

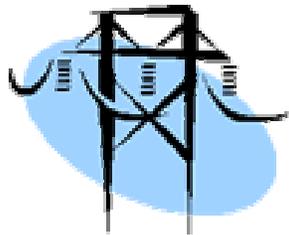


How to Capture Happiness in an Unhappy World

by Arthur Cronos



(Mental Health Made Fun)



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1445 IEKA STREET
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www.beinghappytoday.com

First Published in USA by Powerline Press 2005

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**“Dissolving Life-Barriers.
Creating Life-Skills”**

How to Capture Happiness in an Unhappy World

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Preface

This copyrighted information was developed from 1968 through 2005 by Arthur Cronos, now with the Clarity and Focus Group of Mount Shasta, California..

(For a biography of Arthur Cronos, please see *The Adventures of Bloggard* on your internet at <http://bloggard.com>.)

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<http://beinghappytoday.com>

Thank you. Please buckle your seat belt, and have an enjoyable flight. But do pay attention. There will be a test later.

Introduction

As I sat in the chair in the tiny room, that day in Southern England so many years ago, the sunlight fell through the window and across the floor.

I was holding two tin cans, which were connected to a meter, and an expectant-looking fellow on the other side of the desk had just asked me a question.

Somehow, my eyes came to rest on an electrical outlet on the wall, and plugged into that outlet, the electrical cord that ran to a small heater.

As I looked at the electrical cord, I had the sudden realization that I had no idea how attaching what was basically a kind of string to the wall could possibly make some device, like a heater or a radio or a lamp, to suddenly illuminate, make noise, or warm up.

It suddenly seemed altogether silly.

“You know,” I said, in response to the question I’d just been asked, “I’m thinking that I don’t know how electricity works, and frankly I’m not entirely certain that it does.”

And somehow, right then, it was as if my mind was overthrown. As if some vast and profound new awareness had come over me. And it felt good. Really good. Really, really, really good.

“Goork!” I said.

And that was just a day in the life, as I was studying what has come to be known as “Clearing”, or the variant I’ll discuss in this book, “Clarity Counseling.”

To this day, I cannot tell you what that meant. I’m not sure it really meant anything at all. But I know it made a difference in my life. It was as if, from that moment, I

no longer just accepted everything at face value. Somehow, I became free in that moment to make up my own mind. And it was a freedom that felt wonderful, right down to the bottom of my soul.

On that day in Southern England, so many years ago, I would never have guessed that decades of years later, and thousands of miles away, upon the slope of a volcano in Northern California, up by the Oregon border, I would be writing this book.

But ... stranger things have happened.

Some of the stranger things have happened to you.

Some of the stranger things have happened to me.

I therefore dedicate this book to all those fringe-science and hard-science researchers who have led the way through the odd byways of the mind and the spirit, to create and make available the amazing tools for transformation which I will describe in these pages.

Here’s to us — and hoping that stranger and stranger things may happen, to me and to you — and that we may thrive and enjoy a blissful life with those we love.

— *Arthur Cronos*

*June 1, 2005
Weed, California*

Mental Health Made Easy

What is it about taking a shower that causes new ideas to pop into your head?

Is it the invigorating ions that are caused by splitting water droplets?

Or is it as simple as Murphy's law triggered because you will never have pencil and paper in the shower?

I don't know the answer to this time-proven rule, but as of this morning's shower, I do know a super-simple way to look at mental health, a simple way to be happier and more productive.

It's simply this –

As you go through life, and as you go through each day, stuff will be going on. Some of it's yours, and some of it seems to just happen. And you're going to be seeing this stuff happening and you're going to react to it and think about it.

Now here's the key –

If you allow yourself to *dwell* upon the bad in it, you'll be using your mind in a way that, over time, conditions you (by repetition) to habitual thinking. And in this thinking, you're dissatisfied with life, you're the effect of stuff out there, perhaps a repeating victim of stuff out there. And this will never produce happiness in your life, and your thinking or perception will tend to become oblivious to the good things, the good possibilities, the good feelings, that could turn it all around for you.

But to have a happier life, if you will make an ongoing and intentional practice to consciously find what good is in whatever is happening, if you will consciously consider what's happening and consider how it may be to your (now or later) benefit, then several good things will happen.

Over time, as you do this you will experience more happiness, because you're going out of your way to find some happy thoughts. Thinking happy thoughts tends to go along with a happy life. Sounds a little too simple, because frankly it is simply too simple. It is so simple that hardly anyone thinks to try it.

Further, as you intentionally practice concentrating your attention on discerning what good is in what's happening, or how it may turn to your advantage, you are developing a creative problem-solving mentality, and you'll discover yourself

creating new ways to operate that are to your advantage. This too is horribly simple — if you look for ways to get good from a situation, you're likely to find some.

Now let's hear it from the nay-sayers!

THE NAYSAYER REACTION

The nay-sayer will have an automatic reaction against what's just been said here. Now in fact, what we're seeing with the naysayer is that something happened (some words appeared) in the naysayer's life, but the naysayer is in the habit of finding the bad, so the automatic, trained, habit of the naysayer is to now find something that will ruin it for himself.

For example, the naysayer can object that "squelching down your negative feelings and suppressing them is an unhealthy mental practice." And, truth be told, there is a germ of truth here. Because the ongoing practice of denying the feelings one experiences will lead to the automatic, trained, habit of becoming unconscious of one's feelings. That doesn't help survival nor lead to a happier life.

The difference is: if you're *pushing against* a negative thought, you just keep it there. 'Pushing against' will tend to be reflected in the words you say inside your head. For example, "I'm not feeling like crying, I'm not, I'm not, I'm not!" is a pretty good example of pushing against. Another one is "I'm not going to be mad at Johnny any more!"

Maybe you squelch it, but it's not really going away. And for some folks, who have fears about their mind being out of control, this can be a real catch-22. A self-fulfilling problem.

But if you have fears about your mind being out of control, then you can simply learn to practice meditation, in the simplest sense of the word.

Meditation, at the simplest level, is nothing more than practicing holding your mind on one thing. That one thing could be your breath going in and out. That one thing could be the repetition of a word, like 'Om' or 'Shanti' or 'peace' or even 'boogie shoes.' That one thing could be holding a picture in mind: a mountain, the bright light of a candle, the face of someone you love.

Now your mind *will* wander away; that is the

unruly nature of a mind. And when you notice it's wandered away, you just put it back.

And if you do this every day for 20 minutes, then after a few weeks you will notice that you feel better, and you feel calmer, and your fear about your uncontrollable mind will have dwindled, because slowly by slowly you are actually learning to control your mind. Not in a harsh, military and suppressive way, but by a gentle persistent returning way.

And this is the same way that you would develop your practice of looking at what's happening to find good in it, or how it can be turned to good.

If you have a real stubborn case of the nasty unhapies, maybe you'll have to start by simply finding ways to *minimize* the bad that you see all around you. But if you persist, you will slowly by slowly begin to develop the habit of seeing the good going on all around you.

Look, here's a kind of proof —

UNHAPPINESS HARD AND SOFT

In your life, like any life, there have been unhappinesses. Let's consider how many of your experienced unhappinesses have been 'hard' unhappinesses caused by something that happened in the physical universe, and how many of your experienced unhappinesses have been 'soft' unhappinesses caused as you *thought* about things that had happened or might happen.

If you're like most humans, and even if you've had a rough life, then less than 5% of the unhappinesses were 'hard' ones, like you tripped and fell down the stairs and broke an arm or sprained a muscle, or like you had a traffic accident, or your boyfriend left for another woman, or your dog died, or somebody stole something that belonged to you, or something you owned got ruined or spoiled. These are hard unhappinesses caused by an actual event in the physical universe.

Now you may have more control over these things than you realize, but we don't even need to think about that. What we want to look at here is this —

Do these things happen every day? Do they happen multiple times every day?

For most people, no. They don't.

These things happen, but only now and then.

For most of us, many days go by before we get another of these 'hard' unhappinesses.

But if that's the case, what about those times when you've been continuously unhappy for days and days at a time? Where is that coming from?

Well, if nothing is happening in the physical universe to give you a 'hard' unhappiness, then you're filling up your experience with *your thoughts*.

And you must have these thoughts on automatic unhappy mode, because it's just one unhappy thought after another. Let's say the boyfriend left. That happened once. But what about the hundreds or thousands of times you think unhappily about it? What about the hundreds or thousands of times you think about it even before it ever happens?

With these hundreds or thousands of unhappy thoughts, you are training your mind by simple repetition to automatically generate unhappy thoughts, and these will create the unhappy emotions in your body, and you are training yourself, unconsciously and automatically, to become and remain an unhappy person.

Is this mental health? To train yourself to become an unhappy person?

No, it is not good mental health.

So what is the opposite of this unconscious training program for unhappiness?

TRAINING FOR HAPPINESS

The opposite is a conscious training program for happiness.

Can it really be that simple?

Yes. Actually, it is exactly that simple.

You choose: Unconsciously keep running your unhappiness training, or consciously re-train to become a happy person.

Maybe not always easy. Maybe not immediate. Takes intention, practice, and time. And it works.

You will recreate yourself as a happier, and healthier person.

Presto. Mental health and happiness.



What is the Subconscious Mind?

[Reprinted with permission from How to Tune a Human, at <http://tuneahuman.com>.]

If you listen to Sigmund Freud or some Psychology 101 textbooks, you may quickly form the idea that there is something called either the ‘Unconscious Mind,’ or maybe called the ‘Subconscious Mind.’

Now right there is a puzzle, because you might think, “Well, if it’s unconscious, then how can it be a mind?”

And if you read up on this, and if you watch dramatic movies about people who have disturbed the ‘Subconscious’ mind, you could easily get the idea that the Subconscious mind is a kind of lunatic stalker which lives inside of us, and given the right situation, it might burst out and *make* you do something ... bad.

Scary, huh.

Well, it’s not like that. It’s something far simpler and less mysterious, and you’ve seen it all your life, but you didn’t think about it. Here’s what it is ...

HOW TO TIE A SHOE

When you’re a child, you learn to tie your shoe. The first day you really have to concentrate. Finally, you get it tied.

The next few days, it still requires a lot of thought and focus, but in a week, you know the moves. It’s a kind of sequence. You’ve ‘learned’ the sequence. And now, in your normal, conscious mind, the idea of “tie shoes” leads to “certain sequence of actions,” which we might now label as “how to tie shoes.”

Except that we don’t think much about it. We just do it. And over time we do it more and more. And now, think a moment. If you’re wearing shoes with laces today, how much did you think about how to tie them this morning?

ACTIONS BECOME UNCONSCIOUS

Probably you didn’t think about it at all. You certainly didn’t think of the steps involved. And yet your shoes got tied this morning. Because the habitual action, repeated, has become “built” into

your brain and into your mind. (If you’re interested in the biochemistry of the neurons and how they change structure over time to accommodate learned, repeated activities, then read “Evolve Your Brain,” by Joe Dispenza.)

We see this our entire life, and we just think, “it’s become a habit.”

And it’s a darned good thing, because do you realize how slowly your day would go if you had to stop and really concentrate in order to get out of bed (learned as a toddler), how to shave or fix our hair (learned as teens), how to dress (learned as children), how to drive a car or take a bus (learned long ago), how to operate a time-clock or turn on a computer (learned as young adults), how to use a telephone, how to read the clock (“the big hand is ...”), how to read the news, how to operate a vending machine or order from a menu, how to write a check, how to wash clothes, how to make a pot of coffee, how to ...

You see, it would be impossible to have the life you have if these things required attention, or consciousness. But they don’t. By repetition, they’ve become “automated circuits” or stored body memory, and can be engaged just by calling them. Your conscious mind decides, “tie shoes,” and another part of your mind handles it for you.

THE UNCONSCIOUS MIND

In fact, you were just looking at the “Unconscious Mind,” or the “Subconscious Mind,” and we don’t even realize it because we’ve seen it in action our whole lives long.

Now, bear in mind that a lot more than tying your shoes becomes automatic, repeated, habitual response as we store it away. For example, your habitual feelings and moods (happy-go-lucky, depressed, anxious, angry, dull, chipper, amused, terrified, worried, elated). And for example, your opinions, prejudices, and beliefs (Chinese people cannot drive, your mother is stupid, cops are pigs, your new sweetheart is just dreamy, your old sweetheart was just awful).

Just the conscious thought, or even half-conscious thought as when day-dreaming, will automatically trigger your stored “programs/routines/habits,” and they will play out. Some are useful (driving to work), and some are not

(worrying what people will think).

And, sure enough, all that stuff is not conscious. It is not part of your conscious mind, now that it's been stored as a habit. And for most of us, there doesn't seem to be some other conscious entity in your head other than yourself. And it operates like a "mind" in that it offers up thoughts, automatically, all day long. Automatic thoughts. Sometimes useful. Sometimes not.

That, and nothing else, is the "Unconscious Mind," or the "Subconscious Mind."

THE 'NON-CONSCIOUS' MIND IS LOOKING OUT FOR YOU

I like to call it the "Non-conscious" mind because it operates much like a mind, but it's somewhat more automatic. It follows certain habitual rules rather than thinking things out step by step like you do when you're consciously puzzling out something new. This non-conscious mind is also directly related to thousands of habitual things that the body has to do, most of which has **never** been in your conscious mind at all, such as regulating your blood pressure, sending chemical messengers here and there, remembering to breath harder when working out, keeping the heart beating while you sleep, and thousands of other bodily processes, none of which are (normally) conscious. It **is** an unconscious mind for it has no self-aware consciousness like **you** do, and it operates in a way that generally you are unconscious of that mind, which I'll call the non-conscious mind.

It's not hiding. It's not stalking. It's not dangerous, but rather it has been preserving your life as best it can for your entire life long. However, it **does** operate automatically, and sometimes that doesn't fit.

Automatically driving in the right-side lane will fail to work well when you visit England.

Automatically winking at the pretty girl will fail to work well when she's your new boss.

Automatically picking your nose when it bothers you will fail to work well when you're having tea with the Bishop of Boston.

DRIVING IN TWO DIFFERENT DIRECTIONS

Now, let's get to something **useful** with this

information.

Have you ever gone on a diet? Most likely you have. And quite often on diets, it's not such an easy thing to do. And the reason is quite simple.

You're thinking two different thoughts. One is "I want to go on a diet." And the other thought is "I want to eat that big piece of pie."

You're thinking both thoughts!

If a car had two drivers, and they were fighting over the steering wheel, and first one was stronger and then the other, can you imagine how the car would be careening all over the road, on and off the sidewalks, into porches and houses and attracting the police while pedestrians leap into the bushes to escape?

What wonder then that most diets fail to follow a straight path to success?

Now, when you consciously decided to go on a diet, where do you suppose that other thought came from?

It came from your automatically-operating non-conscious mind, offering up to you the habitual responses you have entrained all these years. It doesn't stop working just because you had a different thought today. It's been remembering that you like a second helping of potatoes and gravy for your whole damn life, and a few minutes of new thoughts don't neutralize that automatic program. Your non-conscious mind is looking after you, regulating your blood and digestion and helping you drive the car and take another serving of pie by golly.

HOW CAN A HUMAN CHANGE?

Thus comes what we call "will power." If you can persist long enough with a new course of action then the new course of action becomes ingrained, made automatic and unconscious, and then the new course will be offered up to you next time.

That's why when you are actively exercising every day, it's fairly easy to continue exercising the next day. But when you're in the habit of **not** exercising every day, then tomorrow it's not so easy to exercise.

The non-conscious mind is looking out for you, the best way it knows how.

And, there are some other ways to make progress. For example, if you could just "talk" with

your non-conscious mind, perhaps the two of you could get along. (“Can’t we all just get along?”)

And the fact it, although the non-conscious mind can’t talk, if you know how, you can easily carry on a conversation with your non-conscious mind. And if you can just know what things it’s going to automatically *help* you with, and where it’s going to automatically *block* your new plan, this helps tremendously for your formulation of workable plans.

And over time, the two of you will, in fact, get along better and better.

More to follow.

The Subconscious, Focus, and Consciousness

In another article ('What is the Unconscious Mind?'), I described how the so-called Unconscious Mind consists entirely of things learned by habit or happenstance, and which then sunk below what we call consciousness, so as to operate automatically to promote our survival.

There are many things which our culture believes are automatic and unknowing processes — such as regulating our blood pressure, remembering to breathe, regulating the salinity of our blood and the acidity of our stomach acid — and that these processes are built into the body, are automatic, and cannot be controlled.

Yet we know by observation that there are yogis who have in fact taken control of many of these processes, and so we know it can be done. But why don't you and me have awareness of these things?

BABY KNOWS

I personally suspect that, as an infant, even as an infant or fetus in utero, we were dimly conscious of many of these things. Why not? Might not have we had some dim awareness of beating our heart? We had no language, we didn't even have a completely grown brain. But why wouldn't we have felt the beating of our heart?

What better a thing for a growing brain to choose as a beginning project than to beat your heart? Perhaps to begin to regulate blood pressure? Perhaps to begin to learn to regulate salinity of the blood?

Some things it didn't need to learn, perhaps. The mother's body is regulating the blood pressure as her blood entered the umbilical tube.

The child in the womb didn't need to learn how to operate lungs, or to digest food.

But at birth it learned how to operate those lungs, real quick.

And soon after, at the breast, it learned how to suckle, and then how to digest food.

Why would we think, just because the infant has no language, cannot speak or use a computer to write an email, that the infant isn't learning these things? Why would we *assume* that it just knows them?

After all, it learns everything else. Why would these things be so different?

The learning would be stored in the mind, but it wouldn't be stored in a form readily accessible to later memory. In a similar manner, you might learn how to do a triple-gainer off the high diving board, but when you access it in your memory, it's probably a memory of sensation rather than some clear visual picture.

WE LEARN TO FOCUS

In the earlier article, I discussed how we learn things, and these repeated things become what we now call habits, and what that means is that they've been relegated to the 'Unconscious' part of the mind.

But is that how it happens?

Let's consider a different view ...

I submit that at some point in our lives, starting in infancy, we learn to 'focus' the attention. In contrast to the dim and vague warbling of the baby in the crib, as arms and legs twitch aimlessly and the eyes wander, the child learns to focus attention. Perhaps onto being wet or hungry. Perhaps the child learns to stare at the plastic ducky hanging over the crib.

As the child focuses its attention on the yellow ducky, what happens to all the other awareness?

It goes away from consciousness. The child is not 'attending' to it. It's still there: blood being pumped, lungs breathing air, food being digested. But it is not in 'consciousness.'

I say that the other side of Focus is the creation of the Unconscious.

It's still the one mind. A single unified mind.

But as we become skilled at focusing attention, more and more and more gets shoved below what we call consciousness. We pretty much have to do it this way in order to get along.

And along the way, we learn to do the same thing with traumatic events. We learn that our pain will subside if we turn the attention away, we place the focus elsewhere, and the traumatic memory now becomes a resident of the so-called Unconscious mind.

The practice of focusing attention is how we create unawareness of the vast majority of the thoughts and processes constantly undulating in the sea of the single, unified mind.

It's the classical two-edged sword.

Focus is completely necessary to survival. And Focus is what creates 'Unconsciousness.'

CONSCIOUS? UNCONSCIOUS?

Now here's something funny.

In many ways, the so-called Unconscious is way more conscious and cognizant of far more than our feeble 'Conscious' mind can handle.

Julian Jaynes, in "The Evolution of Consciousness in the Breakdown of the Bi-Cameral Mind", provided a brilliant analogy. Each of us is like a person in a completely dark, huge room. On our head we have a helmet with a miner's lamp. Everywhere we look, we see.

Because we are constantly looking, we constantly see *something*. We think we are being 'conscious' of the things around us.

And yet, no matter where we happen to be looking, all around us — above, below, to the right and to the left, and behind us — we are completely unaware. We are blind to 98% of what's there, because we're focussing on the 2% that falls within our limited attention, the limited 2% illuminated by the dim wattage of our so-called conscious mind.

Seems to me that the Unconscious mind — attending to a thousand things at once — is actually more conscious than our so-called conscious mind.

Make a friend of your Unconscious mind. It's probably the best friend you've got.

How to Talk with your Subconscious Mind

The 'Non-Conscious' mind can regulate your body in a thousand ways (all normally below your consciousness), and the 'Non-Conscious' mind can automatically serve up learned actions like a tennis-serve or automatically serve up your opinion of the President or automatically make you feel anxious on a date. Some of this is swell, and some of this is occasionally awful, but the Non-Conscious mind is looking out for you as best it can, and everything it does is automatic.

Think of the President. There's your opinion ... automatically.

Go out on a date. There's your usual feeling ... automatically.

Decide to tie your shoe. There go your hands ... automatically tying your shoe.

But what if you'd like to do something ... different ... for a change?

MAKING A CHANGE

You might formulate a plan, like going on a diet, but your usual responses are going to be served up automatically. Just the *thought* of a meal will automatically trigger your usual response to have more pie. Your non-conscious mind trying to help you, just like you trained it to do, by repetition. That's how it learns.

But let's use going on a date as an example. Let's say that it has been your habit to be up-tight, anxious, and worried. For our purposes, it doesn't matter how this got started or whether your parents were good people or what your astrology sign is. Let's just say that uptight, anxious, and worried has become your habit.

And maybe you think this isn't the best way to enjoy your next date.

Now, just supposing you have that thought, thinking about going on your next date, most likely already your non-conscious mind starts serving up your usual feelings, so quite likely you may begin to feel uptight, anxious, and worried ... and you haven't even gone out on the date yet!

How then can you make a change?

CREATING SYNTHETIC EXPERIENCES

One way is to mentally "rehearse," using your ability to choose which thoughts to think. You can mentally rehearse the date, and you can choose to imagine success, and all sorts of things going right. And the way your body will react to these thoughts and images of success is by giving you a bunch of good feelings.

If you are persistent, and will rehearse and rehearse, then you can build up an amount of positive "experience" which becomes a habitual way of thinking and feeling, just as your old pattern was a negative experience which became a habitual way of thinking and feeling. If you persist, eventually you'll have more positive "experience" than negative experience, and you will discover your dates being more enjoyable.

Of course, doing it once, and saying, "Cool!" won't do the job.

There are some other ways, such as using hypnotic or Neuro-Linguistic Programming methods, but simple mental rehearsal gives a clear model of what works.

COMMUNICATING DIRECTLY WITH YOUR NON-CONSCIOUS MIND

As you formulate your new plan for making a change, you can also "talk" with your Non-conscious Mind. By doing this, you can discover ahead of time how your non-conscious mind will automatically *help* you, and how your non-conscious mind will automatically *block* your new plan.

If you can know these things, then usually you can modify your new plan so as not to automatically invoke a lot of blockage, and in fact you can often modify your new plan so that automatic behaviors that will be served up by the non-conscious mind will assist your new plan.

So the question is: How do you talk with a Non-conscious Mind?

It doesn't speak you know. It doesn't even have self-consciousness as you and I know do. It's not an actual entity as you and I seem to be. But it *acts* like an entity. It *acts* like a different, and autonomous, part of you. Because it is.

IT RESPONDS TO YOUR THOUGHTS

Here's the answer: Although it cannot talk, it does have the habit of automatically generating the habitual thoughts and feelings you've entrained it to store, by your repeated thinking, feeling, or performing habitual actions.

So here's what you do. Let's say your new plan is to be more relaxed on your next date, and to have more fun.

So you sit down, and though you can do this just mentally, it will be easier to learn if you first try it with pencil and paper. So you start writing down your plan, with a lot of details. And as you write, pay careful attention, with every word that you write, what feelings and thoughts are popping into your awareness.

These feelings and thoughts are the responses of your non-conscious mind to your plan, word by word, and bit by bit.

For example if you write (or say), "I'm going to go out," you might have a vague feeling of questioning. (That's your non-conscious mind's automatic reaction to the idea of your going on an excursion.)

And you then continue, writing (or saying), "on a date," and immediately you notice a gentle feeling of unease. So right there you could react, and try some different words, like "I mean, to go get some dinner," now you get a feeling of relaxation and ease.

And you continue, "with Sally," and you notice that there's no feeling of uneasiness. You just saw that your thinking "go out" and especially thinking "go on a date" are triggering the unwanted, automatic responses entrained into your non-conscious mind, but that "going to get some dinner ... with Sally," doesn't trigger any automatic unpleasant stuff at all.

HOW TO USE WHAT YOU DISCOVER

Well for one thing, pay attention to your thoughts. If you feel uneasy, did you just think thoughts about dating? If so, reframe them differently. In this way you are retraining the non-conscious mind as you go.

You might discover, for example, that your non-conscious mind is going to produce a lot of automatic negative stuff if you plan a trip to the bowling alley, but no automatic negative stuff if you go golfing, and that it will generate warm and pleasant feelings if you'll take a picnic to the museum.

Then, for certain, take more picnics at the museum, and for those other places like the bowling alley, visit the bowling alley on your own and meditate there or listen to music that always puts you in a good mood, or do something in those places that create more comfort for you in those places.

A SIMPLE EXAMPLE

Recently, I've been engaged in the process of buying a house, and I knew I had to go to the Title Company, because that's part of the process. I'd never been to a Title Company before, and when I thought about the mysterious 'Title Company,' I felt a discomfort and an uneasy feeling. So, before the day that I had to go there with the seller of the house, I went to the Title Company on my own.

I walked in, and the first thing I did was to "locate" myself in the place. That is, I made a point to look at the space and the things in it. I looked at the carpet and its color, and the way the sunlight fell through the window on the floor. I looked at the desks, and the walls, and the chairs. And then I looked at the several people in the room.

I picked one of them, and was invited to sit down. I sat down and felt the chair, and examined the person across from me. And then I asked a half a dozen questions about the process, which both told me something about the process, and also told me something about the people who work there. I then thanked the lady and left, noticing the furniture and fixtures as I did so.

In short, I familiarized my senses with the place, the process, and the people.

Then, the next day when I returned there with the seller of the house, guess who was relaxed and comfortable in that place? That's right. My disquiet (automatic reaction from the non-conscious mind) was gone, replaced with a feeling of calm familiarity.

In the same way, you can familiarize yourself with unknown places and situations, and you can de-sensitize yourself from upsets that occurred in the past in certain locations. It's not a perfect system, but it does work.

HOW THE NON-CONSCIOUS MIND SPEAKS "NEW" IDEAS TO YOU

So far, we've discussed how you speak to your non-conscious mind, and how you can

perceive its reactions to what you say. However, as you engage in this practice — and at many other times, once you tune in to this process — you will begin to discover that your non-conscious also initiates communications to you, and these can be new ideas. They are probably triggered by things you say and do, but these new communications, to you, represent new and additional thoughts.

This is the process we see anytime you are “brainstorming,” which is listening to all the (wild and wacky) ideas that spring up as you consider a problem. During our daily life, as humans we learn to “tune out” all these associations. We have to do so in order to concentrate on the task at hand. But when you “brainstorm,” you pay attention to all these ideas as they arise. Although many do seem irrelevant, often wondrous gems can be found. And sometimes, behind an idea which seems loco, will be found a useful idea that is completely “outside the box.”

KEEPING THE FLOW GOING

The key in brainstorming, to keep the useful flow a-flowing, is to write down every single idea, no matter how “useless” or “silly.” That is, you permit no criticalness to intrude. (If criticalness or judging ideas is permitted, then very quickly you go back into “daily tasks” mode where non-fitting ideas are squelched, and the flow dries up. Put another way, your non-conscious mind quickly gets the message that you aren’t interested, and stops bothering to send you this rich trove of ideas.)

When you are having your “conversation” with your non-conscious mind, and feeling its reactions to what you are saying, it will also offer up new ideas. These are ideas that just “pop” into consciousness. Hopefully you are listening, and being non-critical and non-judgmental during this process, because these “offered-up” communications seemingly originated by your non-conscious mind are often creative solutions to the project you are considering.

In our dating example, you might discover as you consider taking Suzie to miniature golf, that you suddenly get an image of some female relative from the past or an old girlfriend or a childhood friend. Where did that come from? You guessed it.

Why? That’s the interesting question. When you look, you may suddenly have an “Aha!” when you realize that Suzie is triggering this old

similar situation and maybe that’s where some of the worry or anxiety is coming from. Sometimes, when you spot old connections like this, just the process of spotting it is enough to disconnect or weaken the automatic response. Much of conventional therapy is in hopes of attaining enough of these new awarenesses so as to improve your usual operation.

Or, it might be that you get that image of some female relative from the past or an old girlfriend, and you ponder it, and then you think, “Aha!” because you just remembered that Aunt Bessie or old girlfriend Lucy used to really enjoy baking gingerbread cookies, and you wonder if your new date might — radical thought, outside the box — you wonder if your new date might enjoy (as a “date”) the two of you baking some gingerbread cookies, and then you carry them in a picnic basket with a thermos of milk to this really secluded place in the park for a romantic date of cookies and milk? Here, your non-conscious mind had handed you a creative and different idea for a date, that might be lots of fun.

IT WILL FIND THINGS FOR YOU

We’ve all had the experience of searching for a word and can’t immediately grasp it. You’ve probably also had the experience that you are suddenly reminded of something, but you can’t quite remember what. Or you want to recall the past, and you know it’s in there but not floating to the surface.

Your non-conscious mind is already in contact with that information. That’s why you have the “feeling” that you know that word, or why you have the “feeling” of being reminded, or you have the “feeling” that you know it’s there.

If you just ask your non-conscious mind to fetch it for you, then at some later time — maybe two minutes and maybe two hours — as you are doing something else, suddenly the missing word, or the missing memory, or the missing information will “pop” into your mind. Your non-conscious mind, having been given the task, has been working on it, and has found a route to present it to you.

This is also related to the process of handing a task to your non-conscious mind, such thinking of a problem as you go to sleep, and awakening with the solution. But that’s another whole thing. And, the better you and your non-conscious mind can get along, and the better the two of you are communicating, the better it can

serve you. Remember, it's looking out for you in every way that it can, as best it knows how. And when you operate in conformity with its activities, you become more integrated and more effective. And, generally, happier.

CHANGING YOUR MIND

The Non-conscious Mind cannot speak, but it can automatically issue feelings and thoughts. That's what it does. So if you'll speak (or write), paying close attention to the feelings and thought automatically arising as you do so, you'll be carrying on a dialogue with your own non-conscious mind.

You can discover where it will automatically help you, and where it will automatically block you. And so knowing, you can choose your path so that it will help you, and you can also find ways to change some of those 'automatic blocks' into more useful habitual reactions.

And, so doing, you are changing your mind.

For the better.

Law of Attraction and the Subconscious Mind

Even if you don't believe in the Law of Attraction, you will discover that its method of operation yields fascinating insights about how the mind works, especially the Subconscious Mind.

Let me illustrate ...

In the belief system called the Law of Attraction, the key to Manifestation is *Attraction,* and this discussion always illustrates "similarity."

That is, you cannot manifest the solution to what you "don't want."

Because picturing "don't want" just brings you more "don't want." Because "don't want" is similar to "don't want," and what you focus on is what appears, according to the Law of Attraction.

Notice how this "attraction" is attraction of what is similar.

The essence of attraction is "connection," and it is *not* to "sever the connection."

In other words, if you want to Manifest something, you can only proceed via connecting, and via picturing similarity. You are connected to your thought of what you want, and something similar to your thought of what you want is what will manifest.

SIMILAR TO HOW THE BRAIN WORKS

Now let's consider how a brain works. (Not a mind, but the brain, with its neurons and neurites and all those cells and connections.)

A mind is not exactly the same thing as a brain, but in this case, apparently they work the same. For example ...

Our brain and our mind work via "connections." One thought connects to another. Thinking of a garden path can lead to thoughts of the flowers. Thinking of the garden flowers can lead to thoughts of watering the flowers, the smell of damp earth, and the water bill sitting on your desk.

One thought connects to another. Thinking of a problem can connect to a solution.

You cannot "not" a thought, not really; you can only connect to another thought.

For example, thinking of "not white" is really going to connect to "white," but it can also con-

nect to black. It doesn't connect to black because you've successfully "notted" the idea of white, but simply because black is connected to white in your thoughts, your brain, and your mind. Just as we say, simple as black and white, yes?

HOW IS THIS USEFUL?

Since we know that thinking a thought will trigger associated thoughts, we can now see the mechanism which causes Affirmations to sometimes fail.

If you think of an affirmation, then it will tend to auto-trigger (connect to) existing beliefs about that thing affirmed. And some of these auto-triggered beliefs are Limiting Beliefs.

For example, I state the Affirmation: "I am a billionaire!" But a part of my mind echoes back, "You damn sure are not!"

Our thought automatically triggers our Limiting Idea, our Limiting Belief, and this then works as a counter-intention to what we'd intended to intend!

Bummer.

LAW OF ATTRACTION = HOW THE MIND WORKS

So we see that the Law of Attraction pretty much *has* to work via connection and similarity, because the brain and the mind itself works via connection and similarity. And further, that we need to operate our mind in such a way that we avoid auto-triggering our own counter-intentions when we operate our mind, and when we visualize what we wish to attract with the Law of Attraction.

There are a number of ways to do this, but leave those for another day.

A Handy Way to Unearth your Limiting Beliefs

Since an extreme Affirmation has a tendency to bring up your Limiting Beliefs, we can use this fact to evoke our own Limiting Beliefs.

It's hard to see your own limiting beliefs, because they tend to be such a part of you, such a basic part of your thinking, that you tend to not see them at all. Just as you assume that the snow you see outside the window will be cold, so do you assume the "facts" automatically presented to

you from your Limiting Beliefs.

“I could never fly an airplane.”

If you believe it, you’ll probably never question it. And you’ll operate your life in such a way that you’ll never attempt to fly an airplane, and so you’ll probably never have an opportunity to learn that in fact you could fly an airplane. It will become a self-fulfilling belief. And it limits your options. And it limits the world in which you exist.

Your world is smaller, and your abilities are smaller, by reason of your limiting beliefs.

If you could locate your limiting beliefs, and work on them to get beyond them, you’d be removing your personal limits. You’d be growing into a more and more powerful human being.

But, if they tend to be invisible to you, how can you dredge them up, so you can work on them?

Aha!

Glad you asked.

Now that you have this list — that’s the hard part, finding them — it’s not that difficult to get rid of them. Use the Emotional Freedom Technique, or the Focusing method, or Clarity consulting to review these bogus and limiting ideas. Because any of these Trinity Process™ actions can discharge these Limiting Beliefs for you.

Subjected to the revealing light of your consciousness, these normally-subconscious limiting thoughts can be fairly easily dissipated, never to limit you again.

And that’s a good thing.

Want Help? Schedule a Session!

If you would like a pro to help you uncover your Limiting Beliefs, call us!

We’ll be happy to book a “Search And Transform Mission” for you!

Just CONTACT US!



THE “SEARCH AND TRANSFORM” METHOD FOR LIMITING BELIEFS

Here’s what you do ...

Decide upon the arena in which you want to work. For example, maybe money and prosperity. Or maybe your love life. Or perhaps a health issue

Now if you have selected, for example, ‘money,’ make up an *outrageous* affirmation. For example, “I’m the richest millionaire in the world.” and write this down on a piece of paper.

Now repeat this Affirmation, and listen in the space right after the last word. You will hear your mind automatically auto-trigger and connect to some statement that contradicts the Affirmation. For example, in this case you might hear, “Oh I could never do that” or “I don’t want to work that hard” or “I’d never have any time to myself” or “My sweetheart will think I’m a jerk.”

Whatever the thoughts are, write them down one after another. These are your limiting beliefs. They have been “evoked” by this process, in just the way that life situations trigger them for you and convince you that you cannot move forward in that area.

How to “Tune” a Human

THEORIES ARE TOOLS

What was the Buddha’s position on metaphysical questions?

He believed them to be questions not tending to edification.

Sutra 63 of the Majjhama-Nikaya, paraphrased, is that a mind-tripping monk came complaining of the many theories which the Buddha had not explained, among them whether the world is eternal or not, whether the soul and body were identical or not, whether an enlightened person exists after death or not, and many more. The monk was unhappy that the Buddha never explained these things, and said he was going to leave unless Buddha did explain them.

Buddha said that the monk was much like a man wounded with a poisoned arrow, who said, "I won't have this arrow removed until I know whether the man who wounded me was of warrior or Brahmin caste, or until I know his name and who his family is, or until I know if he was a tall or a short man, or until I know if he had light skin or dark skin," and so on. That man would die long before he'd learned all these things.

In other words, much of dogma is unnecessary to the problem; we should ignore it, and seek salvation as if our heads were on fire.

Now it may or may not be true that there are such things as the Id and Superego, or stars in poor aspect, parent ego states, stress, personality, virtue, astral currents, self-actualization, demonic temptation, restimulation, chakras, stimulus-response conditioning, elemental spirits, hypnosis, archetypes, or neuroses.

Obviously, sometimes one of these theories is useful.

Just as obviously, sometimes a different and contradictory theory is just as useful, and sometimes two persons do the same practice, for opposing theoretical reasons. It's not particularly useful to try to pin down, reconcile, or establish eternal truth for any theory.

A truism regarding tools is that the more specific they are, the less fitted for diverse tasks. A short stick works as a hammer, wedge, lever, weight, club, seat, object of art, or firewood. When we specialize the short stick into an ax, it becomes less useful as a hammer. Mind your fin-

gers.

Theorizing off this truism, it would seem that the most generally useful theories are those least specialized. Or, following Occam's Razor: from among several possibilities, the simpler explanation is most likely the right one.

For this reason, the theory herein shies away from the metaphysical whenever possible, not that the metaphysical is necessarily false, but that the mundane seems certain, and is easier to communicate. Put another way: the further we go away from here, the less we agree on the landscape.

In the end, it may be true that the most enlightened man is essentially the most natural man, and free of any theories or systems whatsoever. I believe this to be true. However, I'm not the most enlightened man. If we can catch one, perhaps we can answer this interesting question.

It seems that systems of religion, philosophy, and psychology are most useful in this — in our development individually we develop our particular brand of foolishness, and to that personal idiosyncrasy we are most blind. Self-guidance toward rationality and enlightenment will often fail because we won't look at the things we can't see. We can't see them because those are the things we didn't want to look at or didn't know to look for.

And so we get stuck, guiding ourselves. Although we're designed as a self-correcting mechanism, sometimes it doesn't work so perfectly.

When we use a system designed by another person, it usually doesn't have our particular blind spots, and so we can benefit. But when we *cling* to an alien system, we entrap ourselves in what is essentially alien. No system will be exactly right; each person must eclectically develop his own, in the end, or exist without any system whatsoever.

So, we use theories as tools, but set them down afterward.

So as to have our hands free.

In case somebody hands us a cuppa coffee, a sandwich, a warm and willing body, or some other good thing.

THE PROBLEM WITH HUMANS

The physical universe exists. Why, or even if

there is a why, lies beyond our scope. The Buddhist answer: "Nobody knows that."

Under certain conditions life occurs.

We don't know all the conditions, but, around here, they have to do with temperature, pressure, and chemical ranges. Life seems to have something to do with the ability to exercise options.

In the universe, probably there have been organisms which moved toward the life-sustaining conditions, and other organisms which moved away from the life-sustaining conditions. The ones which moved toward the life-sustaining conditions are still around. The tautology is; living organisms are those which reach toward that which supports life.

For this reason, all living organisms have built-in yes/no responses to the environment. We call this yes/no response, when we are the organisms, the pleasure/pain principle. Living organisms experience the pleasure/pain principle in response to the environment. It is the very *reason* they are able to be living organisms.

Organisms also develop their particular tools as aids to survival. Man's particular tools seem to be the opposing digit and thought. Both allow greater manipulation of the environment, or perhaps "more exact" manipulation.

This "mind" business seems to be a method whereby one can manipulate the environment more quickly and safely as a mental model than by direct manipulation.

Man has built inside his head a light-weight model universe to test his manipulations upon. With these things given, man survives relatively well. But he winds up with the pleasure/pain response to the universe *inside his head*.

This is great when he's pleasure-responding to something in his head; it's a cheap high. It's not so great when he's pain-responding to something inside his head.

Nowadays, when we're not warring in our own neighborhoods, there's not much actual danger from the environment. We can go for days and days without encountering a real threat to our survival. But we rarely go a day without pain. Tossing things around in our portable mental universe, we respond to the hurts in our heads, and live out lives of pain.

Mind the great solution is now the great problem.

The problem with humans is that they go around being hurt by things in their heads.

HOW TO TUNE A HUMAN BY DE-CONDITIONING

Humans have bodies, and you can tune a body by regulating its nutrition, and exercise, and medical attention, and acupuncture, and Rolfing, and things like that.

Humans also have nervous systems, and perhaps minds. Mind is rather a metaphysical thing, so we'll consider mainly the nervous system and how to tune that, and if it sounds like we're talking about a mind, then so be it.

Tuning means "to put into harmony, into agreement." And harmony comes from Greek *harmonia*, meaning "fitting together, agreement." So tuning is the thing we can do which puts us into agreement with our environment, which makes us "fit in with" the environment.

A tuned person would not experience a sense of resistance to the environment, would not feel that he "clashed" with the environment, and would not feel "discord."

It's less obvious when a nervous system is tuned than when a body is tuned, but the same measures apply. *Do we operate more efficiently? Do we feel better?*

The "operate efficiently" is our logical measure, using our specific tool (the mind) to measure the environment, and the "feel" is our pleasure/pain response to the environment.

Simple conditioning is a theory which can be demonstrated fairly objectively, and will reconcile many more specialized theories. One general approach to tuning a human is to de-condition stress responses.

We should recognize that conditioning can operate in two stages —

1. A stimulus causes a response in the nervous system, such as "ouch!" or "run!" or "oh, no!" or "damn!" or "hit him!"; and also that
2. We can condition ourselves to respond to this nervous system message, or not.

So many of us are conditioned to "run!" in the mind, but have conditioned ourselves to sit still when this occurs, and the net effect is that we experience, for example, anxiety.

Seeing such a person sitting quietly, we might think he's not conditioned at all, but he is. He doesn't have to stay that way, though. The "run!" in the mind can be removed. It's much like a rock on the living room carpet.

If you leave it there, you're going to stub your

toes now and then. Why not throw it out?

It's possible to de-condition our stress responses, and the keys are (1) thinking it possible to take control in this way, of doing it at all, and (2) using a gradient.

Often it never occurs to us to de-condition our responses; and often if we do think of it and try to kill the ravening wolf with bare hands we get bitten very badly so that our conditioned program is strengthened, not weakened. We need to start by pushing puppies around, and work our way up to the wolves.

Many existing systems of self-improvement can be seen as operating to de-condition stress responses.

One type of Clarity counseling process has the person being counseled to mentally create the fearful stimulus, first a little and later a lot, and he looks at it more and more.

Approached on this gradient, he is never hit with the full clout of the stimulus, and he de-conditions his violent reactions to it, until he's free of it. In this Clarity counseling method, the person is connected to a biofeedback device, and this moment of freedom can be seen on the device objectively in the free-swinging movement of the needle which before was moving in more constrained manner.

This free-swinging movement correlates fully with the "Aha!" phenomenon in the mind of the person; they occur at the exact same time.

The device is measuring body resistance to a small current, and the free-swinging fluctuations indicate a type of freeing up of the body's electrical system. Something in the body is now undergoing its changes in a fluid manner instead of via abrupt, slow, or jerky changes.

Meditation is another way of learning direct control of the nervous system, so that we can, whenever we want, throw the system into "idle." ("Idle" usually feels great.)

As we go along, when a stressful stimulus arrives, we "idle" the system when it has been wont to go on a rampage. After a time of removing the rampage, the system is no longer in the habit of rampaging.

Freudian and some other psychoanalytical counseling methods de-condition the person to stressful stimuli by guiding him, on a gradient, into looking more and more at it. Supported by the therapist and the safe environment, he escapes much of the upset, and in time de-conditions himself to react automatically to it.

Psychocybernetics and some other self-improvement methods, often applied by the individual from books, use systems of directly programming pleasure responses to mental stimuli, so as to de-condition old programs of rampage and re-condition new programs of pleasure.

It's done by creating situations of stimuli in fantasy, and acting out in fantasy the new program. One is generally acting out successes in previously stressful situations, and as one conditions in the pleasure feelings, the pain feelings fall away.

Transactional Analysis and Rational Therapy have people go out and act in defiance of their past programs, on a gradient, so as to de-condition them to old self-damaging behaviors. The gradient often starts with looking at the idea that the old program may not be so perfect, then to considering some alternative as possible, then to small steps ever increasing until the person has changed that behavior and is getting positive reinforcement in his life for his new behaviors.

The famous Senoi Indians dream system utilizes dream control. People in this jungle tribe condition themselves to attack and conquer any hostile entity in their dreams, and to approach and enjoy fully any pleasuring entity. As dream entities are fears and pleasures made visible, through this practice, they're conditioning themselves to respond to mental stimuli in an optimum way: being unswayed by fears, being unguilty in pleasure. Patricia Garfield's *Creative Dreaming* reports: "Neuroses and psychoses as we know them are reported to be nonexistent among the Senoi."

When we de-condition stress reactions, usually increased self-awareness results.

These two are linked. That which we react automatically to, because of the "ouch!", we don't want to look at. Because looking at the thing, in the mental universe, produces the "ouch!" and that's just what we don't want.

But looking is the way to de-condition that "ouch!" The gradient is the key. Little ouches that we can tolerate will lead us to lose the ouch altogether. This "don't look because of the ouch" is what steers us around our personal blind spots, when self-guided self-improvement programs leave major problems untouched.

But, looking, we often see.

HOW TO TUNE A HUMAN TO BE AT 'CAUSE'

Another approach to tuning a human involves shifting his viewpoint from that of victim to that of cause.

Viewpoint is inextricably tied to programs, in the cybernetic sense. To shift his viewpoint, shift his programs.

We are cybernetic organisms. ("Self-Steering Organisms") In identical situations, one person will be operating on a program of "what's going to happen to me?" and another person will be operating on the completely different program of "what can I do about this?"

Shifting programs is not especially difficult; practice is the main thing required. But what to practice is not obvious, and the gradient is again involved. To the Victim, approaching this idea, the impulse is often to begin by blaming himself for bad situations, and as a program, this may more reinforce low self-evaluation and victimization than increased causativeness.

The more effective approach is: cause something, and then cause something else, and then keep practicing that. A good entry point is via mental pictures.

I had a girlfriend who often complained that the bus was late, that busses were always just leaving when she arrived at the bus stop. In her mind this was true: she was the victim of something out there. She was unhappy about this.

I'd been doing some work with Silva Mind Control, which taught me to make mental pictures of what you want to happen. It then seems that these things come about. It's a form of magic, and I hadn't a clue why it appeared to work, but it did appear to work, and I went around doing this.

I'd picture, on my way to the bus stop, the bus arriving after I'd got there, and I'd get on and so on. It seemed that the busses came just fine for me. Sometimes I'd get a flash of the bus leaving me -- I have old programs of being victim to the bus -- but as I practiced, I learned to say, "Why, that's a fear, and what I want is --" and then replace the fear picture with a picture of the bus arriving properly.

After a while, I didn't get obsessive pictures of being left at the bus-stop, and could seemingly whistle up a bus any time. (I'm making no claim to influencing busses in this way; I'm only saying that it seemed to me that busses came when I wanted them.) It *seemed* that I caused busses. I

was happy about this.

Except when I went out with my girlfriend.

She'd put it out there — with force — that we were going to be victimized by a bus, and she'd trigger my old Victim programs, and I wasn't skillful enough to disconnect my old programs with her abetting them. In short, she kept messing up our busses, was how it seemed to me.

Silly me, I would then get mad at her, and she'd get mad right back at me for getting mad about "nothing."

Then she went off and did EST, and as it happens she learned how to make mental pictures of what you want to happen, and she now she causes busses just as easily as I do. In fact, when we're out together, sometimes it seems that the bus just doesn't have a chance.

An Interesting Idea ...

It may be that we're not influencing busses at all. It may be that the practice of "causing busses to come" is just a way of tuning ourselves to the arrival of busses. That is to say., it may be that, thinking we're contributing to the arrival makes us happy when the bus comes. After all, who's unhappy when something they fully intended comes to pass just the way they wanted?

On the other hand, once you've got the mental idea that you're the *victim* of the busses' arrival, and that you're the *effect* of the bus, *you resent every second the bus delays.*

Mentally "causing" busses puts you on a program of success — the arrival of busses — which is a *pleasure* stimulus.

Mentally being "effect" of busses puts you on a program of failure — the non-arrival of busses — which is a *pain* stimulus.

You're waiting for the same bus, but in the first instance responding to the *arrival*, and in the second instance responding to the *non-arrival*.

Psychological set determines perception. Perception of pleasure is pleasure. Perception of pain is pain.

Once upon a time, when being Rolfed, I'd experience strong sensations when the Rolfer-dude was using lots of force to move muscles around, meaning lots of force upon my delicate, tender muscles.

However, I'd decided that since I was going to be there, I might as well enjoy the novel, strong

sensations instead of experiencing abject pain, as some report.

I did pretty well, until he got to my particular tender spot, where a number of muscles pretzel themselves around the pelvic bone structure. I went crazy. Ouch, ouch, ouch: bad gradient! Too much too soon too fast.

I tried various mental gymnastics: conscious relaxation, locking my attention into my fist, mentally draining the pain away and out my fingers. None of them worked.

But about halfway through the session I thought of shoving against his pressure, making the pressure more. Nothing to lose.

I thought of his knuckle as a stationery point and just mentally shoved my body against it. Pain disappeared immediately.

I'd found a way to be the *cause*, and those sensations, with me causing them, were not objectionable to me. It was only when I was being done-to, a victim, that sensation became pain.

At that moment I learned in a way that was real to me, that pain is what we do in our minds in response to stimuli, not the stimuli. A victim can be defined as "one hurt by others," or so he thinks. But consider ... it may be true that when you're on a "cause" program, there is no pain.

If our reactions are set by what we're thinking, if we're going to experience either pleasure or pain depending upon how we think ourselves, by how we program ourselves, and how well we practice doing the programs -- why not opt to experience the pleasure program?

There will be some things in any life to which the person has programmed himself to experience "victim" responses. Maybe it's "those late busses," or maybe "my mean and loud-mouthed mother-in-law," or maybe it's "pushy drunks," or maybe it's "that boring job."

Aside from counseling directed at these thoughts and responses, a good self-help way to de-condition victim responses is to use one of the magical systems, like EST or candle-burning (witchcraft) or Silva Mind Control.

Basically these involve making a mental picture of what you want to happen. You practice doing this for a while, and then you will observe that these pictures seem to come to pass, and you will feel happy about this. You feel stronger, and happier with the environment. You fit with it, you say "yes" to it more, you don't "clash" as much.

You have tuned yourself.

Some say, at this point, "You admit that you may not be influencing the universe at all with these mind-trips; so why practice deluding yourself?"

Good question. And here's why —

1. If the universe is going to do whatever it will, and you have no control over it, why not experience pleasure at its doings rather than pain?
2. By this practice, you program your computer to be an aggressive problem-solver instead of a victim. This means that, after a while, you get into the habit of looking for (and finding) things you can do to handle the environment.

If you'd remained programmed to respond only to the things it could do against you, you'll never see these pro-survival options.-- like a blind man attacked by a small dog: a stick is near at hand, and he could easily whack the dog once and drive it away, but he doesn't know that.

3. We've not yet considered the possibility that you may in fact directly influence the universe by this practice.

These practices are the essence of much of both Eastern and Western Magic. Many people swear that the practices do influence the universe, and some of the reports are of situations where the suggestion is overwhelming, even though how it works is subject to many conflicting theories, and probably nobody really knows.

However, you must experience this for yourself to believe it true, as it runs counter to pretty much everything we learn in our schools and society.

So, to the question, "Since you may not be influencing the universe, why delude yourself?" we can respond: "Since your efficiency will not diminish by this practice, and will perhaps increase, why cling to the pain inherent in the position that one can do nothing?"

A CAUTION: It seems that some turn to these methods to achieve things they don't want to confront achieving by direct methods. For example, maybe I want a job, but don't want to confront the dreaded Job Interview. I'd do magic, making mental pictures, but refuse to go

on job interviews. When the basis of this system is non-confront on the situation, it doesn't work worth beans.

You're pulling one way with one hand and opposite with the other. If you're doing a candle-burning ritual to draw to you a woman, you're best advised to be out hustling on the streets as well. It's a matter of playing the percentages. Hustling appears to help; candle-burning appears to help. Do both, for best results.

Besides, when you have a non-confront on going out and hustling in the environment, it's an indication that you have a mental program going *against* your alleged desire. De-condition that obstruction by going out, on a gradient, and experience the fearful situation, bit by bit, until it's de-conditioned.

If, the first night, you can't bring yourself to go hustle in the bars, go to the front door. Next night open it. Next night walk up and down the block a bit. Keep ranging wider. Sooner or later you'll find a lover. This is powerful magic.

Any system which allows you to adopt the "cause-point" in your thought will result in your experiencing pleasure in your nervous system, and any continuing system in which you hold to the "victim" position results in pain.

Additionally, it appears that adoption of the cause-point results in greater successes; many psychiatrists would say so. Common methods of adopting the cause-point consist of visualization exercises of picturing yourself succeeding, picturing the desired event.

Additional material on this phenomenon can be found in Ellis's *Guide to Rational Living*. He describes a therapy method to teach people to retrain themselves to think in a way that they delete their mental pain-responses to the environment. His belief is that, although we may have pain-responses to actual environmental occurrences, such as somebody stepping on your foot, that the great majority of our pain-responses occur in response to sentences we say to ourselves inside our heads.

For example, once I took some stories to a therapy group, and the group members looked over the stories and gave me comments about them. It happened that I needed some of those copies to send to a friend, who'd asked to see them, and so I wanted to get back a set from at least one group member.

At the end of the meeting one woman went out of the room, leaving her copies in her chair and I called after her, "Shiela, can I have these

stories back?" She called over her shoulder, "Yes. Take them. I don't want them."

This situation is inherently neutral.

However, I'm a human. Guess what I did, inside my head.

"Oh. She doesn't like my stories/me. Rats! That's terrible: To work so hard and then nobody even likes them/me. They must not be very good.

This is terrible! That jerk: Shiela, you rude bitch!" Then I looked up and saw my therapist grinning at me.

The situation was inherently neutral, but I let it trigger some old feelings, and then was needlessly suffering from the pain so created.

Ellis maintains that we do this verbalizing inside our heads, and thus upset ourselves, and that we can retrain ourselves to delete these self-upsetting sentences. His method seems to be (1) to look back at what we've said to ourselves right before we got upset, (2) to examine these sentences to see if they are actually true or logical, and in light of the answer (they are rarely either true or logical), to (3) substitute true and logical sentences, which then (4) don't produce upsets. He says that through practice we can lose the habit of upsetting ourselves in this way.

De-conditioning ourselves of stress reactions assumes that we can take the cause-point, and the practice of taking the cause-point results in de-conditioning ourselves of stress reactions.

"Into Harmony with the Universe" sounds airy-fairy, but can be a fact, especially if we consider "into *more* harmony" rather than some metaphysical absolute.

Harmony can be pretty mundane. These mental exercises actually generate a nervous system functioning in a way which does not clash with the environment. We find ourselves saying "yes" to what's around us, feeling that we "fit" with our surroundings, and with other people.

If you go out with a conga drum each month when the full moon is due to rise and, with the idea of calling up the moon, of helping it to rise by putting out some energy which it can somehow draw upon, behold — the moon will rise.

The essence of magic has long been misplaced.

Fact is, at any moment in time we are present wherever we happen to be, and we do have a choice (if we've been practicing our magic) of

being there unwillingly, a miserable and helpless alien OR of being there at our choice, causing it to happen just the way we want, ecstatic.

Looking at this idea of choice, while trapped in our habits of misery and victimization, perhaps it seems utterly bogus. Because you can't think yourself in a flash to see the ecstatic alternative, unless you've been practicing.

But if you have been practicing, you can bliss yourself right now.

MAGICAL METAPHYSICS FOR WINNERS AND BEGINNERS

Tons of techniques exist, and tons of tomes, in psychology, religion, yoga, and philosophy. All are magic.

The basic experience of survival, for humans, consists of (1) visualizing things and (2) making them happen.

Done on subjects considered controllable, like cooking eggs, we call it science. Done on subjects considered uncontrollable, like love, we call it magic.

I think it's all magic. Consider a fan, whirling around. A thin cord stretches to the wall socket. Do you really expect me to believe that this string makes the fan go around?

Practices transcend ideologies. For example, codes of behavior list Dos and Don'ts, as in Christianity's Ten Commandments, and Buddhism's Eightfold Path. The Don'ts are things that, if a person does them, he'll generally feel the worse for. Mess with your neighbor's wife; and often you get altercations in the neighborhood, if you're a Christian. Buddhists aren't as picky about that, but consider that if you've got the wrong kind of job, you'll never get to heaven, a consideration lacking in western culture.

The Dos, in turn, are handy things that make people do better than if they don't follow the things they should Do.

Men do better, by their lights, whether by the Auditor's Code or by the Code of Assassins. It's the doing, not the code.

. Another useful thing about these differing philosophies is that, using them, you can identify Situations. That is, a person using the system, upon encountering some situation, usually threatening or unpleasant somehow, says something to himself, such as:

"Oh. That's a Parent to Child transaction."

"Oh. That's a Transference Reaction."

"Oh. That's a Sin of Pride."

Regardless of the system, or of what's said, the fact of identifying the situation brings some sort of relief, a feeling of understanding, and sometimes control.

It gives him a handle; he feels he's got it pegged. Perhaps this feeling of relief is caused by the substitution of the procedure of choosing, from among a finite number of possibilities, one description of the situation instead of maintaining the Internalized confusion. Or perhaps it's moving from victim to the causative viewpoint.

Whatever reason, affirmation, saying what is, feels good. Saying what is is big magic.

Saying what is doesn't depend upon the "is" being true. The theories may conflict, but everyone who's doing some saying feels better. It must be in the saying, and not in what's said.

Many specific beliefs, if adopted, remove specific human fears, and de-stress humans. Belief in afterlife deconditions "You're going to die."

The magical axiom "Whatever happens is for some good reason, regrettably beyond us at the moment, but true nonetheless," is a gem, as is "The beneficent Universe (or God) is concerned with our doings, leading us into greater Something-or-other." These de-stress us by directing our attention onto "evolving good" and away from "This is TERRIBLE!" and "Nobody cares."

The whole trick with these beliefs is to believe them.

It's largely a matter of practice. Psychological set determines perception. Practice looking for it and you'll see it more and more. Practice looking for the color red, and soon the universe will thrill with redness, for you.

Practice looking for God.

It doesn't matter whether the belief is true or not. Of course, you don't want to choose a belief that will impair your earthly efficiency or survival potential, but aside from that, our only given is: it's the pleasure we're after. Yes. That's a given; choose it. Saying what is, is big magic.

The beneficent universe makes me very happy; what else would a beneficent universe

do? Actually, unless I go looking, I've no reason to believe the universe beneficent. Buddhists say: "We say the flower is pretty, that we like it. But, you know, flower does not care."

And, God's beard, it doesn't. But since we can choose our myths to live, we might as well. We're here, and it's a better deal than King Lear got. (They asked Hemmingway if he had a favorite book. He answered, "King Lear. Read it every year. Cheers me right up.")

The essence of magic has long been misplaced. It's in the choosing. All of which has brought us, up short, to Paradox. Not to worry.

Paradox is an optical Illusion behind the eyes, brought about by the fact that our language/logic is only an inexact approximation of the exactness upon which the universe operates.

The existence of paradox in our perception is a kind of proof that demonstrates the limited nature of our human intellect.

Considering theories as tools, paradox arises, as that which fits a tool for its application is just that which unfits it for anything else.

You might say this is why flowers aren't bricks. It follows that a tool's strength will be its most deadly weakness — a neat demonstration of paradox, the only flaw in which is that it isn't true. Ha!

Our tool is mind. Paradox shows the limits of operating using the mind. The real truth is that ...

No paradox is. The mind has just run into its own walls. "No paradox is true," a paradox, is a slight of mind. We cannot grasp it.

But paradox is handy as handy. For when confronted by something non-optimum, if you can grasp most exactly its weakness, you can turn it to advantage, to strength. The universe, most exact grasper of weaknesses, does just this.

All at once.

I apologize that this may sound like gobblygook, and it may not make sense, but it's worth pondering, just for the treat of baffling your smarty-pants mind.

The Zen method, minding your mind, requires no afterlife. Through long practice, you can idle the system into ecstasy at this moment.

If pain arises, say, the thought of death (a non-existent thing, they say, much like matter), idle

the system. Soon there is no pain.

The ultimate is said to be blissing into death itself. As Don Juan said: "It's the best kick of all; that's why they save it till last."

Belief to remove human fear; embrace it like a lover.

HOW TO TUNE A HUMAN

Choose.

But there's only one choice!

Ah! How simple: Choose that one!



Our Four Brains

HOW THE HUMAN MIND IS BUILT

This theory is radical. It is based on two theories presented by Carl Sagan and Julien Jaynes. You don't have to accept this theory, but I think you'll discover that the theory fits observable facts.

But first, let's back up a little bit.

When NASA sends a rocket into space, they outfit it with three computers, which do all calculations separately. This way, if one computer fails, its answer is different from the other two, and the scientists know to believe the two that agree.

The human mind is constructed somewhat the same way, except that we have FOUR computers or brains. The first brain becomes obvious when you look at how creatures develop along the evolution line.

Amebas and simple creatures first begin to develop locomotion along the edges, and begin to develop sensory devices on the forward-moving end. This helps them to survive, and the survivors leave progeny, and the modifications are carried down through time.

By the time evolution builds up to worms and insects, the creatures have developed a tube running front to back, which digests food and discards what it can't use.

Insects become hard on the outside, and so develop exterior skeletons. This helps them move around, supporting their bulk against gravity.

As legs and sensory organs develop further, so do nerves to connect them so they work together, and the main pathway of these nerves runs front to back along with the digestive tube.

Next in evolution come reptiles. Reptiles develop a interior skeleton, with a spinal column of flexible bone running front to back along with the main nerve channel and the digestive tube. The hard plates on the outside become smaller and multiply, becoming scaly skin. These modifications permit them to grow larger than insects, supporting their bulk against gravity, much like a complicated tent with structural posts inside.

In the reptile, the first brain develops. We now have a complex nervous system, because survival behavior is more complex. On the front end of the main nerve channel, near the complex sensory organs in the head, extra nerve tissue develops, like a knob on top of a stick. This is the reptile

brain. It is hard-wired, meaning its program is built into the tissue, so the reptile emerges from the egg already programmed. Baby snakes can track prey with their eyes the moment they get their heads free of the egg.

The reptile brain contains information about operating the complex body, plus information about dominance and submission. Dominance and submission programs aid survival by making the reptile fight to procreate, and run when whipped. Unlike insects who will just stay there while they are eaten, the reptile will escape to fight another day. This advanced program helps reptiles to survive better than insects do.

But remember, the reptile's program is hard-wired, built into the tissue of the primitive reptile brain; the reptile's program cannot be modified by learning.

Now here's a funny thing about how evolution works. As each new creature mutates (by accident) into something that survives better (and thus leaves more progeny to spread the mutation), the old system does not vanish! The old system remains in the body, continuing to operate, even though there's a new and improved system also working.

Next in evolution we come to mammals. Here we have a reptile who has mutated so that it can burn food inside the body and generate heat, and thus it can continue to move around when the weather turns cold. (A reptile's speed goes down with the temperature, and at cold temperatures their nervous system transmits very slowly, so they move slowly or not at all.)

The mammal achieves this mutation by building more gray matter on top of the knob at the top of the spinal column nerve channel. This gray matter regulates internal chemical processes and thus regulates temperature. So the mammal can keep on moving swiftly, even when it's chilly. And you can bet, on those cold nights, they reproduce more and leave more progeny to carry on the news, and they do their reproduction inside the body where it's warm.

This is the mammal brain, this new glob of gray matter, and it's somewhat programmable. Why? I don't know. Perhaps successful heat regulation requires some learning, like don't stick your hand in the (hot) fire and come in out of the (cold) rain.

Maybe fire keep out! and rain come in! are just too complicated to develop as pre-wired programs!

Also, we can notice that mammals show activity that appears to be what we call emotion. Your dog can appear pleased, or worried, or angry. The lizard couldn't do that.

So we notice that the mammal mind has to do with motion and e-motion; it has to do with all the warm and cold feelings. The words in our language reflect these mammal truths, because we mammals can't help but perceive in this way.

A basic type of learning, called Pavlov's conditioning (after Mr. Pavlov, who first researched it), operates on the mammal, emotional, feeling mind. This is an e-motional type of learning, where you learn by reward or punishment following an activity. It's ouch! that teaches us caution with sharp objects, and it's yum-yum! that teaches us to order dessert.

But remember that beneath the mammal mind is still the reptile mind, so sex and war, dominance and submission tendencies are hard-wired into your dog, and into you. And conditioning is a learned behavior learned on top of the pre-existing reptile program.

Pavlovian conditioning can operate by accident, and so learning can happen which is baloney, but still very real to you. If Aunt Mable always pinched your cheeks so hard it hurt, and she wore her hair in a tight black bun, you will probably never be attracted to women named Mable nor that hair style.

As mammals continued to mutate toward greater survival, achieved by more complex structure, we see an increased growth of gray matter on top of the basic mammal mind. A bird, surviving by flight, has to be mostly muscle and nervous system, and can't spare much weight for more brain. That's why birds are still close to reptiles; they have basic heat regulation and little else. And they aren't as smart as your dog, who has learned complex pack behaviors which modify the dominance and submission program, and who has learned complex hunting behaviors, and who can even understand a few words of your language, as long as you teach him by Pavlovian conditioning (meaning you reward him when he does something you want, and you punish him when he's naughty.)

As larger and larger brains are built, at some point there's a weight problem. Skulls up to the point of the primate are basically egg shaped. But if an egg-shaped primate skull were thick

enough to protect the brain from smashing, the skull would be so thick and heavy that it would be hard to hold it up.

And so, in good architectural fashion, the skull grows a reinforcing ridge down into the middle of the up-growing brain, much like you put a center wall inside a house to help hold up the roof. The new gray matter inside a primate's skull is divided into two separate globs, each sitting on top of the mammal brain, but talking to each other only through two holes in the wall, two holes the size of small coins.

Here comes the clever part. These two new brains are almost completely programmable, but evolution's survival rates have determined that we program the two to compute differently. In other words, our ancestors who (by accident) developed the two brains to operate differently then survived better than others, and left more descendants. And we are those descendants.

The left brain uses logic, is linear, allows us to string words together, and uses the right brain as a slave to process visual information from the right eye.

The right brain uses pictures, is global, allows us to picturize complete visions all at once, and uses the left brain as a slave to process visual information from the left eye.

In computer terms, the left brain is serial, processing one bit of information at a time, and the right brain is parallel, processing whole pictures at a time.

We can read experiments of people who have had brain injuries which severed the small connections between the two brains. It appears that the two brains operate simultaneously, each on its own, to come up with a conclusion. And they can come up with different answers!

In one experiment, a brain-severed person named Tom was asked to reach behind a screen with his left hand and pick up the object hidden there, which was a hairbrush. He was then asked to name the object. Now here's the catch: The left hand is connected into the right brain, so the right brain knew it was a hairbrush. But the left brain, which does all the talking in language, was completely guessing. Tom would say, A pencil? A bag? A hammer? And at every guess, the right brain, which knew the answer but doesn't operate the vocal chords, would shake Tom's head from side to side to say no.

This tendency of the two brains to come to different conclusions also operates in all of us. For example, in your left brain you know it's a

fact that Sylvia is a worthless tramp who will cause you grief; but when you see her across the room, your right brain thinks hubba hubba hubba.

FOUR BRAINS

So we actually have FOUR different brains, all calculating at the same time, but using different methods:

The reptile brain contains our hard-wired tendencies to sex and war, dominance and submission, and these are promoting our survival as well as a hard-wired system can do.

The mammal brain contains our Pavlovian accidents learned, and these are promoting our survival as well as automatic avoidance and approach behaviors can do.

The left-side verbal brain processes logical statements, and promotes our survival as well as logic acting on uncertain statements can do.

And the right-side visual brain processes picture information, and promotes our survival as well as a picture-book story can do.

If all four brains come to the same conclusion, we can be pretty certain it's safe to proceed.

But any one of the brains can calculate wrong, and there can be an internal disagreement, so that you don't know what to do at all. Or maybe you think you know, but you're trembling.

The fact that there are different brains using different methods is why there are different methods of therapy, and sometimes one method works better than another, but not always. Different therapies tend to work on one brain or another. This is why intelligent behaviorists argue with intelligent psychoanalysts. They may both be correct, sometimes.

But now let's leave the hazards of life to examine one specific error, which is common, and which is the main reason why even a smart person can wind up being lonely.

HOW YOUR MIND GOOFS

Because this is a written report using language, we'll logically examine how the four brains come to create an error amongst themselves, and how the error can persist. We'll look at it logically, but you will also need to IMAGINE and VISUALIZE how this works, because the error occurs BETWEEN the brains.

Lets make an example. We'll use romance as our subject, because pretty much everyone has

had experience in this field. Let's say that you're a guy (or a girl) and you broke up with your sweetie some time back, and now you want to find a new sweetheart.

Here's the catch: The problem of having no girlfriend (or boyfriend) tends to become a self-fulfilling, self-defeating prophecy or problem.

First, you have certain negative feelings: perhaps you're down because of the previous break-up, or perhaps you're just feeling lonesome and maybe feeling unattractive and unloved.

Next, these feelings (mammal brain) predispose you to certain perceptions: you'll be emotionally sensitive (Pavlovian conditioning) to any picture suggesting rejection, further pain of loneliness, or the frustration of failing to solve the problem. These types of pictures can quickly arise in the visual brain.

And in the verbal brain, you may be vocalizing your feelings, saying in your inner dialogue: *Oh, what's the use? I won't meet anybody nice.*

Now if this is the inner dialogue, and the inner pictures, you will naturally take sensible actions, which in this case would be avoiding further pain or loneliness by withdrawing from the troublesome area, and by finding quick reasons why this person or that person should not be approached.

So because you have certain feelings, you have certain perceptions, which lead you to take certain actions.

And they're the wrong actions.

And then you get more of the bad feelings, and the whole error stays in place.

In this report, we're going to describe an approach that quickly acts to get you out of this self-defeating cycle. We're going to go left-brain, verbal mind to explain how the system works. Later on, your right-brain, visual brain will see it working when you try it. Your Pavlovian, mammal-brain will then experience the pleasure of success. (And probably your reptile brain will urge you to have sex or start a fight.)

I'm not sure exactly why the following statement seems true to humans, but we all feel that it's true:

SCARCE EQUALS VALUABLE

We have a powerful tendency to see things this way. When a thing is scarce, such as gold or diamonds, we think it's valuable. I suppose if diamonds were as common as crab-grass, we'd

be kicking them out of our way, complaining bitterly how they reflect the bright sun in our eyes!

“MUST” AND “CAN’T” SEEM TO TRAVEL TOGETHER

For some reason, when we feel we **MUST** do something, we often feel somehow that we **CAN’T** do it. And when we feel we **CAN’T** do something, we often feel strongly that we **MUST** do it.

Why? I don’t know. But that’s the way the mind works. I **MUST** get a job, but I **CAN’T** get a job. I **CAN’T** get a girlfriend, but I **MUST** get a girlfriend.

Perhaps it’s just that when we feel stymied (**CAN’T**), we tend to pour on the emotional coal (**MUST**), because we feel what we lack most keenly. And perhaps feeling these things together many times in our lives, we become conditioned to feel them together automatically, as Pavlov would say.

However it happens, you will observe that feelings of **MUST** and feelings of **CAN’T** tend to arise together.

“HAVINGNESS” TENDS TO REMAIN CONSTANT

By havingness I mean how much of something you can comfortably experience.

You will notice that certain people always have zero money. They are always poor. I would say that their Havingness of Money was low. They may complain, but all the things they say seem to fit together, and in their view of the world and the way it works, it just naturally follows that they have no money. Maybe it’s their fault or maybe it’s the fault of Martians, but it just naturally follows that in the world they describe they would have no money.

Now here’s the funny part. If you have ever seen one of these people somehow by accident come into a goodly sum of money, what’s the most probable outcome? They will, in a very short time, have somehow managed to get rid of the money. They will again have no money, and they will be telling the same story as before about how the world works.

I would say their havingness of money was low. They see the world in a certain way, and therefore they act in a certain way, and get certain consequences, and so they continue to see the world in that certain way. And this tends to

continue, and so they continue in their familiar ways (even if they’re complaining), and they’re constantly experiencing a certain amount of money, no more.

Certain other people always seem to have lots of money. If they go broke and you come back a year later, usually they’ve got lots of money again.

Their Havingness of Money is high.

They see the world in a certain way, and it’s familiar for them to experience a lot of money, and they act in ways that make it likely that a lot of money will come to them.

Trends tend to continue. The raving drunk downtown is probably not going to be a suburban bank manager tomorrow. Most likely he’ll be a raving drunk downtown.

There may be good reasons why a person has a high havingness level for money, for alcohol, for women, or for status. But for our purposes, it doesn’t matter why. Havingness is a convenient way to think about an individual’s level of tolerance, or his level of familiar expectation about a given thing.

And his Havingness tends to remain constant.

In our example, we’re going to concentrate on your havingness level on women, or on men. As you will see, this key unlocks the trap.

THE TRAP WE GET INTO

Let’s describe the trap that commonly befalls us when we don’t have a girlfriend.

First, there aren’t any girlfriends in your life, so they’re scarce, right? That means they’re valuable. Very, very valuable, right?

Already we’re feeling like we can’t get one! Why? Because **MUST** and **CAN’T** arise automatically together. Girlfriends are so scarce, they’re very valuable, so maybe we **CAN’T** get one! But that makes us automatically feel like we **MUST** get one!

They’re so scarce! And we **MUST** get a girlfriend, because we’re so very very lonely because they’re so very very scarce. **GOT TO** get a girlfriend, a scarce valuable girlfriend. But I **CAN’T** get a girlfriend, a scarce valuable girlfriend; In fact, I’ll **NEVER** get a girlfriend; there aren’t any good women; I never meet any women; I never have any luck; there are no women!

Conditioned feelings are now reinforcing your

view that there are very few women, and you have a powerful compulsion to get one somehow, but you feel overwhelmed and fearful and depressed because it appears so difficult. You are not in the best state of mind for moving forward, and you are not in the best state of mind for seeing the problem clearly.

Your havingness is now low, and trends tend to continue. And why does this trend tend to continue? Because once you have programmed your perception, that's the way you see.

And once you see it a certain way (ERROR), you tend to do all the wrong things:

You will stay at home tonight and watch television. (And no women will by accident wander through your apartment.)

You will spot a woman in a coffee-house, but you'll feel real shy, and while you're dithering internally, she'll finish her coffee and leave. (And you never knew she was wondering who you were.)

You will work yourself up into a frenzy and go down to the supermarket and try to strike up conversations, but after you get shot down the third time you'll buy chocolate ice-cream and go home to sulk. (And never discover that number five was the one who wanted to go out with you.)

You'll get a date by accident, but when you go out you realize with great sadness that she's not nearly as wonderful as lovely Judy whom you broke up with after three years of near-bliss, so you don't call this one back. (And never discover how great she is once she gets over being shy.)

Have you ever noticed that, after you break up with somebody, nobody else seems as good? That's for the obvious reason that it takes a while to get to know somebody, and until you do, no stranger can seem as good as somebody you knew well. How could they?

But the self-reinforcing nature of perception is that you think there are no good women, and you gloom around and remain blind to possibilities.

THE MOST COMMON MISTAKE

The COMMONEST SINGLE MISTAKE that lonely folks make is ... being stubbornly blind to obvious opportunities. Go visit a friend after they break up, and follow them around. Why don't you ask Molly out? you ask.

Oh, she's too stuck up, they say.

Well, maybe a little, you admit, but look at that woman over there! Why don't you go ask her out?

I don't think she's so cute, they say, miserably.

Well what about that redhead there?

Oh, she'd never go out with me.

The brunette?

I think she's got a boyfriend, they say, no way!

It's astounding. A man who has no girlfriend becomes incredibly picky! What's really happening is that his havingness level is quite low, and his MUST brings up his CAN'T, and his strong desire makes women appear so valuable as to be incredibly scarce, and he just can't help but see it that way.

This is also what happens to you.

Your powerful, emotion-charged perception colors your view of the world and misleads your actions. Your choices seem sensible (to your colored vision), but you do the wrong things, and so fulfill your own prophecy.

But ... what if ... what if you had a way to change your havingness level?

Suppose that, instead of beating your head against the wall trying to get a girlfriend, you had a simple way to change your havingness level, and you worked on that instead?

Changing your havingness is actually fairly easy to do. And suddenly, all the "problem" just falls away, as your Havingness level changes; and once this changes, girlfriend(s) appear.

We do not have space enough in this book to describe the complete method for how to change your havingness level, but it can be done, and now you're making an "end run" around the conflicts *between* the brains. And therefore, the problem resolves easily.

[For a complete "How to Get a Girlfriend" method based upon this approach, please visit <http://sweetheartreport.com/> and click on the "Get a Girlfriend" link. (The method works exactly the same for a woman who wants to find a Boyfriend, a Husband, or a Lover. The method works exactly the same whether straight or gay) Try it, and you'll see. The self-defeating cycle can be easily broken, when you use *the right method.*]

Pleasure and Pain

The “Trinity Process” employed by the Clarity and Focus Group uses three different therapeutic methods for clearing troubles out of your life.

These three therapies hold in common the presumption that our pains and fears are actually stored within the body, or within the body’s electrical field.

Our pains and fears involve thoughts, sensations, and stuck-energy in or around the body.

And these pains and fears represent a barrier to one’s survival instinct toward pleasure.

THE BASIC SURVIVAL INSTINCT

Human beings possess a basic survival instinct to move away from pain, and to move toward pleasure, and this is the lowest commonality of all successful survival. When this is accomplished, we call it success, prosperity, and happiness.

Releasing the pains and fears in a human being is in alignment with the basic survival instinct.

HUMAN ABERRATION

Aberration in a human being can be seen as a failure or blockage in accomplishing the being’s basic survival instinct to avoid pain and seek pleasure. These failures deny one the ability to focus widely or narrowly at will on one’s selected targets.

Further, these failures trigger repeating and automatic behaviors of thought, sensations, and energy-blockages which interfere with one’s progress toward his or her goals.

Energy-blockages within the body or its electrical field may express themselves as mental disturbances, or as physical ailments, discomfort, and compromised operation of the body.

THE PURPOSE OF THERAPIES

The purpose of all therapy is to remove these aberrations, these pains and fears, to allow the being to enjoy successful survival, avoiding pain and moving toward pleasure.

Our three therapies each address the pains and fears, each method is time-efficient, and each has a good track record for erasing pains and fears.

THREE DIFFERENT POINTS OF ENTRY

The difference between the three therapies is that each of the three therapies enters at a different point:

- Clarity Counseling enters via the realm of thoughts
- Focusing enters via the realm of sensations
- Emotional Freedom Technique enters via the body’s energy-field

Please see individual descriptions of each method, following, for more detailed information:

- Clarity Counseling
- Focusing
- Emotional Freedom Technique

Contact us directly for details, for a free needs-assessment (Strategy Session), for getting your questions answered, and for booking appointments.

The Anatomy of Dysfunction

In a way, our thoughts normally vanish (or fade away) when we are done with them. We may remember them later; or we may not.

But there are some kind of thoughts that seem to stay with us, sometimes for a very long time.

There are four primary categories of these sticky types of thoughts --

- Upsets/disagreements
- Quandaries
- Guilt
- Fear and repressed traumatic memories

UPSETS AND DISAGREEMENTS

Upsets can vary in intensity. For example a slight upset might be experienced as mild dismay or disappointment. That's a small upset.

Or you could have blinding murderous rage. That's a big upset!

When a person stays upset for a very long time, they eventually become sad, and when sadness persists so long that the person gives up all hope of handling this upset, they become depressed.

Upsets and a resulting sadness for a long time can have very bad effects on your mind and your body. Depression may result in and often does result in chronic body and mental conditions.

QUANDRIES

A quandary is any situation where one has two conflicting goals.

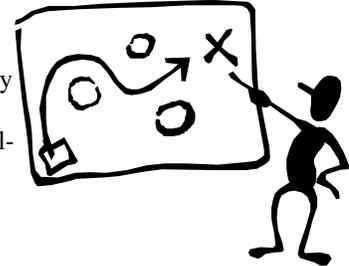
Although we might call these problems they're not exactly problems. An example of a problem might be I need to buy some parts for guitars. Then I go out and buy the parts. Problem solved

But a quandary is two conflicting goals. For example, I need to buy some parts for guitars, but I want to keep all my money in the bank (in case of some sort of emergency if I were fearful).

Given a situation like this, I might experience a problem over and over and over again, for when you have two conflicting goals you often have a condition that seems to persist for years

GUILT

Although definitions of guilt in the dictionary are kind of vague, we might call "guilt" a feeling of being worried about being found out regarding something you've done that you think is not such a good thing.



The feeling of guilt is very solid when we experience it but often the reason for our feeling of guilt may not be so obvious. A person with a mild level of guilt might just be shy. But a person with a lot of guilt might behave very critically or hatefully towards other people.

FEAR AND REPRESSED TRAUMATIC MEMORIES

When you have a past trauma you will have stored some memory pictures of that trauma. We think they are stored in the body or in the body's electric field. They have to be stored somewhere, because they seem to move forward with us through time. The body is always operating in present time, so we think that these memory pictures of the past are stored in the body, or within the body's electrical field.

That's how they move forward in present time and in present time these painful pictures can become reactivated. This can make us feel anything from a mild disquiet up to raging terror.

When we have emotions pushing and pulling us which have been triggered and may have almost nothing to do with the present situation, it is very common that we may choose behavior which turns out to be inappropriate or ineffective.

We can call these four categories of thought "negative mental energy". And we could say they are stress-related because these four patterns of thought appear to be the thought patterns that trigger the experience we call stress.

Notice that all these categories of thoughts are often recognized his feelings or behaviors. But each one is actually based on a particular kind of thought process. These particular thoughts -- or perhaps we would better say these particular men-

tal images -- cause a problem because they persist through time. That is, they do not automatically pass away as do our other common, more fleeting, thoughts. These “negative energy thoughts” seem to have residual or stored energy, and they move forward in time with us, though often they’re hidden (until reactivated by something in the environment).

The good news is that in Clarity Counseling, the biofeedback meter will actually read on these charged thoughts, and this enables us to locate the specific thought processes.

And that was the tricky part.

Once you find these negative mental energy type pictures, often it is not all that difficult to bring them up sort them out, discharging the upset, and producing feelings of great relief.

An additional benefit is that generally the inappropriate automatic behaviors will also cease because we are no longer being unconsciously manipulated by these charged thoughts pictures.

One thing to remember however... as you look at these four categories of negative mental energy please remember that we experience these primarily as feelings, but they are actually created by the triggering thought.

The feelings are the body's reaction to the thoughts, and the feelings are what we find uncomfortable. Therefore in normal life, we tend to focus our attention on the feelings, and we fail to look beyond the feelings to see the triggering repeating automatic thought images.

Many therapists for many years have believed that the answer to sorting out the mental difficulties is to cause the patient to go back and re-experience, often painfully, the feelings of past events that the patient would really rather not remember.

The patient may be dragged through this process for months or years, continually trying to get in touch with their feelings. Unfortunately, although this may produce some additional insight for the patient to understand what's happening better, many patients have been observed to make no progress in finding relief or freedom from the automatic behaviors in spite of months or years of this kind of therapy.

Such therapies may be valuable, but the terrible statistics of medical improvement would suggest that perhaps these therapies may not be the best approach for everyone at all times.

Realize that if you have enough upsets, or quandaries, or guilt, or fear troubling your body,

then your endocrine and nervous systems are being given an overly vigorous workout all the time, and those systems are not really designed to be operating in hyperdrive all the time.

Sometimes we experience this continuous overload as something like an anxiety attack, or a nervous breakdown, or completely erratic behavior. Now since feelings are physiological they can be affected by drugs, and exercise, and meditation, and other things that affect the physiology of the body.

Exercise and meditation are probably pretty good ways to deal with these things, although finding and dealing with the triggering automatic thought images would be a better and more current solution.

However when it comes to drugs it turns out that prescribing drugs is much easier for our medical profession to do and they do prescribe these drugs, to suppress the unpleasant feelings.

Of course since the underlying thought images are never dealt with, the unpleasant feelings can return, unless you take the drugs forever, and unfortunately taking drugs long-term produces a whole new layer of stress is on your body.

We observe that when a client is buried in anguish and is describing an upset, a problem, guilt, or fear we often hear words coming out about the situation and the feelings.

But the true answer to ongoing and permanent relief is to look behind the situations and the feelings, to find the repeating thought images that trigger these automatic dealings and automatic inappropriate behaviors.

Clarity Counseling can do just that.

CLARITY COUNSELING TARGETS

The process of Clarity Counseling, or “Clearing,” has two benefits --

1. First, the client gets to experience relief from anguish, and the client gets to experience freedom from further entrapment in the ongoing condition. We think that's a good thing
2. Additionally, if the client is able to learn from his or her experience, he will over time obtain the ability to see his emotional conditions in terms of the triggering brought processes. Therefore over time he becomes less likely to be trapped in new unwanted conditions of life due to these thought processes, because he's learned

not to fall for the trap that these four maladaptive law processes provide.

WHAT IS STRESS?

The dictionary is rather vague, but here is a useful definition of stress, for our purposes:

“Stress is the physiological perception of one of the four negative mental energy thought patterns.”

All of us become aware that we are “stressed” because of the way we feel.

That is to say, because of the uncomfortable way our body feels, but these feelings come from the thoughts that are behind these feelings. If we can access the underlying thoughts, and if we have techniques for modifying or even deleting the upset from the memory, then we can provide relief for the client.

If we use the methods of Clarity Counseling to fully handle all of our upsets, quandaries, guilt, and fear, then we will be able to function at a level beyond what most people ever achieve, and will be able to perform at that extremely effective level just about all the time.

CONSCIOUSNESS AND THE SUBCONSCIOUS MIND

As we've discussed previously, all of the things that we have come aware of but set to the side as habits of thought and behavior -- like tying her shoe, like the emotional reaction we have to our first grade teacher and any other person who resembles our first grade teacher, about our feelings about large dogs, etc. -- we have set all those habitual thoughts and behaviors to the side in order to gain the ability to focus our attention where we wish.

And then we focus our attention on solving the problems and enjoying the parts of our day as we pass through time.

Thus, these problematic flaw images thought images also get set aside very much like other habitual thinking. And in fact, perhaps they get set aside more vigorously and faster, because we so very much do not enjoy being aware of them.

In fact, we may use a lot of energy in forcing our mind away from these painful thought images and directing our mind somewhere else, anywhere else!

So it that these types of negative mental energy to be found generally not in the conscious

awareness of a client, but rather stored along with all the other automatic and repeating behavior in what we have called the subconscious mind.

As we learned in a previous chapter, the so-called subconscious mind is far from unconscious and is conscious of hundreds of ongoing processes and perceptions; it is only that you do not focus your consciousness on these ongoing processes most of the time.

For this reason, the negative mental energy of these four types of thought images will have to be tracked down. Fortunately, the biofeedback meter used in Clarity Counseling is works well in accomplishing this very task.

The thing to remember in this part of the discussion is that the various parts of the subconscious mind are operating all the time, and what this means for these four types of negative mental energy, is that they may also be operating all the time, and you are not aware of that fact.

All you know is that every time you talk to the boss you feel very uncomfortable. Or perhaps every time you talk to your sweetie, you feel shy. Or perhaps that every time you see a big dog you feel fearful.

All of these non-adaptive behaviors can be traced back to negative mental energy. The thought images that create the unwanted feelings can be located, and the thought images can then be processed with some simple question and answer techniques, and you can find freedom ever after from those unwanted emotions and inappropriate but automatic behaviors.

We don't really have to worry much, in Clarity Counseling, about whether the material is in the conscious mind, or the subconscious. Instead we would simply focus on rehabilitating the client's ability to access his or her thoughts at will, and to have far less automatic and self-destructive programs running in the background.

UPSETS AND DISAGREEMENTS

The upset is perhaps the most common trouble we humans experience.

We usually experience an upset as an uncomfortable feeling; that is, we experience it as a physical sensation in our body like an emotion or a queasy feeling. Often the upset person doesn't even know what they're upset about

“What's the matter, honey?” she asks.

“Nothing, dammit!” he roars.

There are even some people who become anger junkies, somehow getting a charge off the adrenaline that comes from being in a fight and being upset. Of course it's not a very good way to live, and it's not a good way to live very long.

Three parts of any relationship between individuals, or between an individual and a group ...

1. **affinity** -- the desire or willingness to be near or close to one another.
2. **shared reality** -- agreement between one another on various issues.
3. **communication** -- ability to share or transmit thoughts and ideas.

Every relationship has a certain amount of each of these three things. Each of these things will always occur in a relationship, though in varying degrees.

In Clarity Counseling, we define an upset as the diminishment of one or more of these three essential components of an existing relationship.

Such a diminishing is always a matter of degree. There could be a very slight diminishment for example some coworker likes to eat some strange food that turns you off.

Maybe you still like the coworker but some part of you has moved a little further away, and there are a couple of subjects about which you choose not to communicate.

On the other hand if you discovered that one of your coworkers murders people, cooks them in a big pot, and eats them because your coworker is actually a cannibal, then your upset with this coworker is probably going to be fairly extreme. In fact, the police will also probably experience an upset with this coworker!

A lessening of the willingness to be close to someone or a realization that there's some significant difference or disagreement between two people or a lessening in the ability to talk freely between two people -- any one of these three -- can result in an upset of some degree. It might be just a slight backing away, or it could be a furious blinding rage.

Any one of these situations is an upset and follows the rules for upsets, and can be handled and improved using the same processes.

Remember we are talking about two things —

- 1) First there is a condition.
- 2) Secondly there is a picture of the condi-

tion. For the purposes of Clarity Counseling it's more useful to think of an upset as the stuck mental image of the condition because the stock mental image is what is being carried around. And although the upset may have actually happened in the past, the thought image has become stuck in the body, or the body's energy field, and is being carried around so that you experience the upset now in present time.

Unless it's extreme, most of us are fairly unconscious about our own upsets.

If you look around you in any room, pretty much everyone around you has some kind of upset more or less going on all the time. That is to say, say some upset that has enough charge on it that we could read it on the biofeedback meter. As a sidenote, we might note that the smoking of tobacco is actually an effort to get temporary relief from the uncomfortable feelings -- the physiological effects -- of upsets. And it works because it suppresses the unwanted feelings. Unfortunately, using tobacco for the cure will later kill you.

When we have upsets active, we lose some of our energy and we lose some of our ability to focus. Upsets take a terribly stressful toll on the body. They crank our adrenaline all the time and that's bad for us. Upsets increase blood pressure. Upsets crank up the endocrine system and eventually can cause malfunctions in your body, including physical medical conditions of long duration.

SADNESS AND DEPRESSION

A long-term upset causes the person to become sad. If you want to uncover the cause of a sadness, then look for a long-term upset.

If the upset continues for so long that the person loses all hope that it ever might resolve, this upset can create havoc in the person's body as well as his mind. You might improve the physiological effects with vitamins, but if the underlying cause remains, how can there ever be a true cure?

The resolution is actually rather simple — find and fix the upset.

HOW TO REPAIR AN UPSET

You will need to find the upset, and with a process of question and answer, bring knowledge to the client, and generally this brings about a release of the negative mental energy that's stuck, probably actually being stored in

the body or the body's electrical field.

And then, relationship needs to be repaired. Can this always be done? Not always.

If you have access to both people, and if both are interested in it resolving, then yes, probably the relationship can be resolved.

But what if one person doesn't want to change. Here's an example: Bobby used to smoke dope, and then one day he realized that he doesn't like the way his memory becomes clouded, so he gives it up. Now it used to be that his girlfriend Julie was very close to him, and they smoked dope together.

But now, what if she wants to keep on smoking dope, and he doesn't?

Can this relationship be repaired. Maybe, but maybe not.

To get release of the upset for the client, the easiest entry is usually the communication part. So if you ask the client for *undelivered communications* and similar questions, you will often elicit a new awareness and a rehabilitation of the communication part.

If the communication part improves, then the other two areas (affinity, and shared reality) also tend to improve. And the client can "get over" the upset, with the feeling of full relief that this can bring.

QUANDARIES

Most of the time we make no distinction between a problem and a quandary, but they're really two different things.

A problem is a goal, and there's a barrier, and if you can go through or go around the barrier, then you attain your goal, and the problem has vanished.

Example: You need to order parts, and you order them and they come in. The problem of needing to order parts has vanished.

But a quandary exists when you have two goals. Each goal is the barrier to the other goal. And both goals are *your* goals.

So to attain one goal, you have to lose the other goal. Not happy-making, and so we tend to dither and never move forward, and the quandary tends to stay there for a long, long time.

Example: Joe works for the road crew of the Transportation Department, and the money is good but the work is hot, tiring, and boring as hell. Especially since he actually wanted to be a

civil engineer, and to design bridges and roads.

One day he finds a work-study program that will allow him to get his degree in civil engineering. It will take six years, and the money will be a big step down, but the sponsoring employer will pay for the schooling. So in a way it's a really good deal, and it takes him where he always wanted to go ... but the money will be much less, for six years.

All excited, he tells his wife what he's found, and he's surprised when she bursts into tears. She goes fully bonkers, terrified by the specter of their living on the edge of what she perceives as "poverty" ... for six whole years. She'll be the laughingstock of all her current friends, she thinks.

He wants his wife to be happy.

He wants to be a civil engineer.

It's a quandary.

He may go on with his current job, but his joy in life will be somewhat poisoned, and he'll take little pleasure in the things he has. He may grow some resentment for his wife, and she may be very puzzled by his sullen ways.

This problem could go on for long years. Bummer. Stalemate.

The client will often see the quandary as if it were a problem. In this example, he may see his goal, and he may see the "barrier" of his wife.

But really, both goals are his —

He wants to become a civil engineer.

And he wants his wife to be happy.

With a question and answer process, you lead the client to see that *both* goals are his own, that the problem resides in himself, and then he can break up the eternal stalemate, and give up the resentment.

He can then choose between his two goals. He can either tell his wife that he *is* going to become a civil engineer, and if she won't go along, he'll have to get a new wife. Or he'll decide that his wife's happiness is more important.

Once he's again in charge of his own destiny, making his own decisions, he will usually cease to suffer. He is no longer being "oppressed" by situations or other people.

The intent of the counseling process for a quandary is to bring the second goal into the client's consciousness. The rest is easy.

Now you cannot solve the quandary for the client. That's not his own self-determinism, and he will tend to reject any solution you offer.

And if he did accept your solution, then he's not making his own decisions. And in reclaiming his own self-determinism is where his salvation lies.

When you handle a major life quandary for a client, his life becomes unstuck. Choices open up, his sense of adventure returns, and his life will sometimes take on a whole new direction.

GUILT

Most of us really hate the feeling of guilt. We'll go to great lengths to avoid "feeling guilty."

And once a person feels guilty, what's he or she to do? Take a class? Join a support group? Do eternal therapy? Scream into a pillow?

While we're all familiar with the *feeling* of guilt, the phenomena is yet another instance where there is a certain set of thought images which trigger the feeling.

Only by understanding and dealing with the causal thought images can there be relief.

Most of us do not have any real idea how our thoughts lead us to the feeling of guilt. But actually, it's rather simple. Here's how it works —

We'll take a guy named Roy, and the first thing Roy has to do is he must commit some act that *he* thinks is wrong.

Note that it might not seem wrong or bad to other people, but it seems wrong to Roy.

Perhaps he finds a twenty-dollar bill on the floor of a bookstore. He picks it up and puts it in his pocket. Some of us might think, "Hooray! I'm lucky"

But Roy, he thinks he didn't earn it, and he suspects that it fell from the pocket of this old guy ahead of him, and he really thinks it's mean of him to keep the money.

He thinks it's wrong.

So while it may not be a crime, for him he's done a wrong thing, so we'll call it a Harmful Act. He's committed a Harmful Act.

He could talk to himself in his mind, giving all the reasons why it's OK that he keep the money, but that won't make any difference. He'll still feel a wrongness about it.

Further, because of a feeling of shame, or of

being self-diminished, he will tend to keep very quiet about what he's done. It would embarrass him to admit it, so he says nothing. So now he's actively withholding the information. We'll describe this as .. Now he's got a Withhold.

He's really feeling guilty now.

Now a third thing happens. Maybe the old man ahead of him suddenly turns and looks straight at Roy. At this moment Roy is seeing his Harmful Act clearly, and the old guy is looking right at him.

And Roy begins to wonder ... does the old guy know? But Roy says nothing. He's into his "crime" now.

So his Withhold has been really activated, and his feeling of guilt intensified, because the old guy looked at him. Or maybe the old guy said, "Hi. Are you having a good day today?" Or the old guy stood at the counter ahead of him and said real loud to the proprietor about how hard it was to make ends meet these days.

No matter *what* the old guy says or does, it tends to make Roy wonder ... does the old guy know?

Roy now has a Missed Withhold of his Harmful Act. There were three steps —

1. Commit a Harmful Act
2. Withhold this truth from others
3. Someone says or does something, and now the Missed Withhold is charged up

So, in a way, the "feelings" of guilt are simply triggered by the thought images relating to "fear of being found out."

Roy may not be very aware that he's afraid of being found out. Most of his attention is on "acting normal" and hiding his guilty secret, so he's not very self-introspective right now.

So he'll go around, looking fairly normal, but feeling really uptight, and not really knowing exactly how he did this to himself. And as we discussed before, the things we're trying to avoid get shoved into the subconscious mind, in effect, as we intentionally focus our attention elsewhere.

So now the problem has become unconscious to Roy.

Now if the degree of guilt is slight, then Roy may simply appear to be a shy, quiet guy.

But suppose it gets worse and worse? Roy is committing more and more Harmful Acts, and

Withholding more and more, and then more and more often he's getting Missed Withholds from actions of others around him.

Soon he's a jittery bundle of guilty nerves.

A secondary phenomenon will emerge. Roy will express lots and lots of critical statements about the person or the people against whom he has committed the Harmful Acts.

It's as if *they* should be the guilty ones.

When you hear lots of critical statements, especially ongoing and long time, from a person, the odds are very high that that person has what they consider to be non-ethical Harmful Acts, and therefore Withholds, and therefore Missed Withholds charging them up.

Bummer.

Although it can be a bit tricky to uncover the client's harmful acts — after all, by definition these are things the client would rather not talk about — but the meter can help guide the client, who may not be very aware of the actual source, the actual thoughts and acts, that are causing the distress.

Once you unburden the client about these Harmful Acts, and call his attention to the cases where he got the Missed Withholds, and you pull his justifications, then the client can in most cases simply look at his activities without all the emotion, and the guilt goes away, usually forever. It's a great feeling of vast relief.

FEAR AND REPRESSED TRAUMATIC MEMORIES

Similar to what we've discussed earlier, most people experience fear as a feeling.

Now if you're wandering in the woods, and you encounter a bear, and you're afraid of being eaten by the bear, that's a real good time to feel fear. It will help you to run faster, if run you must.

But as you are working at your desk, and the only creatures are the people on the other end of the telephone, feeling fear is a non-productive activity, and is probably making your life fairly miserable.

So why do we feel fear throughout the day? Would it surprise you to know it's because of mental images from the past?

The client will feel fear when a past mental image, stored in the body, is re-triggered by something in the environment. The client fears

that the bad thing in the mental picture from the past ...could happen again!

For example, a small brown dog bit the client when the client was a child. It made a big impression. It hurt. The client is now grown, but you can bet that the client still wants to avoid being bitten by a small brown dog.

The client in fact *fears* being bitten by a small brown dog. So if your small brown dog comes scampering into the room, the client will feel fear, because the stuck mental image is re-activated, and the client feels like "Oh, my God. It's happening again!"

Now the trauma — usually either a physical pain or a devastating loss — was in the past. But the body always operates in present time. We know that this mental image seems to be stored somewhere, for it moves forward in time with us, instead of fading into the past with most other memories. We think it is therefore stored in the body, or in the body's electrical field.

In Clarity Counseling, the use of the bio-feedback meter allows us to spot the "charged" thought as it goes through the client's mind. We can guide the client to the memory.

In this one case, the method of resolution is much like the traditional method of Freud and psychotherapy. This is the only one of the four dysfunctions that is best handled by bringing up the troublesome memory, and looking at it more closely.

However, we have a way of approaching this on a careful gradient. What you *don't* want to do is to throw the client headlong into a big upset from the past. This just gives him yet another experience of upset.

Instead, a carefully-crafted question and answer sequence allows the client to approach the event stored in the mental images on a bit-by-bit method, so that he can discharge it bit-by-bit.

And in this way, he'll get through it in a matter of a very short time, instead of the weeks or months (or years) required by older methods.

THE SEQUENCE OF EVENTS

We'll use a woman named Mary for our example —

Mary experiences a traumatic incident

Either immediately or eventually she will attempt to shove it out of her mind, because it gives her the creeps. She's not really shoving it

out. Instead she's forcing her attention to go elsewhere. But this has the same effect that the incident sinks into the Subconscious Mind, and is thus now hidden from Mary's consciousness.

Because the mental images have emotional upset (or "charge") on them, they don't recede and fade away like other memories may do.

Instead, the traumatic event has somehow *stored* these charged pictures.

Later, some event occurs, and something in the event is so similar to something in the incident. So by simple memory activation, the stored incident is reactivated.

But remember, it's now a "buried" or hidden memory. So Mary doesn't really become very conscious of it.

Instead, she just feels the emotion it triggers. Typically these are the emotions that were locked into the mental images, or she experiences fear — fear that it's "happening again."

Some of the content from the hidden but charged incident now become part of the present event. For example, her perceptions in the original event might have included time slowing down or speeding up, and she sees that happening now.

She may vaguely re-experience the pain or discomfort now. Any conclusions or decisions made then will seem to pop up now as if they were new thoughts instead of a memory replaying. If she decided, "You can't trust men" back in the incident, she may find her thinking now to be littered with the belief that she better not trust men.

Mary's fear, or her other emotions from the old incident, and her "thinking" that's been force-fed into her present thoughts from the old incident, will often lead her into behavior that is just not appropriate for the current event.

People around her may see her behavior as erratic, or crazy. That's because they are not experiencing the event the way she is. It makes perfect sense to her, as she's sensing it now.

Only thing is, it's a lousy way to have a life, because it means forever expressing behaviors that don't actually fit the present situation.

Of course, resolving the stored incident also resolves the hidden content, and so the pains, the fear, and the automatic thinking, and consequent erratic behavior all disappear when the incident is located and relieved.

And the biofeedback monitor makes it fairly easy to locate the incidents, and to guide the client through it fairly painlessly.

MISOWNERSHIP

Although we say there are four patterns of dysfunction that leads to stress, there is one other phenomena to consider.

Suppose you picture a cat in your mind.

Now, instead of picturing the cat in your mind, picture the cat as sitting on some piece of furniture on the other side of the room. While you may still feel that the cat is in your mind, you are now "projecting" the cat onto the other side of the room.

I mention this as a metaphor for the phenomena of "misownership."

Consider that your mother always believed that tomatoes were deadly poison, and that owning a fur coat meant the owner was wealthy.

Now you may have other ideas. Maybe you figured out your own ideas as you grew up. Or maybe you chose other ideas because you didn't want to go along with your mother.

But what if you, unknowingly, adopted her views as your own?

Now, if you go back into your memory, you won't find incidents of poisonous tomatoes. You won't find incidents of wealth and fur coats.

Those incidents were in your mother's mind, but not in your mind.

So they don't clear up very easily, because the source is what's hidden.

Let's go a little further. What if the mental images that you have obtained by means of misownership are of one of the four types of dysfunction?

You can have all the effects of the negative mental energy, even though you've actually "borrowed" the problem from somebody else!

You might note that misownership is kind of the opposite of the psychological idea of "projection." You are "projecting" when you have some problem, and you project the cause of the problem onto somebody else. Or you assume ("project") that somebody else is having the problem that you are having.

Projection = you project your negative mental energy toward or into some other person.

Misownership = you have somehow adopted someone else's negative mental energy as your own.

PHYSICAL OR MENTAL?

We say that the five negative mental thought patterns bring about stress, but there are also totally physical causes of stress. For example, sickness, accident, hunger, lack of sleep, allergies, and poisons.

In Clarity Counseling, we are concerned only with the thought components. We are not practicing medicine. We are not trying to heal physical maladies. For that matter, we are not trying to heal mental disorders that are within the province of medicine.

Many people, including a majority of the medical profession, feel that most physical maladies have a mental component.

And as Clearing Counselors, we need to be aware that some thought components can have a physical component. For example, if a client drinks too much diet soda, the artificial sweetener called aspartame can break down into its component amino acid molecules of phenylalanine, which then goes into the brain through the blood, and becomes the building blocks of nor-epinephrine.

While the neuro-transmitter called nor-epinephrine is a good thing to have, too much will make you jittery as hell. So while drinking lots of diet soda, if you encounter an incident involving guilt, you'd be jittering through the roof with nervousness.

For that reason, we do not assume that thought components are the entire story, and whenever a physical cause is suspected, then referral to a competent medical professional would be wise.

On the other hand, although we do not attempt to heal medical conditions, there have been reported many "spontaneous cures" of all sorts of physical maladies.

If something like this happens as a side effect of clearing up the thought processes of your client, then just celebrate the improvement with the client, and be happy for their good fortune.

We actually suspect that an unwanted condition usually involves both thought processes and physical structure. Stuck thoughts degrade physical structure. Physical problems predispose stuck thoughts.

THE PURPOSE OF CLARITY COUNSELING

If we can assist the client to actively seek pleasure and avoid pain without the twin curses of stuck thoughts and automatic, self-destructive behaviors, then we have freed the client from the greatest burdens known to man.

If we can remedy the client's ability to focus his attention wherever he wishes, we've done wonders for the client's ability to navigate through life, experiencing all the wonder and joy that life has to offer.

The Trinity Process

Dissolving Life-Barriers ... counseling for being happy today ...

You can now employ the revolutionary “Trinity Process” to locate and clear up the unhappy accidents of the past and the troublesome situations of today, so you can get what you want from life — your life-goals, love and romance, your career, money and security, and all the wonderful things life has to offer ...

The Trinity Process™

If you are feeling stuck, blocked, or unhappy ... whether these unwanted emotions are coming from the past, or from present situations ... we can help.

By applying three powerful counseling methods in combination, together we'll approach the pains and fears that compromise your joyful experience of life ... so you can eliminate the automatic behaviors that self-sabotage your goals.

New insights. Deep relief. Fast results.

The key to the power of the Trinity Process is that, although results from these three methods may overlap, each method uses a different point of entry for finding and dissolving the life-barriers that have been holding you back ...

The result?

A new sense of freedom and enjoyment of life.

Clarity returns. You can be happy again.

HOW IT WORKS — CLARITY COUNSELING

A biofeedback-guided search and transform mission. This biofeedback guidance method allows us to navigate to the stuck place in your life, to the automatic thoughts and the past incidents that oppress you, and there we can begin clearing out Upsets, Quandaries, Guilt, and Fears.

Leaving you free and at peace.

This is a selective, targeted “find the old trouble spots and clear them out!” system.

You will work one-on-one with a Clarity Counselor, who will use the biofeedback meter to guide you through your thoughts to find the mental pat-

terns and upsets which are keeping your life stuck.

Once found, they can usually be cleared out surprisingly easy, leaving you feeling happy and at peace.

HOW IT WORKS — FOCUSING

Personal guiding sessions lead you to the internal body sense that identifies troublesome problems in your life, and there in that body sense, you will discover how to allow it to speak to you the solutions that your body already knows.

Your body knows what “right” feels like. And your body knows when something’s “wrong.” And just as your eyes can tell you how to move a crooked picture to make it right, so does your body know in which direction you need to move in order to be “right” again.

Your body knows where the trouble is, and with guidance you can begin to hear it telling you the answer. And you will discover that no matter how terrible your trouble is, the process of listening to the voice of your body always feels good.

Suddenly, you discover yourself able to move away from feeling bad and being puzzled, to feeling good and a better life.

This is our most central method, our core technology of growth and power. You will work one-on-one with your Focusing Guide, to evoke problems and worries. A very gentle system that becomes ever more powerful as you begin to experience the relief and clarity it brings in your daily life.

NOTE: In addition to office consultations, telephone sessions are available. This means you can gain access to Focusing sessions from anywhere in the world.

HOW IT WORKS — EMOTIONAL FREEDOM TECHNIQUE (EFT)

Based upon very old knowledge, this type of counseling often provides fast resolution of worries, fears, and bad feelings by means of a simple touch system along the body’s meridians as developed in acupuncture.

It can be very surprising that such a simple approach can lead to such wonderful relief.

This system can also be used to rid yourself of self-defeating thought patterns when you are choosing your thoughts so as to invoke the Law of Attraction to manifest what you want in this life.

You will work one-on-one with your counselor on whatever you wish. This remarkable method has been known to clear many problems when traditional methods have failed. Has been known in some cases to clear unwanted symptoms, even phobias, remarkably quickly.

OFFICE SESSIONS AND TELEPHONE SESSIONS

For those living in or near Mt. Shasta, we recommend office sessions, as these allow the greatest flexibility in the methods available to clear out what's not working in your life.

However, many of these techniques also work well via telephone sessions. So if you're traveling, or live far away, then telephone sessions are your easy solution. Telephone sessions are also convenient for us, and so we've priced them lower.

Contact us directly for details, for a free needs-assessment (Strategy Session), for getting your questions answered, and for booking appointments.

THE TRINITY PROCESS — THREE DIFFERENT POINTS OF ENTRY

Remember — although results of these three methods can overlap, each method uses a different point of entry for finding and dissolving the life-barriers that have been holding you back —

This allows us to approach the pains and fears from different directions. It's like coming in from the front, the side, and from underneath. We'll get those darned pains and fears ... surrounded!

The result?

Freedom and joy for you.

ATTAINING HAPPINESS WITH THE TRINITY PROCESS™

How to Be Happy?

How to Feel Good?

How to Have Power?

Here's how ...

A clear mind and body, and the ability to focus

at will, is the essence of unhindered and powerful operation as a human being.

A clear mind and body .. feels good.

The ability to focus brings .. clarity.

CLARITY

With clarity, you know what you're doing, you know what to do, you know where you're going, and you know how to get there.

Without clarity, you are blind and crippled. You cannot move. You cannot plan. You cannot function. You cannot move forward. You will not be at peace.

A HAPPY LIFE

Clarity and Focus are the twin pillars of a successful and joyous life. Life and living, love and sex, work and business, family and friends.

With Clarity and Focus, you can give up old pains and ineffective ways of thinking and acting.

THE TRINITY PROCESS

The Trinity Process (tm) described on this website combines three little-known methods which approach the mind from three different directions, to surround, target, and clear the upsets and old pains which plague you.

Application of the Trinity Process produces uncommon clarity, and enables you to focus clearly on your life and life-goals.

And when you experience the Trinity Process, what do you get?

You can have freedom and joy again.



Is Trinity for You? Are you Coachable?



Much of the time, people shy away from getting help until their problems become huge ... until the level of suffering becomes intolerable.

Unfortunately, by that time their health and relationships may have become seriously compromised. It's not the best way to clear up the problems of life.

Please be aware that we will not solve problems for you - that's for parents and social workers.

We're not specialists in statistics, or testing - that's psychology.

We don't diagnose disease nor advocate drugs - that's medicine.

We leave religion to priests and pastors, and we leave esoteric philosophy to gurus.

What can we do?

We can help you get what you want!

THE STEPS TO A BETTER LIFE

1. Do you need local help first? Consider the "Who Can We Help" questions below ...
2. Are you coachable? Check yourself with the short "Coachable" quiz below.
3. If you're coachable, then contact us and make an appointment for a Strategy Session. This might be to clear an immediate problem, or to set up sessions to handle an ongoing life problem.
4. Show up for your appointment(s)
5. Participate in the process.
6. Get relief, and enjoy the feeling!

WHO CAN WE HELP?

We cannot help everybody. Please seek local help if ...

- You want free coaching
- You may harm yourself or others
- You cannot cope with change or stress
- You need psychiatric medication or drugs to function
- You have no good relationships or you generally avoid people

- You are generally dysfunctional or you cannot cope with daily tasks

ARE YOU COACHABLE?

We cannot coach everybody. Are you coachable?

Are you mostly mature and responsible?

YES - MAYBE - NO

Are you friendly? Do you have quality friends?

YES - MAYBE - NO

Are you reliable? Do you finish what you start?

YES - MAYBE - NO

Are you honest? Do you generally avoid deception?

YES - MAYBE - NO

Are you usually proactive to solving life challenges?

YES - MAYBE - NO

Have you suffered enough? Do you want to change?

YES - MAYBE - NO

Can you enjoy trying new ways and new behaviors?

YES - MAYBE - NO

Are you financially prepared to invest in your own future?

YES - MAYBE - NO

Are you ready to examine and change any self-sabotage?

YES - MAYBE - NO

Do you intend to improve your health, wealth and happiness?

YES - MAYBE - NO

Scoring ...

* For each YES - give yourself 3 points

* For each MAYBE - only 1 point

* Count your points ...

Your Score ...

Under 12 — You are unlikely to change anything soon, but please contact us when you're ready

Over 12 — You want to change soon. You can benefit from our coaching/counseling

Over 24 — You should be a coach yourself!
Let's talk about coach training

Clarity Counseling

Clarity Counseling (also called "Clearing") uses the bio-feedback meter to enable us to locate the exact thoughts and upsets, and then to employ special-language patterns of question and answer which frequently bring new insight and freedom from the upsets of the past.

Clarity Counseling can best be done in office sessions, to gain the speed and precision advantage given by the bio-feedback meter. However, if need be, some of the Clarity Counseling processes can be delivered via telephone sessions.

People often live their lives unaware of the fact how much they are influenced by past traumatic experiences. These cause them an amazing assortment of uncomfortable sensations and thoughts, including emotions and feelings, and problems that manifest in the body.

People are usually unaware that they could get rid of these with a regression technique used in Clarity Counseling. This regression technique is called Clearing, which – simply put – takes away the pain and sorrow from past experiences and makes one feel like new.

What can be addressed in a Clearing session? Basically anything that has been upsetting in some way, or causes problems in a person's life.

Here is a partial list:

1. Losses (separation divorce/death of a loved one)
2. Injuries, Accidents and Operations
3. Painful childbirth, Abandonment
4. Post Traumatic Stress Disorder
5. Uncontrollable urges and obsessions
6. Any condition that is 'psycho-somatic' (physical ailments, stemming from the mind)

Clearing is also effective in:

- Speeding up the time of recovery from an illness or injury.
- Healing the rifts, or long term resentments between family members and/or friends.
- Getting to the bottom of a whole range of volatile emotions, like anger, rage, jealousy.

- Flushing out limiting beliefs and replacing them with constructive ones.
- Giving insights on how one's life has been affected by false ideas stored in the memory, and how to correct those ideas.

Clearing restores your power of choice, so that you no longer are constantly at the mercy of mysterious and unpredictable impulses. It can handle repressions, compulsions, unwanted attitudes, sensations and fears, and may improve physical problems stemming from the mind.

In short: It can clean out the 'garbage' from your body and mind, and help you discover the real you, the True Self, the diamond in the rough.

HOW DOES CLEARING WORK?

Although the procedures are fairly simple, one needs to understand the theory in order to effectively work with the principles.

One has to know what to look for, and where to find it. Then, using specific guidelines and patterned question-and-answer processes, you can work your way through the difficulties.

The general idea begins with simply asking someone what is troubling them. You may then ask them to recount the incident several times, until they feel better about what happened.

This simple action, in itself, can be very therapeutic and can be done by anyone, whether trained in the Clearing techniques or not.

However, if you really want to make a difference to some one's life, you'll learn the processes well, and learn to use the biofeedback meter to guide you more precisely through the thoughts and sensations found in the mind.

All it takes is a genuine desire to ease the pain, or emotional upset. In a quiet space where you won't be interrupted, you sit down and begin to go through the questions.

For example, for a past traumatic event (or a recurring fear), you might be asked to "Return to the time when..." (the upsetting incident happened), and then there are some gentle questions to guide you through it.

Right away, great relief can come simply because you can talk to someone who will listen to

you without judging or telling them what to do about it.)

[The following is adapted from <http://www.freezoneearth.org/bodymind/clearBM1.html#clearing>]

You may need a bit of coaxing to begin talking about the incident; but before you know it you will be regressed to the incident.

The grief you've suppressed will begin surface, and sometimes tears will start to flow. This is a good sign; it means that the process is "biting" (like a gear that gets engaged).

You simply keep at it, recounting the incident several times, and you will notice that gradually the tears subside, the pain or discomfort lessens, and eventually disappears altogether.

Now is the time to think about whether there was some decision made at the time, to make sure that this kind of thing (the upsetting incident) would never happen again.

Once you uncover this decision, you will be left with a very relieved feeling, and you know something new about yourself and your life.

What is more, the uncomfortable feelings that resulted from that traumatic incident should never bother you again!

As you continue to receive clearing, your mind will feel like the calm surface of an unruffled lake, or the mind of a child lying in the grass on a summer's day, watching the clouds drift by. The only thoughts coming in would be about those things that are happening now, or your dreams about the future.

If there are any fears left, all you need to do is find out where they are coming from. In general, one can sort it out rather easily. You will recognize that this is not your usual reactive thinking, and you begin to clean up other influences from your mental space.

Life becomes sweet, again.

Focusing

Focusing sessions enable you to tune into "hearing" what your body already knows about the problems and situations and puzzles in your life. If you feel stuck, or confused, or trapped ... in your business, your life, or your romance ... chances are the answers already lie within you.

Learning to go within, to have this emerging dialogue with your own body, inevitably reveals new ways of feeling and new ways of acting. Often surprising, you will experience delight as you discover how wise your body already is. It's as if you've always known, and now you know how to bring that awareness to life.

WHAT IS FOCUSING?

The approach to Focusing provided by the Clarity and Focus Group in Mount Shasta is a special way of paying attention to yourself, so that you sense the whole way you are feeling about situations or issues in your life.

This is different from just having emotions or just getting in touch with feelings. This special kind of Focusing involves having a different kind of relationship with your emotions and feelings.

Although we all have this ability as a natural ability built into every human being, for most of us it may come sporadically or, sometimes, not at all. But we can be guided to learn it, as a natural part of the heritage of being a human being.

As you experience the Focusing process, it's like becoming your own friend and good listener. You'll experience a greater calm about your life. You'll make wiser choices. And you'll begin to develop a deep sense of connection with your own inner being. It feels good.

This isn't psychotherapy. You need not believe in this or that religion. Once you learn it, or learn to do it better, you can do it by yourself, although for many people it is slightly easier when being guided or working with a companion/partner.

Often, when something disturbs you, or when you feel upset, you try to figure out a solution. We try to be logical. We think that if we can just figure it out, then we can make a plan to make it better.

But how often have you done that ... and it didn't work? It didn't make things any better at all?

Or your thoughts just went round and round, and you got nowhere? Or you made a "sensible" decision, and then you didn't like the results?

Sometimes figuring things out works fine.

Sometimes it doesn't.

The very toughest problems in our lives seem to be the very ones we're least able to solve by "figuring things out." Have you ever noticed?

With this special Focusing process, you actually bypass the intellectual mind, and you bypass trying to analyze things. Analyzing is all very good, but it's only part of your total mind.

Earlier we discussed the Subconscious Mind. This greater mind has access to all the information available to your analytical, conscious mind, and this greater mind has access to far more information, a hundred times more wisdom and knowledge than you can normally access analytically.

No wonder that Focusing on this wisdom of the Subconscious Mind, and of the body allows you to go more directly to the place where you have a deep and trustworthy body knowingness about the situation.

There is a wisdom in our body-mind. But in our Western culture, our schooling and society tend to ignore this deeper wisdom. In our modern, fast-paced, head-orient culture, the deeper wisdom gets overlooked.

But you can reclaim your power, your heritage, and this deep body-wisdom.

HOW IT WORKS

A good way to provide you with a picture of how Focusing works is to give you an example. I'm going to use a story that my own teacher tells, about a woman named Jennifer —

Jennifer came to me [to my teacher] with a block to speaking up. Whenever she had to give a presentation, or make a challenging phone call, she could feel her throat constricting. She tried to explain to herself that there was nothing to be afraid of, but it didn't help. She had tried a lot of different things before she came to me, and she had just about given up. But she was determined to give it one more try because she had a suspicion that whatever was blocking her throat was probably blocking even more... and she was tired

of her life feeling stagnant and not living up to her potential.

I explained that Focusing is a process that she could learn for herself, but for our first session I would simply guide her through it. She could tell me if something I suggested didn't fit for her... and she was welcome to keep anything to herself if she wasn't ready to say it. Truly, I wasn't so interested in her life details as I was in what she was feeling in her body – right now.

I guided her through a gentle grounding exercise, just a few minutes... and then asked if she was feeling the constriction right now. She said yes: coming to learn a new skill was bringing the familiar tightness in her throat. So I invited her to describe it: was “constriction” exactly the right word? She sensed it... took some time... and said, “No, it's actually more like a squeezing.” Her body relaxed slightly when the word “squeezing” felt right.

Jennifer was about to talk to me about the problem: how she needed to be past this kind of thing, and how she knew she didn't have to be ruled by fear. I gently interrupted her. “Let's just be with it as it is,” I said. “I'm not sure how to do that,” she said.

“Well... maybe you could say hello to it – kindly.” I watched as Jennifer closed her eyes and said a silent but kind “hello” to the squeezing feeling in her throat. Then her eyes flew open in surprise: “It totally relaxed when I said hello to it!”

“That's great,” I said – not at all surprised. Then she frowned. “It came back again, just not as strongly.” That didn't surprise me either. “I'm guessing it has something it would like to let you know.”

This was a new idea for Jennifer, as it is for many of the people I work with. We tend to take our bodies for granted and treat our emotions like furniture – something to be moved around or gotten past. What I show people is how to have an inner relationship with your feelings... and how, if you do that, they change naturally, and bring you gifts of insight as they do.

At my invitation, Jennifer got quiet again and sensed her throat. Now the squeezing feeling was calmer but still felt insistent – about something. “It has a worried quality,” Jennifer reported. That was something she couldn't have been aware of before. And then: “It feels like it's trying to protect me from something.” Each step leads to the next one. We stay with it, patiently.

Suddenly Jennifer's eye flew open. “Oh!” she

says. “It's trying to protect me from making mistakes!”

“Let it know you hear it,” I invite. I see Jennifer's eyes close again and her hand move gently to her throat. “It's melting,” she says. “It's gone.”

We take a few minutes for Jennifer to enjoy the new feeling in her throat: open, calm, at ease. “It's like a miracle,” she tells me, her eyes shining.

A few weeks later I heard from her again. She had to give a major presentation at work, and for a moment her throat constricted in the old way. She paused and said hello to the feeling, and it relaxed in a minute. It was the most enjoyable and effective presentation she's ever given.

Jennifer is grateful for the Focusing process -- and so am I.

THE ESSENTIAL QUALITIES

As we can perceive from this story, the process is quite gentle. Normally we may think we need to be decisive, swift, and forceful to make things happen. That's the way of our culture.

But tough and decisive are just one way to operate. There are other good ways to operate, and Jennifer's story reveals another path, a path that leads to insight, wisdom, and relief.

The Focusing process is based in body-sensing, becoming aware of sensations in (or near) the body. Because with these sensations, our deeper mind represents “All Of That” about some situation of concern.

Just as you are familiar with certain feelings in your body — a “catch in your throat”, or “a feeling of panic in the pit of your stomach” — so you have been exposed to these sensations provided by your deeper mind ... all your life long.

The difference is that now we can gently guide ourselves to these sensations, and gently allow the wisdom of the body to reveal itself to us.

From being guided, or from taking a class, you can tune into the steps of making more effective inner contact ... from describing what this vague “something” feels like, then to saying “hello” to it, and then to sensing what it has to tell you.

In a way, it's like a conversation with a good friend who has your best wishes at heart. Except the good friend ... is you.

This process is not a therapy — although most people find it deeply therapeutic — because this is something you can learn to do yourself.

Once learned, you don't need a therapist. You

will never need “endless therapy.” You can make it a simple and natural part of your ongoing life, and your ongoing life will become more certain, with a deep feeling of rightness and a connectedness that is hard to describe.

HOW TO LEARN FOCUSING?

How you go about learning Focusing depends a lot on you.

Some people can learn focusing from listening to a CD of recorded guidance, or from reading a book. In fact, I originally learned this way, many years ago.

But I must confess, though I did learn, and could do the process, I later learned something very important ...

It is far easier (for most people, including me) to go through the process either by being guided by someone skillful, or by taking a class to learn the process better, and where there are others who can help us to understand this unusual, vague process better.

Because Focusing is a natural process, but it's not an analytical process, like following a recipe for making a chocolate cake.

It's not learned the way we learn from a book how to fix the plumbing or make a birdhouse.

Instead this natural process is more learned by “feeling” how it works, how it moves forward. And one session may feel somewhat different from another session.

You can learn it, but it's not the usual wham-bam-thankyou kind of learning.

So returning to the question —

Some people can learn from a book or a CD. Others learn best by being Guided, so you can experience the process opening up. And others may wish to take a class to learn the process with simple steps to become more familiar with it.

GETTING TRAINING

The Clarity and Focus Group offers both guidance in the Focusing process, and classes for learning the process.

In our counseling services, the Focusing process is one of the three powerful methods used in combination that comprise the “Trinity Process,” and so guiding you through the process is a natural part of that counseling process.

In our classes, we've learned that the greatest learning seems to take place with learning with

others, as a kind of “study partner.”

For some reason, when you do Focusing with a companion — even when the companion does very little except be present — it goes much easier, especially at first.

So this is a good reason to learn in a class, because it becomes simple to assign ‘Focusing Companions’ for practice in class, and/or for practice which can also be done on the phone.

WHY ISN'T FOCUSING EASIER TO LEARN?

As you will become aware, Focusing is a really different way of relating to ourselves, that goes against most of the training we get in school, and against most of the messages we get from Western culture.

Although it is no religion, and not really a “spiritual path” in itself, the practice really “feels more like” spiritual practices from the East or from Native American traditions.

In Western culture, we're told how to feel. Sometimes we're told to “get over” how we're feeling. And we're never taught about the body knowing the real and true path through life's problems and puzzles.

Well, here's some news.

Western culture knows some helpful things, but it doesn't know everything. And this slower, and gentler way of coming to “know” the truth, is actually a better way for making decisions that work, for relieving the upsets that beset us.

If Western culture knew much of anything about this path, would the primary solution of Western culture be to drug a person so they cannot feel their feelings?

Drugs may suppress those uncomfortable feelings all right, but it's kind of like blinding a man so he can't read the bad report card that tells him that junior is in serious trouble in school.

Not a good solution.

Have you ever wondered why you feel so stuck? Why you feel like you've tried everything under the sun ... and nothing worked? Like you've been going around in circles, doing what doesn't work, feeling the same unwanted feelings, and no progress at all?

Here's some good news.

There's nothing wrong with you.

The fact is ... there's something wrong, seri-

ously wrong, with the entire modern culture and how it's brainwashed us to become more and more estranged from our own bodies, our own truth, our own deeper wisdom.

And if you've experienced phobias, traumatic events, deep sadness, or had severely dysfunctional family or love interactions — as many of us do; it's not really very uncommon — then it becomes harder than ever to stay in touch with your inner self, the deeper mind that knows.

For most people, learning will best take place in the most productive manner if you obtain counseling and are guided through the process, or if you learn Focusing from a teacher.

Or both.

IS IT THERAPY? COACHING?

Focusing is not therapy. And although we are “personal performance coaches,” Focusing is not coaching in the usual sense.

Focusing is not meditation. It's not “positive thinking.” It's not “visualization.”

It's something else ... an innate part of every human being, although many of us remain largely unaware of it and the wisdom and peace it can bring, perhaps our entire lives long.

Focusing is not any of these things, though it can be used along with these other methods to enhance their effects!

Like in coaching or therapy, you can get positive change on long-term problematic issues, and you can release your old barriers to taking action. But unlike coaching or therapy, you actually do the Focusing on your own. Even with a companion training partner or when being guided in counseling sessions, *you* are the one doing the Focusing.

And once you learn it, it costs nothing to do it any time you need to know more, or feel better, or make an important decision. (Or write the next chapter of a book, or design a machine, or any of a thousand creative career-oriented tasks that we perform week in and week out.)

In meditation, there is an essential quality of acceptance, and Focusing has that also. You can do Focusing to gain inner peace and detachment from stress and unwanted emotions. But unlike meditation, Focusing is more engaged, practical, and issue oriented toward a particular situation.

In positive thinking and visualizing, you can create new and better patterns of thinking and moving forward in life. But when you move to-

ward these benefits using Focusing, you discover that Focusing is based in your whole self, your mind, your deeper mind, and your body itself. There's a lot of wisdom there.

CAN FOCUSING HELP YOU?

Dunno.

Take a look at the following scenarios and see if they sound familiar to you ...

- You feel blocked. You can do anything except what you most need to do. When you put some task Number One on your priority list, you find yourself doing anything but that. You're so far behind on the important things, you feel like you'll never dig out.
- Your life is going very well externally, but deep down you feel unworthy, like a faker. People seem to look up to you, even depend on you, but you keep thinking, if only they knew! And then you feel like you have to work even harder, to hide that.
- You're reactive out of proportion to what's actually happening, blowing up or bursting into tears at little criticisms or panicking at little setbacks. Too often your family makes you feel crazy or your clients irritate you. You've tried talking yourself out of the feelings but they persist anyway.
- You're in a life transition, and you're feeling overwhelmed by too many decisions. A lot hangs in the balance and you feel a sense of inner pressure that doesn't help at all. You need to find some way to navigate between the different choices, some way that lets you trust yourself.
- You feel you are in a kind of spiritual wasteland, a darkness of the soul, where nothing feels true or right, but you can't even explain what the problem is, and everywhere you look for answers seems just as empty as you feel.
- You're facing a health challenge and you realize that this is absolutely the time to be able to listen deeply to yourself and your body, because not listening to your body is probably part of why you're in this situation. Maybe you're in physical pain, having trouble sleeping, anxious about the symptoms you're experiencing.
- You want to be able to follow your inner journey, perhaps through a practice like

meditation, but you don't know what to do with the intrusive thoughts and distractions. Or you might want support in learning a new practice that has the acceptance and quiet mind of meditation, yet allows you to engage with emotional issues and resolve them.

No matter which of these situations you find yourself in, Focusing Resources has helped people a lot like you.

For example, you might be:

- A high achiever fundamentally doing well but with a few areas of blockage that persistently get in the way
- Someone who is doing OK but you feel you are not living up to your potential and you have periods of self-doubt and low mood
- A person who seriously struggles with the results of early trauma and needs more ways to self-support when the reactivity gets triggered, as well as wanting genuine healing over time
- Someone who is in psychotherapy now and would like to learn a process that you can do yourself between therapy sessions
- Someone who has benefitted from psychotherapy in the past but who is now looking for a way to take more personal charge of your emotional healing
- A person who would like a method for greater self-awareness and self-alignment that can be used daily and potentially shared with family and community

- Focusing training can also be powerfully used by therapists, coaches, bodyworkers, and anyone who wants to contribute to the world by helping others find their life direction from within.

BUT WILL IT WORK FOR YOU?

First, the bad news.

It wouldn't be a good method to use if —

- You are looking for a quick fix
- You aren't interested in knowing yourself better
- You want someone else to solve your problems for you

Now, the good news.

It will work for you, if you have these values —

- You are committed to your own growth as a person
- You are willing to face and get to know your emotional reactions to your life
- You are committed to bringing your gifts into the world
- You value living with integrity and self-awareness
- You know there is more to you than this!

Sample Focusing Exercise

Download the recorded MP3 here —

[Http://beinghappytoday.com/download/Ann-getting-clear-jan-12-2010-edit-1-22.mp3](http://beinghappytoday.com/download/Ann-getting-clear-jan-12-2010-edit-1-22.mp3)

Emotional Freedom Technique

The Emotional Freedom Technique really seems too simple. People are frequently surprised with the speed and power of this amazingly simple method. It hinges around the question: How do upsets stay with us? Where are they stored, so that they move forward in time with us?

The answer is: Upsets (and Limiting Beliefs, and upsetting traumas from the past) are all stored in the body, or perhaps in its electrical field. By activating the energy to be found in acupuncture meridians, we can frequently clear even long-term phobias and distress surprisingly quickly. It seems strange, but it works.

[The following description adapted from the description of EFT by its creator, Stanford engineer Gary Craig]

EFT is a powerful discovery that combines two well established sciences so you can benefit from both at the same time —

1. Mind Body Medicine
2. Acupuncture (without needles)

In essence, EFT is an emotional version of acupuncture wherein we stimulate certain meridian points by tapping on them with our fingertips.

This addresses a new cause for emotional issues (unbalanced energy meridians).

Properly done, this frequently reduces the therapeutic process from months or years down to hours or minutes. And, since emotional stress can contribute to pain, disease and physical ailments, we often find that EFT provides astonishing physical relief.

You might enjoy perceiving the evidence of this for yourself and here are some simple ways you can test it to discover for yourself just how fast it works and how powerfully it transforms uncomfortable fears, phobias, and other negative emotional states into comfort and ease —

- Try it yourself by **making an appointment**

for a counseling session with a counselor at the Clarity and Focus Group in Mount Shasta. Office visits are best, though subsequent sessions can be handled by telephone if you wish. As you use this technique in the context of counseling for your issues, you will at the same time be learning the technique so that you can use it on your own.

- **Take a class.** The Clarity and Focus Group holds affordable and easy-to-understand classes that reveal this amazing technique in local venues in and around Mount Shasta. (All classes are announced in the “Clarity and Focus Newsletter,” and a free subscription to this newsletter is available at <http://beinghappytoday.com>.)
- **Get the book.** Amazon can provide you with a nicely printed copy delivered right to your mailbox. It’s called “The EFT Manual (EFT: Emotional Freedom Technique)” by Gary Craig. At 209 pages, this is an easy read. It’s the print version of the Official Manual. It gives you all the basics and allows you to test drive EFT on your own issues (although at a beginner’s level). This process is so easy to use that no previous training is required.
- Research the many **studies and experiments** on EFT that you’ll find online. You can easily find exhaustive lists of actual cases online, written by clients, therapists and physicians. These allow you to see EFT’s possibilities through the eyes of those that have already been there.
- **Ask your friends** and neighbors, EFT is one of the most popular self-help systems ever to appear, and you will find that some of your friends already know about EFT, and have perhaps used to alleviate a wide variety of conditions.

MORE BENEFITS

- You can make enormous strides by introducing EFT into your emotional therapy process (whether you are a professional or a client). A common benefit is that, instead of taking months or years using conventional “talk therapy,” EFT often does the job for you cleanly and thoroughly in one or two sessions ... and we sometimes achieve noticeable results in a few brief rounds. We label these near-instant results as “one minute wonders.”
- Once you have seen how well EFT clears out emotional debris, your next step is to notice how physical ailments start to fade. Headaches, back pains and other discomforts often tend to improve

or vanish as emotional issues improve (this is the essence of Mind/Body Medicine). Your vision may become clearer and everyday stress may take less toll on your system.

- Accordingly, you can apply it to just about everything. That is one of the most astonishing things about it.
- You use the same basic procedure for your fear of public speaking as you do for improving your golf score. You can also use it for everything from the common cold to multiple sclerosis (consult your physician, of course). Further, we have had reported successes for nearly every emotional issue on the books... including fear, trauma, depression, grief and schizophrenia. Some consider it the missing link in the pursuit of health and happiness.

POSSIBLE EFT LIMITATIONS

I don't think that EFT is perfect. We don't get 100%. But it usually works well, and the results are sometimes spectacular. Because of its unique approach, it can often work where nothing else does. And to many it represents a Doorway to a new Healing High-Rise.

You will find that EFT is usually quite gentle and you can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issues are so intense that the mere mention of them causes emotional or physical pain. But, given time, even these may be resolved efficiently with EFT.

A small percentage of our population (best estimate is less than 3%) have serious emotional and physical disabilities and thus newcomers to EFT are advised to exercise common sense in this regard. While you can use EFT to generate impressive relief for yourself and for many people, please consult qualified health practitioners where appropriate and do not go where you aren't qualified to tread.

ABOUT DEVELOPER GARY CRAIG

The founder of EFT is neither a psychologist nor a licensed therapist. Instead, he's a Stanford engineering graduate and an ordained minister and, although he never pounds the table for God in his writing and teaching, it's clear that he presents this procedure from a decidedly spiritual perspective.

Mr. Craig is an avid student of *A Course In Miracles* but at no time is any EFT student asked to follow any specific spiritual teaching.

Mr. Craig was born April 13, 1940 and has been intensely interested in personal improvement via psychology since my age 13. That was when he recognized that the quality of his thoughts was mirrored in the quality of his life.

Since then he has been self taught in this field, seeking only those procedures that seemed to produce results. (Like a good engineer should.) EFT is a development made by Mr. Craig, based upon the teachings of Dr. Roger Callahan, and his "Thought Form Therapy," an earlier meridian-based mental process. Mr. Craig is also a Certified Master Practitioner in Neuro Linguistic Programming (NLP), another powerful transformative process.

HOW DOES IT WORK?

EFT uses the body's natural stress-reduction points. Traditionally, these are found along the body's "Acupuncture Meridians," an energy system developed around 5000 years ago in China. No needles are used, but rather the practitioner or the self-practitioner simply taps with the fingers upon these points.

When organized into the EFT "basic recipe," self-stimulation of these points by touching or tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and many other conditions, sometimes removing pre-existing conditions of many years standing..

As you learn this technique — whether through a counseling session, a class, or from the EFT Manual — you will learn the basic steps of identifying the emotional roots of problems, and how these become "stuck" in the body. (Or, rather, stuck in the body's energy field.)

You will learn how to craft a combination of words that will trigger a healing response. You'll learn the "Basic Recipe," a one-minute healing routine that is the basis of EFT, and you'll learn the ways in which EFT can be applied to a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia and guilt.

What People Say

CLARITY COUNSELING

"I have found the new Clarity Meter an invaluable tool in my practice as a counselor of some 25 years. It is wonderful to know exactly what is happening with my client, to have the certainty to know we are addressing the correct item—and when that item has been cleared. My clients love the meter and look forward to the process of discovery that the meter provides us."

—Aerial Long

Personal Growth and Trauma Counselor
Beaverton, OR

"My new Clarity Meter is delightfully easy to use. The tone-arm moves much more smoothly, and at maximum sensitivity it really shows up things enormously. I had to cut back from maximum, as I didn't need that much sensitivity to do what I was doing. Also, it is not necessary to resort to a second switch to get the highest sensitivities, as it is with the older meters. In short, I am highly satisfied with it, and am on new voyages of discovery."

—Bob Ross

Professional Clearing Practitioner

"I wanted to write to let you know how things are going with the meter. I received the meter on the expected day and promptly viewed the video and read the owner's manual. I am having so much fun using this with my clients; its quite empowering to have something help me view the actual obstacles that might arise in a session..."

Sincerely,

—Christian Michael

Clearwater, FL

"I gave a friend of mine an opportunity to do a side-by-side comparison of my two meters, your Clarity and the Quantum. The Clarity won hands down."

—L. Aster

"I'm very impressed! I find the needle very responsive and perfectly damped... the AutoSense electronics worked fine. To be honest, I prefer it to the Ability, even without auto-balancing -- the differences are subtle but

real.

The case design is smart and attractive and very professional looking, doesn't fingerprint or scratch, and the controls are smooth and positive. And the electrodes are great, I prefer them bigger, and very well finished.

By the way, my wife [Penny] was so impressed with the Clarity meter when she tried it that she's started doing sessions again - says it's the first meter that she feels confident using, because it's so responsive".

—Peter Shepherd

Transformational Psychologist,
Author of "Transforming the Mind"

"I have had your meter for about 3 weeks now and just wanted to touch base with you to let you know how I am enjoying it -- I am enjoying it! I have run about 10 sessions ... and your meter gives very smooth flowing responses. I have been using the Autosense nearly all of the time. Thank you!"

—Rich Hernandez

"The Clarity Meter sets a new standard for price, quality and performance in clearing meters. It has a quality feel to it, the way the range knob feels, the needle moves."

—Rob Coleman

Clearing Practitioner
Mill Valley, CA

"The meter safely arrived on Friday. I've had an opportunity to work with it a bit and I really like it. The needle reaction is smooth and a pleasure to watch. Very nice!"

—Scott Paschall

FOCUSING

"Focusing has helped me to find something within that I thought I had lost. It has helped me to discover some truth about myself, release creativity and quieten anxiety. My teacher is calm, steady, and accepting, which makes the learning process fascinating and, often, quite amusing too! I can't recommend Focusing highly enough."

— Karen, Mental Health Support Worker, West Midlands

"I went on a focusing retreat that Manjudeva was leading and found, for the first time, that I was able to settle down and meditate with awareness, probably for the first time in many years of trying! Focusing has helped me to develop awareness of my body and to listen to what it is telling me. On the face of it, focusing seems to be such a simple thing to do but it has given me many new insights about the way I am. There is a real genuineness about Manjudeva's teaching; his desire to help others become more aware and to develop self-understanding is evident in every session. He's an inspired and gentle teacher".

— Anne Fairlie, nutritional therapist

I first came across focusing when I was on a Buddhist retreat and overheard an enthusiastic conversation about it. I've now completed 2 weekends of training with Manju in Manchester. It's inspired and amazed me how quickly I am able to tune into and learn about myself. I regularly use focusing with a friend by phone or face to face. It has also been insightful using focusing by myself. It was particularly useful when I needed to make a decision about work. I regard focusing as an important method to help me broaden my understanding of personal and work situations; to listen to more than just what my head is telling me. I have discovered there are quieter parts of me that don't get heard normally. There is relief and sometimes clarity that comes with listening and acknowledging those parts of myself. I am really glad to have discovered focusing and be able to apply it whenever I want.

— Kirsty, Occupational Therapist

I can warmly recommend focusing with Manjudeva for anybody that is ready to be with themselves in a more connected, integrated way, and who would like some support in doing so. He helped create a safe and experimental environment to explore the feelings and sensations in the body, and did so with openness and generosity. It was a pleasure to work with him.

— Millie, London

"In my endeavors to expand my own self awareness and personal growth, I have found focusing to be a really useful tool. It is both a fascinating and helpful process in which I seem to connect with my whole 'being' at a level where my body and mind co-operate and communicate with each other, tapping into an innate inner wis-

dom. Manjudeva's well planned lessons, personal focusing skills and gentle manner create a conducive space in which one can safely allow this subtle process to emerge and develop."

— Barbara, Actress, London

I just wanted to tell you how much I feel I have benefited from your teaching on the focusing retreat...I've come back home with a different & braver approach which is allowing me to ask for support where I need it and be a lot truer to myself. Your enthusiasm for what you do shines through and I feel privileged to have been taught by you - I think you are quite gifted. Thanks for the great intro to focusing.

— Lindsey, Scotland

"I like focusing because it honours my sense of what is right, my pacing and my wisdom - it doesn't try to impose ideas or hurry me."

"I like focusing because it reflects my own intuitive sense that 'the answers' I'm looking for lie in my body and not in my mind and that life involves an on-going unfolding and discovery of who we are"

"I have really enjoyed Manjudeva's workshops. They always seem very relaxed and unhurried but by the end I have really gone places and learnt loads. I have a sense that he deeply understands and honours what focusing is about and is able to communicate it in a very sensitive and clear way"

— Joy McKeith - Consultant

I really enjoyed the workshop and found it very useful. I work as a counsellor /psychotherapist and would be very much into this therapeutic tool as an intervention. I found the workshop personally challenging and found the group work really good, the dynamics within the groups that I was in were really good. I really enjoyed the amount of time we were given for the practical work. Your handouts and explanations were very easily understood.

— From Dave Murrey, Dublin

I love focusing because it is simple, short and sociable. It works in a precise way with everything in us that is imprecise. It considers the small, vague and half-formed parts of ourselves as important as the louder, clearer, more certain parts.

A teacher of mine once told me that great art is two things: inevitable and surprising. For me, focusing is a little like that. We already know how to do it, we already have all the tools, nevertheless there is so much to discover. It's tempting to say that focusing is like many other healing practices, yet it isn't really. In my view, it sits somewhere between meditation and therapy. But with focusing, even though it was invented by a therapist, you don't need to pay one to do it. You can practise it on your own, or with a friend. And it's sometimes easier than meditation because it works directly with all those indirect, niggling feelings and thoughts we try to acknowledge and struggle to 'put aside' in order to get on with meditating.

Manjudeva once said that whereas meditation is like meeting a friend on the street, saying hello and moving on, focusing is more like stopping to have a chat. Manjudeva certainly makes it easy to have that chat. His approach to teaching focusing is passionate yet unobtrusive. He meets you as an equal and fosters an environment where you might finally, quietly, discover your potential
— Sinead Rushe - Actress/performer, London

EMOTIONAL FREEDOM TECHNIQUE

"EFT offers great healing benefits."

— Deepak Chopra, MD

"EFT is at the forefront of the new healing movement."

— Candace Pert, PhD, Author of *Molecules of Emotion*.

"By removing emotional trauma, EFT helps heal physical symptoms too."

— Norm Shealy, MD, Author of *Soul Medicine*.

"EFT is destined to be a top healing tool for the 21st Century"

— Cheryl Richardson, Author of *The Unmistakable Touch of Grace*.

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior."

— Bruce Lipton, PhD

Author of *The Biology of Belief*.

"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school."

— Donna Eden, Co-Author of *The Promise of Energy Psychology*.

"I frequently use EFT for my patients with great results."

— Eric Robins, MD, Co-author of *Your Hands Can Heal You*.

"EFT produces remarkable recoveries."

— Daniel J. Benor, MD, ABIHM

How to Create Your Happy Life

Sometimes we think about how we'd like to have this thing or that thing, or maybe the love and affection of this person or that person ... and then we'd be happy.

Sometimes we think about how we'd like to get rid of something. We could get rid of headaches. We could get rid of our sweetheart, who's driving us crazy. Or we could get rid of the constant feeling of anger, or fear, or grief, or some unwanted emotion. We'd like to get rid of certain automatic behaviors, like fear of Public Speaking, when we stand up and the mind goes completely blank, while our hands feel sweaty and the heart pounds.

If we could just get rid of that thing ... then we'd be happy.

SOME TERRIBLE NEWS

I have terrible news.

It doesn't work that way.

Because happiness is a moving target. If you got everything that you wanted right now today, then yes, you might be delighted for a while, but then you will find some other thing that you'd like to get ... or you'd find some thing that you'd like to get rid of.

(And then, you think, you'd be happy.)

But we humans constantly adjust to what we want to get, and we adjust to what we wish to discard. It never stays exactly the same.

A BETTER APPROACH

So a better way of saying it is ... How can I become More Happy?

Since we'll never attain a complete and permanent and unchanging happiness, then the task becomes simpler. We just have to look at how we can become happier than we are now.

And a common way to look at this is to think about stuff you want to get .. And to think about stuff you want to get rid of.

WHAT TO DISCARD

What you want to discard will generally be unwanted emotions that feel lousy, and to get rid of (hidden) limiting beliefs, and also to get rid of automatic behaviors which do not work very well.

WHAT TO GET

Let's back up a little, because lots of people get this part wrong.

Three kinds of goals a human can have —

1. You can choose **Beingness** Goals
2. You can choose **Doingness** Goals
3. You can choose **Havingness** Goals

Examples —

1. I want to **BE** a brain surgeon, or a mother, or a school-teacher.
2. I want to **DO** musical things (compose, sing, play, teach), or I want to **DO** artistic things (sculpture, drawing, painting).
3. I want to **HAVE** sixteen automobiles, a closet full of cute clothes, a set of really pretty china dishes that we will never use.

Now if you wish to have a happier life, then I suggest you skip over havingness goals just for now, because the satisfaction of a havingness goal makes you happy for only a short time, whereas when you've chosen a doingness goal (like playing music), you can go on doing it for a long, long time, creating ongoing satisfaction.

However ...

There **is** one thing that you can **have**, that allows you to **do** the effective thing, and this allows you to **be** happier. It's this —

Get life skills.

The more you can effectively operate in life, the more you can get what you want.

A SIMPLE FORMULA

What works really well as a plan for creating a happier life is to think this way ...

- You want to GET RID of unwanted emotions, to GET RID of limiting beliefs, and to GET RID of non-adaptive but automatic behaviors which work poorly; ... and ...
- You want to GET Life Skills so that you can go about getting the things you want from life.

Getting a Clear Vision

A SIMPLE VIEW

When I have a project, a problem, or a puzzle, I've learned that my subconscious mind can help me solve it. I can use the "talking with your subconscious" method given in this book, or I can use the "meditation to find an answer" method given in this book, or I can use the "Focusing" method described here among our consulting methods.

In any event, the "solution" nearly always appears with something like the following sequence of events —

- There will be a period of time "thinking about" or "feeling about" the issue.
(If it's a project, there may be some objective research, like looking up things on the internet, or reading a book about the subject, or making some notes about the project, during this "pondering" period.)
(If it's a personal problem, this might simply be a period of vague disquiet, or slowly becoming aware that there's a problem, or an awareness of discomfort before realizing that it's a problem and that I could handle it using a method given above.)
- Then there's a time for sitting down with the problem, to give it your attention, and some space and time in which to unfold.
- And then, using one of the processes given above, the project or problem or puzzle begins to unfold and reveal itself, and this generally produces relief, and provides either a solution or the pathway to solution.
- One key point about the above process is that, somewhere along the line, you will get a CLEAR VISION of the answer or the path to the answer. Very little can be done until the clear vision comes. In fact, the arrival of the clear vision is the primary signal that the answer is available, whether or not you've seen the answer yet.

GETTING A CLEAR VISION

Using this model as a generalized "problem solution" model, then ... could we describe a generalized "How to Be Happy" pathway for life?

Yes, we can.

Here is a simple three-step clear vision for how to create a happy life —

1. Clear bothersome troubles from your mind.
2. Adopt useful Life-Skills to gain your goals.
3. Live your life, enjoying the process, enjoying the ups and downs, enjoying the game.

"GETTING" AND "GETTING RID"

Sometimes we think about how we'd like to have this thing or that thing, or maybe the love and affection of this person or that person ... and *then we'd be happy.*

Sometimes we think about how we'd like to get rid of something. We could get rid of headaches. We could get rid of our sweetheart, who's driving us crazy. Or we could get rid of the constant feeling of anger, or fear, or grief, or some unwanted emotion. We'd like to get rid of certain automatic behaviors, like fear of Public Speaking, when we stand up and the mind goes completely blank, while our hands feel sweaty and the heart pounds. If we could just get rid of that thing ... and *then we'd be happy.*

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The more you can effectively operate in life, the more you can get what you want.

A SIMPLE FORMULA

What works really well as a plan for creating a happier life is to think this way ...

- You want to GET RID of unwanted emotions, to GET RID of limiting beliefs, and to GET RID of non-adaptive but automatic behaviors which work poorly; ... and ...
- You want to GET Life Skills so that you can go about getting the things you want from life.

REVISED THREE-STEP CLEAR VISION

So here is a helpful revision of our Clear Vision for How to Create your Happy Life ...

1. **Clear bothersome troubles from your mind.**
(Do this by getting rid of unwanted emotions, getting rid of limiting beliefs, and getting rid of non-adaptive but automatic behaviors. Do this either using counseling, or self-help methods, such as those described here.)
2. **Adopt useful Life-Skills to gain your goals.**
(Do this by finding books and classes and learning, step by step, the skills to attain the goals you have selected, to get the things you want in life. Life-Skills courses are offered by our organization, and books and courses are available just about everywhere else!)
3. **Live your life, enjoying the process, enjoying the ups and downs, enjoying the game.**

Life can be simple, when you simply view it that way.

Viewing life simply ... works very well ... to have a simple and happy life.

Try it. You'll see.

The Happy Life Formula

The Happy Life Formula may take some work, but it's not complicated.

- A) Clean up and handle personal persistent unhappiness, including:
- * Unwanted repeating emotions
 - * Limiting beliefs
 - * Ineffective automatic behaviors
- B) Obtain useful life skills, so you can get what you want from life, including:
- * Love
 - * Career
 - * Possessions
 - * Income
 - * Fun

Isn't that about the whole thing?

The (A) part is what you want to get rid of; the (B) part is what you want to get.

HANDLING PERSONAL PERSISTENT UNHAPPINESS

There are several approaches, but they're all generally "therapeutic." We all think we know what's causing our problems, but generally speaking, when you have the experience of watching some long-standing problem vanish, you'll generally observe that you just learned something new.

Which leads to the inescapable conclusion that, if you have a problem, it's something about the problem that you *don't* know that's keeping the problem in place. What you do know is just not sufficient. If it was sufficient, the problem would already be gone.

Naturally, we recommend the Trinity Process, because the combination of Clarity Counseling, Focusing, and Emotional Freedom Techniques has proven to locate and transform most human difficulties quickly and powerfully.

However, there are many workable routes to find trouble where it lives inside us, and to release us from its devastating effects.

But the short version is to (a) make a list of

your unwanted repeating emotions, and your ineffective automatic behaviors, and then (b) get access to some therapeutic process that will enable you to transform those troubles, to end their dominion and automatic operation in your life.

GAINING LIFE SKILLS

If my short list (love, career, possessions, income, and fun) doesn't seem quite right to you, then make your own short list.

Then, simply find classes and books, and learn how to do these things.

(Note: you will have an easier time learning some of these things once you've removed some of your own automatic behaviors, limiting beliefs, and ineffective automatic behaviors.)

You will note that the Clarity and Focus Group in Mount Shasta offers classes that will empower you with effective skills to find love, to progress in your career, to increase your possessions and income, and to have more fun.

But you can find many, many other places where you can gain the life skills to handle these things.

THE WHOLE POINT

The whole point of this formula is that you can look at the problem very simply —

- (A) Handle the unwanted feelings, beliefs, and behaviors with therapy; and
- (B) Choose an area, then learn the Life Skills that enable you to attain your goals in that area, and then choose the next area.

When you look at it that way, the whole process becomes very simple.

Not always easy.

But no longer complicated.

Simple.

The Twenty-Second Tune-Up

[An example of a very fast-acting process]

[Adapted with permission from The Adventures of Bloggard at <http://bloggard.com>]

Here is a super-quick little thing you can do in about twenty seconds, and it makes you feel really good. Most likely this is very good for your body and mind as well, though I can't prove it!

I call it my 'Quick Tune-Up', and it's both startlingly effective and super-easy ...

A) Get an index card, or something similar, about 3" x 5".

B) Write on the card the following seven questions –

“Why am I so happy?”

“Why am I so at peace?”

“Why am I so calm and collected?”

“Why is this day so beautiful?”

“Why am I so filled with energy?”

“Why do I feel so good?”

“Why am I so happy?”

Now find a way to carry this card around with you. Keep it in a wallet, or a day-timer, or a card-case.

In the morning, in the evening, before meals, or any time you want, simply take out the card, and read each of these questions, with feeling, as if sincerely asking, and a little pause after each one.

Important: Don't try to answer the questions. Just notice the feeling that comes into your mind and your body after each one. So Read the question and feel the body/mind sensation. Read the next question and feel the body/mind sensation.

For me, it makes me feel great and takes only about twenty seconds to do.

(See the Clarity and Focus course called “How to Feel Good” for a complete explanation of how this works, and how to adapt the principles to other areas of your life and for manifestation.)

It's quite amazing how such a quick and apparently-simple little thing actually accesses the huge power of your subconscious mind and the energy of your nervous system to give you, almost instantly, the feelings appropriate to what you have said.

If you've just read this, and not tried it, you may not yet realize that it actually works, strong and fast.

So try it, cowboy. Try it now.

You'll see.

The “Twenty-Second Tune-Up” was created using the principles in the book “The Great Little Book of Affirmations,” available through Amazon or the bookstore at <http://beinghappytoday.com>



How to Remove Limiting Beliefs

[An original process developed by the Clarity and Focus Group, to find and locate your limiting beliefs, so they'll stop hindering your vision.]

In Gary Craig's original development of Emotional Freedom Technique (EFT), he described the concept he calls "your writing on the wall", meaning our 'limiting beliefs' which he calls our 'comedies.'

The essential core of EFT is to select an area of concern, and then activate it simply by saying it. If you have a fear of purple dogs, then simply repeating "purple dogs, purple dogs" will be enough to re-activate that fear in your nervous system. And then, while the fear is activated, you tap upon certain points along your body's acupuncture meridians, which causes some sort of energy to flow within the body's electrical fields. The normally-stuck "purple-dogs" problem is, so to speak, washed away.

Though it sounds very odd, and a little bit woo-woo, thousands of experiments have convinced us that in actual fact it is very reliable. There are some additional considerations, but this simple description is truly the essence of the system.

TRIGGERING YOUR LIMITING BELIEFS SO YOU CAN FIND THEM

If you have a limiting belief, the reason it's a problem is that when the situation arises, your limiting belief is triggered, and you automatically think this belief as if it were a fact. This then makes you blind to other possibilities.

Bummer.

The automatic-operation of this limiting belief being triggered at exactly the moment when you'd like to move ahead is what makes it so deadly.

Further, even though what the limiting belief says to you may not be *true*, the fact that it is already stored in your *belief* system means that (a) you don't think to question it any more than you'd question your belief that water flows downhill; and even worse (b) you probably have a feeling of certainty that it's true!

However, the good news is this ...

FINDING THE LIMITING BELIEFS

The fact that it is *automatically triggered* is going to be the handy fact that will allow us to track down these pesky limiting beliefs.

Once we have limiting beliefs located, we've accomplished the tricky part.

Once they've been identified, getting rid of them — so they'll stop automatically limiting you — can be rather easy.

It's not as if they're actually *strong*. Rather it's the fact that (to you) they've been *invisible* is what's made them so pervasive in influencing you. Because you were influenced, and didn't even know it.

ERASING THE LIMITING BELIEFS

Once they're found, these untrue beliefs which limit your vision and your field of action can actually be fairly easily removed.

One easy way is by using the Emotional Freedom Technique (tapping).

So the process is —

1. Trigger and reveal and capture the limiting beliefs; and then
2. Erase the limiting beliefs, one by one, by tapping them out using EFT.

THE 'SEARCH AND TRANSFORM' PROCESS

It has three parts:

1) **The trigger.** We'll use an AFFIRMATION. We'll use a rather exaggerated and extreme affirmation. For example "I can easily earn a million dollars a year."

2) **The result.** The "NEGATIVE BELIEFS" will be automatically triggered by the exaggerated affirmation. Just listen to what your mind is automatically saying to you in the little silence immediately following your stating the affirmation. For example, the affirmation just above might trigger

such “tail-enders” (negative beliefs) like --

- * I'm not in a biz that earns much
- * Don't want to work so hard
- Want to have free time (like I have free time being poor?)
- * Money can't buy love
- * Don't want to manage a lotto people (big earnings need involve lotto people?)
- * I'll probably fail
- * It's too big for me
- * We're poor relations (I want to belong with my family.)
- * It's who I am
- * I don't give a damn about a greenback dollar; spend 'em fast as I can
- * I'm stupid with money
- * I'm a poor manager

3) **The new ideas.** We'll call these 'BOX-BUSTERS,' because they're mostly new thoughts that may never have occurred to you while you were entrapped by automatically thinking the limiting beliefs. Box-Breaking new ideas might be things such as --

- * Sell expensive things
- * Sell to very rich people
- * Set rates very high
- * Go on TV, infomercial, circuit
- * Sell automatic online products
- * Sell via magazine contest
- * Get affiliates
- * Get distributor, importers
- * Get resellers & Reps

Here's how it works ...

Because the Law of Attraction (and the Subconscious Mind) operates via connectedness, simply saying the Affirmation connects automatically to all the barrier-thoughts related to the affirmation; that is, the affirmation evokes the limiting beliefs. (Abraham sez: A belief is just a thought that you just keep thinking.)

So now you can list the Tail-Enders, these limiting beliefs. And then, from this written list, using

EFT you can tap away all the limiting beliefs.

If you have a wrongful limiting belief, it won't hurt anything to tap it out. Meaning that if you get something on the list which isn't really your limiting belief, tapping it out won't hurt a thing. That's one of the wonderful features of the EFT system.

And by means of the EFT “Generalization Principle,” when you tap away some of them, most of the rest will probably lift all on their own, leaving you with a (relative) emotional freedom from this particular crowd of limiting beliefs.

And once you have these Tail-Enders, listed, you can ask for what (possibly scary) ideas they're preventing, and you come up with the Box-Busters, things that would take you out of the limited-beliefs box.

Once you have a list of these Box-Busters (non-limiting ideas!), then simply select some, and begin to implement them.

If fear emerges, tap that away, too.

NO LIMITING BELIEFS?

If you then had no limiting beliefs, how would your life be different?

Can you say “I would have no limits?”

Whoah!



The Simplest Therapy Method in the World

— SECTION TO BE EXPANDED —

(note: We are adding additional material to this book here in this section, and will be completed soon. An updated copy will be sent to everyone who has received this version.)

Meditating to Unveil the Problem

— SECTION TO BE EXPANDED —

(note: We are adding additional material to this book here in this section, and will be completed soon. An updated copy will be sent to everyone who has received this version.)

Peering Into the Center

— SECTION TO BE EXPANDED —

(note: We are adding additional material to this book here in this section, and will be completed soon. An updated copy will be sent to everyone who has received this version.)

“You Got to Trust Yourself”

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Holiday Inn, Denton Texas, September 1965. James Cato was a cajun from Lake Charles, Louisiana. He had a wooden leg from his youth. He and a friend were drinking beer in the street outside a bar, when a speeding car lost control. James pushed his friend out of the way, but his leg was crushed between a parked car and the speeding car. So he was crippled for life.

He'd played guitar at the Grand Old Opry in Nashville, once upon a time, when Elvis was there. James was certain that Elvis was a teetotaler. “I've got my first time,” he said, “to see him take a drink.”

At the Holiday Inn, a guy named Fred Kahler had been brought in as manager from the Lake Charles Holiday Inn, owned by the same folks as built the one in Denton Texas. Fred Kahler brought in James Cato from Lake Charles to be the night auditor in the Denton Holiday Inn. One day I asked James about how he added everything up, and he told me about it. I puzzled.

“How do you know you're right?” I asked. He gaped at me.

“You **got** to trust yourself,” he said.

Now as it happened, one day James Cato told the manager and Ron the Assistant Manager, that he was going to go back to Lake Charles, in three weeks. They did nothing. He told them again. They did nothing. He told them again. They did nothing.

So in three weeks he left, and they ran about in circles, waving their arms, wailing what where they going to do?

I stood up. “I can do it,” I said.

And as it turned out, I figured it out on my own, and then I was no longer the bellboy, but the night auditor. Which turned out pretty good because it was a trade which helped me in many places and over many years to come. But that's another story.

The point is, that when I was doing the book-

keeping on the Night Audit, I knew to trust myself.

Even though, in life, in love, in matters of ethics, and money, and getting along, I didn't trust myself at all. Second-guessing, worrying, obsessing, carrying on imaginary conversations about what would happen. Solving problems that didn't even exist. All of it.

Only now, way later, have I somehow learned ... you got to trust yourself.

Otherwise, you're crippled. Don't know what you're seeing. Don't know where to move. Can't plan. Can't operate. Frozen in time and space, and spinning like a drunken elephant.

The Scientology guy, L. Ron Hubbard, said, “Knowingness is not data. Knowingness is certainty.”

I didn't know what the hell that meant. But now I do.

It means you got to trust yourself. You can only operate by assuming certainty. That's not saying you **have** certainty. That's saying that you **assume** certainty. You decide to trust yourself.

And if your path proves wrong, no problem. You choose another path, and assume certainty about that.

And life unfolds, step by step, and you can move freely, striding into that becoming future, with a clear heart and a happy mind.

Because there's no option. You got to trust yourself.

Thank you, James Cato.

It's funny how we leave our mark on time, how a chance sentence can change a life, and ripple down through time, becoming a theme and a pattern, emerging as a life force, as if the faery world had cast a spell upon five words, embedding an unfolding spiderweb of fate, pregnant and awaiting expansion in an unwary mind, a seed fallen upon the one fertile spot on the distant slope of a barren mountain, and when the season is right, there a flower grows, beautiful, meaningful, seen by few, and loved by the one who sees it.

The Root of All Magic and Freedom

For thousands of years, systems have existed which we might call magic, or manifestation, or self-help. The common denominator of many of these systems is that they depend upon visualization.

Some folks do well with this; other people never seem to succeed.

What do you want from such a system?

You want (a) success; (b) rapid success; (c) reliable success. Just like your Ford automobile, you want it to always start and carry you down the chosen road, to start quickly, and to operate reliably as expected.

In these various systems, different factors are touted as helping to attain success, rapidity, and reliability. These include –

- Practicing to attain clear images
- Adding additional senses as you visualize
- Having faith, believing
- Practicing to build history of success (creates trust)
- Adding emotions you'll experience upon success
- Picturing as already happened
- Being **in** the picture
- Repetition
- Spending time, more time, every-day time on the same visualization
- Create ardent desire
- Create gratitude (can only feel gratitude on a basis of success)
- Turning it over to God, to the Universe, to your Higher Self, to your Subconscious

The common denominator of all of these ... is that they make the visualization more **real**.

REALITY — A CONSENSUAL ILLUSION?

For most of us, the first time we hear the concept that the world around us, what we think is

reality itself, could be a consensual illusion ... it seems absurd. For it directly contradicts our "experience" of the world.

But think. As infants we have no ability to choose a direction, and then create a focused visualization. We must rely upon some incoming sensory input, and what people tell us. Even the words we learn, their meanings, and the way they are strung together create a view of the world ... and **inside** of that world-view we operate. Like fish that don't see the water, we don't see the world-view we've created around us. Everything we see is **inside** the world view.

In Spanish, a person cannot miss the bus. Because when the young grow up inside the Spanish language, the way they consider the missed bus is (as we'd say in English) ... "The bus, she left me." This is now the world view of how busses behave.

As growing children, sometimes we see things that others do not see. However, in order to communicate with others, to attain our goals (food, water, acceptance, grades, friendship) we are attempting to see the commonly-agreed-upon view that we hear from others. Frequently, the imaginary friend fades away from our view of the world, and we cannot see the friend any longer. The golden glow glistening around the leaves as they pulsate with light fades, leaving the flat green leaves shown in pictures and as (we come to believe) seen by others.

We accept the consensual reality as told and demonstrated to us by our family and our culture.

IS MY RED YOUR BLUE?

We don't actually **know** that others see things as we do, even after we've agreed.

We can see a shirt or a dress, and we agree that it is red. But perhaps what my eyes are handing to my brain, and what I call by the word "red" would be what you would call "blue" if you could see through my eyes. Perhaps from your viewpoint, you see red and I'm really seeing what you'd call blue, but since we both call it "red" we assume we're **seeing** the same thing. But we have no way to really check and see if that's true.

We call it by the same name, we describe it us-

ing the same words, but maybe our experience is completely different.

THREE KINDS OF ENTRAPMENT

As in the sad movie, you could get your foot caught in the railroad tracks, and you are stuck, entrapped in the physical universe, and the train could eat you up right quick. A fleeing rabbit could be outsmarted in the quick twists and turns by the faster fox, and the rabbit is stuck, entrapped, and it's curtains.

We can get stuck in the structures and blind spots of the mind we've constructed by our decisions, from the beliefs adopted from our parents, and from accidental conditioning (automatic reactions) caused by the accidents of our life experience. An example might be an adopted child. While one person might go on to great success and happiness, another might focus on the core belief that the parents didn't want him, and spend a lifetime seeing rejection from friends, bosses, and lovers even when none existed. All of life could then have targets and strategies designed to deal with and avoid rejection. It's like running down a football field, dodging invisible barriers, and often failing to see the real opponents closing in.

The entire world itself is a consensual reality, which some systems have called the "Veil of Illusion."

ATTAINING FREEDOM FROM ENTRAPMENT

Physical skills and learned skills of the mind avoid physical entrapment, and help us to entrap/ensnare the things that we want.

Self-help and therapies and practices like Rolfing and Meditation help to fix non-optimum mental structures and blind spots in the mind.

So-called spiritual means can achieve freedom from the consensual illusion that *is* the entire world ... sometimes.

Some saints and religious figures have done things that seem to be above the entire world, impossible things, miracles. One Indian holy man can create precious jewelry from thin air. Another heals with a hug. Some monks have created enlightenment and freedom in a student with a riddle, pointing a finger, or a whack with a stick. The Jesus is said to have arisen from the dead, awakened the dead by calling his name, and walked upon water.

Most of us have seen miracles, done miracles, or heard about miracles.

We tend to erase these from our minds immediately as we see them. Even when seen, they do not fit into "what is true" or "what is real" or "what is possible." We can actually make them disappear from our memory even if we just saw it, because immediately it is easier to create the belief that we mis-perceived.

I have seen miracles: The bones in a woman's face change shape completely in less than an hour, a woman's vision change from 20/200 to 20/20 in five minutes, a wart be requested to fall off the body and it does, choosing one bus from over 30 from which to retrieve a book belonging to my wife, a fly requested to fly across the room to light on my finger and it does so, visualizing a lost object in a friend's house and immediately retrieving it (twice), objects appearing where they didn't exist before.

Miracle = it happened, in contravention to "reality," contradicting the consensual agreement we call the world.

Magic, when it happens, nearly always happens just outside of your vision. Seldom is there a puff of smoke or sound effects. It just flows in what seems the normal way, except that it's impossible, and is often re-interpreted immediately by the mind which is caught and can see and remember only *inside* the consensual veil of illusion that we have adopted.

DO YOU BELIEVE YOUR OWN EYES?

If you own some blue plates, and you go to the cupboard and open the cupboard, you are very, very certain that the plates you see there will be blue, just like they were yesterday and the day before.

This kind of "reality" is very, very persuasive.

Picturing what "isn't" against the constant automatic repeated internal creation of what "is" is pitting a weak force against a strong one.

Only repetition, strength and enhancing the weak can prevail.

And it can be done.

Some people become so practiced that they can simply feel good, think about what they want and it shows up quickly.

Others of us must start out more slowly.

But, just as you will probably have to practice if you want to play basketball, then you probably

have to practice if you want to manifest a reality different than what you see around you today.

The good news is that, according to the reports of many, over thousands of years ... it can be done.

The good news is that if you'll spend time just to learn it a little, magic and manifestation and freedom will become more and more visible in your life.

Alas, for most of us, you must actually try it a bit before you'll see results. You can't just say, "show me," and have your life instantly re-vamped. There is no force in the Universe that can take the place of *you* in this game. Nobody can shoot the basket *for* you; you'll need to take your shots yourself.

TIPS FOR SUCCESS

Tip #1 — Picture what is *near* the consensual reality.

Tip #2 — Remove counter-intentions. If you're trying to walk north and south at the same time, little progress is possible. So in addition to creating the new reality, be sure to remove your participation in the old reality that is no longer your heart's desire. (One example is chatting with a friend who mocks and reinforces the old views or who continually creates negative scenarios which you "should" accept. Another example is making your actions in the physical are compatible with your vision, like getting a bed large enough when you are seeking a lover.)

Tip #3 — Practice, and you gain skill.

Tip #4 — Connect with other people who share the view that changing the world is possible.

Tip #5 — Choose one thing on which to focus, and then focus as if your head were on fire. Avoid choosing a long laundry list, because watering down your focus over many list items weakens each one.

Tip #6 — Choose a target about which you can feel passionate. For example, if you think you *ought* to want a million dollars, but you have much stronger feelings about getting a new rug, a new boyfriend, or losing some weight, then the million dollars can wait.

Tip #7 — Use a gradient. Success is cumulative, and so starting with simple things builds your "strength" or belief.

YOU CAN USE THE PHYSICAL UNIVERSE, TOO

In some cases, a person encountering this magical/spiritual approach can completely overlook using the physical universe. That can be a big mistake. In some cases, using the physical universe may be the quicker road, and please realize you are *still* using the principles of visualization in order to bring about the manifestation of your heart's desire.

Here's an example:

At the age 26, I was still completely backward about how to meet and flirt and attract a girlfriend. But one day I had an epiphany, and saw a different way to look at it, and created a kind of system for myself. It worked fabulously. I turned this into an instructional manual some years later, and it appears to have worked very well for pretty much everyone who has tried it.

It consists in asking many people to go out. And in this case, for certain reasons of theory, you do not much discriminate much about who you ask out in the very beginning. (That is, you adopt a mental viewpoint which stops ruling out everybody.) Since your purpose here is not to immediately find the love of your life, but rather to experience the process of inviting and going out, and to learn how to enjoy this process, this whole thing becomes rather easy.

You stay out of bed and avoid entanglement, while you learn how to have a good time, how to share a good time, and how to operate in this world of asking women out. And what happens?

IT'S THE ULTIMATE VISUALIZATION

Your physical eyes *see* you going out with women. Your nose *smells* the perfume the women are wearing. Your sense of touch *feels* the women going out with you. Your ears *hear* the women saying yes to your invitation to go out. You see and hear and feel and experience that you are going out with women.

How much chance do pre-existing "mental" limitations and visions have of standing up against this evidence of your senses? Precious little. Because you are now pitting the strong (automatic repeating creating of your reality) against the weak (mental fears and blind spots). You are using the Universe to reprogram your reality, in the direction you have chosen.

It changes you. It changes you fast. It changes you reliably. It changes you in the direction of success. It changes you on a self-regulating gradi-

ent. It changes you “near” to the existing physical universe. And it changes you more and more as you continue.

You then discover, whether you started this way or not, that attractive women somehow start falling out of the sky, appearing in your world, manifesting. And, better still, one or more start manifesting in your dates.

Keep this up, and it’s darn difficult to avoid meeting the love of your life.

(How do you know when to say “yes” and accept the love of your life? My rule is simple. When I realize I’d be a *fool* to let *this one* escape, then it’s time to say yes.)

But the good news is ... you can do this.

A LEARNED MANIFESTATION SKILL WILL REMAIN

More good news — If you start out fairly clumsy with women, as I was, then the first time you try this, it takes a while, and it may take time before you really flip over somebody.

However, this process is teaching you a skill. And if, some time later, you need to reactivate your “dating mode,” you’ll happily discover that things go faster and easier ... because you have (a) learned a new skill, and (b) this new “possibility” is now a part of your psyche, easy to accept, and now a part of you and who you are.

This is using the physical universe. Alter your actions so that your eyes and ears and nose and body create your desired reality, more and more.

And you are still visualizing, and manifesting.

You are using judo on the consensus reality you call your life to find true love and happiness.

WHAT VISUALIZATION SYSTEM IS BEST TO USE?

Though some are probably better than others — for you in particular — it probably doesn’t matter a lot whether you engage in prayer, magic, meditation, manifestation, and such things.

You may have to sort out some of your skills in the physical universe, and in your mental universe, before you start creating thunderstorms over your town, or speedboats appearing in your driveway.

Are You a Pirate?

In one of the last scenes in the fun movie, “Pirates of the Caribbean,” the heroine makes a statement about the leading man. She says, lovingly, “He’s a pirate.”

As you may recall from the movie, that young man started out hating the pirates, and yet, in the course of his adventures, he’s become bolder and he has dared great things, and by golly he has become a pirate. And that’s a good thing.

And so ... why is it a good thing to be a pirate?

Here’s an idea to consider –

“Personal growth only takes place outside your comfort zone.”

— Tony Robbins

Think about it. Think about moments when you’ve attained major personal growth. Think about the moments just before you attained this personal growth. Would you say those moments were “comfortable?”

Probably not. We grow the most when we’re challenged. Funerals. Difficult contests. A breakthrough moment. When you go beyond what you know. That’s when it happens.

While it’s not always street-smart to “live on the edge,” it is usually exciting. And while the path of wisdom does not lead us to endanger our lives, our loved ones, or that which we hold dear, it is also a fact that living a life in which there is no challenge, no “danger,” no spice, nothing new, the same every day ... well, I suppose it’s good for some folks, but I question whether it’s good for you.

Wouldn’t you rather be a pirate?

There. Didn’t that feel good, just thinking about being a pirate?

Why is that?

DILEMMA OF THE DAY

Mankind, and men (and women) have it in them to both (a) seek safety, and (b) seek novelty. I

suppose evolution built that into us. I mean, some folks living way back when who didn’t seek safety left no descendants! And other folks who avoided anything new couldn’t adapt to the first change and they didn’t leave any descendants either!

So you and me, and all the rest of humankind, are the descendants of those humans who did both (a) seek safety, and (b) seek novelty.

So that means it’s a natural fact. We’re built that way. That’s just the way it is.

Go with the flow, and live well. Rebel and become like those way-back folks who left no descendants.

HOW DOES IT PLAY TODAY?

How does it play out? Look around you. One common scenario is a guy who works at a boring job, doing something he finds less than inspiring — it never occurred to him to create something inspiring, because his attention was fixed on renting an apartment and he needed some cash each month — and he’s seeking safety.

He’s a human, so he’s also seeking novelty.

How will he find it?

Television, I reckon.

Synthetic adventures. Stuff that happened to everybody else but him.

When he gets to the end of his life, lying on his deathbed, and maybe he’s thinking back, and he’s saying to himself, “Man, what a great life. I watched me some really good TV!”

So if that’s the obvious outcome of that behavior pattern, then why did he follow that pattern of behavior for 40 years? I can think of only one answer. He just didn’t know any better. He never looked. He never examined the path, and the outcome. He was too busy seeking safety, and finding his novelty cheap and easy.

Personal growth only occurs when you’re outside your comfort zone.

HOW TO HAVE PERSONAL GROWTH

It’s simple: Just operate regularly outside your

comfort zone. Make it your habit to do so.

In other words, be a pirate.

You know you want to.

Perhaps you are now asking yourself, “But how?”

Well, you’re a grown person. Figure it out. That’s your first assignment.

There. You’re outside of your comfort zone right now.

Keep it up.



The Clarity and Focus Group

The purpose of the Clarity and Focus Group is to help bring Clarity and Focus to life.

This makes life simple, and it makes life sweet.

The City of Mount Shasta is a beautiful small town in Northern California, on the slope of an active volcano named Mount Shasta. It is the seventh most active volcano on the planet. If this volcano ever blows, we will be blessed with the best view imaginable.

And so it is when you live the normal life of a human being. It's a blessing. It's a curse. The blessing is life itself ... the joy, the beauty, the love, the laughter, and the fun.

The curse is ... the pain, the sorrow, the suffering, the failures, the regrets.

The Buddha said that, for most of us, life is suffering. The suffering of pain, the suffering of loss, and the suffering of death. The Buddha said that the suffering we experience comes from our human tendency to grasp at or to desire that which is not. To attempt to hold to that something other than what is.

The Buddha said that since suffering comes from this "grasping desire," then the way to eliminate our suffering is to eliminate our grasping desire. And that the way to eliminate our grasping desire is to follow the eight rules.

These four concepts of the Buddha are called "The Four Noble Truths" and the eight rules for living are called "The Eight-Fold Path."

The method given is actually a pretty good one, because the Eight-Fold Path contains guidelines that include meditating, operating the mind in a good way, finding your true occupation, and several other guidelines that lead toward happiness.

As you can see, these very basic tenets of Buddhism don't really conflict at all with most other religions. In basic Buddhism there was only the Four Noble Truths, and the Eight-Fold Path. There was no worship, no discussion of God or a Devil, no church services, no priests.

Of course, the organized religion now called Buddhism, like most religions, has all that and more: splinter groups, long and complex holy scripts, cosmology, discussions, priestly hierarchy.

But we need not consider any of that.

We only have one purpose — to help bring Clarity and Focus into your life — and thus to make life simple, and to make life sweet.

Toward that end, we have designed a local and online company to deliver personal performance coaching to individuals and groups, using three potent mind-body processing methods which have been proven to provide rapid relief from the pains and upsets of the past, which we still automatically carry forward through our lives.

Further, once these "mental disturbances" are cleared and when you find relief, many troubling automatic behaviors fall away, leaving you better able to operate effectively, to reach toward your goals, to seek pleasure, and to avoid pain, as a human was designed to do.

Operating according to our divine design is not only a good idea ... it feels really, really good.

This is how we can begin to express our highest self, to attain our highest purpose, to fully express the creative design we make for our lives.

Of course, counseling to correct the troubles of the past and the troubles of present situations is only half of the job.

The other half is to provide training in the essential life-skills which are remarkably overlooked by traditional learning institutions. For examples, our schools and colleges teach us lots and lots and lots of *stuff*, but they don't teach us how to learn.

Our medicine teaches us lots and lots about how to fix diseases, but precious little about how to maintain and extend our health.

Our priests and pastors and marriage counselors teach us this and that and the other about how to patch up a flagging relationship, but very little about how to find love in the first place, and how to safeguard love, to make love last.

To these ends — powerful and fast-acting counseling methods that bring relief and freedom, and effective and life-transforming training classes — we at the Clarity and Focus Group dedicate our efforts.

May you have Clarity and Focus in your life, that life may be simple, and that life may be sweet.

Counseling Services

WHAT IF YOU COULD ELIMINATE MENTAL PAIN AND UPSETS IN AN AFTERNOON OR TWO?

Here's a question for you ...

- Have you experienced feeling blocked in your life direction?
- Do you find yourself overwhelmed by emotion? Dazed and confused? Too many worries? Too many decisions crowding around you?
- Do you feel stuck in a rut, wondering "How will I ever get out of this?"

Welcome to the "worry club!" So many of us have felt this way, sometimes for many years.

And what if ...

- What if you gained the ability to peer into any confusion, any worry, and you could make it unfold like a flower, revealing a brilliant solution that was hidden before, and suddenly you knew *exactly* what to do?
- What would it feel like to wake up in the morning, full of energy, and delighted by what's happening today?
- Imagine the love life you've always wanted with the sweetheart of your dreams (or your present marriage new and fun again).
- And if you want some new things — a new home, new car, or even a whole new life — what if you knew just what to do, so these new things can manifest.
- And what would your life look like when you feel confident, with clarity of mind, able to focus effectively on creating the life you love?

Because ... that's exactly what you can have.

You can be happy. You can feel good. You can have power. And your life direction can be clear and bright, with obstacles fading away into the mist of the past.

HOW DID THIS COME ABOUT?

Years ago, in Dallas Texas I met a woman who had attended my tiny high school earlier in Henrietta, Texas, and I went with her to an introductory talk about something, that later became known as "Clearing."

During that evening we did some "communication drills" and something happened in my mind — I felt crisp, wide awake, and somehow ... different.

I didn't know what had happened, but I knew for darn sure that something was different, so I began to study what they taught. And so I learned this counseling method that is called "Clarity Counseling" in this book.

This experience also made me interested in methods to handle the upsets of the past, and I continued to search for many years, fascinated by all the unusual ways that humans had found to improve their lives.

When you look, sometimes you find. And so it was that in this search I discovered two other methods (Focusing and Emotional Freedom Technique) that also produced profound results.

"RAPID-RESULTS COUNSELING"™

And the lovely part is that these three methods operate even more effectively when used in combination. It's like having a toolkit with just the right tool for the job.

Together, we call these three methods the "Trinity Process", and you can get the benefit of these powerful and fast-acting methods.

If you live near or travel to Mount Shasta, California, you can book counseling sessions in our office on Castle Street.

If you're far away, two of the methods can be done over the telephone.

A NEW WORLD

You can be happy.

Your mind can be clear and free.

You can feel good again.

Life-Skills Training

Creating Life-Skills ... essential skills for being happy today ...

Here's how to use concise and easy-to-learn training to obtain abilities enabling you to operate with power and traction in the real world. By adopting essential life-skills available here, you can become skillful in love, in business, in your health, and in operating your own mind with power, focus, and clarity ...

HOW TO FEEL GOOD FAST

Most of us grow up thinking that we are happy when good things happen, and that we are sad when bad things happen (or good things fail to happen). And we think that we feel good, or we feel bad, because of what happens to us.

Though this seems reasonable, it's not quite true. Sure, if you stub your toe or break your arm it's going to hurt, and you're going to feel bad for a while. But think. Day in and day out, most of the 'feeling good' and 'feeling bad' doesn't really come from accidents and damage to the body. Right?

That's right. Because day in and day out, you'll discover that 98% of your feeling good (or feeling bad) actually comes from thoughts, reactions, interpretations. You wanted a smile from Suzie, then you feel good or you feel bad because you didn't get it. Wait a minute. You don't actually have to feel bad if you didn't get it. That kind of pain only exists in the mind.

And if you **do** feel less than delighted, when you **do** have an unhappiness ... what if you could get rid of the unhappiness in just a few minutes? What if you could set these little-pains aside, and feel happy and good and radiant? Wouldn't that be a better way to get on with your life? To plan your next move?

(After all, there is no law that says you **have** to be unhappy when Suzie doesn't smile. Right?)

In this seminar, you'll learn four easy-to-use and quick methods to toss the blues out the window.

ANATOMY OF DYSFUNCTION AND HOW TO FIX IT

The mind is a wonderful and sometimes mysterious thing. It can give you the world. Or it can make your world a living hell.

But this description is not quite true. The real truth is that it's how you **operate** your mind that gives the wonderful results or the terrible results. Of course, stuff happens. Stuff happens to all of us. Some of it is really bad, and some is not such a big deal. But in the end, how much the "stuff" messes up your life will largely depend on how you think about it, that is, how you operate your mind.

There are four stress-related thought types: (1) Upsets and Disagreements; (2) Quandries; (3) Guilt; (4) Fear and Repressed Traumatic Memories. Each of these operates in a specific way, and pretty much everything in our minds that makes us unhappy is one of these four.

In this seminar you'll learn how these occur, you'll gain insight as to what's happening, not only with you, but also with all people around you. Once your eyes are opened, you will see these four malfunctions happening as clear as the light of day.

And you'll begin to know how to avoid them, and how to uncover your own, and how to help yourself and those you love begin to free yourselves from the debilitating effects.

HOW TO TALK TO ANYONE ABOUT ANYTHING

– coming soon –

HOW TO LEARN ANYTHING

Your life today. What would it be like if you had the ability to learn anything quickly and clearly, to move forward into any area and figure it out without confusion. To take any existing confusion, be able to identify the confusion and tear it apart and find clarity?

It's sad that our schools teach us **stuff** ... but they don't teach us **how to learn**.

This course will.

THREE METHODS TO FIND ROMANCE ...

HOW TO GET A GIRLFRIEND (OR A BOYFRIEND)

This completely original method is not available elsewhere, and presents a simple new way to approach the problem of “how to find a girlfriend or a boyfriend.” This unique approach gives you a completely different way to handle the problem of “I don’t know any attractive (men/women)!” As soon as you make this one small change in the way you approach the problem, it just gets easier and easier and easier.

After all, there are almost 7 billion people on the planet, half of them are (men/women), and if you’re near any metropolitan area, there are several thousand (men/women) of appropriate age and attractiveness are within an hour’s drive. The completely-different method shown in the “Sweetheart Report” shows you how to bring more and more attractive (men/women) into your life, and have a heck of a lot of fun all along the way.

HOW TO FIND THE LOVE OF YOUR LIFE

A method that — for the first time in your life — will make clear to you the essential things you seek in a (man/woman) so you get what makes you happy. And it will also clearly reveal what to avoid in a potential sweetheart so they won’t make you crazy!

And then ... a complete method, adapted from the Seventeenth Century, that reveals how to enlist everyone you know into enthusiastically helping you find the love of your life. It worked fantastically well way back then, and is completely forgotten today.

ONLINE DATING — HOW IT WORKS AND HOW TO WORK IT

If you’re in a school setting, you may be exposed daily to lots and lots of (men/women). In some jobs the same thing happens. (Of course, sometimes it can be difficult to take advantage of this.)

But what if, in your daily life, you hardly ever meet an interesting (man/woman)?

Some years ago, dating classified ads became very popular in some weekly newspapers. And these have now evolved into the online-dating sites of today.

But just because you know they’re there, doesn’t mean you know how to approach them, so that you attract what you want. This hands-on seminar will show you how to use the online-dating services safely, and effectively, to meet the kind of (man/woman) you want, and how to follow-up, and how to move them off the internet ... and into your arms.

MORE ABOUT ROMANCE AND BUSINESS ...

HOW TO UNDERSTAND WOMEN

Guys, what you’ve always suspected is true.

They’re not just from Venus. They’re a whole ‘nother species. And if you’ve truly felt that we can’t live with them, and we can’t live without them ... there’s a darn good reason.

Not only do they think in a completely different way, but simply because you are constructed as a man, you are built in such a way that is naturally extremely difficult for you to understand what they want and how they are thinking about you and the world.

This seminar will answer once and for all, the philosophical question of the ages: “What do Women Want?”

(And it will make you the most attractive dude on the block, once you get it, and begin knowing how to operate, how to communicate, how to give her what she needs, and how to get what you want.)

HOW TO UNDERSTAND MEN

Ladies, you’ve probably had the experience that you meet some man, and he’s either a Prince ... or he’s a total Jerk. And you think, “What a Prince!” Or you think, “What a Jerk!”

Now, what if I were to confide in you that, actually, maybe he’s not the Prince or the Jerk you just perceived. What if (gasp) men are actually reacting to small things you say or do, and this absolutely *forces* them to adopt behavior, that small things you say or do are actually *creating* the Princely behavior or the Total-Jerk behavior?

And what if, once you know the secret, you will know once and for all, how to bring out the best in a man, so he *wants* to be the Prince? (And how to avoid the unconscious triggers that will make him play the Jerk?)

And think about this ... if you once get on the track that your small behaviors trigger the Jerk in men ... then how will you *ever* get off the track of meeting one Jerk after another?

The surprising answers are delivered in this fascinating (and powerful) seminar. It will change your life, in the direction your heart has always wanted to go.

TANTRA — SEX AND SPIRITUALITY

Would you like your love life to take a quantum leap into new and astounding territory? Would you like to experience a deeper bliss than you've ever known before? Would you like to reawaken an existing relationship that's grown drab, become weaker and less exciting, that seems to be fading away?

Would you like to take your new love into a world they've never experienced with anyone else?

THE KEYS TO RELATIONSHIP — CAN'T WE JUST GET ALONG?

There are three key factors that cause you and your sweetie to like each other, to be drawn together, and to enjoy the sweetness of love and life together. In this course you'll discover the three key factors, and how you can consciously increase all three for a deeper and more luscious love affair.

Then again, there are four stress-related kinds of thought (see our 'Anatomy of Disfunction' course). These monsters can sabotage the sweetest romance in the world and leave it a hollow husk, empty of joy, and bitter in the mind. Would it be useful to your love life if you knew how to handle these, and to handle them when they come up?

HOW TO DRESS FOR SUCCESS IN LOVE AND BUSINESS

– coming soon –

HOW TO MARKET AND SELL SERVICES AND PRODUCTS

Although the "principles" of Marketing and Selling generally remain the same regardless of whether you're selling toothpaste or baby-sitting services, in actual practice one discovers that success in some business of the past does not necessarily mean success with your sales in some new business.

This seminar will cover both the general principles, and you'll gain a new understanding of how to employ simple testing procedures, so that the world out there can tell you what will work the best.

ADDRESSING ADDICTIONS ...

HOW TO DISCARD EXCESS WEIGHT EASILY

– coming soon –

HOW TO QUIT SMOKING AND ADDICTIONS

– coming soon –

CALMING THE MIND AND PROBLEM SOLVING ...

HOW TO MEDITATE FOR A CALM MIND AND PROBLEM SOLVING

– coming soon –

HOW TO FIND YOUR HEART'S DESIRE

Many of us feel that we could make some progress toward the life we truly want ... if only we knew what we wanted.

If you've ever felt this way, here is some very good news:

You already know *exactly* what you want. It's often buried deep in your mind, your "unconscious" mind. And your body actually knows exactly what's true, what's wrong, and which direction to move, to move toward what's right for you.

This seminar will give you the tools you need to uncover your deepest desire, your heart's desire, and how you can begin moving toward your dream today.

HOW TO TALK WITH YOUR SUBCONSCIOUS MIND

In this course you will soon realize that your (so-called) Subconscious or "Unconscious" Mind is actually the greater part of your total awareness,

and how the human process of focussing attention, or “paying attention” is actually the process of putting out of awareness the vast and diffuse awareness of your total body-mind.

Further, that in many ways, this “other” mind, normally functioning outside of or beneath your conscious thoughts, is actually wiser, smarter, quicker, and more alert than you will ever hope to be. Don’t be discouraged. This “larger” body-mind is still you, and you begin to discover just how grand and marvelous a being you actually are!

The only thing is ... most of us take pitifully little advantage of the astounding knowledge and problem-solving ability of this greater you. Because we don’t know how to “talk” with the Subconscious Mind part of ourselves.

Surprisingly, it’s actually rather easy to do. This course will reveal how easily you can be in communication and accord with your larger mind, and how great this can feel, and how it can turbocharge and ease your progress toward the goals you have chosen in this game we call life and living.

HOW TO UNCOVER THE PROBLEM

Ever have a problem that just baffles you?

Ever had a problem that just goes on, and on, and on? And on and on?

Ever have something in your life, and you know something’s wrong, but you don’t know what it is? You can’t get a handle on it? You know there’s a problem there, but you don’t know what the problem is?

This seminar will provide you with simple methods you can use for the rest of your life to uncover the problem, get it clarified, and start moving toward solutions.

SECRETS OF THE FOCUSING METHOD

The secret to a happy life, and to success in love, your career, and your life, is to develop your skill in love, in your career, and in life. What most people don’t know is that mind and body are joined together at the most basic level, and you cannot just clear up your mind — while ignoring the body — and expect the best results.

Because your body knows more about the problem than *you* do!

And your body already knows more about solu-

tions than *you* do!

When you walk into a room, and see a picture hanging crooked, you don’t have to analyze it. You just see it and you know. If you go to straighten the picture, you don’t need to think about which direction to move it because you automatically know.

In the same way, your body know’s what “right” feels like, and so your body knows when something is “wrong.” And because your body knows where “right” is, your body knows the direction in which you need to move, in order to go from pain, trouble, and worries (“wrong”) and move toward solutions, freedom, and joy (“right”)

This class will reveal to you how to access this astounding knowledge of the body. And don’t worry. No matter how terrible the problem ... the process of opening it up and feeling it shift ... always feels *good*!

HOW TO MANIFEST WHAT YOU WANT

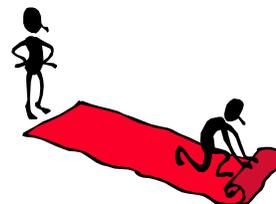
The Law of Attraction. Does it work? Is it complete baloney?

Most people who try it actually have some results. But for many people, it seems to sometimes work great, and other times, it’s really baffling why the things you want are so slow in coming? Or they don’t seem to come at all. In fact, sometimes things can get worse!

Although only practice will make you a wizard, this seminar will explain how you can use the Law of Attraction to bring you what you want ... and why it can begin to work even when you don’t believe it!

You will be given new insights how your thinking can sabotage itself, and how you can use “mental judo” to outsmart habitual defeatist thinking that’s getting your way.

You’ll receive some specific methods for applying the Law of Attraction to your life ... for a healthier and happier mind, more happy and “feel good” days, and to draw the things you want into your life.



The Musical Idiot

San Francisco, 1979: On Haight Street, the music store was originally called "Chickens that Sing Music." There Dave Harp offered a class called "Blues Harmonica for the Musical Idiot," and I signed up.

Dave used advanced technology: xeroxed lessons. I was impressed because, at my business, we'd thought ourselves thoroughly modern with a Gestetner mimeograph. So as to fit on one xerox sheet -- expensive, fifteen cents per page, those early copies -- he chopped the lesson up into different boxes, sometimes packed in sideways.

I still have these original xerox lessons, fading in a folder; Dave's gone on to create a publishing empire and lives in Vermont with his sweetheart and babies, and gives talks about meditation and music all around the country. But back then he taught Blues Harmonica.

One day, in my studio apartment, I'd heard the blues walking up the sidewalk, underneath my windows. Later, as it turned out, he hired my 'postering company' (TheThumbtack Bugle) and we put his posters up. But I digress. Back to Chickens that Sing Music.

So there we were, sitting in folding chairs in the music store, awaiting the beginning of class. In walked a woman with a lot of curly hair. I liked her looks, and as she passed, I said, "Wow! You smell great!"

That is how I met my wife.

She wasn't much interested. After class, I walked her back to her place on Stanyan street, chatting about something. I didn't ask to walk her home, just started blathering as she left the front door, and then walked along chattering, and before long reached her flat.

It wasn't much, but it was a start. I made sure to go to the next few lessons. Sometimes she was there. Sometimes not. One week, I concocted some reason to importune her for a ride from point A to point B. I asked her out. She declined. I tried again later. She accepted.

She told me later that she'd been seeing a couple of other guys, and liked them both better than me, and on that date she'd planned to tell me thanks but no thanks for the future. But it was some Japanese restaurant on Union street, and the conversa-

tion went well, and saki and laughter decided her to delay turning me down.

And one thing led to another, and though she'd moved to Oakland, my motorcycle and I flew the Bay Bridge and through the freeways. Time was no barrier.

And then one day it dawned upon me that I would be a fool to let her ever escape. And so, fearful to the heels of my feet, I asked her to marry me in a moment. "Yes," she said.

I did learn to play blues harmonica -- blues harp, said properly -- but I don't play the blues harp much these days. Time came and went. I was married for a time, and then I wasn't. For I *was* a fool; and I *did* let her escape. But that's another story.

— Arthur Cronos, 2005

(This story adapted from my autobiography called '*The Adventures of Bloggard*' on your internet at <http://bloggard.com>)



About Arthur Cronos



Arthur Cronos was born in Visalia, California in 1944 during the Second World War, and grew up in a small town in Northern Texas.

He studied engineering and psychology in school, and has since made a life-long study of magic, meditation, and the mind, especially as applied to ordinary life — business, romance, music, marketing, and design projects.

He has designed computers and machine-control systems, written accounting and film-editing software. Backward when young, and epiphany at age twenty-six revealed to him a method where even a shy person can seek and find love and romance, from which he wrote a manual called, “The Sweetheart Report.”

The Sweetheart Report is still available online for purchase here —

<http://sweetheartreport.com/how-to-get-a-girlfriend/>

He worked in Huntsville Prison, drove a truck on a wheat harvest from Texas to Nebraska, and worked in hotels in Dallas, Beverly Hills, and San Francisco. For many years he made an advanced study of counseling methods, in Dallas, St. Louis, Los Angeles, Spain, and southern England, as well as studying many related subjects in San Francisco for 20 years.

He has designed and sold advanced telephone

systems used in the answering service industry, in southern California and in Texas. He has written additive synthesis software for synthesizers, composed and recorded songs on piano and on touch-style guitars.

With several others he has designed two specialty touch-style guitars, and operates a factory for the manufacture of the Mobius Megatar Touch-Style Guitar, in Northern California.

A touch-style guitar is an expanded-range guitar covering the sound of both bass and guitar, and playable with both hands at the same time by touch, much like playing bass and guitar at the same time, or similar to playing piano-style on the strings of this unique instrument.

Videos of musicians all around the world playing all types of music can be found on the Mobius Megatar website here —

<http://megatar.com>

Mr. Cronos is currently a personal performance coach with the Clarity and Focus Group in Mount Shasta in Northern California.

A CONCISE AUTOBIOGRAPHY

Mr. Cronos has written a personal weblog of over 400 “micro-stories.” Many are funny, some poignant, and many thought-provoking.

From these, he’s selected a concise survey of a lifetime. You can find the following stories here —

<http://bloggard.com/blog/item/456>

The micro-stories in the autobiography include:

Henrietta, Texas, 1922: Tutti-Fruity
 Henrietta, Texas, 1949: The Gypsies by the Slough
 Henrietta, Texas, 1951: Wizard in a Cave
 Henrietta, Texas, 1952: The Canyon
 Henrietta, Texas, 1954: Diplomacy
 Henrietta, Texas, 1955: Derley Davis and the Dew Drop Inn
 Henrietta, Texas, 1958: A White Sport Coat, and Rocket Fuel
 Wichita Falls, Texas, 1963: The Skydivers

Shady Shores, Texas, 1964: Band of Thieves
 Denton, Texas, 1964: A Photograph of the Future
 Denton, Texas, 1965: The Corduroy Jacket
 Dallas, 1966: The Abandoned Road
 St. Louis, 1967: Carrie Street Station
 Southern England, 1968: A Cottage in East Grinstead
 Phnom Pen, 1969: Bravery
 Hurnville, Texas, 1971: Young Fool
 San Francisco, 1974: The Apartment From Hell
 San Francisco, 1975: Phil Groves and Raskin-Flakker's Ice Cream Store
 San Francisco, 1976: The Thumbtack Bugle
 San Francisco, 1976: Network Answering Service
 San Francisco, 1977: Mick Jagger's Secret
 San Francisco, 1978: The Robe
 San Francisco, 1979: The Musical Idiot
 San Francisco, 1980: 3304 Geary Boulevard
 Newport Beach, 1985: The Christmas Present
 San Francisco, 1990: The Chapman Stick
 San Rafael, 1996: The Wacko
 Paris, 2001: Koko Taylor in Paris
 Mount Shasta, 2003: Leaving
 Mount Shasta, 2004: Tulip, Gone

Mr. Cronos has always been fascinated by the mind and by the application of mental technologies to the everyday world in which we live, and how our world and our everyday lives can still be so very magical.

Some have referred to him as a wizard, and perhaps it is so.

Here is a story from his personal weblog, at <http://bloggard.com>. In this story he recounts a childhood experience.

It is called "Wizard in a Cave" —

WIZARD IN A CAVE

Henrietta, Texas, 1951. My mother played her nice radio in the evenings, and we listened to Green Lantern, the Phantom, the Great Gildersleeve, the Lone Ranger, and the Inner Sanctum. Not long after, television would arrive, stealing drama from the radio, but in those days radio was one story after another.

Hobby time went well with radio. For example, my mother was a great and wonderful crafts person, and made marvelous things. As we sat in the evening with one lamp turned on, she was making colored flower stencils on pillow cases.

I had a project too. She'd bought me a drawing toy called a Magic Slate. This cardboard rectangle has a gray plastic sheet attached, and a pencil-shaped wooden stylus. With this stylus, you write or draw upon the gray sheet. Whenever it's filled up, or you get tired of it, just lift the sheet and all the writing vanishes, and you can start over. Oh, the sheer magic of it!

That night we were listening to Inner Sanctum, which was a scary show about some sort of bird or a bat. But I wasn't scared. My mom was making stencils and I was a Wizard in a Cave.

I saw an image clearly -- to be a Wizard in a Cave -- staying up late, by candle-light, and writing mystical things upon the Erase-A-Sketch.

The only problem was, I didn't know any mystical things to write.

I was staying up late. I had the Erase-A-Sketch. I was all set. I scribbled some words and alphabet things. ... But they were only the things I knew. It wasn't really magical. It made me kind of sad, having no mystical things to write.

This isn't much of a story. I don't even remember what happened to the bird or bat thing.

But there is this: I think that the Wizard in a Cave has been the guiding image of my life.

I was no good in sports, so I learned to be a wizard. I was fearful of girls, way too shy, so I tried to appear wizardly, intellectual, knowing magical things, wise. Haw! Seems silly, now. Seemed to make sense, then.

I'm writing this now, late at night. One lamp is on. I'm in my workshop, surrounded by magical contrivances. The musical instruments I design and build, and on which I can compose, play, and improvise. A library of books, on arcane subjects such as mysql and investment charting. Computers are here. On them I have written books, made pictures, calculated mystical things such as additive sine wave patterns.

It's late, I am no longer young, there's one lamp, and it's cave-like. Welcome, Arthur. You are now a Wizard in a Cave, writing mystical things.

It's been a long road, but to arrive at being a Wizard in a Cave is just the way I thought it would be. I know mystical things, and I can write them down here, on this erasable page. Now they are both hidden, and visible to wizards all over the Universe.

The funny thing is, the most mystical of these magical things are the plain truths of human experience, the stories we all share, the open secrets of mankind, the pain and joy of living, the gaining and the terrible, terrible losses. This is the truest magic.

Even a child knows some of this. I knew magic on that night, not recognizing it there before me. The magic was that night, the color of the light, the human dreams, and my mother making stencils of colorful paint, on pillow cases, making some beauty, for her home.

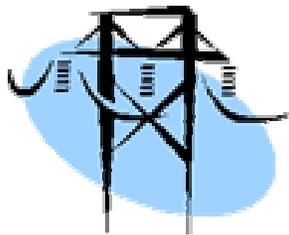


*Learn more about the
"Trinity Process" ...*

<http://beinghappytoday.com>

*Listings of upcoming
courses from Clarity
& Focus Group ...*

<http://beinghappytoday.com>



"How to Capture Happiness in an Unhappy World"

Published by Powerline Press

Administrative Offices: 1445 Ieka Street

Weed, CA 96094 USA

Office: (530) 938-1100

[Http://beinghappytoday.com](http://beinghappytoday.com)

Email: admin@powerlinepress.com

