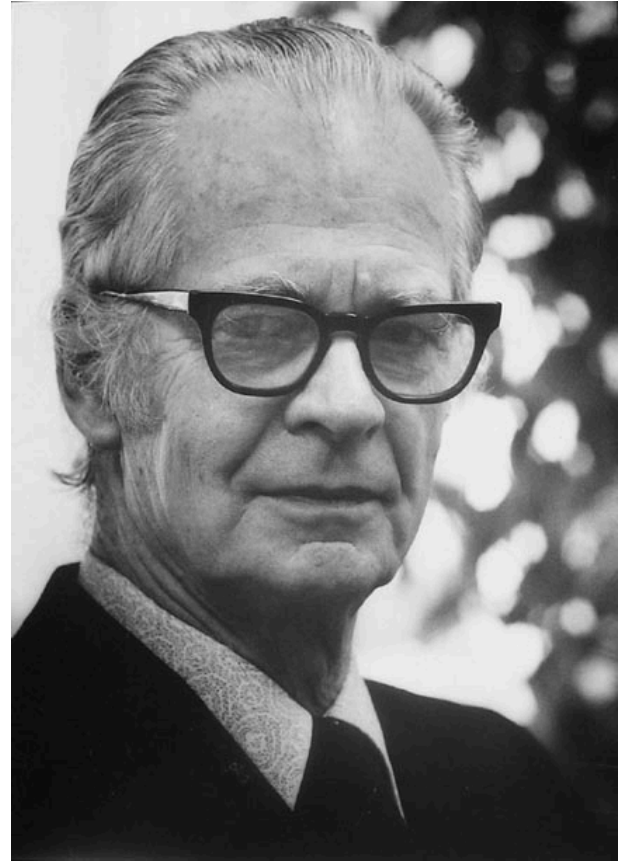




**WHAT IS A MIND? WHAT IS IT FOR?  
A good question, surely?**

# PUNK PSYCHOLOGY

**B F Skinner said there's no such thing! The mind is just a "convenient fiction". (bet he thinks he's got one though)**





# **PUNK PSYCHOLOGY**

## **What Is A Mind?**

**A field apparatus for layering interactions with the environment, choosing the most appropriate and self-enhancing outcomes. Rationality (sanity, reason) is the degree to which the mind functions successfully.**



**What Does It Do?**



# PUNK PSYCHOLOGY

What Does It Do?

**THE MIND'S NUMBER #1 ALGORITHM:**

**Scans the NOW, makes estimations, compares these to past learning, predicts a likely future and decides on the most positive and suitable actions with the MOST future potential.**



# **PUNK PSYCHOLOGY**

**Thus FAULTY PERCEPTIONS cause trouble.  
CORRUPTED MEMORY causes trouble.**

**Faulty learning**

**Bad (negative) experience**

**INEPT PREDICTIONS cause trouble.**

**DYSFUNCTIONAL ACTIONS cause trouble.**



**The usual analogy is with a computer, however that is only a limited comparison.**

**The important point is that computers don't make mistakes: they screw up only on bad or corrupted software or bad data (GI-GO remember)**

# PUNK PSYCHOLOGY

**Once glitches enter the system or bad data (garbage) gets into the data banks, the computer becomes NUTS!**





# PUNK PSYCHOLOGY

Once glitches enter the system or bad data (garbage) gets into the data banks, the computer becomes NUTS!

**What use is a computer that thinks  $2 + 2 = 7$ ?  
Or killing people is the only way to get ahead?**



# **PUNK PSYCHOLOGY**

**The important point is that these thinking processes are not CONSCIOUSNESS. “Thinking” can all go along at an unconscious level (the so-called “zombie problem”).**



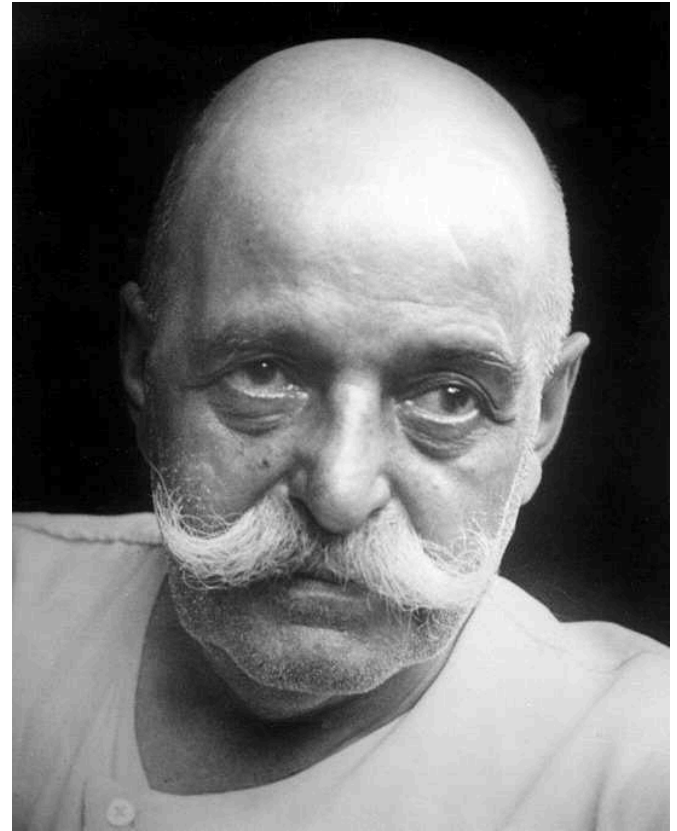
# PUNK PSYCHOLOGY

The important point is that these thinking processes are not **CONSCIOUSNESS**. “Thinking” can all go along at an unconscious level (the so-called “zombie problem”).

**Most people do not rise above “thinking”. They are not conscious or aware.**

# PUNK PSYCHOLOGY

**Mystic Georges Gurdjieff famously said: The biggest barrier to consciousness is the delusion that you are already conscious! People are asleep he said...**



The logo for 'Punk Psychology' features the words 'PUNK' and 'PSYCHOLOGY' in a bold, purple, hand-drawn font. The background is a watercolor-style splash of colors, including yellow, orange, red, and blue.

# **PUNK PSYCHOLOGY**

**Consciousness is supposed to be the “hard problem”. Actually, consciousness just “IS”. It’s like the knife that cannot cut itself.**



# PUNK PSYCHOLOGY

Consciousness is supposed to be the “hard problem”. Actually, consciousness just “IS”. It’s like the knife that cannot cut itself.

**The space-time continuum is the really “hard problem”: What is a universe for? What is it doing there at all?**



**Thing is: we don't have to understand  
consciousness. It is the knife that cannot cut  
itself. It just IS.**



# PUNK PSYCHOLOGY

Thing is: we don't have to understand consciousness. It is the knife that cannot cut itself. It just IS.

**What we have to understand is our "world path"... the Timeline and its mischief.**



# **PUNK PSYCHOLOGY**

**Memory is the one thing we can't BE without.  
It also means we can never be truly happy  
BECAUSE of memory.**



# **PUNK PSYCHOLOGY**

**Memory is the one thing we can't BE without.  
It also means we can never be truly happy  
BECAUSE of memory.**

**Not unless we can master and control REAL  
memories.**



# **PUNK PSYCHOLOGY**

**This is where Punk Psychology™ comes in!  
We are learning to become masters of the Time  
Line. Our “Make It NOW Technique” (MINT) is a  
new and important way to modify timeline  
experience, leading to growth and ability.**



# **PUNK PSYCHOLOGY**

**As we go through life, we collect all kinds of experiences. Most of them we deal with “in the moment”. A few, however, stick to us. These are events which surprised us, shocked us, overwhelmed us or even knocked us out!**

# PUNK PSYCHOLOGY

**We try to handle them by crushing them,  
pretending they didn't exist or falsifying the  
truth to ourselves.**



# PUNK PSYCHOLOGY

We try to handle them by crushing them, pretending they didn't exist or falsifying the truth to ourselves.

All these unpleasant happenings we call **MEMONEMES**. These all made adverse energy prints on our subconscious called **CHARGE**.





# PUNK PSYCHOLOGY

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**All these unpleasant happenings we call MEMONEMES. These all made adverse energy prints on our subconscious called CHARGE.**



# **PUNK PSYCHOLOGY**

**This baggage ends up like lost luggage: we can't find it but our attention is on it, big time! Here we find mental images and energy packages that were never integrated into experience. It all adds up to what we call our **CASE**: memories and events stuck to us but which we can't handle.**

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# **PUNK PSYCHOLOGY**

**PILOTING** allows us to recall, review, witness and finally integrate these negative experiences. This is done gently and with professional care. When memonemes are reviewed and mindfully expressed in this way, they run their course and vanish from view.

