



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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Otherwise, enjoy this book and may your life improve forthwith.

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PUNK.

Definition: *a style or movement characterized by the adoption of outrageously unconventional and often bizarre or shocking clothing, hairstyles, makeup, etc., and the defiance of social norms of behavior, usually associated with punk rock music.*
(after Dictionary.com)

Hence: far from the midline or accepted norms. Radical. Assertive. Original.
Counter-culture.

PREFACE

This book has been a long time in coming but it won't take you long to read. Between these covers you'll find more answers to the workings of the human mind than you ever imagined. Not only that but it's effectively a map: you will be able to *travel* the human mind with it.

A psychonaut!

You will even learn basic skills in fixing and repairing the mind, keeping it fine tuned, developed for best performance, and eradicating issues that lead to unwanted emotions and dysfunctional behaviors.

You can do this! It doesn't take psychologists, counselors, licensed therapists or any other money-grabbing "helpers" with addled ideas. It just takes people of a good heart, a quick wit, and average intelligence, coupled with the amazing Punk Psychology™ techniques explained in this book.

Can you imagine the effect on our world if people just STOPPED being crazy, destructive, vicious, and hysterical? It would be like a dream... no more wars, no more murders, in fact no crime at all! That would mean no more armed police and no more armies needed to fight and kill supposed enemies!

Politicians would become sane and honest; they would govern for the people, not their own gain; government would eventually become what it is supposed to be: a system of effective management that is there to serve the individuals in society and allow them to lead the kind of life they choose! As a result of that, taxes would be something we were all more willing to pay over, since we could see the money being used how we wanted!

Divorce rates would plummet; delinquency would become a thing of the past; popular music could celebrate all the good things in life, instead of whining

and moaning about loss and betrayal; mental hospitals would empty out (and a good lot of patients in regular hospitals could go home too, because stress is behind most sickness); animal welfare wouldn't be needed; drugs such as antidepressants and tranquilizers could be consigned to the history books; poverty and misery would fade from the world, as people woke up to the fact that we are all here on the same terms and just grabbing what we want, at the expense of others, would eventually bring the whole world grinding to a halt.

It all starts with the human mind. So the solutions must also start with the human mind. Can we understand ourselves fully and correct what's not working properly? I passionately believe so and have plenty of cases and experience to back up what I say.

There are answers. Real answers. Punk Psychology™ (PP) can do this!

There is far too much mystique out there, disinformation, myth and nonsense, created by under-performing researchers, who insist on confusing the mind with the brain and equate consciousness with perceptions, which are both follies of the first magnitude.

Not only are they scrabbling in the wrong direction, trying to understand the mind. They have the cheek to argue you can't go there! It's their domain of skills, they claim. Ha! We have our very existence based in a mind and you are as entitled as anyone else to learn about yourself, to experiment, to follow threads of reasoning, and to test experience for yourself.

This book will help you travel into the world within and reveal to you some amazing principles. It will also teach you skills that will enable you to swiftly, easily and permanently change bad emotions into good; reckless behaviors into success strategies; and troubling thoughts into torrents of joy and inspiration!

You will quickly come to understand that the mind is neither consciousness, nor perception. It's an interface between consciousness and the material environment. Its primary algorithm (steps of procedure) you will learn later is to orient the organism (you and me) properly in its surroundings. It enables us to be here and function, safely and effectively.

Without the mind's primary algorithm, we would not survive very long. It's that important.

This crucial algorithm is introduced on page 52.

MIND BEYOND THE BRAIN

Science is obsessed with what I call brain-based being (B3). That's the untenable notion that all of our awareness, feelings, perceptions, beliefs, decisions and imagination come from brain function and only from brain function.

The joke is, none of the above come from the brain—or even have anything to do with the brain. How can I say that?

Along with millions of people who have travelled outside their body (and think nothing of doing it), I know full well that we don't need eyes to see, we don't need ears to hear, we don't need the body to think. We are just taught to believe that we do. As kids we know better; kids live in a different world, where the mind creates reality; where reality is personal, flexible and exciting.

Things can happen and UN-happen at will!

But eventually that is battered out of us by adults, demanding that we stop fantasizing and learn "how things really are".

So phenomena like remote viewing, out-of-body, telepathy and clairvoyance are scorned and denigrated. They couldn't happen, says mechanistic science, so they don't. It's all a hoax. What about the cases that prove these things really do happen? Well, that's just delusion (or fraud), they say.

The issue is what we call the extended mind. See, science says the mind is in the brain. Truth says the brain is in the mind! All of our experience comes from the mind. But the mind is far greater than the 3-lb blob of jelly inside our skulls.

Here's a simple test to get you started:

Close your eyes and think of a cat (elephant, flower vase, banjo, anything you like). Now picture it clearly in your mind's eye. Before opening your eyes, point to where that picture exists. Like 99% of the human race, you'll likely point to a spot about eight inches in front of your face.

That's where the mental image picture lies... outside the skull. But science says that's only an illusion; it's really inside your skull. *Yet they cannot produce a single shred of evidence to prove that ridiculous claim.* Their only wobbly position is that your mind image "must be" inside the skull. Why? Because the mind is in the brain, they say.

But you've just proved it isn't.

So where does that leave the truth? It's your truth; you just proved it to yourself. Do not let slippery science tell you that you are wrong. As I said, there is NO evidence of any kind that the mind and memory is in the brain.

The brain is simply a tuner, an interface between the mind and so-called reality. It can be likened to a smart phone: using your device you can connect with cities all round the world, talk to friends, call up notes and reminders, just like the mind! Does that mean that your friends, or cities elsewhere in the world, are actually inside your phone? Of course not! No more is your mind in your brain.

The mind is actually non-material. Thoughts are not material, which is why scientists can't properly measure or classify them. They are on the wrong model. The best they can do is suggest certain parts of the brain light up, when you think about women, happiness, your pet dog, or a math puzzle.

Well, you'd expect that, if the brain was nothing more than a tuner. It doesn't prove that the brain is self-aware or capable of thinking.

OK, one more proof and then I'm done... did you know that some people can lose 98% of their brain tissue and yet nobody could tell the difference? Remarkable as it seems, this has happened to some patients suffering from a condition called hydrocephalus. All that remains is a thin 1 or 2 millimeter smear of brain tissue round the inside of the skull.

Yet these people think, feel and act normally, their memory is no worse than the rest of us. One was even an accountant and held down a professional career, without anyone being aware of a problem.

Not that I am saying the brain is worthless. We all know that if the motor areas get damaged, paralysis can result. If the speech areas are compromised, then that individual may be unable to form words.

But that doesn't mean the brain thinks! Only that it is in the pathways of perception, transmission and communication. Back to the smartphone: I am saying that if you damage the microphone, your voice can't be heard by the caller. But it doesn't mean you didn't speak! If you drop the phone and smash the screen, that doesn't mean you vanished! Brain dysfunction does not mean that you can't think. In fact many celebrated cases have reported that when they were supposedly "unconscious" or paralyzed, they were thinking and feeling 100% normally.

Jean-Dominique Bauby dictated a whole book while he was locked within because his brain wouldn't function and connect. The medical name for this unfortunate state is locked-in syndrome. So his mind was present; all body function was largely lost as a result of massive brain damage. We know all this from reading his book, *The Diving Bell and The Butterfly*, which was dictated while blinking an eyelid, the only part of him left that could respond to his thoughts.

There is a journal on my desk at this very moment (*New Scientist*, vol 233, No 3111, 4 Feb 2017, p.11), with an article explaining that electronic devices reveal that locked-in people think like the rest of us. Their brain is largely trashed (at least judged by the total inability to move) and yet they share all our joys, jokes, emotions and desires.

All I am saying is that the brain is not the mind: it does not think, it does not feel; it does not dream. It's the switchboard.

The actual mind is infinite in extent.

MIND AS A FIELD

The idea of an extended mind is not so strange if it really is a field. Fields are all the rage in science these days. The important property of a field is that it is infinite. There are no boundaries. There are no holes in it.

A field stretches out to the ends of the universe (and maybe beyond, who knows?) True, the field weakens as you move further out. We call that *attenuation*. But it only applies to physical fields, such as nuclear attraction forces, magnetism and gravity.

There is nothing to say that non-material fields attenuate. Since science says there are no non-material fields, it is short on opinion about this. But the quantum field or the zero-point field or even space-time as a field have no ends and do not attenuate.

If the mind is a field, it is infinite.

So if the mind is a field, we can make certain predictions. These are our first "punk points":

- It can perceive things far beyond the body

- Telepathy and remote viewing are a given
- Prescience is likely and will occur often
- The past and future of Being are infinite
- Consciousness is immanent in all things
- The past and present of all things are present in all things (the so-called holographic model)
- Knowledge is time and place
- Memory is part of the field and is therefore non-material

I submit that all these predictions are readily provable, once the dogma of materiality is dropped.

MEMORY IS NOT IN THE BRAIN

While we are on the topic, memory is not in the brain either. I just remarked that people who lose 98% of their brain cortex do not suffer any memory impairment.

You may read of examples where the human brain was damaged and the person could not recall properly and feel that vindicates the brain as a memory organ theory. It doesn't. If you take your computer and throw away the keyboard and screen (the interface), that means you can't communicate with it properly. You won't be able to get at the memory. But the files are still there! The memory itself is unchanged on the internal drive. Brain damage is really just damage to the keyboard and track pad interface.

The truth is the brain does not—and cannot—do the job that science ascribes to it.

In 1904 a German biologist called Richard Semon (1859 – 1918) wrote what is now a classic book on mind and memory. Its title is *The Mneme* (a word which has since been stolen by Richard Dawkins and others, adapted as the meme or so-called “thought virus”).

[*The Mneme* 1904; reprint, London: George, Allen and Unwin, London, 1921]

Sadly, Semon committed suicide shortly after World War One ended, wrapped in a German flag, allegedly because he was depressed by Germany's defeat. But his almost-forgotten work lives on and has a lot to teach us and is now enjoying a considerable revival.

In a nutshell, Semon wrote about memory recording, which he called a process of *engraphy* (literally "writing inwards") and the resulting memory trace was an *engram*. That's another of his words that have been widely adopted in scientific use. Papers continue to be published regarding engrams. The most famous of all time was Karl Lashley's seminal research, culminating in a lasting work: "In Search of the Engram", *Symposia of the Society for Experimental Biology* 4 (1950): 454-482.

The belief was that memory is some kind of physical trace in the brain. Semon himself rejected the idea that engrams could be something immaterial or metaphysical (p.275), though he was smart enough to admit that he was associating the phenomena he was writing about with "invisible structures whose existence is a matter of pure imagination" (p. 276).

Lashley cut up the brains of laboratory rats, piece by piece, until there was virtually no brain left—yet still the rats did not suffer any measurable deterioration of memory learning! We can conclude that memory is not physical.

Yet scientists struggle on, trying to prove their theories are correct, instead of searching for the truth. The latest research I found was as recent as 2010 [Josselyn, S.A. (2010). "Continuing the search for the engram: examining the mechanism of fear memories" *Journal of Psychiatry and Neuroscience* 35, p. 221-228].

THE SPEED OF MEMORY IS AN ANOMALY

I found an interesting study (Nov 2015) that makes it clear that memory function (recording and retrieval) is so fast that neurons and synapses in the brain cannot possibly be involved in the process, except maybe peripherally, but certainly not as the causal agency.

Ecphory, a word you will encounter in a moment, was also a term coined by Richard Semon. We all think in terms of memory recording, of course—the engram. But don't forget there has to be memory retrieval too, otherwise it's not available! The retrieving of memories Semon named ecphory, or awakening of the previous engramic record.

Here is a synopsis of the study findings:

They conducted two experiments with human participants. In the first, they “encoded” the memory (engraphy) with some right or left tags that would be associated with that exact memory: these are called “retrieval cues”.

There was then a memory test with the retrieval cues presented dead center, instead of to the right or left. EEG showed brain activity leapt into life very early (around 100- 200 milliseconds), on one side or the other. For completeness I should add that the activation was on the contralateral (opposite) side; that would be expected if you bear in mind that the left side is processed by the right-brain and vice versa.

This showed, in the words of the researchers, there was a clear pre-conscious element to memory and it was very fast.

As a refinement, they used rhythmic transcranial magnetic stimulation to interfere with early memory retrieval processing, stimulating either the right or left brain separately. The result was interference with the memory that had its retrieval cue on the opposite side.

To quote the researchers, “These results demonstrate, for the first time, that episodic memory functionally relies on very rapid reactivation of sensory information that was present during encoding, a process termed “ecphory.”

What they don’t say is that this is too fast for brain-activated memory. Transmission within the nervous system across synapses (the gaps between brain cells) is ten times slower than transmission through nerve fibers; typically about 2 milliseconds to cross the gap. The 100-millisecond delay they were finding would allow connection through only 50 – 100 brain cells at most. Hardly enough to record the smell, sound, colors, emotion, words, lighting, body posture and all the other dozens of memory modalities for even a single instant of memory!

They need a new theory! They just virtually “proved” that the brain only processes memories, it does not handle or record them!

Episodic memory, by the way, means recalling experiences and events, as opposed to what we call learned memory (repetition, memorizing and training of the mind).

We’ll be dealing with episodic memory extensively in this text. Hypnoetics™ is all about memory; travelling the timeline; cleaning up the debris and restoring the infinite scope of mind.

Time to get started!

But first let me say just one thing:

I'm talking real knowledge here, not fanciful ideas. I wrote this book personally. I've evolved this method by experiment and testing. It did not come "from God" or a burning bush, or tablets of gold! In other words, you don't have to take anything in faith or on trust! Moreover, it was not "channeled" from some long-dead medieval busybody or translated from the Vedas!

In fact there is a surprising core of science for something that is so new and radical. I invite you to try out what's written on every page of the book. I show you how to do it: you copy the protocols and get a result... then you KNOW it works!

That's a better deal than modern science, where you have to take, entirely on trust, the existence of black holes (nobody has ever seen or touched one), the fact that the Sun is a collapsing star (doesn't fit with the fact that the Sun is hottest in its outer layers!), or that evolution was by pure, random chance (nobody has been around long enough to observe it and the existing evidence doesn't fit that model at all).

By the time you get to about chapter 3 you will realize this is not about meditation, energy psychology so-called, affirmations or "finding the good". This is not anything traditional or familiar. It is an awesome stylish "Tesla" (car), cognitive re-engineering technique that literally re-evaluates and realigns your mental pathways. Let's call it a soft re-wire. It is truly unique and beyond anything you may have experienced before.