

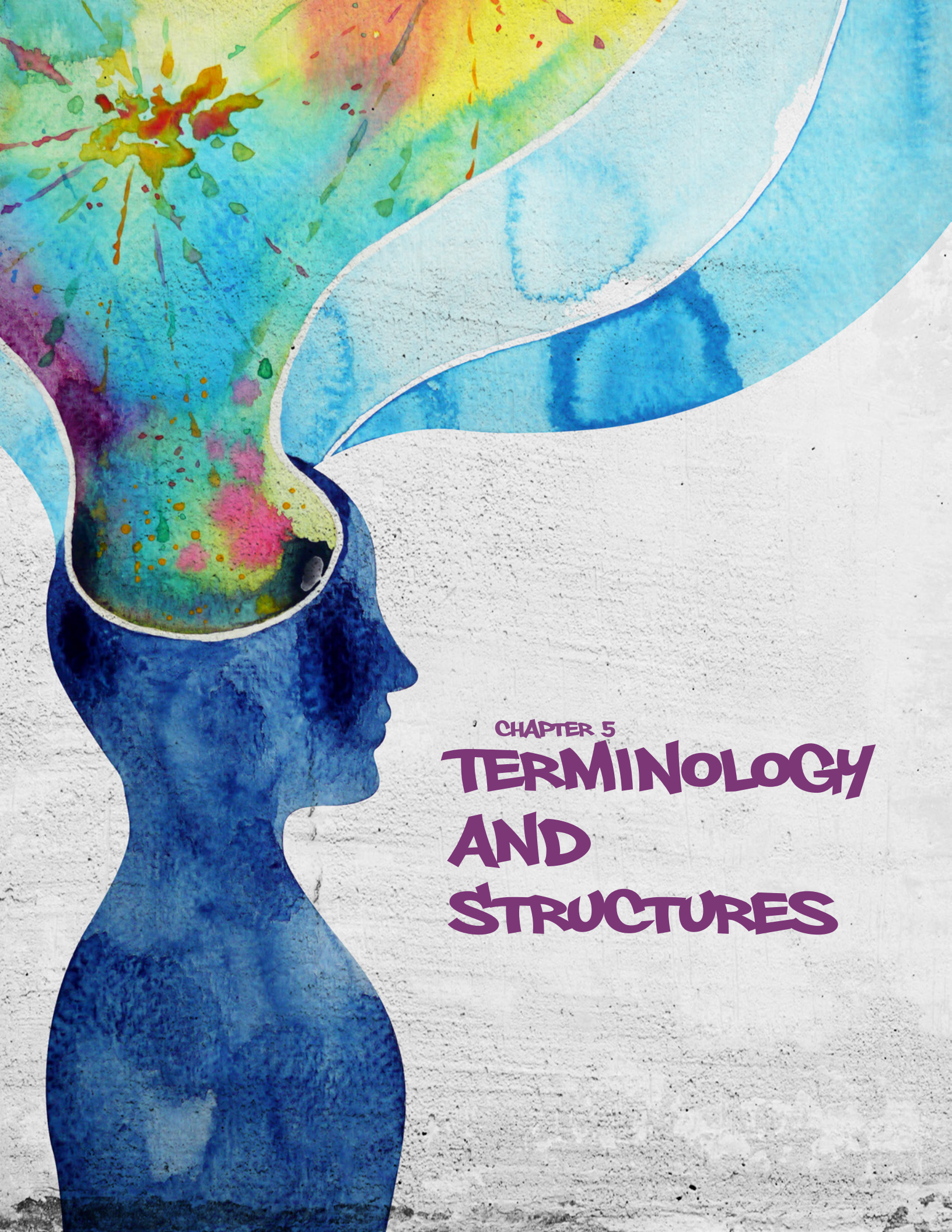
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 5
**TERMINOLOGY
AND
STRUCTURES**

OK, we are now working towards teaching you how to transform yourself, family and friends, using a simple introspection technique (*introspection*: looking inwards; the examination or observation of one's own mental and emotional processes).

First we need some terms and good definitions. Without adequate understanding of the elements involved, you are not likely to get satisfactory results. Punk doesn't mean notional or crazy; it just means challenging or counter to the general belief (notional: *existing only in theory or as a suggestion or idea*).

Piloting: the act of helping another by steering him or her in the direction of significant events in their personal history and taking steps to drain off the dark mental energy or "charge". This releases unpleasant emotions, negative beliefs, destructive decisions and unhelpful behaviors.

The Pilot: a person who has learned how to do this. You, the reader, if you follow guidance carefully.

Breakout: a specific time frame set aside for piloting, lasting an agreed length of time, free of all distractions. A breakout is entirely for the client's benefit and is *performed for no other reason*.

The Client: the person we are trying to help. He or she trusts the pilot and is willing to surrender control. However, at no time is the client unconscious or unaware. He or she is in a light introverted, relaxed state we call *alpha*. This is not a medical, psychiatric, therapeutic, or hypnotic state. It's something we all do, several times an hour!

Case: the sum total of the person's non-optimum thoughts, disagreeable emotions and self-limiting behaviors. Case is really the entirety of a person's character make-up. However, we mainly use it to denote the negative aspects of a person's psyche and behaviors.

Charge:

Negative emotional energy embedded in past memories or future projections. We use the term charge, because life is basically an electrical state. We can detect charge on an electrical galvanic skin response meter (psycho-feedback meter). This is not to state that charge is an electrical phenomenon. Charge is actually a disturbance in consciousness and is best thought of as non-material mental energy or ruffled consciousness, that can be detected by changes in material measurements.

The Timeline: the sequential memory recordings of a person's experiences, from first awakening till now. Hermann Minkowski (1864-1909) coined the term "world path" as part of his mathematical model of the universe. A person's timeline is a more intimate and personal version of this world path.

Total Timeline (TT). The experiences a being has had in this and any other universe. It includes all past lives. We say a case has "gone TT" when he or she is able to travel freely beyond this lifetime.

Future Pacing. Taking the term "pacing" from NLP, future pacing means to investigate the future by laying it out as it might be, or the client would like it to be, and "experiencing" it as intended, to test its impact and significance.

MIMPs: this is short for mental imprints, or what we would ordinarily call a memory. M-ental im-age p-ictures for some individual—but remember not everyone sees memory in a visual way.

Usually we are aware of episodic memory, meaning recall of specific events, places and happenings that are linked together and not necessarily connected to other episodes or MIMPs. MIMPs seem extraordinarily accurate as to narrative, sights, audio (sounds and voices), emotion, physiology and a host of other factors that were part of the recorded episode. It seems likely that the timeline is made up of a continuous string of MIMPs.

[The other kind of memory is learned memory, as in study, or *memorizing*].

Memonemes: highly charged MIMPs, recording episodes from the past that were stressful or even overwhelming. Our term memoneme harkens back to Ancient Greece: the goddess *Mnemosyne*, daughter of Uranus and Gaia (Heaven and Earth), was the mythological personification of memory. You meet her again in the English word mnemonic, an aid to memory.

Memonemes create unwanted emotions, distorted thinking and irrational behaviors.

The real violence and impact of these memonemes is the totality of what is wrong with Humankind and spirit destructive patterns. It is a paradox of considerable magnitude that the Being wanders through this and other universes, making recording of supposed happenings, and then uses them to hurt Self! It hardly makes sense.

Primaries. Memoneme primaries are the big deal. They bite and bite hard. Triggering a primary is capable of knocking a person flat. I have seen shrapnel drop out of a person's body, running a primary memoneme. I have seen indi-

viduals throw away their glasses or walking sticks. It's Lourdes stuff, without the religious cant.

Secondaries. These are still pretty tough but not as full-on as the primaries. Events of this nature would include dangerous illnesses, bereavements, divorce, bankruptcy, great public shaming and so on.

Tertiaries. These are the more everyday face of memonemes, the frequent and nuisance reminders of deeper events and structures, which keep us upset and create recurring unhappy feelings. Tertiaries can be getting in a rage with the wife, beating the kids, shouting at the boss and losing your job, or just getting aggressive in traffic.

Compare the definition of memonemes with *Samskaras*, a Hindu/Sanskrit word.

Threads

This reflects Freud's observation that episodes tend to run in a chronological sequence, first to last. Similar content seems to get joined up and becomes a chain or "thread", to use modern Internet jargon.

The Root

The first significant time something happened in a thread is its foundation event or "root". The plant metaphor is good, because it reminds us that when we rip out the root, the whole plant (the thread) will wither and die. Once we process the root and it loses its potency, the thread becomes harmless and is re-classified in the mind as "clean and useful memory", meaning it has learning value but no potential to cause harm.

Running (sometimes Processing)

To run something means to go through it, in detail, experiencing it as the Now. The person gets immersed (see next definition). Something being "run" is the focus of attention. The pilot is addressing it; the client is processing it—looking at it from different angles

Immersion

This is a state of "time travel" in which the client goes back to a significant episode in memory and relives it, as if it were RIGHT NOW. He or she is "there". We want to hear descriptive phrases like: "I'm stepping through the doorway."

Or, "He's hitting me in the face." And please not "I stepped through the doorway," or "Then he hit me in the face."

He or she may make movements that clearly come from the event, like jerking or writhing, saying the words again, out loud, or of course showing emotions like grief and anger.

Look and listen for these signs the person really is back there, sitting in the event. Being fully immersed is what makes the abreaction, or clean up process, work best.

Flattening

This means to keep at an item or memoneme, pounding it, running it and worrying it, until it finally has no more juice; it can no longer influence the person for ill; frankly, the client normally loses interest in an episode once flattened. It's gone; it's done. Safe!

Unburdening

Unburdening is what Hypnoetics™ is all about. It's a term from Freud (*Two Short Essays on Psychotherapy*). Freud showed us that releasing the emotional charge which comes from hidden elements of a thread will release the unpleasant emotional energy or "charge". This makes earlier instances come to light; a process he called unburdening.

Once unburdened of its charge and the root exposed, the whole thread collapses and loses its unpleasant impact: thoughts free up, emotions improve and behaviors start to make sense.

Re-Stimulation

Definition: to reactivate by stimulation (Merriam-Webster Online).

Semon told us that memory was not just about encoding recordings of what happened in life (or past incarnations, which he had never heard about); it's also about recovery of those memories when you need them. This process he called *ecphory*.

Obviously, we need to have both recording and recovery mechanisms, to get the effect we call remembering. But nobody had pointed this out till Semon's original insight.

I'm going to write about a special case of ecphory called restimulation. This is when the memory comes at you when you didn't need it or want it. Moreover, it brings with it unpleasant feelings, thoughts and behaviors.

The sequence is as follows:

Something unwelcome happens. A memory is recorded and is retained in the mind (not the brain, note). Usually, it gets buried but, like an antibody cascade: it is there and remembered, if the pathogen should return. Antibody manufacture can be resumed instantly. Memory can also be triggered instantly.

In the case of an unpleasant experience, when the same or similar circumstances manifest a second time, the original unpleasant memory is stirred up and comes back to life or is *re-stimulated*.

We usually feel bad (headache, irrational behavior, negative emotions—fear, unease, anxiety, etc.) without being aware of why we are upset. The underlying engram/memoneme remains hidden, buried subconsciously, exactly as Freud described (actually Janet).

The events of the second time do not need to be exactly identical to the original experience, just similar enough to trigger an association, leading to reactivation. Associations can be very loose, when things that are not identical are assumed to be identical; what Alfred Korzybski called "identification thinking" (a General Semantics term) or $X=Y=Z$, my joke.

In the previous chapter, I mentioned Semon's example of a dog, which sees a youth bending down to pick up something, followed shortly afterwards by an unpleasant pain, as the stone struck the dog. Ever afterwards, the dog is wary of people who bend down and one day, when someone bends over to tie his shoelaces, the dog feels the same pain, yelps in fright and runs away irrationally.

It's all logical, when you understand the context, which is the original memory. But the observed result is wholly unnatural and irrational seeming.

Semon tells us that this triggering, caused by the second stimulus, is at least in part an energetic response:

"On being subject again to this stimulus, or to other influences, the basis of which is invariably the partial recurrence of a definite energetic condition, the original state of excitement is reproduced" [*The Mneme*, my 1921 edition, p. 89]

Until the second event, nothing bad happens. We experience hurt at a specific time in a specific place; time moves on; we forget about it. It's just warehoused, not vanished. It remains latent, to use a scientific term. But then, one day: wham! Something brings it back to mind.

Trouble is, the restimulation experience is timeless. It can go on and on, repeating forever. One memory can lead to thousands of restimulation events. That's why these buried memories are so threatening and disturbing. It's like having a whip and scourging yourself with it from time to time... or for the rest of your life.

My good friend Prof. Clancy Mackenzie was on to this phenomenon, via a different route, and he called it the "two-trauma mechanism". You need a second occurrence or reminder, to kick a memoneme into action, whereupon it becomes a re-iteration, or new fractal copy.

ALTERED BEHAVIORS

When something is restimulated, we tend to behave very differently. We experience the world differently and this is essential to grasp. If we were traumatized as a five-year old child, when encountering restimulation, we become a five-year old once again, in all but name.

We start reacting as the child would react; we feel what the child would have felt; we say what the child would have said at the time, in the child's voice. That's the enormously important thing about these restimulation moments: they shift us in time. They push us back down the timeline, to when it happened before.

Being out of time and place, of course, is just a kind of insanity. So thoughts and behaviors start to become very irrational.

Now at last you can understand why wonderful human beings—*the paragon of animals, noble in reason* (Hamlet)—will suddenly do something weird, strange, out of character. He or she has experienced the backward shift of a restimulation. He or she is out of present time. He or she is "living" the reactivated trauma.

We can use the term *dramatization* because the person is acting out their earlier role.

ANYTHING CLOSE WILL CAUSE RESTIMULATION

The big thing to grasp is that the second event need not be identical to the first but only approximately similar. So a child may get upset by the sight of a black hairbrush: why? Because it reminds him of the black moustache on the strange man who appeared when Mummy ran away and was never seen again. It can trigger a feeling of great loss and sadness.

Maybe as a man, this individual gets irritated every time he sees his wife brushing her hair with a black brush and is rude to her... but he can't explain it, or stop himself.

The first bereavement we experience in life may not be the worst emotionally. We may later experience a second bereavement which leverages on the first and becomes much more severe in impact.

It need not be so heavy. We can lose a sports game and feel, "I always lose. I'm no good" and go away upset. That was just a restimulation of earlier losses and failures.

These occurrences are just a variety of flashback but they can be very upsetting, while "hot" or active. Usually, the triggered emotional charge subsides rapidly. But not necessarily. Some people seem doomed to live in these unpleasant loops. They have no idea how to escape them.

So there are two more terms from Semon's book: *primary indifference* to an earlier unpleasant memory, meaning it just hasn't affected us yet, and *secondary indifference*, after the re-activation has died down. I'm not sure these terms serve much useful purpose. Both states we would describe as keyed out. But it's important to understand the latency of memonemes. They just sit there but can be re-activated any time. These are mental landmines; step on one and... Boom!

If a restimulation is shocking enough, a whole earlier memory may be charged up and become too overwhelmingly strong to easily shrug off. The memoneme is reactivated to the point of a full-on experience. We call this a *re-iteration*. When enduring and powerful enough, we can rightly use the term "delayed post-traumatic stress disorder".

Clancy Mackenzie MD made the concept famous in his book *Post-Traumatic Stress Disorders From Infancy*, written in conjunction with Lance Wright MD.

DELAYED PTS DISORDER

Very violent flashbacks are easily understood. They are sometimes the subject of movie stories.

A combat veteran exposed to loud bangs ten, twenty or thirty years after combat reacts in a predictable way. Flashes and people screaming will make it worse. Any event, sufficiently intense and sufficiently similar to earlier combat experience, can precipitate a flashback or even a delayed PTSD. The reaction is understandable because the initial combat experience was life-threatening.

But as Clancy Mackenzie points out, few realize that—to a baby—separation from the mother can be more frightening than war trauma to a soldier. For one hundred and fifty million years of patterning of mammalian behavior, separation from the mother has meant death, and thus the human infant is very sensitive and easily overwhelmed by events that would seem non-traumatic to the adult.

The fashionable term is an *attachment injury*; we come attached to someone and that attachment is threatened or broken. It can be a deep psychological wound.

This is the worst kind of re-iteration, which threatens to last for a lifetime. It is well-known, for example, that orphans and fostered children have huge psychological problems. Many are suffering from delayed post-traumatic stress disorder.

Clancy also became famous for proving the connection between delayed PTSD and schizophrenia. It figures.

COMPLEX PTS DISORDER

Now we have a new diagnosis called complex trauma disorder. *In a way, we all experience it, meaning life isn't that kind to any of us.* Pathological, never mind dysfunctional, parenting is almost universal today and can be very harmful and traumatic to the growing child.

Schooling, too, can be traumatic, with emotionally-inept teachers and peer bullying. I have said elsewhere that schooling can be the biggest wound we get in life, at least until later adulthood.

We grow up screwed up and then implant our issues in our kids, as a cultural “norm”. It’s what people do but, of course, common isn’t the same as natural or healthy. Far from it.

Living in an intense and abusive relationship with someone can also constitute a complex trauma situation.

In an article called, “Understanding Complex Trauma, Complex Reactions, and Treatment Approaches” Dr. Christine Courtois summarizes complex trauma disorder as being subjected to stressors that are:

1. repetitive, prolonged, or cumulative
2. most often interpersonal, involving direct harm, exploitation, and maltreatment including neglect/abandonment/antipathy by primary caregivers or other ostensibly responsible adults, and...
3. often occur at developmentally vulnerable times in the victim’s life, especially in early childhood or adolescence, but can also occur later in life and in conditions of vulnerability associated with disability/ disempowerment/dependency/age /infirmity, and so on.

One painful identification people make when they are victims of abuse occurs when they internalize their aggressor. In other words, they may start to identify with the person who hurt them the most, sometimes feeling protective or taking on their destructive point of view toward themselves.

All of us possess the critical inner voice (inner critic), but those who are traumatized may experience this “voice” as a deeply destructive and terrifying enemy, whose attacks can feel crippling and constant and can lead to life-threatening self-destructive behavior. When a person feels hopeless or isolated in their suffering or finds it difficult to trust easily, he or she can become further victimized by their critical inner voice, which denotes a state of chronic re-stimulation of the earlier trauma and delayed PTSD.

In turn, they may fail to have compassion for themselves and may make choices that repeat destructive patterns of their past. For instance, an abused child may wind up in an abusive relationship as an adult.

Universal Trauma Syndrome (UTS):

This is a Hypnoetics™ term, meaning continuous stirring of unpleasant memories triggered by our surroundings. The label simply reflects the fact that we are all affected, it happens a lot, and seems an almost inescapable aspect of

human life. We are constantly being subjected to restimulators, causing endless re-iterations.

Hypnoetics™, and ultimately Supernoetics® advanced piloting (which you can learn about later), seem the best way to date to escape this endless jangle of our emotional nerves!

So far as had been determined to date, we are all under the sway of the same mechanisms of memory recording, charge and endless re-iteration of memonemes. To the degree we don't like re-experiencing bad stuff from the past, to that degree it is traumatic. Feeling bad is not natural to any of us (remember, common does not mean healthy).

A lot of modern psychological studies are expended on the investigation of supposed abnormal or pathological manifestations and functions. But this is naïve and assumes that people with the most disturbing and harrowing experiences are using their memory processes differently from the rest of us.

That's nonsense. The difference between someone with occasional or regular upsets and someone deeply wounded and permanently suffering from a stress disorder is only a difference in degree, not mechanism.

MEMORY HIJACKING

As already explained, memory runs on automatic and has a retrieval system which is based, at least in part, on similarity of signals from the current environment to buried experiences of the past. That's useful for making rapid predictions about what is likely to happen in the immediate future.

In other words, that's a bit of lizard brain at work.

But it's not useful if the stored memory hijacks the entire process of computation. There has to be a useful similarity in comparing past to present circumstances. If it shifts to everything about the past equals everything about the future, we become useless; slaves of the overwhelming might of the former unpleasant experience, instead of active participants in our present-time environment.

It gets worse, however.

The experience of something like a re-iteration of a past unpleasant experience in present time forms a new layer at the tertiary level, which is now added in to the original memoneme structure.

In Semon's view, repetition of a stimulus does not strengthen an already existing [engram] memoneme, but generates a new memoneme (*The Mneme*, p. 169). However, Semon knew nothing of fractals.

When something is stirred up again, very similar in character to what has gone before, that's a mathematical property called "self-similarity" and it is a key characteristic of fractals. This has big implications...

THE FRACTAL NATURE OF TRAUMATIC MEMORY

I believe Punk Psychology™ is the first writing to ascribe a fractal nature to traumatic memories and their repeated re-iterations. Buzz words like this get bandied around by people pretending credibility for their view of things (like the word "quantum"), so let's be clear about what a fractal really is...

The secret is the way the fractal is formed, which is that the output from a system or structure becomes the new input; that in turn is re-outputted and again, that's yet another new input. It goes round and around and around, evolving constantly, each new output becoming its own next input.

That means the growth of a fractal is very self-contained and self-regulated. Each iteration as it's called (repeat) pushes off in a slightly different direction but growth depends on what is already there. The beautiful pretty patterns we see are just a coincidence. The colors are artificial, added by writers of software code, to make the display look stunning.

The famous and beautiful Mandelbrot set, named after the late Harvard professor Benoit Mandelbrot, is based on the simple equation $Z = Z^2 + C$. Each time you multiply out Z^2 and you add C, that becomes the new Z! The resulting fractal structure is just one among many.

In fact there are even deeper issues here: Mandelbrot created the first-ever "theory of roughness", as opposed to smooth and continuous, which is what normal experience tells us. Mandelbrot saw "roughness" in the shapes of mountains, coastlines and river basins; the structures of plants, blood vessels and lungs; the clustering of galaxies and many other places. His personal quest

was to create some mathematical formula to measure the overall “roughness” of such objects in nature.

In Mandelbrot’s own words:

The form of geometry I increasingly favored is the oldest, most concrete, and most inclusive, specifically empowered by the eye and helped by the hand and, today, also by the computer ... bringing an element of unity to the worlds of knowing and feeling ... and, unwittingly, as a bonus, for the purpose of creating beauty. [Mandelbrot, Benoit. *The Fractalist: Memoir of a Scientific Maverick*, Pantheon Books (2012)]

Fractals, not surprisingly then, are also found in many aspects of human creative activity, such as music, painting, architecture, heart rate variability, and even stock market prices.

Mandelbrot believed that fractals, far from being unnatural, were in many ways more intuitive and natural than the artificially smooth objects of traditional science and geometrical shapes.

To my knowledge, no-one before myself has ever connected structures of the mind and consciousness with “roughness”. But then, Supernoetics™ is right at the front end of noetic enquiries. You would hardly expect less from me!

Today the word fractal is often used to mean intricate folding and re-folding, weaving complex integrated patterns. We have “fractal antennas”, for example, in our cell phones, to enable a large amount of transmitter and receiver function in a very compact space. These are very efficient aerials and the principle reason that cell phones will now fit comfortably in your hand.

In fact we are surrounded by fractals. They are core to the physical structure of our universe, which would make it hardly surprising if they are indeed a facet of consciousness!

RELATING THIS TO THE EMIND SENSOR™

Where Semon’s theories especially bear fruit is in relating them to important discoveries in electrophysiology. Continuing from the work of Carl Jung and later US chiropractor Volney Mathison, we have perfected the art of the electro-psychometer, that is: a sensitive biofeedback device that registers emotional and mental charges. Our particular version, the eMind Sensor™ (current

model made by Ability Meters International), is one of the finest tools ever developed in this arena.

What we find happens is that a properly tuned psychometer can detect energetic changes related to mind activity. As Semon pointed out, the disturbance of memories and their re-activation is a true energetic phenomenon. It puts Punk Psychology™ in the field of advanced physics, not just psychobabble whimsy or behavioral doctrine (see also *Medicine Beyond* for the fuller physics story).

There are similarities with a lie detector, in that an electro-psychometer is basically a wheatstone bridge (compares resistances). But the idea it is a “lie detector” is nonsense. For one thing, you cannot detect lies, only stress. Secondly, it does not work on the principle of sweating, which is what today’s pseudo-experts trumpet. The changes are much too fast.

We see needle movements that vary rapidly in both directions, even changes in speed of movement, in intervals down to as small as a fraction of a second. The idea one could sweat and then “unsweat” so rapidly is nonsense.

What really happens is that the psychometer responds to mental energies, especially emotions, and we can use this property to trace down threads or connections within the mind. This device has indeed been likened to a GPS for the mind.

It tells you where to look (geographically, so to speak), within the person’s memory stacks.

We can also gauge an individual’s mental “density”, which we term the base reading. The higher the base, the denser the emotional energy cloud around a person.

Right away, we can tell when something is in restimulation and as the person talks about that particular body of charge (say a series of tertiaries), we can see the energy burning off and the impact lessening, as the memoneme is discharged.

Looking for active areas of charge, we follow a beat or “drop” to the right. The bigger the drop, the more the charge behind it.

We can call off a list of topics, or ask the client to talk, and then take up the subject with the biggest beat (drop). It doesn’t mean it’s the worst (most charged) thing that ever happened to the person, by any means. But it does

mean the material is restimulated enough to be available to the conscious mind, with very little digging.

We know that at the bottom of that thread, far away and remotely buried, there lies a monster which sleeps. We don't disturb its tenebrous dreams...

What it amounts to is that we run lots of readily-confrontable items, to unburden the emotional reality of the present. We know these are easy to confront, because they read on the eMind Sensor™. Whatever reacts on the meter is just below the person's awareness; it's right there, sitting just under the surface and ready to process.

We can also relate case progress to the continuing rate of these beats or drops: as the needle continues to surge to the right, while the person talks and the unpleasant emotion is discharging, we can usually see the base reading fall steadily.

Essentially, what we are doing is restimulating charge in a controlled, manageable way, and deleting it permanently...Bring it into view, zap! Bring more into view, Zap! And so on...

The accumulated fall in base over the length of a breakout we call the "differential" and this will tell us that the client will feel good at the end. He or she will always use terms like "lighter" and "freer", as they experience the relief of dumping unwanted negative mental energies.

Most electro-psychometers today have automatic accumulators, to count the differential obtained in a breakout. Differential is measured in bars.

LAYERS UPON LAYERS

Using Hypnoetics™ we simply re-process experience, till it starts to make sense. The client sees things from a different perspective, feelings are mitigated, behaviors are modified. We knock the spots off troubled memory.

In time he or she comes to a shift, that massive process in which his or her whole worldview changes to something better, something more empowering, self-loving and true.

After sufficient recovery, the person is no longer connected to his or her basic memonemes. But he or she is still somewhat vulnerable. Think of it like defusing a bomb: the bomb is still there, all it needs is a new detonator and...!

We have to hurry to the next step, which is to release the force inherent in each memoneme. This in a way equates to soaking out the explosives with running water: it's no longer a bomb, just an empty hull where the TNT was once packed tightly.

OK, that's enough metaphors for this piece.

Let's go on now and apply what we've learned, *starting without the need for a GSR meter.*

PUNK POINTS:

- Piloting means guiding, in the way a riverboat pilot steers the ship to a safe harbor. Pilots, in Hypnoetics™, are people trained to guide another person safely through their memory stacks (the hidden “library” of dark memories), all the while releasing negatively charged memories.
- Memories or MIMPS (mental imprints or impressions) make up a continuous run of experience for an individual, from their first moment of awakening (even before birth), to the present. We call this string of MIMPs the person’s timeline or, on a grander scale, the individual’s world path (after Minkowski).
- The dark unpleasant MIMPs we call *memonemes*, which are of varying degrees of intensity and overwhelm. Later unpleasant experiences take almost all their power and force from earlier, buried, memonemes. Later iterations of these core memories we call restimulation and these have a fractal (self-similarity) character.
- We can address memonemes and reduce or eliminate their power over a person by bringing them fully into the light of day and getting rid of all adverse energy or “charge”, a process we call flattening. The more fully flattened a memoneme, the more certainty that it cannot, any longer, adversely affect the individual concerned.
- The mechanism of continuously laying in charged memories, then stirring them around, triggering them over and over by hidden levers or reminders, is a process best termed “Universal Trauma Syndrome” (UTS). We all experience its unpleasantness to a degree. PTSD is just a severe and circumscribed version of UTS.
- Emotional or negative mental “charges” can be tracked using a simple feedback meter: the galvanic skin response or GSR meter. Such a device shows when charge is imminently rising to the surface, how it is being shed or released and, ultimately, that all such charge has dissipated—invariably accompanied by expressions of relief or even joy. It is not essential to use a GSR meter in Hypnoetics™. We can do a great deal of good without one.