



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

# PUNK PSYCHOLOGY

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CHAPTER 15  
**THE COMPLEX  
OF SELF**

Before we go on to new landscapes of the mind, let's get some additional context for what we are doing here. My own researches over the years have led me to the certain knowledge that thought is multi-dimensional and what we call "mind" has many layers or levels. We talk glibly of "mind, body and spirit" but it's surely even more subtle than that.

You need to be aware of the subtleties I will reveal below, because you will sometimes encounter them. Supernoetics® (and hence Hypnoetics™) are powerful vehicles of truth and sooner or later it all has to come tumbling out. You can run but you can't hide is a now-famous saying that could apply: no matter how you run to escape the truth within, you can't escape it!

This chapter will reveal aspects of your true nature you never knew.

At the top, of course, is consciousness. No arguments there. Consciousness to me is being there: *the awareness of being aware*. This is the highest state of our Being, or the expression of it.

Trouble is, it's rather hard to capture in words. Like the knife that cannot cut itself, words about consciousness are not really about consciousness but about a substitute precept. Real consciousness is actually an experience and cannot be captured in words. Hence the Zen metaphor of the finger pointing to the moon. The word "moon" is just a word, not an experience. All the talk does not capture what it means to be conscious and aware of being aware.

Consciousness as I define it here means awareness of awareness, thoughts about thinking, desires about desires, beliefs about beliefs. It has been called "the watcher"; the "witness"; it is seeing our self from on high. The viewpoint is looking down on the identity which it serves.

George Gurdjieff called this "self remembering". Really, you can't beat my expression, which says it all: *see yourself being yourself*. You watch the stream of your thoughts, emotions, efforts etc.

Modern hypnotism researchers, notably Ernest Hilgard, have developed what they call the "hidden observer" idea. This higher, more intelligent, more aware and discerning version of consciousness can maintain a degree of outside objectivity, no matter the depth of trance. It is still sufficiently independent to be able to identify and discard what is offensive, irrelevant or disempowering.

In piloting it is important that we train our clients to be able to see themselves from "on high", looking down from what I call the glass elevator. There are several "floors" to this elevator and we need to be adept at stepping from floor to floor.

Let's start at the bottom and work up...

## THE BRAIN

Here is the animal or physical level of thinking. This is brain stuff. Some of it is reflex and instinctual. But it's a broader concept than that, meaning the animal part of us, or what I call "creature", has its own agenda and it has nothing to do with spirituality or purpose. In fact it's all about staying alive: eating, safety, procreation and very little else.

I'm not just referring to what's sometimes called the "lizard brain". Cognitive functioning is there, but only in a very primitive, unaware state. This is the typical modern human being—cell phone clapped to the ear; seeing, hearing and believing that reality is only what comes in through the biological sense organs. We call this person the "IS-person" and the reality they experience has dwindled down to what we call Simple-IS: what you see is what you get and that's all there is and all there ever will be.

Sad!

As I often point out, most of the confusion in physiology, psychology and philosophy comes from the failure to recognize we are entities in two modes: the spirit being and the biological creature. These two halves do not readily reconcile and harmonize; in fact they are often in direct conflict.

Thus the Catholic priest, supposedly celibate, who ends up molesting young kids. His creature half starts to over-ride his spiritual half and tragedy is the result (comes from setting impossible spiritual goals, which fail to take account of the fact that we are all biological creatures).

In my view, the single biggest confusion in psychology and spiritual practices is the failure to distinguish the different modalities and goals that characterize our creature side from those which are spiritual purposes aspirations.

The creature and spirit are not only different in nature; *they are often heavily in conflict with each other*. For some great reading, check out Melvin Konnor's very capable book *The Tangled Wing*. The latest editions have been much enhanced with data and are becoming compendious; but Konnor's basic premise—that our biological imperatives stand in the way of our spiritual life and, in many cases, completely trounce and entangle it—remains unchanged.

I see this important point missed time and time again, as people struggle with physical infirmity, while they try to “go spiritual” or who curse and punish themselves for manifesting what are perfectly valid creature needs (like eating and sex). If you have creature issues, they will stand in your way until you resolve them. Just trying to pretend they will go away is a poor approach to truth.

Remember: the creature has memory too. It has mind and Being. We call that the protoplasm entity (chapter 15).

## NEURAL NETS

Rising out of brain physiology is the concept of neural networks. These are different to, and somewhat more sophisticated than, purely brain-based reflexes and reactions. This is a level of thought experience that is partly biological but not entirely. By that I mean there is a physical element but also an energetic aspect.

There is reason to believe that such networks are far greater than the boundaries of the brain itself. Indeed, we now talk of the “gut brain”, meaning the nerve plexus system found in the gut. It has as many neurones as the brain and in fact carries over 80% of the body’s “happy hormone” serotonin.

Neural nets are self-organizing and to a degree self-aware. They can learn and self-correct. In other words, neural nets too have memory. The neural nets are almost an entity of self... almost but not quite.

When you consider the effect of brain stimulation, through drugs, entrainment devices and so on, it’s obvious there is an important layer of conscious thought experience sandwiched between spirit and the body mind. It can be manipulated, changed, or overridden but it’s there.

It particularly stands out to me in the matter of sex. The arousal of heart and mind while making love to that special partner has strongly physical elements, as we all know. But there is definitely a higher process, in the way one’s brain activity changes. In fact changes in consciousness run all the way up to the spiritual during sex, as many of us know.

Sex is capable of changing one’s entire thought landscape, at least short-term. How long that interval is depends on the relationship but, as I wrote in my tender piece “Waves That Thrill”, the slow build of up of rapport can take place

over days before the actual act and the sighing echoes of it can linger and slowly dissipate for days afterwards.

A lot of recent science has gone into studying neural networks; they are very cunning and able to self-reference and learn. We now have non-biological neural networks that are, in effect, electronic bots. In fact smartphones wouldn't work without them. The thing is, they don't need fully programming. They only have to be set up to learn... and they do!

Certainly the smartphone is an extension of memory, perception and thought. It is, in every sense, an extension of self and that's important enough to incorporate in any system of psychology.

Neural nets can mimic many functions of the human mind but are not (so far) conscious in the sense we would mean it. Machines will become vastly intelligent, but they're still lacking this sense of being in the world.

A word of caution: orthodox religions (and cults) use cynical neural network training (indoctrination). They are nowhere close to the level of thought and spirit, to which they lay claim.

## ACTION AND INTENTION

Next floor: behaviors. What we do in action is a species of thinking! This is the basic manifestation of ideas and intention. J F Skinner thought (or wrote) that behaviors are all there is to thinking. He called the mind a "convenient fiction". A whole psychological movement was founded on this strange concept, called behaviorism.

Of course what we mainly see about a person is what they are actually doing and we all know that's often very different to what the person is saying, or thinking. Behavior will disclose thinking to a degree but it is not always possible to accurately know what a person is thinking from his or her behaviors.

Intention is important here because there is a level of action which comes at the psychic level. A person can *intend* certain things, meaning they apply force or action at the psychic level. It's kind of inward action. We may see nothing outwardly but the person is putting a great deal of "creative pressure" on the outcome.

In everyday terms it's what we call a wish or desire. Affirmations are an attempt to use the power of thought and intention to get what you want.

It can have many layers of subtle interaction between people, beings and entities. We may intend a person to depart or intend (wish) him or her to fall in love with us. These are perfectly valid actions or behaviors when it comes to piloting. Indeed, it could be said that this level of "thinking", action and energy is the most important aspect of past experiences which have lingered to haunt and hurt us. We have a special technique for clearing them from a case called Transformational Mind Dynamics™ or TMD.

This was developed for us by Heidrun Beer and Rolf Dane in Copenhagen, Denmark, and hence are jokingly referred to as the "Copenhagen Codes". We teach this technique to professionals.

## EMOTIONS

Next in my mind hierarchy is emotions. I think it is a definite level of conscious experience, a level of thinking, and considering the vast majority of people never rise much above this level, it needs clearly recognizing for what it is.

People identify so completely with their complex emotional world that the usual manner of speech is to say "I AM happy", as if happy was the self; I AM angry or I AM sad, or you ARE antagonistic.

In actuality it would be better to say, "I am doing happiness" or "I am doing anger" because that's the truth of emotions: we generate them ourselves, in order to experience them.

It's absurd to say to someone "You upset me" or "You make me angry". You do it to yourself and then (usually) complain about it!

Of course not all emotions are negative, though that's usually what people mean by the word. But don't forget the positive emotions, which can be thrilling indeed: joy, The Flow, bliss and excitement are just a selection of the available positive emotions.

A key point to remember about emotions is that they are at the point of transition between physical biology and non-material thought. Emotions are stimulated by insubstantial ideas in the mind, but they manifest physically and you can see emotions; even feel them when in a person's presence.

## THOUGHT

Above emotion comes thought. Thoughts and concepts include perceptions and experiences and give rise to the illusion of being a separate identity. This is where words come in: concepts and ideas. Words verbalize our thoughts. Thoughts actually create and monitor our experiences. If you think your life isn't so good, think a different thought, "My life is great!" and it all changes.

It's true that our experience of reality is entirely dictated by how we respond to events. We create our experience from the inside out and we are not really the victim of outside events (unless we make conscious choice to be a victim of outside events!) Most people do make that choice but it's a simple switch to stop it: change your thinking. *A better version of reality is just one thought away.*

Talking of concepts creating our reality; this is the realm of so-called beliefs. Beliefs are not ingrained or unalterable and cannot be blamed on spirit. Beliefs are simply a response to experience. Beliefs are largely conditioned, and that's the truth.

Thought, of course, conjures up the concept of mind. In Supernoetics® we recognize the extended mind concept: the mind is not confined to the brain. The mind extends outwards infinitely in all directions. This is written up elsewhere.

## THE CELL PHONE METAPHOR

Take out your cell phone and look at it. With that small hand-held device, you can call anywhere on Earth: New York, London, Moscow, Sydney, Delhi. Does that mean all those cities exist inside your cell phone? Of course not. But that's the stupid logic of science: because we reach out to our thoughts and emotions, via the brain, therefore everything we think and feel comes from the brain!

Part of the proof is supposed to be that if you tweak certain parts of the brain, the messages we receive are distorted. Therefore the brain must be the origin of all messages. But if you stick a screwdriver in the back of your cell phone, you are going to garble the messages, or even lose them altogether.

Does that prove that New York and the rest of the world are in your cell phone?

We can access the Internet via a smartphone. The Internet is no more inside the phone than thoughts and emotions are inside the brain!

The current theory is too stupid to waste any more time on.

## THE MORPHIC LEARNING FIELD

You might think some of this is a bit far-fetched. But in fact there is wonderful emergent science in this field. None is more powerful than Rupert Sheldrake's model of a morphic field and the phenomenon of morphic resonance. It's a whole new take on thinking and learning.

Sheldrake is a mainstream scientist, with an interest in neglected or so-called paranormal phenomena. He has accrued scientifically valid data to show that we can tell when we are being stared at from behind; that we can know in advance when someone is going to call us on the phone; and that dogs (as well as other animals) do truly know when their master is coming home.

The point is, obviously, that there is no way such phenomena could occur within the accepted "laws" of physics.

But Sheldrake's most pivotal experiments were to do with learning. Experimental animals were placed under conditions in which they learn to respond to a given stimulus in a characteristic way. They are then made to repeat this pattern of behavior many times. According to the theory of morphic resonance, subsequent animals, even without being trained, ought to be able to access the field and benefit from the learning of previous animals. And that's exactly what he found.

All steps were taken to make sure there was no genetic transference of knowledge (not possible on the current "scientific" model, anyway) or learning indirectly or through observation. Sheldrake concluded that later generations of animals learned from some kind of generalized non-material memory field.

In fact this morphic resonance field became so powerful that subsequent animals made no mistakes whatsoever.

Perhaps this could be the beginning of the interconnectivity we consider the Divine element?

## 100 MONKEYS

This famous application of the morphic resonance field, started, I think, with Lyall Watson in his marvelous book *Lifetide* (Hodder and Stoughton, London, 1979, pp. 174-177). The observations around which it is based have been subsequently denied by the Japanese researchers but that may be expediency or fear of being drawn in to New Age thinking! Whatever, the model is here to stay, largely because most of us have experienced some degree of its working.

What supposedly happened is that a young female macaque monkey called Imo learned to wash potatoes before eating them. Slowly the skill was passed around the colony, the adults learning from this youngster, by observation and mimicking. When a sort of critical mass number of monkeys had cottoned on to the trick, it suddenly spread like wildfire around neighboring islands and to mainland troops of monkeys, without any means of direct communication.

Now the term “one hundred monkeys” has entered the language, to mean exactly what Lyall Watson described: that when a sufficient number of individuals get on the same wavelength or behavior, unified thinking starts to spread outwards, with a momentum of its own, seemingly carried along by a non-material field or connectivity of some kind.

This is probably the reason that discoveries seem to come in rushes. Someone, somewhere, gets an idea and all of a sudden, at around the same time, several totally independent thinkers come up with the same idea: for example, calculus was discovered by Sir Isaac Newton, and very closely afterwards by Leibniz, who had no communication of any kind with Newton.

The spread of knowledge becomes an unstoppable force or wave. In the words of Victor Hugo, *nothing is as powerful as an idea whose time has come*.

OK, moving on up...

## JUST KNOWING

There is a level of thought and awareness here, waiting to be fully explored. It is characterized by non-verbal knowing. We can sense it, indulge it, experience it. But it's impossible to define in any meaningful sense.

Hence the Zen metaphor of a finger pointing to the moon referred to above.

This level of knowing gives rise to many transcendent, non-material and trans-personal phenomena, such as intuition, prescience, telepathy and telekinesis.

Some people manifest considerable abilities at this level. Most often it is a barely controlled and improperly understood phenomenon but it nevertheless real. As I said, it needs much more exploration. But just to put it there, on the map for all to see, is a strong statement of consciousness, awareness and knowing!

In 1961, science fiction writer Robert Heinlein, in his book *Stranger In A Strange Land*, had his Martian guy Valentine Michael Smith able to just “grok” things. I remember at the time we youngsters took to this word and used it frequently. It seemed to fill a gap where there was no real word for such a specific phenomenon.

You will begin to encounter this deeper non-verbal knowing, even at the simple level of Hypnoetics™ procedures. It is a species of truth and truth is what we release from the cage, when doing Hypnoetics™ piloting!

It is so much more exciting than the made-to-think levels of social enforcement, collective mind, memes and education!

## CLOUD CONSCIOUSNESS

You might suppose we are already considerably into the woo-woo land of mysticism and magic! But from here on up, things get mighty interesting. Another level of consciousness suggests itself, which I have labeled the “Self-Complex”. This needs explaining. Basically, we are not—at least not initially—a single conscious unity. We are a cloud of consciousness entities, operating within the same psychic space.

This might sound strange to you at first but actually this concept is present in our everyday language, once you know what to look for. Common expressions that represent this phenomenon include: “I’m of two minds about this.” “Something tells me...,” “My gut tells me...,” “A little voice inside whispered to me...”

Some these beings we share with are, in effect, multiple parts of the self (“other selves”), whereas some are present, definitely creating an influence, but *not part of self*, so I would call these “non-self others”. This concept extends to include the phenomenon of so-called “entities” or walk-ins and is explained in more detail in later materials.

What we believe to be our “self” is in fact a conglomerate of individual viewpoints, with varying degrees of penetration and expression in the individual’s personality. Sometimes a wholly different viewpoint may take over, as with a serial killer, many of who claim no knowledge of what the evil part has done.

Eventually the true Executive Self will re-assert its authority. But it is by no means as simple as Freud and later psychologists thought. It has been stated we are a “mob”! This is true, at least up to the point where we start shedding these extra consciousness particles, in the Extreme Mysticism levels of Super-noetics™.

I’m talking about what Buddha called the “fleas”. Other writers have written about being taken over or occupied by a so-called “entity”. This is slightly different. What I am talking about is really like a composite consciousness, rather than being taken over by an invader.

Of course the average person is totally unaware that his or her mind is actually divided into multiple entities, capable of acting independently. The reason is that in most people, these parts of self are so well integrated that we rarely notice when control shifts from one to another.

The illusion of a single mind is further enhanced by the fact that all the multiple consciousness particles are associated with the same body and thus the same name; each one considers itself to be “I”. The “I’s” are most noticeable when they are in conflict with each other. We then have “mixed feelings”: coexisting contrary attitudes.

A particularly brilliant model in this respect is Dick Schwartz’s Internal Family Systems. He’s not talking about family in the normal sense, but the family of selves within.

Of course there is a kind of “executive self”, one who rides over and above all, looking, thinking, sensing and above all Being, as a single-focus viewpoint. That could be called the True Self. As we progress along our spiritual pathway, shedding unwanted encumbrances and identities, we come closer and closer to our pure Self or Being.

But the final stages of the path are to surrender our individual ego or Being altogether. We join with the God layer, which will be described shortly. A lot of people don’t want to surrender the Self; the idea frightens them. Of course it is not necessary to return to the God state. It’s a choice.

## THE FOURTH WAY (SELF-REMEMBERING)

Gurdjieff was particularly insightful on this aspect of multiple consciousness. His famous "Fourth Way" was about trying to disentangle one's True Self from this net of other selves or "I"s. Gurdjieff thought you could master this phenomenon by just observing it carefully and becoming aware of what was going on. However I have found it is way beyond most people's ability to get to grips with.

Fortunately, we have our Golden Path, which leads the individual, step by guided step, into higher levels of ability and awareness. We learn to crawl, then walk, then run and then... fly!

You may need to start disentangling the Self and working with your separate parts at the very start, while doing the early steps. But that's rare. Usually, the awareness required to start shedding the Complex of Self comes later along The Golden Path. Still, it gives you an insight into what it means, to be a multiple Self. What you supposed were fixed thoughts, patterns or intrusive behaviors may turn out to be other parts of you, or even other beings from this Cloud Consciousness. It's a fascinating road to self-discovery.

When you know what to do, it isn't difficult or dangerous. But you need the telepathic ability and the verbal skills to deal with most of these strange beings.

For the protection of every individual, these materials remain confidential, until you are ready.

## GOD-NESS AND SEPARATION

God. Just for once, I'm going to tackle this loaded "God" concept, at least in principle. I have no wish to intrude on anyone's beliefs. But the first thing to state is that a "god" who is on the same emotional level as us (with a vengeful, misogynistic attitude and anger management issues) doesn't make any sense. There has to be something higher than that.

What we in Supernoetics® consider the equivalent of God is in fact a *state of Being*. We could call it the "God structure". It's the highest level of awareness and has no separate Self! God isn't, and cannot be, separate from our selves.

To me, talk of a separate God comes only from fools who don't understand their own language. There is no logical, semantic or experiential reality in trying to create a separated "God". Universal consciousness, which we may elect as the creator of real and physical things, is infinite in all aspects. It is present everywhere and in all things. It is everything people ascribe to a divine God.

In the deepest depths of time, when we found a way to separate, we began dropping down from the infinite knowing, loving and aware state, to become a "Self". But although the Self is aware (self-aware), it is not fully developed consciousness. We have surrendered some of that infinite vastness, for the experience of separate Being.

We now have a separate viewpoint. But God occupies all viewpoints; hence is immanent in all things.

In Ascension, which is the reverse of individuation, the more conscious you become, the more your sense of Self fades; the more you join with God, the more you lose identity. And that's a universal, by the way, found in all writings from all spiritual sources.

Love becomes inevitable. It is a core teaching of Supernoetics® that we *are* love. Love is not something we give or get; it is not even something we do; love is *what we are*. It is our nature.

Probably this, more than anything I can think of, gave rise to the saying that "God is love".

Let's just leave it at that.

## THE GLASS ELEVATOR MODEL

Personal coach Michael Neill introduced me to a useful techno-metaphor; that of the glass elevator. It starts on the ground floor, with just the basic, unrefined view of things, which is what we experience and believe to be true. Simple-IS, we call it.

But as this glass elevator starts to climb, we gain a higher and higher viewpoint, seeing more and more how our thoughts determine emotions and experience; thoughts actually create our own reality. Until at the top floor level, it becomes obvious to us that what we experience depends entirely on our choice of what we want to experience.

All the “law of attraction” phoney-baloney taps into this concept, which is that thoughts create our world. What the wannabe gurus forget is that you have to have the elevator! You can’t fly in at the top floor level and that’s the uncomfortable truth!

Here’s the elevator ride as I have stated it (this time top to bottom):

- Universal Consciousness (oneness of all)
- Own Consciousness (executive self)
- The Self-Complex
- Knowing and Intuition
- Collective think (morphic resonance)
- Thought (mind)
- Emotion (mind and body)
- Action and Intention (Behaviors, doing)
- Neural-Network (special case)
- Animal (physical-physiological)

Always strive to go higher and higher. Try to see the world from a viewpoint above the one you are currently occupying and you will soon see that, as if by magic, your experience of reality gets better and wiser.

## PUNK POINTS:

- Layers of thought are far more complex than psychologists and scientists have ever understood. Our body (the “creature”) gives rise to a whole range of thoughts; at the opposite end is the sublime and infinite spiritual being.
- Thought, emotion and behaviors are familiar levels of thinking (behaviors imply thought). But it is very clear we are majorly influenced by the thoughts of others: “collective think” as we call it. Rupert Sheldrake has also taught us about morphic resonance fields which are learning fields. Fields are everywhere (no holes, no gaps) and extend to infinity. Something “uploaded” to the morphic resonance field can be downloaded by anyone, anywhere, at any time. Maybe this is the origin of the myth of the “Akashic Records”.
- Above the everyday recognized thought is a level of non-verbal knowing. We just “get it”. In his 1961 book *Stranger In A Strange Land*, writer Robert Heinlein had his Martian guy Valentine Michael Smith able to just “grok” things. It’s a tempting word and covers the case very nicely!
- The Tangled Wing is a useful term to highlight the difficulty of living as both a spiritual entity and a flesh body. The conflicts between the two are at times irreconcilable and the material body does seem to often clip our wings and stop us taking to the air as free-flying spirits!