

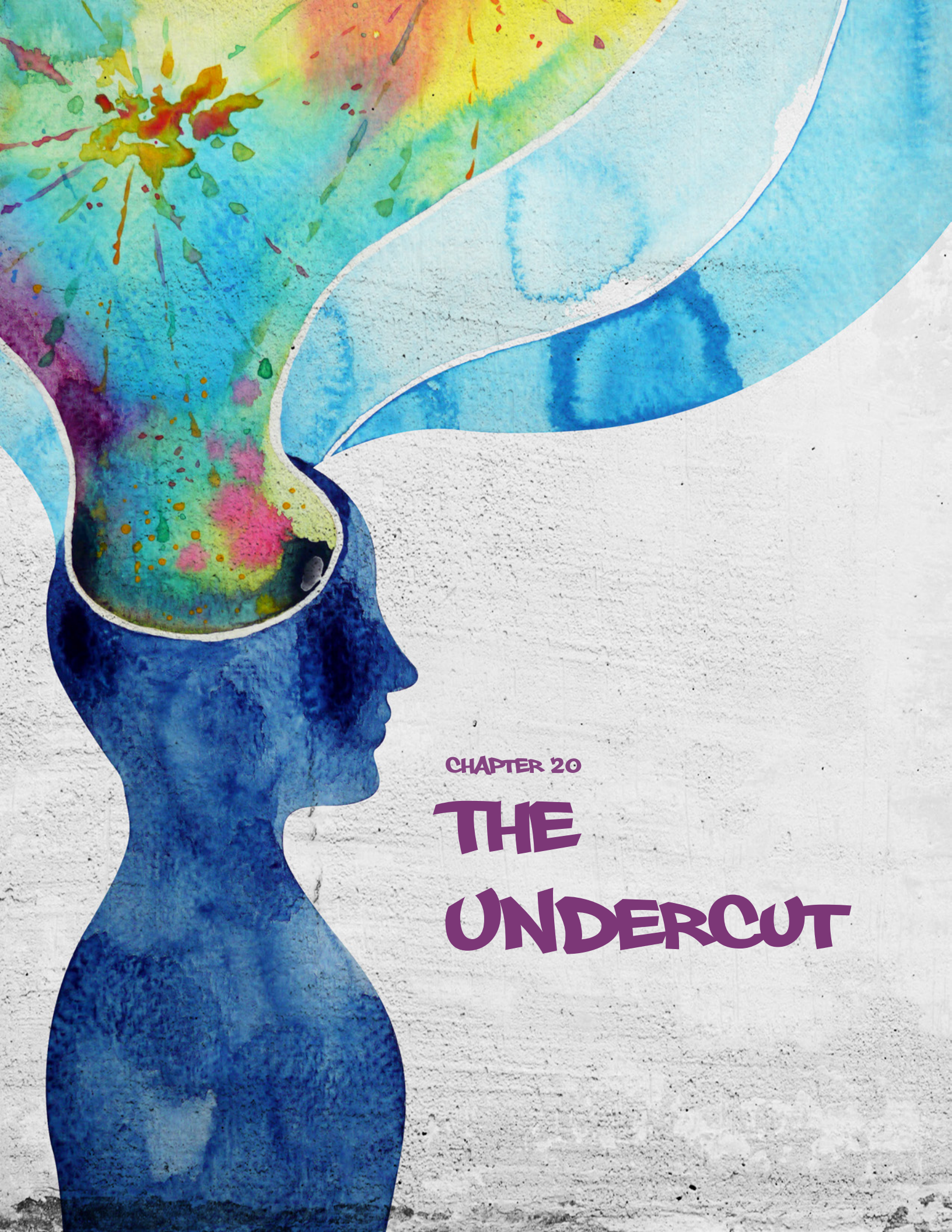
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 20

THE

UNDERCUT

This, in a sense, is the super-punk part of the story. It could be argued this should be chapter 1 but I wanted to save it till last, to get you comfortably settled in to what we do!

We may be missing an important trick here; something to do even before piloting. We need to educate the piloting client (PC) on certain “facts of life”. Specifically, where emotions come from.

Most people have no clue about emotions. They use language like “He makes me mad,” and “You upset me,” to other people. Of course the truth is *we do emotions to ourselves*. There are toxic people, it is true. But they can’t lay emotions on you! You lay them on yourself!

Pretending other people cause your feelings is to surrender your power! If everyone grasped this one fact, the world would be transformed overnight.

The Muslims would have to learn, for instance, that Christians do not upset Muslims by being “disrespectful” to their teachings. Christians may not speak fondly of Islam—but getting upset about it is something a good Muslim is “supposed to do” to himself or herself. He or she is taught this from being a child by his elders and supposed betters: get angry if someone doesn’t grovel with respect.

But it’s nonsense!

If everyone learned this one simple truth, wars would become a thing of the past.

Marriages and friendships would be saved. A wife could not complain her husband is a beast and abuses her, because he would know his wife is not the reason he flies into rages—he’s the one causing it. Beating her up does not quiet his troubled heart (which he knows deep inside).

You can follow this line of reasoning with many examples of your own.

One of my pupils likens her response to tricky grammar questions to “locked-in syndrome”, where the unfortunate patient is fully conscious but paralyzed and cannot move a muscle. This lady freezes up and can’t think clearly. Grammar does that to her, she believes. But of course she does it to herself, every time a tricky grammar issue arises.

NOT CONVINCED?

Some people find this axiomatic truth too much to take on board. But look, here's the clincher: if you decide not to get angry in a given situation, does the anger happen anyway? If you decide not to let your hackles rise and start shouting, can the other party still make you feel angry anyway? Can it be laid on you without your cooperation; something that's "in the air"? Of course not.

You have to create the anger within. It's a choice and not, as some people act, an obligation! Just dump it. Don't do it.

Doc Childre's *HeartMath® Institute* give out a great stopper technique they call the "Freeze-Frame". Everyone should learn to do it, until having sufficient Punk Psychology™ piloting starts to dial back reckless and unwanted emotions.

Freeze Frame® is a one-minute technique that allows a major shift in perception. More than positive thinking, it creates a definitive, heartfelt shift in how we view a situation, an individual or ourselves. When under stress:

Shift out of your head, and focus on the area around your heart. Keep your attention there for at least ten seconds. Continue to breathe normally.

Recall a positive time or feeling you had in your life, and attempt to re-experience it. Remember, try not simply to visualize it, but rather to feel it fully (sense awareness).

Ask a question from the heart: "What can I do in this situation to make it different?" or "What can I do to minimize stress?"

Listen to the response of your heart.

You may hear nothing, but perhaps feel calmer. The important learning is that we may not have much control over events around us. But we do have control over our emotional response to those events.

PARENTAL DUTY

I think it's a massive duty of parents to teach their kids this simple truth and make sure that they grow up strong in the belief that emotions are OK, and

safe to play with, provided you control them yourself and don't blame other people!

Naturally, being able to manage your emotions would lead to a better life experience. But somehow the myth has arisen that we are supposed to suffer (probably priest-inspired nonsense). If we don't suffer horribly we are "unfeeling" and robots.

But all that tripe is laid in its proper grave by the scientific fact that happiness is physiologically sound for us; we flourish biologically.

Conversely, when we suffer bad emotions and low mood, we tear up our body, immune system and cells; we get disease; we fall sick and even die (cancer, heart attack, etc.)

An interesting study led to the finding that practicing the Freeze Frame technique described above increased serum IgA levels (a simple but reliable measure of immune response) by as much as 240 percent.

So the nonsense belief—which sadly is still almost universal—that we somehow need, or are better off for, negative emotions, is easily disproved. It can be objectively shown to be dangerously false, by means of blood tests, heart rate variability monitors, psychological profiles and so on!

LOVE, GRATITUDE AND FORGIVENESS

Something else our PCs need to get a grasp on, before worrying too much about fixing up their memories, is to teach them love, gratitude and forgiveness. Many people are starved for all three. That's no kind of life!

The sad thing about this deficit is that it is completely easy to fix. The person does it for him or her self. No-one else is needed. You can love yourself unconditionally. But it is a learned skill. He or she needs to be shown what to do and watched until it becomes second nature.

The most powerful healing of all comes from forgiveness. The person simply has to let go of the victim modality, look-what-you-did-to-me, I want justice, kind of thinking. This is essential to progress for one very simple reason: being a victim doesn't work! You suffer but it does no good! Trying to make others feel wrong or feel guilty is a fool's game.

It stems usually from the silly notion that forgiveness is somehow “letting the other person off.” The truth is, it is releasing the victim from further suffering. It is totally irrelevant whether or not the supposed perpetrator escapes justice!

Love is equally powerful. We need to learn to love more. But most people are stuck on the similarly unworkable computation that “If he or she loves me more, I can love back more.” It’s the wrong way round. You can find more love by first loving others more.

It’s just an act of faith that if you go around manifesting love, you will find more love. It’s totally true. But until he or she makes the shift, there is little hope of an individual finding that precious feeling of worth.

One of the major barriers we encounter is that people have little love (or forgiveness) for the Self. He or she is tragically bad at self respect. But the truth is that it is very hard to love someone who does not love themselves, or even hates themselves. You have to love and honor the Self, before others will love and honor you!

Again, self-deprecation, humiliation and unworthiness are taught by the priest classes, because it keeps people in line and needing redemption!

These unhappy traits can be rectified by my own *Love, Gratitude and Forgiveness* tracks on the Kasina device or similar. Slow theta meditation, being walked through important changes of attitude, eventually bring the person to a better place.

We can also do pen-and-paper hacks, such as listing reasons to love and so forth. One of the best pen-and-paper exercises, however, is to do a gratitude journal...

GRATITUDE JOURNAL

Each day and every day, at the end of the day, list at least three things that happened which you are grateful for. It seems simple enough. But studies show this is incredibly healing and cheering.

As I wrote for my own multi-media meditation, gratitude brings to mind the good, the positive, the loving, the healing and the many, many beautiful things we have to experience.

It puts down the monster of greed and status. *To be grateful is to affirm, absolutely, that what you have is sufficient and nourishing.*

Gratitude brings you in to the NOW, so that you are not regretting the past and not anxious about the future or wanting things to come into your life.

Gratitude says that my life is rich and I am blessed. It would be nice to have a choir of heavenly angels around to sing this richness to you, every day—but fortunately, this isn't essential! Declaring gratitude for yourself will focus your mind on good things. And you know what they say... that which you focus on comes into your life.

So as well as being grateful for what you have now, you will become richer and richer. Gratitude brings more gratitude!

No one's life is so poor that there is not some cause for celebration.

Teach your cases to think often on this: gratitude speaks of love; it is a song to yourself. Love yourself enough to be very glad for the many, many good and beautiful things in your life. It is your expression of your love for life; it's your connection to all those good things that you celebrate.

Spread this notion as if it were a scripture.

PUNK POINTS:

- You have to create emotions within. It's a choice and not, as some people think and act, an obligation! Just dump the habit. Encourage others around you to do the same. Educate your clients to monitor and control their own emotions.
- *Please, I beg you, teach this important truth to any kids who come into your sphere.* It could save them years of misery in times to come.
- Love, gratitude and forgiveness are great tools for overriding the usual obsession with obnoxious emotions.
- The HeartMath Freeze Frame® technique is worth learning and practicing, at least as a temporary tool. Fortunately for us, piloting, over time, gradually erodes the need to indulge in unwanted and inappropriate moods. Indeed, that is one of the main benefits of piloting!
- Get plenty! Piloting will change EVERYTHING about you and your world for the better.