understanding life

Lawrence West

introduction by jayne johnson

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"Clearing is an educational and spiritual practice. It is not psychotherapy. Clearing is administered by a highly trained spiritual counselor who is called a Clearing Practitioner."

— Lawrence West

Foreword from Jayne Johnson

The book you are about to read, written by Lawrence West, was originally released in 1991.

Lawrence, as you will find, was a Master of the Clearing Technology. He also held a Masters Degree in Chemistry and was a scientist by nature. He researched extensively and experimented with care, caution and logic, as any good scientist would; therefore, he did not lightly make conclusions as to what technologies, techniques and processes produced the results for which people were (and are) looking.

I was introduced to Lawrence in January of 1983 by my dear friend, Samantha Hampton, and I began my own journey on the Clearing Path. Lawrence was my teacher for 14 years, and the last 11 of those years we were life partners, as well.

Lawrence taught me the Clearing Technology from a Master's perspective, as well as many other technologies he had researched and found to be viable; among them, *"A Course in Miracles,"* Neuro-Linguistic Programming, Hypnotherapy, Rebirthing, Soul Retrieval, Past Life Regression, and many, many others.

Lawrence West saved my life. He not only taught me many technologies for helping others, he also showed me how to be a loving and compassionate human being.

Lawrence West passed away in November of 1997, and although his body is no longer on this planet, he is here in spirit. I am eternally grateful to Lawrence for his unconditional love and support.

Over the course of almost 30 years, Lawrence West helped thousands of people to lead happy, successful, peaceful and powerful lives, lives that contribute to others, as well as to themselves. I know that Lawrence's mission was to free Beings from the traps of the physical universe so that they could be who they are really are, powerful, happy and all-knowing Beings.

Lawrence wrote the first drafts for Understanding Life around 1985. Since then, the many who have read it have gotten tremendous value from it. Over the years I've heard one miraculous story after the next as to how it has helped people to understand life and expand their contexts.

Experience has shown me that there is something special about this book, something almost magical about it. Hence my desire to now release it as an eBook.

Thank you for reading Lawrence's book. I know it will add value and be helpful to you. And I wish you all the very best in Life!

Jayne Johnson

(formerly Jayne Taylor-West)

November 2006

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Foreword by Lawrence West

This book gives you information that will help you to produce positive changes in your life. There are really only two types of change that are important to a person.

One type of change involves GETTING RID OF THOSE THINGS IN YOUR LIFE THAT YOU DO NOT WANT. The other type of change involves BRINGING INTO REALITY THOSE THINGS THAT YOU WANT TO MANIFEST IN YOUR LIFE.

This book helps you produce these changes. The information presented here is based on workable truths and when applied, brings about a better life for anyone. You are about to embark on a journey into the inner workings of life itself. After you complete that journey and come to truly understand the basic operating principles behind all life, your life will never be the same again.

Dedication

To Doctor Edwyn E. Melby, D.C.
for the constant inspiration he has given to my life and work

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Introduction

Have you ever wanted something very much? Perhaps it was a car, a promotion, a new stereo or a vacation. And when you finally got "that something," how long did "it" make you happy? Most probably the thrill soon wore off and you were looking around for something else. Material things do make us happy for a time. But as most of us have discovered, acquiring things provides a transitory happiness at best. Then the questions begin. What is life all about? Why am I here? How can I create a meaningful life? What happened to my hopes and dreams?

When we incur an overwhelming number of failures in our lives, regardless of their magnitude, we tend to lose sight of the purposes and goals about which we were once so excited and enthusiastic. We feel a quiet sense of defeat that is painful and discouraging to confront. A common solution is to ignore it and go through each day secretly hoping someone or something will come along to save us. Life can then become the day-to-day drudgery we see and hear in evidence all around us.

Are we doomed to plod through one dispassionate, ineffective day after another, with a grin and bear it attitude as a cover-up, or is there something we can do to turn the ship around? Is there hope?

First of all, the answer is YES, there is hope. The missing piece of the puzzle is a fundamental understanding of life and how it works.

It is important to understand, for example, that the barriers to fulfilling our purposes and goals are to be found in our very own subconscious mind. The basic function of the subconscious mind is to record everything we experience in order to help us make decisions that support and enhance our survival. The only trouble with this mechanism is that the subconscious can step in and take over our normal thinking processes without our permission or even our awareness!

Consider this true-to-life example. Ten years ago Sally drove down an icy mountain road, slid and hit a pine tree. She wasn't injured too badly, but her survival was momentarily threatened and her subconscious mind dutifully recorded all aspects of the incident, especially noting the "dangerous" pine tree.

When the Christmas season arrived, there were pine trees everywhere, and Sally was puzzled by the nervous feelings she had. When a good friend invited her to go skiing, one of her favorite sports, she strangely found many justifications for refusing the offer and staying home. Every Christmas season for the last 10 years Sally gets those nervous feelings but, having no alternative explanations, attributes it to her confusion about what gifts to buy for her family and friends.

If Sally had understood one of the operating principles of life, the explanation would be simple and logical. The purpose of the subconscious mind is to aid our survival. Because Sally's subconscious mind associates pine trees with danger, it wants to keep her away from them. The subconscious mind sees this as protecting Sally from harm, thereby aiding her survival. Unfortunately, the down side is that Sally never gets the chance to feel calm during the Christmas season or to use her conscious thought process to decide whether to go skiing or not. In truth, Sally's chance to make her own decisions has been bypassed by her subconscious mind.

Moreover, the same mechanism that can make an association such as "Pine trees are dangerous" can make other illogical associations such as "I must do things I don't like to have what I want" or "I have to be ill to get love and attention." Associations like these are automatic and don't involve our conscious thought processes. They have the capability of "thinking" for us, even when we are under the impression that we are thinking for ourselves. Therefore, these kinds of unconscious associations are the very source of our struggles. No wonder life is so hard. We are in a constant internal conflict with our well-meaning subconscious mind!

The good news is that something can be done to remedy this situation. The process of Clearing entails getting rid of the inapplicable, false associations stored in the subconscious mind. It is just like pressing the DELETE button on a computer — you get to start over with a clean slate!

When you participate in the clearing of this negative subconscious material, you will find more and more of your life under YOUR control. You will discover, perhaps for the first time, what YOU like, what makes YOU happy, what YOU want out of life and what YOU want to contribute to life. Happiness is the natural result of knowing what you want and going for it. It's as simple as that.

As most of us have come to discover, life is not the proverbial bowl of cherries we once thought. It is full of challenges and obstacles, and though we have our moments in the sun, the overall picture can be intimidating, at the least. What amplifies these challenges and obstacles is plainly a lack of awareness and understanding of the basic operating principles of existence. If you know the basic operating principles of an automobile, you can get in one, drive to your destination, park it and accomplish what you set out to do. Imagine getting in the cockpit of an SST and doing the same. How far would you get? If you ever got the engines started, the ensuing result may not be what you had in mind! This example is analogous to life itself. We started out in life without a manual explaining the basic operating principles of life!

Here in *Understanding Life*, by Lawrence West, you now have that manual.

Jayne Taylor-West

Chapter 1

A New Way to Look at Life

Scientist at party: *It's not that simple, Mellie. Philosophers have been trying to prove that we exist for centuries.*

Mellie: *But if we didn't exist, how could we do anything?*

Scientist: *Yes, but the question is, Mellie, how do we know we exist?*

Mellie: *How could we even think about it if we didn't exist?*

Another Scientist: *Maybe we only think we're thinking about it.*

Mellie: *Look — Why don't you start out thinking that you don't exist and see where that gets you!*

— From the movie *Creator*

A New Way to Look at Life

This book is a guide to a new way to look at life. It will start you on a path toward freedom from the uncertainty and distress of everyday life. By reading this book you can begin to recapture the sense of well-being that is your human birthright.

Let's begin this new view of life with a simple process that will help you to experience what you are and what you are not.

In your mind, picture a horse. Any old picture of a horse will do, either a real one that you have seen in the past or an imaginary horse like a unicorn. Take a moment and examine this picture. Look at the horse. Smell it. Hear it run if you can. Take a moment. Who is looking at the mental picture of the horse? Obviously your physical eyes are not seeing the horse. Your nose is not smelling the horse nor are your ears hearing the horse. So, who is seeing and smelling the horse? Who is listening to the horse run?

It is YOU. It is just as simple as that.

In fact, you are the person, the individual, the Being who creates and looks at mental pictures. Some might say that you are the mind or that you are the pictures in the mind. From experience, you know you have a mind filled with mental pictures. But you are not your mind or the mental pictures. You are a Being who has the ability to create and then look at those pictures.

Additional processes will help to clarify these important points. Get the picture of the horse back again. From what location are you viewing this mental picture?

The immediate responses might be "here," "where I'm sitting," "in my head," "on my face," "in my eyes" or "in a little theater in the brain." If you carefully and thoughtfully try to find your physical location, you will find that you have no physical location. This is not to say, as in the movie excerpt at the beginning of the chapter, that you do not exist; it just means you, as a Being, have no physical location in the material universe. You exist and are separate from the material or physical universe. It might take a while to absorb this idea since it is such a radical departure from modern materialistic thinking. Keep at it and you will break through to a new view of life.

Life is fundamentally a non-material *quality* of existence while the physical world is a material *quantity* of existence. As a Being, you have two abilities. You have the ability to create and the ability to perceive. In other words, you can make something, like a mental picture, and then see it.

Let's go a bit further with another simple process. Locate your right hand. Where is it? Notice that your hand has a physical location. Who locates your hand? You do. Where are you? You have no location, yet your hand has a location. It is physical. Now, move your right hand to another position. Where did the idea come from for the new location? It came from you, again. Where is your right hand now? Where are you located? You do not have a physical location. Although you might have been led to believe that you are a body, you are not a body. In truth you have a body and you move and direct its position.

You have a mind and you have a body, but you are a Being. You generate ideas with the mind and these engage the brain to move your body. You are a person, an individual, a Being. Other names for a Being include Spirit, Entity, Soul, Essence or Life Source. For the purpose of simplicity, we will use the word Being.

The definition of a Being is:

1. The individual who exists as a non-material manifestation or expression, yet operates and handles a body in the material universe;

2. The person himself, not his body or his name, not the material universe or the mind;

3. That which is aware of being conscious; the identity which is the individual himself.

Sometimes we see confusion in this area. A person commonly says, "I believe my Being (my Soul or my Spirit) survives after I die." What he really means is I believe that I, as a Being, survive after my body dies. The phrases "my body" or "my mind" are true and accurate, but the phrase "my Being" is certainly incorrect. When you experience, realize and understand that you don't have a Being, you are a Being, you take your first step to true knowledge.

You, as a Being (a Soul or a Spirit), are not a physical thing; rather you are a creator and an animator of things. You are a Life Source, which means you generate life experience; you make things happen. You have no location in space, no physical mass, no wavelength, no motion because you exist as a non-material entity. However, you do have the capability of creating space, physical mass, wavelengths of energy and motion in the material world. Although you, as a Being, exist outside the physical, material world, you participate in it with a body.

A Being runs a body much as the captain of a ship operates his vessel. If the captain thinks he is his ship, he waits for someone to steer him. Certainly, he isn't in control. He runs the vessel aground or perhaps collides with another ship. To be the captain of the ship, the captain must control the vessel and know that he is the one who controls it. This is true for a Being.

The body is so easy to identify with because it is a Being's most intimate contact with the material or physical universe. As a result, we can falsely devote every moment of time to learning about and meeting the needs of the body while neglecting our own true nature.

One who becomes confused and thinks that he is only the body has many difficulties in life. When a Being believes that he is just a body, he sees life from a body's point of view. All bodies eventually die. Taking the view of a body, all that awaits one for his efforts in this life is the blackness and oblivion of death. He finds relief in the fact that his children and their children live on, but his fate as a body is to die. The body faces a grave, an end from which no body ever escapes. This is not a pleasant thought.

An individual who believes that he is a body becomes a desperate individual because, "condemned" to certain death, he wants to get all the material things he can as fast as possible. At the same time he wants to blot out the thought of an infinitely long oblivion. Life becomes a terminal illness where the body has "x" years to live, where "x" could be 10 years, 6 months, 55 years, or 1 day.

Could a planet full of men and women condemned to death have any hope? Of course they cannot. Without hope the condemned sink into drug and alcohol addiction, pursue greedy ways, engage in the false thrill of terrorism and war, and embrace body worship and all the other mental and social ills that one would find in a prison death row gone wild. Fortunately, there is a way to see life in a new way that is neither intellectual nor part of a belief system.

Your existence, as a Being, neither starts with birth into a body nor stops with the death of the body. This means that you exist forever. As you emerge and embrace the practical knowledge of infinite existence, you relax; you begin to enjoy the process of being alive.

This wisdom stimulates hope and self-confidence in men and women. It dissolves the individual's confusion about life and generates ample time to live, to learn, to love, to work and to enjoy existence. Now there is no time limit, no countdown to oblivion. All the things that you have ever wanted to be, do or have are possible because you have an infinite amount of time as a Being. You also have a purpose for being here. You, as an eternal Being, decided to take on a body and emerge into this physical universe to fulfill your purpose. When you remember that purpose, your present lifetime will be a steady stream of satisfying and joyful events.

Chapter 2

The Evidence

The human beings, my son, they believe everything is alive, not only man and animals, but also water, earth, stone. But the white man, they believe everything is dead — stone, earth, animals and people, even their own people! If things keep trying to live, white man will rub them out! That is the difference!

— *"Old Lodge Skins" Grandfather to Little Big Man.* From the movie *Little Big Man, Key Video*

The Evidence

In recent years evidence has been accumulating to support the idea that the true individual is a conscious self, a Being, who can exist independently of a physical body. Many people have experienced the appearance of body death and returned to tell the story of life beyond the bounds of the physical body.

Near-death experiences change people dramatically. People who come close to death of the body or experience clinical body death and then recover are changed for life. "They come back better people, brimming with self-confidence and a new sense of opportunity," declares Dr. Kenneth Ring, Professor of Psychology at the University of Connecticut and author of the best selling books *Life At Death* and *Heading Toward Omega*. (See Recommended Reading)

The following accounts are examples of these out-of-body and near-death experiences taken from Dr. Ring's research.

Jayne Smith was a 23 year old actress when she had her near-death experience. "The experience changed my life dramatically. It opened my eyes to the real meaning of living," says Mrs. Smith who is now 55 years old.

Mrs. Smith was on the operating table giving birth to her second child when something went wrong. She knew her body was dead, but she still existed. She was still herself. That realization thrilled her tremendously. She passed through a bright white light into a city of golden light where a tall Being told her the ultimate secret of existence. She asked the Being what the world is all about. He answered in only a few words saying, "Your thoughts create your existence." It was enough for her to understand everything perfectly. Mrs. Smith thought, "Of course, of course."

Then she found herself in a green meadow covered with radiant flowers and flowering bushes she'd never seen before. A golden light hovered over everything. She looked up and saw a gentle sloping hill. People were up there, about twenty of them. Her thought about them was enough and without effort, she glided to the top. Once there, three men approached her. One of them, taller than the others and very wise looking, said, "You're not going to be staying with us. It's not time for you yet."

That was all right with her. But she was curious and wanted to know about sin in this perfect and beautiful place. He answered, "There are no sins. Not in the way you think of them on Earth. The only thing that matters here is what you think."

After recovering from her experience, Mrs. Smith gave up acting to become a spiritual healer to share with others her new understanding.

In another case, an unskilled laborer named Tom Sullivan became a physics whiz after a near-death experience in which he was almost crushed to death in 1978.

Tom had been an undistinguished high school student. He underwent a transformation after his near-death experience. Tom enrolled in college, immersing himself in the study of physics, a subject he hadn't cared about before. According to his family, Tom began talking "like Einstein"— using more scientific formulas and numbers than words.

In another case, a Canadian businessman named Joseph Dippong changed dramatically after he was nearly strangled to death in November of 1970. When he returned from his near-death experience, Joseph began a new chapter in his life. His interest in material wealth was replaced by a thirst for spiritual understanding. He gave up his business holdings and studied the world's religions and began publishing a religious magazine.

In yet another fascinating case, a nurse named Mary Carson, who nearly died in an auto accident, developed the ability to communicate telepathically with her patients. Mary now has the ability to appear in the patient's room when she is most needed, without being paged.

People who have near-death and out-of-body experiences report observing their physical body from a viewpoint outside and at a distance from the body. This occurs during severe illness or physical trauma. Usually people report seeing their doctors or other medical personnel frantically trying to revive their bodies with chemical-electrical stimulation techniques. Unlike a dream or hallucination, the person is aware of his or her identity and feels conscious and awake, although he or she views the scene from a position or point which is clearly exterior and remote from the body.

In 1982, a man named Barney Clark received the first artificial heart implant. This attempt to preserve Barney's body made world-wide headlines and was a dramatic and daring advance in medical science. Barney Clark's body actually survived for a time with the artificial heart, but eventually he succumbed due to the trauma of the operation and the stress placed on his body by the alien mechanical device. Because of the tremendous physical stress of the operation, Barney spent a good deal of time in the border region between body life and body death. He experienced many near-death experiences and he had several out-of-body experiences during the 112 days after the operation.

Barney Clark's experiences were overlooked by most of the news media. However, his wife and one of his doctors knew about his experiences. These out-of-body experiences were confirmed by Dr. Claudia Berenson of the University of Utah Medical School in Salt Lake City who has said that Barney found himself, while physically confined to his bed, "walking" in the room, or even outside on the lawn. "Barney also experienced looking down on his dying body from a distance while doctors and nurses worked over his body, furiously trying to revive it," said Berenson.

A person returning from such an experience acquires an awareness that most often transforms his or her ability to enjoy and to participate in life. And usually this involves a clearer view of his or her purpose. The most common statement is, "I am no longer afraid of death because I know there is something better for me in the future." Experiencing this broader perspective, in most cases, prompts an individual to utilize an unlimited power to determine the course of events in his or her life.

A recent scientific experiment demonstrates how an expanded view of the future promotes positive feelings. Dr. Bernard Aaronson of the New Jersey Neuropsychiatric Institute gave college students post-hypnotic suggestions that eliminated their past and future; he gave others a vastly expanded past, present and future. The consequences were profound. People given a present shorn of past and future became preoccupied with death and behaved like schizophrenics. Expanding the future, on the other hand, cancelled all fear of death and induced serenity, contemplation and a feeling of self-fulfillment.

When you see and trust who you really are, your power to cause the changes that you want and your ability to exist harmoniously with others increases. You are now trustworthy because of two basic awarenesses you have realized: YOU know that you exist and YOU know what you are. A Being with these insights gains an infinite lifespan. A person with a future acts responsibly, using every moment of time to accomplish his or her purpose. He or she lives a joyful life free from desperation and the fear of termination. What he or she touches becomes healthy and prosperous.

Additionally, a person who understands his true nature makes accountable and responsible decisions because he or she might become part of future generations. As a Being, the choice is yours. Living out your purpose in this physical universe, you might decide to return many times in many different bodies. The prospects of living in a chemically and radioactively-poisoned environment are not inviting because of the potential pain and discomfort. Who would poison his own physical environment if he knew that he or she might choose to return and live in that poisoned environment again in the future?

We might ask ourselves: Do I have to have a serious medical emergency or become seriously physically ill to have the experience that I am a Being? Of course not. Your body doesn't have to die or have a near-death experience for you to know what you really are. Thanks to research done over the last forty years, anyone can experience their own true nature through the technology of Clearing, and thus free themselves from identifying themselves as merely a physical body.

Chapter 3

The Magic of the Mind

Imagine yourselves in terms of a moving-picture scenario

— Buckminster Fuller

The Magic of the Mind

The mind is used by a Being to operate a body in the physical universe. The purpose of the mind is to help your body survive better and to help you to live a better life. One of its most important functions is memory.

Every computer has memory storage where data is stored for retrieval at a later time. You can easily demonstrate this for yourself. Recall retrieving the mental picture of the horse or what you ate yesterday or what time you got out of bed the day before. These simple recall processes illustrate the storage capability of the mind. Think of all the yesterdays. This alone reveals the incredibly huge storage capacity of the mind.

Stored information (in the form of mental pictures) is used to direct the body and its functions. As an example, every time you reach for an object you utilize earlier data that you programmed into your mind when you first learned to use your body as a youngster.

The mind is made up of mental pictures which are recorded at the equivalent rate of twenty to twenty-five pictures per second just like a motion picture camera. The mind continuously records mental pictures of all your experiences. These pictures give a complete record of a person's existence in this universe and are filed by time, location and circumstance. Time refers to when the experience occurred; location refers to where the individual's body was at the time of the experience; and circumstance refers to what happened in the experience and who was involved. All of this information is recorded in the form of mental pictures in your mind.

From experiments with hypnotic regression, researchers have found that everything that has ever happened to the individual in his or her entire existence is retrievable from the mind's memory storage. Everything! This fact is generally accepted.

These mental pictures are the movies of life itself, recorded in the mind. In fact, everything that ever happened to you can be experienced in this manner. The mind takes continuous pictures, in detail, of every experience of your life, just like a very sophisticated video recorder.

We use these mental pictures in three distinct ways:

1. To store memories and data;

2. To control the body and its functions; and

3. To compute or figure out answers to problems.

Mental pictures contain every possible perception, including the basic perceptions of sight, sound, taste, touch and smell. Additional ones, such as temperature, color, emotion, time and location are also recorded in every mental picture. Everything that happens to a person is stored in the mind in the form of mental pictures.

Some people believe that all memories are physically stored in the brain cells and that the mind and brain are one and the same. Could this be so? Are all those billions or trillions of pictures, each containing all of the sights, sounds, tastes, colors, sensations, emotions of an individual's entire existence, stored right there between his or her ears?

Most scientists, particularly those of the "I am a body" school of thought, have come to the hasty conclusion that the brain is the storage area of all mental data. Yet no explanation exists as to how the more than 3 billion bits of data from just 3 months of living could possibly fit into the brain. At the same time, these same scientists admit that there is no explanation for the storage of memory.

What is the brain, really? The brain is the principal, central organ of the nervous system, consisting of a mass of nerve tissue located in the head. The brain is part of the body. It is an organ of the body, just as the heart, liver and spleen are organs.

The brain is a switchboard used by a Being to translate thought into action and to coordinate those actions. The brain is the connection point between the mind and the body; it's the physiochemical, electrical switchboard that decodes thought energy into the necessary signals to move the body. This physical nervous system receives thoughts, decodes these and sends impulses to the body parts.

The brain is not the mind nor does it store any great quantity of information as the mind does. The brain is an organ of the body and is not the mind.

If the mind is not the brain or in the brain, then where is the mind? The storage banks of the mind exist outside the limits of the body. In fact, the memory storage capacity of the mind exists entirely outside the physical universe in the non-material realm of existence. The non-material universe has no physical space, no time, and no physical matter. It exists but is not physical or material in nature. This is perhaps the best explanation we have so far for the immense storage capacity and the infinite capabilities of the mind. It is infinite yet it takes up no physical space because it does not exist within the bounds of the physical or material universe.

The current, moment-to-moment data necessary to the running of the body is perhaps stored in the brain. Data of short-term value which affects the body is stored in the subtle electro-magnetic field around and penetrating the body. However, total memory storage and the actual capacity of the mind is in the non-material realm and recall from this non-material realm is recreated and brought to view, by a Being, as needed.

Consider this idea. Let's say that you as a Being want to recall something. When you want to pull long-term data from the non-material realm and recreate it for viewing, you must request the data and then wait for it to materialize. This process of recreating data can be instantaneous or it can take seconds, minutes, hours or even days. The lag is quite variable. Normally, we are not consciously aware of this process.

An example of accessing the storage banks of the mind occurs when you try to remember a long-forgotten name or piece of information. Sometimes it comes immediately; however, other times it is there in storage but isn't available. Minutes, hours or days later the desired information suddenly appears.

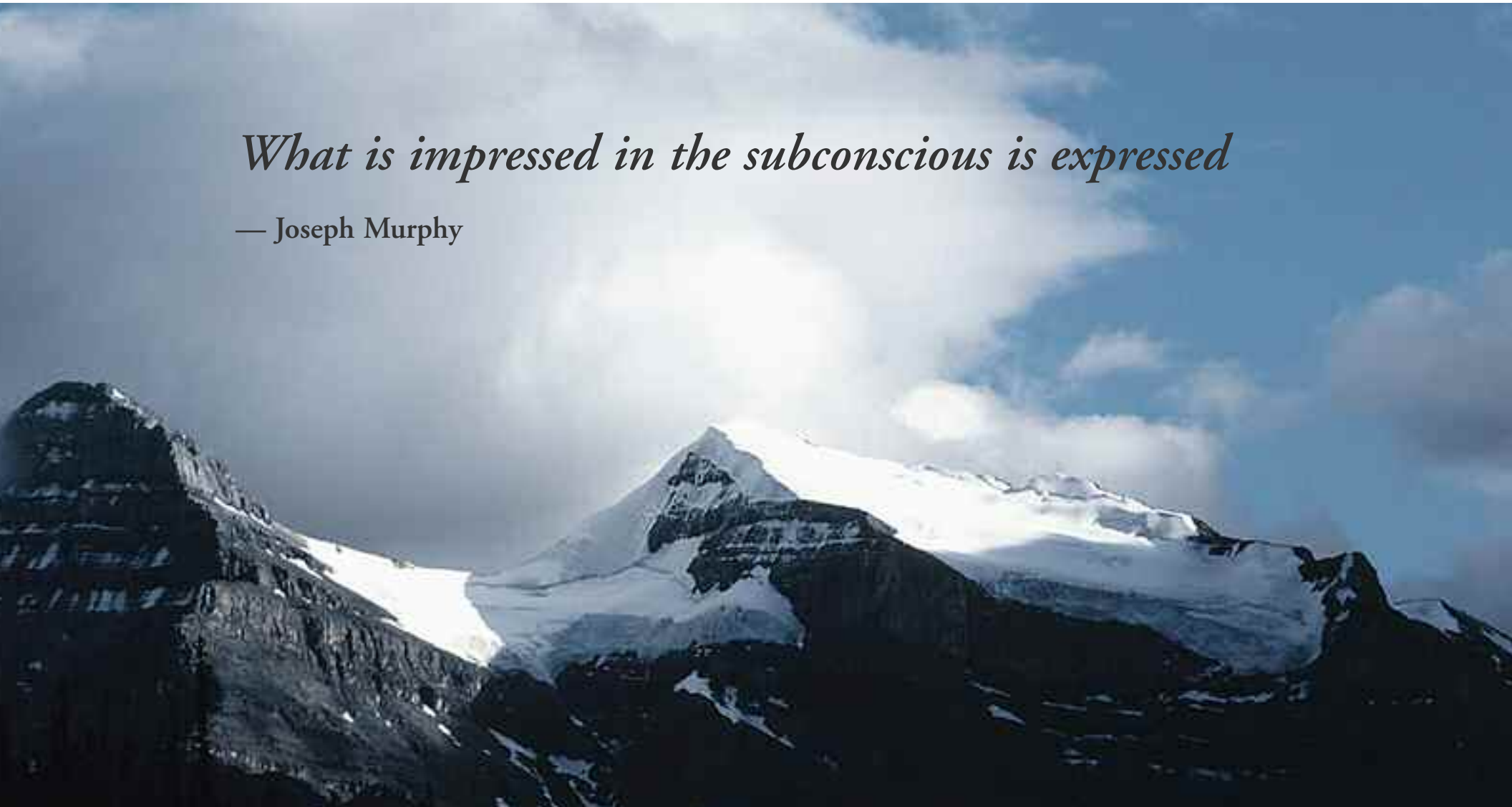
Try this experiment the next time you want to remember some piece of information. Put in a request for the information you desire by holding the idea, "I need and want this information." Hold this idea in your conscious awareness for a few seconds; then let go of it and proceed on to some other activity. Don't work further on trying to get the information. Proceed with other activities. Later, the information that you requested will suddenly appear as if by magic.

When you are working on a project or writing a paper and you become stopped or stalled in your progress, enter a request by formulating what you need and want. Hold on to this request for a few minutes and then let go of it. Write it all down if you want to. Resume your work. Don't try to force the answer to appear. Suddenly, perhaps after a rest or good night's sleep, the information will appear.

Once you sort out your relationship to your body, your mind and your brain, you can use these tools. Your mind can be used in the same way you use a computer. When you see the mind as something separate from you and use it, the mind becomes a powerful instrument. After all, a home computer has only 1,000 K (K stands for one thousand units of information in a computer system) while your mind is virtually unlimited and is totally portable.

Chapter 4

The Power of the Subconsicous Mind



What is impressed in the subconscious is expressed

— Joseph Murphy

The Power of the Subconscious Mind

The mind's ability to record pictures is quite amazing. So much so, that research indicates that it can even happen in a pre-verbal stage. Not only do you not need to be awake for the mind to record pictures, but you don't even need to be born.

A controlled laboratory experiment of major relevance to understanding the non-verbal nature of the subconscious mind was conducted by Doctor E.L. Hunt and reported in the Journal of Comparative and Physiological Psychology of 1949. The article is entitled Establishment of Conditioned Responses in Chick Embryos.

Doctor Hunt demonstrated that the stimulus-response mechanism of the subconscious mind is present in other life forms and operates independently of verbal, conscious reasoning.

The sound of a bell, accompanied by a series of electric shocks (which produced a spasmodic reflex), was administered to chicken embryos still in the egg. After hatching, the sound of the bell alone caused a spasmodic reflex in the chicks. Careful controls showed that chicks who were not exposed to the electric shocks as embryos did not exhibit a spasmodic reflex at the sound of the bell.

Unhatched chicks, on the 15th day of incubation (incubation period is 21 days), were subjected to bell-shock conditioning in a specially designed apparatus. This consisted of a chamber lighted from below in such a fashion that a clear shadow of the embryonic chick was visible on the shell so that the physical reaction to the shock could in each case be observed. This reaction consisted of trembling and jerking (spasmodic reflex) of the embryo.

When the current, applied to the eggs through copper wires, was adjusted to produce a reaction in all embryos, the conditioning experiment was begun. The conditioning stimuli consisted of brief shocks (two seconds) given simultaneously with the ringing of an electric bell. These paired stimuli were applied 60 times during the 15th day of incubation, and at no other time. In this experiment the controls were eggs that were subjected, with the experimental eggs, to the ringing of the bell but not to the shock.

Upon completion of the conditioning treatment, both experimental and control eggs were transferred to a special incubator and hatched. As each chick hatched, a series of three test bell ringings were given to it in a test cage. This process was repeated at several intervals thereafter. During these tests each experimental chick displayed the conditioned response (wing and head jerking, body trembling, quivering, effort to escape), and the control chicks did not.

The experiments of Doctor Hunt demonstrate clearly that the subconscious is non-verbal in nature and does not operate as a conscious, verbal mechanism.

Another example of the power of the non-verbal subconscious is revealed in the research on children's birth experiences. It was found that children, under hypnosis, recall their birth experiences in surprisingly accurate detail. When the children's recollections are compared to their mothers' recollections (also obtained under hypnosis), the reports are found to be nearly exactly alike. The children recall such things as the mother's hairstyle, the obstetric instruments used, conversations in the delivery room, the character and behavior of the nurses and doctors, and the mother's own emotional and physical state.

These findings were reported by psychologist David Chamberlain at a meeting of the American Society of Clinical Hypnosis in Minnesota.

According to Chamberlain:

"The accuracy of recall suggests evidence of sophisticated mental activity at work from the beginning of life, including the ability to store and retrieve memories, to experience, learn and understand. Infants note who is nervous, careless, tired, crying, smiling or angry. They sense when fathers are uninterested, afraid or friendly. They 'get the message' of what is going on around them without the need of formal language skills."

The following short article appeared in the November/December 1990 issue of *New Age Magazine*:

"A new study by University of North Carolina psychology professor Anthony DeCasper provides dramatic scientific backing for the belief that babies can hear and process language patterns while inside the womb. In the experiment, a group of sixteen women in their thirty-fourth week of pregnancy was asked to recite a passage from a children's story three times in a row daily until delivery — about six weeks of storytelling in all. Then, when the babies were about two days old, each was given earphones attached to a special nipple. By altering their rate of sucking, they could choose to hear either the story read to them by their mothers or another passage. Eighty percent opted for the familiar tale. 'The implication is that fetuses heard, perceived, listened, and learned something about the acoustic structure of American English,' DeCasper says."

These studies seem to indicate that there is a pre-verbal or nonverbal recording mechanism which operates at the feeling level in all life. This subconscious mechanism operates below the level of the conscious awareness, recording all perceptions in the environment. Later these recordings can adversely affect an animal or a person.

Doctors can be dangerous in the operating room. "Hawkeye," the surgeon portrayed in the TV series MASH, probably did his patients more harm than good with his wisecracking humor. This brand of gruff jokes might endanger the lives of those the surgeon is working over because patients subconsciously record what is said during an operation.

Experiments performed by psychobiologists Norman Weinberger, Paul Gold and Debra Sternberg suggest that an unconscious patient may hear what is said in the operating room. Negative or insensitive comments can affect the patient's ability to recover.

An even more remarkable example of this subconscious influence comes from studies of surgical patients at the University of California at Davis. Psychologist Henry Bennett and his colleagues played audio tapes to surgical patients while they were under anesthesia. The audio tapes instructed the patients to signal that they had heard the tapes by pulling their ears during a post-operative interview. Later, when Bennett conducted the interviews, nine out of eleven subjects who were played the tapes during surgery pulled at their ears, although none remembered having been told to do so.

This finding makes Bennett worry about too much idle talk and joking around by doctors in the operating room. The subconscious mind soaks it up like a sponge. Chance comments like, "This is a terrible bone graft" or "This gal's only got two weeks to live," could have a devastating effect on the patient. Bennett finds that the patient doesn't know how to cope with it, because he or she doesn't remember having heard it. All the patient knows is that he or she feels bad.

There is the case of a woman whose doctor walked into surgery while she was anesthetized and said, "My God, they've dragged another beached whale onto my operating table." After the operation, the woman's recovery was hindered by tension and irritability, low-grade fever, bad appetite and intestinal problems. But seven days later she suddenly (and inexplicably) remembered the insult and complained about it to a nurse. The nurse checked with a friend who'd been in the operating room, and the friend confirmed that the remark had been made. Within twelve hours, the patient's problems cleared up and she went home.

Notice that when the person remembered and verbalized the negative comment from the doctor in the operating room, the symptoms cleared up and she healed. This confirms the power of the subconscious and the effects generated by negative comments.

Years of experience prove these statements to be true:

1. The mind records continuously, consciously or subconsciously, during a person's entire lifetime.

2. All recordings of this lifetime are available.

3. Recordings apparently made prior to this lifetime are also available.

4. All unwanted attitudes, disturbing emotions, unpleasant sensations and psychosomatic pains stem from mental pictures created during moments when the analytical awareness of the conscious mind is shut down.

5. These moments of analytical unconsciousness can be re-experienced and the negative, harmful energy contained in them simply dissipates and vanishes. As a result, the person is returned to complete physical and mental well-being.

Fortunately, with Clearing these experiences can be located in the subconscious mind and released. In the next chapters, we will further explore this process.

Chapter 5

How the Mind Works

"The horror of that moment," the King went on,
"I shall never, never forget!"

"You will, though," the Queen said,
"if you don't make a memorandum of it."

— Lewis Carroll, *Through the Looking-Glass*

How the Mind Works

The functioning of the body is so complex, that it would be impossible for us to direct our bodily functions with our conscious minds. Just attending to one function, such as respiration, would totally preoccupy our time. For this reason, all automatic, or autonomic, systems are under the control of the *subconscious* mind. We can certainly interfere with these automatic systems, but normally the automatic systems take care of themselves. Some functions of the body are under our conscious, volitional control. For instance, you can lift your hand or make your body run or breathe faster. All the volitional activity of the body is under the control of a Being through his *conscious* mind. It is interesting to note here that the breath is perhaps the only autonomic function of which we can consciously take control.

The conscious mind is that portion of the mind we are most aware of in day-to-day life. The conscious mind is also referred to as the "outer mind" or the "C-Mind." It is easy for us to get confused and think that we are the conscious mind. This happens because we are so closely connected to this aspect of the mind.

This misidentification that "we are what we think" is observed in the man who is acting out his thoughts by being A Company, A President, A Car, A Fit Body, A Husband, A Veteran, A Hero, etc. He is not aware that his thoughts about life are just thoughts; he considers that his thoughts are all-important or that his thoughts completely define who he is.

Unfortunately, his thoughts are more real to him than HE is. Thoughts and mental pictures are very similar and since they occur every moment that the mind is conscious, a person tends to identify with conscious thought. However, we are not the conscious or any other part of the mind. We are Beings who have and use a mind.

An individual uses the conscious mind to control all conscious, voluntary actions of the body and to analyze data. The conscious mind works while we are awake, in daily life. However, it shuts down partially or completely during moments of sleep, during incidents of shock and pain, while anesthetized and from drug or alcohol usage.

The conscious mind handles language. It operates in a linear fashion. This involves thinking in words, ideas and concepts and occurs one step at a time or word-by-word, idea-by-idea, etc. The conscious mind is the center of verbal expression.

The conscious mind is used by a Being to recognize similarities and differences. This asset enables us to see shades of differences, to see when two things are identical, to see when they are similar and to see when they are completely different. As an example, when a person has a bad experience with one man, the conscious mind sees that other men may be similar or completely different, and therefore all men are not to be feared. The conscious mind is rational and logical.

The conscious mind is truly a gift, because with it we are able to observe, study and learn. It is this aspect of the mind which has allowed mankind to advance from a Stone Age existence to a modern Computer Age culture in less than one hundred fifty centuries, a mere wink of an eye on the cosmic scale of existence.

The subconscious aspect of the mind could be called the "inner mind" because we are not normally aware of its activities; it is hidden from direct inspection in day-to-day living. The subconscious mind is a great storehouse of long-term memory, operating below the conscious level of awareness. It controls all of the involuntary functions of the body such as heartbeat and digestion, as well as learned and perfected actions such as the mechanics of walking and talking. The automatic actions of walking and talking are controlled by the subconscious, while the direction you walk in and the subjects you talk about are controlled by you, as a Being, using the conscious mind. The subconscious mind is a powerful friend and ally; but, as we shall see, it is subject to its own kind of "illogic."

The subconscious mind is always on; it operates with non-verbal pictures only. It doesn't work one step at a time. It is non-linear and therefore holistic. It responds instantaneously and can flash back answers and data without step-by-step logic. It records during our entire lifetime, under all circumstances, even during moments of shock, stress and pain, while the conscious mind is partially or completely shut off. The subconscious mind picks up everything and creates a faithful recording.

The subconscious mind runs the autonomic system and has no analytical ability. The subconscious mind is like a little animal or small child in that it is very impressionable and tends to accept, without question, those ideas implanted in it through suggestion by ourselves and others, especially when we are in a relaxed, semiconscious or unconscious state. We sometimes call the subconscious mind the "A-Mind" or animal mind or the "Little Animal." It is highly suggestible, especially during those times when the conscious mind is partially or completely shut down. The subconscious mind does not have the capacity to analyze or to see whether an idea is rational or not.

The subconscious mind is the source of emotions such as grief, fear, anger, boredom, cheerfulness or joyful enthusiasm. It generates emotional energy upon commands from the conscious mind or it can emote all on its own without any command from the conscious mind.

When the individual is confronted with more shock, pain, stress or loss than he is able to tolerate consciously, the conscious mind and conscious awareness shut down to some degree or completely. The person actually goes into a hypnotic trance during these moments of stress and becomes highly suggestible. During these moments of pain and unconsciousness the subconscious mind records all the sights, sounds, smells, tastes and spoken words present in the environment. This becomes the automatic, stimulus-response content of the subconscious mind. Because the conscious analyzer is not available, the subconscious is subject to broadly negative interpretations. Once in place with the corresponding negative beliefs, this action-reaction material produces suffering and, in human existence, is the source of suffering. The effects on the individual are felt later when this subconscious material, including all the corresponding feelings, is activated again by similar life events.

The subconscious mind operates simply. When positive ideas are impressed upon the subconscious mind, it feeds back positive results; when negative ideas are impressed upon the subconscious mind, it feeds back negative results. These subconscious imprints generate very powerful effects in our lives because the subconscious mind directly affects the body with either pleasant or unpleasant emotions and feelings, depending on the particular data it holds.

The subconscious mind has a very direct relationship to the body. When it contains a piece of data like, "I am really burned up," it can create a really nasty body rash which looks like a burn. It is a faithful servant, almost too faithful at times. All of our deep-seated ideas, both negative and positive, stem from the subconscious mind. It exerts a very powerful, mostly hidden influence in our lives.

The conscious mind functions inductively. Inductive means to take many bits of data, which are observed, put them together and come up with a general conclusion. This is how a scientist operates. He does a number of experiments, makes observations and gathers many bits or pieces of data. Once the data is collected, the scientist uses his conscious mind to induce a general conclusion which is then labeled as a theory or law. The conscious mind is sometimes called the Scientific Mind because of its inductive mode of reasoning. This highly developed, conscious mind is what differentiates Homo sapiens from other species of life on this planet.

The subconscious mind works on information deductively. Deductive means to take a broad general idea and then come to a conclusion based on that general idea. For example:

Man is Good and Sane
George is a Man
therefore:
George is Good and Sane

Or, consider a less positive interpretation:

Man is Bad and Insane
George is a Man
therefore:
George is Bad and Insane

This is what is meant by thinking deductively. The subconscious mind always responds based on the general idea it holds. This general idea is called a major premise or a postulate.

The major premise or postulate is MAN IS GOOD AND SANE. When George is introduced and identified as a man, the conclusion follows that GEORGE IS GOOD AND SANE. This is deductive thinking.

In short, the conscious mind starts with bits of data and arrives at a general conclusion. The subconscious mind works in reverse. It works from a general conclusion, gathering bits of data to validate a general conclusion.

This material is held in place by a premise or postulate. A major premise or postulate is recorded in the subconscious mind at a time when it is believed to be true and usually when the analyzing ability of the conscious mind is partially or completely shut down. The postulate operates as a "personal law" which shapes a person's entire existence.

This would be of no concern to us except that the subconscious mind has tremendous power. It affects the body by producing unwanted emotions; it affects behavior; it affects problem-solving ability. It shapes our reality because any idea which is held by the subconscious mind, good or bad, eventually becomes real, actual. Since it runs all the involuntary functions of the body, it affects the major systems of the body (heart, lungs, liver, glands, intestines, etc.) and creates whatever result it considers necessary to aid the idea of survival which it has derived from the major premise or postulate. The cause of most illnesses and mental disorders is this hidden negative material in the subconscious mind.

As an example, everyone has a major premise, or postulate, regarding body health. These subconscious imprints about the body include every state from a very positive "healthy normal functioning body" to a very negative "dysfunctional or dead physical body." The subconscious mind controls and commands the emotions and the body, based on the data it has stored in postulates and it is always accurate and correct, based on the data it contains.

The negative postulates an individual has are not known to the person consciously because the postulates exist as non-verbal, mental pictures hidden from conscious awareness. When the individual discovers them and brings them to conscious awareness, the negative postulates lose all power of command over the body. This is the method of Clearing. The conscious mind becomes the Clearing Practitioner's ally, receiving the information from the subconscious and bringing it to the light of day. There the person, using the analytical awareness and logical ability of the conscious mind, can spot the conflicts, inconsistencies, wrong conclusions, and the illogical and immature thinking. The negative energies are automatically neutralized; then they vanish leaving a freer and happier Being.

The urge to be healthy is so strong that even while the subconscious is storing this wrong data, it still seeks to keep the individual functioning in the direction of happiness. We would be safe to assume that everyone we observe is doing his or her best to thrive, given his or her level of consciousness. Because of this strong urge, the subconscious cooperates in the process of Clearing. As soon as the process of Clearing begins, the subconscious begins to feel immediate relief and readily delivers up to the conscious mind the erroneous beliefs that have kept happiness out and negative reactions in. Like a flower growing from out of the tiny spaces in a rock wall, joy begins to emerge.

Chapter 6

Wrong Ideas Lead to Wrong Results

The mind is its own place, and in itself
Can make a Heav'n of Hell, a Hell of Heav'n.

— John Milton

Wrong Ideas Lead to Wrong Results

As we discussed in the last chapter, during moments of stress, pain, and unconsciousness, the subconscious mind can accept and record ideas which are false or irrational. Once in place, this negative subconscious material produces a negative outlook on life, gloom, pessimism, hostility — you name it — any one of a number of less than optimal life states.

How much effect this negative material in the subconscious has on the life of a person can be determined by at least four factors. These are:

1. The degree or depth of unconsciousness. More material is recorded with deeper states of unconsciousness. A light blow to the finger with a hammer accumulates less subconscious material than a major operation done with anesthesia.

2. The strength and ability of a Being. While a particular level or degree of injury may be insignificant to one person, it may be totally devastating to another.

3. The state of mind or cause level at the time of the injury. Two war veterans may have had identical war experiences, yet one is a productive member of society while the other is wasting away in a mental institution. It turns out that the one who is relatively sane volunteered to go and fight and enjoyed the whole experience, while the other was drafted and felt victimized. One was at cause over the situation while the other was at effect. Being at effect always worsens the damage.

4. The decisions the person made at the time of the incident. This has an effect on the person because a person can make a devastating decision while being injured, e.g., "I'm hopelessly injured and I'll never recover."

With wrong ideas in place, the subconscious mind can become nothing more than a stimulus-response, action-reaction mechanism of the worst kind. In other words, something stimulates the negative material and it responds automatically. Because this imprinted material is not under a Being's volitional control, anything can activate a wrong idea. A sight, a sound, a taste, a song, or a type of weather can bring forth a reaction along with unpleasant body sensations and pains. This negative, imprinted material in the subconscious mind that is not under the person's own control responds to outside influences, not to the influence of the person who has it in his subconscious. As long as these are in place, a Being has no control over these pains, sensations or reactions.

Since the negative, imprinted material stored in the subconscious mind has the power to affect the body directly and forcefully, these recordings can have a devastating affect on a person's life. These recordings cause psychosomatic illnesses, severe and unpleasant emotions such as fear, uncomfortable pains and sensations in the body, unwanted attitudes, addictions to drugs and alcohol and all kinds of physical, mental and emotional distress.

Suppose a woman is harmed and painfully injured by a male parent when she is young. It is a very upsetting experience for her. It is too much for her to face consciously. For the sake of her survival, the subconscious takes over and the experience records subconsciously, complete with sight, sound, taste, fear, pain, emotional upset and a non-verbal conclusion or postulate. The child does not have a conscious memory of the painful incident; however, the content of the incident is not lost. It is stored exactly as it happened, below her conscious level of awareness, in the subconscious mind.

Let's say that a negative conclusion is formed as the postulate: A MAN IS A DANGEROUS AND UNPREDICTABLE CREATURE WHO TURNS ON ME AND INFLICTS PAIN EVEN THOUGH I LOVE HIM. This postulate is never actually put into words, however. It is stored as a non-verbal, mental picture, at the feeling level. It lies dormant, waiting for a situation to occur in which this generalized idea appears to aid in her survival.

She is unable to analyze it consciously as to which man or which circumstance. The postulate just sits there like a time bomb, waiting for the necessary trigger to set it off. Later, as a young woman, she establishes an intimate relationship with a man named George. She loves George very much and that is similar to the way she feels about her Dad. One day when she is tired and not feeling very well, George yells at her in a way similar to her father. Well, that does it. The whole earlier incident of pain and unconsciousness is triggered. Thus, her reaction to George is far out of proportion to the incident and most likely triggers a further reaction from him. And on it goes in ever-increasing cycles of reaction.

Remember, the subconscious responds deductively in this way:

A Man is a Dangerousand Unpredictable Creature
Who Turns on Me and Inflicts Pain Even Though I Love Him.

George is a Man I Love

George is a Dangerous and Unpredictable Creature
Who Turns on Me and Inflicts Pain Even Though I Love Him.

She is not aware, analytically, that this is happening; however, she feels it emotionally and physically as fear and bodily discomfort. Once the pattern is reinforced, she finds it easier and easier to respond in an irrational way to all men with whom she falls in love. The negative feelings of fear are triggered more easily. She finds that it is impossible to have a satisfying relationship with a man.

Additionally, she broadcasts the message non-verbally of how she feels about men. This message interacts with the man's own subconscious, reactive patterns about women, causing him to respond adversely or irrationally. Soon she builds more stimulus-response patterns which verify her original, hidden, postulate about men. Her confused state about men, love and life in general tends to attract men who have their own confused ideas. These people, interacting on a very emotional and stimulus-response level, soon verify and confirm that love relationships are a hopeless and confusing mess. Each new failure confirms the long-forgotten incident and the negative postulate.

Once this stimulus-response material is in place, anything can set it off because it operates as non-verbal, mental pictures hidden from conscious view and because it operates in identities. Operating in identities means that one thing is equal to another thing, even if it is entirely different. For example:

FATHER = PAIN = LOSS = MAN = GEORGE = LOVE = FAILURE

It is as if father, pain, loss, men, love and failure are the same. Under the right circumstances, any one of these identities activates or triggers the others. Any one of them subconsciously reminds the person of the others. Is it any wonder that the woman, in the example, now complains about her unsatisfactory love life?

Stress can cause a person to be more susceptible to this mechanism. Stress makes it easier for hidden material in the subconscious mind to explode into life, interrupting healthy, normal interactions and body functions.

As we mentioned in the last chapter, Clearing can release or erase these false, irrational data that kick in during moments of stress, causing us to act out unwanted attitudes and emotions and to experience uncomfortable sensations and pains. With Clearing, those unwanted subconscious patterns can be confronted and released.

How this occurs is quite simple. When an individual discovers the exact truth about a particular condition which is stored faithfully in the subconscious mind, the unwanted condition releases, and the negative postulates lose all power of command over the body. A person undergoing Clearing with the assistance of a trained Clearing Practitioner re-experiences, or remembers these incidents. This time, however, the conscious mind is alert and the harmful energy discharges. It's truly as simple as that.

When all the wrong answers have been cleared, the person achieves a state of Clarity. This a wonderful state to achieve; the answers in the subconscious mind are now correct, accurate and helpful. Many other benefits begin to accrue.

When cleared of negative postulates, the subconscious mind becomes a true friend and a loyal companion. All of the answers and the data are correct. A cleared subconscious mind helps the person enjoy a healthy body and have pleasurable experiences because actions and behavior in life are now naturally right. A clear person is free to respond to what is happening in the now rather than being "hooked" by negative past experiences. This truly is a comfortable and fun state of being.

Chapter 7

The Scale of Emotions

Every failure brings with it the seed of an equivalent success

— Napoleon Hill

The Scale of Emotions

The Scale of Emotions, shown on the next page, was developed to understand how human emotions function. It illustrates that emotions occur in a sequence and was developed by observing people in a variety of activities to see how they change from one emotional state to another. The emotions range from a high end of total well-being down to a low end of lifelessness. A person higher on this scale is naturally happier, healthier and more successful than someone who is lower on the scale.

The Scale of Emotions	TOTAL WELL-BEING	6
	EXHILARATION	5
	INSPIRATION	4
	CURIOSITY	3
	MODERATION	2
	CONTENTMENT	1
	UNFRIENDLINESS	0
	OPEN HOSTILITY	-1
	HIDDEN HOSTILITY	-2
	APPREHENSION	-3
	SORROW	-4
	PASSIVENESS	-5
	LIFELESSNESS	-6

For example, a man opening a jar of olives for his nightly martini will approach the jar with inspiration (near top of the scale). If the manufacturer placed the lid on very tightly, the man will stop twisting and look at the jar with great curiosity (lower on the scale). Trying again and failing, he feels unfriendliness toward the jar and the manufacturer of the jar and lid (still lower). Next he falls to open hostility (still lower) where he feels like slamming the darn thing against a wall and picking the olives out of the broken glass. At open hostility, he gives an angry twist on the top, and failing this time, he will normally drop to apprehension. He will fear that there will be no olive in the martini tonight or perhaps be apprehensive that he is too weak for the task. Continuing apprehensively and failing he will ordinarily drop to sorrow (sadness) and give up the task and become passive and weak.

At this point his helpful wife comes to the rescue after noticing her poor husband's plight. She hands him the mechanical jar opener. He grows in strength as he comes out of passiveness to make another try at it, he will feel a little sorrow about his failure and then a flash of apprehension that this won't work either. He applies all his strength in a fierce hostile effort, and as the top begins to budge, he passes through a kind of contentment into a strong curiosity in the job at hand. As the jar top finally gives way and comes off he feels a surge of inspiration and exhilaration at his conquest.

Normally, as we go through the day, we find ourselves fluctuating on this scale of emotions. We might wake up in the morning with a feeling of inspiration concerning a task we want to complete. Entering the children's room, we notice that little Susan has spots all over her face. This brings on a drop to apprehension and an immediate flash of open hostility at seeing that the spots were put there using mommy's lipstick. Now back to inspiration as the situation is handled and we finish breakfast and get back to that exciting project. As the day goes on we get a refusal of that favorite project and we drop to passiveness, after shedding a few tears at sorrow, we feel apprehensive that we are just not going to make it in our chosen profession. Hostile for a moment, we relax into contentment. Curiosity manifests as "let's give it another try" and final success returns us to the level of inspiration or even exhilaration.

The normal healthy person will move up and down this scale throughout the day. Staying in the higher range is the most pleasant. Swinging wildly up and down is quite unpleasant for most people. Staying too long or being frozen at one of the lower emotions can create a very unhappy life. A person with what is called FREE EMOTION will spend most of the time above unfriendliness and will be able to bounce back quickly from any stressful situation which causes a drop to unfriendliness or below in emotional level. A person with free emotion, if angered, will not stay at hostility for long; or, if frightened, will not stay at apprehension for long. He or she will bounce back to curiosity or inspiration as soon as the stressful situation is over.

Unfortunately, many people spend a lot of time in the lower emotions or are frozen at one chronic low state such as apprehension. This is caused by a generally stressful life or by having a large amount of negative content in the subconscious mind.

Any practice or living situation which lowers a person on this scale is considered to be destructive and harmful. This includes, but is not limited to, an upsetting living situation; too many responsibilities; a poor diet; no exercise; ignorance of the basic truths of life; the use of harmful drugs or the excessive use of alcohol; associates and friends who are stuck in the lower scale emotions; reading the newspapers; watching gory and violent movies and television and any mental or spiritual practice which causes you to feel down or depressed.

It is safe to say that someone with a large amount of negative subconscious material is going to be stuck in the lower emotions. For example, it has been said that 90% of what most people worry about never comes to pass. For a person stuck in the lower states of apprehension and sorrow, this logic is not reassuring. In fact, no logic is reassuring because they are in the grip of negative subconscious beliefs. Logic, being of the conscious mind, is seldom useful in combatting strong, negative, low scale emotions.

Any therapy which raises a person on this scale is considered valid. This includes, but is not limited to, taking on fewer responsibilities; getting a better diet; getting more rest, exercise, or education in the success principles of living; ceasing the use of harmful drugs or alcohol; changing one's associates; ceasing to read the newspapers; ceasing to watch gory and violent motion pictures or television; and, of course, good standard Clearing.

Most of us prefer a feeling of well-being to a feeling of apprehension. And most of us would opt to feel contentment rather than hostility. We know that the higher scale emotions feel better and thus, we not only prefer them, but we go to great lengths to achieve them. We attempt a whole host of activities that temporarily raise us on the scale. These include but are not limited to alcohol, drugs, food, sex, television, relocating, shopping, and so forth. These activities may work for a time. Unfortunately, their effect wears off. And in the case of some of them, particularly the chemicals, they produce the unhappy side effect of leaving us even lower on the emotional scale than we were prior to using them. Get married solely to relieve apprehension about a relationship and you may find yourself regularly experiencing even a greater degree of apprehension. Begin to shop furiously to relieve a feeling of sorrow and you may find yourself riddled with both debts and even more sorrow.

The goal of Clearing is to produce free emotion, that is, to spend most of the time above unfriendliness on the scale and to bounce back quickly from any event that causes a drop in emotion. The Clearing processes are designed to access each emotional state. The underlying negative beliefs that are causing one to remain stuck at a particular emotional state are then located and released. The natural response of a Being at the point of release is to move up the scale of emotions just as an air bubble rises in a liquid.

Through Clearing, you can discover that it is not necessary to make effort towards happiness. But rather, that being well and happy is the natural state of a clear person.

Chapter 8

Your First Step

Clarity leads to power

— The *"Money and You"* Workshop

You First Step

By now we have covered many topics. Throughout we have been stressing that negative subconscious material can freeze us in unhappy emotions and limit our ability to freely experience all aspects of mind. We have spoken of the process of Clearing as a way to erase this negative subconscious material.

One of the best ways to start out in Clearing — which you can do without the assistance of a Clearing Practitioner — is to spend some time systematically remembering some of the more pleasant experiences of your life. It is as if these pleasant experiences have left behind golden nuggets of life energy. By remembering these pleasant and happy occurrences you can reclaim and bring all of this precious life energy into your present life where it will help you to be more successful in every aspect of your life.

The process of dwelling on positive experiences brings positive energy into your life. Putting your attention on the positive causes it to increase. As you re-live it, it multiplies, bringing you into the same emotional state now as you were then. Additionally, it has been proven countless times that as you continue to dwell on the positive, the negative dissipates and you begin to spend more time on the upper part of the Scale of Emotions.

In fact, one of the most powerful benefits of Clearing is that this negativity will begin to dissipate without your re-living the painful memories. Later, with the help of a Clearing Practitioner, those specific sources of negativity can be looked at and cleared completely. For now, the easiest and gentlest way to begin the process of Clearing is by using the list below to systematically remember the best parts of your life.

If you do enough of this Recalling Process you will find your ability to create visualizations or mental images improving. This will also help you in the doing the Creative Visualization Process of Chapter Ten.

Plan to spend at least 30 to 45 minutes or more each time you work on the list below. Always end these sessions when you have remembered some particularly enjoyable experience and are feeling better than when you started the list. If you can persist on this list over a period of a month and rack up 15 or 20 hours total, you will experience some amazing, wonderful and permanent changes in your life. At this point you can contact a Clearing Practitioner and continue quite easily on to the state called Clarity.

Remember 2 to 4 different memories under each numbered category, i.e., 2 to 4 different times you enjoyed yourself with the accompanying sights. Do this on each category of memory. Be sure not to stay on any one type of memory more than 4 times. Be sure to get the sense (sight, touch, colors, etc.) with each memory. If you run out of memories or can't get one at all, or if you start getting unpleasant memories, just go on to the next type of memory. If you consistently get unpleasant memories, it is time to end off on this list and find a certified Clearing Practitioner. This is actually quite good news. The negative is presenting itself to be healed and you are ready for the next step.

If you finish the list, you can go back through again or find a professional Clearing Practitioner and continue on to your next step.

1. Remember a time when you enjoyed yourself.
   What did you see in that memory?

2. Remember a time when you earned some money.
   What were you touching in that memory?

3. Remember a time when you heard some good music.
   What colors did you see in that memory?

4. Remember a time when you mastered something.
   What was the air temperature in that memory?

5. Remember a time when you made progress.
   What was the position of your body in that memory?

6. Remember a time when you enjoyed a cozy fire.
   What emotions were you experiencing in that memory?

7. Remember a time when you rode a bicycle.
   What sounds did you hear in that memory?

8. Remember a time when you played with an animal.
   What movement was going on in that memory?

9. Remember a time when you rearranged furniture.
   What were the smells in that memory?

10. Remember a time when you made a good business deal.
    What was the time of day in that memory?

11. Remember a time when you really knew what you were talking about.
    What did you see in that memory?

12. Remember a time when you gave a successful demonstration or talk.
    What were you touching in that memory?

13. Remember a time when you straightened out a messy environment.
    What colors did you see in that memory?

14. Remember a time when you felt good about the way you looked.
    What was the air temperature in that memory?

15. Remember a time when you were proud of yourself.
    What was the position of your body in that memory?

16. Remember a time when you enjoyed talking with someone.
    What emotions were you experiencing in that memory?

17. Remember a time when you were acknowledged for a job well-done.
    What sounds did you hear in that memory?

18. Remember a time when you felt good about yourself.
    What movement was going on in that memory?

19. Remember a time when you kept a promise.
    What were the smells in that memory?

20. Remember a time when you enjoyed exercising.
    What was the time of day in that memory?

21. Remember a time when you drew a picture.
    What did you see in that memory?

22. Remember a time when somebody understood you completely.
    What were you touching in that memory?

23. Remember a time when you won a game.
    What colors did you see in that memory?

24. Remember a time when you met someone you liked.
    What was the air temperature in that memory?

25. Remember a time when you had a good time dancing.
    What was the position of your body in that memory?

26. Remember a time when you felt important.
    What emotions were you experiencing in that memory?

27. Remember a time when your parents were proud of you.
    What sounds did you hear in that memory?

28. Remember a time when you had a good vacation.
    What movement was going on in that memory?

29. Remember a time when you produced a good product.
    What were the smells in that memory?

30. Remember a time when you took a long walk.
    What was the time of day in that memory?

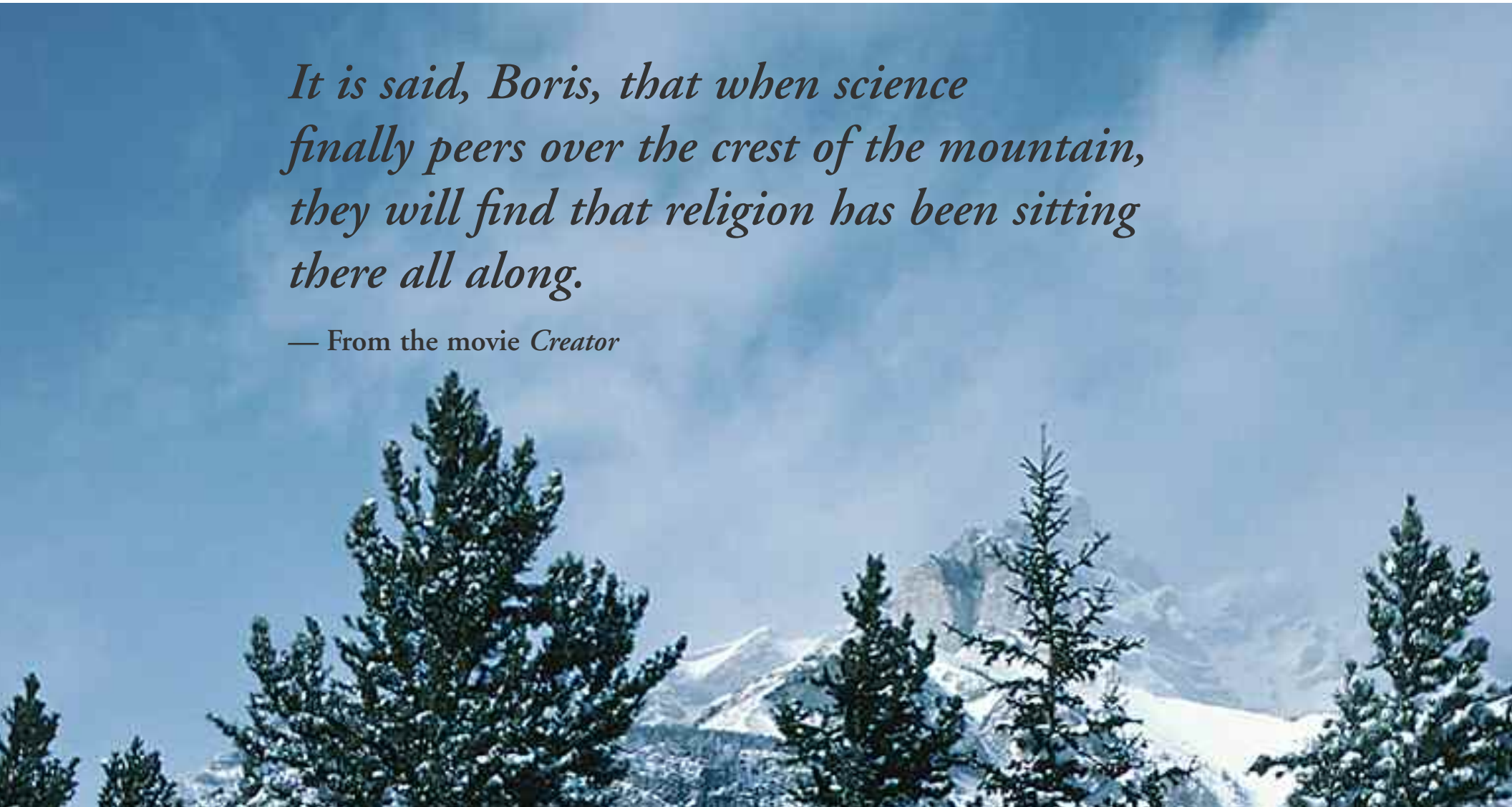
31. Remember a time when you worked in a garden.
    What did you see in that memory?

32. Remember a time when you painted something.
    What were you touching in that memory?

Excellent! You've been through the Recalling Process once; now go back to number one and go through it again. If you feel complete after one or more (or even several) passes through the list, you may opt to make up or imagine responses to the questions. Just create imaginary incidents under each category and let your imagination run wild. This will strengthen your ability to visualize and allow you to do much better with the Creative Visualization Process given in Chapter Ten. Using this Recalling Process and the Creative Visualization Process will help you to improve your life to a marked degree.

Chapter 9

The Superconscious Mind



It is said, Boris, that when science finally peers over the crest of the mountain, they will find that religion has been sitting there all along.

— From the movie *Creator*

The Superconsicous Mind

In addition to the conscious mind ("C-Mind") and the subconscious mind ("A-Mind"), our minds have an aspect called the superconscious mind or "B-Mind." The superconscious mind is a super, interconnecting mind for all life. In some disciplines it is called "universal mind" or "cosmic consciousness."

Through the superconscious we have access to all information in this universe, past, present and future. The data available to us is virtually limitless. The reason for this is that the superconscious mind has infinite, telepathic ability and can access any other mind or computer bank in the material and non-material universes for our benefit. It is the know-all, see-all mind which allows us, as Beings, to tap into an infinite source of wisdom and understanding. We are also able to telepathically communicate with others through the medium of the superconscious mind. The capabilities and storage capacity of the superconscious are far greater than an individual's subconscious or conscious mind. If this sounds a little overwhelming, don't worry; the subconscious mind has a protective mechanism built into it which protects you from anything which you are not ready to look at or confront. This is called "the protective mechanism of the mind." Short of the use of drugs, you will not be able to access any data which is beyond your ability to confront.

When you tap into the superconscious mind, you are capable of producing results which are beyond normal human comprehension. Through the superconscious mind you are able to exercise your powers of telepathy and clairvoyance. It is the mind of miracles and great inspiration. All people have contact, to some degree, with the superconscious mind. All other life forms contact and access the superconscious in a way that is appropriate to their level of wisdom and understanding.

Contact with the superconscious mind is available only through the subconscious mind. However, a Being must use the conscious mind to impress a need or desire upon the subconscious mind. With this desire the subconscious mind interacts with the superconscious mind, gets the answer and feeds it back to the conscious mind where the Being becomes aware of the answer. The next chapter will present more detailed information on how this is done.

Access to the superconscious, receptivity to information from the superconscious and prompt transfer of information in each direction is determined by the clarity and health of the conscious and subconscious minds. A Being is influenced by the condition of the mind. Accessing the superconscious is a natural process and we can become expert at it after some practice. The process of reaching and interacting with the superconscious is easier when the wrong data is erased from the subconscious mind. Wrong or negative data distorts information passing through the subconscious mind in both directions and can also close down the channel between the subconscious and the superconscious.

Suppose an individual wants assistance from the superconscious mind for the purpose of bringing about better relationships. This is easy and quite successful, unless the subconscious mind contains wrong and confusing data to the effect that relationships are hurtful or impossible. This is a bit like a woman named Suzie who asks a friend who hates men to carry a verbal message of love and good will to a man Suzie cares about. The "words" of love delivered in the friend's angry and sarcastic style, becomes, "Suzie hates you and never wants to see you again." Unfortunately for Suzie, the return message is, "Harold doesn't like you either." The negative postulates about men change the message of love and good will. The original idea got twisted and distorted by the friend's wrong ideas about men.

A subconscious mind that contains wrong ideas about life distorts interactions with the superconscious mind and brings about less than optimal results. As long as this wrong data is present, the individual gets no data or distorted data from the superconscious by way of the subconscious mind.

A common example of using the superconscious occurs when facing a tough or challenging problem. Individuals report getting answers to their problem, miraculously, once they let go of the problem. Most often these answers from the superconscious mind come to them in the morning after a sound sleep.

Very often the great breakthroughs in science and art come in this fashion. Edison and Einstein both spoke of new ideas and inspirations coming into their conscious minds while they were away from their work, while relaxing or during their sleep. The new ideas appear as if from some external source of wisdom and understanding, the superconscious mind.

Since the superconscious is common to all life, an ability to interact with it gives us the ability to communicate telepathically with all other life forms. As an individual removes the negative postulates in the subconscious mind through Clearing, his or her contact with the superconscious mind occurs easily and effortlessly and yields much profit from this great source of wisdom.

Chapter 10

The Superconscious in Action

Real knowledge…is knowledge which comes from higher mind. Such knowledge shows us how to study man, how to study the universe, and also how to study the one in relation to the other… Ordinary knowledge is always a knowledge of details without knowledge of the whole, a knowledge of leaves, or the veins and serrations of the leaves, without knowing the tree. Real knowledge not only shows a given detail but the place, the function and the meaning of this detail in relation to the whole.

— P.D. Ouspensky

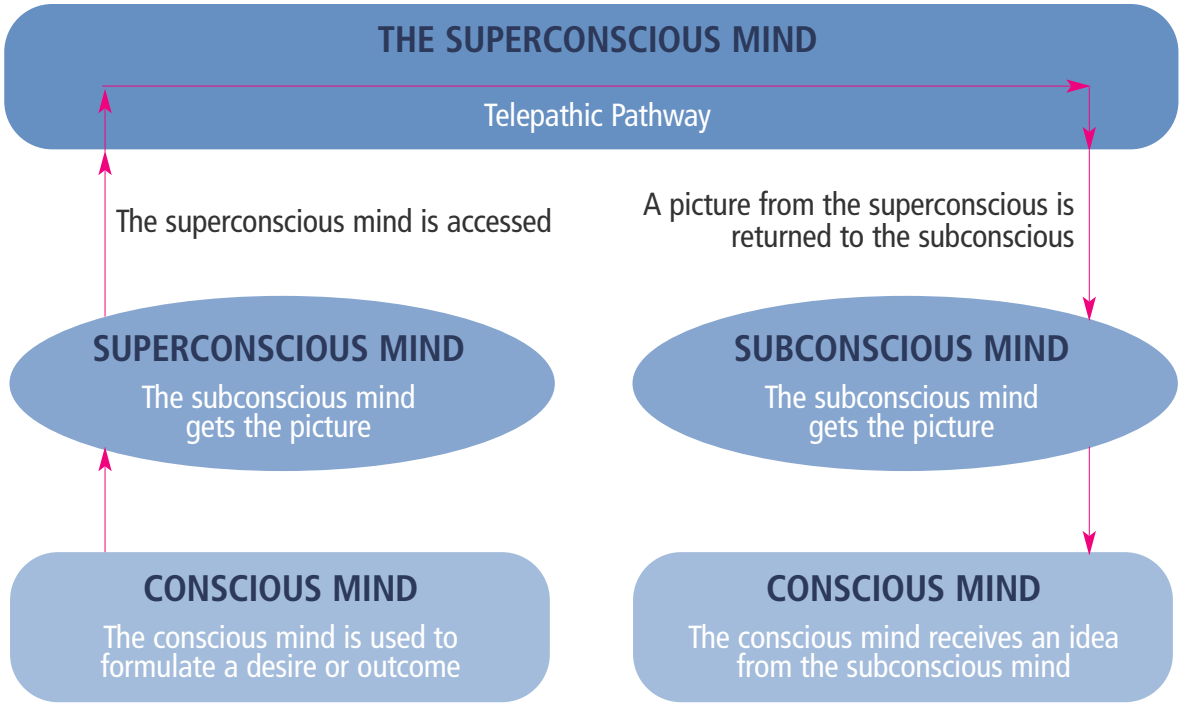
The Superconscious Mind

Because the effects of the superconscious mind are beyond what is considered normal or possible in everyday life, people often attribute their experiences of the superconscious to coincidence, pure imagination or good luck. While it was previously thought to be the realm of the mystical or supernatural, new thought and research is discovering the altogether practical implications of the use of the superconscious in daily life.

The following research suggests the operation of a superconscious influence. Wisconsin psychologist Arden Mahlberg presented students with a speed learning test of the International Morse Code and a new code he devised of the same dot and dash signs. The theory of Dr. Mahlberg is that International Morse Code would be easier to learn since it is a code that is well known among thousands of people around the world. International Morse Code is very well imprinted in the consciousness of humankind, while the new code was known to only a few.

At first, the International Morse Code was, in fact, easier for students to learn than the newly created code. However, as more students learned and practiced the new code, students in later groups learned this code faster than the students in the first group. It seems that as more people learn or understand a new concept, the new concept is transmitted telepathically to others — striking evidence of a superconscious mind influence. It's as if every thought every person thinks gets added to a huge bank of ideas from which any other mind can draw. As mentioned before, many famous inventors and creative people used this technique.

Let's explore the power of the superconscious to materialize new, creative ideas. To come up with a new idea, an individual must form the desired result as a picture, a visualization, in his or her conscious mind. The subconscious mind responds to pictures rather than words. This is all that is necessary. The next few stages occur without conscious awareness. Given a clear picture of what is desired, the subconscious mind passes the picture along to the superconscious mind. The superconscious mind begins to transmit inspirations and realizations through the subconscious mind. Receptivity to these inspirations and realizations is necessary for the next step, the materialization, to occur.



Not only is the superconscious capable of producing original and creative ideas, it also brings the people and sets up the circumstances necessary to bring the ideas into reality. In some cases this is a slow process and in other cases the results are almost instantaneous.

The next time you are working on a project or wish to accomplish something in life, ask for help from your superconscious mind. Then wait and see what wondrous things happen.

The influence of the superconscious is strongest where the desired results are broadly beneficial. Other factors which govern materialization through the superconscious mind are:

1. A definite outcome in the form of mental pictures

You must impress a picture, image or visualization upon the subconscious mind of the definite and specific outcome that you wish to manifest. See it, hear it, feel it, until it becomes a reality in your own mental universe. If you are unable to do this effectively, the recall process presented in Chapter Eight will help you to develop the ability to visualize. Run that process on yourself or do it with a Clearing Practitioner for at least 15 to 20 hours and you will notice a distinct improvement in your ability to visualize what you want in your life.

2. An intense belief in what you want to materialize

You must have an intense belief in what you want to materialize. You must really want what you want. Belief and desire along with intense emotional feeling are the most important facts in any endeavour. They are more important than intelligence, political influence, money or anything you can think of. Miracles happen when you believe in yourself and what you want.

3. Overall benefit to yourself and others

The superconscious connection through the subconscious mind works best when there is no harmful intent. Your wish or desire must be broadly beneficial.

4. Clarity of the subconscious mind

Material in the subconscious mind that contradicts what you want or desire from the superconscious will inhibit or completely stop a result. This is why Clearing is so important to success in life. Clearing is the best way to eliminate those interfering beliefs and postulates that inhibit success.

5. Persistence

Sometimes you have to be willing to persist over a period of time to achieve a really big goal. Those who want to achieve grandly must be willing to be patient and persist.

6. An openness to new ideas and unusual solutions

Being open to new ideas and innovation is important because, sometimes, the superconscious will deliver a result or an idea that you would have never thought of consciously. It sometimes knows more about you and what is appropriate for you than you know about yourself and what you think is appropriate for you.

7. An absence of fixed ideas

Sometimes "thinking something has to be done in a certain fixed way" will block the good and the abundance that can flow to you from the superconscious. Don't let habit or what you think is best get in the way of the wisdom of the superconscious.

8. An absence of destructive intentions

In order to get the best results and the most success in life, you must be free of destructive and selfish intentions. If the subconscious thinks that something bad is going to happen to you or anyone else, it will cut you off really fast. Loving, supporting and forgiving others is the way to enlist the support of your subconscious and superconscious powers. This does not mean that you have to be a "door mat" for others. You can clearly intend good things for yourself without wishing them harm.

9. An abundant supply of oxygen in the body

Abundant oxygen in the body helps to trigger and support the power of the superconscious mind working through the subconscious mind. Power comes from deep breathing and exercise and processes that support oxygenation of the body.

10. Enthusiasm

If you love what you are doing and are excited about life and living, the power of the superconscious will be there to serve you. The power of enthusiasm comes from a life dedicated to serving and helping others. Look around and find some happy and successful people and ask a few questions to find out how they live their lives. Mostly you will find that their attention is on the world and other people and how they can help and serve others.

11. Willingness to go into action

Inspiration received from the superconscious will stay merely thought unless you are willing to go into action to manifest in the material world the ideas you receive. This requires courage and commitment.

12. Relaxation

A relaxed state of mind and body contributes to the process of creation through the mechanism of the superconscious. Lie down in a comfortable position, relax your body step-by-step from your toes to your head and then begin your visualization. One can also get into a peaceful, relaxed state by visualizing a pleasant scene.

13. Expectation — expecting a miracle

In order to intend successfully, one must be able to expect the result with total certainty. Never let a doubt creep into your consciousness, just be certain and expect the result you want. Again, Clearing will help you to have more certainty in this and in all aspects of your life.

14. Repetition

You may have to repeat your visualizations and affirmations of what you want many times to get a result.

Creative Visualization

A Step-By-Step Process for Manifestation Through the Superconscious Mind

1. Lie down and get into a comfortable position or sit in a recliner chair. You may have to sit in an upright chair if you tend to fall asleep.

2. Relax your body by tensing and letting go of the various muscle groups from the tip of your toes to the top of your head. Start by curling and tensing your toes and then let go. Next tense and let go of your calves. Then proceed up your body, tensing and letting go of the various muscle groups until you get to your face and head. Don't forget your arms and hands. This will put you into a physically relaxed state.

3. Relax the muscles around your eyes until you feel you cannot open them. Now try to open your eyes while keeping those muscles totally relaxed. If you have the muscles around your eyes totally relaxed, you won't be able to open your eyes. This is a test for total relaxation. If your eyes do open, then you need to get them relaxed to the point where they won't open when you try to open them. Now let go and allow that relaxation to flow through your body.

4. Now count backwards from 100. Count 100, 99, 98, 97, etc. As you get to the low 90's allow the numbers to disappear, just let them fade away and disappear. You will now be totally mentally relaxed.

5. Do 20 connected breaths. Breathing in for a count of two seconds and breathing out for the same count. Do not pause between the inhale and the exhale or the exhale and the inhale. Pull on the inhale and relax on the exhale. Do not force the exhale or you may hyperventilate. When your face or hands start to tingle you can stop this connected breathing as you have done enough breathing and are ready for the next step. This step gives you the necessary oxygenation to cause the subconscious mind to receive and pass on your imaging or visualization to the superconscious mind.

If you have difficulty with the above breathing technique you can go to a Rebirther to get some help with it or you can do the alternative breathing technique on the next page.

Alternative breathing technique: Take a deep breath and let it out in three equal exhalations. Do this several times. This is also an excellent relaxation technique.

6. Now you are ready for imaging or visualization. Create a picture of your ideal situation, whatever that might be. See it in full color, three dimensions and motion; hear it and feel it as if it is happening to you in present time. Go into complete detail as to what you want and how you want it. Affirm your image and intend that the subconscious mind pick it up and send it to the superconscious mind.

7. Pause now and thank the subconscious mind for helping you.

8. Count from 1 to 5 as you bring yourself back to an awareness of your surroundings.

These steps are the best and most workable techniques put together over 20 years of research and development in the area of Human Potential Development.

Remedies to Apply If the Above Creative Visualization Technique Does Not Work

1. You are asking for too much all at once

What you want may be too big a step for you to accomplish all at once. Break it down into smaller steps and visualize and affirm those smaller steps until those smaller steps add up to what you want.

2. This is a wrong outcome for you

The subconscious mind may be protecting you from something that is wrong for you to have. Your outcome may not align with your life purpose and is not in your best interest. Clearing from a professional Clearing Practitioner can help you to resolve the core issues in your life to the point where you will be able to find your basic life purpose and properly align your outcome.

3. Patience and persistence

You may have to be patient and persist over a period of time to get your desired outcome. There is a protective time-lag built into this universe. It is there to protect you from spurious negative thoughts which could prove disastrous if you could manifest thoughts instantaneously.

4. You have difficulty visualizing

At first you may have difficulty with the mechanics of visualization. Doing the Recalling Process in Chapter Eight will help you to develop the skills of visualization.

5. Hidden barriers in the subconscious mind

Sometimes the subconscious mind will not cooperate if there are hidden or repressed feelings of guilt or remorse. Others barriers such as painful emotions, traumatic incidents, self-invalidation, losses, problems or upsets can get in the way. These are best handled with the help of a professional Clearing Practitioner.

Chapter 11

The Mind Dwells

The wise sage holds no
preconceptions
and does things unconditionally.
He guides people by practicing the precept of silence.
He brings things about,
but he has no desire to possess them.
He performs his work,
but does not rely on any form of force.
When his task is accomplished,
he lets go of it and seeks no reward or recognition.
Because he does not claim credit for himself,
his virtuous influence endures.

— Lao Tzu as translated by Taoist Master Ni, Hua-Ching

The Mind Dwells

Beings can dwell or live in certain states of mind. Meaning, a Being can emphasize one aspect of the mind, be it the conscious, subconscious or superconscious. The human tendency is to dwell mostly in one of these aspects of the mind; that is why we call these aspects mind dwells. The word dwell comes from Old English. It means "to live or continue in a given condition or state," e.g., to dwell in happiness.

The mind dwell that a Being is in can determine the pleasure, fulfillment and success he or she experiences. A Being who dwells in the conscious mind gives greater emphasis to logical, competitive and productive activities. A Being who dwells in the subconscious mind gives greater emphasis to what feels right according to the body. A Being who dwells in the superconscious mind gives greater emphasis to spiritual and ethical values. By examining a person's behavior, lifestyle and preferences, it is possible to determine which mode of the total mind that person emphasizes. This is the person's mind dwell. Mind dwells become very obvious when you know and understand them.

The first and most prevalent mind dwell in our Western culture is the conscious mind dwell, also called the C-mind. The C-mind is the complex, technical mind. A Being who operates in this C-mind dwell seeks mechanical perfection and excitement.

In the C-mind dwell, a Being is bound to a central concept of forcing betterment and progress on to the world, and in doing so, he places things, his success and being first above his emotions and bodily comfort. A Being in the C-mind dwell uses his emotions to force the results he wants, often without regard for the well-being of others.

The C-mind individual dominates his subconscious mind in order to get it to produce the emotional power that he needs to move his body and to accomplish his goals. His philosophy is summed up as win-lose. He can only win if others lose. He prefers to use mental or physical force to make himself right by making others wrong. He seeks to control others by domination and hates to be controlled in any way. The pure C-minded individual is, in fact, a suppressive person. He suppresses his subconscious mind and other Beings in order to protect himself and to get ahead in life.

The total objective of a Being in the C-mind dwell is to force thought manifestation into the material world. Thought manifestation is the ability to think a thing and then have it be. The Being who dwells in the C-mind evaluates, judges and weighs every idea and action through his conscious mind. The basic motivation is summed up in the phrase, I have to control. In a C-mind dwell, the end always justifies the means.

When the C-mind works well, it produces smooth logic. A person operating at his or her peak in this dwell is productive. He or she attends to tasks at hand with focus, concentration, direction.

The C-mind, however, is not capable of supplying all the answers. An attempt to rely exclusively on the conscious mind causes attempts to reason out feelings, ignores intuition or promptings from the superconscious, talking to excess, rationalizing and a whole host of problems related to efforts to excessively control, determine or "pin down." Leading with the head, or conscious mind, is stressful because it requires so much data.

The C-mind can also be affected in its proper functioning by the negative material in the subconscious. Have you ever been afraid to do something? Usually the last thing we will admit to is being afraid. We will spend a lot of time rationalizing and justifying all the "good" reasons why we shouldn't do what we are afraid to do. The wrong use of C-mind is spent rationalizing the irrational. And those irrational beliefs almost without exception come from the negative data in the subconscious mind.

The subconscious mind dwell is called the A-mind, which is short for Animal Mind. Some just call it The Little Animal. As was mentioned previously, the A-mind produces the emotional drive which a Being utilizes to power the physical body. The A-mind is like a child and manifests fully in a small child. A friendly dog, cat, horse or other animal gives us an opportunity to see A-mind in its purest state. In the A-mind dwell a Being seeks pleasure and affection. The A-mind has no idea of what direction to take. It always follows a leader it feels it can trust. However, it does perform the essential task of letting you know if you are on course. Set a goal not in your best interest and it will supply enough notice in the form of uncomfortable feelings, illness, etc., to let you know. It always seeks to lead you in the direction of joy.

An A-mind person is very intuitive, affectionate, non-aggressive, honest, sympathetic, warm, friendly, emotionally effusive and kind to all. The A-mind person is primarily interested in good food, physical warmth, affection, sex and sleep. There is no interest in what the C-mind person would consider important, such as power, goals, prestige, domination and being right. The C-mind seeks thrills through mastery and control. The A-mind person cares nothing for these. The A-mind seeks thrills through sensation and pleasure.

When the A-mind is working well it produces clear, intuitive, sensitive, playful, spontaneous, trusting behavior. When it is distorted (once again, distortion comes from the wrong pictures in the subconscious) it produces irresponsibility, unpredictability, and escapism through drugs, food, etc.

The superconscious mind dwell is called the B-mind or Beauty Mind. Through it a Being seeks beauty, wisdom and idyllic pleasure. Through the B-mind, a Being sees perfection in everything and every circumstance. Every change, whether good or bad, from the viewpoint of the B-mind is seen as the next perfect step in a progressive learning experience. Everything is whole and perfect just the way it is.

Lao Tzu's Tao Teh Ching, quoted at the beginning of the chapter, is written from the perspective of the B-mind. It expresses the thought that it is not necessary to exert oneself onto the world. But rather, there is a power in being. It also expresses the B-mind value of non-attachment to things.

A B-mind person expresses beauty and perfection in everything he or she does. A B-mind person is honest, sometimes impractical in the material world, forgiving, non-judgmental, loving, truthful, serene and virtuous. He or she cares nothing about winning or losing or in taking sides. His or her philosophy is based on win-win. Each time is the right time; each location is the right location; each person is the right person; each circumstance is the right circumstance. A B-mind person lives in a timeless world where all is perfect the way it is; all is whole and complete. The aliens in the movie Cocoon are good characterizations of B-mind Beings.

Freed of the need to dominate the environment or to feel good, B-mind allows a serene enjoyment of the experience of life. It is the mindset of unconditional acceptance, love, and understanding. There is no need to prove, justify, acquire, or experience. It is the mindset of relaxation, meditation, and creative inspiration.

Now that you have a good idea of the three mind dwells available to a Being, let's take a look at how this works.

It is impossible for a Being to be in a pure A-mind, pure B-mind or pure C-mind dwell because each Being uses a composite of these mind dwells. A Being, however, can emphasize one mind dwell at the expense of the other two.

None of the dwells is bad. Each dwell is important in its own right. It is only when one dwell is allowed to dominate, particularly in the case of C-mind, that bad results occur. The ideal situation is harmonious balancing of mind dwells A, B and C, along with the ability to shift from one dwell to another as the situation demands. Eat, sleep, express affection, enjoy sex and play in the A-mind dwell; read, write, work, plan, lead, make money and sell real estate in the C-mind dwell; listen to music, paint, sing, enjoy the beauty of nature, read the Tao Teh Ching or The New Testament in the B-mind dwell. No one is ever in one mind dwell exclusively; this is an impossibility. One mind dwell can be emphasized in certain situations to enhance experience.

Illness and upset can occur from using the wrong mind dwell in a given situation. Working or achieving goals in an A-mind dwell usually leads to no result. Eating, sleeping or having sex in the C-mind dwell can be very frustrating. Recall the times when you worked successfully in the C-mind dwell and then tried to get to sleep. It was impossible to sleep because of all the ideas and plans racing through your consciousness. Trying to have sex in a C-mind dwell is an unrewarding experience. Eating in a C-mind dwell leads to indigestion or, worse, ulcers. Sex and eating are best enjoyed in an A-mind dwell.

The C-mind dwell, of itself, is devoid of emotions. The frustration, excitement, anger, impatience, etc., we see in the C-mind dwell are actually created by the C-mind activation of the emotion producing A-mind. Emotions and emotional energy come from the subconscious mind, the A-mind. It runs the autonomic functions of the body, and transforms food and oxygen into heat and energy to run and move the body. Just decide to get up from your chair, and you go nowhere. It's just a thought in the C-mind with no moving force. Now give that picture to the A-mind, and it stands the body up and puts thought into action.

Think of something dangerous or exciting. Just thinking about it does not cause you to feel fear. Now convince the A-mind that the danger is real or that the exciting experience is imminent and you will actually feel the fear or the excitement as a sensation in your body. The A-mind is a servant of the Being through the C-mind will. A-mind obeys; A-mind puts C-mind thought into action; however, A-mind can stop C-mind at any time.

The A-mind is sensitive. If a Being is committing transgressions or hurting others, the A-mind will pull away and not cooperate, or it will stop him altogether.

A Being, using C-mind, drives the A-mind to produce emotional energy and physical effort for the purpose of deriving the excitement of winning and achieving goals. If C-mind drives A-mind too hard, A-mind can stop the whole show. A-mind is the *pleasure-affection* dwell and C-mind is the *excitement* dwell. If the A-mind is not getting enough pleasure through food, sleep, affection and sex, A-mind can just shut down a Being and his C-mind. Bang, just shut them down!

For example, John is a hard-driving account-executive type. He has big goals for the company he founded and he is a workaholic. He is blessed with a strong healthy body and has lots of energy and drive. He works twelve hour days, six days a week, because he loves the excitement of achievement.

John reaches the ripe old age of 52 and he is hard as nails; you can tell by looking into his cold steely eyes and by his hardened expression and demeanor. John hurts others many times each day, but he has hardened himself, and he shows no remorse. He suffers unconsciously and his anxiety and worry are hidden from others. He escapes suffering any pain by drinking, smoking or by driving himself harder. He thinks that if he could just get a little more power and control over others, he would then be happy and could then rest. But this will never happen with a C-mind fanatic because it is the C-mind behavior that is generating the pain and suffering. Therefore, more C-mind behavior will just intensify the pain and suffering.

This lifestyle is not A-mind's idea of fun. After years of being kicked around and denied, A-mind just stops; that's it, enough, quit; this is no fun. John is shut down along with his crazy C-mind. A-mind can do this because it has the say over the physical plant which it runs.

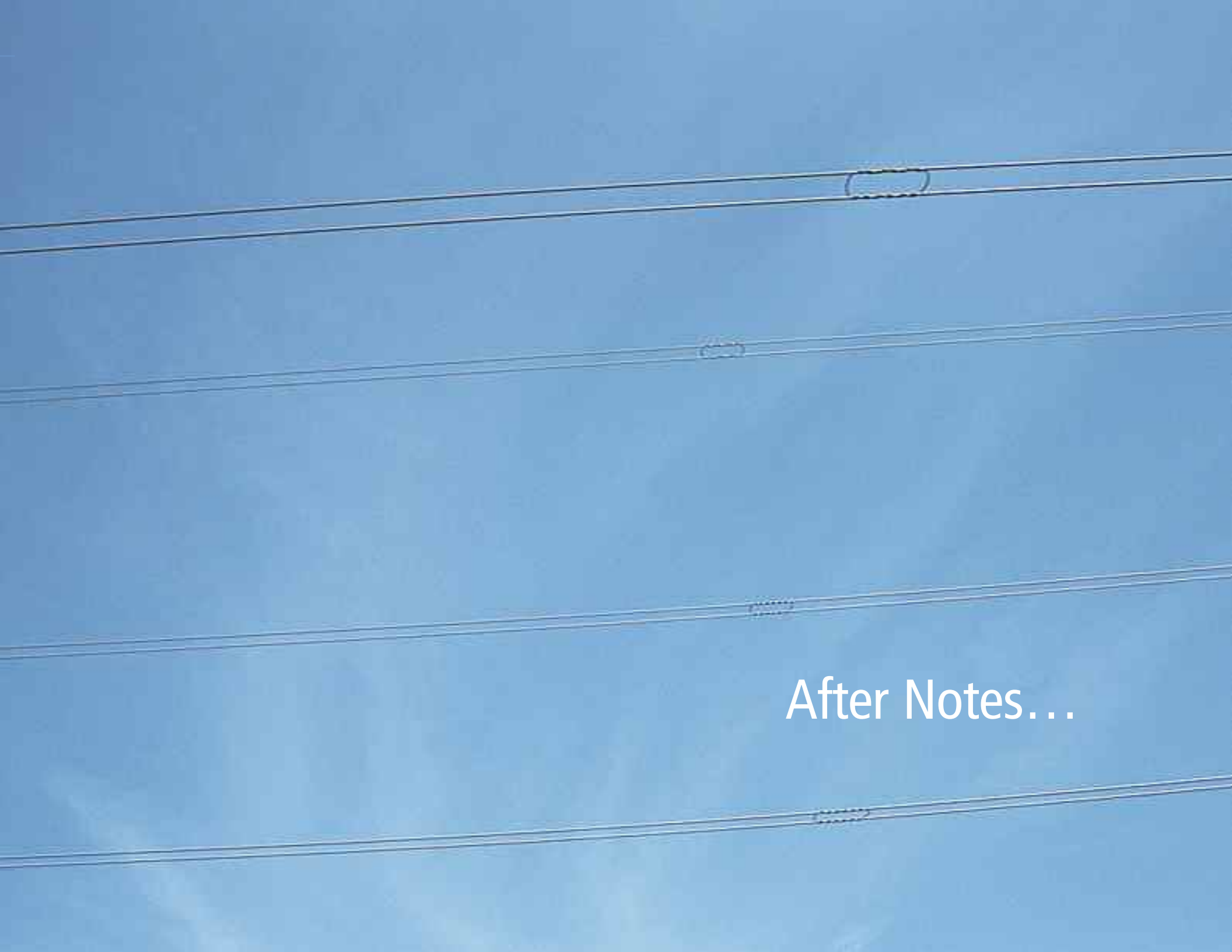
There may be a variety of medical opinions on the reason that John had a heart attack at exactly 10:47 A.M. on Thursday. What really happened is that the A-mind simply stopped his frantic, no-fun lifestyle, saying by its action, "John, I'm going to put you down so you won't get up for awhile, and maybe you'll re-evaluate how you live your life." John rests and re-evaluates his lifestyle and three months later says, "I take it easy now; I stop to smell the roses."

If a person pushes too hard in life, hurts others, doesn't get enough fun and enjoyment, puts himself always before others or puts others always before self, drives the body too hard, doesn't get enough sleep or eat right, the A-mind will rebel and cause some kind of mental or physical breakdown. It may be a simple case of the flu, a careless accident, a violent stomach-ache or a major heart problem. Remember that old cliche: Illness is Nature's way of telling you to slow down. If a person winds up in bed or in the hospital, it is simply the Little Animal's way of saying—slow down!

By now you might think the C-mind is a bad hombre and we've got to deny it or get it out of our lives as much as possible. Not true. The C-mind is a valuable ally in a balanced life. Use of the C-mind in planning and achievement has given us the conveniences of modern life. It is only when the C-mind dwell becomes overly-dominant that stress and suffering occur.

It isn't hard, on the other hand, to imagine an unbalanced A-mind person. He or she eats, sleeps, has lots of sex and fun, but never accomplishes anything lasting or substantial in life. He usually has no money, unless he is lucky enough to have an inheritance. Without the capabilities of C-mind, there is no direction to life.

To truly master life and existence, one must achieve balance between A-mind and C-mind. It is through balance that the door is opened to the capabilities of B-mind, and true wisdom which stems from the superconscious mind. A person who floats around in the A-mind dwell can learn to put direction in his or her life by setting goals and becoming more assertive. The person who suffers from the stress of being too C-minded can learn to make friends with the Little Animal, the A-mind, and become kind and more forgiving in relationships with others. The C-mind person can reduce the stress and suffering in his lifestyle by learning to slow down and relax more, enjoying the pleasures of life.


After Notes…

About the Author

During the past 26 years Lawrence West has faithfully and objectively studied the human condition and the wide variety of technologies which address it. In the 75,000 or more hours he has spent researching and working with people, he has discovered and worked to expand on concepts which help anyone in his or her quest for a happy, fulfilling life.

Having a background in Science and a Masters Degree in Chemistry, Lawrence brings an open-minded, scientific approach to the understanding of life. I can personally attest to the fact that his first priority is to discover the truth about life and existence. His willingness to investigate any and all concepts and research them with an open mind is limitless. His attitude has always been one of encouraging people to think for themselves.

He presents the ideas in this book, Understanding Life, with the same attitude: read it, think about it, observe and draw your own conclusions. His belief that the only valid conclusions are the ones you have observed for yourself gives you, the reader, the space to decide what is true for you, free of dogmatism, prejudice or any other influencing factor.

As you read Understanding Life, you will find yourself saying, "I knew that" or, "I've thought about that but I never could describe it or give it a name!" There is nothing in this book that you don't already know, but there may be things you've long forgotten, the remembering of which will move you on the path to having the quality of life you've always known was available and is your natural right as a Being.

Jayne Taylor-West

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Meet Jayne Johnson

"I wrote the business plan for **Rich Dad Poor Dad** *and my board game CASHFLOW® using Jayne Johnson's goal setting technology in January of 1996. Without Jayne's straightforward techniques for goal achievement, I doubt if* **Rich Dad Poor Dad** *would have become as successful as it is today. Jayne's guidance in goal setting has made me millions of dollars... over and over again. Once you learn her technology, you can use it over and over again...which means you can continue to always get what you want." — Robert Kiyosaki*

Jayne Johnson

Well-known in her field as a seminar presenter and educator, Jayne Johnson has made presentations in the USA and Australia and has supported thousands of people to produce amazing results in their lives.

Jayne is highly sought after by individuals from all walks of life for her personal consultations as well as seminar presentations. Her mastery in goal achievement technology is complemented by her expertise in other key areas of success, such as communication and relationship skills development, personal empowerment, stress management, and self confidence.

Jayne believes that practical knowledge and spiritual wisdom are derivedfrom many sources. From her studies and thousands of hours of experience working with individuals, groups and organizations over the past 33 years, Jayne offers a wealth of knowledge, experience, and innovative concepts. She generously shares these with you in an enlightening and empowering format to support you in recognizing and manifesting your true potential.

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