

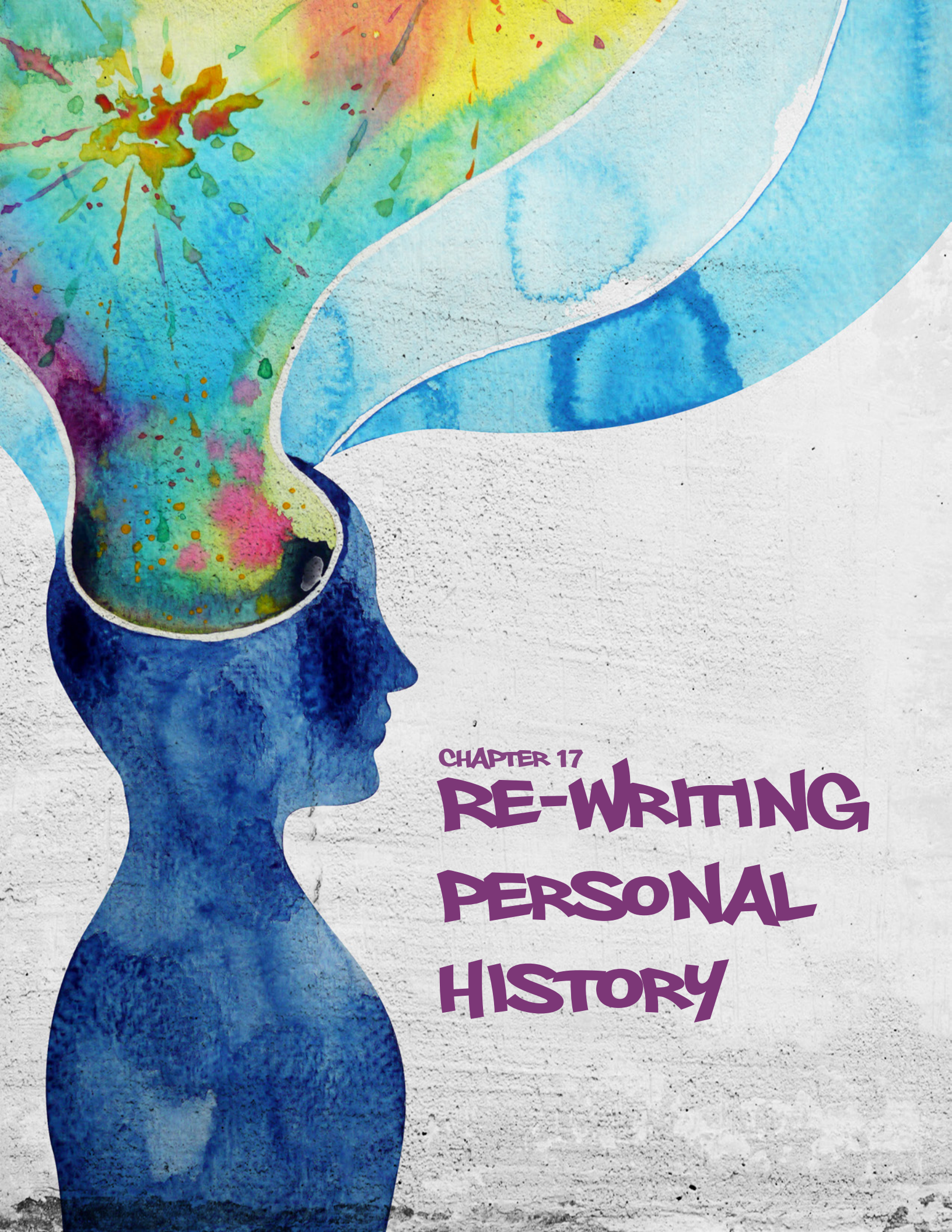
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 17

RE-WRITING PERSONAL HISTORY

In Supernoetics® we boast “The Protocols Of Change and Human Transformation™”. Why? Simple: that’s what we’ve got!

One of the reasons we can make such a claim is that piloting really transforms people: not just how they are today, but what they once were. We know Freud said that the child is father of the man. We know that revisiting and making friends with our “inner child” is fantastically powerful and healing. But we also somehow have to revisit that child and take away its hurts and griefs.

Otherwise we rise above our condition, only to drag it around with us for the rest of our existence. The child that was you was a special creature; he or she must have been, to have given rise to such a wonderful creation as YOU. But the chances are that he or she hurt a great deal, was confused, upset and frightened, at least some of the time.

Lest this begin to sound like New Age psychobabble, let me assure you that it is precise and technical, exactly as set out below.

THE MYTH OF TIME

We all sense time; or believe we do. Yet advanced physics is on the brink of declaring time nothing more than a convenient fiction. It’s there to help equations and calculations but it probably doesn’t exist.

There is a strong clue, which is—so far as physics is concerned—time could run just as well backwards as forwards. We can work backwards and figure out where an object WAS, providing we have the characteristics of its movement; we can work out where it WILL BE at some time in the future, same equations, same calculations.

Is this mere speculation or does it have any value?

The answer is a surprising, even shocking, YES! It’s very helpful to dispose of time. What we are doing with piloting, in effect, is editing the time element. From having memonemes and charge stuck in the NOW, we re-process it and put it back in its proper place on the timeline. In doing so, the past loses its venom.

In fact one of the very simplest remedies you can run, when someone has been hurt, is to ask repetitively and alternately: “*Where did it happen?*” (time

past) and “*Where are you now?*” (time present, new location). Sooner or later, inner knowing switches on the lights and says, “Hey, that was then, this is now!”

Try it! I dare you!

Thing is, we can use a friendly, malleable time factor to change our experience of the past. Since the past and our memories can impose trouble on our present-time being, then let’s change the past and it’s memories.

But, you say, that’s cheating. That cannot work. The past is what it is; what happened was what happened and you can’t change that.

Wrong!

It’s another application of the 180-degree rule: the truth is the exact opposite of what everyone believes. It’s a trick!

WHY DO WE CARRY AROUND HURTFUL MEMORIES?

There is no time past, since what WAS has gone, buried. Our only contact with what WAS is a set of memories we carry round. Why we choose to carry round the hurtful ones and, even more mysteriously, why we let them hurt us, is one of the great mysteries of consciousness and one I would like to solve before I drop this body.

Our past, then, is simply a facsimile copy of what happened to us, often imperfect. Our personal history in consciousness is only as meaningful and valid as we allow it to be. What I have discovered for myself is that it is possible to revisit these earlier memory experiences and alter them! I remind you of the words of Steve Ramirez at MIT (page 9): “We normally think of memory like a tape recorder or video of the past, but it’s actually very reconstructive in nature.” At the very least, we can change our perception of them, or perhaps both.

Gurus do this all the time! They make up fanciful stories that give them mystical powers and they start lording it over others. Do I believe that Moses was given tablets of stone, chiseled by God? Of course I don’t. Nor that The Koran was immaculately conceived. Or that petty criminal Joseph Smith really found the Mormon tablets of gold (where are these enduring forms of writing? Why has no-one else seen them?)

The take home I'm offering is not that religions are fake: what people choose to believe is their own affair. All I am saying is that people can give themselves a colorful story and start to believe it. It works for them like a real history. They are empowered by this flim flam version of themselves (and maybe that turns out to be more important to them than whether or not other people believe the story or not).

L. Ron Hubbard, the founder of the Scientology movement, is a case in point. He built himself up with incredible stories about being a decorated war hero, a celebrated explorer, blind and crippled at the end of WW2 and yet clever enough to fully heal himself. It all turned out to be fake. Even his engineering doctorate was bought from a paper mill university for a few \$100s.

It emerged, when his list of personal affirmations surfaced (written circa 1947), that he was an extremely insecure man, building himself up with what were part confessions, part wishes to be more powerful, more successful, and someone afraid of gonorrhea, sexual failure and seething with resentment toward Admiral Brastead.

So if it works for dudes on the make, why not use it as a valid technique? I'm not suggesting we encourage people to lie about their resume or who they really are. But it is possible to share with a pilot a different version of one's past that makes more sense and creates delight instead of shame, courage instead of fear. Why ever not?

I've tested it repeatedly and it works wonderfully well.

GSR SIGNS

It's worth pointing out that the GSR meter responds exactly the same to re-engineered history as it does to original memories! That's because the subconscious mind has no real way of telling the difference. Remember "identity thinking" ($X=Y=Z$), page 13? That's the basic physiological mode or lizard sense.

Everything equals everything else.

Thus the GSR meter, which is supposedly a lie detector (but isn't) responds just as it would to a real memory.

That's telling us something powerful: like it or not; makes sense or not; *made up memories work just as well as real ones*. So if you were some cowardly soldier on the battlefield, who ran away at the first sight of weapons, you will feel cold and creepy when you revive the memory. But if you substitute that for a different scenario, in which you unsheathed your sword, rushed straight at the enemy and led the winning charge, wouldn't you feel warm, proud and excited... thrilled even?

That's different physiology at work.

Let me just point out that the physiology is what counts. That's the determinant of how you feel about yourself. Why not wear the new coat of many colors, if it fits?

The thing is, we can even run "future memories", which are not yet real. But they process just the same. If someone is sure to die and a family member will be extremely distraught, run the "death" as if it was already happening. It will get them in a far calmer place for when the real moment finally arrives.

You cannot say this is the same as telling a lie, for goodness' sake. This is editing or tweaking the time element of "memory", is all. We still get shift and still get occasional peak experiences. *How punk is that?*

A BIT MORE THEORY AND BACKGROUND

There's a famous demo that on-stage gurus sometimes pull: they yell, "Snake!" and fling a crawly wiggly "creature" into the audience. When the panic and screams die down, smarty pants explains how it's just a rubber imitation snake.

Everyone relaxes; the guru goes on to explain the mind responded just as if it was really a snake. What does that tell you? The subconscious mind, which generates all the fear, doesn't know the truth. It just does what it does.

And surprisingly, that's the same for memory... [don't do this!]: if you were to create pictures in your mind of being stripped, beaten and robbed, you'd feel pretty grim, pretty soon; you know you would.

It's a fake memoneme (unpleasant experience), but it plays on you just like the real thing. Therefore good memories, even if made up to suit, do the opposite and make you feel good. What's wrong with that?

Alfred Korzybski made famous the phrase “the map is not the territory”; specifically, he meant our mental map is not the experience, only a copy of it.

We could rewrite the card file of memory and make it say something we would rather was written there. In other words, we can change the map. We haven’t altered the real life experience, or objective history one jot. But we have sure adjusted our personal history because it now only exists in those records. Put more philosophically, we haven’t altered reality, only the memory of that reality.

In Korzybski’s metaphor, we have altered the map but not the terrain. Since it is the map which tells us how we feel, the results of doing this can have far-reaching results for the individual.

We get a second chance, in effect.

Remember, the client is aware there has been a deliberate change. It is not as if we are trying to hoodwink him or her and slip something past the soul or consciousness! Since it isn’t introduced below the level of awareness (ie. hypnotically), it does not pose a threat to articulate rationalization.

Yet it works. Altering memory can be just like living life all over again. In fact here we have the core problem with entities (see page 184, *The Complex Of Self*): each of these brings a different history and thus a different conscious awareness. The confusion comes from having different histories in the same thought process, not *de facto* from altered accounts of the objective past.

BENDING HISTORY

There are two basic techniques to change historical reality in this way. The first is to re-run what actually did happen, but to change the resulting feelings or appreciation of what was present in that experience. Maybe it needs tweaking a little. This way we unload the charge caused by the disparity between what did happen and what the individual felt ought to have happened.

The second approach is to run an *entirely new experience* in the place of the old one. The client was in a messy divorce situation; tempers constantly flared and he or she said terrible things to their spouse. Maybe there was physical violence... chairs flying, crocks smashed, silly actions that no-one should have engaged in.

Years later, he or she regrets the nasty and abusive behavior and wants to make amends. Well, we allow that. We can transport the person in a fantasy dream of having done far better; behaved more rationally; spoken kinder and soothing words. This not only feels different, it changes events. There is a new library card file.

Not surprisingly, this can have an individual feeling more courageous and appreciated in this lifetime. It will certainly clear the distress of the earlier failure.

In fact both techniques can do this for us.

The only thing I have observed is we can't amputate history too drastically! Someone who went through WW2 and was hurt by it might run feeling good at most stress points, instead feeling bad. But you couldn't run the history that Hitler was never born, there was no WW2, and he or she stayed home, happily, on the farm.

WHEN TO DO THIS

You can do it right after a bad experience—running heavy traumas. It's a good way to lift emotions. You will (hopefully) have cleared the charge. But it can still leave the client a trifle dazed and even chagrined.

If you have other viewpoints to deal with, or you have used one of the remedies in chapter 11, then you can probably continue.

But once in a while, it is good practice to break out of running the negative and deliberately choose to process the positive.

You can certainly do it on someone who has come from another practice or technique and needs a lift. Take up the same experiences the other practitioner did and enhance them with some fun and excitement.

Tell the client what you are going to do. You may need to fully explain, if he or she is uncomfortable with "fake memories". Better explain this isn't really running a lie. It is running an important truth, which is that: *things could have been better!*

You might encounter a little protest. Obviously, there will be computations such as "If I had done it that way instead of what happened, I would never have lost my job and so I would now be doing..." But we don't want to start creating

alternative universes. Just coax them through what DID happen, with the new feeling, rather than some totally alien reality, unless that is important to the client. In which case, let them get on with it.

Ask the client “Tell me how that experience [we just addressed] could be improved for you” or “Is there a better version of events you would find empowering instead of painful?” He or she will want to be resourceful and at cause, naturally.

Once the client is experienced, you can ask them “How should it have been?” or “Put yourself at cause”.

Run this new version of events, exactly like before.

Make this memory come to life, really live it.

Move to the beginning... Tell me what's happening.

Now, talk me through it, just as if it's really happening.

If you are using a GSR meter, watch the meter fly. It's as if you are running the charge all over again (which in fact you are doing!) Continue until the meter shows no further reaction and there is a new awareness, especially a different thought, feeling, attitude or whatever.

When it is thoroughly flattened, and if you have been drilled on what to do, you can re-order later events, by scanning up to the now, seeing each related episode—albeit briefly—given a new lick of paint and a new outcome too!

RE-ORDERING THE TIMELINE

It won't just affect the incidents on the chain, but ALL life's experiences after the new version of events.

For the more experienced individual, you can simply direct them by instructing “Re-work the timeline up to the present, changing things with this new empowering experience”.

For someone who is new, ask them to move forward along the timeline—quickly but not skipping—to the present, seeing each event transformed by the “new history” you just planted.

If he or she is now full of self-confidence and dynamism, it stands to reason that he or she will get the girl or boy they dreamed of. There will be no rejections when dating, no failures at college, they will pass the auditions to go to acting school and they will be short-listed and get any job they choose.

I've seen people with little or no sales experience go out and close significant deals within hours of this procedure. One guy picked up a book, started studying that same day, and eventually went to college.

Suddenly, the life they could have lived—the life they wanted to live—is available to them as an empowering “memory”. It's a marvelous life hack.

A new map gives a new psychic terrain. Korzybski's truth is very powerful indeed.

PUNK POINTS:

- “Truth is relative”, I've heard it said. That may or may not be so. But truth, the real truth, is a highly subjective thing. Being forced to agree with what other people claim is fact is not very empowering. Telling your own story the way you want it told is actually therapeutic.
- Wasn't it Joseph Campbell who told us that we need myths to live by? Well, we can do long-range myths, like gods and goddesses. But closer to home we find our own personal myths. These are precious and self-serving, self-enlightening even. What's wrong with that?
- The mystery of memory is why we hug the hurtful ones close to us and treat the glorious ones with disdain. Isn't that kind of crazy? Maybe we should all learn a better way. Re-writing personal history is just one better way!
- It worked for Jesus, Mohammed and Buddha! At one time they were just kids. But somewhere along the line, each one gave himself a new “history”: the Son of God, the Great Prophet, the Awakened One, or whatever.
- Don't be fooled by time. It's not an absolute at all.