESPEXP, assign the cause of your activation = pain to the trigger.

The fact that the trigger event exists, that BAD exists, automatically means that you have failed to be successful and GOOD in both producing "WHAT SHOULD BE" and in avoiding BAD in your universe. Since the BAD event is there, you have failed to avoid, control or change BAD. This activates NIRs of AntiPower and therefore of AntiValue.

However, underneath all BADs to the triggers is the BAD to the NIR. The human being is locked into a struggle between GOOD and EVIL within himself.

And underneath everything is the paradigm of GOOD, BAD and EVIL: the belief that BAD exists outside of one's self.

The ONLY solution to this is to transcend the creation of GOOD and EVIL and live in SPACE (theme of the next chapter).

The transcending of the illusion of GOOD and EVIL is a high level of spiritual development and of Love.

If you want to live as loving, happy, spiritual BEing,
you must transcend the creation of Good and Evil.

The transcending of GOOD and EVIL is beyond the scope of this book. However, here I hope to at least start you on the path to transcending GOOD and BAD about yourself—which brings us back to NIRs which are your basic BAD about yourself.

Once the NIR mass is activated, the important thing is to be able to discreate it, for two reasons: 1- to end your suffering; and 2- to reduce your negative IDentities. As far as discreation of the NIR and the emotion is concerned, only the BAD to the NIR is important. The BAD to the NIR is the key to discreation for 3 reasons.

- 1- Discreating the BAD to the NIR eliminates the emotional charge. (Remember you only generate AntiLove to something BAD: if there is nothing BAD, there is nothing to AntiLove.
- 2- Discreating the BAD to the NIR eliminates your resistance to integrate = be = experience the NIR, thereby closing the cycle of existence and discreating it.
- 3- Your assignments of BAD to externals are the projections of the BAD to yourself. There are also your attempts to polarize yourself as GOOD by assigning the BAD outside of yourself. Discreation of the BAD to your NIRs relieves the compulsion to create BAD about the externals. Discreating the BAD to the NIR opens your SPACE to yourself and therefore to others. SPACE is the first level of Love.

Most people live in a world of GOOD and BAD. They divide everything up into GOOD or BAD. Since BAD should be resisted and destroy, they are constantly marshalling negative energy = AntiLove = pain to act against the BAD. This produces a life filled with frequent activations = suffering.

Of course, what is really happening is that the trigger sets off a NIR mass (NIR+BAD+Charge). The emotional charge of the NIR is really AntiLove for one's self in that BAD identity;. Of course, we humans like to blame the trigger and “share” or “spray” our AntiLove on it.

(Any time you are angry (your NIR of I CAN'T DO IT activated) and you in any way throw anger or invalidation or complaints or blame or insults or any other form of negative energy on the other person, you are “spraying” or “dumping” your AntiLove on that person.)

To the degree that you live creating BAD and EVIL, you will live in AntiLove and suffering. This has been central to the teachings of Jesus, Buddha, Krishna, Lao-Tse and all wise and loving men.

- ◆ “Seek not to be enlightened; seek only to have no opinions and all will open before you.”
(3RD Patriarch of Zen).
- ◆ “Judge not”—so that YOU remain in love and do not suffer.

- ◆ “Resist not evil, but love them that persecute you”—so that YOU remain in love and do not suffer. (Jesus)
- ◆ “To hate is like picking up a live coal to throw at another: long before it reaches the other, you have already burned yourself.” (Buddha)

**You live your pos-love or your AntiLove in every moment and
THAT IS your HEAVEN OR your HELL.**

The real and deepest cause of AntiLove and suffering, it not the BAD that you create to the external world, but the BAD that you have created to yourself in your negative IDentities.

The ESSENCE of LIFE is the CONTROL of YOUR IDENTITIES.

- ◆ Discreate NIRs
- ◆ Create PIRs.

The highest IDentities are POWER (Cause/Creator), LOVE (Joy) and Wisdom.

They all start with LOVING yourself.
LOVE discreates the negative IDentities
and creates the positive ones.

The only real problem that exists in life is to LOVE yourself.
That LOVE starts with stopping your opinions of BAD to yourself (to NIRs).

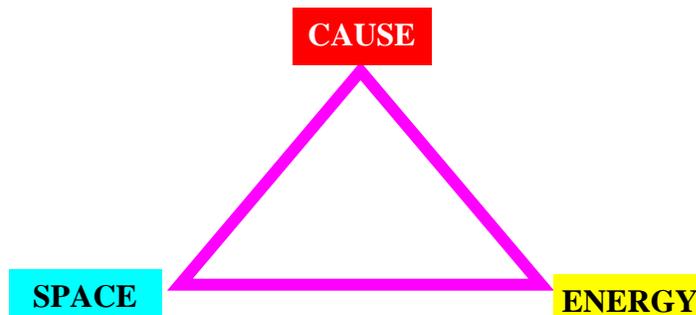
Instead of GOOD and BAD, you can learn to think in terms of positive and negative and of LOVE and ANTILOVE. (Here I refer to the entire concept of LOVE, which is much more than just emotions. What is LOVE and how it works is a subject so large as to require its own book.).

Positive and negative is very different from good and bad, as I will explain in Cosmology.

Chapter 15

SPACE

SPACE is part of the “TRINITY” of psycanics. The trinity is the three fundamental factors of existence that any being must understand to control hir life.



The concept and phenomena of SPACE has a many definitions, but only a few are relevant to our needs here.

To understand the definitions of SPACE, keep in mind these equations:

Energy = Love = Experience = Emotion = Happiness.

A: Negative energy = AntiLove = Negative Experience y Emotions = Unhappiness, Suffering

B: Positive energy = Love = Positive Experience y Emotions = Happiness and Joy.

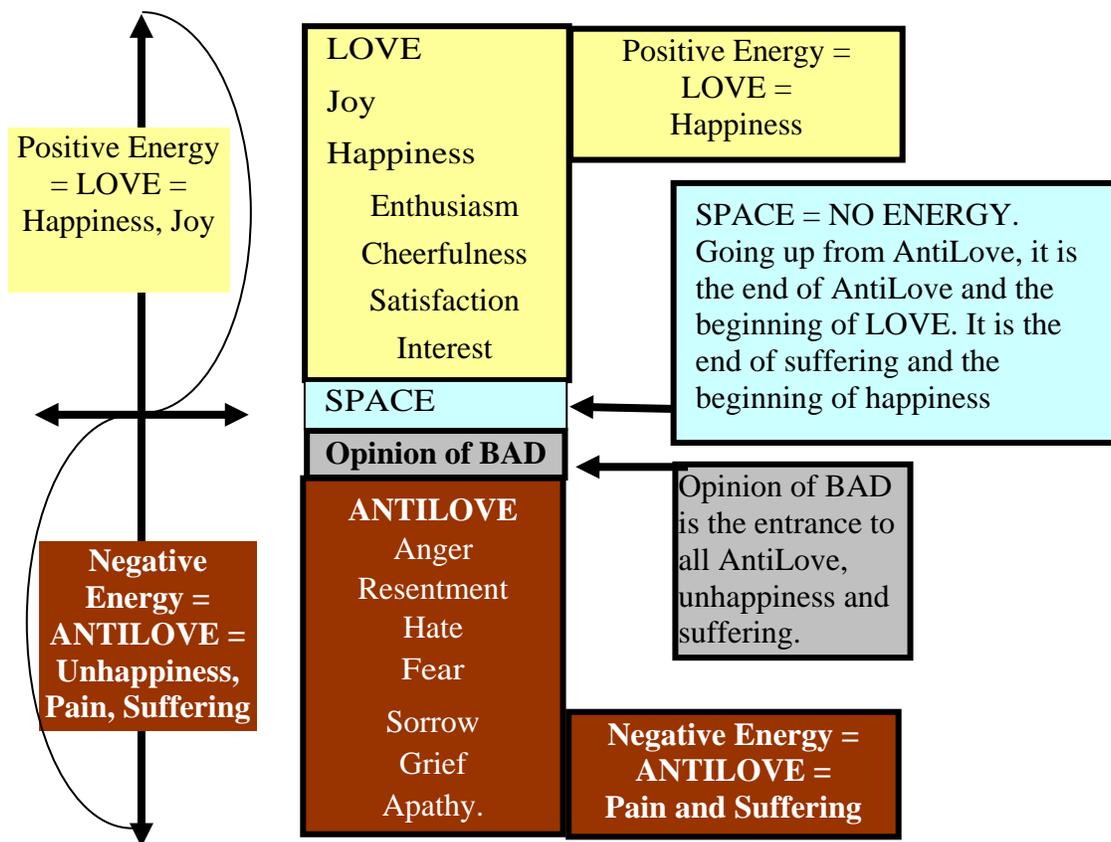
Definitions of SPACE

- 1- The essential nature of Consciousness. Consciousness is SPACE to all lower energies (thought, emotion, body energies). Pure consciousness free of all thoughts and emotions, and especially of charges = activations = NIRs masses is SPACE.
- 2- Nothingness, the Void: the absence of energy = mass = matter, especially the absence of *negative* energy.
- 3- The point of neutrality, of no energy, between positive and negative energy and emotion; and therefore between love and AntiLove; and therefore between happiness and suffering.
- 4- Mentally, SPACE is the absence of negative thoughts; particularly the absence of opinions and judgments of BAD.
- 5- Mentally, SPACE is also the absence of programs as ideas and demands on others of how they should BE-FEEL-THINK-DO-HAVE. It is giving yourself and others the SPACE to be (and do) as they are, and not be as they are not.
- 6- Mu: mental SPACE for realities of all kinds.
- 7- Therefore, SPACE is the absence or the end of mental resistance.

- 8- SPACE is the only way to successfully handle negative energy. (Extremely important law.)
- 9- Emotionally, SPACE is the absence of the negative emotions, of AntiLove.
- 10-Therefore it is the absence, the end, of emotional resistance.
- 11-Therefore, it is the absence, the end, of suffering.
- 12-SPACE is the beginning of Love. Space is the lowest level of love.
- 13-SPACE is the beginning of happiness.

All this can be seen graphically here:

The Scale of LOVE as emotional energy = happiness or suffering.



One of the *importances* of SPACE is that SPACE is the only way to handle negative energy. To be more exact: LOVE is the only way to handle negative energy; and SPACE is the lowest level of love. However, as a practical matter, it is much easier to give SPACE to BAD than it is to actively love it. Therefore, we can say that:

SPACE IS THE (ONLY) WAY TO HANDLE NEGATIVE ENERGY.

If you throw a negative energy against a negative energy, you only feed the first negative energy with more negative energy, with resistance. You will get negative energy energized with more negative energy. This is the law RESISTANCE CAUSES PERSISTENCE (symbol:

Rxxx→Perxxx). For example: if someone comes to you angry and you respond with anger, the anger between the two just grows.

Another example is NIRs: to the degree that you resist your negative IDentities with negative emotion, you just strengthen them.

SPACE, therefore is critical to your discreation of your NIRs. It is critical to your happiness. It is critical to your relationships. It is the second most important knowledge that the individual and all of humanity needs (the first being Cause and Responsibility). Without this concept—which is but the beginning of LOVE—eventually humanity will destroy itself. Technology has far surpassed Spirituality, i.e. Love. Technological power in the hands of AntiLove will always destroy (e.g. Sep 9-11, all wars). The struggle on this planet between love and AntiLove is a close race, a race between a higher spirituality and self-destruction.

A wise and loving person maintains himself in the top half of the scale of LOVE: in positive emotions, love, joy and happiness. S/He never lets himself descend below SPACE into AntiLove and suffering. And it is SPACE as the **NO**-creation of BAD that stops the descent into AntiLove.

So given the importance of SPACE, the questions are: Where do I get some? How is it packaged: box, bottle; does it come by the pound or by the gallon? How much does it cost?

SPACE is LOVE and like LOVE, you have to develop it in you as a way of life. You have to learn to watch and control your mind. Above all, the discreation of NIRs+BAD moves you to SPACE as a being, eliminating from your subconscious those masses of BAD energy.

Remember that the neurotic compulsion to create BAD comes from the BAD that you have created to yourself (NIRs). We project our BAD to ourselves outwards to others to make them BAD so we can be GOOD. Note how this is an attempt to use polarities: push out BAD to be GOOD. (This is the same as blaming others so that we get to take the role of the innocent.) Of course, the other person resists our imputation of BAD, defends himself, and responds with BAD and AntiLove towards us.

You have to develop SPACE as a response to the *seemingly* negative (BAD) phenomena in life. (I say *seemingly* because all phenomena are positive if you know what and who you are and how existence works. Remember BAD is always a point of view and a very limited one at that. For example: if you learn from an negative event, was it really negative?)

When seen from an high level of consciousness, all events in your life serve to take you where you want to go at the psycanic level. (Psycanic level: you-psycan incarnate with a “movie” script that directs your life for your spiritual purposes and goals (which are always in some way the expansion of identity = experience to return to BE God-Love-Power-All That Is). However, at the human level, you may have little consciousness of the script and want something other than what occurs in your life, which make what occurs seem to be negative (BAD). The message is: Relax and enjoy the show. Everything always works out in the end. Your spiritual goal is to return to God and God is a target so big and so universal and so eternal (as you are) that you can’t fail.

The key to SPACE is the opinion of BAD. It is your creation of BAD that destroys your mental space (by occupying the space of your consciousness with negative mental energy = reality). Once you have created that BAD and attached it to something, you feel justified in attacking that BAD thing with negative energy to change and make it GOOD, or failing that, to destroy it.

Your NIRs are BAD (by your own opinion-creation). When a trigger activates them, it is your own Opinion of BAD to your NIRs that activates your AntiLove to yourself (in those negative IDentities) and that is the real source of all pain and suffering—not the BAD trigger event. It is only BAD because it violated your program, and the purpose of your program was to control your IDentities by controlling the world.

All your pain and suffering in life is your own negative energy = AntiLove as the result of your BADs to yourself as you have created yourself with your NIRs. YOU DO IT ALL. Life is DO-IT-YOURSELF love and happiness; or DO-IT-YOURSELF pain and suffering.

So how do we unravel this wicked web of “evil” in which we have so wantonly woven ourselves?

The first step is to stop creating BADs to anything, ever. This you can do, with varying degrees of effort, just by understanding the nature of GOOD, BAD, EVIL and SPACE, as (I hope) you do now. (If not, the expanded explanation and the proofs in Cosmology may help.)

Remember that the BAD that you create and apply to the world are projections of the BAD that you have created and applied to yourself. To the degree that you are SPACE and love for yourself, you will be so to the others and the world. To the degree that you are buried in BAD for yourself (for your NIRs), you will deny it and project BAD and your AntiLove out to others and the world, trying thereby to polarize yourself as GOOD.

(I will take a moment here to mention the psycanic concept of MIRRORS: the fact that what you dislike and resist in others is always a trigger for what you dislike and resist in yourself. ALWAYS. NO EXCEPTIONS. This fact is useful in processing to identify your NIRs by noting those for whom you carry antipathy. On penetrating the characteristics you resist in other, you will find your own resisted NIRs. In other words, disliked others are triggers for our NIRs and AntiLove. On discreating those NIRs and restoring your love for yourself, you will find that that characteristic in them no longer bothers you.

The second step of freeing ourselves from BAD is to DISCREATE all the realities of BAD we are carrying around with us. Once you have created BAD, the reality of BAD exists for you as a mental reality, a mass of energy, and it must be discreated. This discreation of BAD is, as I said before, a critical step in discreating NIRs and emotional charge. To repeat:

Discreating the BAD to the NIR dissipates the emotional charge. AntiLove can only exist behind a Opinion of BAD.

Discreating the BAD to the NIR eliminates your resistance to identify with = integrate = BE = experience totally the NIR, thereby allowing you to feel it, close its cycle of existence and let it discreate.

Here is an experiment to experience discreating resentment (AntiLove) by discreating BAD.

Relax as much as possible either sitting or lying down (Relaxation is critical to the perception, experience and control of psycanic energy.) Enter into psycanic focus (withdraw all attention from the physical universe, from the world and your body) to concentrate in your psycanic experience (thoughts and emotions).

Take any resentment. Identify exactly what they did to you, how they treated you, what they should not have done. This is the BAD.

Now what should they have done, how should they have treated you? This is your program, the GOOD you desired.

Visualize and return to the incident. This will probably activate the resentment charge; let it activate and let yourself feel it without going to EFFECT. Remember it is just energy that you yourself have formed as resentment. Just let it be in your experience to whatever degree that it activates. The emotion is not important and you are going to discreate it anyway. If the charge is too strong for you to focus in and control your mind, give yourself the order: “Withdraw experience to 20%.” The intensity will abate.

Returning to the discreation of BAD. Experience = re-live, (not remember which is mental) whatever they did (their BAD actions) and **feel** how BAD those actions were. Just keep focusing on the actions and FLOWING = EXPERIENCING your creation of BAD.

Within a few minutes, you will notice that the intensity of BAD is reducing and finally it will be minimal or gone altogether. You have discreated a BAD.

Now check your resentment: has it not reduced or even disappeared? **AntiLove cannot exist without BAD.**

Although we are specifically not working NIRs here, let us take this opportunity to illustrate them.

If they had treated you according to your programs, who would you be? If they had treated you that way, what would that be telling you about yourself? That you were important, intelligent, taken into account, valuable, respected, loved—what? That is the PIR you were trying to achieve by manipulating externals (getting them to act as you thought they should).

Since they didn’t treat you that way, but rather the way that they did: what did that treatment communicate to you? In some way it communicated that you were unable, not important, less than, stupid, useless, not taken into account, not appreciated, not loved, etc. Look for it in experience. Put an I AM before what comes up and those are your NIRs. Your resentment is with yourself for being that way, and only secondly with the triggers for activating it.

While discharging the BAD is a valid form of processing and will work any time with any emotion, this is not the optimum and true psycanic processing. Notice that WE DID NOT GO TO YOUR NIR and the Opinion of BAD we discreated was not the BAD to the NIR, but rather to the trigger event. We reduced the emotional charge, but we did nothing to change your NIR(s).

IT IS THE CHANGE OF YOUR IDENTITIES THAT IS REALLY IMPORTANT. On leaving the NIR intact, in similar circumstances you will activate again, and again, and again. Discreating the emotion, either directly or through discreating BAD, provides temporary emotional relief but does little for you as a spiritual being seeking to free yourself of negative and limiting IDentities and return to LOVE and POWER.

Our goal therefore is

To always remain SPACE no matter what; to never descend into neg. energy = AntiLove = neg. experience = suffering. This is done by never creating an Opinion of BAD. The example here is Jesus. We humans threw at him all the negative energy possible, both physical and psycanic, and he remained SPACE and LOVE. He didn’t condemn but rather asked pardon.

When we have failed at #1 above by creating an Opinion of BAD, our goal is to be able to discreate it to restore ourselves to SPACE. This can occur on 2 levels:

A. Restore me to SPACE towards the trigger (as we did above with resentment).

B. Restore me to space for myself as my NIRs.

However, the more important action is B, as B will do A automatically; and B permanently raises my SPACE-LOVE level as a spiritual being (psycan).

Our goal in psycanic processing as regards the Opinion of BAD and SPACE is to be able to find and feel our BADs to our NIRs and discreate them; thereby moving us to a position of SPACE towards ourselves = NIRs. SPACE is the absence of resistance, which state is essential to be able to open ourselves to feel = experience = integrate = BE = discreate our NIRs.

To say the same thing from another way of looking at it:

LOVE DISSOLVES ANTILOVE.

Space is the first level of LOVE and
the minimum necessary for discreation.

To discreate your NIRs, you only need to love them. That love starts with SPACE. SPACE starts with the absence of BAD. Stop creating BAD and discreate the BADs you have already created, especially to yourself in your NIRs.

Once a NIR is no longer BAD, you will no longer resist it, and it is easy to integrate, experience fully and thereby discreate it.

I will put all that we have seen together in a simple procedure to follow in the next chapters.

CHAPTER 16

THE DISCREATION OF PSYCANIC REALITIES

An Introduction to PSYCANIC ENERGY PROCESSING.

We are now ready to proceed to the actual technology of processing, of discreating NIRs. (Processing includes creation, but this book is limited to the “Elimination of Negative Emotions.” Creation, although simpler than discreation, is a grand theme that requires its own book.)

You have now been exposed to a conceptual foundation consisting of the following concepts (not necessarily in this order):

Energy: everything is energy, including the psycan and all REXP (realities-experience), which includes IDentities and emotions.

Psycan; the spiritual energy entity, focal point of will and consciousness, which creates and experiences. Its fundamental spiritual nature is Will-Consciousness-Love, also expressed as Power, Love, Joy and Wisdom.

Experience: the effect of a reality on consciousness. Psycanic experience is the perception of energy = realities by the psycan as “disturbances” of his conscious energy field.

Psycanic experience: any thing (reality) perceived directly in consciousness and not through the body. Includes will and consciousness, thought and emotion, love and AntiLove.

Emotions: Forms of psycanic energy = realities = experiences. The experiential aspect of LOVE that ranges along a polarity spectrum of pos-love to AntiLove. Happiness or pain. Motivation and motive energy for action by the being according to his identity of the moment.

Reality: any creation = any form of energy that can be experienced. The CAUSE of an experience. Psycanic realities include all thought forms and all emotions. Physical realities are all forms of energy and matter in the physical universe.

Psycan is CAUSE = Creator. The psycan forms energies into realities by acts of WILL. The psycan controls and directs energy: attention, mind, emotions, and the body.

Responsibility for Experience: recognition of CAUSE of all psycanic experience. The awareness that one is the creator of his emotions, as opposed to blaming others for causing our pain, or believing that anything outside of us can make us happy.

Identity: realities created by the creator about himself. The determination of I AM and I AM NOT by the psycan thereby forming his Being.

The psycanic IDentities: PIRs and NIRs: those IDentities which affirm or deny the basic spiritual qualities of Power, Love, Wisdom, Consciousness, Intelligence, etc. The main polarities of the psycanic IDentities are Power-AntiPower, Wisdom-AntiWisdom, Value-AntiValue, Love-AntiLove.

The Fatal Identity: The psycan creating the identity: “I AM NOT CREATOR.” CAUSE denies being CAUSE. The creator creates that s/he is not creator. This is the essence of AntiPower and leads to Fatal Paradigm, No RESPEXP, and External Quest.

NIR + BAD: The source of all negative emotion = AntiLove is always a **NIR + BAD**. Behind every negative experience there is always negative identity. We want to use each negative experience to find and discreate our NIRs, end AntiLove and reduce the psycanic suppressor mass.

BAD: the opinion of = Opinion of BAD An illusory reality projected onto other realities. BAD, like all mental realities, is always a creation of the psycan. It is a subjective virtual reality and never exists in the so-labeled objective reality. The Opinion of BAD is the trigger for the generation of neg energy = AntiLove = suffering. Law: It is impossible to suffer without first creating BAD.

Resistance: the usual human response to BAD. There are 2 levels of resistance: 1- the negation to experience. 2- attack to change or destroy with negative energy.

Rxxx→Perxxx. Symbol for **RESISTANCE CAUSES PERSISTENCE**. The energization of a reality densifies, “realizes” more that reality, irrelevant of the polarity of the energy. More energy = more reality = more experience and more persistence of that reality = experience.

SPACE: the first level of love. The absence of negative energy of any kind, including BAD and other judgments, programs, resistances, emotional charges, activations, NIRs, etc. The end of resistance = neg. energy = AntiLove = suffering. The beginning of pos-love and happiness.

LOVE DISSOLVES ANTILOVE. Love is the essence of everything that exists (including AntiLove). Therefore everything dissolves into LOVE and LOVE dissolves everything. The lowest level of love and the minimum necessary for discreation to occur is Space. Space, as the absence of resistance, permits the flow of mass to energy to experience. Space permits integration to the resisted reality or identity.

However, the average human being has no idea of how to love—especially himself, and especially himself as s/he as created himself with hir NIRs. S/He is trapped in hir Opinion of BADs to hir NIRs and in hir resistance = AntiLove = neg. emotions = suffering. This, of course, only causes the persistence and the increase of hir NIRs (and s/he flees to the External Quest.)

Therefore, in psycanics, we must rehabilitate hir

- 1- Awareness of Cause = Creator; Responsibility for Experience.
- 2- Knowledge and Capacity to Love, starting with himself.

Love starts with Space. We start the return to Love by rehabilitating the being’s capacity of SPACE. This starts with putting him into awareness of Creator of Bad, and then having him discreate the masses = realities of BAD that s/he has already created and is carrying around—especially those about hir NIRs.

Once s/he is in Space = out of resistance to NIRs, s/he can then discreate them. This elimination of NIR masses free the psycan and returns him to a condition of Freedom, Space and Self-Love. It also restores the POWER and WISDOM s/he has suppressed with the NIRs.

Looking at all these items here, seems like a lot you need to know to control your emotions, no? However, notice that you, a human being, are the most complicated mechanism/organism on the planet. Your body is much more complicated than a computer, so much so that physical science (biology, medicine) only understands about 40% of it.

Your psychological or psycanic structure is much more complicated and much grander than your corporal one.

You-psycan; your spirit, mind, conscious and subconscious are much greater, more complicated and more sophisticated than your body. The fact is that the internal relationships of all the psycanic factors such as will, thoughts, IDentities, values, programs, goals, realities, emotions, past experiences, memories, determinations, etc are very, very complicated. so much so that there every human being is different from every other. (Imagine having to create 6,000,000,000 different models of computers.)

Always remember; the real problem is not your emotions, but your IDentities. Not only do your IDentities determine your emotions, they also determine many of your DOINGS, your actions and behaviors. NIRs produce negative behaviors, behaviors that cause you problems. Such behaviors include your addictions and attachments. IDentities determine the quality of your relationships. And they determine your HAVING, your results in life: money, success, fame and fortune. (This I will explain in another book.)

PROCESSING PROCEDURE

The Point of Entry

Identities are the fundamental factor of life. If you give me any negative experience, I (or any good Pilot) can guide you—in experience, not in mind, not guesswork—to find your NIR behind that experience. You can enter processing from any negative situation in your life including:

- ◆ Addictions: tobacco, alcohol, drugs, etc.
- ◆ Attachments: loss or damage of anything you treasure producing negative experience.
- ◆ Mirrors (what you dislike or resist in others)
- ◆ Any neurosis, compulsion, obsession, phobia, etc.
- ◆ Creation-Counter-Creation: the intent to create positive identity will activate any prior existing negative identity.
- ◆ Inability to manifest anything desired: relationships, money, job, success, etc
- ◆ Any negative behavior (biting nails); or pattern of behaviors. (For example, some people rise to almost-success only to fail, and repeat this pattern over and over again.).
- ◆ Any negative situation in your life.
- ◆ Any desired creation that is not showing up in your life. (Identities control creation.))
- ◆ Any negative emotion.

It is this last, the negative emotional experience, that we are using here.

THE FUNDAMENTAL PRINCIPLE of processing is:

Get the explorer to feel his REXP. Then guide him to penetrate his REXP, discharging where necessary to reduce charge or open experience, until s/he finds the NIRs. Leave the NIR and discreate BAD, then return to the NIR and discreate it. Verify the trigger is clean and all negative experience gone. Create the BE-FEEL-THINK-DO-HAVE sequence desired: PIRs, thoughts, emotions, action and results desired. All this will be explained in more detail in the “Full Cycle” below.

There are 3 fundamental discreation skills that you need:

1. FLOW = EXPERIENCE = DISCREATE EMOTION ONLY.

The first and easiest ability is to be able to flow, experience and discreate emotion by itself, without reference to BAD or to NIRs. This is because sometimes you will be activated and unable to find the NIR—especially if you are a rock (like me). You need to be able to simply experience your experience, whatever it may be.

As I rock, I sometimes can't perceive my NIRs; I just feel bad. And sometimes that “feeling bad” is such a mess of different flavors of emotional energy (frustration, tension, anger, fear,

sorrow all mixed together) that there is no way to even describe how I feel. My only option then, is to just be able to experience my experience, without naming it, without find the NIRs and sometimes not even knowing what the trigger was. (One's own subtle, half conscious thoughts can be a trigger.) This doesn't handle the NIR, but it soon gets me feeling good again. Eventually the NIR will surface.

(And sometimes, I can't experience or flow*. When I am low energy (tired) and the mental masses are dense and hard, I may not be able to move them at all, either to experience or down through my body to flow out my feet. When that happens, I will probably get a granddaddy of a headache as I mentioned before.)

*Note: There is a difference between flowing energy and experiencing energy. You can flow the energy of a NIR mass through the body with little or no experience. This is useful when you want to clean out activated energy—go to SPACE- without pulling in the rest of the mass; for example when you are out of processing time but didn't finish off the mass. It is also useful for jellos who have no problem experiencing and in fact could do with less emotional experience. The downside is that when you are flowing, you can not perceive very well what is in the energy, what is the modulation, so that you don't know what you are cleaning out—which information can be very useful. Particularly, you don't know if you are discharging NIRs or not, or if it is just all emotional mass.

Rocks as a general rule should not use flow, but experience. They need to practice perceiving and feeling their psycanic energies in order to rehabilitate the ability to feel.

For an example of discharge of the emotion only, see “Acrophobia” in the chapter on examples.

PRACTICE DISCHARGING EMOTION

I recommend that you take your 6-column list, choose an emotion and practice discharging it without penetrating to the NIR. (It may help to discreate the BAD on the emotion and on feeling itself first.)

2 - BADs

The second skill is to be able to perceive your mental creations (opinions) of BAD and to discreate these by experiencing them out or by blowing them on inspection*. Obviously, mental experience is more subtle and difficult to detect than the stronger, obvious emotional energies: it may require practice to identify your BADs.

*Discreation on Inspection: Often realities only remain in existence because they were created, determined to be true and then forgotten, becoming stable data. When a reality has neither much positive creation flow nor much resistance (negative flow), just the perception of it, the recuperation of consciousness of its existence, is sufficient to discreate it. You will see this again further on in the section of Discreation by Expansion to Limits.

You need to be able to detect and discreate 1- BADs to the trigger; 2- BADs to your emotions and 3- BADs to your NIRs. Once you identify these realities, then it is relatively simple to focus your attention-consciousness into that creation (BAD), and experience it out (discreate it).

When piloting, remember that discrediting BADs will dissipate emotional charge; and the explorer will report relief, SPACE, and that s/he is feeling fine. Don't be fooled by this: this is not end-of-cycle: GET THE NIR!

When you self-process, you are both pilot and explorer—which is pretty hard when you are just learning. Co-piloting is one solution.

A special note: When the NIR is I AM BAD, which is very common; the Opinion of BAD is found by asking the question: “How bad is it to be bad? You must first discreate the Opinion of BAD to being bad before you can integrate with the identity I AM BAD.

3- The FULL CYCLE of Processing

The third processing skill is to be able to discreate NIRs. This I will explain at the same time that we go through the “FULL NIR DISCREATION CYCLE.”

When entering through emotion, the FULL CYCLE of processing is:

1- Penetrate the emotion to find the NIR. It is not necessary to feel any emotion at all to discreate latent emotional charges (either by discrediting BAD or by discrediting the NIR). However, it may be useful to feel into the emotion to find “who you are” (the NIR) that you feel that way. As regards your emotion, just let it be. There is no need to open up to it more than is necessary to find NIRs, but above all don't suppress it. Experiencing a little emotion is OK as you go looking for the NIR, and you don't have to discreate emotion. It will collapse when the NIR discreates—actually before, when the BAD discreates. In general, a jello needs to reduce emotional experience, and a rock needs to practice feeling it more.

Find the NIR in experience. Who /How / What are you that you feel that way? Examples of linguistics to find NIRs:

Sadness: What is so sad? Why is that sad? Who does that make you? Who are you that you feel that way?

Anger: Who, what identity, is angry? What is it that you can't get or achieve? What do you want? Go to the experience/ identity of “ I can't (whatever).”

Grief: What are you grieving about? Who are you that you grieve about that? Who are you that this is so sad? (If you can, follow the chain of NIRs to the root as explained below.)

Until you gain experience and the ability to easily recognize your NIRs, finding your NIRs may require piloting, especially for the rocks. A good pilot knows what questions to ask and where to direct the explorer's attention to identify the NIRs.

2- Discreate BAD. Once you identify the NIR, if you can integrate with it (let yourself feel and become it) then you can discreate it immediately. However, what usually happens is that the BAD is sufficiently strong that you resist feeling = being that way (NIR). The BAD makes you resist assuming = integrating to that identity and letting yourself be totally the NIR: I AM UNABLE, I AM WEAK, I AM A FAILURE, ETC. Such resistance makes it difficult and even painful to feel/experience/be the NIR. Therefore, discreate your creation of “It is BAD / horrible, despicable to be NIR. Discreate or at least reduce all aversion to your NIR to the point where it is easy to integrate with it. Your objective is to be in responsibility for its creation and to be in SPACE towards your NIR.

3- Discreate the NIR. Having discreated the BAD, you are in SPACE towards the NIR. Now open yourself fully as you can to recognize and accept that you are NIR. Some people can only flow their experience a little at a time, never achieving much integration. Others can, like a child, just accept themselves and let themselves BE the NIR, which discreates it very

quickly. If you can generate a positive flow of love for you = NIR, it will dissolve even faster.

4- Verification of Discreation: Confront the trigger. Once you have discreated the NIR (no presence, no experience of it) put yourself before the trigger (in your imagination when the real one is not available). Imagine yourself in the trigger situation and verify that there is no activation. If there is activation of the same REXP, repeat the cycle 1 to 4, looking for more NIR. And, there may be new activations of other REXP and their NIRS. Run the cycle 1 to 4 on them.

Note: when you actually confront the trigger again in real life, there may be activation that was not present when verifying the trigger in your imagination. Obviously, the real trigger often activates you better than your imaginary ones. In this case, just run the cycle on any and all REXP that comes up as soon as possible. Sometimes one session of less than an hour will totally eliminate a REXP. Sometimes, it can take multiple sessions over days, weeks, even months to reduce a mass sufficiently to leave you in SPACE. It depends on the size of the mass, the jello-rock of the explorer; the quality of flow and discreation and the impact of the trigger and especially, it depends on the quality of the piloting. (See the examples that I give from my own life in the Examples chapter.)

5- Create the PIR desired and the new Sequence BE-FEEL-THINK-DO-HAVE. Create in your imagination, how you would like to BE and feel in the future. Affirm the I AM's desired. Energize that ideal, love it, for as long as possible thereby creating and energizing = densifying = real-izing as much positive identity mass as you have time for. Once the PIR experience is real, create your THINK and your DO: see yourself acting as you would like to act in the trigger situation, or any situation in the future; and visualize the HAVE, the results you want. Remember the sequence of existence is BE-FEEL-THINK-DO-HAVE.

Creation-CounterCreation (symbol CCC): It is a law of creation and realities that the attempt to create a reality will tend to activate previously created and present counter-reality. For example: The intent to create I AM STRONG will usually activate I AM WEAK, should you already have that reality latent in your subconscious from past creation.

THIS IS GOOD! The activation of the counter-reality gives you the opportunity to discreate that negative NIR mass, which creates more SPACE in your BEing for the positive creation.

When a counter-creation activates, leave off the positive creation and run the cycle 1 to 4 on the negative REXP. Once it is discreated, return to PIR creation—which once again may activate more NIR. Keep repeating the cycle of discreation of NIR and creation of PIR until no more NIR activates and the PIR is real and stays real.

Going deeper into psycanics, the principle of CCC is why everybody has a chronic level of experience, usually somewhere around neutral. The intent to create more positive experience, for example love or joy or power will activate the AntiLove, sorrow and AntiPower realities. To avoid activating = experiencing the negatives, we humans do not advance much towards the positives.

If you want to experience this, lie down, relax and go into psycanic focus. Create the intention (which is will force to move energy) to create love with affirmations such as I LOVE ME; I AM LOVE; or JOY: I AM JOY; I AM JOYFUL. (Remember that it is the will that is important, not the words.) Observe the stirring of masses and the trickle of sorrow that will activate. (Of course, if you have not rehabilitated your abilities to perceive and handle energy, you may not perceive anything.)

As a psycan you are an electronic phenomena. You are designed to perceive and handle energies or many types. As a human, you have blocked those capabilities (to avoid experiencing certain mystical charges.) Part of any spiritual progress has to include the rehabilitation of your ability to perceive and handle energy.

Notes.

Processing and Piloting are precision technologies. Piloting consists of exactly phrased questions and precise instructions to the explorer as to what to do next with hir attention, will and consciousness in order to discreate realities. Piloting is both a science and an art and requires its own book-length discussion.

A Pilot understands the structure of realities and of blocks and resistances; know what is important and what not. S/He often has hundreds or thousand of hours of piloting time. I have seen a good Pilot break through blocks in 5 minutes that the explorer had been struggling with for many hours. I have seen good Pilots handle major charges in 20 to 40 minutes that without their guidance, the explorer had been struggling with for months.

Even when you are a good explorer (which requires several hundred hours of processing with a pilot guiding you), the pilot relieves you of the division of attention necessary to calculate, guide and administer your process, allowing you to relax more and “enjoy your show.” S/He will also catch your no-confronts and guide you into handling realities that you have unconsciously been avoiding (unless s/he has the same no-confronts).

TIPS

Some of information in this section is probably too advanced for a beginner who has to pilot himself. However, precisely because you do have to pilot yourself, I would be remiss if I did not mention it.

If you can get someone to help you as a pilot, they can begin by constantly reminding you of two things. The first is to be in experience, not mind. The second is to be in the cycle: not to jump to another charge or NIR before the current one is finished. (This last will become clearer in a few paragraphs.) They can do this by just saying softly every minute or so: “In experience and in cycle.” They can also read or remind you of the next step in the FULL CYCLE above when you report the previous step terminated. Co-piloting is where 2 people take turns piloting the other: you can learn just as much piloting as you exploring.

Piloting is an act of LOVE. You are serving another BEing in the most powerful way possible: helping hir to LOVE herself again and to grow spiritually. When you don't know what to do, just say so in your thoughts, request help to the ENERGY, turn off your mind and open your intuition. The answer will arrive. God always answers a request for help when processing and when piloting, and within seconds.

EXPERIENCE VERSUS MIND

Remember that you have two different systems: Experience (direct perception, feeling) and Mind (thought, analysis and logic). DISCRETION TAKES PLACE IN EXPERIENCE, NOT IN MIND. Mind stops discretion as it pulls attention from experience to thought. Processing consists of converting mass to charge to flowing energy and discharging the mass by moving its energy through consciousness, which causes experience. Mind, thought, understanding and analysis are not only useless for this, they are counter-productive: they block experience. Note this is a big difference between psycanics and many kinds of psychotherapy and psychoanalysis.

I repeat: logic, analysis and understanding *why* you are the way you are and *why* you feel or act as you do are totally useless. It makes no difference when, where, why, who-did-you-what-which-made-you-whatever: don't waste time on it. You feel, think and act the way that you do because you are at the effect of a reality, of a modulated mass of energy. ("Effect" includes experience as well as compulsion to resist and to any form of neurotic behaviors.) To get out of effect, just discreate the mass: none of such data (when, why how, etc) matters. I have had people stand up at the end of the first day of a course and announce to the room that they had achieved more personal change that day than they had in years of psychoanalysis.

Note for Pilots: Be very careful of "why" as this tends to take the explorer out of experience and into mind. There are times when a pilot will want to know a "why" but they are rare. As beginning pilot, make it a rule to never use "why." This prohibition will also force you to develop your linguistics—very important in piloting

Let me sum up here several important distinctions between psycanics and other systems of psychological manipulation.

1. The eventual goal of psycanics is to teach you to handle your own energies. You have neither the time nor the money to go running to a therapist every time you are in negative experience or behavior, or want to change something. While piloting is necessary when you are learning, the goal is always that you are able to process yourself at any moment. (This is like learning to fly an airplane. You need an instructor pilot beside you while you are learning, but eventually you do it yourself.)
2. As regards those types of therapy based on analysis, those in which memory and understanding of events, usually childhood events, are sought (i. e. psychoanalysis); psycanics observes that any type of thought about and understanding of why you are the way you are is relatively useless. There will be some discharge by inspection, but without any serious discretion of NIRs, personal change will be slow and laborious. As long as the reality masses exist around you, you will be at the EFFECT of them, no matter how well you understand their why and wherefore.
3. As regards those types of therapy that are based in experience, these tend to limit themselves to the discharge of only the emotion. While this will provide (temporary) relief of the suffering, the underlying cause of all emotions, the NIRs, remain intact. Emotional discharge provides relatively little long-term benefit: no reduction of NIRs, no reduction of reactivity, no reduction of the creation of BAD, and no permanent reduction of the suppressor mass. Emotional discharge is much better than nothing, than continuing to carry around the pain; but is light years from all that can be achieved with psycanic discretion of negative IDentities. Furthermore, psycanics achieves as a by-product total emotional discharge without even having to "suffer" through the emotion.

JELLOS and ROCKS.

Jellos are easy to process because they can perceive and flow = experience their realities easily and quickly. However, new jello explorers may lack control and go to the effect of a charge, losing themselves in BAD, excessive emotion, VICTIM and self pity. (More about this after the next paragraph.)

Rocks often need to have their resistances and blocks to feeling discredited before they can open up and perceive their emotions and their NIRs. Handling blocks is beyond the scope of this introductory book. However, the essence is keep handling present experience, especially of not being able to feel, beneath which is fear of feeling and of losing control of feeling; and NIRs such as I AM WEAK. The BEING tries to solve WEAK with I HAVE TO BE STRONG, and that means not being at the effect of hir emotions by suppressing them. Discrediting the blocks makes experience available again; it turns the person more jello.

HIGHLY EMOTIONAL EXPLORERS

Any time a jello explorer goes to the effect of the charge (excessive emotion and no control) and is unable to perceive or to handle the NIR, pull hir out of the charge and take hir to discreate the BAD on the trigger. Also remind hir of processing at CAUSE: to be conscious of being the creator of all that experience and not to take it so seriously: it is just charge. Have hir watch hir drama. If the explorer is so at effect and out of control that s/he can't execute any instructions, just let hir go and run down charge (catharsis) until s/he recovers some control and can follow instructions again.

Sometimes a NIR mass contains a lot of anger, hate and violence. It can be useful to let a new explorer express that while hitting something: it helps them to open up and accept their feelings. I have let explorers attack and beat on me. At one time, we used to let them beat on trees with axe handles (I had to stopped that because of the damage to the trees). Now I usually just put a pillow in my lap and let the explorer beat is with hir fists. Once the charge is down, go after the NIRs.

CHAINS OF IDENTITES

Identities are often created one as a result of another, forming chains with a first or root identity. For example: Explorer is upset, angry and sad; trigger is school. During the processing, the Explorer gives up a NIR: "I am less than others." Pilot: "What makes you less?" Expl."I am worthless." Pilot: "What makes you worthless?" Expl: "I couldn't pass the exam." Pilot: "What is there about you for which you couldn't pass the exam?" Expl: " I am stupid." Pilot: "What makes you stupid?" The explorer looks but doesn't find anything underneath "I am stupid" and says so.²⁹

"I am stupid" then is the root of the chain: discrediting it will discreate all above on the chain and all emotions involved. This saves a lot of time compared to discrediting those NIRs one by one. For this, reason a good pilot will always scout for the bottom of a chain before starting the discreation cycle.

However, as you are just learning and need the practice; and probably don't have a trained pilot available anyway; just take your strongest experience. Start with your biggest

²⁹ (Notice the avoidance of "why" by the pilot in this example to avoid sending the explorer into mind and analysis.)

emotional charge and run the FULL CYCLE on the most available NIR without worrying about the chain. Then take the next strongest emotion or strongest NIR, and so on. I will cover chains and all kinds of piloting information in other books.

REALITY HOPPING: A FORM OF NO-CONFRONT

“In cycle” means two things:

- 1- That you are following the discretion steps of the FULL CYCLE in the correct order; and
- 2- That you are completing the cycle of existence (full discretion) on one negative experience = NIR mass *before* hopping to another one.

I am addressing #2 here. It is a common tactic of explorers to jump from one experience (emotion or NIR) to another in order to avoid really penetrating, confronting and experiencing a reality (whether emotion or NIR). This is the same basic phenomena as “bouncing off” a reality and into mind: i.e. NO-CONFRONT. Don’t let your explorer do this. Take the strongest or most available negative experience as the entry point and keep him in cycle on that NIR mass until it is discreated. If an explorer has a lot of trouble penetrating a charge or an area of charge, (a lot of “hopping” and “bouncing off”*), reduce BAD and reduce fear by running “I WON’T BE ABLE to handle it.” Also run the distinction between feeling and suffering: they are not the same.

*“Bouncing off” a reality has occurred when the explorer, without realizing it, goes into mind to no-confront something. The explorer will suddenly find himself daydreaming about something unrelated to processing (a problem or a project or what is going to do tomorrow, etc). Bouncing off realities is very, very common. Again, even a novice pilot can help here by constantly reminding: “In experience and in cycle?”

NETWORKS OF NIR MASSES

You-psycan are roughly equivalent to a nuclear reactor in the quantity of Power and Love that you are. To become a human you had to suppress your true nature. Remember how they had to bury Chernobyl under hundreds of thousands of tons of cement? That’s you. You are encased in a tremendous quantity of Antipsycan (AntiPower, AntiLove) mass which counter-creates and suppress your being = consciousness = experience = knowledge of who you really are.

Humans have about 20,000 watt hours of NIR masses in many different flavors.”Individual” masses are connected by subject matter, just as ordinary memories are. If you were to ask a person for all hir I CANT’S; or all hir I CAN’S, you would get a long list: consciousness of one leads to consciousness of others.

Therefore, almost anything (thought, emotion, NIR) can lead to something else. For example, processing anger about one thing can bring up anger about something entirely different. IDentities in one area are connected to IDentities in other areas. For example: the AntiPower identity “I COULDN’T pass the exam at school” in the preceding example, could be connected to “I COULDN’T speak up” in an incident where the person was blamed for something. Or an “I COULDN’T avoid the other car” in an accident; or an “I CAN’T swim.”

While processing one NIR, connected IDentities will pop up in the consciousness of the explorer and s/he may want to change over to processing them leaving the original NIR only partially handled. This is a form of reality hopping and of no-confront. DO NOT CHANGE INCIDENTS, CHAINS or NETWORKS without first making sure the original NIR is clean

(discreated). Otherwise, you will stir up a lot of mass/charge without really cleaning any of it out. This will leave your explorer activated with “by-passed charge.” Those stirred up masses can hang around for hours or days leaving your explorer feeling angry, anxious, sad, depressed, etc. until the masses recede.

Once something is activated, complete the processing cycle on it; reduce it to SPACE before changing to something else. The only exception is CHAINS of IDENTITIES mentioned above where it is permissible to bypass known NIRs and their charges, knowing that they will be handled shortly on discreating the root.

Note: There is no way you can hurt someone by attempting to process them (piloting). The worst that can happen is that you activate and then by-pass charge, leaving your explorer massed up for a few days. What usually happens with inexperienced pilots is that they just don't get much results in terms of watt-hours discreated. This is due to lack of understanding all that we have been covering (and all that we are not covering for lack of space).

Note: If an explorer reports seeing monsters or devils or thinks s/he is “possessed” or about to be, or suffers from hate and desire to destroy, or lives in a panic of any of this, you should contact me. This has a simple solution, but needs expert piloting and is beyond the scope of this book.

TRAUMATIC INCIDENT PROCESSING

A traumatic incident is an memory of an event accompanied by strong negative emotions, i.e. lots of pain. Traumatic incidents can include childhood punishments by parents, accidents, rape, abortions, defeats, failures, divorce, death of loved one, combat, etc. They include their aftermaths, frequently called PTSD: Post Trauma Stress Disorder. Most of us have many traumatic incidents in our past. Almost every strong negative-energy event is traumatic to a baby.

A traumatic incident can be discharged by reliving it over and over until the charge is gone (usually 3 to 10 times) Reliving is *not* remembering it, but going into psycanic focus and returning in time to be there again and re-experience everything, sights, sounds and **especially feelings and IDentities**, as much as possible. This is the equivalent of dosed, serial catharsis. However, it is much more effective and efficient to go through the incident and pick up the NIRs and discreate them. This will discharge the incident immediately, more deeply and do the explorer much more good. **Traumatic incidents are just strong activations of NIR masses.**

Note: Traumatic incidents are usually on chains, later ones connected to earlier ones. The connecting factor is that the incidents have the same NIRs. A good pilot will take the explorer back along the chain to the first incident available and clean it. This will collapse the entire chain; clean all the incidents from that time forward.

This is also how to take a BEing back into past lives: NIR-mass chains run into past lives and usually back through multiple past lives. Cleaning an incident will unburden perceptions in that area and let an earlier incident be seen. Clean it and ask the explorer for “earlier, similar” incident. As I said, at one time, I thought chains of incidents through were important and processed hundreds of past lives, including lives on other planets, other universes and non-physical existences before the physical universe existed. I have processed a number of BEings (several dozen) back to their moment of creation. Eventually I realized

that that time is an illusion and that all realities exist now and can be discreated now, irrelevant of when they were created.

DISCREATION BY EXPANSION TO LIMITS

This form of processing only works when the explorer has good psycanic perceptions and can perceive hir masses, both when s/he is in the mass as well as from outside the mass. Discreation of a mass from an external point of view works well for jellos but not for rocks.

Every NIR mass is a mass of mental-emotional energy with form, limits and modulation. No creation is infinite. When in the mass, this is perceived as a psycanic fog and as experience. From outside, a mass tends to look like darkish clouds.

When the explorer is in a mass, s/he can expand hir consciousness outward in all directions until s/he reaches the limits of hir creation. S/He can then expand hir BEing a little beyond the limits and perceive the mass as within himself. If s/he no longer has a use for that creation, if it no longer interests him; s/he can withdraw all force, all energization, *both creative and resistive*, and let the creation dissolve.

PHYSICAL AIDS: DIGIPUNCTURE and TAPPING

Psycanic energies reside in and around the psycan. Since the body is inside the psycan (the human psycan is an egg-shaped energy field about 3 meters high and about 2 across at the mid point)³⁰; psycanic energies lodge in the body everywhere. They are the cause of a lot of muscular pains and aches, organ malfunctions, and increase susceptibility to sickness. You can process physical symptoms by focusing attention on them, opening consciousness and perceiving the stuck emotional energy at that point. Once you have the emotion, run the full cycle.

Acupuncture and all the many types of energy work and massages can be very helpful in eliminating negative energies.

Certain pressure points and tapping points can be very helpful in both freeing up mass and in helping it to flow. The points I have found most useful are:

- The best of all: underneath the eyebrow bone ridges just to each side of the nose. The forehead between the eyebrows and just above the nose.
- The centerline of the head from the back of the head, across the crown and top front of the head and down the forehead to the top of the nose.
- Along the eyebrow ridges and then down to the outside edges of the eyes.
- The temples.
- The hollow at the top front of the ear where the upper outside lobe starts. All down the face just in front of the ear to the hollow where the bottom lobe connects to the face.

³⁰ This is, of course, depends on how you consider it. From another point of view, the psycan extends outward to connect with and be ALL THAT IS. There is only ONE CONSCIOUSNESS, which pretends to divide itself into individuals. Drawing any limit on the psycanic energy field is very arbitrary.

- The hinge point of the jaw just under the ear.
- The entire jaw ridge from ear to chin.
- The hollow under the cheekbones and up and back to the hinge point of the jaw.

Pressure point: the inside of the eye sockets just under the eyebrow ridge and almost touching the nose

Massage: the muscle at the top of the shoulders, all down the back.

Squeegee technique: Hands at the forehead sweep back across the head, down the back and neck. Then at the forehead, sweep down the face and into the neck.

You will have to play with this to see what works for you and when. Not everything works all the time: depends on where the mass is stuck.

Another good technique when the explorer is choked up is to lightly touch his throat and tell him to focus on a point above his throat or at the upper breastbone. This will usually help him to open up to crying.

If you will do an internet search on “energy therapies” you will find a goodly number of offerings, everything from Reiki to massage to tapping. My observation about these is, that while they are often effective in reducing charges in the body, they can't be depended upon to handle the root cause, NIRs. They therefore provide relief, but not real spiritual growth.

Since IDentities are the fundamental experiential-purpose of the universe, there is nothing as powerful as being able to create and discreate yours at will.

!!!GET THE NIRs !!!
They are the KEY to the everything.

Well, you have enough information to get you started. It is time to apply it:

Take your 6-column chart where you listed your triggers, emotions and NIRs, and process each NIR using the full cycle you learned in this chapter. If possible ask someone to pilot you by reminding you to stay in experience and confronting that NIR mass until discreated, and by reminding you of the steps, even reading them to you, as you need them.

Try all this out. Play with it. Get to really KNOW and LOVE yourself!

Once you get the hang of it, the adventure of going within and exploring yourself, your infinite self, becomes more interesting than any of the games in the physical universe! Who are you? Who have you been? What have you created? What lies within you?

Well, the Kingdom of Heaven IS there, but it is not taken lightly. It is heavily guarded by the psycanic suppressor mass.

Until now, as a human being you have been in a modality of no-confront on all the negative energy that is within you—which is OK as you have not had the tools and the technology to confront all that and win. Now you do.

Yes, as you go within you will have to confront and eat (discreate) a lot of negative mass. And then it gets worse: eventually you come up against the biggies: the suppressor mass at the mystical levels. You will have to swim through the Sea of Sorrow for the Loss of LOVE. You will have to enter into the Hell of Self-Hate for having betrayed and destroyed LOVE³¹. But you will be able to do it! Eventually, you will come out the other side to say with Jesus: The Father and I are ONE.

Since any one serious about applying this technology may need advice and guidance, I have set up a discussion group for this purpose on the www.psycanics.org website.

³¹ These are names that I give to certain mystical masses that help form the human being and must be discreated on the way back to God. By the time you get to those levels, you will be working with me personally or with someone I have trained.

CHAPTER 17

EXAMPLES and SPECIFIC EMOTIONS

At the risk of boring you, I am going to give some examples of processing from my own life; and some examples and notes on specific negative experiences. I have thousands of hours of processing both with and without a pilot. There is no way I can recall all the experiences and all the situations that I have processed in myself and in others in the last 15 years, but these are representative.

WRITING

When I first started to write, soon after sitting down at my computer, I would start to feel drowsiness and tiredness. Recognizing that I was in an activation—my energy was heavy and dense—I would then lie down on a mat underneath a table behind my desk and process. Penetrating my experience of drowsiness, I found suppressed sadness and behind that NIRs such as: “I can’t write” and “I can’t write well”; with secondary realities of “It’s too complicated”; “Nobody will understand me”; “It’s too hard” and others of the same ilk. (Notice how these secondary realities are THINK and result from AntiPower NIRs.)

When I first started I spent up to 2 hours a day on the mat. (Remember: I am a rock and therefore slow to feel and move energy; a good jello could probably handle the same quantity of charge in 20 minutes.) Gradually, as the weeks passed, I worked the mass down. After about 2 months, I was activating only 2 or 3 times a week and needing only 30 to 40 minutes to restore me to SPACE and enthusiasm.

As that mass ran out, others appeared. The basic NIR was still “I can’t write”; but initial mass perception changed from drowsiness to listlessness and dis-interest. On penetrating in processing, the emotion opened up to anger and frustration and impotence and self-re- crimination and even a little self-hate for being so unable.

Gradually the activations became less and less in charge and less and less frequent. After 4 months I was able to write for days, even weeks, at a time without an activation, and to enjoy writing. After 6 months, I was totally free of activations triggered by writing and have remained so—with a few minor flare ups—for about 6 years. I know there is still a lot of unhandled mass in my subconscious about writing—I have seen it psychically, but it does not activate or bother me in any way—until I started writing in English. . .

As I switched from writing in Spanish to writing this, my first book in English, more charge has come up. I first noticed it as just putting off starting to write (with one excuse or another)—but no negative emotional experience. On penetrating that behavior, I found charge and NIRs. I have not only eliminated that, but am now actively attacking the Antiwriting mass with CCC and positive creations on I AM A GOOD AUTHOR; I WRITE WELL, and others of the kind. These are still not positive as I write this—as you can undoubtedly tell by the quality of my writing. I am chipping away at the mass. As I write this, there is no activation by the process of writing, but neither am I yet in positive identity of author. I am just beginning to perceive the possibility of enjoying writing.

SPEAKING IN PUBLIC.

Some 15 years ago, I began to give 2 and 3-day seminars on psychanics to groups of up to 120 personas; and 6 days courses on mysticism to groups of up to 40 persons. Like most people, I at first experienced fear of speaking in most of its forms: nervousness, anxiety, worry, and almost panic. I had physical symptoms such as heart racing, sweaty palms, body tenseness, etc.

I would arrive early to the hotel just to give myself time to process. To activate myself, I would sit down and imagine the room full of people and the course about to begin. Once the fear was present, I could begin to flow it and get behind it to the NIRs. The NIRs underneath were: “I CAN’T DO THIS”; “I AM GOING TO BLOW IT (make a mistake),” “They are going to reject me: for being STUPID, for being INCOMPETENT, for being a FAILURE,” and others of the same ilk.

This NIR mass cleaned up rather quickly. By the fourth course, I was almost totally free of any fear of speaking and able to give any course confident and relaxed. I have pretty much remained so now for over 12 years.

Divorce, Business Failure and Loss of Savings

When I began to understand psychanic energy and its control (processing), I began a discipline of processing every day. Before processing, I was, I think, a pretty normal person: I suffered activations of negative emotion occasionally (OK—frequently): frustration, anger, depression, regrets, loneliness, resentment, worries and fears, etc.

After about 2 years of processing every day, I was pretty well free of negative states and lived in serenity and optimism. I especially noted that the depression which had been recurrent during years and an empty feeling of the meaninglessness of life had totally gone. I hadn’t been specifically processing depression; it just disappeared in middle of my general processing program. I was happy. I thought I had it made.

That happy state lasted for about 6 years. Then all in one year, I initiated a divorce (violently resisted by my wife); then suffered a total business failure and loss of all income, and then a loss of almost all my savings in a failed investment. After years of relative economic stability and security, I suddenly had almost nothing: no house, no job, no income, no money, no retirement fund and at 52 years old, seemingly no prospects for the future.

Each event sent me reeling emotionally. I experienced a wide range of negative emotions: failure, fear, grief, loneliness, regret, remorse, hopelessness, despair, depression and many others at a depth and intensity never before in my life. Perhaps these triggers hit me harder than they would have another person because I was not accustomed to such charges—but I understood why people use Prozac and such and why they commit suicide. I would have suicided rather than live feeling like that.

That year, I used this knowledge on myself like never before. I had to process 2 or 3 hours a day for several weeks after each event. And then residual charge would come up often for several weeks and sporadically for a month or two afterwards. After the first event (the divorce) I finally got back to feeling fine, but only for a couple of months—then to be hit with the next event and a new round of activations. Back to the couch for another week of intensive processing, and a month of mopping up residual charge. Again, I got back to happy for a couple of months, and then “wham” again. However, each time the charge was

less which I ascribe to the fact that I was often working the same NIRs over and over again at deeper levels.

Now a year and 2 months later, I am 95% free of all charge. Absolutely nothing has changed in my external situation—I still don't have a job, income, prospects, etc; but I am serene and happy again—which is what is important in the final analysis. And due to all the processing, I am stronger and at a new level of freedom from NIRs. I consider my gains excellent.

EXERCISE

I hate exercise. I enjoy sports, but pure exercise such running or weight training is torture. However, exercise is essential to maintain psycanic energy for processing and for meditation, not to mention to maintain physical health.

I bought a weight machine, but soon noticed a pattern of not using it. Every time I approached the machine to exercise, there would come over me an “Naw, I don't want to”; and feelings of laziness and aversion. And if I forced myself to work the machine, I would do so only a few minutes and leave.

I was at the effect of this-not exercising-for, in no-confront, for much of a year.

Finally the deterioration in my meditation energy was just too much. I had to exercise. And to exercise, I had to change my negative experience every time I got near that machine.

So I sat down on the machine and began to use it, but much more focused on my experience than on the exercise. The machine was an excellent trigger. All kinds of emotions and thoughts started coming up: Sometimes, I felt like crying in frustrations and even flowed a few tears (tears are rare for a rocks). At other times, anger and rage came up. At other times I felt despair and sorrow and depression and other emotions for which I have no words.

Eventually the NIRs behind all this became clear: “I am weak,” “I can't do this,” “I am not strong enough;” “I am not good enough;” “I am less than others”; “I am a failure.” I got the impression that these come from my childhood.

I note that these have nothing to do with objective reality: I am really quite strong, both physically and psycanically. At the present time, as I write this book, I have only just begun to work these realities; they are yet still strong and I don't know how long it will take to discreate them.

Just as I have processed for thousands of hours, so too I have piloted thousands of hours. The following are but a few of the situations that I have piloted in others.

ACROPHOBIA.

A student with acrophobia: This person could not even get near any type of edge or drop off without going into panic. I first found about the phobia because he could not climb the pyramids at Monte Alban in Oaxaca, Mexico (where I lived). To process him, I took him out into a field that had an arroyo running through it. The arroyo was about 20 ft wide with a very shallow, almost dry, 2 feet wide creek in the middle; and vertical sides about 8 to 10 feet high. I was particularly struck by the total irrationality of the phobia: I could have jumped from the top into the soft dirt at the bottom; but my explorer could not get closer than the distance at which you could distinguish that the arroyo was there.

We started processing at a good distance from the arroyo and moving towards it until he began to feel stress and fear to strongly to continue. We then stopped while he experienced

hir experience of fear and panic, until it went down. We then moved closer until he again stopped in the grip of panic. We processed at that point until hir charge was low and he could move closer. We repeated this process of moving closer to activate, stopping to discharge, and then moving closer to activate, until he was looking over the edge comfortably. The whole process took about 7 stops and about 45 minutes.

Note: this was an emotion-discharge only process: I did not go to NIRs. This was early on in my investigations, and at the time, I understood the movement of energy, I did not know about NIRs as the cause of all emotions.

ARACNOPHOBIA

This was the case of a student at a weeklong course in the mountains, where up to 40 people stay in a very rustic cabin. When I say rustic, I mean tin roof, dirt floor, and plank walls with large cracks supplying considerable natural ventilation. Since the distinction between inside and outside at this cabin is rather vague, the place is overrun with small animals (lizards, bats, field mice), and insects including a spider population that assures these are not in danger of extinction. This person would go into hysterics if she even saw a spider near her.

As always, we began processing by having her experience her experience. Somewhat like the handling of the acrophobia described above, each time she ran down the charge, I would bring a spider closer. At the end, I can't say that she began a life-long love affair with spiders, but she was able to let them walk over her.

ADDICTION TO TOBACCO

I will say more about the mechanism of addictions in a later chapter. This is a case of a 20-year-old pregnant woman who wanted to stop smoking for her baby. Her biggest impulse to smoke occurred at work. After putting her into psycanic focus, I had her imagine being at work and in any situation where the compulsion was strong. She pictured her boss coming in and giving her a big, rush assignment that activated the impulse to smoke. She sees herself reaching for her cigarettes and I tell her to stop, to deny herself the smokes. Piloting her, I give instructions like: "Let the impulse grow. Relax and open your feeling. What are the emotions there?" She reports anxiety, anxiety about the assignment."Exactly what about the assignment? I pilot her."I AM NOT GOING TO BE ABLE TO DO IT." There is her NIR of AntiPower. We run the full cycle. She reports on verification that the impulse is gone.

She reported a month later that on actually being in her office, she had to repeat the discreation process several times to eliminate all vestiges of the impulse; but that she is now free of smoking.

ALCOHOLISM

All addictions have the same basic mechanism: the use of a satisfactor to avoid, change or suppress negative experience. Drinkers use alcohol to change negative experience to positive or to drown it. Negative experience is always AntiLove. AntiLove always comes from NIRs. At the bottom of alcoholism are both NIRs of AntiPower: I CAN'T, I AM A FAILURE; and of AntiValue: I AM NOT GOOD ENOUGH, I AM LESS THAN, I AM UNWORTHY, I AM UNDESERVING, etc. If you have ever listened to an drunken person "let hir hair down," s/he will express/confess hir NIRs quite openly and quite clearly.

Another common mechanism is to affirm the MASK³² of competence and value: the drinker affirms to all around him his ability and value and may drunkenly try to prove it with belligerence or doing dangerous things.

Processing flow is the same as tobacco and most addictions: Activate impulse. Delay impulse and let suppressed emotion charge come into consciousness. Penetrate charge to find NIRs. Run the full cycle.

ADDICTION TO SEX

This was the case of a 35-year-old man, who although married, would go out every day to seduce and have sex with at least one woman beside his wife. He reported that it was rare that he did not achieve sex with at least one woman (not counting his wife) everyday, whether it was in a short-term love affair, or a new conquest. (I found this hard to believe, but reports/complaints of others at least confirmed there was considerable such activity.)

Again: activate impulse, deny gratification, let suppressed emotions come into experience. Penetrate emotion to find NIRs. In his case, it was NOBODY LOVES ME, I AM NOT IMPORTANT and other NIRs of AntiValue. This took multiple sessions over several weeks to clear up.

MONEY

This person had money problems, specifically: lack of. When he thought about his financial situation, fear and sadness activated. On penetrating, we found several NIRs. The classic I CAN'T produce enough money; I AM NOT GOOD ENOUGH as a person and in my profession to produce enough money; and I AM BAD and therefore I DON'T DESERVE MONEY AND ABUNDANCE.

To reach full SPACE on these NIRs took about 50 hours of processing over several months. We also used a lot of Creation-CounterCreation on IDentities of excellence in his profession, and IDentities of wealth and abundance.

DEPRESSION

Depression is between grief and apathy on the scale. The only thing lower is apathy, which is numbness, suppression of all feeling to not suffer. Depression is basically suppressed grief at failure or inability to DO without hope for change in the future. In other words: depression is helplessness + hopelessness. The basic NIRs that generate depression are AntiPower: I CAN'T (reach my goals in life, etc); and I WILL PROBABLY NEVER BE ABLE TO. At the effect of such NIRs, the person has so lost faith in himself, that if you ask for goals, s/he often can't think of any. S/He suppresses his desires and goals as acknowledging them within the "reality" that s/he can't achieve them would only activate more pain.

After reading how serious a problem depression is considered in the psychological and medical communities, and how many people are on tranquilizers (valium, prozac, etc) for anxiety, fear, panic, grief and depression, I first thought such things, especially depression, must be difficult to cure. Not so! I have seen both acute and chronic depressions, and suicidal depressions, clear up easily, sometimes in less than an hour of processing; sometimes over several sessions. Just get the NIRs!

³² Technical term: One of the ways we try to cover up NIRs is by creating MASKS: mental self images of competence and value supported by pretentious, egoic behaviors to try to convince ourselves and others of our power and value as a solution to our real feelings and NIRs. This mechanism will be covered in other books.

If a person is on drugs (tranquilizers) such that her experience is not available to her, it is necessary for the person to ease off on the drugs so that the experience comes into reality. You can't work with what is not real = experience-able.

RELATIONSHIP PROBLEMS

I will mention these in the following chapter on relationships and in much more depth in a dedicated book. Here just let me say that AntiLove in a relationship (demands, control, domination, manipulations, victim, blaming, arguments, fighting, throwing dishes, etc) have NIRs as their source. Discreate NIRs and provide certain data about communication, SPACE and the true nature of love, and the relationship will operate at a whole new level of positive energy.

DEATH

When a loved one dies, most people enter into a storm of swirling negative emotional energies. The death of a child is particularly painful. However, what we are mourning is not really the deceased, but rather our own situation. You don't cry for the dead; you cry for yourself. Behind death grief, there are sometimes NIRs of AntiPower such as I COULDN'T AVOID IT; I FAILED TO KEEP HER ALIVE AND WITH ME, producing therefore self-blame and guilt. However, the main source of death charges are NIRs involving loss of love and lack of love, loss of support. Subconsciously the mourner has computations such as: LOVE IS SCARCE and I AM NOT VERY LOVABLE. NOW THERE IS NOBODY TO LOVE ME. NOW THERE IS NOBODY TO HELP ME, TO GIVE ME SUPPORT. I AM NOT SUFFICIENT TO GET ENOUGH LOVE ELSEWERE. The processing question is: What / Who are you that you depend on the love of another for your happiness? Who are you that you need the support (moral or otherwise) of others? Common NIRs include: I AM WEAK. I AM NOT GOOD ENOUGH. I CAN'T MAKE IT BY MYSELF. I AM ALONE. NOBODY LOVES ME.

A person without NIRs is able to view the passing of a loved one in serenity and wish them well.

I have seen identity change processing resolve:

- ◆ Marital Problems
- ◆ Divorce
- ◆ Infidelity
- ◆ Parent-child frictions.
- ◆ Child failing in school.

Processing will also cure the Post Traumatic Stress Syndrome: the trauma that remains after such events as:

- ◆ Rape
- ◆ Automobile accidents
- ◆ Abortions
- ◆ Suicide of a child.
- ◆ Assaults

◆ Combat

Homosexuality: Homosexuality does NOT resolve with processing. This tells me that it is something to do with the body, with genetics. (This also makes sense as the psycan, the spirit, is asexual.) My observation is that people do NOT choose their sexual preferences; and that they are not the result of upbringing, but rather they are born programmed in some way with their sexual orientation. However, processing will resolve the personal trauma and AntiLove that often accompanies being a homosexual.

Suicide: Over a period of 15 years of teaching and piloting, I have had about 5 people tell me that either the courses or processing saved them from suicide.

I have thousand of hours of processing myself, both with and without a pilot. I have thousands of hours of piloting others. I have trained pilots and supervised their activities and their results. I have seen thousands of activations, thousands of emotional charges. I have seen thousands of human problems and suffering of all types. The bottom line is that: Give me any negative experience or any negative behavior and I can guide you to find the NIR behind it and to discreate it and that, plus any needed knowledge, will usually resolve the problem. This is an exact science. Learn well the principles and you will be able to do it too, both for yourself and for others. Every human being needs to understand himself and to be able to control his energies.

LIFE IS ABOUT IDENTITIES.

ANY NEGATIVE EXPERIENCE = ACTIVATION OF A NIR.
DISCREATE THE NIR AND FREE THE BEING.

Explore this yourself: Make a list of your negative experiences and behaviors. Activate them with imagined or real triggers. Open your experience = perceptions = feeling and locate the NIRs. Go full cycle. Repeat as needed until the NIR is discreated. There will be no more suppressed charge to avoid and therefore no more compulsion to that behavior. You are free.

GET THE NIRS !!!!

CHAPTER 18

THE MECHANISM OF UNHAPPINESS

In this chapter, I am going to give all the parts and describe how the psychanically ignorant human being operates.

The Fatal ID → Fatal Paradigm → External Quest → Programs → BAD Sequence.

FATAL IDENTITY: I AM NOT CAUSE; I AM NOT CREATOR OF MY PSYCANIC EXPERIENCE (EMOTIONS). This generates the Fatal Paradigm. (Other aspects of the Fatal Identity include: I am not an immortal spirit-creator playing through many lifetimes in the physical universe. I am but an advanced animal, evolved from the primal mud, with but one lifetime, a flick in eternity, here but a moment and then gone forever. I am not creator of my life and my physical universe. Things just happen: life is full of accidents and randomness.

FATAL PARADIGM: a set of interrelated mental realities created as a result of the Fatal Identity: The basic reality of the part we are interested in is: External EVENTS cause my experience: places, things, events, situations, circumstances and other people determine how I feel.

NEGATIVE SIDE: Externals cause my negative emotions, cause my pain and suffering. I am the emotional victim of external EVENTS; I am not response-able for how I feel: they are. All such things are BAD when and because they cause my suffering. I must therefore control them to make them stop BEing and DOing things that hurt me.

And when I feel bad, I can use satisfactors and distractors (food, chemicals, activities) to change or suppress my experience.

POSITIVE SIDE: Since externals cause my experience, I must also control them to make them BE and DO things that will make me happy. I must control what other people do and say so that they make me feel good, respected, important, worthy and loved. I must accumulate money and material things to feel good and powerful and successful and someday be happy. I live seeking MOPs: Moments of Pleasure externally activated that give me the illusion of some day finding the final and eternal MOP that will be my happiness. Yes, MOPs are fleeting: however, it is a question of finding among all the possibilities that which is the true cause of happiness and then amassing a sufficiently large quantity of it.

LOVE: Love is an external problem also. Love is something I must find. I must get someone to love me and make me feel important and valuable and loved. Once I find someone, I must then control their behaviors so that they speak and act in ways that make me feel valued and loved.

PROGRAMS ARE specific ideas and demands of how externals should be to permit me to assume positive IDentities and therefore feel good. My spouse should be this way and not that; s/he should do and behave and treat me in these ways and not in those. My son or daughter should be and act these ways and not those. My boss should treat me thusly. My mother should buy me “x” brand of clothes. Americans should _____ (fill in the blank) And Americans should not _____. Religions and political philosophies contain many programs. Programs vary greatly from individual to individual and even more from one culture to another. In fact the difference between one culture and another is programs.

BAD: Bad and Evil are qualities that exist in the world, that exist in people and things and actions. I have nothing to do with creating these qualities: they are intrinsic to the objects. BAD is anything that is not as it should be according to my programs and anything that

causes pain and suffering. BAD should be attacked with negative energy to change or destroy it. (The person doesn't realize that it is his own negative energy that is his pain.)

The result of this paradigm of the existence of Good and Bad is that the being lives generating a constant stream of opinions of BAD; and in fact divides almost everything into good and bad. BAD is the catalyst for all negative energy and therefore for all pain.

GOOD: My programs are how things should be. My programs are the GOOD. Everybody and everything should conform to my programs to be GOOD and to permit me to activate positive IDentities and feel good: When I get the world to obey my programs then I am successful, important, powerful. Anything that violates one of my programs is BAD and should be attacked to change or destroy it.

IDENTITIES: Every human being is packed with PIRs and with NIRs.

EMOTIONS: The emotions are LOVE energy, which consists of pos-love and AntiLove. The emotions are pos-love or AntiLove towards oneself determined by the identity, positive or negative, activated at the moment. They are also motive force of how that identity should act given the nature of the situation or trigger.

As a result of the identity and the negative emotion, the person will think and act in negative ways and produce negative results: the full BE-FEEL-THINK-DO-HAVE sequence. The other parts: some of THINK, most of DO, and all of HAVE, are not covered here. I mention one DO, the External Quest next:

THE EXTERNAL QUEST: One result of all this mechanism is that the being searches in the world for something to stop his pain and to bring him happiness. The External Quest includes seeking love and many relationships, amassing money and things, position and power, fame and fortune, the use of satisfactors and distractors, religion, and anything else that people seek externally and neurotically to control their experience. Nothing external will ever fill the experiential void of LOVEJOY in the psycan.

HOW THE MECHANISM OF UNHAPPINESS OPERATES:

At the deepest level, the imperative of life is to control identity: to BE lovable and therefore happy IDentities. Where this is not understood, the imperative of life is to control experience: to avoid pain and produce happiness.

The psycan is walking around with his subconscious SPACE full of NIRs masses consisting of a negative identity and opinions of how BAD it is to be that identity, all buried in AntiLove mass. These NIR masses can activate at any time, flooding the person with negative experience (AntiLove). Likewise, the activation of positive IDentities will result in positive experience.

Psycanically ignorant of all that we have covered in this chapter, the being tries to control his IDentities = experience by controlling the external world. To that end, s/he creates programs of how it should be. When the world obeys those programs, all is well and the person activates in positive IDentities and pos-love (MOPs). When the world does not comply with his programs, this triggers the activations of NIRs and their AntiLove masses, which are perceived as emotional pain by the being. S/He then generates the opinion of BAD to the trigger and applies one or more of the four types of pretended solutions to the negative experience:

- attack the trigger (usually with anger)

- manipulate or buy off the trigger (two examples: appeasement, victim)
- create masks and ego, and accumulate symbols of power to cover up the negative identity.
- change, block or suppress the negative experience with satisfactors or distractors.

(These are DOs in the BE-FEEL-THINK-DO-HAVE sequence and we will study these in depth in another book.)

Since controlling the world as a strategy to control your IDentities = experience does not work (Xerxes), the psycanically ignorant person spends a lot of time in pain and suffering, a lot of time in an emotional neutral or gray zone, and chases after MOPs. S/He goes through life in VICTIM with the puppet strings of hir IDentities jerked hither and thither by one event after another. S/He wiggles, struggles and suffers like a worm on a hook as s/he tries to apply the 4 types of pretended solutions to resolve hir pain and reach happiness.

None of the 4 solutions really work very well, and all cause more problems and pain than what they solve, creating in many cases a vicious circle. However, as long as the being is ignorant of how hir being works, s/he can see no other solutions and has no way out.

Let us look at two scenarios. The first is how a person ignorant of psycanics will perceive and act. The second is how a person trained in psycanics will perceive and act.

SCENARIO #1: THE NORMAL, IGNORANT HUMAN BEING

What s/he perceives: Something BAD occurs and causes hir negative emotions of anger, fear or sorrow. To end hir pain s/he must change that BAD event; or if s/he can't, then s/he must find something that will ease hir pain (satisfactors or distractors). Shit happens and causes suffering.

What is really occurring:

An external EVENT occurs. The event is contrary to the person's programs of what should be.

To the psycan the existence of EVENT means that is hir unable, powerless, unimportant, no valued, undeserving, etc. NIRs activate: I AM UNABLE; I AM WEAK, I AM LESS THAN, I AM UNWORTHY, I AM UNLOVED, ETC. The purpose of the program was to get the world to act right so that s/he could be PIRS.

Along with the NIR comes the AntiLove charge = negative emotion = pain.

Unconsciously the person generates an opinion of BAD to the trigger, for two reasons:

1- it is contrary to hir programs; it should not be: it is BAD.

2- it (seems to) cause him hir painful negative emotions. In the Fatal Paradigm, the person falsely "perceives" that the trigger is the cause of hir emotion = pain.

The person may or may not also consciously think / feel /perceive hir NIRs (I AM UNABLE; I AM WEAK; I AM NOT GOOD ENOUGH, etc, etc). But if s/he does, they appear to be only thoughts—s/he has no idea of their true nature and importance as IDentities and as the root cause of hir suffering.

S/He assigns CAUSE to the trigger thereby putting himself in VICTIM. His only recourse now to change his experience is to change the trigger or use satisfactors or distractors.

The person then attacks the Trigger to change or stop it so that it conforms to his programs of how it should and therefore is “good” and no longer “causes” his suffering. (“Good” is however the person thinks (has programmed in his mind) that the trigger should be.

If s/he can change the trigger, then s/he can activate PIRs: S/HE COULD DO IT, S/HE IS ABLE AND WORTHY. To the degree that s/he can not change it, his NO POWER NIRs activate even more increasing his suffering. S/He either redoubles his attacks or goes to defeat and grief and depression and addictions to suppress the pain.

SCENARIO #2: A BEING WHO KNOWS AND PRACTICES PSYCANICS:

The External Event, the Trigger occurs.

The person’s “activation alarm” goes off and s/he thinks: “Negative experience (e.g. anger): I am activated; something in this situation is a trigger that has activated one or more of my NIRs. Excellent! The trigger is giving me the opportunity to penetrate my emotion, identify my NIR and discreate it. That will end my AntiLove (anger) now and reduce my over-all NIR mass so that each time I am less reactive until finally I will totally non-reactive to this Trigger and eventually to all triggers.”

The person then immediately or at the first opportunity, sits or lies down; penetrates the emotion (re-activating it if has died down) without resistance and finds his NIR. Once s/he has the NIR, s/he leaves it and discreates his Opinion of BAD. This puts him into Space (no resistance) so that s/he can fully integrate with the NIR and discreate it, which s/he does. All negative experience vanishes. S/He then creates and energizes the PIR that s/he would like to BE and experience in the future, both in reference that trigger and in general.

S/He has eliminated the NIR and pain of the moment.

S/He has reduced that NIR mass and his reactivity to such triggers in the future.

S/He has reduced his overall suppressor mass thereby taking another step to freeing his being and his return to POWER and LOVE.

S/He has created or reinforced the BE-FEEL-THINK-DO-HAVE sequence that s/he would like to live in the future, both as regards that trigger and in general.

This process will take from a few minutes to several hours over several days or even months, depending on various factors: 1- the size of the NIR mass; 2- the jelly-rock status of the person (how easily s/he can feel); 3- his ability to focus into and control negative energy; 4- and whether s/he has a good Pilot to help or not. (The ability to process requires additional knowledge and explanations in Part 2.)

How would you prefer to live?

Chapter 19

RELATIONSHIPS

Relationship is a big and complicated area that requires a complete book. What I say here barely scratches the surface of the dynamics of energy flows between beings.

Relationships, especially family, are one area of life where most people experience a lot of emotional reactivity. Most of us look to our relationships for our primary source of love and happiness in life—only to find that they are also a primary source of AntiLove and suffering: anger, frustration, blame and guilt, resentment, anxiety, fear, hate, disillusion, sorrow, depression—to name a few.

Of course, looking to relationships as our primary source of love and happiness is an error and part of the External Quest. (Reminder: LoveJoy-experience is the supreme motivating factor of life. When we don't find much of LoveJoy in ourselves, we embark on the External Quest to find them in the world, to find someone who will love us and make us happy.)

The primary source of your experience of love and happiness is your love for yourself, which naturally grows as a result of your discreation of negative IDentities and the creation of positive ones. When you are in love with yourself, you are naturally in love with all the world. Just as you project outward your AntiLove, so will you your LOVE.

When you are in the Fatal Paradigm and the External Quest, you believe that others can and should make you happy. You then live trying to control and manipulate the BE-FEEL-THINK-DO of others in order to feel loved. You try to control what they do and say and how they treat you so that those behaviors activate your PIRs and make you feel good and loved.

There is often a false paradigm at work here on the other side. Often, others believe that they *should* make you happy, even sacrificing their own well-being to do so. This will cause them to live with ever-increasing dissatisfaction and resentment, which often finally leads to outburst of negative energy. Nobody is response-able for the happiness of an other and it is impossible to make another happy. You can give them MOPs but never true happiness.

If they don't have the paradigm that they should make you happy, they will resist your control and manipulations, defend themselves and counterattack. All this creates negative energy in the relationship. If they do have it, they will in return demand at times that you sacrifice your preferences for their happiness. It is frequently a win-lose situation on one side or the other.

When you truly love yourself and live in that internally generated, permanent joy; you don't care about the BE and DO of others; how they are or what they do. It makes little difference to you. Therefore there are no demands on the other, no attempts to change him, no blaming, no manipulation, no recrimination, when s/he violates programs—as there are no programs. You can truly let the other person be as s/he is and as s/he is not: you can give him total space; and that is the foundation of LOVE.

Above all there is NO need. You don't need the other person to BE or DO (act) in any certain way. You don't need the other person to love you or make you happy (you handle those details yourself). Need and Love are opposed. To the degree that you need someone, you are using them for your well-being and happiness. To that degree you must control them so that they give you what you need. To that degree, you are not able to give them the TOTAL FREEDOM that is an essential part of true love.

One of the major human problems with LOVE is that we try to find people to love us, to give us LOVE, instead of having our own internal source: our positive IDentities.

**THE PROBLEM OF LOVE IS TO LOVE ONESELF and thereby BE LOVE;
and therefore BE ABLE TO GIVE LOVE to others.**

The problem of love is to love, not be loved.

**YOUR PRINCIPAL SOURCE AND EXPERIENCE OF LOVE IS
THE LOVE THAT YOU ARE AND GIVE,
not the love that others give you.**

You live your love; not the love of others.

When others love you, they are who enjoy that love.

Only NIRs need the love of others.

Most people are in the external quest to find love externally, to find someone to love them and, above all, make them feel loved (in spite of their NIRs). They must then control that person's behavior so that it activates PIRs so that they can feel good and happy and loved.

IDentities are the key to relationships (and to all of life). The IDentities of each participant in a relationship determine how that person thinks, feels and behaves. The effort to activate one's positive IDentities by dictating the behavior of the other person to have her fulfill one's programs about how s/he should be and treat you is a fundamental source of the conflicts and AntiLove in relationships. It is the External Quest at its lowest.

Remember that a program is a mental virtual reality (idea or model) of how something or someone should be or act. They often take the form of "shoulds" and "should not's." Their purpose is to mold the external world as it should be so that I can enjoy IDentities of power, respect, value, etc.

In relationships, programs dictate how the other person should treat us so that we can perceive being respected, valued and loved externally. It is a poor replacement for taking responsibility for and creating these experiences internally as a result of our PIRs.

We all have hundreds if not thousands of programs. Examples: How should a husband act towards his wife? How should a wife treat her husband? How should children behave at the table? Should people get married or just live together? Your answers to such questions are your programs.

Some programs are social conventions useful for getting along in civilized life. However, the purpose of many programs is to control the world in order to create positive identity in one's self. When I am in NO RESPEXP and the FATAL IDENTITY, then I live believing that controlling the external world is the key to avoiding suffering and reaching happiness. Therefore I attack triggers to stop or change them. When that trigger is someone close to me, I end up attacking him with my AntiLove (dumping). Of course, they must resist and defend and often counteract. This builds up resentment and negative energy in relationships.

Let me illustrate how this applies to relationships with an example of the spouses Mary and John.

Mary has programs of how John should treat her. Let's say that these programs include that John bring her flowers at least once during the week and that he takes her out to eat and spends all day Sunday with her.

The purpose of these programs is to affirm for her that John loves her, cares about her and considers her important. That is to say that the purpose of the programs is to affirm positive IDentities in Mary of: I am valuable, I am worthy, I am important, I am a good wife, I am lovable and loved, etc. Of course, most if not all of this mechanism is subconscious for Mary.

When John doesn't bring flowers one week; or he stays home on Sunday to watch the Super Bowl; he violates Mary's programs. Mary subconsciously interprets John's behavior as a communication that she is not important enough, not valued enough, not good-enough as a person or as a wife to merit his attentions. In other words, her NIRs activate along with her AntiLove, which she liberally shares with John in the form of anger, recriminations and resentment.

Let us not forget the liberal application of BADs in all this: that John doesn't treat her as he should is BAD; John is a BAD husband for acting that way; It is BAD that I (Mary) feel this way and BAD that John MADE me feel this way. John on his side thinks: Mary is unjust and BAD for complaining and attacking me. Underneath all these BAD, there are the BADs to the NIRs.

Both parties to a relationship have their NIRs+BAD. The (false) solution to avoid NIR activation and activate PIRs is to create programs of how others should be and behave. When others conform then, I live my PIRs!: I am taken into account, I am important, valued, I control, I am powerful, successful, worthy, obeyed, loved, etc.

The problem with this is that others, including significant others, do not always carry out our programs. They think for themselves, have their own values and desires and even ignore me. They are therefore BAD; and their ignoring of me, my programs = desires = needs activates my NIRs and AntiLove = pain.

We then attack the other person with our AntiLove to change him to obeying our programs. This negative energy activates NIRs and AntiLove in him and only causes resistance and persistence. To the degree we cannot change the other, we go into a downward spiral of more frustration and more NIR activation and more attacks which are also resisted and provoke defenses and counter-attacks, which activate more NIR mass and more attacks to change the other person. It is a descending spiral of negative energy provoking more and more resistance and neg energy on both sides.

The relationship dies in the midst of all those NIRs and AntiLove.

Here is the mechanism abbreviated:

Psyca has NIR masses and programs to avoid their activation. Trigger person violates psyca's program, the NIR+BAD+CHARGE activates, and psyca creates a BAD to trigger for violating program and causing pain. Psyca attacks BAD trigger with the negative CHARGE energy to change him. The trigger's NIRs activate, and she resists, defends, counter-attacks, which activates even more NIR mass and AntiLove in the psyca who redoubles his attacks to the trigger; who resists and counter-attacks even more; and so on in a downward spiral.

Most of the AntiLove in a relationship is the result of this mechanism at work.

REMEMBER THE LAW:

**ALL NEGATIVE EMOTIONS ARE ANTILOVE TOWARDS ONE'S SELF
DUE TO THE ACTIVATION OF NEGATIVE IDENTITIES.**

When you blame the trigger, you ignore TRUE CAUSE: you, creator of your NIRs. You are living a delusion, a hallucination and will never be able to fix your relationship problems or your happiness.

When a person does not understand psycanics, s/he tries to control the external world so that it conforms to hir programs how of it should be. When the world is as it "should be" (which is the "Good"), then that person can enjoy positive identity as able, powerful, worthy, successful and therefore "good."

The fatal flaw is that nobody has ever had the power to mold the external world to conform to hir programs (Xerxes). External control as a strategy for Power, Love and Happiness will never work. And when the world violates your "virtual reality" of how it should be, instantly you have failed to achieve your desires or goals or the treatment that you "need" to activate your PIRs. This failure triggers your NIRs. Furthermore, there is now BAD in your universe (your creation); and the fact of its existence is a further "proof" of your no power and also activates your NIRs and their charges. You have descended into AntiPower and AntiLove and suffering. YOU DO IT ALL: YOU ARE CREATOR.

Let's take another example: a father and son.

A father dumps his NIR mass AntiLove on his son in the form of shouting, recriminations, invalidations, and punishments because the boy has bad grades (or any other behavior contrary to the programs of the father about how his son should be, do or have).

Father's program: "My son should have good grades to prove himself a good student and therefore a good son." The father's subconscious search for identity behind the program will be something like this:

"When my son is a good student and good son, then I AM proven capable and successful in raising a child and therefore I AM a good and valuable person and a good father." "When my son has bad grades then he is a failure as a student and is a BAD son. Therefore I am shown as incapable of raising a smart and good son. I AM a failure and BAD as a father."

Notice how the father tries to control his IDentities by controlling the external world, in this case his son.

**THIS IS THE BASIC FORCE OF LIFE:
THE EFFORT TO CONTROL IDENTITIES.**

Remember the law

"The Only motivation is to control experience"?

Since experience comes from identity, this law in its highest expression is:

**THE ONLY MOTIVATION OF ALL HUMAN CONDUCT
IS TO CONTROL IDENTITIES.**

Ignorant of psycanics, the father then attacks the trigger, his son, with his AntiLove (anger, invalidations, punishments) trying to change his son to BE a good student, so that he can BE a good father and love himself. Life is about IDentities, always IDentities.

However, another Law is:

NEGATIVE ENERGY PRODUCES NEGATIVE RESULTS.

The first result is that the father lives his own AntiLove. He suffers.

You always, in every moment, are living your love or your AntiLove (your own emotions and experience). There is a perfect justice of love in every moment for every BEing. You experience in every moment your love or your AntiLove and that is your happiness or your pain.

The second result is his damaged relationship with his son: The neg. energy = AntiLove and invalidation of the father is resistance to his son's BE and DO. It is also a trigger that activates the son's NIRs and lowers his self-esteem. As part of his defense against his father's AntiLove and against his own NIRs; the son tries to assert himself, tries to recover power and self-respect = PIRs by going into resistance and sabotage to the father and his demands.

This resistance can either be overt (e.g. yelling back, open disobedience) or covert (e.g. drugs, even less effort in school). The neg energy of the father against the neg energy (bad grades initially and later sabotage or rebellion) of the son only produces more neg energy. $R_{xxx} \rightarrow Per_{xxx}$. The relationship deteriorates into AntiLove, resentment and even hate.

This pattern or mechanism of NIR activation is repeated billions of times every day on this planet. It is THE basic mechanism in relationship conflicts. It is the basic mechanism of all suffering. And it is all about IDENTITIES.

This mechanism is:

The psycan trying to control hir experience = IDentities creates programs (the "good") for external world to obey thereby avoiding activation of NIRs+AntiLove = pain and (hopefully) activating PIRs (happiness).

The world, however, frequently violates our programs. This triggers both BAD and the activation of NIR masses. The person suffers and, in NO RESPEXP, must act externally to change the (illusory) external "cause" of hir suffering, or must smother it with satisfactors.

So the Psycan attacks the BAD trigger with neg energy to change it to GOOD (fulfill the program) and thereby change hir identity and stop hir suffering, all the while suffering all the additional AntiLove s/he generates. But s/he attacks an illusion and only makes the situation worse. (An alternative strategy is to break off communication and withdraw into silence and ignorance of the other.)

His attacks of neg. energy = AntiLove usually activate the other (trigger) person, causing hir to defend himself and counter-attack with hir own negative energy. Neg energy against neg energy; $R_{xxx} \leftarrow \rightarrow R_{xxx}$: there is a downward spiral of increasing neg energy taking love and the relationship with it.

(When the trigger person is a practitioner of psycanics, s/he can give space to the neg energy, thereby discharging the neg energy of the attacker and avoiding the downward spiral.)

Sometimes significant others are themselves programmed to try to obey the programs of "loved" ones and therefore to please them and make them happy. However, the price of trying to make others happy is eventually one's own happiness. Sacrifice of one's own preferences to make others happy leads to resentment and eventually emotional explosion

and rebellion (or a life of increasing dissatisfaction and wondering what's wrong?: why I am not happy despite all my "love" and sacrifice?).

Furthermore, this program of pleasing others does not work. Satisfying someone's program only gives them a short-lived MOP; it is not the true road to happiness, which is always RESPEXP and creation of IDentities. Giving others MOPs not only does nothing to put them into RESPEXP but actually reinforces NO RESPEXP and the FATAL PARADIGM that it is the duty of others to make me happy. When you give a MOP to someone in NO RESPEXP, someone at the effect of their NIRs and unhappiness, they will quickly return with even more programs and demands for you to fulfill. They will do this even when they know that it costs you your own happiness. This pattern, too, repeats a billions of times a day on this planet.

The cause and the solution to everything is IDENTITIES.

I realize that all this could use more explanation of what is here, as well as everything that is not here, but this is only a chapter, not the book on relationships.

NOTES ON TWO COMMON EMOTIONS IN RELATIONSHIPS: RESENTMENT AND GUILT

All resentment, hate and guilt follow this same mechanism of NIR activation.

RESENTMENT

You have your NIRs and as a result your programs about how others should treat you. Although unconscious, your programs are your specifications about how they should treat you to activate your PIRs (which makes you feel good) and avoid activating your NIRs (which makes you feel bad).

Then someone violates your programs about how they should treat you. They do or say something that they shouldn't (according to your programs). To you their actions show slight, disrespect, lack of value, offence, insult, etc. As you are in NO RESPEXP, it seems that what they did caused your hurt.

Of course, what is really happening is that their actions triggered your NIRs (I AM unable, dumb, less than, not good enough, unappreciated, unworthy, unloved, etc) and your hurt is your own AntiLove for yourself in your NIRs. Ignorant of psycanics, you blame them for causing your pain (assign cause to them) and then live nursing a charge of blame and AntiLove against them. This is resentment.

Hate is the same thing - just more intense with an intention to destroy them as punishment for "hurting" you.

GUILT

The mechanism of guilt is almost the same as resentment. Resentment occurs when others violate your programs. Guilt occurs when you violate your programs about how you should behave to maintain your self-image and self-respect (PIRs). In other words, when you do something BAD, something that violates your programs a how you should be and act.

Guilt is the emotional charge that goes with the NIR "I AM BAD," on which you may also pile self-recrimination, self-anger and self-hate if you are BAD enough.

In resentment, others are BAD. In guilt, you are the BAD. You might say that guilt is suppressed resentment or anger with yourself.

Psychology says that most people spend about two hours a day feeling guilty for one thing or another: not calling their mother, yelling at their kids, failing to keep a promise or fulfill a responsibility, breaking their diet; or any other violation of their programs about what they should BE, DO and HAVE.

You have your NIRs that generate your programs about how you should be and act to avoid NIRs and be PIRs. Some of your programs are your specifications about how you should BE and DO to BE GOOD and valuable and worthy and lovable; that is, to be PIRs and love yourself.

Whenever you violate your programs, you are—by your own labeling—a failure and BAD and unworthy and unlovable: your usual basic NIRs. The AntiLove combination of your self-disappointment, self-blame, suppressed-anger-against-self, sorrow, regret and BAD is the emotion we call guilt.

Many people use blame and “guilting” to manipulate others to do what they want. This connects with the mechanism above in that if I can make you feel guilty (recognize that you were BAD and wrong for what you did) then you will do what I want (obey my programs) to be GOOD and repay me the damage / hurt you did me.

The purpose of a relationship is to permit you to work on your IDentities by showing you where to work. This is the purpose of the entire universe: to give you a field against which you can become aware of your IDentities and accelerate your expansion of identity.

By the Law of Relativity (a corollary of Polarities) you can only know what you are (your BE) in the presence (or past experience) of what you are not.

For example: Knowing what a dog is (and all other animals) and perceiving you are not one, helps you BE a human being. You know what you are by comparison with other: what you have in common and what is different. You are as much defined by what you are not as by what you are.

Every activation, every negative emotion, is your own AntiLove surfacing.

Relationships provide an intense trigger environment in which you can become conscious of your NIRs and work on them.

Relationships provide an intense environment in which you can practice and become your desired PIRs—especially the highest of all IDentities: LOVE.

While I will have a lot more to say about relationships in that book, just the application of the information in this chapter is sufficient to transform relationships. A relationship will flourish when each person takes responsibility for his emotional charges as activations of his NIRs and discreates them before coming back in SPACE and LOVE to continue a communication. This will stop the spewing of anger, all blaming and guilting, all resentment, all negative energy and AntiLove between the parties.

End of Chapter on Relationships

Chapter 20

DO AND HAVE

While this book is about BE and FEEL, I would like to introduce DO and HAVE.

The chain of causation of life is BE→FEEL→DO→HAVE (ignoring THINK (i.e. programs) for the moment).

IDentities not only determine our feelings but also and therefore our actions and behaviors (DO). They determine whether our actions are loving and effective, or Antiloving and counter-productive. A negative identity (NIR) always acts with AntiLove, and AntiLove is AntiPower. A person in effect of hir NIRs always DOes in manners that fail to produce the desired result and often produce the opposite results. Intents to get what you want when at the effect of a NIR usually backfire.

NIRs are AntiWisdom and AntiPower. To test this, try arguing logically with a person in anger or fear or grief. They are stubborn, illogical and often foolish.

The chapter on Relationships gives two examples of DO at the effect of NIRs: how Mary responds to John; and how the father treats his son. How do we act and how do we treat others when we are in a negative BE, that is when we are activated? Is it not with AntiLove? We are angry, stubborn and argumentative and don't listen. We dump on them with anger, invalidations, insults, shouting, blaming, guilt, victim and manipulations. We punish them whether covertly by withholding communication, support or love; or overtly with loss of permissions, restrictions and even blows or other forms of physical pain.

All these are negative DOs in the chain of causation of BE→FEEL→DO→HAVE.

Our HAVE is all that exists in our life, both psycanically such as relationships and physically such as material possessions. HAVE is our results; the fruits of our DO, of our actions. What kind of results do we HAVE in our relationships, in cooperation, support, respect and love, when we DO (act) while in NIRs? Negative DO produces negative HAVE.

Daniel Goleman's book "Emotional Intelligence" documents the importance of positive behaviors in relationships and therefore in all success (HAVING) in this world. He argues that emotional intelligence is more important to success than mental intelligence. And s/he argues that positive behaviors result from positive emotions and empathy with others.

I agree: action, positive or negative, results from feeling and feeling always results from identity. Life is BE→THINK→FEEL→DO→HAVE. To control everything, to change anything, it is only necessary to change BE (IDentities).

Note: I don't agree with his hypotheses about the origin of emotions as chemical reactions. The emotions affect the chemical state of the body and the chemical state of the body can affect the emotions—as can your will and your thoughts. But that is not the final word about the origin and nature of the emotions. They are psycanic. When you die and leave the body, you continue to exist and you continue to feel. At last count, about 1,500,000 Americans have had temporary death experiences, out of body experiences, whether in accidents or in hospitals and they all report continuing to exist and continuing to feel and to think. However, I don't base what I say on those accounts, but rather on my experiences without a body.

Another example of DO is addictions and attachments.

An addiction is the neurotic compulsion to use a substance (satisfactor) or an activity (distractor) to avoid confronting negative experience. Examples of satisfactors include: food, tobacco, alcohol, tranquilizers, barbiturates, uppers, downer, marijuana, and cocaine. Distractor activities include television, shopping, compulsive sex, when done neurotically..

The force that drives us to use the satisfactor is the experiential imperative to avoid feeling that way, to avoid suffering. We use satisfactors to evade feeling unable, powerless, a failure, worthless, less than, stupid, unloved, alone, desolate, hopeless, sad, fearful, guilty, depressed, etc. Since negative emotions come from negative IDentities, an addiction is the use of something to evade, suppress, hide or (temporarily) change NIRs; change who we are being.

For example, observe how the personality of some people transforms when they get drunk. The drug permits them to change their IDentities and therefore their emotional state and therefore their behavior: BE→FEEL→DO

General Addiction Processing Procedure

Trigger the compulsion by putting or imagining yourself in the situation where you use the satisfactor.

Deny yourself the satisfactor while opening to experience. Let the underlying negative experience (emotions) activate.

Once you have the emotions, apply the Full Cycle.

The objective is to activate the emotional charge that the addiction is trying to suppress. Once you have the emotion, it is easy to get the NIR and then you only have to apply the full processing cycle.

I have seen a lifetime addiction to cigarettes clear up with a couple of hours of processing. However, the time it takes to achieve any desired result in processing depends on the quality of the piloting, the jello-rock status of the explorer, and the size and density of the NIR mass. Some addictions can take an average of 20 to 50 hours over 3 to 6 months.

I have already given some examples of processing addictions. For this example, I am going to use an addiction to food, but the procedure is the same for all satisfactors³³: alcohol, tobacco, legal drugs (such as tranquilizers), illegal drugs (such as marijuana or cocaine), shopping, sex, TV, anything.

Go into psycanic focus.

Imagine yourself in the place or situation where you most feel the need for the satisfactor. For our example, let's say that you get the compulsion to eat when you have relationship problems.

Activate the compulsion to do the addiction. You can do this by recalling and re-living a time when the compulsion was very strong; or you can imagine an event or situation that triggers the compulsion. For our example, imagine that you are the daughter and you just

³³ Satisfactor: the addiction substance or activity that satisfies the compulsion and diverts the negative experience: tobacco, alcohol, shopping, etc.

had an argument with your mother. You are angry and frustrated and feeling misunderstood and suppressed by your mother. You feel the impulse to eat and find yourself heading for the refrigerator. Good: you have the addiction activated.

Now take out whatever you would eat and set it on the table. Sit down before it. Now open your experience and let yourself feel. Feel the compulsion to eat. Feel how much you want to eat it.

Once you are ready to reach for the food: DENY YOURSELF; SAY NO. Focus in your experience. Beneath the compulsion is negative experience. Open to it, feel it, acknowledge it. Behind the food compulsion, I have most often found sadness and loneliness. Let's say that is the case here. Open to and penetrate the "sadness"—and any other emotions that show up.

What is so sad? Watch your thoughts: MY MOTHER DOESN'T LOVE ME. NOBODY LOVES ME, NOBODY CARES, I AM NOT GOOD ENOUGH TO BE WORTHY OF LOVE, ETC. Excellent: These are NIRs and there maybe deeper ones, so we ask: How are you that you are not good enough? I AM A FAILURE AS A DAUGHTER. I AM ALONE. I AM WEAK. ETC.

Run the Full Cycle.

Repeat this process every time you eat—even when there is no argument—and you will soon run out all those energies. It's simply not that hard nor does it take all that long to wipe out an addiction—if the piloting and processing is good.

Chapter 21

POLISHING YOUR BEING

While this book is focused at eliminating your negative emotions, which as you now understand requires eliminating your Negative Identity Realities, the true power of processing is long-term spiritual development.

The object of existence is experience: any kind or type is valid, and negative experience is necessary for positive experience to exist and be appreciated. Life is experience; it is a psycanic amusement park, movie theater, and a game arena providing high drama.

The ultimate experience, of course, is to be God. At the inmost circle of your BEing, you already are God; there is only ONE-CONSCIOUSNESS-BEING; which is why Jesus could say that the Kingdom of Heaven (God's residence) is within; and that the "Father and I are One." Below that level, as an individual pretending to be separated from the WHOLE, you are a spirit of great power, wisdom and love. This is your fundamental nature of "psycan."

God is infinite Power, Consciousness, Love and Joy. God is everything, all IDENTITIES.

You are God, or a part of God as a psycan, who has descended to the opposite polarity of human being: AntiPower, minimum consciousness, minimum identity (human being in one lifetime), AntiLove and suffering. Remember POLARITIES: the experience of negative is essential to know and appreciate positive.

You have descended to your human state by counter-creating your true Identity with NIRs. NIRs deny your essence of power, wisdom, love and joy. It takes a lot of NIR mass to suppress a psycan to the human level of being. As a human being, you are now encased in that psycanic suppressor mass all the time. You are at the EFFECT of that mass and it CAUSES you with the experience of being a powerless and isolated individual, without much love or joy, struggling to survive in a great and impersonal universe. Although you have the mass well suppressed so that you normally feel little, at times part of it activates and that is the source of your pain and suffering.

Your main game is to return to BE God again. This requires the expansion of your identity to be ONE with everything again. It requires the recovery of your true identity and power and love and wisdom. While there are various ways to do this, Psycanics advocates the discretion of the mass coupled with creation of your positive IDENTITIES as the most practical path.

Therefore, one who really wants to apply Psycanics does not just process when s/he is activated: s/he processes daily, working on himself, on his IDENTITIES all that s/he can. The optimum percentage is about 70% creation and 30% discretion. However, due to the Creation Counter-Creation principle, explained in the next chapter, it is essential to be able to discreate in order to create. This is where so many systems that advocate creation by whatever method (positive thinking, affirmations, belief change, hypnosis, etc) are limited.

There is only so much creation and so much personal change that can be achieved while avoiding confront on negatives. Sooner or later you have to confront and discreate negatives. You have to handle them for two reasons. First because they are the real problem: you already ARE the positives; you have only to remove the suppression. And secondly, because serious intents to create positive will activate negative because of the Creation Counter-Creation principle.

Chapter 22

CREATING POSITIVE EMOTION

This book is not really about creating, even creating positive emotions. However, by now I am sure you understand that to live in positive emotions you have only to create PIRs. Creation and manifestation, whether in your psycanic universe or in your physical universe, are extensive subjects that require their own treatment.

I do want to give you one technique, one that combines creation with what you are now learning about discreation. Furthermore, it is one of the most powerful ways to create PIRs (or any reality).

It is called CCC: Creation—CounterCreation.

One of the Laws of Reality and Creation is: The attempt to create a positive reality is a trigger that will activate into consciousness = experience any prior negative reality that is opposed to the first reality.

In other words, the attempt to create a PIR will activate the NIRs that are contrary to that PIR. For example, the intent to create “I CAN WRITE WELL” will activate “I CAN’T WRITE WELL.”

This permits you to discreate the NIR thereby creating SPACE in your consciousness for the PIR:

To explain this, imagine you have a house that is already totally full of things. When you try to push in another something has to pop out to make room for the new. In the physical universe, what pops out would be whatever object is closest to the back door. In the psycanic universe, what pops up is the opposite reality of the one you are trying to create. Since you can only work on (discreate) realities that you can experience, this bringing into experience of the counter-reality is a great boon.

The normal human being is in a no-confront on any serious creation—precisely because creation activates negative and we are all running from negative experience.

While you can run CCC on any identity you wish to create, I would like to give you one (with 3 variations) that are both very general and very powerful in activating negative so you can work on yourself.

The IDentities are simply:

- ◆ I LOVE ME.
- ◆ I AM LOVE.
- ◆ I LOVE EVERYTHING.

A process very similar to these is:

- ◆ I AM GOOD.
- ◆ I AM HAPPY.

The question is whether these will “bite” on you.”Bite” is piloting slang and means the process is getting through blocks and no-confront and mind and activating the person. Some processes are advanced and won’t bite on new explorers who have not learned to open their

experience, to focus their attention, and above all to exercise their will and create sufficient intent.

In order to activate, you have to have your blocks down, your experience open and a high enough intensity of WILL (intent) to create. You have to really relax, focus internally, stop thoughts, open experience, lower blocks and really WILL LOVE. For new explorers, especially rocks, there may be little results on applying these processes. Jellos will find it easier to perceive the counter-activations to these IDentities.

IT IS NOT THE WORDS THAT ARE IMPORTANT: THERE MUST BE A WILL EFFORT, A REAL INTENTION TO CREATE AND TO LOVE.

Note: This is NOT “AFFIRMATIONS” as many spiritual systems teach. This is a whole new ball game. It can even be done without the words at all. It is the use of WILL, the mystical creative force that moves and forms realities of energy. Thoughts and words are of secondary importance.

If you do the process well, one of two things will happen.

You will go into positive energy and feel Love. However, the positive experience will still be limited by unwillingness to experience latent mass. To increase your love experience limit, you need to create even more love so that you get to #2.

You will go into activation of negative energy: all kinds of charge will come up: sadness, failure, self-hate, etc. All this is what we want to clean out. All of this is blocking your experience of love and happiness. It is part of your AntiGod mass and always there even when you are not consciously experiencing it. Just start flowing AntiLove. Go for the NIRs if you can identify them. Once you have discharged as much AntiLove as you can or want for that session, clean your SPACE by flowing (as opposed to feeling) and try to get experience = reality on #1 to leave yourself in positive.

Repeat this process as often as you can, for example, at least once a day. Eventually you will notice a change in your base emotional state to more love and more happiness.

Some processes have a specific end point, a specific result to achieve at which point the process is finished. This process is what we call “infinite”: its end point is when you are LOVE again, which is to say when you are God again. You don’t have to worry about reaching the end point of the process any time soon.

Here are some more processes for CCC:

- ◆ **I AM CREATOR.**
- ◆ **I AM RESPONSABLE FOR MY LIFE.**
- ◆ **I AM RESPONSABLE.**
- ◆ **I AM RESPONSABLE (FOR ANY PROBLEM YOU ARE HAVING FOR WHICH YOU FEEL VICTIM).**

For general Personal Power and self-confidence, try these:

- ◆ **I CAN DO IT.**
- ◆ **I AM POWERFUL.**

◆ I AM HAPPY.

There are much more extensive processes for creating positive IDentities, but as I said, that is beyond the scope of this book.

Chapter 23

SUMMARY

Psycanics is a science and therefore limits itself to phenomena readily experienced and verifiable by an ordinary person. In itself it neither affirms or denies the existence of God or other planes of existence or anything not provable by observation and normal experience.

However, Psycanics comes from mysticism, and without mysticism, is simply less than all that it is, so in this summary I mix the two:

Long before you ever became a human being, you were a big spirit, a mini-god, of WILL-CONSCIOUSNESS-WISDOM-LOVEJOY. You were (and still are, even while encased in your negative psycanic mass) a BEing of immense power and love and glory; a true son of God, which can only be a god. You created planets and solar systems and even universes. We call that individualized particle of the ONE that retains WILL, a psycan. You have the same ESSENCE (Wisdom, Power, Value, LoveJoy).

Then you chose a most interesting game: the game of suppressing your true BEing and descending into the lowest levels of power and consciousness possible for a creator being: the level of a human being. The why of this we have already mentioned: experience: polarities, movies, games and drama.

God is one pole; AntiGod is the opposite pole. Where God is maximum POWER-CONSCIOUSNESS-KNOWLEDGE-WISDOM-LOVE- JOY = ESSENCE. ANTI GOD is AntiEssence: NO POWER- MINIMUM CONSCIOUSNESS- IGNORANCE-ANTILOVE- SUFFERING-ETC. By the Law of Polarities, to fully experience and appreciate a positive, you must have experienced the opposite negatives (at least once). To fully experience = know = appreciate your Godlike Power and Love, you must know AntiPower³⁴ and AntiLove.

As a human being, you are at the opposite pole of God: you are AntiGod, AntiEssence. You have minimum creative power, minimum consciousness and knowledge (you don't know who you are, how you got here or what is going on); and you live in more AntiLove and suffering than in LOVEJOY. Your game is to return to be GOD again, now with the appreciation derived from having experienced the opposite pole.

You achieve that condition = experience of the minimum positive by counter-creating your true ESSENCE with IDENTITIES of AntiEssence = AntiPower, AntiValue and AntiLove. We call the sum total of that true nature suppressing mass the "God suppressor mass."

Furthermore, you cannot come here to this physical reality or this planet in your essence. You are far too powerful and too wise and too loving. You would have no obstacles to overcome and therefore no game conditions and no drama.

The Illuminati such as Jesus and Buddha and Krishna (those who have returned to the conscious realization of BEing God—"My father and I are ONE"—recover full POWER. As ONE with God, they can directly and instantly control matter: water into wine, raise the

³⁴ AntiPower is the experience of not being able to do something. It will become clearer as you understand IDentities better. By the Law of Polarities, AntiPower is essential to experience Power.

dead, loaves and fishes, etc. They have no game here, no drama, because they have no obstacles (except perhaps, dealing with the ignorance and ego of human beings).

To come to physical reality and really enjoy your movie, you must reduce Consciousness, Wisdom, Power and Love to human levels so that you can have obstacles to overcome; so that you can have problems and experiences such as I CAN'T DO IT. It is the balance of power between psycan and the obstacles that create games and drama and victory and therefore the appreciation of the I CAN!

The entire process of reducing yourself to AntiGod is a process of creating negative IDentities, thereby creating yourself to be without power, with little consciousness, reducing your identity to that of a individual human with a single lifetime. To reduce who you are, you have encased yourself in a tremendous amount of AntiGod reality = identity = energy = mass.

Every human being exists inside a shell of God-suppressing mass (about 20,000 watt hours). It is the root source of your negative IDentities and of your AntiLove = negative emotions.

The game is to discreate that mass, thereby freeing yourself and re-expanding your Will-Being-Consciousness-Etc. This is where LOVE comes in: LOVE is the way and LOVE is the destination. *Psycanic processing is rehabilitating your love for yourself.*

The purpose of existence, both at the God level and the human level, is experience on all levels and of everything possible.

The cosmos is the GOD-CREATOR-LOVE-ENERGY forming of its own substance all that exists in order to explore = experience = know ITSELF in all ITS infinite possibilities of BEING and EXPERIENCING.

God is ONE with all that exists and therefore experiences all that exists at all times. God is present and conscious in all that exists. Humanity is unconscious of the God within. God is awake in you: you are asleep in God.

Illumination is the experience of waking to your true identity and ONEness with God within and has been achieved by about 235 human beings on this planet, Jesus and Buddha being the best-known examples. Psycanics offers a dependable technology for awakening. It is not the only way, but offers many advantages for the modern lifestyle.

The highest and purest way to experience anything is by total integration to become one with; which state is IDENTITY. The highest and strongest source of your experience is always your IDENTITIES: the I AMs / I AM NOTs which create WHAT / WHO YOU ARE. For example: To BE rich is the highest experience of wealth; to BE Love is the highest experience of Love; to BE God is the highest experience of God.

The highest form of being = experience is GOD = LOVE. Therefore, the most available, most common and richest of all experiences is the spectrum of LOVE that is the emotions.

Polarities: To know one polarity of experience the other polarity must exist and have been experienced at least once. Thus to BE anything, you must first or simultaneously BE its opposite. GOD includes all polarities all at once.

The negative polarity of LoveJoy is AntiLove-Suffering. The scale or spectrum of energies between the two polarities is the emotions.

The point of absence of energy and change of polarity between love and AntiLove is SPACE. Space is the beginning of love.

Your non-physical essence is spirit, denominated “psycan” and consists of Will-Consciousness-Wisdom and LoveJoy. The psycan exists above, beyond and previous to the physical universe.

The physical universe is a combination game field, amusement park, and theater-movie set whose purpose is to provide the dimension of physical existence for the enjoyment of psycans. As such, it provides many opportunities for negative pole experiences (AntiPower and AntiLove dramas) necessary to appreciate the positive pole experiences.

Your Psycanic IDentities are self-determinations of your POWER and VALUE and which affect your celebration of yourself with LOVEJOY.

Your emotions are your love for yourself in your IDentities. When you label an identity BAD, you then generate AntiLove about that identity. The identity plus the AntiLove energy is your experience, your unhappiness with yourself, with who you are at that moment.

In your essence, you are LOVE, which includes its other pole AntiLove. Your emotions are your modification of your essence along the polar scale of LOVE, depending on your modifications of your IDentities.

All negative emotions indicate the activation, conscious or subconscious, of a NIR.

You are the Creator of your IDentities, BADs and emotions and can discreate what you have created.

In order to have game conditions and drama, the psycan must counter-create hir true nature-identity and suppress hir true spiritual levels of POWER, WISDOM, LOVE, WILL and CONSCIOUSNESS. This s/he does by creating negative IDentities that deny that ESSENCE.

The basic game of the psycan is (to pretend) to dis-integrate himself from the ONE-ALL THAT IS-POWER-CREATOR-LOVE-TAO-GOD and bury himself in individuality, AntiPower and AntiLove for the purpose of experiencing that pole. Then s/he enjoys the dramatic adventure of the re-expansion of hir Identity to BE the ONE POWER LOVE again (Illumination), now in fuller appreciation of HIMSELF for having experienced the negative pole. The Illuminati are those who wake from the dream, the illusion, the maya; and can say: “The FATHER and I are ONE.” Illumination for all while still in a human body is the goal of God for Humanity. God knows this; Humanity has forgotten it—which makes for a lot of drama.

Psycanic is a science and a technology for accelerating that game. Psycanics is the laws of Power, Wisdom, Love and Joy. Psycanics is the mechanics, physics and the electronics of psycans. It is the study of their origin and nature as Power, Wisdom, Love and Joy.

FINAL CHAPTER: WHAT NOW?

FORUM: There is a forum on the psycanics.org website for people who want to ask questions, comment the information, or who want guidance in how to apply it to their particular situation. If you try to process, you will with doubt, have many questions. Through the Forum, to some extent, I will be able to guide you. I can answer questions on mysticism, personal change, relationships, and spiritual development.

I have a tremendous amount of information, techniques and process for spiritual growth. I estimate it will take at least a dozen books to cover it all. At this time, I see the need for these themes:

COSMOLOGY: How the cosmos began, the nature of God, the nature of psycan, experience and reality, the main polarities, Good, Bad and Evil. This book will give the basic concepts in great detail so that I can use the words in the other books without having to explain them each time.

IDENTITIES and the BE-FEEL-THINK-DO-HAVE sequence. While this book covers much of FEEL, there is still much to be said about BEING and its determination of THINK, DO and HAVE.

LOVE: WHAT WOULD LOVE DO NOW? Action creates Identity. Only by understanding Love (it is somewhat complicated) can you always act to love and thereby create this identity within you. This book will resolve the false paradigms in which many people operate that cause them problems and pain especially in relationships.

REALITIES, PROCESSING AND PILOTING: all the information about discreation.

CREATION AND MANIFESTATION: How to get what you want and life and why you don't.
Part one: Psycanic Creation
Part two: physical creation.

RELATIONSHIPS AND COMMUNICATION.

STUDY AND INTELLIGENCE: How to raise intelligent children.

MYSTICISM: the authentic personal search for god. Search and you will find—but only if you search with your whole heart and mind and no false gods before you. Will include a section on meditation.

HOW TO PERCEIVE GOD. Given that God is everywhere and everything including you and inside of you (The Kingdom of Heaven is within) how is it that you do not perceive him? You can!! You only have to know why you don't and what to do about it. It is not all that difficult.

Thank you,
Thomas Michael Powell

GLOSSARY

ACTIVATION: the triggering and movement into consciousness of a NIR mass, mostly experienced as negative emotions. The NIR and the opinions of BAD may or may not be conscious but are always present behind the emotion.

ADDICTION: the neurotic compulsion to use an external satisfactor or distractor to suppress negative experience. The experiential imperative to avoid pain is the force of the compulsion

ANGER: AntiLove which increases the motive force to an identity to attack to overcome an obstacle or threat. Indicates the activation of a NIR of I COULDN'T THE FIRST TIME, BUT I WILL BE ABLE TO IF I ATTACK WITH MORE ENERGY.

ANTILOVE: As emotion The negative, unpleasant, half of the love spectrum, from apathy to boredom. The three main frequencies are anger, fear and grief. As action any action to damage the well-being of something.

ANTIPOWER: any identity or belief which suppresses or denies cause, creator, ability, capacity, responsibility, strength, knowledge or wisdom. Since the psycan is at the effect of hir creations, when s/he creates such restrictions to hir power, s/he will then experience and be limited by them. Examples of AntiPower NIRs I am unable, I am incapable, I can't, I am weak, I am powerless, I am a failure, I am not response-able, I don't know, I am stupid, I am the victim.

ATTACHMENT: the neurotic compulsion to possess or have near an external to avoid the activation of negative experience. The loss of the external satisfactor triggers a NIR mass. People have attachments to spouse, children, jobs, money, cars, pets, jewelry—just about anything can be an attachment for someone.

BAD: When spelled with all capitals, BAD is the abbreviation for the **Opinion of BAD**. BAD is always a creation of reality by the psycan about other realities. It is a label. **That which appears to cause pain. That which should not be as it is**, according to the psycan, therefore justifying the use of negative energy and AntiLove to change or destroy it—which AntiLove is the pain. The entry point to all suffering. BAD is always an illusion it has never any real existence.

BE: The taking on of, the assumption, of an identity. Complete integration to anything.

BEing: noun The sum total of IDentities for any given thing or psycan. All that a psycan is being; includes all hir IDentities.

BEINGNESS: The state of BEing something. A synonym for identity.

BEING, HUMAN: a psycan plugged into a human body on this planet.

BOUNCING: When the negative experience is strong or very BAD, or the intention to confront of the psycan is low, the psycan will go to mind to avoid confrontation. The person will suddenly find himself thinking about something totally unrelated the reality that s/he set out to handle. The person's attention "bounces off" that reality, failing to penetrate and experience it.

BY-PASSED CHARGE: In processing, the activation of a mass without fully discreating it, thereby leaving the explorer activated. It is the pilot's responsibility to avoid by-passed charge for hir explorer.

CAUSE: that which creates, initiates, decides, acts, moves and produces effects = results. The opposite pole of EFFECT.

CCC CREATION-COUNTERCREATION: The intent to create a reality for which the psycan already has a subconscious prior opposing reality will activate the opposing reality. CCC is uses creation to activate negative realities so that they can be discreated and replaced with the positive.

CHAINS of NIRs: An initial NIR can lead to the creation of a chain of other identity determinations (NIRs). The importance of a chain is that if you discreate the base of the chain (the first NIR) all the others discreate automatically, thereby saving time and processing effort.

CHARGE: As a static or rigid mass begins to “melt” and flow as energy, we say that the mass has charge. This means that its energy is available for flowing to experience and therefore discreation of the mass. Charge means that the mass is accessible to flow energy and therefore be experienced and discreate.

CONFRONT: the ability to be there, to be in front of something without fleeing or avoidance, and in the disposition to be CAUSE, to handle the situation. Most humans are in no-confront on their negative experience, using all the forms of the External Quest satisfactors and distractors to change or suppress it. Confrontation with responsibility is the minimum level of CAUSE necessary for discreation.

CONSCIOUSNESS: A super high frequency field of energy such that it is SPACE to all lower forms of energy. It is the basic energy from which all other realities are formed. Experience is the EFFECT of realities on the conscious energy field.

CONSISTENCY: A basic and *sine qua non* property of the CAUSE–EFFECT relationship. It says that that the corresponding EFFECT always follows its CAUSE, and that a CAUSE can not occur with producing its corresponding EFFECTS.

COSMOLOGY: The study of First Cause, the origin and creation of the cosmos and its operation, including the meta-factors or principles of psycans and all non-physical phenomena. Psycanics is a sub-category of cosmology. Mysticism is also a sub-category dealing with the personal relationship of the human being with First Cause.

CREATION: v. to bring into existence that which did not exist before (distinguished from MANIFESTATION, which is to bring into your life = experience something created by others)

CREATION: n. anything that exists. All realities are also creations. Everything had to be created in the beginning of its cycle of existence.

CYCLE; CYCLE of EXISTENCE; CYCLE OF ACTION: Everything that exists has a life cycle of 3 parts a beginning, a process or life, an end.

DETERMINATION: any decision of the psycan about how something is thereby creating a mental reality. Examples include programs, beliefs and opinions. Technically, the definition includes IDentities, as an identity is a determination about self. However, in practice the word is used to distinguish between IDentities and all other forms of mental realities. Thus there are IDentities and there are determinations—any decision or reality except an identity.

DISCREATE: to take a creation = reality and cause it to no longer exist, thereby terminating its experience. (The energy continues to exist, but it is now free energy, no longer in that form and modulation.) Discreation contrasts with trying to make something not-real, not experience-able, by blocking or suppressing it.

DISTRACTORS: any non-consumable thing or activity used to distract a person from or change negative experience. Examples include TV, sex, shopping, sports. When the person uses such compulsively as hir solution to negative experience, s/he has a ADDICTION to that activity.

DRAMA: maximum doubt over the important outcomes, thereby creating suspenseful and highly emotional experience.

EFFECT: that which is created, acted upon, moved, produced by a CAUSE. The opposite pole of CAUSE.

EMOTION: love and motive **energy** in a polarity spectrum between apathy and ecstasy. Emotions are energy; they are **love-AntiLove** and motive energy for the psycan. They are self-esteem estimations = evaluations of the psycan towards hir IDentities. They are **affinity-aversion** of the psycan for himself in hir IDentities.

EVENT: The moment of perception of a reality. Any person, thing or situation at the moment of initial appearance or at any moment change. When such appearance or change stimulates an activation, the event is a trigger.

EVIL: the maximum gradient of BAD, reached when there is **will and intention** to harm or destroy GOOD. Like BAD, it is always a creation of the psycan and a point of view.

EXPLORER: In processing, the person who is exploring and re-arranging through creation and discreation hir psycanic universe and experience including hir IDentities, thoughts, beliefs, determinations and emotions.

EXPERIENCE: the perception of a reality. The **EFFECT** of a reality on consciousness. Synonyms include perceive, feel, be. The highest experience is LOVE = GOD. The highest intensity of experience is identity to be one with.

EXPERIENTIAL IMPERATIVE: The basic game of the universe is to (1) control experience, which is the result of (2) controlling identity; which is the path to satisfying the (3) intrinsic psycanic compulsion to return to LOVE and POWER; which is the same as the (4) imperative to be God again, the highest experience.

EXTERNALS: any reality external to the psycan. Usually refers to things in the world other people, things and events. However, it can also include the psycan's own thoughts and emotions, especially when these are triggers.

EXTERNAL QUEST (E.Q.): The **EXPERIENTIAL IMPERATIVE** is the basic force of man's existence. Under its power, man seeks, consciously or unconsciously depending on hir level of spiritual awareness, the highest experience of LOVE and JOY. At the effect of hir psycanic suppressor mass, man does not find = feel these within himself, and so mistakenly seeks them outside in many forms and places. The E. Q. has two sides. The first is the effort to control, change or destroy BAD things to stop negative experience = activations = suffering. The second is the effort to find and accumulate GOOD things to "cause" one positive experience = happiness. The External Quest includes an enormous range of behaviors: addictions, attachments, conflicts, egoism and the neurotic accumulation of success, fame, fortune, position, power, relationships, etc. A worst case scenario is that of the neurotic search for power of totalitarian dictators willing to do anything, torture kill anybody, to get and keep power. The External Quest is a great illusion Nothing external will ever fill the experiential void within each human being. This can only be done by returning to the Kingdom of Heaven and that is within.

FATAL IDENTITY: I AM NOT CAUSE. I AM NOT CREATOR. It kills perception of cause, creator, responsibility and therefore power. The Fatal Identity creates the VICTIM and leads to the mental generation of the Fatal Paradigm.

FATAL PARADIGM: network of interconnected beliefs denying cause and responsibility for experience and events and assigning them to the external world. It is part of the identity of Victim. It produces the enormous range of behaviors known as the External Quest.

FEAR: AntiLove generated around the identity of "I AM NOT GOING TO BE ABLE to handle this" motivating that identity to "retire from the field of battle."

GAME: the effort to overcome an obstacle and reach a goal

GAME CONDITIONS: a player, a goal, an obstacle and a balance of power between the player and the obstacle.

GUILT: suppressed anger and sadness with one's self for being BAD, which is a result of having violated one's own programs and self-image.

HAPPINESS human: a state of positive feeling most of the time.

HAPPINESS mystical: the experience of LOVE.

IDENTITY: That which something is. The sum total of all the qualities and characteristics inherent to a reality that distinguish it, make it unique, from other realities. For the psycan who determines hir own IDentities, IDentities are hir self-created realities of what s/he is and what s/he is not, thereby determining hir characteristics including powers and limitations.

JELLO: In reference to the jello-rock scale, a jello is a person who does not block hir experience nearly as much as a rock and who therefore feels easily. Jellos tend to be very emotional and impulsive and empathetic with others.

KINGDOM OF HEAVEN: the residence of GOD = LOVE = JOY. The ultimate goal in the game of existence. It is an expansion of identity to BE ONE with the entire cosmos, since God is everywhere and everything; and ALL is ONE CONSCIOUSNESS.

MANIFESTATION: to cause to exist in your experience something already created, usually by others. You create a painting (assuming you are the artist); you manifest a car it is created by the factory.

MIND: The most useful point of view in psycanics is that there is no such thing as mind. There are only consciousness and will. The will has the ability to create, manipulate and evaluate energies = realities. Consciousness perceive, experiences, those realities and discreate them. Once created, realities hang around the creator moving into consciousness from the subconscious at the command of will (deliberate memory), or through involuntary stimulation by events.

MIND: as opposed to EXPERIENCE. Mind is the process of the psycan "looking" at hir mental realities, analyzing and trying to understand them. As such it diverts attention from pure consciousness and experiencing. Humans run to mind to avoid experience; this is one of the forms of resistance to experience.

MOP, MOMENT OF PLEASURE: the temporary moment of happiness that results from the activation of a PIR that occurs when some GOOD trigger event shows up in the person's world. Since the person still has hir PIRs and is not taking responsibility for hir IDentities and experience, it will soon pass as that person continues on the emotional roller coaster of hir uncontrolled IDentities.

MU: Mental SPACE for all ideas, including opposing or even false ideas. The recognition of one's ignorance of most things resulting in no opinion, no judgment of an idea. It can mean neither yes nor no, neither right nor wrong, neither correct nor incorrect. Mu can mean "I don't know," or "There is no way of knowing, of being sure." It can mean "I neither believe nor disbelieve"; "I neither accept or reject." It can mean "neither true nor false." It can mean "I have no opinion." It can mean "The question is invalid."

MYSTICISM: The study of and especially the personal experience of levels of consciousness = Being beyond normal human perception, especially those levels that permit the perception of the Deity.

NEGATIVE IDENTITY REALITIES; NIRs: Psycanic IDentities which suppress Power and Worth or Value, and therefore generate AntiLove and pain, as well as all the entire negative BE-FEEL-THINK-DO-HAVE sequence. E.g. I CANT', I AM UNABLE, I AM UNWORTHY, I AM NOT GOOD ENOUGH, I AM STUPID, I AM WEAK.

NETWORK OF NIR MASSES: just as any given memory can stimulate another memory, so can a NIR activate other NIRs in otherwise unconnected areas. The importance of this is to avoid jumping to an unrelated NIR just because it is available in experience without first having closed cycle on the first NIR

NIR: see Negative Identity Realities.

NIR MASS: a mass of negative mental and emotional energy which always includes a NIR, a BAD about that NIR, and a negative emotion = AntiLove about the NIR. It usually contains many other BADs and many negative thoughts, and often contains a chain of NIRs and multiple negative emotions. A NIR mass is all the negative energy of all frequencies related to any given NIR.

LOVE: 1- the basic ENERGY and nature of the cosmos from which all else is formed God. 2- An ineffable energy which can be generated by the psycan. 3- The act of will expressed in the action of A-giving yourself and others the space to be as you/they are and as you/they are not; and the action to B-care for, teach and grow the energies around you. 4- Emotional energy is one form of love.

NO-CONFRONT: A negative level of CAUSE in which a being is unwilling or unable to face something negative and therefore avoids, flees, or suppresses it. Thus s/he is at the EFFECT of what s/he does not confront. The no-confront of most humans leads to many behaviors (External Quest) designed to change, flee, distract themselves from, suppress, drug, and otherwise avoid their negative experience.

OPINION: one of the many forms of thoughts. It is the creation of a reality about another reality. The most deadly of all opinions is BAD.

PAIN: AntiLove the experience of energy modulations adverse to the LOVE essence of the psycan. In psycanics, pain always means mental and emotional pain except when specified as physical pain.

PARADIGM: a mental model, a mental virtual reality, of how things are, of how the world is or functions, usually unconscious. Example The world is flat. The sun rotates around the earth.

PILOT: a person well-versed in psycanic theory and trained to guide another in processing.

PIR: see Positive Identity Realities.

PROCESS: any of wide range of techniques and procedures to handle psycanic energies including IDentities, realities, emotions, consciousness, perceptions, etc.

PROCESSING: any of many ways and techniques of working with psycanic energies and realities, to create or discreate them. In processing, the explorer enters into psycanic focus and works with hir mental and emotional REXP to change them to the desired form.

POSITIVE IDENTITY REALITIES; PIRs: Psycanic IDentities which affirm Power, Ability, Worth and Value, and therefore generate self-love and happiness; thereby producing a positive FEEL-THINK-DO-HAVE sequence. E.g. I CAN', I AM ABLE, I AM WORTHY, I AM GOOD ENOUGH, I AM INTELLIGENT, I AM STRONG.

POLARITY, POLARITIES: Many forms of experience consist of two opposing terminals with a spectrum of gradients between the two poles. E.g. hot-cold; smart-stupid, big-little. The scale of possibilities between the two poles creates an infinite variety of experiences.

POLES: see polarities.

PROGRAM: a mental model, a mental virtual reality, of how things should be. The mental model of what is GOOD. The purpose of a program is to mold the world so that the psycan, not otherwise controlling hir IDentities, can experience the activation of a PIR and its MOP.

PSYCAN: The non-physical = spiritual energy entity consisting of WILL-CAUSE-CONSCIOUSNESS--INTELLIGENCE-LOVE. Through CONSCIOUSNESS, it is that which perceives all lower forms of energy (mental, emotional and physical). Through WILL, it is that which controls and moves lower forms of energy = matter. By determining = creating what it is and what it is not, it creates its own BEING. Its distinction among all the other forms of the **ENERGY** in that it has great power of CAUSE through having WILL.

PSYCANICS: a large and coherent model or science of existence. It presents a unified field theory of philosophy, psychology and religion. The laws and principles of non-physical existence. It includes a technology of application.

PYSCANIC IDENTITIES: those IDentities which suppress or affirm the basic spiritual properties of CAUSE, CREATOR, WILL, CONSCIOUSNESS, WISDOM, KNOWLEDGE, WORTH, LOVE, JOY, etc. See PIR and NIR.

PSYCANIC UNIVERSE: All the realities and energies in a person's interior, non-physical universe. It includes all thoughts, memories, knowledge, values, desires, goals, beliefs, programs, paradigms, IDentities, and all emotions, at all level of consciousness-subconscious. Beyond the barriers that limit consciousness to that of a human being, it expands outwards to the ONE. Thus the psycanic universe is infinitely greater than the physical universe, and in fact, the physical universe is within psycanic universe. For example; the physical universe is a thought, a mental reality, in the mind = psycanic universe of God. For practical purposes in this book, the psycanic universe of each individual consists of every and all non-physical reality in the conscious and subconscious of the psycan.

REACTIVITY: The degree and facility with which a person activates. Reactivity is the result of the size, availability and the sensitivity of the psycan to hir NIR masses. Some people are highly reactive; others much less so. Jellos are more reactive than rocks.

REAL: the on-going experience of a reality in present time. Something is REAL only when it is being experienced.

REALITY: any distinct form of energy modulated to cause a particular flavor of experience. That which causes experience by impacting consciousness. Realities may be mental, emotional, physical, psychic, mystic etc.

REALITY HOPPING: Jumping around from one reality to another as a tactic to no-confront negative realities = experience. It is a tactic very similar to BOUNCING, except that the processing attention jumps from one mass to another instead of fleeing to mind.

RESPONSABILITY: 1- Recognition of Cause. 2- The capacity to respond, to act, from controlled CAUSE and hopefully wisdom and love; as opposed to impulsive negative reaction at the effect of NIRs and AntiLove.

RESISTANCE: any form of negative energy, mental or emotional, directed towards a reality of any type. All negative emotions are forms of resistance. Also many negative thoughts. All resistance starts with BAD.

RESPEXP; Responsibility for Experience: The recognition that one is the creator of hir experience, especially hir emotions, thereby ceasing to blame others for pain and suffering. No RESPEXP is the result of the Fatal Identity and part of the Fatal Paradigm; and is the denial that one creates hir emotions and the blaming of the negative ones on others. NO RESPEXP results in the External Quest as one strives to control the apparently external causes of hir experience.

REXP Reality/Experience: Being the two side of the same coin, these concepts are impossible to separate. The term REXP is used when both sides of the concept should be held in mind. It is the abbreviation for reality = experience.

ROCK: In reference to the Jello-Rock scale, a rock is a person who has learned to suppress and block hir experience to avoid pain and suffering. Rocks tend to be very mental.

SADNESS: An emotion of the grief group related to the NIRs “I couldn’t do it”; “I couldn’t prevent it”; and to NIRs of AntiValue I am unworthy, not good enough, less than, undeserving, unloved, alone, etc. It is light lament of BAD things that appear to be unchangeable.

SATISFACTOR: any substance or chemical, including both legal and illegal drugs, used to change or suppress negative experience. Examples include food, tobacco, alcohol, valium, prozac and all tranquilizers, marijuana, cocaine. The force of the compulsion to avoid the negative experience by using such things is ADDICTION.

SORROW: An emotion of the grief group related to the NIR “I couldn’t prevent it”; sadness with a touch of guilt. It is deeper than sadness and lighter than grief.

SPIRIT: non-physical energy life entities. There are all kinds and levels. There are an infinite number playing in the cosmos. Some inhabit physical life forms to experience. Those which retain creator-will power are psycans.

SUFFERING: On going resistance to experience. The continued experience of pain. Pain and suffering are not what you feel they are your resistance to what you feel.

SUPPRESS: To block reality or consciousness to avoid experience. To artificially reduce the beingness = reality = experience of something instead of discharging and discreating it.

SUPPRESSOR MASS: God suppressor mass or psycanic suppressor mass The enormous mass of negative IDentities, BADs and AntiLove which reduces the god-like beingness of a psycan to that of a human. It is the mystical source of all NIRs and negative emotions.

SPACE: nothingness. The absence of energy. Pure consciousness with realities present. The neutral spot between positive and negative energy. Mentally is the absence of opinions, especially of BAD. Emotionally is the absence of emotions. The end of resistance and therefore the beginning of love. The end point of processing reached by discreation of the reality (NIR mass). Space is a very big concept beyond this glossary.

THOUGHTS: realities formed of mental frequency energy that impress consciousness with their modulation and are thus perceived by the psycan as mental images.

TRIGGER: The EVENT (person, thing, situation) that initiates an activation. It can be an external event or it can be something in the psycan’s own mind, hir own thoughts, that activate him.

VALUE: the estimation or assignation of worth. Value is perceived emotionally as love or AntiLove. BAD is the assignation of negative value and the authorization to attack with negative energy to change or destroy.

VICTIM: a person who believes that s/he is at the EFFECT of the BAD CAUSE of others or the universe, and that such BAD EVENTS happen to him without hir incumbency or responsibility. On assigning CAUSE to externals, the victim creates himself a having little power to change things directly. A VICTIM will complain to attract sympathy and manipulate, blame and guilt others to try to get them to use their CAUSE to eliminate hir problems and suffering. The entire mechanism of victim is large and not covered in this book.

VIRTUAL REALITY: a mental illusory (false) model of the world. There are two basic types: paradigms and programs. A paradigm is a mental model of how the world is. A program is a mental model of how the world should be.

WILL: The force that moves energy. It does not seem to be an energy but something beyond energy pure SPACE. I do not understand it except that it is the highest essence of God and Man.

Xerxes: (485 - 465 B. C.) emperor of the Persian Empire defeated by a vastly inferior force of Greeks.