

## STARTER SECTION

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.**

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# PREFACE

This manual 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 manual.

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 tranquillizers 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 manual 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 XXX.

### **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!

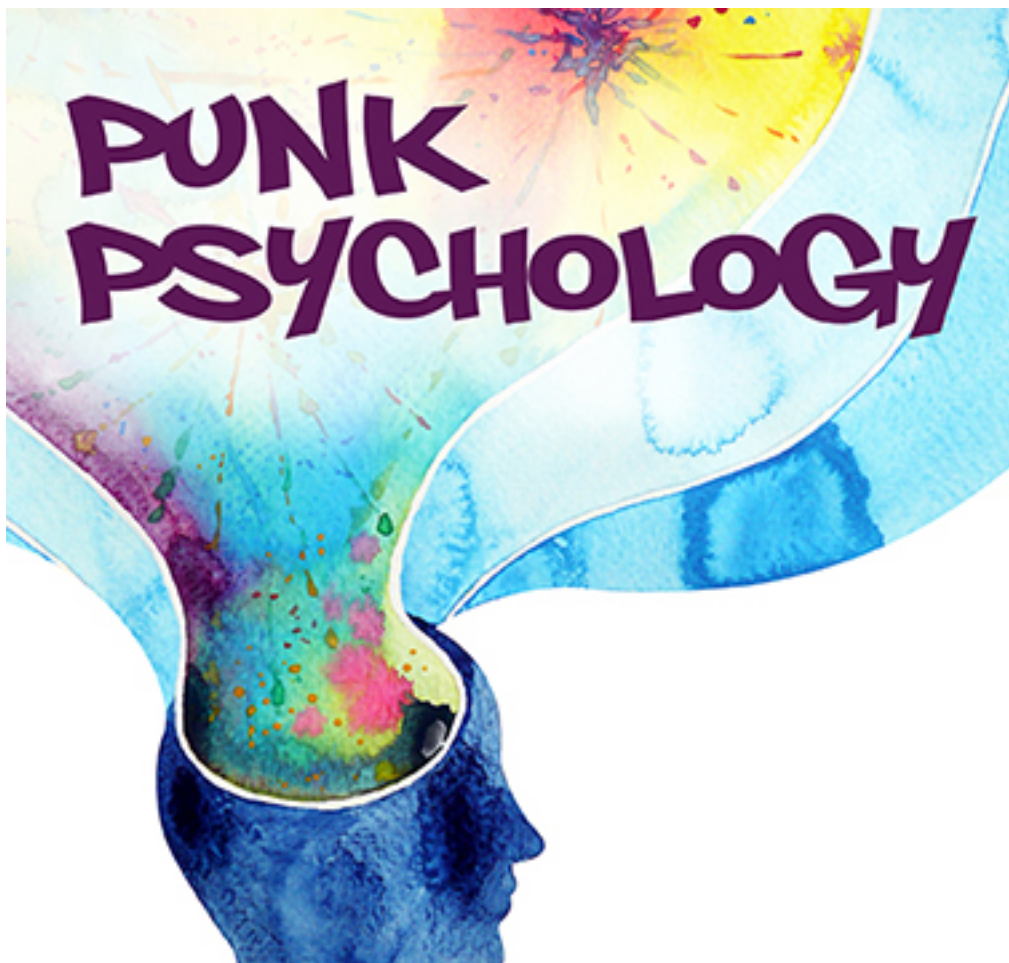
But first let me say just one thing:

I’m talking real knowledge here, not fanciful ideas. I wrote this manual 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 manual. 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.



## CHAPTER ONE

### INTRODUCING HYPNOETICS™

The core tool in Punk Psychology™ we call Hypnoetics™. Don't be disturbed by the fact that it sounds a bit like hypnotism. Hypnoetics™ is actually UN-hypnotizing people. It's taking them out of their trance, into the NOW!

That might seem a shocking idea—that people are walking around as if asleep. But it's actually not a new concept. French psychiatrist Pierre Janet (1859—1947) actually pioneered many extremely modern advances in the field of the mind. He even invented the term *subconscious mind* and developed amazing techniques that were later grabbed by Freud, who accidentally “forgot” to say he had stolen them from his colleague.

All that's history now and Freud has gone down the tubes, his weird sexual theories almost a historic joke; whereas Janet is literally being re-born, as scientists and psychologists in the 21<sup>st</sup> century discover his remarkable, insightful work.

Janet wrote about “somnambulism”, which you probably know is a medical term that means sleepwalking. The person looks properly tuned in and present; but is not. He or she is not “here” but is working on automatic. And, as the original 19th century pioneers understood, we are all—to a degree—sleepwalking!

We function mostly normally. But we have a significant percentage of our attention units trapped elsewhere. We are in a kind of mind loop, sticking to past unpleasant events. In Supernoetics® we call these unpleasant memories *memonemes*. The more we have our attention on these issues from the past, the less attention units we have for living in the present. In other words, the more asleep or hypnotized we are!

Influential early 20th-century mystic, philosopher and spiritual teacher, Georges Gurdjieff noticed the problem too. His famous saying was: *the biggest barrier to being conscious (alert and aware) is the delusion that we are already conscious*. Most people are not. Not fully.

Our task in Hypnoetics™ then, is to UN-hypnotize people and get them back to the present. It’s like sending out the lifeboat, to rescue them from rough seas of the mind, and then bring them safely ashore, to relaxation, calm and insight (awareness).

You can perhaps imagine that by getting our attention off many troublesome events from the past, that we become more alert, brighter, quicker at thinking and with less “baggage” in our emotional processes. In fact that’s just how it feels: clean, clear, alert and efficient in mind! A spotless memory!

How do we do this? It’s simple (you can learn to do it, as this manual will show): we guide or “pilot” the person to wherever he or she is stuck in the past and UN-stick them! How do we know where to look? The answer is quite simple, but again quite modern: we use a biofeedback device that tells us what memories are significant and where to find the hidden, stormy memonemes. We call it GPS for the mind!

Regression: isn’t that old fashioned?

Nope. True, the idea has been around a long while (since 1868, when Dutch physician Andries Hoek provided the first case study of cathartic hypnotherapy in fact) but the actual modern technique we use—easy, fun and very effective—was only developed by me and a handful of colleagues in the late 20<sup>th</sup> century.

We call it piloting because it’s essentially like steering. We find a “place” in the mind! We have our detailed map and we use the mind-GPS device to know exactly where we are in a chain of events or what we call a “thread”. Think of it like a riverboat pilot, knowing what to do and where to go.

So, far from being an old procedure, Hypnoetics™ is really a modernization of a well-established (proven) concept.

## Without The Electronics

Don't be overawed, however. I am going to show you how you can perform this miracle of recovery, frequently, even routinely, and help your fellow man step out into the light and live a different kind of life, free of the encumbrance of past miseries. The use of a GSR meter is not mandatory, except perhaps for those doing this work professionally.

Most importantly, we do not need drugs or any other chemical "solution" to improve mental function and performance. We are not trying to "solve" a difficulty, or come up with an answer or adaptation. We fully eradicate the dependence on the unpleasant emotions of the past.

Thing is, all negative emotions and unsuccessful behaviors (ineffective strategies, you might say) were installed for a reason. They worked once. But that was then! This is Now! We don't need to go back there every time an issue arises.

Through the true power of the mind, we can create better and forward-thinking moods and behaviors that serve us well. You know the ones from the past don't work! We all aware of that. Yet it can be extremely difficult to stop dramatizing them (dramatizing: living out the past, move for move, thought for thought).

What I found and proved to my own satisfaction, over and over, is that if you find the episode from the past that is tending to dominate your thinking, is generating unwanted feelings and is forcing you into behavior that you don't want, providing you address it fully and with our special immersion approach, it will evaporate... literally.

Memory, as I have already revealed, is NOT a permanent record or scar on the tissues. They have to be recreated whenever we "remember". So when we alter this process, for our own benefit, these uncomfortable memories become evanescent (evanescent: vanishing, short-lived; this word derives from a form of the Latin verb *evanescere*, which means "to evaporate" or "to vanish").

You don't lose these unpleasant memories. But they are bled of all negative emotional charges and destructive, derivative beliefs, so they become what I call "clean, useful memory".

That's an important point. If you suffer agoraphobia (fear of the outdoors and open spaces) because of having been attacked in a dark alley, we want you to break out of your fear. But we want you to do it rationally, not from avoidance or denial. To recover fully, not just cope. You will develop a future safety strategy for walking alone, based on what you learned. But the life-impairing fear will be gone. You can recall the events of that night, without quailing or switching on your incapacitating flight-or-fight response. Your memory of events has become helpful.

More about this later.

## Unconscious Memory

Again we have cause to be grateful to Pierre Janet, because he discovered hidden and untapped memory. In Hypnoetics™ we call these buried memories the “stacks”, a library term, meaning all the archives stored in the basement and not generally accessible, without special permission from the librarian!

It’s difficult to believe, in our day and age, that it was once supposed that if you couldn’t remember an event, the memory simply wasn’t there. It was vanished. The volume was gone from the shelves in the stacks, if you like. But thanks to Janet’s pioneer investigations—given wings and spread through the early part of the 20<sup>th</sup> century by Freud’s plagiarism—we now accept it as a matter of course.

It shows up in movies and TV soaps, for goodness’ sake!

Don’t underestimate the size and significance of this enormous breakthrough in understanding the mind. If it was really true that what you can’t remember cannot disturb you, because it’s no longer there, life would be a breeze. But the other model, of unconscious or “subconscious” hurtful memory, is one of Humankind’s biggest problems. We are plagued by emotions, nightmares and behaviors caused by events in our past, which we simply cannot remember. They are buried, well and truly.

But they are definitely there. The “librarian” in your mind knows all that stuff is there in the “stacks” and seems unable to refrain from handing out the memory volume, without you being consulted, and often to your great disadvantage. It takes a specific trigger to cause the volume to be opened and released (this is continuing the library metaphor, avoiding complex scientific language). But whenever that trigger comes along in life, the librarian does her stuff and out comes the whole book—and a good few related volumes at times!

You suddenly feel upset, yucky, irritable, get strange pains and sensations or your concentration goes off the rails.

Thing is, the librarian is not a dope. In fact she’s ruthlessly efficient. She’s a whizz at her job. Think about it: if you asked her to recall every occasion on which you wore a particular jacket, she could turn up lots of files; if you asked for holidays at the seaside, she’s got all those indexed and cross-indexed too; if you ask her for exciting sex memories, no problem; Italian works of art, sure; embarrassing moments, oh we have LOTS of those!

It’s true isn’t it that it’s easier for her to find tricky or uncomfortable memories than sweet ones that make you sigh with delight. That’s not her fault; that’s how you lived your life. But Hypnoetics™ will change all that too. *Your take on things will improve quickly and comprehensively as you clean out the old stacks and get your memories re-classified as “clean and useful”!*

**So You Think You Know?**

About to be revealed is the Punk Psychology™ number one secret to a new and happy life: *what you think is wrong is not it!* Or put another way, where you think the problem is coming from is never correct.

There is a simple rule: when you find the source of an issue, it vanishes. It's a kind of psychology functional magic we call Deep-IS. The surface layer, the Simple-IS is what appears on the outside; that's how it looks. But it cannot be true because, if it was, the problem would vanish in a puff. Deep-IS is a special kind of impermanence; it's the same magic at the moment of creation as at the moment of vanishment.

Zen philosophy and many sages over the ages have noticed that truth is ephemeral... Time (persistence) is a lie and only attained by altering something; in other words making it less than true. Anything which persists contains falseness. Real truth evaporates, to become part of the infinite field of all-knowing.

Of course this is the opposite of what people suppose. *Real truth is eternal and never changes.* It's a world-class hoax (faulty idea which "everybody knows" is true, like the flat earth). However, the commonly held view is w-r-o-n-g! That's why humans have never been able to spring the trap that holds them fast.

Does this sound troubling and complex? Don't worry. It may be, at first sight. But you will work with this axiomatic truth throughout this manual and discover for yourself that real truth does not contain persistence. Hence the difficulties we encounter only persist because there is a lie. Once you get past the lie, to the real truth (Deep-IS), the problem simply disappears. That's great.

We have a technical expression for this: *negative gains*. Getting good results by dropping out what is not wanted. No, it's not a joke. It's a very real mechanism. When you find the real reason for an effect, the deeper truth, is vanishes like morning mist in the noonday sun!

**Case Example:** I had a client, a lady in her thirties, who was afraid of cats. She "knew" why she was afraid of cats, she told me. At the age of four years she had been attacked by a mean tomcat, which bit her and badly scratched her.

I took her back down the timeline, using the PP immersion method I will describe later in this manual, and I quickly found she was w-r-o-n-g! The real (true) reason for her fear of cats was a memory we uncovered from the age of just a few months.

Her mother had put her in a crib and set it out in the sunshine in the yard, so that the infant may have some fresh air, while Mom did her chores. Unfortunately, a wily cat slipped into the nice warm spot in the crib and went to sleep on the baby's face.

When mother discovered this she yelled in anguish, *“The baby is dead! The cat has killed the baby. My baby has suffocated. She cannot breathe. The evil cat has killed my little child...”* on and on, as mothers might, given the situation.

But the child was not dead and easily able to breathe under the fluffy cat. Now bear in mind that an infant of just a few months has no language. She didn't understand the words. But she did get the fear and grief emanating from her mother. It was very stressful.

This force rolled up in the memory was what made her afraid of cats, once it was triggered by the later event of being scratched and bitten. How do I know for sure? The woman howled with laughter for a full half hour and was never afterwards afraid of cats. In fact she giggled every time she saw one and even stroked them freely.

### **So Do We All End Up As Identical Plastic Dolls?**

Not on my watch! The truth is by shedding unwanted strife and negativity, we come in time to be more our own unique selves, not more like everybody else.

The actuality seems to be that the dark mechanisms of the mind are somewhat universal in character and effect. We share those. The light, free, good-humored personal aspect of our thoughts and character is the part that is unique to us.

So don't worry; we are talking personal freedom and expanded awareness, not cookie-cutter mentality!

But without your pain and emotions, aren't you a poor shadow of a human being? That's a common misconception you will certainly come across. Again, it's misguided. Yes, stormy emotions, ridiculous beliefs and absurd destructive behaviors are common, even as you might say normal, but that doesn't make the poor functioning state most people are in something desirable.

C'mon! Road rage doesn't make you a better driver, now does it?

The idea that it is noble to suffer and we need emotional hurt and strife is, quite frankly, baloney. In Punk Psychology™ we call these “everybody knows it's true” follies a hoax. Hoaxing is a widespread vice we'd like to get rid of! Especially this one: that behaving badly and throwing our negative emotions all over the place is not just desirable; it's our right or entitlement!

What complete and insupportable nonsense. It's peddled largely by people who cannot cope with their irrationality and emotional overload. Getting drunk continuously or taking mind-invasive drugs is not needed to be a creative and productive person.

Ask Michelangelo! He didn't need self abuse to create his masterpieces, though it is generally accepted that he had some kind of *terribilitá* (Italian word for driven by personal demons of overwhelming intensity)

## Physical Health

Now, earlier, I hinted that unpleasant physical sensations, such as aches and pains, nausea, headache or fatigue can come from charged events deep within the mind.

This is so.

You have probably heard the term *psychosomatic*, which means "in the body, coming from the mind". It's often used pejoratively; the idea being that people who suffer from psychosomatic ills are somehow inadequate or weak-minded.

This is a foolish notion. Take pain. The idea that there is "real" pain and imaginary pain—pain from peripheral pain nerves or pain only from within the mind—doesn't fly. *All pain is processed at brain level and experienced in the mind, not in the nerves or tissues.* That's why we can anesthetize someone by shutting down mind function temporarily.

The doctors express this as saying that pain is a central phenomenon.

OK, with that out of the way, let's move to the important point here, which is that stress and mental trauma are strenuously visited on the body. This is not a slight thing. I'm not just talking aches and pains, rashes or bellyaches; I'm talking heart disease, crippling arthritis, autoimmune disease, cancer and even the possibility of death. Even the way genes express themselves is proven to be influenced by our thoughts. Anything that can go wrong with the body can get started with trouble in the mind.

Medicos in the know have a rule: if a person gets sick, *stress or psychic trauma leading up to that sickness is always a factor.* Stress causes illness. This can be as simple as something you will see often, once you have read to the end of this sentence: a cold or sore throat will often follow a shock or a loss. Or it can be as severe as cancer coming on after the loss of a loved one (death or divorce).

We'll talk about it more in a subsequent chapter. For now, just keep this clearly in your head: the mind powerfully impacts bodily health and disease, as surely as bodily damage and ills can influence the way we feel in mind. Put in simpler words, the mind influences biology as surely as biology influences the mind.

There's a great book I will be introducing in later pages by Harvard professor Bessel van der Kolk, called *The Body Keeps The Score*. This phenomenon is big in Hypnoetics™.

It's called *somatization*, from the Greek word *soma*, meaning body. It has nothing to do with malingering or faking symptoms for financial or other reward. It has everything to do with the fact that our total experience of the world begins and ends with the mind and a mind in turmoil will, sooner or later, result in physical symptoms in the body!

## **Helping Others**

The great thing about Hypnoetics™ is that you can use it to help people around you, all the time! You can also buddy up with someone and hack away at each other's lousy emotions and irrationality. That's why it's optimistic punk!

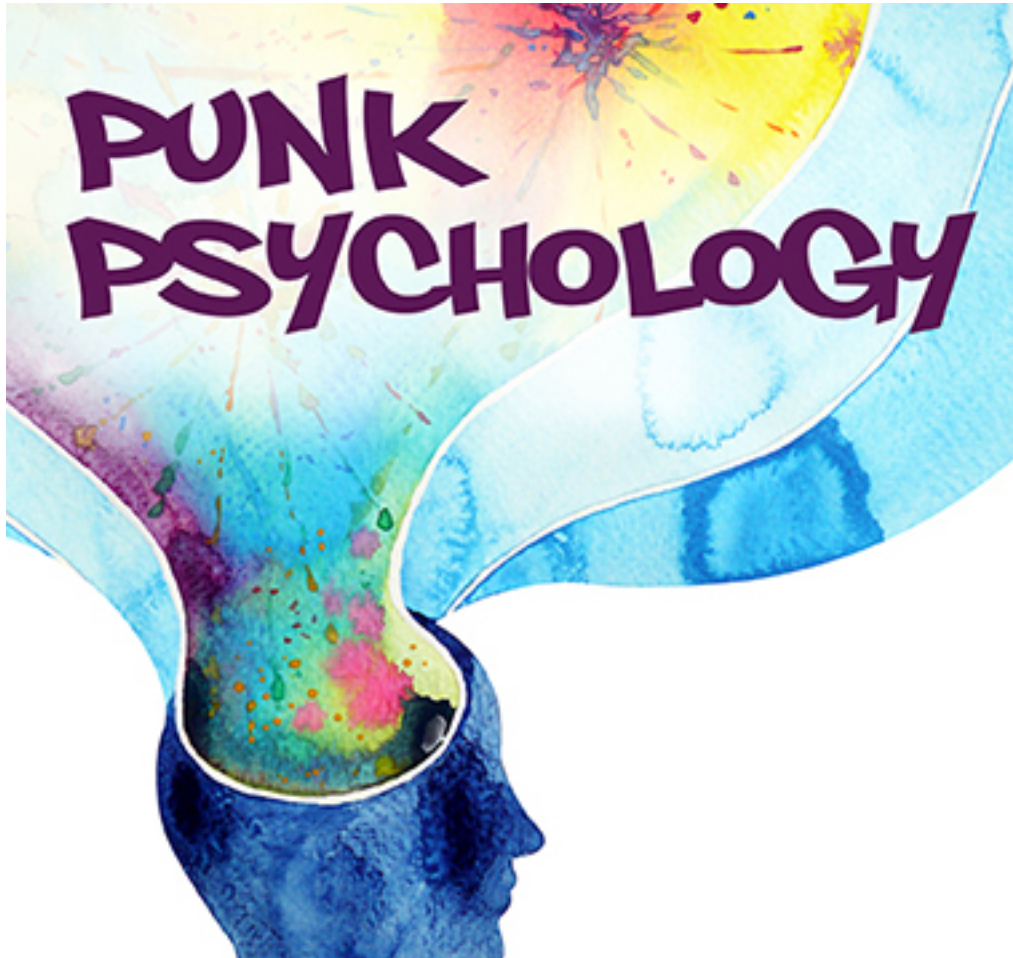
Some of us feel (or believe) we are leading very good, meaningful lives. Maybe we are not struggling, as so many people are, to find happiness, purpose and reward in life.

That doesn't mean we have no interest in the mechanics of mind and the structures of a workable philosophy of success. It just means we need to develop the expertise of helping others who are not so fortunate and may be making heavy weather of it all.

The thing is, how could it not be valuable and life-changing to get a grasp of some of the key mechanics of the mind and its workings?

You could become the go-to person for your tribe or network. It really is electrifying to be able to recognize what someone is experiencing and know why it is happening to them. As you share your knowledge, people will look to you for solutions and advice.

Remember, Supernoetics® is a HUGE library of protocols, workshops, tips and rubrics that can solve just about any life situation. Hypnoetics™ is only a small part of the whole; but a very handy part, nonetheless.



## **CHAPTER TWO**

### **A HISTORY OF MIND EXPLORATION**

I believe all mind workers will be enriched in their knowledge and endeavors, if they take the trouble to acquire a little history! To that end, I here introduce a short section outlining the key historic advances, in the hope it will enrich, entertain and, above all, enlighten every such worker.

Nobel Laureate for Physics, Richard Feynman, near the start of his famous Feynman Lectures on Physics, posed an awesome question: What if, in some great cataclysm, all scientific knowledge were to be destroyed and only one sentence was to be passed on to future generations to help them? What statement would

contain the most valuable information, in the fewest words (to allow them to re-discover everything pretty quickly for themselves, of course)?

Feynman answered his own question: *all things are made of atoms* (italics in the original). We know it's not that simple but it would give them a great start and save over two thousands years of enquiry!

What about a one-sentence psychology? What one, complete, sentence, would sum up the core of what we know about the mind and human behavior?

I'm going to choose this and then justify myself in due course: *Hidden memory has destructive effects while it remains hidden and is not self-correcting; conscious memory can be altered freely and is therefore not destructive, given that it is relevant.*

Of course the sciences of the mind are not nearly as crisp as physics, chemistry and medicine. So we can't expect something quite as clean and neat as Feynman's answer.

But I think the words emphasized are just about the number one fundamental of what has been learned so far about why people think, feel and behave as they do. Buried, or what we today call subconscious, memory is the origin of all our woes.

Let's go to some history and work back around to the real point of this tract and then I'll justify my chosen "heritage statement"!

### **The Growth Of Psychology and Psychiatry**

If the physical treatment of disease was, since early times, pretty barbarous, then the treatment of mental illness has been even worse. So cruel, ignorant and without rationality was this branch of the medical arts that even by the nineteenth century it had advanced no further than bondage, gagging and whipping.

Inmates of mental institutions were often treated more savagely than interned criminals. I make the point that, just as Nazism has far from vanished today, this depraved and backward attitude in the healing profession has not suddenly gone away. It surfaces now in the desire to administer electric shocks to those in mental pain, or even to slash away part of their brains, in the crude and irreversible operation of lobotomy.

Do not think that just because the majority of members of the profession abhor the latter "treatment" that there is not a substantial lobby of those who want to see it re-instated. I view this as no different from the perversion of wanting to hurt and torment those who cannot defend themselves.

Is not the history of witch-hunting, burnings and torture a kind of demonic version of supposed healing of ills and the ridding of communal guilt and dis-ease by pain and brutality? I think it may be so.

Of course there has always been the enlightened element. Sadly, their voice was not strong. An early champion of reason was Juan Luis Vives, born in Valencia in 1492, the year Columbus made his landfall in America. Vives was later a friend of Desiderius Erasmus and Sir Thomas More and became professor of humanities at the Flemish university of Louvain.

Vives wrote profoundly and compassionately of what everyone else feared unto hysteric proportions and explained "demonic possession", as nothing more than a malady of the psyche. Vives' most important work *De Anima* (of the soul, which happens also to be the title of a tract by Aristotle) was probably the first study of major emotions and could be said to be the start of what we now call psychiatry (literally, medicine of the soul).

Johann Weyer (or Wier), a doctor born 1515 in North Brabant (now Netherlands), published a book in 1563 titled *De Praestigis Daemonum* and was an equally enlightened writer. He argued in a strikingly modern manner that most so-called witches were mentally disturbed, many of them due to mistreatment and abuse by their captors, rather than being inherently deranged or vicious. In his view it was the persecuting clergy who should be punished and not the unfortunate women they targeted as responsible for the world's ills.

Naturally, Weyer's book was denounced and placed on the infamous "Index" of books forbidden by the Catholic Church (and moreover it remained so until the beginning of the twentieth century).

In the same vein, I cannot resist mentioning my partial namesake, Reginald Scott, whose *Discoveries Of Witchcraft* also attempted to expose witch hunting as a fraud and cited actual examples of tricks and sleight of hand used to incriminate innocents. At a stroke he joined the founders of modern psychology but also made his mark as author of what the Magic Circle describes as virtually the first book to treat of conjuring, as we know it today.

[this whole section best referenced through E W F Tomlin, *Psyche, Culture And The New Science*, Routledge and Kegan Paul, London 1985, pps. 8- 9]

## **Mind As Therapy**

It isn't possible to say how far back the idea of mental healing goes. Dream therapies in Ancient Rome and many similar primitive, semi-mystical approaches, some of which survive in aboriginal societies even today, could be considered to be of this type. Shamanism too, has overtones of this type of mind healing.

In modern times (in other words post-Newton), Anton Mesmer (1734—1815) could be considered the first person to approach healing via the mind. His theories were based on the notion of animal magnetism. By potentiating this mysterious quality he was able to induce trance-like states, which made the subjects very suggestible to cures.

It all sounded very dubious to his contemporaries but there is little doubt that he enjoyed enormous repute based on the fact that he achieved considerable success. People were willing to undertake long journeys and pay substantial fees to obtain his treatment.

Naturally, he was denounced by the medical profession of the day who then, as now, seemed more interested in protecting the status quo than furthering the pursuit of healing knowledge. Instead of learning from Mesmer, they put a stop to him. His star fell.

This remarkable figure lives on now chiefly in the word mesmerize, which is often used pejoratively for the act of deliberately bamboozling someone with mind tricks. Mesmerism is also often used interchangeably, though not strictly correctly, with hypnotism, a word coined by a British physician James Braid (1795—1860).

### **Medical Hypnotism**

The first serious scientific attempt to investigate the mind and mentally caused (psychosomatic) ills came from that great and compassionate French physician and scientist Jean-Martin Charcot (1825—1893). He came to it almost by accident when, for a prank, two of his students hypnotized a woman and implanted in her the characteristics of an organic illness. When Charcot discovered the truth, though chagrined, he nevertheless realized the enormous significance of what he had witnessed.

The mind was capable of creating all the signs and symptoms of a full, somatic disease, without any real disease present.

Instead of dismissing the matter with a show of authoritarian pomposity, Charcot devoted most of his remaining years to using hypnotism to study what we now call psychosomatic illness. At that time the fashionable term was hysteria, though it had a rather different usage to that which we give it now. Even so, the sneering implications were there.

Etymologically, the word hysteria comes from the Greek for womb or uterus (*hysteros*) and this reflects the belief of former times that a floating womb was the origin of this complaint. Charcot came under particular attack for daring to suggest that men might suffer from hysteria too; experts of the day not only considered this a ridiculous suggestion but a thoroughly obnoxious one.

I have often wondered who those two students were and whether they were aware that their practical joke made an enormous stride towards the breakdown of one of medicine's last great frontiers: understanding the mind in health and disease. After all, it was their playful idea!

It is hard for us in these more educated times to understand just how much in contempt psychosomatic illness was held by the medical profession until the mid-

twentieth century. Even to study it was felt not quite proper and Charcot had to endure much scorn and abuse for daring to do so.

But all that was to change and largely due to the work of one man, who was himself a pupil of Charcot and learned the mysterious power of hypnotism from him: Sigmund Freud. Pierre Janet was a pupil of Charcot's too and I have already hinted that Freud liberally plagiarized Janet's work in what was to follow...

## **The Talking Cure**

Freud's story has been told and re-told many times and need not delay us long. The milestone book he published with his colleague Josef Breuer called *Studies in Hysteria* (Vienna 1893- 95) is arguably one of the greatest medical texts of all time (and one of the least read). With it, what may be called modern psychiatry really had its origins. A collection of startling case histories, it was in every sense a definitive book, a paradigm shift of the type Thomas Kuhn has described in *The Structure of Scientific Revolutions*. (T. S. Kuhn *The Structure of Scientific Revolutions*, University of Chicago Press, Chicago, 1970).

The two collaborators used hypnotism to penetrate deeply into the psyche of the individuals they studied and treated. For the first time, they were able to show that many strange outer manifestations of dis-ease were nothing more than re-enactments, on the physical level, of traumatic memory, which had lain too deep to recall. We have grown so accustomed to this idea that it is difficult to grasp just what a breakthrough this meant at the time.

Perhaps the only thing which serves to remind us today, is reading about the tremendous furore its publication caused. Leading experts of the day were scandalized, appalled, shocked and, above all, incredulous and wasted no time in damning Freud and his theories, largely on a very bitter personal note.

To some extent he never lived down the acrimony and vituperation, though his notoriety lives on while most of his petty-minded critics are long forgotten.

One of the cases from the book, Anna O. (a pseudonym), later became something of a celebrity in her own right. It was she who described the treatment she had been having as "The Talking Cure" and the name simply stuck.

## **Dissipating The Memory**

The essence of the treatment was called "abreaction" or catharsis, the dissipation or taking the sting out of traumatic memories by reliving them. It is vital for success that the original feelings are contacted and re-experienced. The patient would naturally talk it through as a narrative and it would indeed seem to a layperson as if chronic afflictions were being lifted simply by talking about them. Hypnotism facilitated the process, by parting the curtain, to reveal otherwise deeply buried and unavailable memories.

Eventually Freud and Breuer quarreled and fell apart, at least in part due to Freud's developing obsession with sexuality as the core of all motivation. Breuer was more cautious.

Note the similarities between "The Talking Cure" and religious confessional. It would be naïve to deny it.

Yet, all the major Western religious traditions—mainline Protestantism, Judaism, and the Catholic church—fought Freud's methods vehemently, steadfastly maintaining that only their rules had any merit, not the individual judgments informed by a conscience. Indeed, the 1832 decree of Pope Gregory XVI, had pronounced it "false and absurd, or rather mad, that we must secure and guarantee to each one liberty of conscience".

In this instance it was surely the crazy Pope talking heretical (and hysterical) nonsense. No-one today would support the old fool's notion that Mankind should be denied their freedom of individual conscience.

## **Psychoanalysis**

Freud continued his researches alone and developed his revolutionary therapeutic approach, which he called psychoanalysis. Briefly, it is a piecemeal abreaction of hidden traumas. The patient talks freely about his or her life, especially the formative years of childhood. The therapist (analyst) notes what is being said, looking for clues to deeper material. In the meantime, little by little, pain is supposedly chipped away from these forgotten events, even though they may not be directly remembered.

It is a central hypothesis to psychoanalysis, that apparently "free" talk is in fact considerably guided by hidden areas of the mind (the subconscious). Thus, if the patient says enough over a sufficient period of time, he or she will eventually reveal their inner secrets and burdens (hidden, that is, even from themselves).

When the psychoanalyst has heard enough, he attempts a summary, pinpointing the source of the trouble and explaining it in a way which clothes it with rationality. This is called the synthesis. The great weakness of this method is that if the synthesis is wrong, the results are compromised at best—and could be disastrous.

Freud went on to elaborate many interesting theories about the mind and behavior, such as the Oedipus complex (boy's jealous hatred of his father as a rival for mother's love). The theories he expounded became ever more complicated, bizarre and sexual in nature.

In the liberalizing environment of the Twentieth Century this suited many but, eventually, his name has fallen into disrepute and he is now viewed somewhat derisively as a peddler of smutty science and scatology.

Very little of Freud's writings finds favor today, except for their considerable historic interest. However many of the words he coined, such as the ego and libido, have become part of our very language, though they are usually used without much understanding of the meaning he gave them.

## **Post-Freud**

Since Freud's time many theories on the mind and behavior have been put forward. He may have been mistaken in many of his notions but he unquestionably acted as a catalyst. Eventually, even those most moved and influenced by his ideas, Jung, Adler and others, found the dogmas too restricting and went their own separate ways, evolving new concepts and pursuing their own search for better therapies.

Yet even in contradiction, Freud's ideas exerted a powerful sway over others who followed and his patriarchy casts a long shadow that is still with us. Not that this is in any way meant to diminish the powerful writings of the Post-Freudians, as they are called, merely to say that without Freud there would have been no Jung, even though it is the latter who today enjoys the most popularity and esteem.

Sometimes the pendulum has swung too far. Men like Fritz Perls, famous in Gestalt circles, claimed to have "debunked" all of Freud, though probably gripped by more than a little ego-mania, to use an unkind Freudian expression! (Perls S F, *Gestalt Therapy Verbatim*, Real People Press, Lafayette (CA), 1969, p.1).

And Perls' words ring with increasing hollowness, as the decades pass. You may be able to get a balloon filled with hot air to rise but that doesn't mean you have debunked the law of gravity.

The fact is that, although Freud elaborated many concepts which were highly personalized and seem to us today to be unacceptable, even far-fetched, he passed on certain fundamental discoveries from Pierre Janet that were based on direct first-hand experience and there is no finer tool in the pursuit of scientific knowledge than personal insight.

These formative precepts are really found to be unassailable by anyone who takes the trouble to test them out properly. Without taking on board the complicated models, such as the id and alter-ego, I believe these core observations concerning the mind are as meaningful and inescapable as the germ-theory of disease or the laws of molecular biology.

I have taken the trouble to identify and list what I consider to be our Punk Psychology™ Axioms, though you won't find them anywhere else described as such. They are axioms in the sense they are self-evident truths when viewed along the lines both Janet and Freud pursued in their research.

You need to grasp them fully to become a competent practitioner of Hypnoetics™!

## **Punk Psychology™ Axioms**

1. Memory is the mind's recording of past events, which happened to an individual, from the first moment of consciousness to the present (NOW).
2. Much of memory is hidden. The fact that it is hidden does not mean that it does not exist. Janet called this buried material subconscious memory and Freud adopted the term.
3. Subconscious memory is powerful. It retains the violence and force of original painful and counter-survival experiences. Time does not diminish this latent force, merely obscures it.
4. Hidden memory is the most destructive because it cannot be interpreted by reason. Subconscious memories can take control of conscious personality and force its imprint on thoughts, actions, dreams, phrases and other mental processes. In doing so, the subconscious mind does not reveal itself except by inference.
5. The conscious analytical personality will rationalize these unwanted actions, thoughts, emotions, dreams, phrases and other mental processes, without recognizing the true origin of them. It tries to "make sense" of what is happening.
6. Hidden memory can also evoke physical symptoms, such as pains, malfunctioning organs, and other signs of organic disease (psychosomatic illness).
7. If the buried memories can be contacted and experienced in a conscious, knowing way, their force diminishes and their hold over conscious processes is relieved.
8. One way to access such hidden memory is to re-experience it, as if it were NOW, undergoing feelings, thoughts and sensation within the original time reference. This is called abreaction or revivification.
9. Once contacted and re-experienced, these hidden memories return to normal conscious memory and are made available for rational thought processes.
10. The individual experiences a resurgence of self-determinism and freedom, in proportion to the quantitative release of hidden distressing memories.
11. Memory experiences tend to be associated in linear sequences, or "threads" or ropes; latest back to earliest. The first time it happened, or "root", is key to releasing negative effects.

12. The earliest time on a thread may not be available easily but will emerge as later events are abreacted, bringing the earliest or “root” into view. We call this unburdening.

All this is core to what we do in Punk Psychology™ and Hypnoetics™. If these twelve precepts don't seem obvious to you, then let me state that when you work with the mind and memory, seeking to release thoughts, feelings and behaviors from control by past events and decisions, you will see them at work 100% consistently.

### **Problems With The Psychoanalytical Model**

Despite the core nature of these axioms, there is no escaping the fact that psychoanalysis has major limitations as a therapy. This indeed is the prime reason the movement splintered and has more or less foundered. According to *Time* magazine (23rd Nov 1993), “Freud's reputation today has probably never been lower.”

First attempts in any field can be stellar in magnitude, yet with the passage of time seem primitive. The first motor cars were pretty remarkable in their day but by present standards, their performance would be considered poor, even laughable. If no-one had questioned the weaknesses in design there would have been no advances.

However, there can also be too much "development" and then the fundamentals are in danger of being lost. It can be very difficult to strike a balance between unquestioning acceptance of old dogmas and radicalism to the point of failing to profit from hard-won experience—or even losing sight of it.

The problem with Freud's psychoanalysis is four-fold:

1. Firstly, it takes an inordinate length of time (perhaps years). This means ultimately it is expensive, which is good for the analyst but not for the patient.
2. Secondly, it is essentially unguided and the difficulty with problems in the mind is that we tend to shy from, and have trouble confronting, that which is most destructive and hurtful to us. In other words, that which would do us the most good is the least comfortable and, left to our own devices, we would tend to avoid it altogether.
3. Thirdly, synthesis is dangerous. If the analyst gets it wrong (which is certainly often, since one cannot ever be sure what another person is thinking), the incorrect "explanation" of the person's troubles only adds to the problem by becoming a further confusion, which is then also part of the problem.
4. Finally, the interpretation becomes the excuse, not a real solution. Instead of being fully integrated, the patient sails through life with a reason to flaunt, which “explains” why they are not fully integrated.

What was needed was a workable approach to locating key memories and abreacting them properly, one for one, not disregarding memory as the major source of aberration and ills. Obviously, progress would depend on a greater understanding of what was going on in the mind, how it was structured and how it functioned. In the absence of that data, the subject languished somewhat.

New theories sprang up, which sought to evade the issue of subconscious memory and its effects, or at least to cope without any successful way of dealing with it.

So today we hear deprecation of what are loosely termed regression therapies (or sometimes called "historic work"). The reason that so-called regression therapy often appears ineffective is more a question of poor therapeutic technique than any weakness in the basic precepts. Practitioners cannot seem to keep their own case out of the way and insist on interrupting, explaining, correcting, interpreting and otherwise adding to the client's story, all of which is counter-productive.

Moreover, when figures like Wagner Bridger, erstwhile president of the Society for Biological Psychiatry, in a report in the July 1969 *Clinical Psychiatry News* declared that personality is in no way affected by childhood and there is no relationship between early experience and adult outcome, we realize that science, or the fashion that dominates science of the day, can at times be very, very silly.

If true, this proposition effectively severs an individual from his or her own history.

Clearly to doctors who share this view there is no such thing as the past; we do not grow up a composite of our experiences. Someone raised in the South who hates blacks presumably has a bad gene and did not acquire this antisocial attitude from listening to parents, peers and other adults around him in his childhood.

A serial killer must have been potentially dangerous, even as a child, since he was born that way and not warped by some tormenting occurrence in his formative years. Indeed, according to Bridger and his like, there are no formative years!

### **What The Hypnoetics™ Practitioner Knows**

Anyone conversant with Hypnoetics™ is fully capable of techniques to bring about release from past psychic traumas, using a modern "plastic memory" approach that is far more effective than a mere abreaction-style approach. He or she knows it is unkind to leave someone stuck in a past event.

Individuals can become so mired into the impact of an event that he or she cannot move forward in time. They remain "stuck" to the past. In a sense they are so tuned to the past and unavailable for the present that their state is somewhat zombie-like, or *somnambulistic* to use Janet's term, which is to say: having little consciousness present in the here and now. He or she is in a trance or dream state but will react, eat, sleep, even talk, as a travesty of normalcy.

Compassion requires that we release them wherever possible and it is rather easy to do. The Hypnoetics™ practitioner has no problem with this. Hopefully, you will now see why my one-sentence synopsis of human emotions and behavior will save centuries of re-investigation, in the event that all our current knowledge is lost!

Let's leave our history and move on to theory and practice.

### **Punk Points**

- Memory is powerful. It can create strange emotions, behaviors, patterns and thoughts.
- Memory can even provoke real organic disease and sometimes imitations of it (psychosomatic symptoms).
- It causes the most trouble when it is hidden (so-called subconscious memory). The person concerned does not know the origin of their strange emotions, behaviors, patterns and thoughts.
- If the buried memories can be contacted and experienced in a conscious, knowing way, their force diminishes and their hold over conscious processes is relieved.
- The individual feels better and better, with a quantitative resurgence of self-determinism and freedom, in proportion to the release of hidden distressing memories.

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