



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

PUNK PSYCHOLOGY

By Keith Scott-Mumby MD, MB ChB, HMD, PhD

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CHAPTER 6
**WHAT WE ARE
DOING IN
PILOTING**

Let's look again at the phenomenon of post-hypnotic suggestion I described on page 11. It really is a crucial mechanism. At its most odious, this is a stage stunt by a sleazy, irresponsible con man (or woman).

Sometimes, what appears to be happening truly is. On other occasions it's merely an illusion. A trick.

But what people think they are observing goes somewhat as follows: the stage hypnotist (no hypnotherapist would do this in public) puts the volunteer into a trance. He (or she) then implants the idea that, "When I snap my fingers and you wake up, you will decide it is too warm in this room."

He snaps his fingers. The victim wakes up and takes off clothing, explaining they find the room unbearably warm. The audience roars with laughter. They know the secret. The poor victim doesn't understand the laughter and goes home upset. He or she may not sleep well for days, because the bedroom is "too warm".

What has happened here? An idea or fixed thought has been planted in the mind but is hidden from consciousness (the trance ensures that the memory is not processed by awareness in the normal way). So this buried thought or fixed idea is able to override reason and knowing.

We even have an expression indicating that some people are "more suggestible" than others. They pick up ideas and retain them, subconsciously, without seeming to have much resistance to the process.

But unscrupulous sales and media people actually pervert this tendency for their own gain, to control people by manipulating their mind content. Whenever you see an advertisement on TV portraying some warm, friendly, irresistible family scene, with gentle, reassuring music featured prominently and a strong emotional anchor (such as a cuddly child or pet animal), know that they are deliberately preparing the viewer for a post-hypnotic suggestion: go out and buy our product.

This dreamy-mood creation overrides the normal protective guards of the mind and allows content to enter that the person would not normally accept, without some form of compulsion. And commands are often given forcefully: call WXYZ number NOW, that's WXYZ... repeated over and over.

These advertisements are not an accident, or based on artistic design concepts; they are crafted carefully and cynically, with covert manipulation of the viewer's thoughts being the whole intent. This compulsion mechanism has

been extensively researched for decades and can now be considered a fully-formed brain-washing technique.

So how does life do this to us? We don't go around listening to mushy music and looking at dreamy, out-of-focus images, do we!

The answer is duress. Stress. When overwhelmed, the mind's natural guard goes down and fixed ideas can enter, without much censorship. Say a woman is being assaulted or in fear of being raped. Her senses are heightened and her normal intelligent thinking processes are shut off. She's in survival mode. "Oh my God, men, they are animals, they want to do horrible things to you..." This is a fixed idea or "suggestion" that gets implanted. From then on, she has an aversion to men.

Trouble is, it's irrational. Like "the room is too warm" implant, she fears men even when there is no threat. According to the new mental programming, THAT man equals all men; all men are perverts and rapists; all men are dangerous. This becomes a hypnotic override that serves her very badly, simply because most men are not perverts and rapists, or even dangerous. It's a destructive lie entered into her case.

Definition: case. It's the sum total of the person's non-optimum thoughts, disagreeable emotions and self-limiting behaviors.

How do we deal with this? We cut out the lie. Like nifty surgery, we find out where the irrational thought came from, take off its force and violence, so she can examine it rationally and make a sensible decision about which men to trust and which ones to be careful of.

Of course not all life events are as extreme as rape and violence. But we pick up the same irrational conditionings that influence our response to other people (race, gender, age, sexuality and other issues), education, politics, social values, places and stages of our lives.

In short, we become the typical muddled, over-emotional, irrational, unhappy and overtly stressed human being. This state is so common it is considered "normal". I merely point out that normal does not mean the same as healthy or good; it just means widespread.

THE TERRIBLE TIGER MECHANISMS

Now here's where it goes wrong. Many therapeutic approaches try to install yet another implant: "I'm OK. I'm safe from harm. I feel calm and centered around men..." This may be installed by repetition (affirmations) or by tapping energy points on the body; by chanting or dancing; by means of the therapist's authority; by reading self-help books; with prayers, ritual or belief; by taking happy pills; or any one of numerous other mechanisms.

They won't work. Nothing can be done here that is permanent. Why? Because the original implant is still installed. It hasn't gone away. It has claws and can still scratch when aroused [you can get rid of an unpleasant knocking sound from a car engine by using noise-cancelling headphones (try it!) but it will not save the engine from harm: the source of the knocking noise is untouched].

Think of this like a tiger sleeping, its head rested on its crossed paws. OK, it seems harmless enough... for the moment. But if something provokes the beast, it can unleash its terrible powers in an instant.

There are a number of unsatisfactory ways that individuals, knowingly or unknowingly, deal with the "sleeping tiger". One is to ignore it! Another is to step around it. Another is to stand still, paralyzed in fear, in case it should wake up. Run away is slightly more optimum than standing rooted to the spot. Attacking the tiger is another option but could get you badly hurt or maimed.

Learning to use the skills of animal trainer (piloting, we call it) would be the best and most assured way to deal with it. But to let it eat you alive is the worst of all (but commonest) response; in other words just succumb.

But the greatest of all is to LOVE that tiger! That's a whole new Punk Psychology™ strategy that others have not even considered over the millennia. It's beyond this piece but will appear in print soon.

In this context it is worth mentioning the old Zen metaphor of "riding the tiger back home". It's man and beast in affectionate accord. This means to have totally conquered one's case and inhibitions, to have mastered all fear and ignorance, to have discovered one's own magnificence and used the power of knowledge to transform the experience of Being into a final show of light and wisdom!

[Do not confuse this metaphor with that of "having a tiger by the tail" or the Chinese, being "unable to get off" the back of a tiger].

THE PROCESS

The way we uninstall these dysfunctional implants is easy in principle. The secret is to locate, accurately, where they are buried in the mind. There is an exact date and location. We use the term “piloting” to denote this guidance process.

It helps also to have a reliable map and GPS device, so you don't get lost! We have those too. But using a GSR meter is not essential, proving you keep to the proper paths and follow instructions carefully.

Once found and fully exposed, these negative implants (we use a technical term memonemes, meaning harmfully charged memories (named for the Greek goddess of memory Mnemosyne), will quickly dissolve.

It is not quite so simple, in the sense that many of these charged memories get interlocked. Memonemes are strung together in “threads” and we need to pull out the core event, or “root”. Freud taught us that principle, which he called unburdening.

Eradicating a memoneme is just the reverse of fractal growth: stripping off the layers, like peeling an onion, by simple repetition. It pares memory back to the truth. There is now scientific validation of this process, as we will see later.

The point being that sooner or later (usually sooner) the individual realizes the true origin of their distraction, issue or irrationality and the whole thing satisfyingly vanishes.

It's like clearing weeds (sorry, another metaphor): we pull them up, one by one and the flowers can then flourish. We have a term “negative gain”, meaning getting better by getting rid of stuff. The vanishment is often so complete, the individual no longer even remembers having the problem! It takes a friend to remark, “Say, you don't seem to have much of a fear of dogs any more!” for the person to realize there has been an improvement.

The reason for that is simple: happiness, abundance, wisdom, strength and love are our natural states of Being. So removing the clutter simply allows these beautiful flowers to unfold from within us. The experiences we had don't erase. But we are freed of their impact on our basic thought processes. We become “more me”, which after all is what the term Supernoetics™ means (super-more or better; noetics, mind and spirit).

WE CAN GO FURTHER

This story gets richer, by far.

Once we have worked on case for a while (100 to 200 hours, typically), we start encountering real magic. The person begins to develop marvelous powers of psychic perception. Out-of-body states are common. Prescience and remote viewing no longer seem strange or impossible. Telepathic experiences become commonplace. Probable past lives swim into view.

We are no longer just “creature”.

It’s an extension of negative gain, meaning that as worldly strife and pain are obliterated from memory, our true spiritual abilities begin to blossom too. We are non-material conscious beings, a state called theta. We can get back to that state, without mischief or strange practices. It’s natural. For over forty years I have seen people emerge from their cocoon of suffering and despair, to discover the freedom of the cosmos; to live, Be, experience and explore the total universe in which we find ourselves (there seem to be multiple other universes but that’s another story).

Now let me tell you another hypnotism case; this one far different from the first. When the limitations of the mind are transcended, nothing seems impossible. We truly pass beyond the so-called “laws” of physics.

Michael Talbot tells the story in his blockbuster book *The Holographic Universe*. A hypnotist had been hired to entertain family and friends. There were the usual stage tricks. But the amazing event was the moment one of the guests, Tom, was hypnotized and told that when he came out the trance, his daughter Laura would be totally invisible.

Then, after having Laura stand directly in front of the chair in which Tom was sitting, the hypnotist awakened him and asked him if he could see her and the answer was “No”. Laura just giggled. Nothing special so far, just mind stuff.

But then the hypnotist went behind Laura so he was hidden from Tom’s view and pulled an object out of his pocket. He kept the object carefully concealed so that no one in the room could see it, let alone Tom, and pressed it against the small of Laura’s back. He asked Tom to identify the object. Tom leaned forward as if staring directly through Laura’s stomach and said that it was a watch. The hypnotist nodded and asked if Tom could read the watch’s inscription. Tom squinted as if struggling to make out the writing and recited both the

name of the watch's owner (which happened to be a person unknown to anyone in the room) and the message.

The hypnotist then revealed that the object was indeed a watch and passed it around the room so that everyone could see that its inscription was exactly as Tom had discerned through his daughter's flesh and blood. She was indeed transparent.

Afterwards Tom confirmed that his daughter had been absolutely invisible to him. All he had seen was the hypnotist standing and holding a watch cupped in the palm of his hand. Had the hypnotist let him leave without telling him what was going on, Tom would never have known he wasn't perceiving normal reality.

The point I am making is that these abilities are real. Tom was in no way unique. We can all do it, once we rid ourselves of limitations.

If these manifestations fascinate you and seem to be calling, then Supernoetics™ is your path. We are already far ahead with our researches into this kind of transcendent phenomenon. But we don't use hypnotism; we use your own abilities, powers that are hidden deep within you. Since you were a child you have been told repeatedly you cannot have such abilities. And so you have lost them.

But this power is only dormant. Like the sleeping tiger, it hasn't gone away. But unlike the tiger, there are no claws, just a vibrant butterfly, waiting to spring from the cocoon and fly!

Your spirit is lighter even than a butterfly, non-material and free!