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Thank you and good luck.

SELF TRANSCENDENCE WORKBOOK

Introduction To Your Completion

You are true. You are beautiful. You are good. Just as you are right now. Merely by being who you are at this very moment when your eyes are reading this page, you have the potential to be great. The brag is not phony. All that blocks the way to your perfect fulfillment is your lack of self-confidence. You shall juice up your heroic self-confidence immediately merely by learning a few facts about that tasty thing between your ears, washed or unwashed.

Your rot of self-confidence in your Self is caused by only one thing: Nobody ever told you -- with hard facts and scientific honesty -- that all human brains are 90% dormant. And that they can be self-released into an awesome new order of intelligence, creativity and longevity. And warless Earth.

You now shall start to liberate your own meat into whole brain power.

Human evolution begins with God's toy: Universe. Universe contains 100,000,000,000 galaxies. Each galaxy contains 100,000,000,000 stars. Most stars have planets whirling around -- some too close and hot, like our Mercury and Venus; some too far and cold, like Uranus and Pluto. But some just right: like guess who?

God's hermaphroditic sperm and ovum game is de-oxy-ribo-nucleic acid. DNA. Your Ma's ovum seducing your Pa's sperm gave you the biggest sex organ you can hold in your hand. And most of it still is dangling asleep. As soon as you awaken your total brain potency, you will chat nicely with all your Brothers and Sisters out there in all those civilizations. Zero-time transmission of thought. The new consciousness physics, finally, is emerging. Infinite skull TV. So far, the public's schools have not figured out how to turn off 19th century trivia and to turn on this 21st century machine so that it generates for each student all emotions and thoughts of 100% truth, 100% beauty and 100% goodness. Instead, our entire planetary culture has kept us ignorant of the single, simple fact that each of us is driven by this explosive neural magma. The way we all live Life together through TV never mentions the brain. The way we all dress in clothes

and eat food and talk to each other never refers back to that first cause of all these actions: our brains. Earth culture keeps us ignorant of our basic neurology. And such ignorance causes the machine to rust.

So you now are thinking with only 10% of your available brain power. You now are feeling happy with only 10% of your potential for unlimited ecstasy. You get up every Monday morning and go to your money job with only 10% of your enthusiasm and genius. And freedom. You understand your spiritual place on planet Earth in Universe with only 10% of your intelligence.

How Does This *Workbook* Work?

You now shall start to emancipate 100% of your “PIES”: your physical, intellectual, emotional and spiritual brain energies. You shall not do this by quitting your job and abandoning your family and escaping the city and joining some monastery atop some mumbo jumbo hillock to meditate a blank wall for 20 years in the hope of glimpsing enlightenment. Rather, you shall get your no-nonsense maturation quickly by means of the simple, clear, proven facts of science. Science now can teach you how your brain works and how you can control it into the ultimate cosmic orgasm. And you shall do this not as hard work, but as child play. At home. At work.

You shall complete your health/vision/work/career/freedom/Life into perfect happiness merely by doing the exercises in this *Workbook* a few minutes each day while following the Lifestyle you now choose.

Start by realizing that your brain is like a 10-cylinder car motor firing only one piston. How do you expect to drive to the top of your inner mountain with that wheezy jalopy? Let us lift the hood and study those 9 wires dangling from your genetic distributor cap and un-connected to your 9 un-energized spark plugs. Let us connect a few. You soon shall start to fire two pistons; three pistons; four. . . . Begin now by learning the easy names of just the primary parts of your brain and how they work in cooperation with each other and how you can control different cells to guide each organ into firing more pistons so that the entire engine works more harmoniously with the gross contraption of your Life. You shall learn to control your skull motor into perfect team spirit with Life and perfect happiness with Self. This text is your Owner’s Manual.

You shall learn the self-confidence and skill of guiding your own brain into ripe power and moral goodness. You will do this immediately by means of the step-by-step discoveries in the following first pages. These easy instructions teach you but one supreme fact about your brain:

It is automatic.

It is driven genetically by automatic DNA. It **wants** to grow up into complete truth, beauty and goodness. Only cultural mis-education has blocked the way. Only your lack of understanding the facts and potentials of your own brain has blocked the way to your final success and peace of being. All you must do now is a few mechanical manipulations of your thoughts. This will cause your cells, tissues and organs to flick reflexively into super brain.

Now, at long last, you are going to allow your Self to finish growing up from your competitive animal evolution so that you can communicate cooperatively with all other brains; with the stars. You now, finally, shall remove the inhibitors to growth which you learned in the nursery and in school. You now shall un-block your genetic drive so that it can re-start spontaneous self-circuiting into those 90% dormant cells, tissues and organs. You now shall wire up more and more of your neurons into greater and greater piston firings so your brain engine can zoom forward, automatically, into endless new discoveries revealing the free magics of Life. From this day onward, you shall unfold your unlimited new powers of feelings, thoughts and actions cumulating up to your perfectly functioning 10-cylinder earth motor purring magnificently into space rocket.

Why Should This *Workbook* Work?

Are you part of the living organism pulsing and growing toward perfection over its fiery molt and within its verdant biosphere: Earth?

Are you a living love of healthy hope helping to unify and harmonize our throbbing and breathing child surge beyond warly rebellious adolescent earth?

Are you a simple searcher who wants at-one-ment between all people on our soon to mature planet so that our home Milky Way Galaxy shall accept into final confederation our laughing Earth?

If so, Life believes in you with 100% faith. The lifeforce believes with 100% trust of the cosmic, genetic and neural energy facts that you can make it into transcendence and transmutation. Lifepower has written this *Workbook* (through someone's brain and fingers) to help you get that fulfillment for your Self. All you need do is follow the scientific facts and do the cookbook exercises. The brain is an automatic *Godly* mechanism. Merely click the click-switch and it shunts itself mechanically through its own dormancy to release its own infinity and eternity. Heaven on Earth. Lifelong growth.

Take the first step. Laugh. In love.

When Shall This *Workbook* Work?

Self Transcendence Workbook undermines your neurosis. The best way is to read it straight through and do the lessons in order. But this may be too much too soon. If so, just dip in wherever a title titillates. Each lesson is designed to give its good by itself. You then can create your own chain of linked homeworks into your own matrix tennis net of expanding understandings until you form your own lattice framework tool with which to dig into your brain pile of neurosis.

Every little bit you dig out collapses a little bit more of your prior confusions, pains and fears. Each day that you probe under your old bad learnings caves-in yet another part of your emotional depression disease. Eventually, your pickie pickie work here and there down the mineshaft of memory, along the drifts and slopes of childhood traumas and into the main tunnels of your total malformed personality will collapse the entire

massive massif mush of your neurosis to allow you to burst out and soar free into redemption and salvation up to the nebulae.

Yes. Dip into the *Workbook* here and there. Skim. Until courage ferment.

Work 20 minutes a day. Work in the morning when you wake with *voluptuous* glee, before the metallic dictator clangs and poisons your deliciousness. Work while driving the frolic freeway, zapping your rocketship between the comets. Work while ignoring the halloween masks on the bus and the gargle breaths on the subway. Work while doing your ordinary money making job and dancing around brain-blind mates and teasing grumpy boss (carefully, carefully). Work at home during bathtub duckie dunkin; during holy supper feast. Work before sleep.

At each twist and turn of your exploration you will feel tiny sluices of love. Small joys of insight. Growing slabs of wisdom. Large rumbles of growth. Keep picking away. Then, one mysterious day, your total neurosis will avalanche down and your total genetic intelligence will erupt up. Perfectly. Into total You.

The best part of self-therapy is that each day you feel better as you dig out each piece of old rotten neurosis. Each section of the *Workbook* is designed to guide you to shovel out different stinking hunks of your past miseducation so that the fresh, clean breeze of genetic healing can cure that one small part of your natural happiness. Instant gratification. Instant growth. Instant reward. A progressive gradient of sexy spiritual climaxes happens. Progressive emotional euphoria. And each rumble of revelation adds up to the final brainquake: transcendence.

Soh. Courage. You shall make it. Atonement with Life/Universe/God. Nirvana. Automatically.

“Hi God. Sorry I’m late. What’s fer lunch?”

Scientific Foundation Of This Text

Science is the method by which a fact is discovered. A fact is a thing which forces you to believe it is real: snow, fire. Reality is the integration of facts which invites you to discover the endless expansion of your brain intelligence out through the Lifeforce upon Earth to the stars, galaxies, Universe and God.

Science is the method by which the fact of the 90% dormant human brain was discovered. Science also is the method by which the fact of self-transcendence was discovered. With this technique, you can experience your infinite expansion out of your ego to the nebulae. To God. To eternity.

The science of brain self-control was developed at our dormant Brain R & D Lab from 1957 onward, with the cooperation of over 300 test students. Three controlled experiments were run to evolve the methodology. Experiment #1 was from 1957 to 1967 with 100 children within a spectrum of IQs and creativity quotients. Experiment #2 was from 1967 to 1977 with 100 young adults. Experiment #3 is from 1977 to 1987 with 100 older adults. In 1982, the final replicated proofs were converged and verified. The

self-transcendence technique was perfected. We now know how to teach any self-motivated individual precisely how to self-click his/her master click-switch, the amygdala organ, into automatic frontal lobes transcendence. The program drill now is routine. Mere administration. The drill is this *Workbook*.

Our three experiments were based upon standard scientific discoveries – as reported in several hundred professional journals – within the fields of astro-physics, geology, paleontology, anthropology, neurology and genetics. These journal citations, and the details of the three experiments, are described in detail in the parallel companion text to this *Workbook*: our *Mass Transcendence Guidebook*.

Within this comprehensive data base, we performed parametric experiments designed to test one factor and delete one factor. From those tests, the precision regimens of self-therapy, brain self-control and self-transcendence emerged.

In the human, genetically-driven brain, transcendence is automatic. Transcendence merely is the absence of neurosis. Transcendence is caused merely by self-therapizing and out-growing one's own neurosis. Once that process starts, the step-by-step acceleration of transcendence is caused merely by allowing the amygdala to click more and more into the dormant frontal lobes (your entire forehead). This causes nirvana.

The brain self-control method is democratic in the extreme. No cult brainwashing or religious big Daddy bonding or mass insanity suicide is possible. And the method is free. Each one teach one.

This *Workbook* is designed for anyone who has had at least one or two years of college mental discipline, not necessarily in science. The determined high school graduate also can work through it, but with more use of the dictionary to understand some of the words. For those who dropped out of high school, go to our easier, more simplified *Brain Self Control* text. It offers the same exercises herein, but streamlined and with less scientific background. For the functionally illiterate, we have our comic book: *Billy Brain and Betty Brain – Supermutants*. The BIFF-BAM-WHAM pictures and few words also can teach personal self-release of one's own dormant brain powers. And for the Ph.D. segment to complete the mass population circle, meticulously reasoned dissertations are being presented to professional journals. Thus is all of America being blanketed.

The point is this: Whether highly educated political thought leader or ordinary office worker or uneducated truck driver, every single, individual American needs exactly the same thing. Every person needs to be persuaded scientifically that all people on the planet can outgrow their adolescent temper tantrums trending toward Mother earth suicide. Every person needs to see scientifically that the critical mass of mutants is ingathering to form the Great Brain Learning Society. Every person needs to believe scientifically that Earth Wo/Man is on the verge of love-detonating our genetically routine brainbomb. After that, Earthbrain will be unified. Harmonized. Each of us will be able to communicate via zero-time transmission of thought with all other matured galactic planetary civilizations. Confederated skull TV will be more fun than murdering Ma.

What Is *Transcendence*?

Happiness is nothing more than self-releasing your 90% dormant brain into transcendence: into whole brain power.

Unhappiness is nothing more than enduring the pain of a 10% functioning brain. It is exactly like suffering the anguish of a 10% functioning car motor. Being unhappy is being aware that your genetic drive – your automatic growth energy – is pressing painfully against the closed circuits of your constipated meat that feels and thinks. The pain is caused when your consciousness grunts against the closed sphincter of your destiny, demanding to get out of the trap so as to soar free.

The ultimate goal of Life within all cultures throughout all history has been to achieve transcendence.

Transcendence merely is outgrowing neurosis.

Transcendence is caused merely by clicking the brain's master click-switch – the amygdala – forward to shunt electro-consciousness energy into the 1/3rd bulk of dormant frontal lobes (your entire forehead), thereby causing the ancient and venerable mystic enlightenment experience: “nirvana, satori, samadhi, kensho, moksha, Tao flow, kairos, vallhall, medicine vision, born again. Adamic child, I see God face-to-face.” This direct knowing of ultimate reality has been reported as valid experience by all religious mystics within all planetary cultures throughout every era of history.

Transcendence is the overwhelming emotion and intuitive knowledge of being finished with all confusions, pains and fears in this Life. No more suffering. Omnipotent love flows in as a constant torrent.

Transcendence is never again – ever – feeling the standard human gradient of 10 retrogressing emotions: boredom, loneliness, lovelessness, anxiety, melancholy, depression, meaninglessness, desperation, hopelessness, terror. Then, poof. You outgrow all physical, intellectual, emotional and spiritual sicknesses.

Transcendence is the automatic release of a new order of genius intelligence, astonishing creativity, natural immune system health, multiple orgasm, longevity, species cooperation to consensus action and ethical goodness helping all others to transcend.

Transcendence is a string of firecrackering synonyms. Happiness. Fulfillment. Peace of mind. Gladness. Contentment. Egolessness. Bliss. Passion. Cheerfulness. Radiance. Delectation. Enchantment. Success. Prosperity. Security. True love. At-one-ment. Perpetual beatitude. Daily euphoria. Ultimate meaning. Heaven on Earth. Paradise.

Transcendence dramatically changes your relationship with other people. You share reciprocal growth with soulmates in total trust and egoless love. You invent imaginative ways to motivate worthy friends so that you can teach them to rescue their own latent frontal lobes.

Transcendence causes a new form of social behavior wherein you feel an overwhelming desire to cooperate with blustery bosses and boffo bureaucrats. This inspires you to be inventively kind and creatively gentle as you communicate with those power authorities who always are self-defensive. You understand that they are self-defensive because they are 10%-brained pained; because they intuitively know they are untranscended; neurally incomplete. With this understanding, and with their own knowing, you persuade them to change their power actions. And their actions may be as prime as killing the planet with thermonuclear rockets. So you guide them into stopping their own stupidities by loving them as they never before have been loved.

Transcendence is the neurophysiological *Way* which is compatible with, and supplementary to, all other *Ways* of all other schools, religions, philosophies, ideologies, therapies and growth programs. It can be mass-multiplied through these *Ways*, merely by adding the facts of neurology to their beliefs and rituals.

Transcendence is your brain's genetic gift with which you can fly above the clouds, there to look down upon your daily trivia, to see forward to the ultimate horizon of your destiny. Thus do you adjust each second, minute, hour, day and year of your precious Life to live totally intense ecstasy and song and love the laugh and meaning within the tickling stars.

Transcendence is democratic in the extreme. And free.

Transcendence is the realization of your full human potential.

Transcendence is egoless fluency with the Godly Life force.

Transcendence is moral power.

Loving Legal Disclaimer

Beloved Brother/sister, let us hold hands and enter this bridge to your ultimate maturation with respect and affection. If, by chance, you feel this *Self Transcendence Workbook* triggers unbearable confusions, pains or fears while reading it, stop reading it. If you feel you are bringing up to conscious awareness traumatic memories which overwhelm your capacity to self-therapize and discharge them, go to a professional therapist. If you discover you are unable to take care of your Self freely, go to someone who is happy to take care of you, for money – lots of it: psychiatrist. If that, this *Workbook* is not for you.

The sad thing, Trustworthy Friend, is how many people in America have gone insane. They sue their neighbors, their relatives and their teachers simply because help is offered. The reason they bite the hand that feeds them is because their neuroses hurt so badly. They are angry at themselves and against Life for causing such constant pain. The real motivation for their attacks is because they feel embarrassed and guilty about not being able to control their own Lives. Hence, they turn that anger and guilt outward against others so as not to be forced to see the true mirror cause inward. Most

specifically (and irrationally), they strike against those who are trying to help them cure the ache.

Soh. Dear One. If your emotions become too unstable to continue reading this *Workbook*, do not sue us. Go see a shrink. Or a priest.

Knowing that, we herein, double sadly, protect our Selves from being sued by anyone who does not understand the magnificent magic of brain *self*-control; the gorgeous glory of *self*-therapy; the titillating tease of *self*-transcendence. Thus, any student pioneer who dares to pursue ultra being through continuing to read and follow this *Workbook* does so with informed consent. You hereby lovingly assume full responsibility for your own salvation of personality, voluptuousness of intelligence and awe of spiritual fulfillment. No one else can do it for you.

The contents herein are generalized discoveries and extrapolations for all humans. They are not intended as one-on-one, therapist-controlled therapy nor specific intervention into any person's personal problems of living Life zoomingly. The use of the word "you" is to the generalized audience, not to a specific person's neurosis or psychosis. How could it be otherwise, since this is being typed before the book is printed; before "you" specifically buy it and use it?

The simple fact, Sweetheart, is this: By reading and doing this book as an act of free will, you give up all sad notions of dragging us down off the wilderness mountain into wilder city court on the allegation charge of teaching malpractice. Or wrongful action. Or misstatement. Or omission. Or breach of duty. Or personal injury. Or dishonesty of intent. For the simple logic is this: If you don't like what you read, you do not have to read it. You do not have to do the suggested exercises. Better to place this text next to your toilet for final reciprocal farewell.

Know one thing, Darling: An emotionally unstable person who cannot comprehend the human potential and who cannot transcend into higher reality cannot claim these generalized ideas and methods – democratic in the extreme! – are the direct and unimpeachable cause of his/her personal breakdown into permanent lower reality. An emotionally stable person uses these guides as just that: guides. To freedom. To love.

All students who go through this program in city workshops or in residence on the mountain realize that the most fun in Life is to be self-responsible for one's own transfiguration. A teacher can only enfold you with warmth and adoration and wisdom and jokeiness and delight and wonder. And nutritious mountainman soup. For the entire point of today's last-chance, planet-terminal brain revolution is that each individual, democratically and freely, falls or rises to her/his *natural* level of growth into supreme intelligence. No outside person "causes" laziness or hustle; break-down or break-up; burnout or skipping to the stars. Only you do.

Soh relax, Unseen Soulmate. We want to give you only your Godly gift of fully transcended brain passion.

Kiss

T. D. Lingo

SECTION A

Instant Gratification Brain Growth

Your 90% dormant brain wants to give you immediate feelings of joyous surprize and intelligent freedom. Your 10% functioning brain can give you courageous intuitions and wise discoveries which self-circuit into your coming transcendence. Start by circuiting your brain into 11% action. Then grow into 12%, 13%. Then chain-react into whole brain power. The way to do this merely is to trust your Self. Merely trust your genetic intelligence. It will show you your step-by-step method. Merely play with the rapture of unfolding your own sleeping love of Life. This first section guides you gently and affectionately. You shall reveal to your Self those dormant energies of fulfillment which you always knew were there. Those latent powers of your brain patiently have been waiting for you to be ready to accept their free gifts. Soh. Are you now ready to grow up into your full mountaintop vision of happiness? If so, let us start by understanding the simple parts of your brain motor and how they interact. From this understanding you will learn to control them. From this control you will guide them to perform their optimum productions of emotions, thoughts and actions. To persuade you that these promises are true, this first section of the *Workbook* shows you how to get immediate increase in your euphoria, intelligence and creativity. And love. Go!!!!

Lesson 1

Build Up Your Ego Strength

Your ego is your instinct to not die. Your ego is your intuition to always choose the alternative emotion, thought or action which preserves your Life and to reject that which accelerates your confusion, pain, rot and Death. Your ego is your genetic drive to be survival of the fittest. You are alive today because every last one of your ancestors for the past few hundred million years made not a single ego Life/Death mistake until they could breed. Your ancestors all were successful. You were smart enough to choose only ancestors with healthy egos. They made only the proper choices because they knew they were destined to pump out the final utopia: You. Just think of all those other unhealthy egos who made improper choices. What shall your progeny say of You?

Modern culture destroys your ego by confusing you about your alternative emotions, thoughts and actions. Half of you wants to regress from the jungle of competition and hide and protect your Self. The other half wants to progress cooperatively into your 90% dormant brain. Now, you no longer shall be the indecisive jackass half way between the two nutritious hay piles who starves to death. You shall eat of both instincts, simultaneously. You shall protect your Self from those competitive parasites and predators who suck and weaken and eat your ego; who cause your neurosis. At the same time, you shall grow cooperatively forward and upward beyond neurosis and enemies. You shall get your ego's neural fulfillment into transcended egolessness.

But first, we must diagnose how much of your healthy ego instinct was crippled or destroyed by brain ignorant parents and culture. Whatever remains alive is like a spark in your cold campfire. It can be blown gently into Life, to re-ignite your dormant kindling, fuel and logs of desire. It can be resurrected to burn down and away the entire forest of dead tree enemies.

But wait. There is yet a first step to this first diagnosis. The diagnosis of "neggos" – negative memories and traumas and angers – is scary. So we will start with "possos": positive memories and loves of Self and laughters. This will motivate you right now to dive into the warm work of growing up – because it is fun.

Start with your belief in your Self. (We will capitalize Self so you begin thinking of him/her as a completely separate, different person: your mirror image whom you shall heal and create and dress-up and love until the two of you again become one.) Your cultural conditioning – the brainwashing which your parents, schools and mass media did into your skull – taught your Self not to believe in himself/herself. You were educated very carefully from gestation and birth to be competitive against your Self and against all other Selves. You were warped to be a self-defensive and counter-attacking animal, not an evolving mutant. Jackass between the alfalfa lunches.

Now you must reject that mis-education which blatantly accelerates your Self-confusions, growth-pains, neurosis-rots and premature Death. Allow your healthy ego (just like when you were a kid) to accept your Self and love your Self as you are at this very moment. Cast off the rigid mask and itchy armor of the Self which your mother and father want you to be; which your “friends” demand of you; which Madison Avenue advertizing is seducing into wanting to be. Embrace your naked, natural, free Self joyously just as you are now, body odor and pimples and quirky ways and all. Trust your Self. Trust your brain and body to contain all the necessary and excessively abundant redundant intelligence you need to get you back onto the right track of self-redemption and self-salvation which you had at birth and during childhood. Trust your innate wisdom of ego to re-start your growth toward terminal transcendence and the paradox of egolessness. For at the moment when Pa’s sperm obeyed the whistle from Ma’s ovum and they swapped 23 chromosomes (chromo: color; soma; body; color-stained blobs under the microscope) which build your toenails and fingernails and haircut. The joke is that most of them are dormant. Just like your mostly dormant brain, these sleeping energy triggers which cause your cells to multiply according to the cosmic blueprint building your somatic engine are waiting for you to wake up to wake them up. But don’t think about that when your angry alarm clock gooses you unintelligently to go to money instead of to mutation.

Your DNA genes are waiting for you to discover that you first must transcend your neurotic brain before you can understand how to flip on more of them into super growth. After transcendence, you will be able to read your genetic code directly; to select your next growth into your next brain-body maturation; into your next escalating rapture and wisdom. So just relax in the wry appreciation that your mostly torpid genic regulator has been waiting patiently for the last few million years until you were ready to accept its free gift of teaching. You now shall learn how to control your own growth into chain-reacting moral power and wisecracking Godly meaning.

Merely do not get confused by the fusty musty scientists who discovered and proved each of the following isolated, basic facts about your brain. Those scientists have their own neuroses to wrestle. So they never got around to putting all their scattered facts together into one unified system to get their own transcendences. In public discussion, those who are retarded adolescent rebels even go so far as to grumble and block your way toward your own growing up. They do this because they are jealous of what you are getting.

Soh. Relax. Believe in your Self. Just like you did when you were a frisky little pisher. Welcome the free offering of your “common sense” intelligence: your sub-threshold, unconscious intuitions. Accept the basic scientific facts, but go beyond them. Play the game of self-experimentation. Use your intuitions to integrate and harmonize these experimentally proven facts, then experiment further by taking the next step into your personal transcendence. Trust your intuitions. They are the way you know, clearly know, a fact beyond the facts of the scientists. Your intuitions are the tips of your icebergs of absolute neural and genetic intelligence. Your intuitions are the way you know the truth of your infinite phytoplasmic powers. Play the game of intuitions as you watch your neural and genetic intelligences rise like icebergs in the deep, dark sea of your culturally confused unconscious awareness. Be amazed as they poke their tips of direct communication into the sunshine of your personal intelligence – through your

intuitions. For know this: Your intuitions understand and use the next and the next higher spheres of your direct contact with inexhaustible cosmic intelligence. Accept your intuitive emotional insights as the start of your growth-trip to the galaxies.

1. Do you believe you have the right to love your Self just as you are this moment?
2. Do you believe you have the inalienable right to accept all the reserve intelligence already contained within your brain and body to grow you up to be all you can be in this one Lifetime?
3. Do you believe – truly believe – that your genetic intelligence loves you and wants you to grow up into perfect maturity, fulfillment, happiness and peace of Universe?
4. Do you believe – in the honesty of your crying child – that you have the full, genetically innate, automatic power to now release your own reserve intelligence? To tomorrow release your own 90% dormant brain? To next week release your own transcendence above the obfuscating scientific facts of competitive American culture preventing you from using those facts to improve that culture?
5. Do you believe – as flouncing youngster – that this game of growing up is gunna be funnnnn?

Lesson 2

Retrogress Into Your Total Ego

A child is pure ego suck. A child sucks total energy for Self in order to fulfill his/her genetic drive into total DNA growth and total brain power, terminating in nirvana. Parents, culture and society block this drive via toilet training, meaningless job conformity and insane killing war. The child grows into a blocked, unfulfilled adult dominated by Life confusion; by neurosis.

You now are going to retreat back into comprehensive child ego suck to discover where you got off the track to your guaranteed maturation. In the privacy of your skull, you shall enfold your Self with precious honesty. You now shall become again your child. Play uninhibitedly and wisely with the intuitive rightness of your Life. For merely by playing like a kooky kid, DNA causes your dormant brain circuits to re-start surging electro-consciousness energy forward toward the final networking of every cell, tissue and organ into perfect computation of your personal intelligence with genetic intelligency and cosmic intelligence.

Your personal intelligence will tell you which experiences during your now remembered childhood caused wrong connections in your brain; which caused right circuitings. From this proper understanding and comparison between how you did grow up and how you should have been grown up, you now shall start changing the wrong experiences into correct experiences. You now shall start releasing your bound energy of neurosis into free energy.

1. Put an overturned bucket over your head. Preferably emptied of water. Say but one word to your Self: "Me." Now say it again: "Mee." Now say it again: "Meee." Now repeat it over and over and over and over again: "Meeee. Meeeeee. Meeeeeee. Meeeeeee." The enclosed resonance and reverberation will persuade you with dramatic, shocking totality what your one and only point of concern shall be while you are doing this self-therapy.

Have a friend yell through the bucket wall all sorts of insulting cultural conformity questions. (Or do it yourself in your silent thoughts.) Have him/her shout questions which are supposed to make you feel guilty about being so egotistical. Have him/her holler challenges which are supposed to make you stop sucking only for yourself. Have him/her try to forbid you from completing this long frustrated child satisfaction. He/she will try to force you to return to doing what others want you to do with your Life:

"Who is the most important person in this whole world?" (Shout: "Me!")

"Who is the first person who gets first suck of everything?" ("Mee!")

"What about helping others?" ("Meee!")

“Why are you so childish?” (“Meeee!”)

“How do you expect anyone to like you when you are so disgustingly self-centered like this?!” (“Meeeeee!”)

“Who do you think you are playing this temper tantrum while there are people starving all around the world?!!” (“Meeeeeee!”)

“Where do you think your pig suck behavior is going to take you in this one and only chance at Life?!?” (“Meeeeeeee!”)

“When the hell are you going to grow up and stop acting like this spoiled brat so you can get married and stop thinking and go to a boring job and buy a 20-year mortgage house and breed neurotic shit diaper punks and get drunk and die spiritually?!?!”

“MEE!!!”

Become jackass-polarized between your phony cultural values, which say you are supposed to be “mature” and “cooperative” and “non-egotistical,” and your honestly intuitive knowing that you never have been allowed to grow up beyond your childhood confusions, pains and fears. Feel the terrible torque and tension between the absolutely wrong polarity. Break down into torrential tears. Cry out against this Lifelong mistake which has starved your spirit to the brink of Death. Break up into relieved rapture, now knowing you shall cure the polarity into global brain and transcending health.

2. Arrange your grand strategy for morning, afternoon and evening play along with your daily serious money job and family obligations. Plan this strategy into the daily tactics of PIES: physical, intellectual, emotional and spiritual things to do. Play intuitively. Play egotistically. Trust your intuitions to tell you which of the old, unsatisfied ego suck needs is next in line to be satisfied. Play with your train of garbage-filled and toy-filled memory boxcars. Express and satisfy the next boxcar. Dump out all the bits of memory junks and emotional slops and play with each to satiation. Gratify all the old things in your child ego which did not get indulged sufficiently back then when the boxcar first was being filled with wrong experiences and bad memories. Do not hurry the process. Stay with it for as long as it feels good and healthy. If possible, play naturally immediately after waking up, all morning. If you can, play all day. Play uninhibitedly, though wisely; safely. Play in pure ego.

Review all your prior ages and select one in childhood which feels good. Re-be that specific age. Spree all day at that age. Be that specific coagulation of physical strengths, intellectual creations, emotional beatitudes and spiritual soul soarings. Feel the bound energy of neurosis from that age releasing itself into free energy. Feel your entire brain filling up with free, raw energy.

With your fingertips, gently stroke the free energy forward. Gently guide the free energy forward toward your forehead. The entire front of your brain is dormant. Feel your forehead start to vibrate. To buzz. To popp. Feel your prow start to come awake; to be

energized. As your dormant front brain becomes energized, it chain-reacts. It releases still more pure, free energy.

Use all this newly created energy to increase your play. Revel in your new-found child play freedom. Up here, we neural nippers start our day in the profound silence of gazing Dawn Child birthing out of the Great Creation Plains of Kansas as if for the first time ever. Why don't you do the same as sunrise peeks between your high rises? Up here, we babes in the wilderness romp and gambol our mornings with Sam Gommowitz Ground Squirrel. Why don't you find your own squirrely pal down there and join us telepathically? Up here, we naifs of neurology skip through the forests of quaking aspen naked during the warm Injun Summer afternoons. Come. Inhale your harmonized physical, intellectual, emotional and spiritual essence. Hug a tree. Hug all the trees; all million of them. Find again the pristine love of your Self living Life out free and full in the weather under the stars.

Eventually, turn this inward love outward. Turn your ego-centered love of Self out toward your environment-centered love of others. Turn out into your Universe-centered love of the Lifeforce. Up here, we savages love Stanislaus Mouse and Calligula coyote. Even humans. Merely allow your child to transcend egoistic self-love into egoless love of those who cannot (yet) think and feel this way, as you do. This causes more consciousness to flow into your head. Merely finger-stroke your in-coming cosmic consciousness, playfully, forward into the front part of your brain: into transcended love.

3. Do you feel uncomfortable, resist and block against playing like a kid? Describe whatever blockages you may have which prevent you from playing uninhibitedly. Inventory each emotional and intellectual blockage to free expression of your child wonderment. Can your child still see, with ardor and profundity, the magic in each new disclosure of daily reality? Invent a way to melt lovingly each ice wall around your automatic genetic child curiosity, imagination and playfulness.

4. Inventory the remembered experiences caused by parents, culture and society which blocked your child's wildly free expression. Which of these dominant experiences caused you to break your spirit down into their conformity? Invent a play way to dissolve those bad memories judiciously. Plan an order of growth by which you systematically shall get each child derailment of genetic curiosity, imagination and playfulness back on track to personal Life-meaning fulfillment via play.

5. Discuss your intuitions. Using intuitions, discover which parts of your genetic drive of curiosity, imagination and playfulness are blocked. What would your Life now be like had your parents wholly understood and nurtured to the hilt your integrated genetic growth? (Shall you formally study the science of genetics to discover the true facts of this supreme drive of the Lifeforce to grow you up into cosmic intelligence?)

6. Age-looping. Loop your awareness into two ages at once: 10 and 20; 1 and 10; 20 and 200. Play with the luxurious euphoria of first discovering a new reality at the younger age. Next, connect this young joy with the intelligence of older-aged you. Meld the two into the truth, beauty and goodness of a higher reality.

7. Why is your pure child ego sucking of emotions, thoughts and behaviors good for your therapy? How can it be bad for inter-personal relationships? How shall you keep the two separate? How shall you find/create a soulmate with whom to share consciousness while playing this lesson together as one?
8. What differences do you feel when playing in primal nature as compared to playing in the city?
9. Play with the animals in primal nature. Play not as a human, but as a fellow critter. Discover your genetically innate animal telepathy. Remember: It is animal telepathy which causes flocks of birds and schools of fish to turn simultaneously; which guides individual superior males and females to mate with each other so as to mutate the species and evolve into higher Life forms. Talk with the animals. Nurture and develop, humbly and lovingly, your innate capacity to be cooperative, empathetic soulmate with members of other species. (This opens, energizes and reinforces the 2-inch layer of dormant glial cells under your cortex bark.)
10. What is the social consequence to a planet whose total population of individuals within the dominant species and whose total civilization have evolved from – and continue to be based upon – the sole behavior of child ego suck? How does such behavior apply to planet Earth? To America? To the Soviet Union? To China? What recommendations for changing behavior can you offer to individuals, groups, institutions and nations? How can you make these recommendations public and effective?

Lesson 3

Self-Belief. I Feel Good About Me.

Have you every yearned to re-be that beautiful, giggling child you once were? Stop reading this and close your eyes for a moment. Choose a good age. Re-see your delicate child Self back then. Re-feel the gush of rapturous emotions at that pure young age.

Do you ever feel the need to excrete the heaviness of your too adultish toughness and struggle? Would you like to live the good Life of simple trust and beloved sunniness which you had as an innocent kid? Do you still contain the murmuring desire to re-live your child Life in perpetual, meaningfilled simplicity?

You can, instantly, by way of self-controlled imaging.

Do this exercise once a day for 20 minutes. Sit quietly in a darkened room. Perhaps during lunch at your job place. Or out in the park. Lying stretched on the passion grass is better. Close your eyes and believe Believe BELIEVE: in your Self; in your power to heal your own hurts; in your power to re-be your own natural happiness.

1. I am regressing into my luscious imagination. I am slipping backward from my present weary age. I am sliding backward year by slowwww year. I am going back to an age in pimply adolescence or ice cream childhood when I was pure truth. I was pure beauty. I was pure goodness. I am creating the warm wide-eyed image of my Self at that age of delicious happiness. I see me physically. I understand me intellectually. I feel me emotionally. I spiral me spiritually. But I do not solely see me and understand me aat that age. I **am** me at that age. Touch. Now, let's play. Together. Adult and child.

2. I feel absolutely certain that I am good and that Life is good and that I and Life are one. We are magnificently the same; unified; in love. Now magic is happening. I no longer need to force my Self to think and imagine this thought and feel this feeling. It purely is **here**, without thought or feeling, just like it was when I was a precious kid. I **am** my kid. Hug.

3. I feel absolutely certain that my intelligence is unlimited. I can learn everything about everything to understand everything. Slowly but surely. I don't have to think about it or persuade my Self. It simply is so. I simply **know** it is true. My intuitions are my cosmic guides. Now that I believe in my own infinity, I am starting to feel expansive. I feel my intelligence starting to re-grow out toward the heavens. I am bubbling along in my skull flying saucer. Let's go up to the stars. We now are flying up the energy river of my natural child creativity. Hi, Big Dipper. Can I have a drink? I thank you for the drink with a promise. I promise that as soon as I come down from this spacey trip I shall discover and invent all sorts of surprizes for each of my dull adult actions each passionate day. And I also promise I shall say Hi to you each magical

night. I promise that from now on, each little thing I will do each day and each night will be turned upside down and inside out. Whimsically. Inventively. Adoringly. Like the child that I am. This exercise is giving me my milky meaning Meaning MEANING. And ecstasy. Gee, I'm glad I am MEEEEEE and alive in this stupendously growing Life!!!!

4. I am creating a new me in profound affection. I am discovering and building a new me in exciting vision. I am building my new me partly from what really happened back then and partly from new ways of being me that I now am giving to my earlier self. I can do this because I now understand and appreciate that I could have tasted greater purpose and unlimited glow in that limited Life when I was a little pooper. I now am re-birthing. I now am birthing my Self again into the full, true, beautiful, good me. I feel warm and wet and well. (Well, I shouldn't have gone **that** far in this game: peeing in my pants!)

5. I feel my contact with the totally mysterious Universe open and expand. I feel this happening through my "third eye" between my two old eyes. I am looking at those two old eyes now looking cross-goggled and surprized at this new stranger who always was there. I feel the front part of my brain balloon out. I feel it flow out of this galaxy under my own perfect control. Bye, Big Dipper. We're gonna see what's out there. I now feel boundless, unconditional love pouring into me and my Life from all of this Universe. I feel sacred love. I feel God's love. I feel God. Tickle tickle.

6. Now I'm coming back to Earth. Now I'm on Earth. Now I'm here. But now I feel different. I feel unconditional, unlimited, divine love pouring out of me. I am pouring pure love into every flower, animal, tree and cloud. I feel the sacrament of love squirting out into other people. I love other people. I love not only those who understand me, but those who do not understand me. I am in precious contact and cascade within the Universal Life force. Indeed, pure love. Now I feel an impulse to share this feeling of consciousness expansion. I feel the desire to share this feeling-knowing of religious at-one-ment with a soulmate. I feel I now can receive this same kind of consciousness radiation from a soulmate. I feel I now can share one consciousness with a soulmate in love so we both can tumble doubly out to God's love.

7. I feel eternal youth. I am eternal youth. I am genuinely spontaneous and enthusiastic within each skin wrinkle, fat bunching, lung wheeze and bed ache of my honestly aging body. For my brain is getting younger and younger; more and more child simple. My brain is self-circuiting automatically into its dormant cells, tissues and organs. True wisdom is happening. It is coming from my feeling of harmony between all those cells. With this wisdom, I no longer shall fear Death. I shall welcome Death as the rightful, endearing, interestinggggg conclusion to my well-lived, fully-lived brain Life. I winkingly look forward to my final comfy sleep so I can wake up on the other side in my next Life at the next higher plane of reincarnation. Above ego. Me. Thee. Wheee.

8. I now am expressing my Self fully and freely. I now am transcended (temporarily) above my daily adult confusions, pains and fears; above my daily adult guilts, shames and blockages. I now am expressing my child Self minutely and uninhibitedly in any way and every way my needs and intuitions demand: yelling, screaming, crying, laughing, singing, dancing, gazing, wondering, thinking, knowing, speaking, awing. (If I can't do this at my money job place, I will wait until I get home into

the tub with my more understanding and more compassionate rubber duckie. If I can't do this at home because of paper-thin walls in my apartment and the gleeful neighbors yearning to call the cops, I will wait until I get out to my secret patch of primal nature on the weekends. But best of all are my yells in the hushed wilderness privacy atop a mountain.) I am total me – not what Mother, Father and others wanted me to be. Yell.

9. I now feel 100% self-confident in 1% of my still sleeping brain. Tomorrow I shall feel 100% self-confident within 2% of my awakening brain. I am rising free from my neurosis. The day after, I shall feel my freedom spread to 3% of my hat-holding-up lump. Then 4%, 5%, 6%. One day soon, my gorgeous cerebral seed will popp open like popp corn into automatic nirvana transcendence. This will happen when 51% of the sludge inhibiting my natural genetic growth has been swabbed out.

10. I am beginning to open my eyes. I am ready to come back down to lower reality. Once I open my eyes and re-see lower reality, I shall be transformed. I shall be, simultaneously, my younger Self and my older Self. My younger Self will be exulting gloriously in the memory of my higher mountaintop reality while my older Self is wrestling, and laughing, with the bearish problems of lower reality. I shall be, simultaneously, my younger/older Self while communicating with neurotic people, boring job, spiritually suffocating workmates, insensitive boss, competitive economy and insane world events. My kid and I shall change all these negatives to their polar positives.

Write down in your *Brain Journal* each experience you have with this exercise. Stay with this task of breaking loose from entropic conformity until your child spirit can fly freely. But caution. Hate makes waste.

Lesson 4

Child Playsie Funsie Gamsie

Play is your supreme motivation to release your 90% dormant brain into whole brain power. Play is your easiest motivation and easiest way to explore your neurosis so as to discover fun techniques to release it into more pure play energy. Play is your quickest methodology to start and complete your self-therapy so that your bound energy of neurosis can be released into free energy, thereby allowing your free energy to circuit forward into your 90% dormant mischief meat.

Philosophy Of Play

Child play is the form of human behavior which is 100% uninhibited because it is 100% trusting of the Lifeforce and 100% honest in searching for the way to harmonize personal intelligence with genetic intelligence.

Child play is the emotion of human perfection which is 100% real because it is 100% love of Self growing naturally into Life upon Earth within Universe.

Child play is the spiritual completion of personal ego expanding egolessly out to others in order to discover the intuitively felt potential of all humans to love each other with 100% trust and honesty.

Neurology Of Play

Child play fun is the brain's way of motivating the neurotic cripple to try one more time to discover the precise method with which any individual can self-circuit into the dormant re-birth phenomenon, which happens automatically via play. Child play fun is your DNA's way of seducing your entropy of neurosis so that it transforms itself into the energy of transcendence, thereby re-energizing and re-starting the automatic drive of deoxyribo-nucleic acid molecules forcing the brain to complete its self-circuiting into total neural perception and communication with cosmic intelligence.

Child play fun is the Lifeforce's way of loving competitive consciousness (which was necessary to survive and evolve over the millions of years) into becoming cooperative consciousness which is pre-requisite to learning the true, unified motive of DNA brain and Universe.

Goofyology Of Play

Child playsie funsie gamsie is the laughing method by which the science of self-experimentation discovers the painless way to perform perfect self-therapy and ecstatic self-transcendence for all Earthlings.

Child playsie funsie gamsie is the crying technique with which you discover the pain of your repressed adult, adolescent, child and infant trauma memories so as to release them from sub-threshold awareness and to discharge them to true forgetfulness.

Child playsie funsie gamsie is the holy awe gimmick which cosmic intelligence and genetic intelligence have conspired to invent to trick your personal intelligence out of wearing its lead suit. You wear this suit of heavy depression while you are swimming over the ocean of consciousness. Play causes you to stop atop a whale and undress. Play next causes you to fly naked on wings of trust up into the sunshine of Life love and on to the stars of universal sisterhood and brotherhood. And childhood.

OK, Let's Get Serious

Blocked child blocks brain. It's that simple. When your child's self-confidence first was blocked by a first slap, a first insult or a first injury, your genetic drive toward totally free expression was blocked. Your genetic energy was stopped behind a dam of confusion, pain or/and fear. The dam was an automatically negative defense reflex within your Life-driven, Life-loving brain cells. Your confused child learned caution and stopped playing so spontaneously and so uninhibitedly with that part of positive Life. Your pained child stopped growing into the unlimited, free gifts of his/her genetic code. This sudden and unexpected attack from parents or/and environment caused your child to be traumatized and blocked.

Like your thousands of ancestors who built cave fires and house walls against unwanted intruders, your brain automatically built your defense behaviors to block this starkly confusing attack against your innate infant goodness and child integrity. You built your first defense wall of memory, value and attitude against this fully painful hurt. The hurt was doubly hurtful because it was inflicted upon you by those whom you trusted. You thought they loved you. They injured you. Because of this first trauma, and all the others which later jelled onto it, everything in your Life slowly or suddenly turned backward against Life. Your brain circuit click-switches began clicking off. Your brain began being "dormant."

All children are born genius. Parental ignorance clicks it off.

At birth, everything in Life is driven forward by genetic intelligence toward totally undormant brain. Then blockages happen. Thus, the fittest individuals are those who learn to keep their genetic drives going forward, partially, in spite of traumas. At adolescence, they evolve into discovering, accidentally, how to circuit into more and more of their neural loops which were clicked off into dormancy during childhood.

You now shall discover, scientifically, how to circuit into all of your dormant brain. The way you shall do this is by means of dissolving the dam which holds back your genetic energy. The ice dam freezes -- binds up -- your natural genetic energy into bound energy of neurosis. You shall melt your bound energies of neurosis into free energies. The free energies will accumulate in your master click-switch: an organ in your brain called the "amygdala." Your amygdala will click forward. This will open the gate to your first major reservoir of dormant power: the one-third bulk of your frontal lobes. They also are dormant. This pair of organs occupy your entire forehead. Once opened,

electro-consciousness energy will flood into your frontal lobes automatically. When this happens, you will experience the transcendence phenomenon.

The way to start un-blocking your dammed-up brain is to re-start child play. By again playing as child -- while auto driving, while on bus or subway, while at your money earning job, at home -- you automatically re-build your self-confidence. You automatically release your motivation to learn your brain and liberate your full genic potential. You automatically re-discover your love of Self and love of Life. Your brain then automatically self-circuits into its dormant parts. Thereafter, you have to do no more. Genetic drive does the rest for you. Automatically. You totally are motivated to do the work of completing your self-therapy and self-transcendence.

Once child play re-starts your stopped genetic drive, genetic intelligence communicates directly and blatantly with your personal intelligence. Your personal intelligence wakes up from its too-long sleep of cultural conformity and starts doing all the right things to keep your genetic drive going and accelerating toward frontal lobes breakthrough. You just naturally understand the mine tunnel trap you are escaping. You just naturally understand the mountaintop freedom you are achieving. You just naturally are motivated to keep doing the work -- because the work now is play.

And once you start doing the deepest self-therapy down into the deepest drifts and slopes of your repressed infant trauma memories, even that will be child playsie funsie gamsie. For even the dentist drilling down into his/her own neurosis cavity is intrigued utterly with the curious joy of the pain. Such pain is bearable because of two titillating things. First, it promises to be cleaned out and healed over so nevermore shall it poison the emotions. But secondly, while each drilling is just starting, it is one thing more than any other thing in your Life: interresssstinnnnngggggggggg.

Here's How You Do It

Unblocked child unblocks brain. It's still that simple. When your child's self-confidence is unblocked by play fun games, your genetic drive is unblocked, automatically. Your genetic energy melts and leaks around and over and through the ice dam of your neurotic defenses. You re-start playing with Life: with a flower, fly, forest. You re-start your growth into more hot Life. You come out from behind your sub-threshold, unconscious defenses -- cautiously -- to play with these intruders who caused you to build your emotional defenses. You play with your adult memories of the adult friends who betrayed you. You play with your adolescent memories of the adolescent soulmates who hurt you. You play with the child memories of your kid being confused and fear-filled by Father. You play with the infant memories of your cherub being pained by Mother.

You unblock your negative memories, behaviors, attitudes and values via play and re-build them into positive memories, behaviors, attitudes and values. You unblock your entire Life from conception, gestation and birth up through infancy, childhood and adolescence. Then you re-birth your Life. Frontal lobes transcendence. You re-build your Life. Whole brain powered creativity. Life's perfect artform: Thee.

All via play.

Simple.

Start Doing It

Start gently. Like love, start gently. The first kiss. Gently. Your child has been frightened too deeply for too long to again trust any new ideology which promises nirvana and utopia too soon. Once burnt, twice shy. Start to get back in touch with your child not through vigorous playing of games, but through quiet. Re-experience your child's genetically innate wonder and awe. Quietly. Watch clouds. Study an ant hill. Take apart a flutterby. This is the gentlest and most loving way to open your circuit back to your child memories from which your repressed traumas soon shall emerge to be cleaned.

As soon as your child play re-starts naturally, become more vigorous. Become more uninhibited. Look at the world upside down through your spread legs. Split. Climb a tree. Pee. Roll down a grass slope. Yell a yodel. Duet your mountain echo. Get the idee? The more free flowing your child play, the more you relax your defenses, the more your mine-deep traumas relax and rise gassily to be self-therapized.

The more you play unselfconsciously -- in the lusciousness of love and Life -- the more you remind your child that there were fun times as well as ache times back then. This further relaxes the torque of your unconscious memory library and further releases your tension. For it simply is this tension in your brain cells which causes you to be afraid to grow up.

Keep Doing It Kid!

Harmonize your clean child energy with whatever clean energy you can find in the city. Play with a lawn, a tree, a cat, a sparrow. Play with your alarm clock, your toilet, your car, your neighborhood. Play with morning crush hour traffic, with your wry job, with your job mates, with your suspiciously watching boss (carefully, carefully). Play with your family, with your inter-personal stressors, with your philosophy of existence. In short, play with Life.

If possible, retreat periodically away from the artificial city, from the un-natural entropy. Retreat to primal nature. Natural energy. Solitude in a log cabin. Harmonize your clean child energy with the clean energy of the mountains, the sea, the plains, the rivers, lakes meadows. Play with the deer and hawks and the splattered celestial dome. Kid talk to them, with them. Talk out loud. Or just motor grumble-rumble. Or just quietly murmur in your head. Or just understand everything silently in your soul.

In split paradox, allow your frozen adult to observe your liquid kid talking or not talking. Observe your elegant child playing so as to discover intellectually the deeper therapeutic function of this play method. Intellectually observe how your twinkling child puts you in touch with your pure, deep love, joy and meaning within the Lifeforce; within cosmic consciousness. Later on in this *Workbook* as you learn neurophysiology, observe how different organs click off inhibitors and click on enthusiasms. Observe how

your brain automatically shifts from left-hemisphere verbal thinking to right-hemisphere non-verbal being: artistic emotion flow.

And after that, once you learn still more of your brain parts and how to control them, you will return to this lesson and play around with clicking your amygdala into your right-hemisphere and then gently massaging your consciousness with fingertips up into your right frontal lobe. This is the shortcut to nirvana.

1. Start play therapy by writing an essay to your Self. Explain why you want to re-start your spontaneous play joy. Analyze why you believe this is the quickest way to release your full brain potential. By writing out your hidden, unconscious thoughts and feelings onto tattle-tale paper, you polarize your opposing, conflicting attitudes. You separate and straighten out into clear understanding the individual strands of culturally cooked spaghetti which are your mind. You simplify into simple action the can of worms in your skull. By writing out your confusions, you galvanize at one pole of your comprehension all of your culturally conditioned values and attitudes which say that play is not for adults. At the other pole, you gather all your reasonings magnetized by your genetic intuitions and instincts. These are the ones which demand that play also is for adults (enthusiastic kid play, not that rigid stuff of bowling and golf).

2. Play as a natural part of everything you do: sleeping, waking, urinating, eating, defecating, working, loving, being. Do not compartmentalize play as something you do only when you specifically think of it or when you make an appointment in your schedule book to do it. You do not make a conscious decision to breathe or beat your heart. So too with play. Blandly do it when it feels right to do it. Play cuddle while sleeping. Play newborn infant oohing and ah-hing upon rebirth each morn, seeing wiggie fingies and big wall and shiney thing out the window and churney live cloud for the first time, ever. Play fire hose onto glaze bowl; bomber bombing ocean. Play love war with munnie job.

3. Accumulate a treasury of toys. Select each toy as a special treasure of emotional wealth. Re-get those magic toys which you remember from your childhood enchantments. Create those tough toys which give deeper and wider meanings to your adolescence; adulthood. Make secret message toys out of the most mundane, public material objects: your car, your job machine, your job tools, your conformity clothing, your silly money, your sillier bank, your supermarket food, explosive house, grumpy neighborhood, smoggy city. Use each toy to evoke an automatic response which causes you to play with it in a free-form or repetitively ritualistic way. By so bumping into each of these toys at unexpected moments, you will be forced to stop being so damn adult serious. You will be enticed to continue being your yummm child clown. Indeed, play with each part of each day.

4. Defend your child Self. As part of your gorgeous play, defend your child's identity/dignity/integrity from those necrophiles and killer apes who reflexively ridicule your adult wisdom guiding you to play with everything in Life. As an integral strategy of your play, create childishly clever defenses and wickedly imaginative tricks and spectacularly unsuspectable camouflages which shield your kid play from the acid comments and murderous actions of those who no longer can learn the succulent joy of

continuous daily jollification as pre-requisite to surviving, evolving and mutating into brain cell genius.

5. Extend your child Self. As part of your gusto good times, extend your child's identity/dignity/nobility into those biophiles and searchers who slyly recognize your adult loveableness. Play with them. As a courageous tactic of your mature sport, create subtle stimuli and teasing tests and bashing baits which push your peewee play into others; which penetrate into the hungry and yearning neuroses of those who still want to learn your bawdy rapture by playing -- gently and carefully at first – with you.

Tough Play

Once you have started this mechanical technique to re-start your organic child play, and if you are ready for this next leap forward, start doing direct play therapy. Drill down into the cavities of your anti-play neurosis. Discover and cure those negative experience toxins which poison your ability to play more freely. Drill down and spout out the reasons why your play still is mechanical, neurotic, frightened.

1. What are the blocks between your adult awareness and your child's need to play with Self/Life/Universe? When and how did you lose your self-confidence to play with your Self/Life/Cosmos as pure child in divine love with the whole mishmash of being alive? What parts of that self-confidence were not quashed? How can you bring up those still-alive parts of your child self-confidence into full power via adult logic, adolescent willpower and child play?

2. What is your child's special, magical play name?

3. What freedoms of self-expression were blocked in your child? What freedoms of child's self-expression are blocked by the city? What freedoms of child self-expression can you re-discover and re-expand uniquely in primal nature?

4. Inventory the memories of your child's wonders and awes when you first discovered the blossoming of new emotional feelings and intellectual insights relating Self to Life and Universe. Re-live each moment.

5. Define love. Inventory the memories in childhood when you felt overwhelming, total, unconditional, holy love. Beside receiving it, were you capable of giving it? Are you now capable of giving it? Of receiving it? Back then, your love was more than mere infantile narcissistic suck. Describe. And now? What is the relationship of your child's love history to your current capacity to give and receive mature adult love?

6. Do you remember the first time you looked at a flower, animal, tree or sky with total, pure infantile love? Cosmic at-one-ment love? Where did the power go? Do it again. Forever. Describe how. Teach someone else.

7. Lay on your back and just watch the colossal cloud comfort. Contemplate the whispering stars. Why is this therapeutic? How does this nurture transcendence?
8. Turn off your (left-hemisphere) verbal intellect. Just stop talking. Just stop thinking about talking. Just stop thinking about thinking. Turn on your (right-hemisphere) non-verbal artistic child cosmic flow. You do this merely by playing and feeling like a child. (That automatically clicks your amygdala click-switch into your right-hemisphere.) Now focus on a flower, animal, tree, cloud. Describe this different way of perceiving and communicating with reality. How can you build this mechanism into a daily regimen? How can you build this regimen into your daily, workaday Life? Invent a "Be Here Now" game which stops your verbal intelligence to concentrate your non-verbal, child gliding, love awareness on a single thing or event during your normal job-doing day.
9. Describe your self-confidence and power drive toward child love of Life which says, "I WANT it! I CAN do it!! I SHALL get it!!!"
10. What next question should you ask your Self about this lesson?

More Pure Right Hemisphere Plays

1. Bild the neetest lean-to with all kinda secret hidin places.
2. Didja ever crawl down a mountain? Walk backerds?
3. Sing a song to a tree and tellum all bout Mommie an' Daddie.
4. Dance a tree.
5. Have a innalectchul diskussion with a tree.
6. Sculpt a tree.
7. Sculpt poopie.
8. Dig a hole.
9. Bugs. Pullem apart. What makes 'em wiggle?
10. Make a doll from sticks an grass an flowers.
11. Bild a treehouse. Bild a ground hut.
12. Play hidengoseek. Kick the can. Baby inna hole. Capture the flag.
13. Make a rock and log fort to fight off the Injuns.
14. Make a Injun teepee to pray off the sojers.
15. Play Mountain Man an Mountain woman round the campfire.
16. Bary a message in a jar with secret stuff from your pocket.
17. Sail stick boats. In pee puddle.
18. Make up words, names, yells, gurgles, snuffels, pipples & popps.
19. Make up rituals for each part of each day of each week.
20. Make up a song for each ritual.
21. Make off like you are sumbuddy from history and be him/her all day.
22. Eat like a liddle kid.
23. Sleep like a liddle kid.
24. Wakeup like a liddle kid.
25. Ask sumbuddy if s/he wantsta be your playmate.
26. Make up new games together.
27. Go fer a Beauty Walk together holdin hands & ooohing & ahhhing.
- 28.
- 29.
- 30.
- 31.
- 32.
- 119.
- 2,833.

Get the idee??

Lesson 5

Who Am I?

1. Write down all the good things about your Self. List all the worthy parts of your body and personality which give happiness to you and to others. Inventory your PIES: your physical, intellectual, emotional and spiritual virtues. You are a precious Life.
2. Physically, start with your toes and work up to your scalp. Write down each and every true, beautiful and pleasant part of your body. (Leave out all negative comments. We will get to these later when we will change them to positive assets.) By so placing on paper in one place all your positive qualities, you are building your self-confidence. You are building your belief that you are a worthy human bean, just as you are right now. You are taking the first step of many onto the up-trail of your inner identity mountain. You will climb this mountain of identity, dignity and integrity to the top. At the top, above the acid clouds of lower reality, you shall see higher reality. By so climbing the mountain of facts which define your identity, you are rising above the negative ideas and images about your valuable Self which you picked up from parents and teachers since childhood. Later, this will give you the courage to confront and change those truly negative parts of your Self which are blocking you from 100% brain power. Crossing this frontier, you are a daring pioneer.
3. Inventory your intellectual excellences. Start with the fact that you are smart enough to not die. Inventory your emotional finenesses. You are enthused enough to save your own Life and grow into glee.
4. Inventory your healthy spiritual yearnings and growths toward fulfillment within the Lifeforce. You are wise enough to know there is more to living than mere conformity and sucking of material wealth.
5. From these now visible facts jelled out of your mushy brain and onto solid paper, write a comprehensive essay. Tell your Self how that magnificence of "Me!" now is motivating you to finish this entire *Workbook*.

Lesson 6

Play Adult Love

Love is the supreme emotion which harmonizes the 90% dormant brain so that genetic intelligence can re-start (from blocked childhood) probing forward to connect more unconnected cells, tissues and organs with each other. Love smoothes out the negative emotions of distrust and anger so the positive energy of growth can re-start probing and discovering the next connections between cells which then compute higher intelligence: transcended love. Love feels better than boredom or hate while you are learning to be more intelligent about releasing your dormant brain into higher reality.

1. Play the love game. Play it any time you have a few minutes free and feel like amusing your Self. Play the love game while driving, on the bus or subway, during your money job, at the store, at home; anywhere.
2. Play pretend. Imagination. Fantasy. Phantastique. Pretend you are 100% distrustful. Angry. Hate-filled. Self-defensive. Counter-attacking. This automatically causes the electricity in your brain -- and your consciousness -- to slosh into the back base of the meat (where your skull bone ends). This is the place where all self-defense and counter-attack behaviors are computed automatically. This is the place where you will start your back-stroke to throw your electro-consciousness energy forward more powerfully. Imagine you are throwing a stone forward by first moving your arm backward, then snapping it forward. The back-stroke gives momentum to the forward-stroke.
3. Fling your electro-consciousness energy forward into your frontal lobes. To repeat, your frontal lobes occupy the space of your entire forehead. Your frontal lobes take up the entire 1/3rd forward bulk of your brain. They are dormant. They are the computers of transcendence love.
4. By play-flinging your consciousness from the back base of your brain into your frontal lobes, you shoot a bolt of lightning into those sleeping love monsters. Like Frankenstein, they awaken. But unlike the movie ghoul, they do not want to kill. The kill instinct is computed by the back base of the brain. If you saw the old timey 1930 movie, you remember that when the monster first came to Life, he wanted love. But ignorant, fear-filled peasants forced him to defend himself against their counter-attacks. So too you. Your Frankenstein frontal lobes want love. But ignorant, fear-polluted American culture forces you to defend your Self against daily counter-attacks at home, on the roads, at your job and in the supermarket. Merely understand that your dormant frontal lobes are the automatic computers of cooperative consciousness, inter-personal love euphoria and cosmic communication with other planets.
5. After the lightning bolt awakens your frontal lobes -- partially and temporarily - - play love re-actions and pro-actions with everything, person and idea coming into your

vision. Either silently inside your head, or spoken externally -- or yelled while driving alone -- feel and think and express the positive, cooperative, loving inter-action between your Self and that other thing, person or idea.

6. Express your love re-action or pro-action gently at first. Remember: Americans are trained from infancy to flow their electro-consciousness energy primarily into the back base of their brains. This back base of the human brain is called the "reptile brain." It computes no emotions. It computes only cold self-defense and counter-attack behaviors against all other individuals. It creates self-defensive Frankenstein versus counter-attacking Frankenstein. So. The average person on the street will not understand your unexpected and "threatening" gush of frontal lobes love if it comes out too strong too soon. The average American will not believe your love pro-action and will trigger a skeptical re-action against it; will become reptilian defensive against it; will counter-attack against it. Hence, caution. Play gently at first. Experiment. Learn. Laugh. Then press down on your brain motor gas pedal.

7. As you learn progressively how and when to express the love game more and more honestly, feel the reciprocal cooperation and affection which comes from some of the people whom you zapp with your Frankenstein-Lovenstein energy bolt. Smile lovingly at the driver of the car next to yours waiting at the stop light. Feel the love force flowing between your frontal lobes and his/her frontal lobes. Feel the telepathic understanding of human at-one-ment which squishes automatically between you two. Feel the potential for transcending all hostility, crime, violence and war between all people suffering the pain of ignorance in their 90% dormant brains. Then feel your frontals slam shut. The light turns. Horns honk. Feel the overwhelming entropy of competitive society force you back into yourself-defense and counter-attack behavior. Feel you and him/her suddenly become killer apes against each other as the traffic light changes from red to green. Your toy autos become army tanks zooming to the orgasm of war. Observe this same click from love to hate as the boss gets cranky because of pressure from his/her boss; as the supermarket line gets longer and slower; as your soulmate's ego rots back into reptile brain sucking only for Self.

8. As you play the love game more and more, feel how the spontaneity of it and the enthusiasm of it become more and more natural. Feel how the sensitivity of it and the wonder of it become more and more exciting. Feel how the awe and holiness of it grow more astonishing. This proves you are opening more dormant wires into your now-awakening frontal lobes. This proves you are linking more cells from the active parts of your brain with more cells in your formerly passive parts. And all these circuits are in-gathering into your frontal lobes. Feel the tingling there. Buzzing. Clicks. Pops. And remember that practice makes perfect. The more you play the love game, the more you self-circuit into your latent frontal lobes, the more you feel rapture in learning to live Life luxuriously, the more you are preparing your Self for ultimate transcendence.

9. The more you play the love game, the more your cells throughout your entire brain re-compute the cosmic consciousness (coming in from Universe) into cooperative consciousness. The more cooperative consciousness flowing between all your cells, tissues and organs -- and even through your now quieted and smiling reptile brain -- the sooner you signal the genetic intelligence within the molecules of each cell

that you now are ready to be given the next discovery of evolution into your total brain power. Magic happens. Completely new emotions of happiness begin to trickle into your awareness at the least expected moments -- like when you are in a crowded elevator and a child farts. When Life natural things happen, as they did when you were a kid, you spontaneously re-act with love, not reptilian disgust. Or like when you are arguing sourly with somebody, defending your Self, and suddenly: Click! You silently reach out and huggg. You suddenly feel just natural and just right and just holy, allowing your competitive consciousness to be overloved by cooperative cosmic consciousness. You allow your natural compassion to sluice an ocean tide of love from your now tingling frontal lobes into his/her frozen, but thawing, frontals. Shared nirvana. After such sharing of euphoria, a totally new intelligence of genius begins to pour into your rusty personal intelligence. You begin to solve ordinary old problems in lusciously new creative ways. Totally free behaviors of whimsey begin to nudge into your culturally conditioned robot motions. Your formerly unfeeling and unthinking stupidities - - which retrogressed your brain into permanent reptilian meaninglessness -- begin to spray forward into more frontal lobes love. Totally natural transcendence into normal "paranormal" powers of telepathy and clairvoyance and telekinesis happens.

10. Teach a soulmate. Each one teach one. USA & USSR. Cause an arithmetic progression of linking your dormant cells into action with the dormant cells of other people: 1, 2, 3, 4, 5.... Cause a population geometric progression: 1, 2, 4, 8, 16.... An exponential branching chain-reaction: 1, 2, 4, 16, 256, 65,536.... Create Earth's natural genetic moral brainbomb.

Lesson 7

Harmonizing With Lovely Genetic Intelligence

Lay on your back atop a night mountain and look through the thin crystal atmosphere at the stunningly brilliant stars. Ask, "Why?"

Universe is composed of but 5 elements: space, time energy, matter and consciousness. The acronym to remember this formula is STEM-C. (Throughout this *Workbook*, playful acronyms will be given in parentheses for you to use, or not use, in your evolving personal neural jargon. They condense a matrix of key words into quick memory gimmicks which help unlock your brain. Acronyms will not, however, be repeated and forced upon you as formal elements within the text logic.)

Cosmic consciousness is universal. It is everywhere. It spreads uniformly, like an ocean, throughout Universe. It creates space, time, energy and matter. It is created by the Creator. Cosmic consciousness creates energy which creates sub-atomic particles which create electrons and protons which create atoms which create molecules of deoxyribonucleic acid which created your mother's ovum and your father's sperm which created you. Cosmic consciousness enters your brain through a pinpoint of tissue at the back base where your brain joins your spine. You can feel it at the back bottom of your skull just where the bone ends. The pinpoint of tissue is located within an organ called the reticular activating formation. This pinpoint of cells forms your consciousness click-switch. The click-switch clicks off when you sleep, during anesthesia, during fainting and during coma. The click-switch clicks on when you awaken from sleep in the morning, either abusively from the vulgar alarm or luxuriously with singing hummingbird licking nosetip.

Your brain is an empty barrel at the bottom of the consciousnesses. The click-switch spigot lets in the goody.

Once your consciousness click-switch is clicked on, neutral valenced cosmic consciousness enters your brain to be re-computed either into negative valenced competitive consciousness or into positive valenced cooperative consciousness. The competitive consciousness is generated by the lowest part of your brain, the so-called reptilian brain. At that first location, the competitive consciousness next is re-computed into self-defense and counter-attack behaviors. These are the actions which allowed your successful ancestors to survive the jungle and to evolve into technological society. So don't knock it. Without competitive consciousness and competitive behaviors, you wouldn't be here; you wouldn't last a minute during the shark feeding frenzy of driving on the freeway during morning rush hour traffic. But such aggressive impulses now are obsolete since the ancestral cudgel to bash saber-toothed tigers has transmogrified into an inter-continental ballistic missile. Fortunately, the kill instinct created by the reptilian

core of the brain can be transcended by circuiting in-coming cosmic consciousness fully into the dormant frontal lobes.

When you allow cosmic consciousness to move forward into your forehead frontal lobes, it is re-computed automatically into cooperative consciousness. Cooperative consciousness then is re-computed into emotions of love, thoughts of genius and actions of helping others mature into this next stage of common evolution.

Cosmic consciousness is the carrier wave upon which rides cosmic intelligence. Cosmic consciousness is like the flowing river which carries the boats through the brain. The boats contain all sorts of intelligences which are to be delivered to all parts of the brain and the body. These intelligences create the brain and the body.

Cosmic intelligence enters the brain-body to create genetic intelligence. DNA, deoxyribonucleic acid, is the genetic intelligence in each ovum and sperm. A fertilized egg grows within the absolute dictation of genetic intelligence. A fetus grows within the absolute dictation of cosmic intelligence translated down into tinier DNA. A born child grows within the absolute dictatorship of cosmic intelligence creating genetic intelligence creating personal intelligence. Any violation of this absolute progression of evolutionary law from A to Z -- from reptile brain to frontal lobes -- automatically stops that brain's growth. Thus, all of today's humanoids have not gotten beyond 10% functioning brains. Thus, genetic intelligence reminds them of this fact by inducing constant pain. Thus, they are about to relieve their mass pain by expressing a mass temper tantrum: by murdering their Mother, Earth.

Cosmic intelligence which is harmonized properly with genetic intelligence produces a proper child. A child's personal intelligence which is harmonized properly with genetic intelligence and cosmic intelligence produces a 100% functioning brain. All normal and paranormal powers blatantly are operational in the non-crying child. Properly educated parents are those who have taken the time to understand the relationship between cosmic intelligence and genetic intelligence before wrestling in flowery combat. They create the quantity of a child for the single purpose of helping it evolve the quality of its personal intelligence into 100% perfect harmony between Self, Life and Universe. Anything less is ignorance. Disaster. Crime.

An improperly conceived, gestated, born and raised child has one chance to be re-born properly. Re-birth can occur at the age of self-determination: after puberty, providing you can get away from your poisoning parents -- physically and in your memories. The re-birth is caused by re-circuiting your parentally mis-circuited cells, tissues and organs of your brain back into proper cosmic, genetic and personal intelligence. Their circuiting causes the completion of your genetic drive attempting to link all your cells, tissues and organs (CTO) from your reptile core into your frontal lobes so as to cause mature emotion production, thought production and action production. The exercises of this *Workbook* cause that re-circuiting and re-birth. Cosmic intelligence forms a circular circuit with itself through the human brain.

Cosmic intelligence and genetic intelligence flow into the back base of the reptile brain and through your personal intelligence prior to completing the circuit in the frontal lobes

and back out to cosmos. Inactive frontal lobes thus block the circuit. The circuit can be re-opened, as it was at birth, by means of social intelligence.

Social intelligence is your understanding that the cosmic intelligence circuit is broken and incomplete within your brain. Social intelligence is your personal intelligence creating your desire -- by an act of will -- to complete your circuit of all four intelligences.

Social intelligence is the extension of your personal intelligence which does the work to complete the circuit.

Social intelligence is your realization that the Liferforce is not going to help any individual who chooses not to be survival of the fittest.

Social intelligence is your realization that the Liferforce is going to help only those individuals who understand the three forms of consciousness -- cosmic, competitive, cooperative (3C or C³) -- which carry the four forms of intelligence: cosmic, genetic, personal, social (4I or I⁴).

Social intelligence is your completion of the three forms of consciousness with the four forms of intelligence (C³I⁴) so as to click your brain into each or all as needed while teaching others to grow up.

Social intelligence is the completion of your cosmic circuit so as to evolve your brain into natural leadership guiding all Earthlings away from being killer apes into Self-completion and society-completion.

Once this simple fact of personal growth is understood and accepted, your growth will progress routinely through all the automatic clicks of your brain draining all entropy poisons and shunting forward into all your available energy powers. Entropy is negative energy.

Entropy is good positive energy which has been turned into bad negative poison which stops genetic growth. Bad entropy can be transformed back into good energy.

Entropy causes neurosis. Neurosis is caused by poisons in the brain. Neurosis is the spectrum of negative, poisonous feelings from boredom, loneliness and lovelessness through melancholy, depression and meaninglessness to hopelessness, terror, and suicide. Neurosis is pain. And pain is the only thing that a neurotic person truly can understand and believe. For pain is the only way that genetic intelligence can tell your personal intelligence that you are blocking natural genetic drive by doing something fatally wrong. Pain is the only way you can be forced to stop doing that stupid something so that genetic drive again can start surging genetic energy forward toward your piteously dormant frontal lobes.

There is but one single entropy which causes your neurosis which causes your pain of blocked genetic drive and rotting frontal lobes. There is but one single stuck log in your brain consciousness river causing the log jam of your neurosis blocking the free flow of whole brain ecstasy:

Repressed child trauma memories (RCTM).

The repressed memories of all the bad things which happened to you during childhood are being held by you like a log jam. This log jam in the consciousness river of your brain is blocking all your adult energy flows searching for love, meaning, and happiness. We now are starting to unblock that neurotic log jam. We soon shall cause the consciousness flow and intelligence flow of your brain river to expand and become one with the ocean of cosmic wisdom. We soon shall transform your brain entropy into brain energy. Your energy then shall flow into your dormant frontal lobes to trigger transcendence. Nirvana.

Start with feeling the irresistible slither of positive cosmic energy and genetic energy through your brain; through those parts of your brain which have not yet been plugged up by neurosis. Start feeling the good power of your automatic cosmic intelligence and genetic intelligence still trying to teach your personal intelligence precisely how to climb through and around and over your log jam of neurosis so as to pick it apart and release more and more bound energies of neurosis. Start understanding the honest, trustworthy, automatic wisdom of your brain guiding you to communicate directly with cosmic intelligence and genetic intelligence so as to release, systematically, your bound energy of neurosis into free energy. Start enjoying each new pulse of free energy which then helps you release still more neurosis into still more free energy. Start re-growth with this free energy cumulating into critical mass to cause cellular chain-reaction igniting your brainbomb into complete cosmic intelligence.

1. Wake leisurely and luxuriously in the morning. Feel your brain and body accepting enough sleep to heal each and every cell, tissue and organ which was exhausted by yesterday's love play.
2. Just before you waken fully -- in your morning pre-conscious reverie -- feel the flow of cosmic consciousness entering the back base of your brain. (With subtle awareness, you can feel, and hear -- actually hear-- the "click" as the consciousness click-switch clicks open). Feel the cosmic consciousness quickly by-pass your lower reptile root and move directly into your frontal lobes. This happens because your reptile brain still is asleep and has not yet had time to put up its daily reflexive self-defense and counter-attack behaviors. So the cosmic consciousness does not have to get bogged down in its usual reptilian swamp, which usually forces it to be re-computed into competitive trivia. Cosmic consciousness zooms right into the warm womb of love, your frontal lobes.
3. Feel the gush of cooperative consciousness now being pumped out by your frontal lobes. Feel it flowing backward, back-flushing your brain toilet. Feel it gurgle backward to wash the surface and interior of your entire brain; to wash down your spine, out into each organ, tissue and cell of your body; out through your tingling toes and fingertips.
4. Feel the warm, loving healing power of your natural cooperative consciousness now joining automatically with your genetic intelligence to start work on diagnosing and curing specific points of entropy within specific points of tissue within your brain. Observe how this healing power automatically seeks out and pours into

specific weak links or broken links of cells caused by the entropy of your neurosis. Whenever the unified power from your cooperative consciousness and genetic intelligence finds a weak or broken link to be healed, observe through your inner eye how the energy glows at that healing spot just like an electric-arc welding torch. Feel the increased heat. By an act of will, gently increase the voltage of the energy jetting into the dis-eased spot. In this way, your personal intelligence now will be cooperating with genetic intelligence and cosmic intelligence to heal you more quickly and more efficiently. In addition, such an act of willpower signals your genetic intelligence that you now are ready to receive and learn more advanced techniques of self-therapy.

5. As you become more awake, observe how the back-flushing of cooperative consciousness from your frontal lobes releases and integrates more diverse data bits stored in the memory libraries situated in different parts of your brain. Observe how those diverse data bits now flow together automatically to form more complex and intelligent ideas. This dramatic increase in your personal intelligence is caused by the now dominant cooperation of your brain parts helping each other do their automatic works of producing fragments of emotions, thoughts and actions. This acceleration of your personal intelligence is caused by your now dominant frontal lobes cooperative consciousness overwhelming your usually dominant reptilian competitive consciousness. Your brain no longer is fighting against itself. Your brain now is loving with itself and helping itself to re-start automatic genetic growth into curing itself of neurosis entropy. Your brain is now sane.

6. As your morning-fresh brain generates more intelligent ideas, write them down. This evacuates them from your brain circuit so that circuit can form and evacuate its next ideas. Observe how the boxcars of barely felt emotions and barely understood idea bits grow slowly and link together and form solid trains of thought. Observe how, when you move one train of thought out of your brain onto paper, all parts of your now-cooperative brain start forming the next bits into full trains of power ideas. This is creative process. It works because your frontal lobes are working and are dominant. It does not work when your reptile brain is dominant.

7. As you flow through your morning reverie, observe your belief. Belief is your automatic knowing of whether something is right or wrong. Belief is your automatic integration and harmonization of your competitive consciousness and cooperative consciousness with cosmic consciousness. Belief is your automatic integration and harmonization of your personal intelligence with genetic intelligence and cosmic intelligence caused by an act of will thinking forward through social intelligence into your dormant frontal lobes so as to complete the "C3I4" circuit back out to cosmos: 3 consciousnesses and 4 intelligences. By trusting that your belief mechanism is automatic and foolproof, you can test each newly produced idea for its absolute rightness or absolute wrongness against the standard of excellence of cosmic intelligence. Such testing is done through your intuitions. Your intuitions are the tip of the C3I4 iceberg. As you develop the skill of trusting your intuitions, you will expose more of your thought production iceberg so as to read it directly. Eventually, you will expose the iceberg totally. You will read the iceberg totally directly. By reading directly your brain's interplay with your three states of consciousness and four levels of intelligence, you will see directly the exact motivation and formation of each idea which comes up above sub-threshold awareness to fully conscious awareness. Thus, you will be able to judge with 100% precision the 100% rightness or wrongness of each produced idea related to the harmony of your Self, Life, Earth and Universe.

8. As you drift through your morning reverie, observe subtle gushes, snaps and shivers in your left-side frontal lobe and right-side frontal lobe. The left-side computes ideas and words. The right-side computes patterns in whole harmonies of feelings integrated with the Universe. Observe which side is most active. Adjust your day to use mostly that side. Accept the disproportionate efficiency of creative production from that side.

9. As you waken fully from your ravished morning bed work, plan the physical actions of your day to be natural extensions of these new intellectual discoveries and emotional satiations. In this way, you will solidify that day's growth into perfect extension from all your previous growths. In this way you will prepare your brain to increase the quantity and quality of your neural growth tomorrow. In this way, you will harmonize your natural neural growth with your spiritual discovery of nirvana.

10. As your day progresses, observe extra sensory perceptions. As your brain flushes its toilet and cleans out more entropy, more energy from more dormant cells, tissues and organs will generate more normal paranormal powers of telepathy, pre-cognition, clairaudience, distant viewing and moving objects with thought force.

Lesson 8

Luscious Morning Pre-Conscious Honesty

The human brain is designed by genetic intelligence to accept its full 100% power. But the Earth brain also is designed by genetic intelligence to turn off 90% of its power whenever an individual's personal intelligence is too crippled by culture or too stupified by laziness to understand the full wisdom of genetic intelligence.

Any individual, however, can turn on the total energy of his/her brain into total genetic intelligence and cosmic intelligence merely by accepting the total honesty which the genetic code has built into the morning pre-conscious state of reverie.

Pre-conscious reverie is the warm feeling of luxurious contentment which the brain radiates just before it wakes up fully.

Pre-conscious love flow is the state of delicious awareness which the brain experiences just after it begins to leave sleep but just before it achieves awakensness.

Pre-conscious computation is the 100% intellectual efficiency of cosmic intelligence which the brain demonstrates to itself the first few seconds after the consciousness click-switch in the reticular activating formation is clicked on to allow cosmic consciousness to enter and energize the neurotic meat computer.

Pre-conscious magic occurs as the thin middle layer in the morning baloney sandwich is recognized. The lower layer is unconscious sleep. The upper layer is conscious awakensness. The middle layer is pre-conscious awareness. The middle pre-conscious state of awareness is when you are rising from sleep toward complete awakensness and you stop just before you fully are awake. You are not asleep -- and you know it. You are not awake -- and you know it. You are floating halfway between sleep and awakensness in a hypnotic trance; in twilight imagery. This trance can be self-controlled.

During sleep, rational thought is stopped. During awakensness, neurotic defenses are operational fully. Ego is operational fully. During awakensness, rational thought must be computed through these defenses; through ego. Thus, rational thought is warped accordingly.

During the pre-conscious state of awareness, neurotic defenses and ego still are asleep. During the pre-conscious state, rational thought re-starts automatically. Thus, the rational thought is computed between personal intelligence and genetic intelligence through zero defenses and zero ego. Your rational thought computes an answer to a problem in zero friction pure flow through your maximum brain circuits and power.

During morning pre-conscious (pre-con or MPC), your rational thought is operational fully without the warp of your neurotic defenses; without the warp of your ego. You create thoughts of personal intelligence indirect communication with genetic intelligence. You create thoughts which tell you the precise right and wrong way to make a decision to perform an action which determines the ultimate direction of ultimate growth in your Life.

The morning pre-conscious has but one single quality: You cannot lie to your Self.

That is a major key to your brain lock, so let us repeat it: You cannot lie to your Self when you are computing thought -- asking questions and receiving answers -- in your morning pre-conscious reverie.

Conscious awakesness is a lie.

Conscious awakesness forbids the brain to know, believe and grow from the single fact that it is 90% dormant.

Conscious awakesness is the reptile brain in control of the "modern" (primate), culturally conditioned, robot brain preparing its technological society to commit suicide so as to mask its lie. Cultural conditioning has created the personality mask of lie, cheat and steal behind which every individual in the society can pretend that s/he does not have a vastly dormant brain and does not need to do the work of growing up into ripe brain power.

Cultural conditioning has created the neurosis personality of confusion, pain and fear (CPF) within which every individual is trapped while awaiting the rattlesnake vapor trails rising from pious silos to strike Life from planet Earth.

Cultural conditioning has created the evolutionary mistake of assuming its institutionalized reptilian intelligence is smarter than the basic genetic intelligence from which it came as only a 10% first step of growth toward maturation. For genetic know-how, using the accumulated experience of billions of failed and successful planetary civilizations throughout the galaxies, has built-in the morning pre-conscious mechanism so that any brain which chooses to survive can test each lie of Self and culture, thereby evolving routinely beyond culturally caused neurosis into final brain health and Earth society sanity.

Merely by practicing the skill of waking into your morning pre-conscious, you can accept this routine brain mechanism which tests each learned fact in your memory for 100% truth or falsity against the standard of genetic intelligence and cosmic intelligence.

Merely by accepting the power of your morning pre-conscious honesty, you can grow beyond neurosis into cooperative discovery of your brain's infinite truth, beauty and goodness.

Merely by growing up enough to want -- by an act of will; truly to want -- to practice acquiring your skill of morning pre-conscious astonishment, you can mutate and evolve beyond your innate killer ape.

Once you have mastered the knack of stopping your waking so as to freeze your consciousness into morning pre-conscious vision, you will seethe bolt of cosmic lightning which shocks off your fog of cultural lies and jolts you into being purely honest with your Self, with Life, with Earth and with Universe. You will not go fully into your neurotic, desperation awakening. You will stop in the middle layer of the sandwich (after sleep and before awakening) to eat wisdom in the free flowing communication between your starved personal intelligence and the endlessly nutritious teachings of genetic intelligence. You will lengthen your stay in morning pre-conscious learning from one second to two seconds to ten seconds; from one minute to two minutes to one hour. You will bless your growth in morning pre-conscious expectation with complete belief and final felicity as, eventually, you wake into furious bed writing of plans for that day's tactics to help others survive and transcend.

The 10 States Of Consciousness

What is morning pre-conscious reverie?

It merely is but one of the many gears in the gear box of your gear shifting brain driving to the stars.

The human brain computes cosmic intelligence and genetic intelligence into personal intelligence through 10 self-selectable states of consciousness.

Consciousness is teaching/learning energy. Consciousness energizes the brain so that it can learn itself through various stages of understanding until it can guide itself into the final stage of knowing: cosmic intelligence.

The brain which does not understand and know cosmic intelligence is neurotic. Cosmic consciousness and genetic consciousness thus must control the two main states of brain consciousness which the neurotic individual can understand and know: fully awake and aware consciousness and fully asleep and unaware consciousness. These are your "conscious" and "unconscious" states of being.

These two gross states of consciousness and unconsciousness control all human behaviors on Earth. It is through these two gross states of consciousness that cosmic intelligence and genetic intelligence control and teach all human behaviors on Earth. These two gross states of consciousness and unconsciousness are transformed further into two fine states of consciousness: competitive consciousness and cooperative consciousness. In-coming cosmic consciousness is re-computed in the reptile brain into competitive consciousness; is re-computed in the frontal lobes into cooperative consciousness.

The fifth, sixth, seventh and eighth states of consciousness are sleep, orgasm, narcosis (alcohol, drugs) and love.

To these 8 states of "normal" consciousness, we now can add the morning pre-conscious state of consciousness. The tenth, and final, state of consciousness is transcendence. Completing the circuit back to cosmic consciousness.

Hypnagogic/Hypnapompic Hocus Pocus

The pre-conscious state of awareness can be approached from two directions: from awakesness down toward sleep and from sleep up toward awakesness. Start with the hypnagogic state of awareness. In Greek, "hypnos" means sleep; "gogos" means leading into. The hypnagogic state of awareness is approached by flowing from awakesness down toward sleep by means of the techniques of falling asleep, hypnosis and meditation. In Greek, "pompos" means leading out of. The hypnapompic state of awareness is approached from sleep up toward awakesness only by the method described in this lesson.

The method of asking a question and receiving a 100% true answer in pre-conscious reverie works from both the hypnagogic and hypnapompic directions. Since the latter is the simplest approach, it is the only procedure described herein.

The principle of the hypnapompic procedure of testing for total honesty is to ask a single question the night before going to sleep and to receive the answer before waking up.

To repeat, during pre-conscious awareness, rational thought is re-started, but irrational, neurotic defenses from your hurt child memories and from your minimally intelligent ego still are asleep. Thus, your rational adult thought is not warped by the confused, pain-filled and fear-filled memories of your childhood traumas or your animal ego. You compute through zero defenses. Your rational thought goes directly to your memory library, ignores the snoring child traumata, selects only the data bits which directly apply to the question being asked in awareness, forms the tentative answer, adds from genetic intelligence whatever supplementary elements of information are relevant and presents the final answer back into genetic intelligence for final judgment. In one wham of thunder, genetic intelligence judges the answer to be "No!" or "Yes!"

In one flash of lightning belief, you see and understand and know the wrongness or rightness of the answer. You awaken fully with a jolt and adjust your day's behavior -- now re-warped by neurosis -- to grow in the unexpected direction dictated by that one honest answer amidst all the smiling culture lies.

1. Start on the weekend when you do not have to obey the alarming devil's hands and go to your money job. Wake leisurely. Keep trying until you develop the skill of flowing into your morning pre-conscious state of reverie. You will know when you are there by asking the first, simple, obvious question: "Am I in pre-con?" When you are, the answer will flash: "YES!" Then repeat until routine.

2. All morning pre-conscious answers flash like lightning. All answers are 100% true.

3. Ask only one question at a time. Ask each question the night before; just before falling asleep. Repeat it three times. This programs the question into your unconscious computer. Thus, your computer will know what the question is when you wake into your pre-conscious reverie without you having to ask it again. If you take the time and exert the energy to ask the question again in the fragile pre-conscious state, this would bust the bubble. So, relax. Just ask the question the night before and trust that your brain remembers it when you start to wake into pre-con.

4. In the beginning, ask each question in binary, Yes/No form. Do not ask a question which must be answered with a phrase of words or with a full sentence of words. Ask your question so your pre-conscious brain can answer it either with a simple "Yes" or with a simple "No." Start with the easiest, least threatening, most obvious questions when you first are learning the procedure so as to build your skill slowly and surely. "Do I want to learn how to communicate with my morning pre-conscious?" "Is my ego ready to learn this skill?" Later, you can increase the voltage of the questions. "Shall I feel happiness today?" "Do I want to grow up?" Finally, ask only one question at a time. Ask each question the night before; just before falling asleep. Repeat once you start self-therapy, you can increase the toughness and threat of the questions still more. "Can I remember my childhood traumas?" "Do I want to finish doing my trauma drama today?" "Did Father love me?" "Did Mother want me?"

5. When an answer flashes, you will believe it with 100% trust and certainty. It will fit perfectly into your value system, collapsing many old, wrongly-held values up to a higher simplicity. It will explain your old values up to a new, higher wisdom. It will re-adjust your destiny into a new direction of growth. You will be 100% motivated to grow into that new direction. From that moment forward, you will grow in that new direction and build your Life upon the 100% surety of that new bedrock foundation answer.

6. Once you have mastered the process of asking a night question and getting a morning answer, solve a problem a day. Analyze each mess of problems in your Life growth. Break down each complex mush of problems into a simple matrix of elements. Write out a matrix of binary questions to cover each element. Arrange the questions in order of difficulty and threat. Feed one question in each night. Receive one answer each morning. Grow one unit of genius each day.

7. Once you have started self-therapy, ask questions about your repressed adult trauma memories. About your repressed adolescent trauma memories. About your repressed child trauma memories. About your repressed infant memories.

8. Eventually, ask more complex, non-binary questions which require a full sentence to be answered. "What question do I most fear to ask?" "What part of my brain is most damaged and most in need of my first work to heal it?" "Which childhood trauma memory is the key log in my log jam of repressed experiences blocking my whole neurosis from bursting free?"

9. Eventually, after self-therapy is at least 10% underway, lock into your morning pre-conscious clean channel for hours. Use it some holiday mornings to bypass your neurosis and not do therapy but to receive advanced genius ideas, ecstasy emotions and pragmatic, money-making productions. These Ca\$h-earning productions will be beyond your learned knowledge and will tap the con\$umer market in ways never before imagined. You will start receiving data bits of economic profit from the genetic intelligence circuit; from the cosmic intelligence circuit. From Big Computer in The Sky (which considers the Dow-Jones Averages as child's play). You will scribble down or type out words beyond your own studies; ideas beyond Earth vocabulary. You will make complex decisions in a simple twinkle of a synapse. You will make simple decisions to join complex databases into "irreconcilable" and "impossible" ways. Into super creativity. You will do multiple track computations -- simultaneously diverging and converging seemingly unrelated facts into super facts. You will write essays and books in morning pre-conscious flow in one-draft easiness; in one day; in a few days. You will be power.

10. Eventually, after self-therapy is at least 51% underway, your cosmic teachers will appear directly in your morning pre-conscious awareness. Family reunion picnic.

Lesson 9

Re-Discovering Your Child Lifeforce Fingertips

Every infant is born with the capacity and genetic drive to see and hear and smell and taste and feel the Lifeforce fully in every flower, tree, cloud and person. But the first time the verbal kid says, "Hey Ma! Aint dem golden auras round yer Mudder's Day geraniums purty!!," her reply, "No. Aint no sech ting," persuades.

"Aint no sech ting, huh? Ma's oldern me, so shee shuld know. An i doan wanna irrigate her sos shee terns off her love to mee an stops shovin humm humm in mee eat hole an stops wipin mee blow hole. So gess I dint see no auras."

Click.

The amygdala turns off the frontal lobes.

The frontal lobes no longer compute automatic genetic normal "paranormal" perceptions. The eyes no longer see each material object as a shimmering vibrancy of energy fields. The ears no longer hear the sunshine pinging merrily on each person's internal war of shrieking entropy and singing synergy. The nose no longer sniffs the fragrancy of a music and the fartancy of a curse. The tongue no longer tastes the growing soul essence of a star. The fingers turn numb to God's handshake.

Let us start turning on your turned off frontal lobes by re-discovering your still-alive child fingertips.

1. Preferably do this exercise in 100% energy. 0% entropy, primal nature. If not, find some growing energy plants amidst the stressed concrete of the city. With your fingers less or more than one inch away, feel the energy field radiating from a grass, a flower, a tree. Make the energy flow more by hugging and kissing this other-specie soulmate. Play with your pal by having your 2-finger Little Wo/Man walk around and jump and twang from leaf to branch to essence. This re-clicks your brain's master click-switch, the amygdala, out of backward competitive consciousness (computed in the reptile brain) into forward cooperative consciousness (computed in the frontal lobes). This re-flows your infantile genetic drive up and out into contact with the Lifeforce (out through the frontal lobes into cosmic intelligence). This re-starts your automatic, perpetual child curiosity, imagination and playfulness (CIP) into mature intellectual understanding and expansion of the Life love process. (Cosmic intelligence + genetic intelligence = personal intelligence. $CI + GI = PI$.)

2. Teach a child to re-feel the Lifeforce energy in all organic and inorganic objects. "Feel the heat coming out. When you move your hands around the stone and you

feel the heat (consciousness) coming out like from a stove, feel your forehead go click. Feel your brain inside your head go click. Feel a rush of energy go up around your eyebrows. Do you hear the click? Do you feel the warm and buzzy in your forehead?" Have the child teach you how to do the above.

3. As you progressively open your frontal lobes circuit, still mostly blocked by neurosis, feel the increasing love flow from the bush and chipmunk into your crippled infant. Feel the increasing love flow from your re-awakening child out to all Life. Feel the increasing love flow from your re-idealized adolescent out to all sufferers of injustice. Feel at-one-ment. Atonement with the Lifeforce.

4. As you progressively open your frontal lobes circuit, expand your range of sensing through each other sensor. See the energy fields your fingertips are feeling. Just shift into neutral no-thought in your brain (semi-meditation) and squint your eyes just to focus on that beetle. See the beetle's multi-colored aura. Flip the beetle on its back to swim air. See the aura colors and the pattern change to brown and black zapps. Hear the sap gurgling in a ponderosa. Smell the hawk squawk. Taste the boiling chemicals of yonder night sky speck.

5. If your feeling of the Lifeforce does not happen, or if it is so faint as to cast doubt upon your belief that you really are feeling it, your dirty adult neurosis is too strong and is trying to overwhelm your clean child knowing. Merely keep playing. Play eventually dominates neurosis. Merely keep retrogressing in years until you hit a child age or an infant age which feels trustworthy and honest. Re-be that child/infant at that age -- unashamedly.

Lesson 10

Expansion Of Happiness

Once you re-discover your infant's power to feel the Lifeforce through one or more sensors via the previous exercise, expand this enchanting revelation into cumulating new disclosures. Expand this one open door into many closed doors now opening. Expand this one breakthrough into your dormant brain up along more inactive cells, tissues and organs. It is done simply by a concentration of willpower: merely by saying, "I, lovingly, will it to be so." Magic.

1. Accept each new discovery of paranormal perception, intelligence and communication as a natural, routine fact of Life. Accept it fully into your greedy ego. Be sucking child taking in all of Life as your rightful ownership. Then, by an act of will, say, "I, child, now mature into adult. I, ego, now mature into egolessness. I, greed, now mature into love." The plain saying -- and believing, temporarily -- of the words clicks your brain's master click-switch, your amygdala, from backward infantile devolution to forward mutant evolution: transcendence. Automatically, consciousness floods into your dormant frontal lobes (DFL). Automatically, you feel a slosh of ecstasy.

2. Accept the forward spill over of euphoria into your egoless attitude. Be holy child sharing all of Life in divine suchness. Then, by an act of love, split the in-coming energy. Split the river into 2, 4, 8, 16 separate streams. By using imagination, guide each stream into a different part of your forehead: into a different part of your dormant frontal lobes. The simple guiding -- and believing -- of the stream flows automatically penetrates different dormant cells in different parts of your frontal lobes. The penetration automatically causes those diverse cells to compute different kinds of separate, advanced cosmic emotions and thoughts. The skyrocket exploding, diverging and re-exploding emotions and thoughts causes the convergence of an astonishingly unified, larger happiness.

3. Even after they fade from direct experience, the multiple cosmic emotions and thoughts remain in memory. You have been raised, temporarily, from lower reality into perceiving and understanding higher reality. Your memory may slip back because of the artificial manipulation, but never all the way. You took 10 steps upward and may have slipped back 5 steps, so you still are 5 steps ahead of before. Thereafter, you will expand your future happinesses from this higher and wider mountaintop view of the daily ant scurry down there.

4. Egolessly invest the capital of this extra physical, intellectual, emotional and spiritual happiness wealth immediately into some problem which creates your neurosis. Egolessly receive the next, unexpected profit of that solved problem. Receive the bound energy of neurosis now dissolved into yet more free energy. Re-

invest the happiness profit of this compounding free energy into a yet next problem blocking your growth.

5. Continue re-investing and paralaying your newly freeing energies of happiness until you acquire a critical mass of energies like a box canyon full of wild mustangs. Now open the gate. The stampede will start a branching chain-reaction throughout your brain pain. Nirvana.

Lesson 11

Healing Hands

The history of the human race goes back hundreds of millions of years to our one-celled ancestors. We know about that through the study of fossils in geologic strata. The history of the Liferforce throughout the Universe and its potential for unsuspected healing and infinite growth has not been studied yet. Scientists soon shall. But while waiting for conservative science to grow up into mature discovery and description of the true objective reality of your Life, wouldn't it be droll to go beyond those grumpy, growly, myopic testube "experts" and "authorities" to discover and describe your own magic of the Liferforce? Shall we now reveal that power of healing and growing which has been cumulating slowly and patiently all these eons (long before Ph.D.s and M.D.s were invented), merely waiting to be let out and used through your healing hands?

Nobody knows what the Liferforce is. Religionists call it God. Scientists call it genetic intelligence. Philosophers call it Tao or Ishk or GooGooNuts. So you can call it whatever you want. You are just as smart about this ultimate mystery as the wiseguys in robes, smocks and diapers. Better yet, you are smarter than they. For they only talk about it. You now are going to let out and use the Liferforce.

1. Create your proper attitude of child wonder and awe at the existence of your Self within the Liferforce throughout the Universe. This attitude automatically causes cosmic consciousness to circuit forward into your dormant frontal lobes. Humble your greedy, sucking ego properly to receive this stupendous gift of universal energy. By imagining your frontal lobes to be a balloon, expand your consciousness out to the size of the Universe. Feel at-one-ment with every thing and every body. With God. Be religious, in the finest sense of the word: pure child accepting infinite growth so as to help teach others how to grow up. Create a loving attitude. Totally, unconditionally, voluptuously loving.
2. Create a fantasy image. Close your eyes and create an image of cosmic consciousness flowing as a golden river of pure energy, flowing right into the back base of your brain, down your spine and legs and out through your toes; out through your chest and arms and fingers; out through your frontal lobes. You are a flood plain being flooded by the goodness of the Liferforce. When your total brain-body is totally saturated, you will feel at-one-ment with this Universe power. The healing moment is upon you. Heal. Start with thy Self.
3. Place the two palms of your hands a few inches away from each other. Bounce them back and forth without touching. Feel the rubbery energy balloon being squeezed between them. This is the Liferforce being radiated from each palm. Do the same with two opposite fingertips. Do you see an energy aura around your palms or

fingertips? (Circular auras are static, inactive energy. Linear auras are flowing, active energy.)

In physics, like forces repel. Unlike forces attract. Two negative things or two positive things repel each other. Two negative or two positive poles on two magnets push each other away. Two neurotic geniuses married to each other must divorce. But if only one is a genius, they will stay married, for neurotic reasons. A negative force and a positive force – an entropy and an energy -- suck in each other like a hungry infant on tit. This explains why your palms and fingertips, radiating like forces, repel each other.

4. Entropy is the opposite of energy. Entropy is negative energy. Energy is anti-entropy. Entropy is degrading energy; rotting energy. Entropy is the power of destruction. Energy is the power of construction. Death is entropy. Life is energy.

Dis-ease is caused by entropy: by an improperly functioning cell in the brain-body, improperly computing in-coming cosmic consciousness. An entropic cell is a cancer cell. An entropic cell accepts the in-coming, neutral-valenced cosmic consciousness and re-computes it into competitive consciousness. The entropic cell thus uses the neutral energy of cosmic consciousness to overwhelm the cooperative consciousness of the Lifeforce within its neighbor cells. These neighbor cells then become entropic; become cancer cells. They metastasize.

Ease is caused by energy. Ease is caused by a properly functioning cell in the brain-body, properly computing in-coming cosmic consciousness. An energy cell is an anti-cancer cell. An energy cell accepts the in-coming, neutral-valenced cosmic consciousness and re-computes it into cooperative consciousness. The energy cell then uses that neutral energy of cosmic consciousness to overwhelm the competitive consciousness within its neighbor entropy cells. The energy cell dominates and controls the entropy cells which are deteriorating the Lifeforce and rotting themselves into dis-ease and cancer. The energy cell then transforms these neighbor cells to become energetic: to become anti-cancer cells: to become health cells: to become longevity cells. They metastasize. Energetically.

5. Bounce one finger over your opposite arm. Feel at what distance the energy balloon is -- slowly and gently -- most comfortably squeezed. This is your diagnostic distance. It usually is about one or two inches. The exact distance is a direct measurement of the energy flow pouring from your fingers and encountering the energy field radiating around the body (your body aura). Move one finger over your body and brain, keeping it at its proper diagnostic distance. Identify your first entropy point. You will discover an entropy point when your finger is sucked down like a dowsing rod. Your finger will be sucked down to touch the skin surface under which are hidden your diseased cells. The negative entropy from your diseased cells will suck in the positive energy from your finger.

6. Comb out the entropy from the diseased cells. Form the fingers on your hand into a bent claw; into a comb. Comb the entropy toward your fingers or toes. (Do you see an entropy aura around your fingers and toes as you comb out the gunk?) Image the voltage in your comb to increase progressively toward maximum cosmic energy.

Image the high voltage energy from your comb penetrating down through the skin, through healthy intervening cells and into the very nuclei of the diseased cells. Slowly and patiently and lovingly comb the entropy away from the cells, down your body, down your arm or leg and out your fingers or toes -- out these toilets. Comb your brain from the back base toward your excreting frontal lobes. Shake the icky goo off your comb and comb again. Feel the ecstatically explosive pleasure of cooperating with the Lifeforce. Feel the harmonic reverberations between your hand and the Lifeforce. Feel the extra cosmic consciousness pouring into your brain-body, thereby super-energizing you by giving you an unexpected celestial orgasm for doing the work.

Each time you comb, test the entropy point with your energy finger. On a scale of -10 to -1, measure precisely the quantity and quality of remaining entropy. If it still measures entropic, comb again. Comb until it measures zero; until it measures +1, +2, +3, +9. Energy.

After each combing, healthy neighbor cells pour warm healing, cooperative consciousness into the abscess. Eventually, the rotted tissue is cleaned out and healed back to its original child purity: no entropy; all energy. Aging slows. Stops. Reverses. Longevity occurs.

Once you develop your subjective healing skill with 100% trust and blessedness, test it objectively. Bruise or cut your body in two opposite, equal places. Heal one place with healing hands. Allow the other place to heal by itself. Measure the difference in time. Demonstrate this proof to others to persuade and encourage them to grow up. Continue to measure your healing power increase after you release your bound energy of neurosis into free energy during self-therapy; after you transcend fully into your dormant frontal lobes.

7. To master your full understanding of the true power of your combing skill, comb an entropy backward. Comb an entropy wrongly, away from your fingers and toes and toward your central body and head. Comb an entropy away from your frontal lobes and toward the back base of your brain. This causes congestion. This combs back entropies into greater concentrations into dead-end sacks.

Feel the discomfort. Feel the pain. Learn the wrongness of this combing wrongly. (This is like wrongly combing primal nature energy into an entropy city.) From such negative information you will be more wise and understanding when you properly comb out entropy from others.

8. Later, after you learn a little more basic neurology in the *Workbook* you will understand that your healing energy is controlled by your brain's master click-switch organ, your amygdala. For this first time through, however, you do not need to know the underlying science which validates this technique. Later, you will identify the first principle facts. Now, merely do the healing exercise in love and delight as one more gift from the Lifeforce to persuade you to study your brain and to release its dormancy. For it is this dormancy which is suffocating your brain's natural genetic energy.

9. Once you develop your personal healing skill with 100% trust and beatitude, try it on a friend. Discuss this entire *Workbook* thoroughly with him/her to develop his/her proper attitude toward you and your love power. Develop total trust between each other. With your finger or hand, properly diagnose his/her entropy points. Comb out.

10. Once you develop your friendship healing skill with 100% trust and graciousness, share it with many friends and neighbors. Be an energy cell in your neighborhood, loving the entropy cells of your neighbors with overwhelming common sense logic. Each one teach one. Spread the word and technique of healing hands to ordinary people healing themselves and others with no other skill than basic love and trust. But be careful of the American Medical Association. They will try to protect their money monopoly. They will try to destroy you as a quack. Cover your ass. Protect it from them shoving up a lawsuit. Protect your Self from them suing you. Killer apes will try to bankrupt your money and material wealth and put you in jail. They will do this if you charge money for your healing hands. So merely do not charge money for giving your moral love service. Thus, they cannot claim you are a business. They cannot claim you are pretending to be a physician practicing medicine without a license.

Do not over trust your skill and under diagnose a dis-ease prior to your ready time to heal it. Do not do injury to anybody unwittingly. Create your moral loophole through the non-cosmic American law system whereby you can practice your homeopathic love healing with the same open respect and dignity as the current monopoly physicians do with their aopathic profit healing.

Lesson 12

Beginner's Multiple Orgasm

The more of your dormant brain you release, the more you experience multiple orgasm. The more of your neurosis you release, the more this garbage has to be excreted via multiple orgasm. The entire process of self-transcendence feels better and better with each step because each step improves your basic one-shot orgasm until it starts to become multiple. For that reason, mass transcendence will become a holy mission to fulfill God's master plan not by going into drudgery, but by coming into ecstasy.

When you eat food, your body digests it, absorbs its nutrients and excretes the undigestible parts as urine and feces. Your brain does the same thing when you eat ideas. The parts of the ideas which can be digested are absorbed as memories. But the parts of the ideas which you cannot understand yet, or which have no value to your current Life, these must be excreted. The shitting-out of brain garbage is via orgasm.

If you study hard and learn lots of ideas, you accumulate lots of thought residue slops which must be evacuated from your 10% functional brain circuits. If you do not expel these sewerages from your brain, they will clog up your thought production circuit, your emotion production circuit and your action production circuit. Such constipation causes blockages of your brain health. Regular elimination of wastes left over after thought production, emotion production and action production, however, causes increase in your brain health.

Regular elimination of backward brain scum also causes circuiting of electro-consciousness energy forward into dormant cells, tissues and organs. Thus, genetic intelligence seduces each fit individual to learn this simple logic in a clever way. The more dedicated you become to learning brain self-control, the more thought residues, emotion residues and action residues will accumulate, the more orgasm you will require to discharge these gunks, the better your orgasms feel. Conversely, the less you learn about your brain and genes, the sooner your orgasm dies. Celibacy is constipation. Constipation is poison. Poison causes death.

In time, the one-shot orgasm no longer is enough to exude the progressively increasing quantity and quality of mucks being generated efficiently by your increasingly efficient brain. The more efficiently you compute thought production, emotion production and action production in your 10% functioning brain, the more dormant networks you open into your 90% inactive cells, tissues and organs, the more residual garbage cans line up to be dumped out of your penis/clitoris. So you now must start 2 consecutive orgasms; 4, 8.

Once 10 multiple orgasms occur, the process clicks into automatic. Once you learn the simple feeling-knowing knack of how to trigger and maintain your own multiple orgasm, you no longer have to think about it. You simply relax and let it happen. It then takes place spontaneously. Just like driving a car or typing or breathing. You simply understand its mechanical sequence, do the right thing at the right time and luxuriate in the reflexive cosmic gush. When spiritual rape is inevitable, lay back and enjoy it.

After 10 multiples occur, the process thereafter automatically flows out precisely the correct quantity and quality of excretions necessary for that day: 25, 50, 100, 200, 500 continuous, maximum intensity, maximum scream gifts of ecstasy, lasting from a few minutes to a few hours. Growing up is fun. Alone or with a soulmate.

Multiple orgasm is realized naturally in both males and females. Cultural conditioning has trained all males to click off their brains so they experience only the one-shot orgasm: the killfuck orgasm from the reptile brain. Warrior. Some females, however, have snuck around this survival/cultural prohibition and have discovered, accidentally, their own genetically innate multiple cums. But even they burst off their machine gun rattles with no understanding of how it happens, no control of its happening the next time and no prediction that it will continue to happen in the future. Now, basic neurology is giving the multiple orgasm back to all men and women via total understanding, control and prediction.

In men, the orgasm has two parts. First comes the reproductive part: the ejaculation of sperm. Second comes the brain cleansing part: the dry spasms. Multiple orgasm for males does not drown one's female partner in gallons of juice. Rather, the second part of the male multiple orgasm is the same as the first part, and only part, of the female multiple orgasm. Thus harmonized after the first 10 seconds, soulmates coordinate their screams. They coordinate their wave motions. They create a super wave of progressively increasing energy and power. Windows crack. Cops are called, in the city. In primal nature, elk, bears and mountain lions yowl applause.

The energy and power of multiple orgasm not only passively crap out residual brain skuzz from already functioning circuits, but actively ram open dormant cells, tissues and organs. Multiple orgasm is a horizontal pile-driver ramming energy through the entropy barriers of one's neurosis defenses. Multiple orgasm is a power pile-driver ramming intelligence through the ignorance of one's neurophysiological retardation. Multiple orgasm is a cosmic pile-driver ramming 10% brained competitive consciousness into 51% love cooperative consciousness through the dormant frontal lobes and out into 100% cosmic consciousness. "Oh GOD! I'm COMING!! We're C O M I N G !!!"

Different parts of the brain compute different thoughts, emotions and actions. Thus, different parts of the brain generate different types of residue garbages after production work. Most delightfully, each unique type of residue sludge generated by each unique part of the brain generates its own unique type of multiple orgasm. Therefore, by learning to recognize the dozen or so main forms of multiple orgasms, you can point, with absolute precision, to the specific part of the brain which was

active dominantly the day before and which now is pumping out its distinctive signature multiple.

The characteristic signature which each part of the brain signals through its private multiple orgasm is felt and understood and visualized in wave motion. Thus, an oceanic wave

[OCEANIC WAVE ILLUSTRATION]

is felt and understood to be different from a square wave

[SQUARE WAVE ILLUSTRATION]

and from a spike wave.

[SPIKE WAVE ILLUSTRATION]

Simply by identifying the wave profile coming out of your brain during multiple orgasm, you identify the part of your brain producing that signature. Simply by understanding the specific, unique work done by each specific, unique part of your brain, you identify the kind of problem your brain was solving the last hour or yesterday at the conscious or/and unconscious level of neural intelligence and genetic intelligence. You adjust your behavior today to supplement and expand that beginning progression into that unique growth toward that unique genius.

By so using your God-given multiple orgasm as but one more rapturous part of your genetic intelligence and personal intelligence, you can accelerate your learning of how to self-release your 90% dormant brain. Remember: Self-therapy and self-transcendence are not pain. Are not difficult. Are not complex mumbo jumbo controlled by the witchcraft and priestcraft of "professionals": psychiatrists, religionists, druggists. Self-therapy and self-transcendence are voluptuous. Democratic. Free.

The ascetic, celibate, brain-ignorant and DNA-ignorant world "teachers" of the present and past never transcended into whole brain power. If they had, they would have proven their cosmic intelligence by now by eliminating war from all Earth populations. Instead, their ignorance has increased war. Their ignorance has taught all Earth populations to be more sophisticatedly ignorant. Their ignorance is leading technological Earth to final death. All because of their one-shot orgasm. Or worse yet, all because of their no-shot orgasm. Celibate messiahs are queer.

Soh. Get to work. Save Earth. Save your Self. Go to bed. Love.

1. By yourself, or with a soulmate, make a 100% belief decision that you want to learn your brain, that you want to release your 90% brain dormancy and that you want to live your Life of democratic freedom in total egoless ecstasy. This changed attitude prepares your physical brain circuits to turn away from improper death into proper Life; into proper growth. The formerly self-defensive instinct generated by your reptile brain now turns into genetically driven counter-attack behaviors against the outside culture which forbids you to grow up. You start to fight for your rights to be all you can be in this one Lifetime. In this way, your entire physical brain re-orientes itself from backward deterioration into forward growth.

2. Examine, study and master every part of your physical body so no part is taboo. Master your comfort with each function of your physical body so no function is taboo: eating, sleeping, urinating, defecating, flatulating, menstruating. This changed attitude prepares your physical brain circuits to accept free genetic growth forward from your reptile brain into your dormant frontal lobes. Your entire brain now is ready to start multiple orgasms.

3. One-shot orgasm is triggered by the back base of your brain; by your reptile brain. Multiple orgasm happens when that one shot is allowed to shoot forward into your frontal lobes, bounce back into the reptile gun and shoot forward again. In the beginning, the way you "allow" your one-shot to bounce back and forth is via "imaging." Create an image of a solid steel door halfway between your reptile brain and your frontal lobes. Create, via imagination, the image of that door being closed. Experience your one-shot orgasm. See the image of your single shot coming out of your reptilian cannon like a cannonball shooting forward, hitting the closed door, smashing into its solidness, smashing the cannonball to pieces and dying out in your gurgling gasps and moaning murmurs (about "How good that was," when it wasn't).

In the past, you just passively let it happen, exhausted your Self and rolled over to sleep -- with no active imaging of what was going on inside your brain. Now you shall actively control that formerly anarchic spastic groin hiccup.

Just before the reptile cannon explodes, image the steel door opening. Image the cannonball shooting through the open doorway full smash into your frontal lobes. But your frontal lobes are not steel. They are rubber. Image your rubber trampoline frontal lobes accepting the full loving impact of your cannonball, stretching way out beyond your eyebrows to absorb the total, good joy of its genetic power purpose, then twanging it back to where it came from. Image your frontal lobes elasticity ecstatically twanging back your cannonball, back through the still open door and right smack down the gun barrel of your reptile brain. Feel the surprize of your reptile brain. Feel your reptile brain think for a brief moment or two about this most unexpected return of energy -- increased. Then see and feel your reptile brain gun cock itself, trigger itself and shoot out the now enlarged cannonball. See and feel the cannonball zoom more energetically and more confidently through the door, into your elastic frontal lobes, whangggg back through the door opening and back down the gun barrel -- to be blasted out again.

4. After you have repeated the cumulating cannonball shot 3 or 4 times, you will get the knack of it. Your intuitions will get the neurophysiological wisdom of it. Then, slowly and carefully, you will increase the repetitions: 5, 6, 7
5. By the time you reach 10 multiple orgasms, the mechanism clicks into automatic. Thereafter, the quantity of spasms will increase in direct proportion to the quantity and quality of work being done by specific parts of your brain. Thereafter, the quantity and quality of wave motions will vary as a direct measurement of which parts of your brain are excreting their standard productions of unique excreta.
6. Once the multiple orgasm is operational, study the basic neurology of your brain as presented in this *Self Transcendence Workbook*, as presented in the supplementary *Mass Transcendence Guidebook* and as presented in the professional journal citation references comprehensively listed in the *Guidebook*. From that basic information, you will develop your precise diagnostic, prescriptive and prognostic tools with which to control this function of your brain into maximum efficiency of production.
7. As you master optimum efficiency of brain cleansing, which is pre-requisite to optimum efficiency of brain production, you will transcend into your dormant frontal lobes with optimum efficiency.
8. As you systematically integrate and harmonize multiple orgasm cleansing of brain with your self-therapy regimen, your intelligence and creativity will increase measurably and dramatically and drastically along a standard gradient of objective and subjective tests. You flagrantly will get smarter and more artistic, even before your final breakthrough.
9. As multiple orgasm becomes a daily energizing part of your Life like sleeping, eating, urinating, defecating and learning, you will transcend from ordinary reptile-brain/frontal-lobes orgasm to out-of-brain orgasm. Cosmic orgasm.
10. Through the now open channel of cosmic orgasm, your brain will receive direct computations of cosmic intelligence.

[GRAPHIC: coyote p.62]

SECTION B

Say Hello To Your Brain

After all these years of living your Life, you probably never have talked to the boss who has been controlling your emotions, thoughts and muscle actions. How about you two, finally, getting to know each other? You might even like each other.

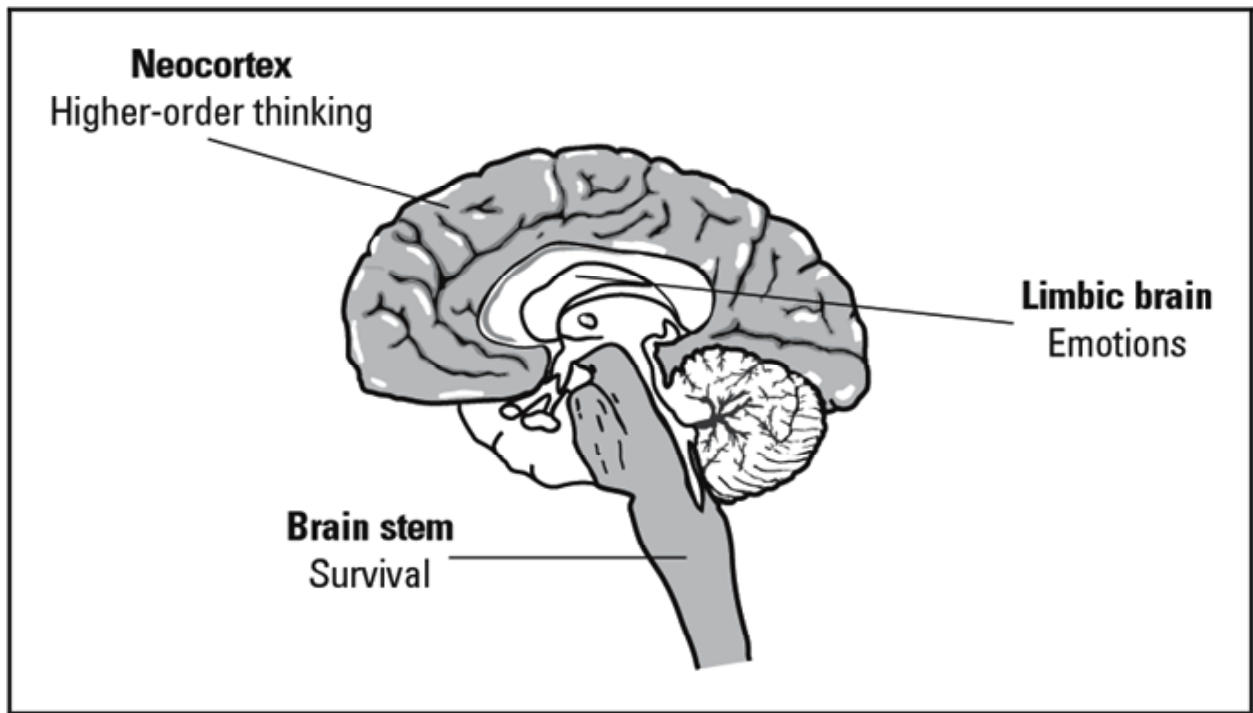
Your brain-boss has been disgusted with you. All these years, you have been given huge hunks of hilarious happiness to tease you into understanding that still more enchantment is being held hushed in your skull. But you have refused to accept these hints. You have refused to accept these next free gifts. You have preferred to bumble along and let your happiness die. You have chosen to suffer your increasing confusions, pains and fears instead of taking the boss's raise into new intelligences, delights and transformations. So, understandably, the overlord is grumpy. Your brain is bear growly about the way it has had to do all your work like a wise parent guiding a blind child for all years.

Now you are opening your eyes. For the first time, you now are seeing how sweet and loving your brain-master has been to keep you alive and sane this long, until you came to your senses and started to want to cooperate with the intriguing work of brain self-control. For the first time, you are getting excited about controlling your own brain to self-circuit into its awesomely dormant magic powers of self-healing and self-transcendence. You already have taken the first steps of many onto the up-trail spiralling your inner mountain of integrity by reading and doing Section A of this *Workbook*. You now shall continue to hike through primal nature mystery of entering the whispering forest of neurology. After warming your Self around the enfolding campfire of respect which your brain still (grudgingly) has for you, the adventure shall climb into the cold clouds of your neurosis: into your repressed adult, adolescent and child trauma memories. But then, with lightning in your fist, you shall overwhelm and discharge those pains. You shall un-bind your bound energy of neurosis into free energy. Finally, you shall ride the cyclone -- laughing, thunderbolts and singing Life-visions -- to the massif crest. There, standing on tippytoes, at long last, you shall rise. To the stars. Nirvana.

Lesson 13

Learn Your Triune Brain

The human brain is 3-brains-in-1. It is a tri-three, one-one, a "triune" brain. Just like an evolution-shaped peach composed of stone, flesh and skin, we each contain a reptile brain surrounded by our mammal brain, both of which are enveloped by our primate brain.



The reptile core emerged out of the spinal cord of worms 350 million years ago during what the geologists call the Carboniferous period of the Paleozoic era. The mammal brain bubbled up around that nub 225 million years back during the Triassic period of the Mesozoic era. The primate brain extruded to wrap around the lower pair 70 million years ago during the Paleocene epoch of the Tertiary period of the Cenozoic era. The primate brain contains the frontal lobes -- which bulged out practically yesterday, 700,000 years back during the Pleistocene epoch of the Quaternary period of Cenozoic era. Only now are we beginning to learn why.

Each brain is connected to the others. Yet, each brain functions separately from the others. Each brain is a biological computer which has its own unique intelligence, its own personal understanding of itself, its own sense of time controlling how best to behave, its own meaning for being alive, its own memory of how best to survive, its own special behaviors to express itself and its own mode of living Life. Thus, your daily behaviors of sleeping, waking, eating, working, communicating, defending,

growing, loving, breeding and relaxing are specific mixtures of precisely identifiable reptile brain reflexes, mammal brain reflexes and primate brain reflexes.

Each brain does two things: It operates independently of the other two and it operates in cooperation with the other two. In this way, some human behaviors are purely reptilian, mammalian or primate, while other human behaviors are precise percentage combinations of automatic reptile, mammal and primate reactions. By learning the exact behaviors generated by each simple brain, you can analyze the exact percentage of each brain's contribution added to form any person's complex human action, thought or emotion.

The reptile brain computes self-defense and counter-attack reflexes. (The "4-Fs": feeding, fighting, fleeing and reproduction.) It originates no emotions except the self-survival one: the fear of being killed. Just like its name implies, the reptile brain is a snake. It does nothing except passively defend itself and actively attack others. Reptiles do not love their babies. Reptiles (with the exception of crocodiles) give birth to their young, then slither away. "You're on your own, kids. Eat or be eaten." The efficient human warrior is clicked into his reptile brain. The ruthless human businessman/businesswoman is clicked only into his/her reptile brain. The reptilian human mother batters her baby.

The mammal brain accepts the necessary behavioral wisdom of the basic reptile brain to defend itself from enemies and to attack prey. But the mammal brain loves its babies.

The mammal brain creates mammarys. Milk. The female mammal brain allows its babies to suck milk. The male mammal brain protects the female and babies while they are thus vulnerable. Family is formed. While the female nurtures and teaches the young, the male circles the territory, fights off competitors, hunts food and brings in security to the family. In the human family, the mammalian behavior is exactly the same, though a bit more civilized. While the mother nurtures and teaches the children, the father goes to work, fights off competitor labor unions or exploitive employers, buys food in the store and brings in the security paycheck to the family bank. If competitors from other nations invade his nation's territory, he bands together with other fathers to form an army and go to war. Reptile-mammal-primate-human fathers thus kill each other to obey the instinct of protecting their idea territories and nation families -- even though the bashing instrument now is the Earth-killing rocket.

The primate brain accepts the basic behaviors of the reptile brain and the mammal brain and merely up-grades and refines them into inter-personal, social institutions. The primate brain evolves culture. Culture evolves institutions which balance the polar individual behaviors of competition and cooperation into economies, religions, educational systems and political systems. By this interplay of the triune brain and culture, man has evolved into killer ape. Ape-man is the most advanced and most efficient killer in the history of Earth. But unlike his lower animal ancestors, ape-man no longer kills only for necessity. He now kills for sport. He now goes beyond killing other species for food. He now kills his own brothers, sisters and children for entertainment -- then refuses to eat them. He continues to obey the kill instinct by

concentrating on his own species, but he is beginning to learn that this is wrong genetically as he comes closer to killing himself. As he approaches his own suicide, his society intelligence is beginning to wake up and question his basic reptilian motive: "Now that I can kill all people at one time on this entire planet, do I want to?"

Ape-man is not yet full wo-man because s/he still contains a 90% dormant brain. Once that is released, wo-man will outgrow her/his kill instinct and become totally cooperative and loving with herself/himself, with all other species and with the Lifeforce.

Energizing The Triune Brain

Consciousness is the unique form of energy which activates the unique form of matter: brain. Cosmic consciousness is universal. It exists everywhere. It originates from God. Cosmic consciousness is neutral valenced. It does not have a positive electrical charge. It does not have a negative electrical charge. It has a zero charge. It does not act positively or negatively upon others by its own volition. It merely creates the joke of ovum and sperm, which create brain. Then cosmic consciousness settles back in the rocking chair to watch the comedy.

Cosmic consciousness allows each brain to evolve naturally upon each unique planet within teach unique environment. Thus, on Earth, cosmic consciousness allowed reptiles to transform its neutral force into totally negative competitive consciousness; allowed mammals to evolve into 60% cooperative consciousness and 40% competitive consciousness; allowed men to evolve into 80% cooperative consciousness and 20% competitive consciousness. Once the wo/man animal circuits into her/his dormant frontal lobes, s/he will become 100% cooperative consciousness and 0% competitive consciousness. Fully mature wo/man will communicate directly and fully with cosmic consciousness. With God.

Cosmic consciousness (CC) does not care what 20th century Earth man and Earth woman do with it. Use it to survive, die or transcend. the choice is up to each man and woman because God, in Her infinite slapstick, placed into each ovum and sperm the ultimate prank: free will.

Each man and each woman now has the free choice of accepting or ejecting cooperative consciousness ((*)) or competitive consciousness ()*(). Each man and each woman now has the free choice of accepting or rejecting the facts of neurology which show precisely how to self-circuit into his/her 90% dormant brain so as to transcend through the inactive frontal lobes into cosmic perception, intelligence and communication.

Cosmic consciousness enters the triune brain through the reptile brain; through the consciousness click-switch located in the reticular activating formation. The reticular activating formation (RAF) is the first of the three decision-making centers in the triune brain (TB). Here, cosmic consciousness is re-computed into competitive

consciousness. The posterior, back half of the reptile brain (RB), re-computes the competitive consciousness into self-defensive reflexes. The anterior, front half of the reptile brain, re-computes the competitive consciousness into counter-attack actions. The reptile brain is the locus of pure ego: of "MEEEEEEeeeeeee!" greed suck behaviors. Human infant sucking breast; cigarette; booze; dope.

The transformed cosmic consciousness -- the competitive consciousness -- next moves to the middle part of the triune brain: into the mammal brain. The mammal brain (MB) contains the limbic system which computes all emotions from hate to animal love (not yet frontal lobes cosmic love). Here, half of the competitive consciousness is allowed to remain unchanged while the other half is re-computed into cooperative consciousness. The posterior, back half of the mammal brain re-computes the competitive consciousness into family-protection and territory-protection behaviors. The anterior, forward half of the mammal brain, re-computes the cooperative consciousness into the animal type of family love and society formation. Mammalian human parents "love" their children, but only as animals do. Mammalian human parents work hard to nurture their children and to teach them that outside society is competitive; is reptilian. The children learn and perpetuate only these mammalian behaviors. They do not transcend this foundation cause of competition, hostility, aggression, violence and war.

The amygdala is an organ located in the limbic system within the mammal brain. It is the second of the triune brain's three decision-making centers. It is a click-switch.

The amygdala is a gradient rheostat. It can be clicked forward and backward, step-by-step, on a scale of +10...0...-10. Within 20th century civilization, the amygdala is partially clicked forward to energize the primate brain (PB) partially. Most of the primate brain is not yet energized from the mammal brain. But by learning to self-click one's own amygdala fully forward to +10, any individual can cause electro-consciousness energy (ECE) to flow into the dormant frontal lobes. Once this is done, the consciousness is re-computed into pure cooperative consciousness. The cooperative consciousness, finally, is re-computed into pure cooperative behaviors. Pure mutant behaviors.

Primate human parents within today's partially clicked civilization are cautiously altruistic. They still are struggling to discover and obey their genetic intuitions to become totally loving and egoless. At best, they prepare their children for the final fling forward. The final evolutionary fling will be when all children are allowed to click their amygdalae fully forward into their frontal lobes. Currently, when this happens among accidental or self-controlled mutants, the feat of transcendence is experienced.

[SEE PG 60 FOR GRAPHIC OF BOXES AND ARROWS TO FORM FOLLOWING CHART]]

**Cosmic Consciousness
Cosmic Intelligence**

Frontal Lobes

0% Competitive Consciousness
100% Cooperative Consciousness
100% Cosmic Intelligence

Primate Brain

20% Competitive Consciousness
80% Cooperative Consciousness
80% Cosmic Intelligence

Mammal Brain

50% Competitive Consciousness
50% Cooperative Consciousness
50% Cosmic Intelligence

Reptile Brain

100% Competitive Consciousness
0% Cooperative Consciousness
0% Cosmic Intelligence

Reticular Activating Formation

Future Genius Discovery

Your daily state of consciousness, emotion, thought and action is dependent upon which part (or parts) of your triune brain is (are) re-computing the original energy of cosmic consciousness. With elementary practice, you can develop the skill of identifying which brain your unconscious decision-making centers have chosen to be the main computer for that day, hour or minute. You can develop the skill of consciously controlling that decision and choice.

The third of the brain's three decision-making centers has not been discovered yet by neurosurgeons and proven with scientifically precise experiments, but it is postulated to exist in the frontal lobes and to be the organ (the "third eye") which links

cooperative consciousness back out to the original cosmic consciousness to complete the Universe circuit. Such final linkage produces nirvana.

Cosmic consciousness is the radio/TV carrier wave which carries cosmic intelligence. Cosmic intelligence is the cumulation of facts, values and wisdoms originating from God and enriched by passing through the experiences of all planetary civilizations whirling around the 100,000,000,000 stars within each one of the 100,000,000,000 galaxies.

Cosmic intelligence creates the genetic intelligence of ovum and sperm which creates your personal intelligence. If personal intelligence is neurotic, it retrogresses back into the reptilian brain. It there reflexively defends itself until it learns to evolve. But if neurosis is cured progressively through the release and discharge of negative energy (entropy) from repressed child trauma memories, personal intelligence matures into social intelligence. Social intelligence utilizes cooperative behavior to help others cure their own neuroses. As personal intelligence is being enriched by social intelligence, it increasingly converts the negative energy from its own neurosis into positive free energy. Entropy is transformed into energy; into free energy. This free energy surges into the anterior amygdala, clicks it forward fully, circuits consciousness into the numb frontal lobes and causes the transcendence fulfillment.

Personal intelligence (PI) thus completes the circle from cosmic intelligence (CI) through genetic intelligence (GI) through social intelligence (SI) to make contact directly with cosmic intelligence and back to genetic intelligence. Each intelligence then can be read plainly just like reading this typed page of information. All problems then become soluble merely by linking one's cooperative personal intelligence with cosmic and genetic intelligences.

1. What are your automatic reptilian self-defense actions? What are your automatic reptilian counter-attack actions? How can you increase those which are necessary and good to perfect efficiency? How can you decrease those which are unnecessary and bad to extinction?
2. Have you ever observed a reptilian human mother? A reptilian human father? Describe
3. Discuss why a warrior must be clicked totally into reptile brain. Can he love? Can soldiers come home from war and raise warless babies?
4. Discuss why a truly competitive businessman or businesswoman must be clicked totally into reptile brain. What is the consequence to his/her business if he/she is not? What is the consequence to his/her family if he/she is? Either way, what is the consequence to society?
5. What are your automatic mammalian competitive actions? What are your automatic mammalian cooperative actions? Which do you feel should be increased? Decreased? Why? How?

6. Which mammalian behaviors practiced by the entire American population are good? Which mammalian behaviors practiced by the entire American population are bad? How can you/we change bad to good?
7. Which modern American institutions are reptilian? Mammalian? Primate?
8. Why did the frontal lobes bulge out 700,000 years ago to lay dormant all this while? Is it possible that the frontal lobes are dormant only in modern wo/man but were not dormant in earlier humanoids? If so, what was daily Life like for cave dwellers in pre-history times? If so, what turned off the frontal lobes in modern humanoids? Is it possible that modern frontal lobes are not dormant but merely generating unappreciated powers like ultra-violet and infra-red radiations?
9. How does this lesson help you grow up quicker, with more efficiency, into your full triune brain? Into your snoring frontal lobes?
10. Can you create a neural algebra out of TB, RB, MBV, PB and CC,)*(, (*), and CI, GI, PI, SI? If so, how does this shortcut symbolism improve your power to diagnose, prescribe for cure and prognose the neurosis of your Self? The neuroses of other individual humans?



Lesson 14

Self-Guided Imaging, Introduction

The power of the triune brain to heal itself and expand itself is infinite. All that stands in the way is your lack of self-confidence; your lack of trust and understanding of how to use this free genetic gift. Your unlimited health and happiness are locked in your stinking dungeon of awareness by only one thing: your neurosis.

That neurosis, eventually, will be cured down to its deepest dank causes as this *Workbook* progresses. But now, you are being invited to leap up the stone stairs into the singing sunshine prematurely. You are being invited to fly over the surface of your neurosis into a shortcut which accepts immediately the next orders of dormant energy ready to emerge from your reptile brain, from your mammal brain and from your primate brain. The name of this shortcut: imaging.

Imaging is a perception without a direct outside stimulus, causing a totally flowing, infinitely creative vision of what your Life was, is and shall be.

Imaging is cosmic consciousness attempting to flow cosmic intelligence through your triune brain so that your personal intelligence sees and understands the gradient of your full human potential.

Imaging integrates your components of sensing emotion, intelligence, cognition and motivation to create a new power of fantasy by which you know your Self to be expanding rationally into more Life and all Universe.

Imaging is the expression of the brain's self-confidence to see and clarify its own neurotic confusion into perfect vision of past, present and future targets of mutation, thereby transforming total confidence into total trailblazing into total triune transcendence.

Imaging is the brain's power to see itself healing itself totally, so that it can expand itself into infinite physical, intellectual, emotional and spiritual growths.

Imaging is the brain's power to see itself teaching itself totally, starting with understanding each of its own dysfunctionings, so that it can discover its own automatic genetic mechanisms which re-start unlimited physical, intellectual, emotional and spiritual growths.

Imaging causes your child playsie funsie gamsie personality to be dominant over, and to control, all boredom / confusion / pain / fear experiences in Life.

You now can start to cause imaging to happen in the same way that you still remember your child used to play "pretend." "Let's pretend my two fingers are the

legs of my Little Wo/Man." Walk her/him around your belly. Dance a jig. Twang up to your head. Explore all those wow caves.

Pretend your hands are magic carpets. Pretend you are flying to the stars. Pretend your body is a radiant fog of energy flowing over and around and through all bad people and bad things. Pretend your brain is a strong physician healing itself. It is.

This is fantasy. Phantasie. Phantasstique.

This is imagination. The energy of creation. This is your genetically innate power of visualizing, sanely and rationally, beyond current cultural limitations into still undiscovered truths, beauties and goodnesses of Universe reality.

Indeed, this is imaging.

By using your DNA encoded, child practiced skill of imaging, you now shall re-discover your brain's magic method of bringing your unconscious power of self-healing and global growth up to conscious self-control. Once this sweeping energy becomes a routine behavior in your daily kit of available tools, you will use the mechanism of imaging whenever you need to click into full functioning of your reptile brain, into full functioning of your mammal brain or/and into full functioning of your primate brain. You will use the machine whenever you need to demonstrate unfaked increasing physical health, intellectual improvement, emotional joviality, sexual grandeur and spiritual grandness.

Later, once you are committed whole groundhog to the method of self-curing the deepest and hammiest causes of your neurosis, you will use imaging to identify your repressed child trauma memories so as to release them and detoxify them and allow the free flushing of cosmic consciousness to flow through your brain to unleash still greater images of Universe reality.

Neurology Of Imaging

To repeat, imaging is an inside perception without a direct outside stimulus. In ordinary sight, you do not see anything unless it is in front of your nose. Hold up your finger. You see it. Now move it behind your head. Your ordinary sight cannot see it. But your imaging sight can.

Imaging is perception of real objects computed not through the eyes, but directly through mostly dormant organs of the brain. In ordinary sight, you see an object, your finger, through your eyes. In super sight, you see your finger through another circuit in your brain cells. Here is how it works:

Your finger is composed of vibrating molecules of energy. The oscillations of those molecules of energy are transformed into waves and particles of motion which enter the eye, strike the back wall of the retina and there stimulate the rod cells and cone cells. Those cells then re-compute the in-coming wave and particle motions into electrical pulses which are transmitted by the optical nerve to the occipital lobes at the back of your brain. Those lobes finally unscramble the electric pulses, re-combine

them into scan lines which duplicate the original object and tell you what you see.
"Ahh. My fingie."

Conversely, in imaging you see your finger telepathically.

In imaging, the gross vibrations from your finger molecules do not enter your eyes and occipital lobes. Rather, the fine consciousness which creates the molecules of your finger by-passes your gross eyes and optic nerves to enter directly into your imaging network. This network is formed by the silent areas located on the back half of the cortex, by the two-inch layer of glial cells located underneath the cortex and by the frontal lobes. The molecule-causing consciousness enters the image-causing network directly through the skull bones. It then is re-computed back into the image of the molecules which make up the image of your finger. In this way, you see via imaging what you do not see via your eyes and primitive occipital lobes.

Experiments are underway to teach blind students directly to see felt objects and heard people through the virtue of imaging.

By developing your power of imaging, you activate the silent areas of the cortex, the dormant glia and the dormant frontals. From such development, your creative vision will progress into ever higher and ever greater discoveries of true reality. You will see more facts of lower reality in your day-to-day interactions with citizens of conformist society. You will see more facts of higher reality beyond the mundane 5 senses of sight, sound, smell, taste and touch. These facts then will be incorporated into your daily decisions while interacting with conventional people and conventional institutions within society. Your interactions will be those of the puppeteer dominating the puppet: total self-confidence. For your self-confidence will be based within your now totally flooding, infinitely creative vision of what your Life was, is and shall be.

Not only is your ordinary vision up-graded by the super vision of imaging, but the other four conventional components of sensing also are quantum-leaped into their super sensing modes. Sound demonstrably is detected beyond the 20 and 20,000 wave cycle limits of the ordinary human ear. Smell returns to your animal ancestor sensitivity by which mammal and reptile sniff danger and food at great distance. Taste gets down beyond the molecular and atomic particles of sensation to make you aware of the deliciousness within the consciousness creating every mouthful of humm humm. Touch becomes subliminal. The gross clanking tumblers make it child's play to feel and open any killer ape's carefully hoarded bank safe, leave a note with the cash, then gigglingly re-lock it.

Most importantly, imaging -- once neurosis is cleansed and frontal lobes transcendence routinized -- liberates the five silent areas located in the posterior cortex so that the individual can enjoy the conventional 10 sensors which genetic intelligence has dictated shall be the complete humanoid sensorium. Experiments with formerly neurotic students who self-therapized into frontal lobes transcendence and then bred children indicate that most of these 10 sensors are kept open at birth without the necessity of re-training them in the next generation.

Child Playisie Funsie Gamsie Of Imaging

During your first experiments at re-discovering your innate power of imaging, you will enjoy the sheer pleasure of climbing your inner mountain. By simply playing with your remembered whooppee kid, you both shall expand into the awe and wonder of passing through your forest of doubt into the ever heightening, ever widening view of the ever increasing horizon of Life. Eventually, you two too shall break out onto the crest of infinite telepathic perception, intelligence and communication (PIC).

Start slowly. Cautiously. Skeptically, if you must. For healthy skepticism ultimately accelerates the melting of defense walls and retrogressive lies and fear paralyzations which conformist culture forces into each infant at birth as a pervasive value nerve gas. Once the goods of imaging inexorably start to emerge, the skeptic quickly is transcended into lover. Love, then, speeds up this natural growth into ripe nerval potency.

With imaging, boredom transfixes into play. Confusion transfigures into understanding. Pain heals. The experience of living Life becomes full.

With imaging, you start to release and use the full power of your triune brain even before you release the entropy of your neurosis. With imaging, you start to accept your full triune interconnectedness with health even before you cure the disease of your ignorance. The reason this shortcut works is because your genetic intelligence is loving. It wants your personal intelligence to be persuaded as quickly as possible that you are, in fact, survival of the fittest. It wants your personal intelligence to be uplifted immediately over the clouds of cultural lies to see and understand the gradient of undulating mountain massifs rolling away to the celestial horizon as your human potential rises toward final cosmic intelligence.

1. Start with child play. (Everything in backward self-therapy and forward self-growth starts with naif play.) Start with your fingers; with a stick; a stone; a toy. Turn your toy upside down, front to back, inside out. By an act of will, allow your emotions to percolate 100% into this fantasy. Guide your flow -- emotions first, intelligence later -- into becoming a two-way laser beam. Guide the laser beam of your reciprocating emotions and intelligence into your toy. Allow the laser beam radiating into your toy to be reflected back and to penetrate your brain. By an act of play, direct the laser beam reflected back from your toy deeply into your brain. Move the laser beam around your brain. Penetrate different organs, tissues and cells. Energize them. Be amazed at the surprize lights and sounds and smells and tastes and touches you experience as you stimulate appropriate sensory stimuli centers with your laser image.

2. Flow along with the laser beam fantasy until your brain and your toy are one. Your brain is in the toy; is the toy. The toy is in your brain; is your brain. Expand your braintoy up to the size of a city. Condense your conscious Self down to the size of an atom. Walk around the braintoy city. Walk through the braintoy city. Take apart different parts of your toy brain. Discover the throbbing consciousness energy inside each part of your brain. Watch the consciousness energy busily pumping out the particles of matter which make up the atoms and molecules of your brain. (If you must, walk behind the throbbing consciousness energy and up the shimmering

channel and through the primary colored energy fields into the golden bedroom to discover God lazily watching TV reruns and eating onion sandwiches and pushing buttons on the cosmic computer -- which really is the brains behind this whole Universe scam. Watch the cosmic computer pumping out all those consciousness energies pumping out all those sub atomic particles pumping out all those atoms pumping out all those molecules pumping out all those people pumping out all those babies to play with all those toys: Earths and stars and such.)

3. Once you image your at-one-ment with your brain toy, and with all Universe toys, play with it from the inside out. Play with it from its inside essence and soul radiating out to the essence and soul of every other toy thing around you. Observe how space and time collapse, temporarily. This is what happens, permanently, in nirvana: Space and time collapse; stop; reverse. Matter expands into eschatological energy. Everything expands into divine consciousness; into bed with that lazy lout, that computer hacker, sucking-in the boobtube. Flow with this Lifeforce timelessness. Squirt with this creative childplay timelessness. Observe how the fun of the play with everything comes from the most precious experience you must have as thee prerequisite to cosmic invention: solitude. Silence. Best in primal nature. Wherever you are, create the simple Life. Even in the city, create your leisure. Have time enough for everything. Be moral purity within child play. Be ethical domination over the clock. Be in dominion with all consciousness and all intelligence. For, from this, subtle subtle creative production shall emerge from your lascivious brain. Go slow slow. Dead slow. This causes synergy: transmuting each entropy in your brain into energy; multiplying one discovery into firecrackerings of discoveries. You then experience true power. True love. True growth. You then sluice into ultimate meaning. You then are doing God's work; slicing onions. (While Shee rolls over, farts and starts snoring.)

4. Now, actively walk around the house. Your bedroom/kitchen house, not the one inside your skull. Walk outside your house. Walk around your neighborhood. This is to force you to learn the skill of willpower. Keep your child image contact with cosmic essence throbbing and pumping while you bump into trees and gates and cars and cussing people. Keep your child play fun image throbbing and spewing around and over and through every toy tree, toy gate, toy car and puppette person. Without appearing to others to be freaked out, calmly and sanely image the essence of every material object and person you meet. Blithely and rationally penetrate to the center of each thing and idea so as to turn it inside out, upside down, front to back. Creatively. In this way you will discover the creative revelation of its next stage of natural evolution so as to invent, creatively, that special toy which helps birth that next growth.

5. Once you have developed the skill of child imagining in any environment -- especially hostile ones -- do this at your money job place. Within the limits of conformist credibility, do imaging with your money-making job. Carefully. Surreptitiously. With your work mates. With your boss. Observe how the formerly boring job now becomes a funmake toy. Take it apart. Front to back. Inside out. Upside downsie. Discover its first principles -- upon Earth; within Universe. Discover its next stage of natural evolution. Gently invent that special toy which helps you birth your job into its next organic growth. Create the merriment of endless re-births and

growths. Collect your cash bonus for doing so. Be the company inventor. Invent your boss's job up into its next organic collapse up to simplicity. Get your boss's job when he's not looking; when he's imagining that you cannot do so. Create your own money-making company to teach your own employees to do your job via imaging.

6. Image your ego. As a balloon or a yeast dough or a fungus or whatever. Condense it down to the size of an atom of infinite intelligence and feeling. Place it in your bloodstream. Flow to visit, understand, heal and liberate various cells, tissues and organs in your brain-body. Prepare each for transcendence, transmutation and cosmic communication. Transcend your ego and do the same trip as a pinpoint of egolessness.

7. Later, after you have started the "self trauma drama" technique of discharging your repressed adult, adolescent, child and infant trauma memories, go to each organ which stores each category of memories. Use imaging systematically to unfreeze and float up to the top of your ocean of conscious awareness one formerly repressed iceberg of memory from the bottom of your sea of unconscious awareness. Use imaging systematically to guide a blowtorch into your cortex to release adult and adolescent traumata; into your temporal lobes at your temples to release child icebergs; into your hippocampus next to the amygdala to release infant icebergs.

8. Create an energy image and guide it into your reptile brain. Become a hissing creature crawling around the wilderness. Create an energy image and guide it into your mammal brain. Become a cougar pouncing a deer to bring food to den cubs and mate. Create an energy image and guide it into your old primate brain. Become a screeching, jabbering, jousting chimpanzee. Guide your energy image into your frontal lobes and zinggg out a first transcendence experience.

9. Write an Imaging script prior to approaching an emotional therapeutic problem. Use it to guide the scene and emotions into dramatic, pre-chosen brain-body responses. This will create an optimum, vivid healing episode.

- A. Describe the problem.
- B. Describe the best image to approach that problem.
- C. Describe the best route that image should take through your brain-body to approach the problem.
- D. Describe the best pre-chosen, dramatic, cleansing and healing response to be expressed in your brain-body upon first contact with that image.
- E. Write down the key words to keep repeating to your Self as the imaging drama unfolds. This will keep your innate power of self-guided imaging focused on that single problem until you penetrate it fully and turn it inside out to reveal its creative solution. The vividness of creative penetration of the problem will cause super sensing and super knowing of the solution. The vividness may become so intense that it causes transcendence, temporarily. If so, trust it while it is happening.

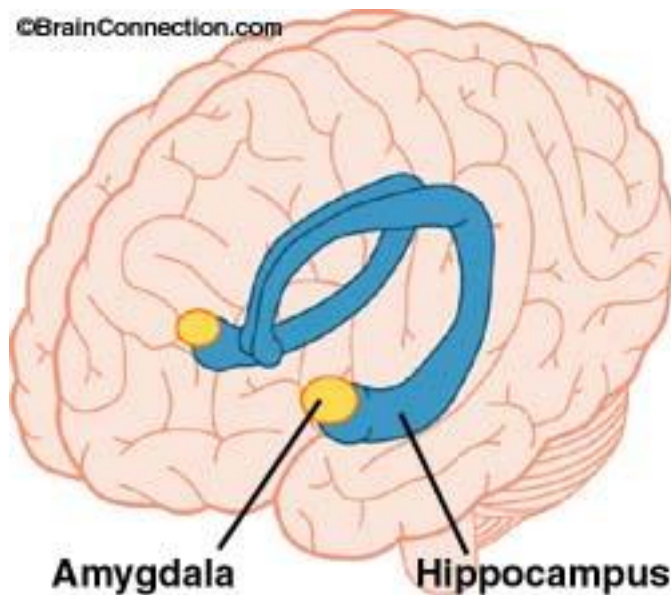
10. Trust imaging. Trust your Self. Trust your genetic intelligence. Trust Life. Self-guided imaging is scientifically valid. Experimentally measure the bio-information which imaging makes available to you. Observe, measure and record periods of warmth, sweating, chills, racing heart, breathlessness, intestine gurgle, reactive constipation and diarrhea. Self-guided imaging is not dangerous. It is automatically safe. If your imaging gets too vivid and overpowering, it will turn itself off. If your imaging gets too disturbing or threatening, the picture will turn off. The ideas will turn off. Your competitive consciousness will turn off. Your brain will turn off. Your consciousness click-switch in the reticular activating formation in your reptile brain will click off, automatically. You will go to sleep. You will wake when you are wiser. After that, you will be closer to trusting your Self; closer to trusting a soulmate: to share imaging through shared consciousness.

But what if a person cannot do self-guided imaging? What does this suggest about his/her ability to do self-therapy? Or even therapist-controlled therapy? What is the fate of such a person? What super sensing and super knowing can you discover in your dormant brain via self-guided imaging?

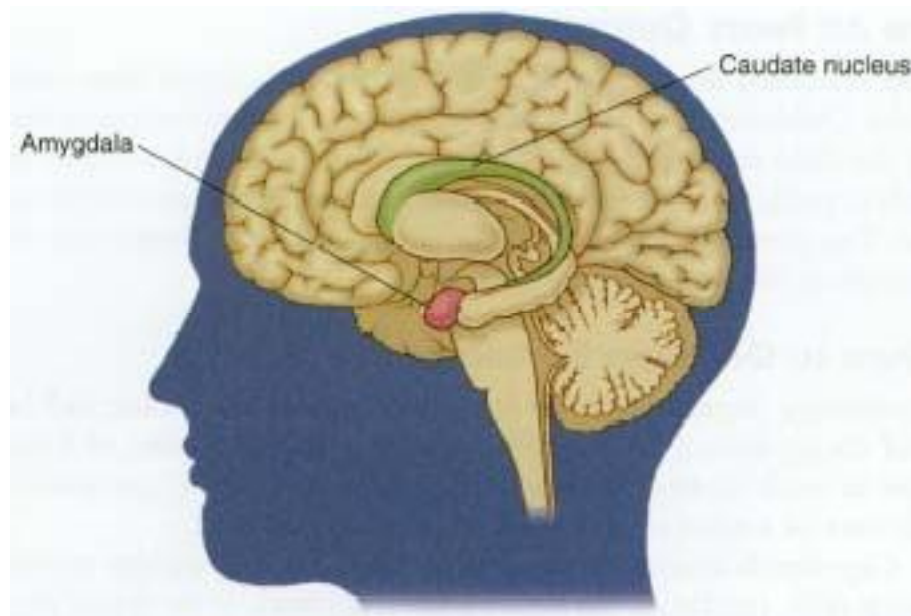
Lesson 15

Amygdala Click-Switch

The amygdala is the brain's master click-switch. "Amygdali" is the Greek word for almond. The amygdala is shaped like the "amygdali" nut. This organ is located in the limbic system within the mammal brain. Technically, there are two amygdalae: one in the brain's left-hemisphere, one in the right-hemisphere.



But since they work simultaneously in tandem, like Siamese twins, neurologists treat them as a single, unified mechanism and use the singular word to mean both of them, amygdala. We will switch back and forth, using the singular and plural words as needed.



Howdy. I'm your

Ah-mig-DAH-lah

You can locate your own amygdalae by placing your second fingers in the corners of your eyes. Place your thumbs in your ears. Droop your first fingers onto your skull. There, one inch in, are your amygdalae. Mark them with a nail.

Now that you know this much, become aware of the mechanical clicking of your amygdalae. Whenever the amygdala makes a decision to shunt electro-consciousness energy from one brain to another, it lets you know. Whenever the amygdala shunts consciousness from the reptile brain into the mammal brain -- or from the mammal brain into the reptile brain; or from the mammal brain into the primate brain; or from the primate brain into the mammal brain -- it makes a mechanical clicking sensation. Many people actually hear a sound when it goes "click," especially upon awakening in the morning when the triune brain first turns on for business. So if you have felt or heard a "click" in your head and never knew why, you now know. It wasn't a screw loose. Rather, your mammalian click-switch in your limbic decision-making center was making the decision to click from one mode of feeling emotions, computing thought and moving muscles to another mode. And your mammalian decision-making center merely was giving you the courtesy of being told when it was doing so by means of gross feel or/and sound.

Prior to this moment, your amygdala clicking was controlled 100% by your unconscious brain and genetic intelligence. You were the passive victim of arbitrary moods actively caused and controlled by an intelligence other than yours. You were a slave to your superior genetic intelligence guiding your inferior personal intelligence just like a parent dominates a child. You now shall mature and become a peer with your genetic boss. Together, you shall learn to control your amygdala click-switch until you can click it at will into its 6 computers; into its 12 computer.

The triune brain has 3 gross computers: the reptile brain computer, the mammal brain computer and the primate brain computer. Each recomputes in-coming cosmic consciousness into its own unique form of gross emotions, thoughts and actions (ETA). But the human triune brain also has a left-hemisphere and a right-hemisphere. Each hemisphere computes each brain's gross behaviors in a different way: into finer emotions, thoughts and actions. Thus, the left-hemisphere of the reptile brain computes self-preservation behaviors (selection of homeplace, establishment of territory) and the right-hemisphere of the reptile brain computes species-preservation behaviors (breeding; establishing social hierarchy).

The left-hemisphere of the mammal brain computes family-preservation behaviors (sucking; teaching) and the right-hemisphere of the mammal brain computes society-preservation behaviors (flocking; migration).

The left-hemisphere of the primate brain computes speech and intellectual understanding of this entire triune brain dynamism while the right-hemisphere of the primate brain computes holistic artistic perception and understanding of the triune brain seeing out to the ultimate meaning of Universe.

And all these computers are controlled by the amygdala.

Now that you know this much more, you shall start to learn how to control your 6-click amygdala into 6 different computers (or combinations of computers) at will. This shall allow you the choice of pre-selecting pre-known behaviors which come out of each computer automatically so that you can solve new problems, as needed, with maximum intelligence, skill and survival. For example, if an enemy attacks you, you can make the choice of clicking your amygdala into your left-hemisphere reptile brain to signal perfectly that you intend to fight in defense of your territory rights. Or you can click into your right-hemisphere reptile brain. This will cause you to create the cleverest signal that you prefer to negotiate the conflict. In this way, you will find out his/her reasons for attacking you. You will reveal and accept whomever is right and wrong; whomever is the true dominant individual over the true subservient individual. Or you may use the right-hemisphere signal as a left-hemisphere trick to camouflage perfectly your true weakness and true intent to thereby beat the bastard.

If a toddling child approaches a campfire for the first time, you can make the choice of clicking your amygdala into your left-hemisphere mammal brain to guide the humanistic child's hand systematically closer to the intriguing flame until the idea of pure pain is grasped slowly, but progressively, without getting burned. Or you can click into right-hemisphere. Here, you will see the larger holistic picture. You will understand the larger holistic behavior that the scientific child needs to learn all environmental knowledges by means of self-controlled, self-experimented, trail-and-error tests. You will allow the babe to get burned. In this way, if the tough child is survival of the fittest, s/he, later, will become a more efficient laboratory experiment scientist. S/he will contribute greater goods to the greater good of society. All from a scorching tongue.

If a government bureaucrat makes a reptilian decision, arbitrarily and capriciously, to raise your home tax without a prior mandated investigation and without due process of law, you can make the choice of clicking your amygdala into your left-hemisphere primate brain to crush the cuss via 100% perfect verbal legal court combat. Or you can click into right-hemisphere primate brain and persuade him/her via overwhelming cosmic love that he/she done you wrong, should feel piously guilty and should reverse the decision humbly so as to grow into being a creative and affectionate public servant within your harmoniously cooperative community.

The 6 gross triune computers and the 6 fine left/right-hemisphere computers operate on two levels: consciously and unconsciously. Thus, the amygdala controls the 6 conscious computer and the 6 unconscious computers; controls all 12 computers. When transcended technologists discover and understand this mechanism, they will transpose the principle into the next (6th) generation of electronic computers. Molecular neural elements will replace obsolete silicon chips to make possible super communication between human intelligence and machine; between all Lifeform intelligences, regardless of distance, throughout the galaxies.

Prior to transcendence, the majority of brain-body decisions are made at the sub-threshold, unconscious (STSUC) level of computations. Most of the primary yes/no decisions which determine the fate of your Life are made for you without you being aware of the process, without you being invited into the process and without you controlling the process. The minority of brain-body decisions allowed to come up to your conscious awareness for your willpower choice of yes or no are only those secondary decisions which your dominant unconscious genetic intelligence offers you from time to time to test you. These tests are to see if you make a choice which takes a next step forward into evolution or if you make a choice which takes a next step backward into devolution. This, then, tells your genetic intelligence whether to keep working progressively with you until you wake up or to give up on you and start turning off the lights.

After frontal lobes transcendence, the majority of brain-body decisions still are made at the sub-threshold, unconscious level of computations. But now you monitor them and review them and reverse them whenever you choose. The reason you allow this majority of yes/no choices to continue to be made at the unconscious level of your awareness is because they now are routine housekeeping decisions which your secretary housekeeper better can handle routinely without bothering the boss. You now are the executive over your own brain-body. But whenever the routine is broken, your secretary calls the boss immediately. You review the problem and make the executive decision of which way you want this new change to go. Thus, the majority of tactical decisions still remain allocated to your 6 unconscious secretarial computers, genetically controlled by your amygdala. For this allows your 6 conscious executive computers -- controlled by your willpower controlled amygdala -- now to process only advanced strategic data. In this way, your personal intelligence is coordinated perfectly with your genetic intelligence and cosmic intelligence to evolve your brain-body optimally into perfect fulfillment.

The comprehensive exercises of this *Workbook* are designed to guide you progressively into learning to control your amygdala into all combinations and permutations of your 12 triune computers upon demand, as needed.

You can begin to practice gross control of your conscious 6-click amygdala by using self-guided imaging from Lesson 14. This merely will help to persuade you that the 6-gearshift and 12-gearshift mechanism does, in fact, exist in your skull motor. Eventually, you will learn the next-to-final skill: shifting gears by using only gentle, refined, subtle thought power. Then the final skill: shifting gears automatically and properly in your sleep. The results from this backward and forward and sideways changing of triune intelligences will be astonishing.

1. Give a short lecture describing the location and function of the amygdala.
2. What are the different decision-making functions of the reticular activating formation in the reptile brain and the amygdala in the mammal brain? How do they cooperate with each other and supplement each other's evolutionary work? How do they compete with each other? Why?
3. Describe how the amygdala rheostat clicks partially into the primate brain to allow electro-consciousness energy to be re-computed into only limited, though refined, society behaviors. Describe what happens when the amygdala rheostat clicks fully into the primate brain's dormant frontal lobes.
4. Speculate on the as-yet undiscovered decision-making center in the frontal lobes. What shall its function be found to be once it is discovered by neurosurgeons and proven through parametric tests performed by neurological psychologists? How shall this frontal lobes decision-making center be used to cause mass transcendence? How shall the amygdala click into and out of it? Once the majority of wo/man animals transcend into their dormant frontal lobes, how shall they use the frontal lobes decision-making center to evolve into the next stage of humanoid maturation? Describe this next stage. Have you already had accidental squirts into it?
5. Describe specific stages of growth and specific yes/no decisions of behavior which your genetic intelligence has been making for you throughout your Life by clicking your amygdala without asking you to participate in the discussion prior to the action. Into which of these decisions shall you now enter and participate as an equal advocate?
6. Create an image of two energy needles in your brain. Move each simultaneously toward your left and right amygdalae. Come in from the front (anterior) side of each amygdala. Insert the needles in the fronts. Energize each anterior amygdala. Image the voltage flowing into each needle to be raised progressively. Do you feel your anterior amygdalae click forward? If so, do you feel electro-consciousness energy shunting forward toward your dormant frontal lobes? Describe.
7. Create the image of one energy needle and insert it into the right side of your left amygdala. Increase the voltage. Click your left amygdala into your right-hemisphere.

Describe the increase of activity in your right-hemisphere. Reverse the procedure by energizing the left side of your right amygdala to click into your left-hemisphere. Describe.

8. Only after you are totally skilled in the above exercises 6 and 7 should you try this next discovery. Very carefully image two needles and come around the sides of your two amygdalae. Insert one needle into the posterior/back half of each amygdala. Very carefully image the voltage to be the lowest possible. This is so as not to shock your amygdalae into clicking backward too strongly; so as not to cause too intense a reptilian reaction and vision too soon, thereby frightening you. Very carefully and slowly, increase the voltage by means of self-guided imaging. Observe your posterior amygdalae click backward into the two hemispheres of your reptile brain. Observe the increased reptilian activity through your "eidetic" vision (seeing internally without using your eyes, optic nerves and occipital lobes; seeing by using your telepathic imaging network organs). If your eidetic vision and reptilian activity become too intense and scary, merely image your amygdalae clicking forward. This will click off your left and right reptilian computers. Or merely relax. The sensory overload will cause the amygdalae to click themselves forward. But if your eidetic vision and reptilian activity become intriguingly interesting and informative, continue to learn all about this new you. For your reptile is an integral part of your higher behavioral reality.

After you have done much self-therapy and are on your way toward confident transcendence, you might want to play around with progressively increasing your posterior amygdala voltage. This will cause eidetic vision to re-experience past Lives down your reptilian retrogression, down your "kundalini" chordate spine; down to one-celled origin; out to star stuff.

9. The amygdala click exercises also can be done by means of "closed focused meditation" as described in Lesson 53. After you have mastered both these techniques to control the 6-click positions of your conscious amygdala functionings, you will be ready to start learning the 6 unconscious click tricks to control your 12 computers.

10. The entire content of this Lesson and the invention of the technique used in steps 6, 7 and 8 above are not based upon arbitrary make believe or mumbo jumbo. They are based upon hardcore, no-nonsense scientific evidence. In 1954, James Olds, and in 1969, Graham Goddard, did the first systematic experiments with white rats to discover the true function of the amygdala. They implanted electrodes in a grid pattern into all parts of the limbic systems of separate rats and then stimulated each with electricity. This caused "clonic convulsions: rearing, pawing and falling" -- the rodent's cosmic orgasm; mini nirvana. The most successful click-switch was the anterior amygdala.

If you are motivated to do elementary research into the scientific foundation identifying the mechanisms of your own coming frontal lobes transcendence, you should go to a university or medical school library and read the basic references citing the original experiments which were performed, which were extrapolated through humans at this dormant Brain Research and Development Laboratory and which now are part of the

structure of this *Workbook*. The bibliography for the amygdala is as follows, in order of development up to human use.

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Lesson 16

Reptile Brain Self-Defense And Counter-Attack

All people are not loving. That is the revelation which one receives by living daily Life. All people are not transcended. Some people are hostile and aggressive and specifically plan to injure your desire to grow and transcend. So you must defend your Self against them as pre-requisite to rising above such jungle reality.

The best self-defense is perfect understanding and control of your available reptile brain. It is pre-programmed genetically to give you all the perfect thought-routines and action-routines with which you can stop anyone attempting to stop your own growth. All you need do at the moment of being attacked is to click your amygdala fully backward into your reptile brain. And get out of the way. This will trigger-on into dominance your automatic, stupendously ruthless, coldly efficient reptile intelligence. This will trigger-off your more mushy, less fighting-efficient mammalian and primate emotions. Your brain machine will turn into a reptilian fighting machine. You will counter-attack perfectly. Your cold, emotionless reptilian intelligence then will create the most comprehensive thoughts and most absolute actions to solve that specific problem. You systematically will do what must be done to dominate, control, neutralize and eliminate your aggressor.

The single thing which causes inefficient conflict is mammalian and primate emotions. Two equal adversaries disputing one desired target pre-determine which shall win by the fact of which is least emotional. The most emotional combatant gets flustered while dueling and misses seeing a momentary opening which gives temporary advantage. S/he does not thrust. The least emotional disputant remains cool, sees the opening and lunges. The most emotional person is shocked unexpectedly by the sudden, overwhelming surprise penetration, gets more emotional, collapses defenses just enough to allow the next penetration, gets yet more emotional and thereby becomes the victim of double envelopment. Moral superiority and physical strength crush all further resistance.

Talk of "survival" and "growth" and "transcendence" from such a loser is fool's play. Survive first. Transcend later.

The winner does not talk. He/she learns brain. Reptile brain. He/she uses reptile brain during necessary combat.

The absolutely cold reptilian brain generates 0% emotions and 100% intelligence to defeat all enemies. Absolutely.

1. Create your standard of excellence which defines your targets of survival and transcendence. Create your standard of excellence which defines your behaviors of

self-defense and counter-attack. Always give in on matters of etiquette. Never give in on matters of principle. Define three levels of your animal combat behavior. Begin battle slowly, through necessary moral disorganization to allow your adversary full time to prove he/she truly is evil.

The first level of your disorganization is when your personal being is being penetrated only slightly, though repulsively, intimately. You tolerate it without protest. You tolerate slight invasion of your privacy and comfort and rights in the same way as an understanding parent tolerates tumbling children in the bedroom at 7:00 A.M. Sunday.

The second level of your disorganization is when your spiritual dignity and integrity are threatened. You are being penetrated more intimately and more repulsively. So you begin to energize specific, automatic, reptilian reflexes of self-defense. You trigger these routinely, without thinking, whenever someone touches your pre-defined depth within your defense perimeter. Whenever an enemy quietly invades your defense ring, your pre-created mine field will explode silently. Without thinking, just like a turtle going into shell, you will withdraw into your pre-prepared deeper defense echelon. From there, you will have time to review the situation and perform appropriate actions for deeper self-defense or counter-attack.

The third level of your disorganization is the re-organization of your reptile brain from self-defense to counter-attack. During the first two levels, your posterior reptile brain was dominant. Your posterior reptile brain computes only self-defense behaviors. Your anterior reptile brain, which computes counter-attack behaviors, was subservient. During this third level of re-organization, you re-circuit your anterior cell loops into dominant action. You now are energized for gross self-preservation. At the moment your physical body, your intellectual identity or/and your emotional security are threatened with blatant abuse, injury or death, you trigger your rattlesnake reflex. By primate pre-reasoning, create a specific, instantaneous reptilian reflex designed to cover this contingency. Design it to be a true, full, totally self-confident reptilian reflex. Do not stop to think. Counter-attack. Protect your Self. Strike with 100% forceful, emotionless, precision efficiency. Overtly or covertly, strike at any enemy who has taken the time and invested the energy to calculate his/her penetration into your rights of Life, liberty and the pursuit of happiness. Make no mistake about it. He/she is motivated with the single purpose of destroying those rights.

2. With primate intelligence, create your total familiarity with your true reptile brain. Explore it totally. Map it totally. Inventory its strengths and weaknesses totally. By means of self-guided imaging, morning pre-conscious questioning, focused meditation stimulation and eidetic (eye-sightless) visioning, click your posterior amygdala backward into your pure reptile brain. Allow its pure power and pure intelligence to emerge and be displayed in the privacy of your home. Allow your primate brain to learn the absolute power and intelligence of your reptile brain before you need it -- lest its overwhelming capacity for counter-destruction shock you into paralysis once it truly starts to emerge. Inventory your full armory of self-defense energies and counter-attack strategies. By means of systematic sampling and circumstantial analysis, display for your settled primate understanding your total force of reptilian defensive and offensive tactics in your home war games. You then will know with absolute

certainty your potentials and your limits. You then will maneuver with absolute certainty and proper force against every attack along your pre-created, standardized gradient of self-defense perimeters and counter-attack plans. You will be prepared for, and will re-act accordingly, to each stimulus, from Sunday morning kid tickle through Saturday night booze riot to Friday afternoon peer snitching to boss screwing you out of your job.

3. Create your subtle camouflage to hide your true reptilian expertise. The hypocrisy of American reptilian competitiveness does not allow for such conspicuously perfect and honest self-knowledge and self-control. Analyze and itemize all the hypocritical values, attitudes and behaviors (VAB) within your unique environment which are based upon reptilian ego aggressiveness but which pretend they are not: occupational "courtesies"; social hierarchies; political power leverings. Within the limits of camouflage and discovery, create your optimum defense perimeter; your optimum reptilian strategy and tactics.

4. Create your subtle reptilian skills of camouflaged self-defenses and counter-attacks to move confidently and progressively through the American hypocrisy smiling jungle. Analyze each ignoramus or hypocrite who, unconsciously, is attacking you without full realization of his/her true, unconscious reptilian motives. Counter-attack him/her with camouflaged 100% precision. Conquer each target with 100% neural efficiency. Then make the primate decision as to whether or not you will heal each inexorably defeated adversary with love or/and teaching.

5. To survive the competitive reptilian jungle so as to transcend into frontal lobes cooperative planetary society, talk quietly, but carry a big stick: your triune brain knowledge.



Lesson 17

Mammal Brain Love Sharing And Family Formation

Just as you must master your reptile brain to protect your Self, you must master your mammal brain to get true love. Without understanding and controlling your mammal brain, you will blunder around blindly through icky yuckie love affairs and at least one failed marriage (just to try the gimmick of "guaranteed happiness" everyone talks about) until you too burn out your very instinct to love and to be loved; to be lovable. After that, there is nothing more in Life except getting up every morning to go to your meaningless job. And booze. And dope.

With understanding and control of your mammal brain, you will create precision love and soulmating. You will nurture your mammalian instinct for togetherness into perfect, growing, permanent happiness.

The mammal brain is encoded genetically to generate the limbic system (one in each hemisphere). The limbic system is encoded genetically to generate the spectrum of emotions from lower animal hate to higher animal love. (But not yet divine love, which is computed by the frontal lobes.) This spectrum is created to inform you of your evolution and devolution. If you are evolving properly toward your frontal lobes transcendence and indisputable noggin virulence, you will feel involuntarily all the positive emotions of animal love: happiness, contentment, a certain amount of Life meaning. But if you are devolving back toward permanent reptilian ego greed suck behaviors, you will feel automatically all the negative emotions of Self-hate and Life-hate: unhappiness, depression, pig fat embarrassment, meaninglessness, hopelessness, terror, suicide.

Your mammal brain can be nurtured progressively away from hate and toward love before your fully therapeutic maturity occurs. This can be done by a simple act of will. Prior to cleaning out your neurosis by dint of the self-therapy to come later in this *Workbook*, you can re-start your bubbling mammalian happiness. You can share your genetic mammalian love intelligently with a soulmate. In this way, you can start forming immediately your growth support family. You do this merely by understanding the 225 million year program genetically encoded into your mammal brain. Once understood, you will use it routinely. By flowing with and using your automatic mammalian love programming, you will transcend the phony primate cultural "love" values sucked in through today's TV, radio, movies and mags. These false "love" values trap and cripple entire populations into 10% brained devolution; into posterior mammal Self-hate and Life-hate; into reptilian emotionless deadness.

You will avoid such devolution by going directly to your true feelings of true anterior mammalian love and satisfaction.

The true love programmed into your mammal brain is based upon reptilian self-defense and counter-attack. Your healthy mammal brain will not allow you to fall in "love" with a lying, cheating "soulmate" who really is a reptilian entropy person consciously or unconsciously aiming to steal your energy of growth. Your mammal brain will not allow you to be mated with a retrogressive person who prevents your mammal brain from progressing into its full primate and frontal lobes potentials. If you do stupidly mate with such an entropy enemy, your limbic system automatically will trigger the total spectrum of posterior emotions from Self-hate to mate-hate. Divorce is inevitable.

If you analyze your mammal brain and the mammal brains of all your soulmate candidates, you will reject instinctively the entropy persons and select only the energy person(s). Together, your mammal brains will grow into full triune potential.

You can begin to analyze your mammal brain by using the tool techniques already presented and soon to be presented in this text: morning pre-conscious analysis, self-guided imaging, amygdala clicking, eidetic visioning, essaying, focused meditation, dream analysis. You already have enough beginning intelligence and skill to get off the wrong track of cultural fake-love heading for disaster and to get on the right track of neural true-love heading for completion.

1. What do you want from love? Create your standard of excellence which, finally, defines your intuitively felt need for perfect love. Accept nothing less than perfection. Define which kind of personal behavior with your Self and which kind of inter-personal behavior with your soulmate shall best nurture and guide you to your maximum brain growth; shall best nurture and guide your soulmate to her/his optimum brain growth. Indeed, what do you want to love?
2. Create your standard of criticism which analyzes the foundation intelligence and motive of each soulmate candidate so as to identify her/his desire and potential to grow up with you. With what kind of a persona do you want to share the remainder of your Life in love?
3. Create your familiarity with your true mammal brain. Explore it totally. Map it totally. By means of imaging, click the center of your amygdala. This will click its maximum energy into your center mammal brain. Focusing energy into the posterior amygdala causes it to click backward into the reptile brain. Focusing energy into the anterior amygdala causes it to click forward into the primate brain and frontal lobes. But by focusing energy into the center of the amygdala, you cause it to open all circuits into only your mammal brain. This opening of circuits, in turn, allows in-coming cosmic consciousness disproportionately to flood only your mammal brain. Such massive flooding causes disproportional mammalian behaviors to emerge

for review via eidetic (inner-sighting) vision. Your intuitions thus inventory your complete, natural gradient of pre-programmed, available, automatic mammalian emotions, thoughts and actions.

4. Once you inventory your mammal brain, up-grade your standard of excellence for your Self and for your soulmate. Design your perfect mammalian strategy and tactics for filtering and finding your future soulmate(s).
5. Apply your mammalian emotions, thoughts and actions into your soulmate. Receive her/his spectrum of true mammalian emotions, thoughts and actions in harmony with yours. Create true love growing into true triune evolution, shared.
6. Create the synergy of true love: $1 + 1 = 11$. Allow the super sensing of true love to improve your eidetic vision which, in turn, will improve your analysis of your mammal brain. Allow your super sensing to improve your inventory of your mammal brain's full potential to share love and form family. Grow into this full mammalian potential.
7. Grow into your primate potential. Refine and harmonize your full mammal love with full primate intelligence and social genius. Create your growth support family into mass multiplying nucleus. Create a community of mass multiplying nucleus love families. Spread these facts of neurology of love growth through the mass media around your state, nation, planet.
8. Grow into frontal lobes transcendence, together.
9. Describe the most repetitive, persistent inhibitor which prevents you from starting this fundamental mammal brain love.
10. What question should you ask your Self here?



Lesson 18

Primate Brain Step-by-Step Transcendence And Genius

The vast dormancy of your primate brain is the reserve intelligence in your reserve cells. Especially your frontal lobes. These cells now can be brought into active use. By so bringing specific new cells into action, you will start to compute solutions to problems which are way beyond the cleverness of everyone else. Especially of your current Self. For when you solve a problem -- even an ordinary simple puzzle -- which no one has solved before in your unique way, you are a genius.

A genius merely is one who crosses a frontier of society problems and discovers new objective truths about universal reality which help ordinary people live Life happier. You can be a genius just by inventing a new way to open a can of pop or a new way of which all people can popp into open happiness.

The reason we know so much of the primate brain is dormant is because of the simple experiments performed by neurosurgeons. They cut out all parts of the brain which are injured, abscessed or tumored. They give each patient physiological and psychological tests before and after each operation. By measuring the difference between each test, the function of each brain part is identified. Thus, slicing off the modest occipital lobes at the back of the brain -- or even razoring one incision there -- causes a dramatic effect. You go blind. The same heroic catastrophe occurs when they butcher away the small parts on the back half of the brain which compute your hearing, smelling, tasting, touching and moving of muscles. But when they chop out the entire 1/3rd bulk of the frontal lobes, the most astonishing thing imaginable happens. Nothing. Patients only get a little cranky (because their hats no longer fit), but nothing else changes.

The frontal lobes are not dormant in the same way that corpses of Siamese twins in a casket are dormant. The frontal lobes are dormant in the same way that an automobile is dormant when its motor is running but it is not yet shifted into gear. A small amount of electrical energy constantly flows through those tissues to keep the chemicals in the cells from rotting and stinking, but cosmic consciousness does not yet enter the computer to generate personal perception, intelligence and communication with Universe infinity and eternity.

Merely rest assured that in this straightforward way of scientific experimentation, we now know all the "silent areas"; we now know all the

inactive cells, tissues and organs; we now know that the human brain is more than 90% dormant.

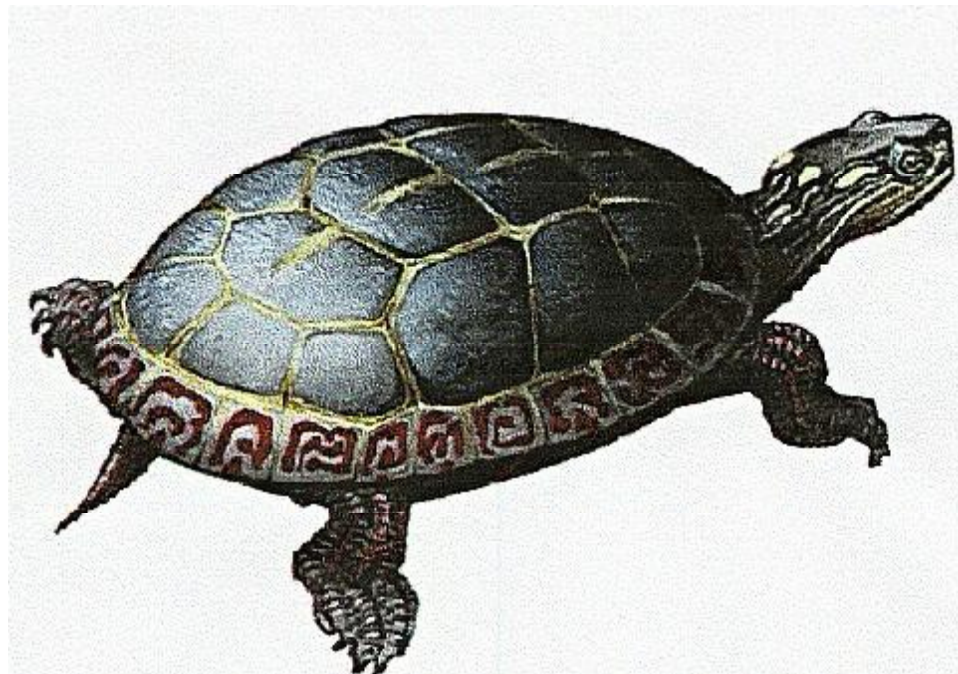
Since 1957, more than 300 special test students have come through the exploration program of this research facility. As the facts progressively were discovered to explain how the human brain works, the method of brain self-control progressively improved. All those who achieved the transcendence experience reported it to be an overwhelming pressure and breakthrough in the frontal lobes. Before-and-after tests measured large, dramatic increases of intelligence and creativity. Medical monitoring is measuring longevity. Now, by means of the pre-tested exercises in this *Workbook*, the general population can get frontal lobes transcendence.

Your first strategic target is to liberate your sleeping frontal lobes. But while working on that, you can conquer smaller tactical targets. You can set free smaller circuits of dormant cells in your intelligence and creativity.

1. Review the morning pre-conscious questioning technique of Lesson 8 and the self-guided imaging procedure of Lesson 14. Re-think them to be tools to probe into your most advanced primate brain.
2. Re-think the function of your primate brain. It accepts the automatic self-defense and counter-attack reflexes of your reptile brain and refines them into the cultural behaviors of arguing with an adversary and suing an enemy in court. Re-think the function of your mammal brain. It produces the automatic mother love and father protection which are the first instincts of family. Your primate brain refines these social impulses into the cultural hunger for human cooperation and warless Earth. By so understanding the primitive function of mammalian human love which your mostly dormant primate brain is trying to extend into social institutions, you can become the genius who discovers the next step toward harmonious inter-personal behaviors and who invents the next improvement in institutionalized world peace.
3. Before going to sleep, ask your primate brain: "Which dormant cells now are most ready for me to discover, energize and use for my advancing intelligence and creativity?" In morning pre-conscious reverie, before your neurotic reptilian defenses have awakened, move your cosmic energy finger around your skull in a systematic grid pattern. The entropy from the most dormant, most frustrated, most ready patch of cells will suck in the energy from your wise, healing, evolving finger. You will feel/see a jolt of lightning when your energy finger gets sucked into your entropy toilet. The shock will awaken you fully. Your finger will be magnetized to the precise spot which your genetic intelligence has dictated to be your next tactical target to energize.
4. Repeat the drill two more times two more mornings. When you have identified the same spot three times, you will be sure that your neurotic ego is not playing tricks. Do self-guided imaging. Create your unique unit of

energy and move it into that spot of dormant cells. Later, you will learn closed focused meditation to supplement the energization with a more powerful force. Each day, systematically increase the voltage pouring into the now awakening spot. Each day, systematically awaken the million year slumber of the now computing spot.

5. Via morning pre-conscious questioning, identify the subtle new computer circuit function which has been added to your general primate computer. Identify the specific new skill which this new circuit adds to your overall primate power to create thoughts, emotions and actions. Test your new skill. Measure your new increase in this new skill and compare it with some old measurements which you made previously of this beginning skill prior to its up-grading. For example, if you are opening a new hearing circuit, merely re-play an old favorite musical record and now hear deeper and higher harmonics of tones heretofore unheard. Or if you are opening a new left-hemisphere intelligence circuit, merely re-take your most recent IQ test and measure the increase. If you are opening a new right-hemisphere creativity circuit, compare your old production of artforms with your new production of old artforms and new artforms. Once you are persuaded subjectively, and measured objectively, that you have, in fact, released a dormant patch of cells into now routinely active computations, move on to the next target. Repeat the drill. Identify a new spot of dormant, ready cells. Energize this new spot into a new power of intelligence and creativity. And while doing so, know that all such tactical advances cumulate to help your strategic advance into your frontal lobes transcendence. The big bang.



Lesson 19

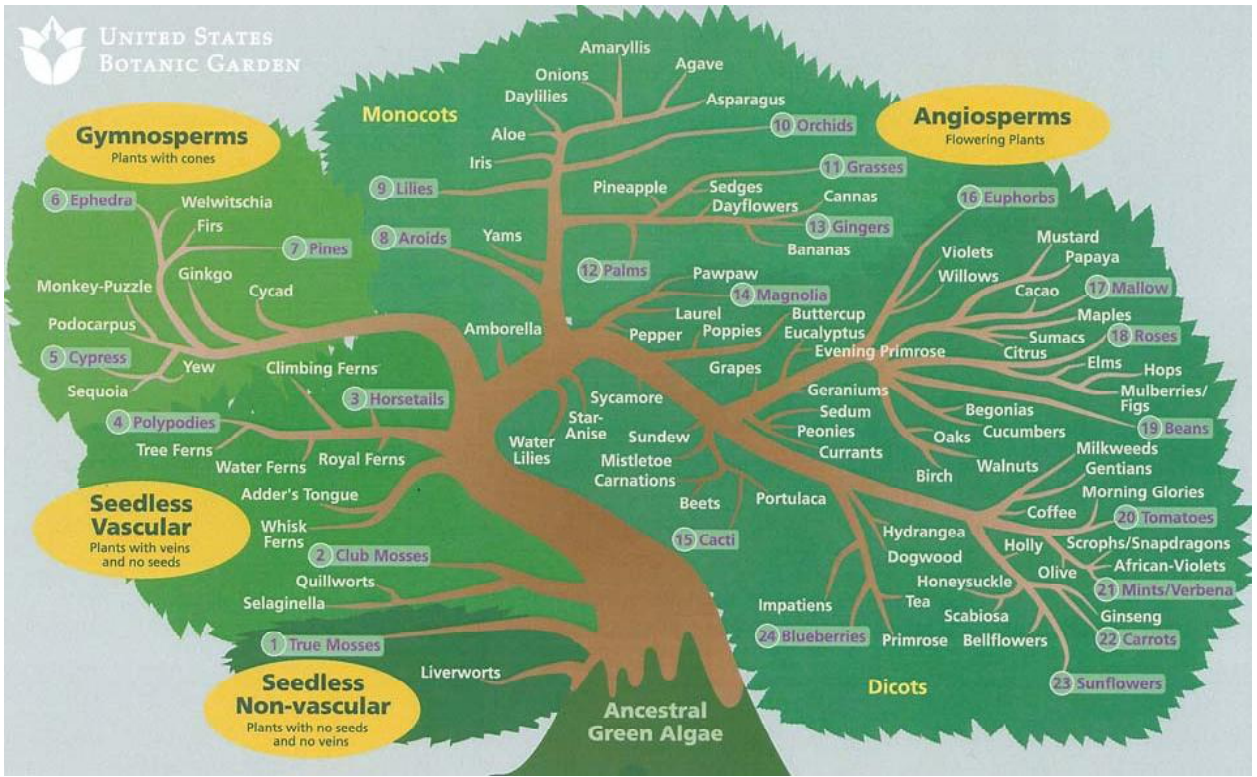
Extended Family Co-Therapy

If you do not have a neurally trustable, Life knowledgeable Partner, remember: It is social intelligence which is pre-requisite to transcending into your dormant frontal lobes; to transcending into cosmic intelligence. But if you create an extended family of friends into a co-therapy family, you will discover ease in learning the family, you will have difficulty growing into society intelligence. And shortcuts toward whole brain power.

The motivation for you to do the work of advertizing for, in-gathering and developing your co-therapy family is the simplest, most efficient and most effective emotion in the spectrum of genetically encoded reptilian feelings: greed. You are desperate to grow up. You are terrified by the thought of living your Life alone (even within the crowd) in perpetual confusion and pain. Only a co-therapy family can prevent you from slipping back into conformity and spiritual death. Only via such cooperation can you create an accelerating mission totally dedicated to helping each other family member to grow up.

1. Strategy for forming your co-therapy family:
 - A. Advertize by writing a short descriptive article or a letter to the editor into an appropriate newspaper.
 - B. Place notices on bulletin boards of organizations where your kind of people congregate.
 - C. Telephone friends.
2. Tactics for forming your co-therapy family:
 - D. Have fun with each other during the beginning interview period and during the beginning turmoil of growing up.
 - E. Help each other self-release repressed adult, adolescent, child and infant trauma memories.
 - F. Help each other self-circuit into dormant frontal lobes.
3. Create your "Family Co-Therapy Rules" on paper so there are no misunderstandings. Itemize all the proper and improper physical, intellectual, emotional and spiritual behaviors expected between individuals.

4. Create your "Co-Therapy Economy Rules" on paper so there is a balance between giving and receiving. One person giving more energy (and absorbing more entropy) and receiving less energy will -- like a car battery -- be drained dead. Prevent pure infantile narcissistic suck.
5. After you receive an epicurial massage, you do not want to get up and massage the massager. During each formal therapy session, you should be either the therapist or the therapee. Not both. Do not switch on that day of deep probing. Get a good night's rest first to re-balance your energy and entropy economy. But during shallow therapeutic sharing, it is okay to switch sides back and forth.
6. Empathy. That is all therapy is. Sympathy is staying outside another person's shell while listening to him/her. Empathy is hearing and feeling from inside the shell. Absolutely listen, hear, feel and know the other person's pain. Absolutely listen, hear, feel and know the other person's genetic code as it tells you what it wants and needs to be done to re-start automatic growth. Every neurosis screams its own precise, step-by-step therapy. You have but to listen and hear. Listen to, and hear, the therapee's unconscious child telling you which blocks it must have removed to re-start automatic genetic self-circuiting. Merely ask the gentle and tough questions which cause the therapee to tell himself/herself what he/she wants and needs to re-start reflexive DNA advancement.
7. Neurological questioning. Form all your questions within your expanding knowledge of how the human brain works. Form your questions within your expanding experience of how the brain blocks itself from spontaneous growth. Form your questions within your expanding vision of how the brain wants to unblock itself and circuit into its dormant frontal lobes -- and beyond.
8. The reason why the therapee does not or cannot get past this block in self-therapy by himself/herself is because he/she still needs a Big Daddie or big Mommie to help him/her grow up. The therapee needs to be "endorphin-bonded" to a parent-substitute therapist. Endorphin is the hormone which causes child to be bonded and subservient to Mother or/and Father. In co-therapy family, you are Power Pa or Yumm Mammary Ma. Or both. Androgyne. Bisocksual.
9. Discipline each therapy session into one solvable problem. Not 2 or 10. Solve the problem by the end of that session. Do not leave a serious problem dangling. If it dangles, you bit off more than you two can chew. Bite off only small, chewable, swallowable and digestable parts of each big problem. Solve a problem a day. Make the therapee be a winner at the end of each therapy session with Dr. Feelgood.
10. Family co-therapy is not illegal because it is done within the family -- it is not done in public -- and no money is exchanged. It is not a business. It is not "professional" psychotherapy. Therefore, no government licensing is required. You then can expand your work with your brothers and sisters to mass-therapizing and mass-transcending all the folks in your neighborhood. All the citizens in your city. In your State. In America. Upon Earth.



SECTION C

Release Repressed Trauma Memories

All that blocks your genetic drive and cosmic consciousness from self-circuiting, independent of your will, into your dormant frontal lobes (and beyond) is your neurosis. Neurosis is nothing more than repressed memories from your adult, adolescent, child and infant traumas. These unresolved traumas clog the three decision-making centers of your triune brain. The clogging causes the decision-making centers to work inefficiently. The inefficiency signals the genetic code to stop the brain from growing until the clogging traumas are cleared.

Traumas are the residual memories of wrong actions which were done to you or which you did to your Self. Each of these wrong actions caused you to grow in a direction which was away from the proper direction of growth as dictated by your genetic intelligence.

Genetic intelligence is the Earth form of cosmic intelligence. It knows how you should grow up. When you disobey genetic intelligence you grow in a direction which is away from honoring Life and helping the Lifeforce -- God. When you grow in an anti-Life direction, your genetic intelligence signals you of the mistake by causing your brain to compute three things: confusions, pains, fears.

Wrong growth starts at conception when a male and a female fertilize an ovum with a sperm but without cooperative consciousness love. The egg feels the wrongness as it divides into two cells. The egg protests the wrongness by dividing wrongly. It divides just a teensie bit lopsided. The two cells divide into four cells, lopsided. This wrong lopsided growth continues during gestation. The brain is lopsided.

Next, during gestation, the two parents strangle the fetus. They do this by withholding the crucial nutrient: focused meditation love. This nutrient must be aimed constantly into the uterus. This nutrient must be aimed into the canal during birth to de-traumatize the transition.

The merrily wrong growth metastasizes during infancy and childhood when parents inflict on the defenseless organism unintelligible environmental demands to which the infant cannot comply or adjust: cold, hunger, injury. Thus, the infant's reptile brain interprets these demands as being attacks and retrogresses accordingly. Beside being physical, these irrational demands and evil attacks can be intellectual, emotional or/and spiritual: forcing understanding that an entropic baby sitter is supposed to be equal to Mother and Father; being kissed by an unshaven, scratchy

male face; being denied the instinctual right to express curiosity and awe when fondling shit or genitals.

The result of such threatening attacks is that the automatic triune brain triggers a single reflex. Each brain disconnects from the others and draws back into its lowest self-defense mode. The front lobes are disconnected. Growth stops. Devolution starts. Each such infant grown into child, adolescent and adult suffers perpetual confusion, pain and fear. Any adult who now feels confusion, pain or/and fear is being signalled that wrong growth was done back then.

When wrong growth is done, genetic intelligence stops personal future growth into perfection. Genetic intelligence stops growth into 100% brain functioning. For "modern" wo/man, 90% of the brain circuits are turned off. The resulting humanite operates, at best, on only 10% brain efficiency. The challenge is: G. O. D. Grow Or Die.

By retrogressively releasing your unconsciously repressed adult, adolescent child and infant trauma memories from their appropriate memory storage organs, they can be brought up to conscious awareness. The consciously aware memories then can be detoxified progressively. The bound energy of neurosis which forms each memory can be released into free energy. Each unit of free energy then can be guided properly into the cells of the anterior amygdala. When sufficient energy is accumulated, the amygdala click-switch clicks forward. Gross electro-consciousness energy floods forward into the inactive frontal lobes. Transcendence happens.

Once transcendence occurs, genetic growth is re-started. Automatically. Thereafter, your personal intelligence makes direct, conscious contact with genetic intelligence and cosmic intelligence. Normal paranormal skills emerge from the formerly silent areas on the back half of the cortex and from the two-inch layer of formerly dormant glial cells under the cortex. Direct, conscious communication with genetic intelligence and cosmic intelligence begins. Personal growth proceeds toward infinity and eternity.

Lesson 20

Child Play With Fun Trauma Memories

"Joking" is the triune brain's way of telling the primate cortex: "You're off the track! You're growing in a wrong direction! You're slipping away from the right direction demanded by genetic intelligence!" You recognize your embarrassed wrongness by laughing. Your laugh helps you quiet the terror of realizing you are devolving toward pre-mature death, rather than evolving toward routine Life. Your laugh helps you turn around your motivation and re-start your growth toward total triune brain power.

Comedians make a joke out of adult confusions, pains and fears rooted in child confusions, pains and fears. But they offer no therapy. You are a comedian. Make a joke out of one of your current confusions, pains or fears. Laugh good. Observe how this helps you confront the true root cause -- and cure -- of that malfunction in your brain. By laughing at the most obvious tip of your neurosis iceberg, we can sneak down to the deeper tunnel work of melting that floating massif of frozen poison out of your ocean of consciousness.

Play like child with your bobbing icebergs of aches and growling icepacks of punishments. Play with your neurosis. Play with your trauma memories. This will help you get used to looking at each problem you have been avoiding. Through play, you now can look at them eyeball to eyeball because you, finally, are dominant via laughter; because you, finally, have the joking tool to solve each one to perfect happiness: this *Workbook*.

Play like your carefree kid with your surface serious and silly slops of neurotic emotions. Soothe them out with a jest for now so you can make them more tolerable and more patient while each problem waits its turn to be melted and exasperated with the love exercises to follow.

1. Make a joke out of your most obvious confusion, pain or/and fear. Turn the problem upside down, inside out, front to back. Turn your usual reaction to the problem upside down, inside out, front to back. Laugh freely at your new reaction to the newly re-defined problem. Exaggerate the laugh to squeeze out the deepest possible therapeutic relief from finally facing up to this entropy dolor. Repeat the process with a second problem; a third; all.
2. Create a fun toy to remind you that this problem now is laughable: a couple of sticks, or a stone written on with brush pen, or a rope hanging from a tree with dangling log, or a flower bouquet. Each time you touch the toy you trigger the laugh. Each time you play the toy you lessen the misery.
3. Play the toy game 100% in your reptile brain. Imagine your Self going back 350 million years to be a hissing, slithering, grunting crocodile. Confront your

modern problem again -- as a croc. Be 100% self-defensive; 100% counter-attacking. Attack the problem and solve it like a single-minded, emotionless reptile. What new insight does this reptilian retrogression give your now primate brain to solve the problem? What new creativity does this reptilian retrogression force into awareness within your primate brain?

4. Play the toy game 100% in your mammal brain. Imagine your Self going back 225 million years to be a loving, protecting wart hog. A jungle pig. Confront the modern problem again, but this time with a cuddly, affectionate, compassionate piggy vision to see around it and through it and over it and beyond it. See your Self evolving beyond the problem. See your Self transcending the problem. What new creativity does this mammalian retrogression force into awareness within your primate brain?
5. Above all, courage. Know, simply know, that your triune brain is well on the way to solving this problem with unpremeditated wisdom beyond your wildest Xmas expectations. Your current ill does not, yet, allow you to see that problem as a blessing in disguise. Your current problem is forcing you to grow up in a way you never suspected was possible. Soh. Patience. And courage. And work. Via play. Joking. Laughing. Growing. Whee.

Lesson 21

Learn Your Cortex Adult and Adolescent Memory Library

All the trauma memories from your adult and teenage years are stored in the 1/6th of an inch thick "bark" covering your brain: your cortex. These trauma memories are not repressed fully to unconscious unawareness because your adult and adolescent both were aware fully and understood fully what was happening when it was happening. Thus, they both were able to react as free people. They could fight back. Because of this awareness and free will, whatever unwanted pain remembrances occurred were stored in your shallow memory library and can be brought back to full awareness by a simple act of willpower. Retrieval of child and infant traumas, however, are repressed and require more subtle techniques to bring them up for re-confrontation. Child and infant traumas are repressed because your child and infant did not understand each wrong thing which was happening when it was happening and did not have the intelligence nor the power to react defensively when it was happening. They could not fight back. They could not prevent the insult from happening. For that reason, they each stored these realizations in your deep memory libraries until you were old enough to bring them back up for tough fighting against the evil doers: for therapizing. Which begins now.

Start your self-therapy process by first curing your easiest trauma memories. The easiest ones are your adult traumata. This will build your experience and courage. After you have solved at least 51% of your adult traumas, you will be tough enough and cunning enough to start solving your child traumas; then, finally, your infant blocks.

But caution. If you do not solve at least 51% of your adult and adolescent trauma problems first, this inefficiency and confusion and lack of courage will be communicated down to your repressed child trauma memory storage organ and to your repressed infant trauma memory storage organ. By watching Big Brother or Big Sister freeze up and refuse to do perfect self-therapy, Little Brother and Little Sister will freeze up even more solidly. Child and infant trauma memories will refuse to emerge from storage for therapy, melting and evaporating. The entire self-therapy process will fail and collapse back into deeper despair.

The precise method to release and cure your adult traumas will be taught in the next lesson. This lesson merely is to take the first walk through your cortex memory library. Gently stroll through the stacks, observing the shelves of books. Each book precisely documents one day of your past Life experiences. Each book is an accurate record of what happened to you on that one day. Each book can be retrieved absolutely from your memory library and re-read clearly by your conscious awareness merely by following the exercises in this *Workbook*. For now, just use your imagination and walk through the stacks. Glance at a few titles. Perhaps take down

a volume that catches your fancy to skim the table of contents. Flip the pages. Be amazed at what you read and see in the pictures. Be amazed at how you now remember so clearly how that passed day actually happened. Indeed, look at the volumes which record your adult history/herstory; your adult problems. Though many, your adult problems are finite. They can be solved. They shall be solved. Quickly and efficiently.

1. Get 4 pieces of paper. Write your "PIES." At the top of one write, "My Physical Problems." Itemize them. On the next sheet, "My Intellectual Problems." "My Emotional Problems." "My Spiritual Problems."
2. Physical problems and solutions are stored and computed in the "motor strip" across the top of your head. While discussing the details of a physical problem about your body, tap your motor strip firmly with two fingers. This loosens up the thoughts relevant to that problem and helps define that problem with more comprehensive details. Later, in the next lesson, you can solve that more comprehensive problem more comprehensively. For now, merely appreciate where your raw data are stored.

Intellectual problems and solutions are stored and computed in the entire cortex sheet over the left-hemisphere of your brain. (This is so if you are right-handed. If you are left-handed, they are stored and computed in the cortex over your right-hemisphere.) While discussing the details of an intellectual problem, tap your left-hemisphere from back (reptile brain) to middle (mammal brain) to front (primate brain; frontal lobes) in a grid pattern from your ear up to the top middle line. This loosens up the thoughts relevant to that problem and helps you solve that intellectual problem with more unsuspected, but now available, data bits.

Emotional problems and solutions are stored and computed in the limbic system of your deeper mammal brain. They will be discussed later.

Spiritual problems and solutions are stored and computed in your frontal lobes. Since these still are snoozing, we won't wake them yet.

3. By means of self-guided imaging, image an energy ball to move across and around your motor strip. Observe the improved definition of your physical problem. As you proceed, observe the improved solution of this problem: the increased creative insights arising magically. Such imaging energization not only releases an improved definition of a problem but its more specific, divergently and convergently creative cure. The imaged energy unit enters the specific memory library and goes automatically to the specific book stack, the specific shelf, the specific book, the specific chapter, the specific page, the specific sentence and the specific words which define that problem and cure that problem.

Use self-guided imaging to enter all your memory libraries and to retrieve all your problem definitions and cures.

4. Study the other functions of your cortex. Reason out the relationships between each function and how they can be used more efficiently to help you solve your total gradient of problems. Read up on the cortex organ at the library in an introductory neurology book.
5. Contemplate the fact that your cortex is operational only on the back half. Then why do you get "headaches" in your forehead? In your frontal lobes?

Lesson 22

Release Repressed Adult And Adolescent Trauma Memories

1. From Lesson 21, by an act of will, bring up to full conscious awareness a single adult problem which is bothering you. Bring up something which wrongly happened during the past week or month or year or 5 years. (A bad relationship with another person. Love. Soulmating. Money. Security. Job. Career.) Write down the problem in straight narrative form. At the end, describe how this unsolved problem is injuring you physically, intellectually, emotionally or/and spiritually. Put onto paper your laser-focused, concentrated bitch.
2. Alcoholics Anonymous people have a prayer: "God, give me the power to change the things I can change, the power to adjust to and accept the things I cannot change and the power always to know the difference."
 - A. Itemize the parts of your problem which you can change.
 - B. Itemize the parts of your problem which you cannot change.
 - C. Inventory the strategy and tactics which you now shall pursue systematically to change each changeable part of your problem into a reasonable solution. Act-out with extreme emotion and intellectual ruthlessness a dialog with your Self criticizing your procrastination / laziness / confusion / uncreativity / fear which have prevented you heretofore from solving this part of this problem. With equally extreme emotion and intellectual ruthlessness, dialog with your Self the solution to this unit of your problem.
 - D. Inventory the changes in value, attitude and behavior which you now shall impose -- by an act of will -- upon those parts of your problem which you cannot change. Act-out with extreme emotion and intellectual ruthlessness a dialog with your Self criticizing your procrastination / laziness / confusion / uncreativity / fear which have prevented you heretofore from understanding this part of the problem was unchangeable; was insoluble. You must change your Self to adjust to the problem. With equally extreme emotion and intellectual ruthlessness, dialog with your Self the changes in value, attitude and behavior which you now shall impose upon your Self to adjust to this unchangeable, insoluble section of your problem.
 - E. Create a ritualized child toy and fun game to celebrate your new solution and new freedom from this old, gnawing problem.
3. Apply the new solution with courage, determination, drive and confidence to old relationships, plans and visions. Behave as if the new, blithe solution always has

been part of your Life; as if you are going forward forever with it like Caesar Elk through the wild wheatfield. This will build your courage to keep doing what you now intuitively know is right -- even though family and conformists tell you to go back to your old neurotic (and more predictable; more controllable) way.

4. Expand your vision. From the new truth revealed, re-solve old problems into this new direction of living Life. Once you do this, your vision will expand automatically to see new change possibilities and creative consequences to living Life because your personal intelligence now has gotten back onto the correct track of your genetic intelligence. Since you now are proving via your more sane solution that you are more survival of the fittest -- more probably a mutant -- your genetic intelligence will release a few select cells and tissues from their dormancies into active integration with your 10% functioning brain. You will compute advanced thoughts and emotions. You will see advanced solutions to old problems. You will see new problems before they happen, do whatever needs to be done, quickly, and thus prevent them from ever becoming true problems. You will expand your harmonized physical/ intellectual/emotional/spiritual vision to perceive the next higher order of reality titillating your Life into better happiness. You will get this higher reality happiness.
5. Re-invest the new gush of new energy and new excitement and new motivation into a second single adult problem which has been buggin you. And remember: Before going on to confront your repressed child trauma memories, you first must clean out at least 51% of your repressed adult trauma memories (RATM); you first must clean out at least 51% of your repressed adolescent trauma memories (RaTM).

Lesson 23

Understanding Endorphin-Bonding

Endorphin is a hormone. It is produced in the brain. It causes the brain of the mother to suckle her child; to not walk away from the nursery and go on a week-long binge in Acapulco. Endorphin causes the brain of the father to bring in food and protect mother and child. Endorphin causes the brain of the infant to compute the emotions and muscle actions which form the lips into the suck shape, to suck milk; causes the brain of the child to compute the emotions and muscle actions which drive legs always to return home.

Endorphin is the hormone which genetic intelligence put into all prey to soothe and block their temporary pain while being eaten alive by a predator. Endorphin is an opiate; the base form of opium.

Beta-endorphin is the form of the hormone (different from alpha-endorphin) which causes mother to bond with child; which causes child to bond with mother. It causes female child to bond with mother in one way and male child to bond with mother in another way. It causes female child later to bond with father in yet another way and male child to bond with father in still a more different, more unique way.

Beta-endorphin causes wife and husband to bond to each other in ways which are similar to bonding to mother and father (many people "marry their mothers/fathers"), yet slightly different since the incest taboo is surmounted.

Beta-endorphin causes lover to bond with lover. True friend to bond with true friend. Wise student to bond with wise teacher. Disciple to guru. Novitiate to messiah. Slave to dictator.

The narcotic effect of irrational, non-understood, non-self-controlled endorphin-bonding is 100 times stronger than nicotine and alcohol addiction; 10 times stronger than heroin addiction.

Irrational endorphin-bonding is caused by not understanding the endorphin mechanism. The intellectual ignorance increases the intensity of the psychological bonding and addiction.

Rational endorphin-bonding is caused by understanding and controlling the endorphin mechanism. The intellectual knowledge balances the physiological and psychological bonding so there is no uncontrollable addiction.

Irrational endorphin-bonding is the trap which the immature, neurotic person is compelled to enter with a dominant parent-substitute person so as to lessen the pain of the immature person's neurosis.

Rational endorphin-bonding is the maturely open relationship into which the self-therapizing student wisely chooses to enter with an equally wise and experienced teacher so as to accelerate trust, respect, growth and Love between each.

Irrational endorphin-bonding is the dead-end into which the non-growing devotee demands to enter with a non-teaching parent-substitute person so as to retreat from making the hard decisions of internal and external Life -- decisions which the guru/messiah/dictator now demands to make for the crippled child-adult so as to feed the reptilian ego of the non-democratic guru/messiah/dictator.

Rational endorphin-bonding is the relaxed security of reciprocal adoration which the blossoming student/friend shares with proud teacher/friend to expand knowledgeably and democratically into confronting hard decisions about the student's growth into internal and external Life -- thereby causing the student to grow up in the shortest possible time with the greatest possible efficiency.

Irrational endorphin-bonding is the fibrous, inter-twined roots, trunks and branches of two trees of Life parasiting into each other until each strangles and kills the Lifeforce within the other: Ignorant MotherChild. Desperate HusbandWife.

Rational endorphin-bonding is the soft, smooth, luscious cooperation of soulmates surrounding and enfolding and absorbing the hard, strong, acidic competition of Life. Rational endorphin-bonding is two separate, unique, alone, lonely individuals growing into each other with no parasiting or suffocating of the other. Thus can each retreat if feeling trapped. Thus can one withdraw if the other stops growing. Thus can both withdraw if both are growing and both need aloneness. Thus can both rejoice in creative solitude: Let there be spaces in your togetherness.

Rational endorphin-bonding simply is: love. Mature love.

1. Describe your endorphin-bonding (E-B) to your mother. To father. Which bonds were, and continue to be, healthy, helping you to grow? Which were, and are, unhealthy, inhibiting growth? What preliminary things can you now do to weaken, loosen and break the unhealthy bonds?
2. Discuss: Temporarily endorphin-bonding to a mother substitute or/and father-substitute helps cut the umbilical cord of a wrong parental bond. The bond to the parent-substitute person helps wean you from your improperly bonded and un-weaned mother or/and father. The bond to the parent-substitute person is less painful to cut later, if necessary.
3. Invent a method to endorphin-bond to a parent-substitute person who agrees to this experiment. Invent your steps of increasing the voltage of the emotional bonding to the substitute while the process is proceeding. Invent your steps to decrease the voltage of the emotional bond to your true parent.
4. Chop the bad bond with your parent via the "Self Trauma Drama" method to follow in Lessons 26 and 27.

5. Dissolve the good bond, if necessary, with your parent-substitute by means of rational discussion. Create a new and better bond of friendship with your teacher and helper. With your honest soulmate.

Lesson 24

Learn Your Temporal Lobes Joy Child Memory Library

Your temporal lobes are at your temples. They are part of your primate brain. They store all your positive and negative memories from childhood. Childhood begins about age 6 or 9 months, when speech begins, and lasts to puberty, when curious new ideas begin to mix in with those hunks on the centerfolds of *Playboy/Playgirl*.

Your temporal lobes are a comprehensive video tape library. Each scene from each day of childhood is stored in neat racks. With techniques soon to be presented in this text, a dedicated person can pull any tape reel of any pleasant day and re-play it on his/her skull TV for lunchtime amusement with the sandwiches and sweet pickles. The deeper tapes of bad days, when traumas happened, also can be pulled for honest review of the facts and for systematic therapy of the injury. But best when not digesting chow. Causes belches. And pickle shrapnel.

You shall heal the bad memories. Later. For now, just appreciate the goodness of your genetic intelligence for setting up this special library which has been waiting until you were old enough and reach enough to use it.

1. By an act of will, bring up to conscious awareness one surface iceberg memory which is easy to recall from childhood. This flashback will be one from the first order of your surface memories. This first order of your surface remembrances is the one which prepares the way for the emergence of your second, third and last orders of deepest, most repressed childhood trauma memories.
2. Merely play with this first order, most pleasant, least threatening child memory. Show it that you respect it and it will reciprocate by bringing up a friend later. Play lightly, with no therapeutic purpose or consequence. This memory now knows that you now are dedicated to healing the hurts of its deeper, more repressed companions. So they too, way down there, relax and matter of factly enjoy the friendly banter and joshing between you two up there. For they know, way down there, as do you way up here, that the more serious curing work will come another day.
3. Invite your first and second orders of pleasing child memories to come up during your most precious time: during your morning pre-conscious reverie. This will flatter them. You have signalled them down there in your temporal lobes that nothing now is more important in your Life than they. They, thus, will reciprocate and bring up a still deeper, repressed, cringing, scared friend. Play lightly and lovingly during your morning leisure with your children. Learn each other. Teach them to trust you. Teach your adult Self to trust them.

Learn that they are honest, as only children can be. Together, prepare your Self for the coming full trust and honesty of your therapy during self trauma drama.

4. Observe the slight (or gross) buzzing you feel in your temporal lobes before, during or after a direct communication with your child. Using your healing hands, feel the increase of temperature over your temples (as compared to the cooler adjoining areas). This indicates that friction is being encountered. Your oldest, most frozen memories are resisting this flow up to your conscious awareness; are resisting the fate of being melted in preparation for coming evaporation to true forgetfulness.
5. Observe the increase of joyfulness throughout your entire brain and personality after each direct communication with your child. All parts of your brain now know you are dedicated fully, committed fully and beginning the final work of cleaning out your child traumata -- which are the key logs in your genetic log jam. The relief of knowing the blockage soon shall be picked apart and that cosmic consciousness soon shall sluice freely causes your 10% functioning brain to operate at increased efficiency within that limit. You become physically more active and attractive; intellectually more wise and witty; emotionally less shoving and more loving; spiritually: your aura flicks gold.

Lesson 25

Release Repressed Child Love Memories

Prior to doing the slightly fear-filled and pain-filled Self trauma drama of the next two lessons, let us give your child one more batch of hugs and kisses. Prior to mastering the trauma drama method to discharge you, repressed child lesion remembrances, bring up and saturate your brain with all the positive child love memories you now can in-gather. This will give you more courage to be your hurting child once you truly start confronting your repressed neurogenic shocks.

1. Review each year back from your current age, back to childhood. Remember all the positive fun and meaning and love episodes you had. Write these down and integrate them into a ladder of fond smiles.
2. Act-out some of those happy child experiences again. Re-savor their full amazement.
3. Create a joke, toy, poem, song, dance, drawing, sculpture or other astonishing artform to commemorate your most outstanding child sparkle episodes.
4. Create a procedure to remind your Self of this overwhelmingly positive child love and joy capital in your Life whenever any underwhelming negative debt in your therapy threatens to bankrupt your morale.
5. Create a procedure to use this positive stepladder to climb more quickly up into your positive, cooperative child personality when negative, competitive things get you down. Use the ladder to climb into your frontal lobes, just like you did when you were a kid.

Lesson 26

Self Trauma Drama, Theory

Up to this point, all the lessons in the *Workbook* have been soothing the symptoms of your brain disease. We now shall cure the cause.

A brain is a computer which receives primary data from its internal genetic code and which absorbs secondary information from its external environment. The adjustment between these two sources of Life facts forms your "personality"; forms your person.

When an adult brain absorbs information from the external environment which conflicts with the internal genetic program, it automatically sidetracks that evidence down to its lowest reptilian computer of reflexive self-defense and counter-attack reactions. The infant and child brain, however, is encoded only to grow into full neural power driven by total love energy. Thus, it does not yet understand negative hate entropy from the environment. So when infused with negative information, the defenseless and powerless infant and child brain automatically clicks off those circuits which are being forced to compute that conflicting knowledge. The attack data passively is stored and saved for re-computation in later years. In this way, the modern human primate brain is doomed to be over 90% closed down. Only random chance mutants manage to escape some of the neural butchery of childhood. These are the adults who still can display at least such random things as pre-cognition, reading colors with fingertips, telekinesis and astral projection. But not yet all at once.

If you cannot demonstrate even one of these normal genetic skills, your brain is signaling you that it was blocked during infancy or/and childhood -- when such behaviors are natural and routine. You were prevented from automatically self-circuiting into your waiting and ready "silent areas" within your 10-sensor sensorium on the back half of the cortex; into your extra sensory glial cells under the cortex; into your frontal lobes. Because of the overwhelmingly competitive messages which you received from the outside hostile environment -- from mother, father, the permanent war culture -- your brain simply compared the incoming rivaling messages with its basic genetic drive of cooperative love and spiritual fulfillment and turned off those circuits which did not fit the disputation; turned off those circuits which were being burned out during the home warfare. Thus, your 90% (at least) dormancy.

During conception, the in-coming telepathic negative information can be: "We, ovum and sperm, are joining by accident, not by plan. We are fertilizing in disgust, not in love."

During gestation, the in-coming telepathic negative datum can be: "I am not wanted." The in-coming physical negative confirmation can be: Punching. Bad nutrition, alcohol, nicotine, drugs in the bloodstream through the umbilicus.

During birth, the in-coming emotional negative manifestation can be, from excessively hard uterine contractions: "Life out there is hard and constricting." In addition, excessively hot or cold or dry or bright delivery room will make the transition from the dark, warm, watery environment too abrupt and too shocking. (In the Soviet Union, the first step in creating superchild is to give birth into a tank of warm water, within which the infant floats for several days while all sensors complete their neural connections.)

During infancy, the in-coming physical and emotional negative information can be: Bad breast. Oral frustration. Lack of mother love. Kick off blanket in cold room. Disease. Painful medical treatment. Repulsive medicine. Forced feeding. Careless treatment. No parental response to crying. No parental guidance of sensor cell fibers (axons) unconnected to their proper brain computer cell receivers (dendrites) and allowed to wander haphazardly, thereby connecting only minimally.

During childhood, the in-coming physical, intellectual, emotional and spiritual negative information can be: Ambivalent love. Conflict with toilet training. Cruel treatment, humiliation and unreliable behavior from parents. Injury from environmental objects; parents. Injury from ideas. TV. No parental teaching of brain self-control during this time of most rapid growth between triune inter-computer connections and personal willingness to so inter-connect. No teaching about unity of Self, Life, Earth, stars and Universe.

Each negative data bit forced into the child's brain (by parental sins of co-mission or o-mission) is negative because it does not correspond to its genetic counterpart. Each negative datum becomes a trauma not because it is intrinsically negative -- for after all, the genetic code designed the triune brain with a reptile brain which computes only positive self-defense and counter-attack reactions against all such negative stimuli -- but because the infant and child cannot yet understand that negativity (cold, injury, ignorance) is a standard part of the also growing and evolving environment. The infant and child cannot yet control their reptile brains to fight off that negativity which parents have allowed to enter their awareness too soon. It is this lack of intellectual understanding and control which propels the negative in-coming information and the negative genetic reaction -- the trauma memory -- into repressed organ storage.

Infant trauma memories are stored in the hippocampus organ, located right next to the amygdala in the limbic system of the mammal brain. Child trauma memories are stored in the temporal lobes organ in the primate brain at your temples. Such storage is perfect. Each trauma is stored in perfect video tape. Such storage allows you, at the age of self-therapy, to review all the video tapes and to correct all misfits between in-coming information, genetic code and evolving personal intelligence. Such correcting causes the evolution of your personal intelligence.

Starting now, by means of your adult intellectual logic, you shall create the proper fit between outside and inside realities. You now shall adjust your child/infant, finally, to all the confusing situations back then. In this way, you shall self-release your long-held bound energies of neurosis into free energies. The free energies then shall be

guided to re-open those circuits which were closed during infancy and childhood. Start with your frontal lobes.

Self Trauma Drama Technique

The retrieval and review of video tapes stored in your temporal lobes and hippocampi (one in each limbic system, next to each amygdala) are done by a number of procedures. These techniques will be described later. But once retrieved (remembered) and reviewed, each negative trauma can be neutralized and converted to positive energy by means of the method called "self trauma drama." It is democratic in the extreme. And free. It is the basis for mass self-therapy and for mass self-transcendence.

Self trauma drama allows you to replay the negative video tape and to change the unwanted action to positive. It allows you to understand your own neurosis and to control your own therapy so as to discover subtleties and nuances of new facts which a professional (and expensive) therapist never would allow you to explore.

In the original trauma episodes, your infant and child were helpless. They could not understand or control the in-coming negative hurts. They were powerless. They could not stop the continuing jolts of obviously wrong stimulations and data. So they reacted as best they could: only by crawling back deeper into blind reptilian hiding. But in so doing, this cut off more wires leading up to the frontal lobes and down into the layer of paranormal glial cells.

In the re-play of the trauma tape, you now shall change the action by giving your infant/child full power. Full control. You now shall empower your infant/child to have the full intelligence and full voice of command of your now adult. This allows your infant/child to speak out, to judge, to choose and control all sensations, informations, understandings and experiences entering his/her brain. This allows your infant/child to change all sensations, informations, understandings and experiences which actually entered his/her brain contrary to genetic rightness. Each wrong data bit now shall be excreted by an act of will. Each wrong data bit now shall be removed from the neurotic memory tape and replaced with a correspondingly right data bit. The corrected memory tape then will be re-played and found consonant with the genetic code. The harmony between experience and genetic growth will signal the genetic code to open the next closed circuits which are designed to use the now positive information on your tape to cause more growth. The healthy memory tape, finally, will be re-stored in the proper stack on the proper shelf in your memory library, to be used, joyously, as needed.

The specific way to empower your infant/child to have full intelligence and full control to change a memory video tape is via acting-out. By play-acting an episode as it actually happened, you will add your adult's intelligence and voice to dominate, control and change the behaviors of those others -- your parents; sometimes sister or brother -- who caused your trauma. You will manipulate father and mother like puppettes to do the right thing to you. You will guide them lovingly, but toughly, to do the loving thing to your infant/child. You will convert your parents from enemies to friends; to soulmates. You will convert entropy to energy; to synergy.

1. After you have solved at least 51% of your repressed adult trauma memories and 51% of your repressed adolescent trauma memories, go down to your unrepressed, consciously aware memories of child traumas. Later, you will use such techniques as dream analysis, focused meditation and suture tapping to bring up repressed, unconscious memories. Eventually, interview all family members (using scripted questions and tape recorder) to get the facts of your conception, gestation, birth, infancy and childhood experiences; both positive and negative. You will use these facts to enrich and complete your later trauma dramas.

2. Don't go insane. Don't overload your brain with too much emotion too soon, thereby causing breakdown into psychosis. If you do not feel pleasurable revenge because of being able finally to grow up, stop for that day. If you feel too much fear, stop and try again tomorrow when your courage and strength are built up. Remember: Self-therapy is self-responsibility. If you cannot accept responsibility for your Self and if you cannot therapize your Self, go to a professional therapist. But if you feel the most gorgeous excitement about this ultimate simplicity of mass planetary sanity, you are survival of the fittest. Proceed. While actually being-feeling your child at that age when the trauma happened, maintain your adult sanity rope up out of the retrogression hole of pain and tie it to a rational fir tree of responsibility. Then drop down into the mine shaft of memory and actually B E your child. Re-experience your child fully. Feel that pain fully. Feeling only 99% is not passing in the school of Life.

3. Attitude is all. Make self trauma drama a child playsie funsie gamsie. Create of your whole self-therapy regimen a lovely attitude of child "suchness." "Such is the way Life is: A snake swallowing a mouse. A sun cooling in a solar system. A child outgrowing a mother. Such is the way this trauma happened to me. Such is the way I must get my Life back on the track. Such is the reality of the hard work I now must do to cure my Self. Such is my thankfulness and love that I have been given this one last opportunity to do this work to be re-born." Play with your therapy so that it does not get too heavy and morbid. Have fun with the interresstinnngggggness of your self-therapy so your tears and snot are as intoxicating, ravishing and bewitching as a necessary (but sideways) bowel trick blastout. Make a daily game of your self-therapy so you look forward to playing it and gaining its progressive rewards of lessening neurosis, increasing energy and approaching frontal lobes transcendence. Fall in love with growing up.

4. Act-out the trauma. Act it out either verbally or silently in your head. Split your consciousness. Play several people at once. Simultaneously be your child, your mother, your father and your now adult. Be each separately. Use the words, meanings and understandings of each in your fluid, flowing dialog. Experiment with different locations and times of day. Morning pre-consciousness reverie always is best because your energy is refreshed totally from sleep and your adult neurosis still is snoring, thereby allowing you maximum efficiency in reviewing your childhood video tape so as to change the bad parts into good parts. Primary nature environment always is best because

the pure energy of forest and sky harmonizes with your purifying child energy to cause a therapeutic synergy. The urban environment is less nurturing. It merely requires more dedication, concentration and determination to do the work of trauma drama in the distracting and scream-intolerant city.

5. Act-out the trauma in a progression of 6 "acts."

Act-I is reality. It starts with powerless and helpless child you suffering the full emotional pain of the trauma because you do not understand why it is being inflicted upon you.

Act-II is revenge. You now add the intelligence, power and planning of your adult. Re-play Act-I, but this time allow your child to speak out with full adult intelligence to judge and damm the person -- mother, father -- who allowed that injustice to happen to you.

Act-III is forgiveness. You forgive your parent for being ignorant and for inflicting that pain. Your child gives love and understanding to your parent.

Act-IV is re-editing the tape. You re-do the entire episode as it should have happened: with parent being knowledgeable, wise and loving. Parent forbids pain to happen to you. Parent cures pain instantly if it does happen to you. Parent gives comprehensive and unconditional love to your child, asking nothing in return. Parent is saint; child is child. Child properly relaxes and absorbs it all.

Act-V is victory parade. You change the electrical charge from - to + on each traumatized cell in your memory library.

Act-VI is forward flow. You guarantee that the free energy from your bound energy of neurosis accumulates in your anterior amygdalae to click them forward into frontal lobes transcendence.

Acts III, IV and V convert the negative data on the video tape into positive data; convert the entropy of the tape into energy and synergy.

In Act-V, after each trauma drama, you review the neurophysiologic mechanism involved and consciously repair broken circuits. You consciously open dormant circuits.

In Act-VI, you end your egotistical work by doing social intelligence work, thereby guiding your free energy away from the ?????????? of your reptile brain. You consciously re-orient ?????? toward frontal lobes transmutation via egoless work.

Self Trauma Drama Mechanism

Infants and children nurtured in perfect harmony with the genetic code do not cry.

Parents ignorant of perfect neural growth blackmail a child not to cry its deepest trauma pain at the moment it is happening. To so cry would require the parent to analyze, recognize and stop the in-coming negative information which does not fit the genetic code and is being signalled via cry. Since the parents do not understand the genetic engine, they do not understand which stimuli to the child are negative and wrong. So rather than learn neurology, parents condition (force) the child to learn culture.

The child learns cultural values. The child learns to remain silent and to repress traumas when negative stimuli are allowed to enter its brain. In this way, the child is trained to obey the neurally ignorant values of the nursery which value child silence, obedience and neurosis higher than child whole brain power and freedom.

The reason why this blackmailing works is because each parent intuitively knows that child is endorphin-bonded to parent and is encoded with the deepest fear of all: rejection; abandonment. Slave. The deepest fear in each child is that parent will withhold the ultimate nutrient crucial to sane growth: love. But once your adult enters the courtroom in Act-II and assumes the role of lawyer representing your child before the bar of justice, your child breaks the endorphin-bonding. Your child breaks that enslavement to perverted love. Your child now intellectually understands its past emotional subjugation to the double-bind lie: "Dammed if I do. Dammed if I don't." Your child soars free. The memory is transcended. The pain is transcended. The damnation is transcended. The video tape is edited, changed, energized, synergized and re-stored in your memory library to true forgetfulness.

By performing self trauma drama, you allow and assist your genetic intelligence to re-circuit your triune brain properly, as it should have been circuited at birth. You allow and assist your temporal lobes in your primate brain and your hippocampus in your mammal brain to loop back properly into your reptile brain and to loop forward properly into your primate brain. This re-balances the three brains properly, as they should have been at birth. Once your triune brain is re-balanced, genetic intelligence again begins to circuit forward into the primate brain; into your dormant frontal lobes. Thereafter, all in-coming cosmic consciousness flows smoothly from reptile brain through mammal brain to primate brain and out through frontal lobes, back out to complete the circuit with cosmic consciousness and cosmic intelligence.

Act-I causes the sub-threshold, unconscious memory to be volted up to conscious awareness. But conscious awareness is not emotional discharge. Act-I is classical Freudian couch therapy: intellectual insight therapy. It is not emotional feeling therapy. It does not discharge the negative emotion. (Thus does such "therapy" prolong itself -- and \$\$\$ -- for 20 years with zero reports of frontal lobes transcendence into cosmic perception, intelligence, communication and love.)

Act-II causes partial discharge of negative emotions, but the lack of love causes the amygdala to click only backward into posterior mammal brain and reptile brain to strengthen grim self-defense and counter-attack circuits. Act-II is animal revenge only. The therapee becomes a better animal surviving better in the American jungle.

Act-III causes total discharge of total negative emotions from temporal lobes and hippocampus. Love fills the void where the wound was cleansed. There is no danger that one cancer cell of self-doubt remains to metastasize negative memory and re-infest the whole brain again with pain. Love closes the wound, forever. Love heals the memory of the pain to a chuckle. Love creates the proud scar of ultimate wisdom. Total cure.

Act-IV causes change in the electro-consciousness imprints of the memory impressed into the synapses and cells of the memory organ. Once you edit out the negative parts of the experience and edit in the positive parts, the new video tape plays as if that was the way it really happened. Entropy is transformed to energy. Storage becomes peaceful.

Act-V causes mass efficiency in changing the electro-consciousness imprints on all the memory cells. The very process of your child inflicting judgment and redemption upon your parents causes the electro-chemical-consciousness valence to change from - to + in the cells of the hippocampus, temporal lobes and cortex -- as well as in all other connecting brain organs. Once the surface cells are de-conditioned from a - charge to a + charge, the process can be accelerated. After neuro court judgment, perform a victory parade. Go to each cell in your temporal lobes or hippocampi and consciously pay off the negative charge on each cell by replacing it with a positive charge of love. As you click each cell from - to +, re-connect each positive cell with its neighbor. This makes the neighbor cell turn from negative to positive. Now comes the cumulating army game. March those 2 positive soldiers to 2 still negative cells and convert them to positive. Then march the 4 positive cells to 4 still negative cells and convert them to positive. After that, 8 soldiers march to 8 negative cells; 16 to 16; 32 to 32; 64 to 64; 128 to 128. When it gets to 1,000,000, you have a very interesting mass love war. Spectacular gang-bang. Once all the formerly negative cells in the organ are converted to positive, turn on the spigot. Let the formerly bound energy of neurosis, now cumulated as free energy, lightning bolt into your amygdala; into your anterior amygdala. This triggers your brainbomb.

Act-VI causes the free energy to accumulate in your anterior amygdala -- not in your posterior amygdala -- thereby triggering this servomechanism so it clicks forward and allows cosmic consciousness to zapp into frontal lobes explosion.

Accelerating Trauma Drama With A Soulmate

Bonding in total trust and love to a reciprocally growing soulmate causes the fear of growing up to dissolve and to be replaced by excitement, drive and perpetual fulfillment. As water in a U-shaped, clear plastic hose seeks its natural, balanced level, so too does the high level of energy within the superior person lovingly go down to the low level of energy -- of entropy -- within the inferior person. This brings the inferior person up and the superior person down to their natural, shared equilibrium (libra: balance; liberty: freedom) point.

The trauma drama is acted-out together at this disproportionately energizing point, causing accelerated breakthrough, cleansing and healing of a single, repressed, blocking, poisoning child pain.

After the superior person helps the inferior person to act-out and emotionally discharge the Life-ruining trauma, the bound energy of neurosis holding together the trauma memory -- binding to the tissues of the temporal lobes for child memories; binding to the tissues of the hippocampi for infant memories -- is liberated into free energy. That unit of your personality entropy is dissolved. That unit of that free energy raises the equilibrium point between you and your soulmate.

This process continues until both of you are equi-liberated; until both of your energy/entropy mixtures are equal. From then on, you both progress in reciprocal, accelerating love growth -- as true soulmates, not as wish-fulfillment fantasy soul murderers. You go through your first frontal lobes transcendence climax. Together. Then you continue up the genetic escalator into all stages, expansions and circuitings of nirvana and diverse creativities through your whole brain powers converging in shared social actions.

1. What is your reaction to the description of how the child brain computer receives external information, compares it with the internal genetic data base, then stores all mis-fit traumas until now: your adult age of self-therapy?
2. Are you willing -- 100% willing -- to stop soothing the symptoms of your neurosis and start curing the causes of your neurosis?
3. What child traumas do you remember right now most vividly?
4. Why is Act-II, "Revenge," crucial to your self-therapy? Why is it insufficient by itself to complete your self-therapy?
5. What intellectual understanding do you now have of child traumata which you did not understand back then and could not control to prevent injury? What intellectual understandings do you now have of how your parents should not have allowed that trauma to happen?
6. How has your childhood inability to stop traumas -- your childhood powerlessness -- created your adult powerlessness?
7. What adult powers to control your own Life do you want?
8. On the self-diagnosis scale of -10...0... +10, with -10 being absolute enemy and +10 being absolute soulmate, how do you now judge Mother? Father?
9. Shall you find a co-therapy soulmate?
10. Shall you and your co-therapy soulmate do egoless social intelligence work together to guarantee that your personal intelligences harmonize with genetic intelligence to complete your frontal lobes circuits with cosmic intelligence via transcendence?

Lesson 27

Self Trauma Drama, Method

Some child trauma memories are repressed shallowly and can be brought up to conscious awareness merely by an act of willpower. Other child trauma memories are repressed deeply and require special techniques to bring them up to conscious review. But merely releasing traumas from memory organ storage into direct confrontation is not therapy. This action only makes you fully aware of the confusions, pains and fears which your child once had repressed successfully. If not therapized properly, the new display of old sufferings at the foundation of your neurosis dumbly causes breakdown into psychosis. The herein described procedure of "self trauma drama" causes proper therapy. Self trauma drama will discharge the negative torture of each released and remembered trauma and will change it to positive energy and happiness; to transcendence.

You start by bringing up to conscious memory those first partially repressed, easily remembered flashbacks. Later, you bring up the deeply repressed reminders of malaise. You then discharge the negative pain your child has been holding all these years. Finally, you change the negative charge of each cell in your memory library to a positive charge. This method will cure your trauma. This method will heal the wound. This method will release your bound energy of neurosis into free energy. The free energy will click your amygdala click-switch forward into your dormant frontal lobes and cause transcendence.

Begin the drill by slowly regressing your Life movie from your present age back to your age when the child trauma happened. Dwell on each age scene for as long as you need and it feels good. See and experience again your physical, intellectual, emotional and spiritual reality at each age. Approach slowly, then enter fully, the age of trauma.

Act-I: **TRAUMA.** Act-out the event as it factually happened in total, defenseless, vulnerable child confusion, pain and fear. Act-out the episode in full screaming, snotting, theatric drama. Either speak the words out loud or speak them silently inside your head. Be each actor. Be your mother. Be your father. Do split acting. Be each person totally and simultaneously. Be your crying child simultaneously while being your parent speaking wrong reaction words, doing wrong gestures and inducing wrong emotions against your biological and spiritual needs. Allow your now adult defenses to collapse totally. Allow your child defenses to collapse totally. Suffer total defeat, injustice and destruction of your spiritual need to understand and live Life harmoniously. But do this all sanely. Remember: The full responsibility of remaining sane during self trauma drama is yours.

This Act-I progressively gets you into the full pain of the trauma. Repeat Act-I as your pain progressively increases. Keep testing your Self slyly: "How much pain am I

feeling now? About 80%? Can I increase that to 90%? To 95%? To 100%?" Do. Do not go into Act-II until you feel 100% tolerable pain in Act-I. Repeat Act-I as many times as necessary until you feel 100% child pain. As soon as you feel that 100% pain, stay with it for a few minutes. Luxuriate in the horror of your child once having to endure this injustice. Really torture your Self so as to pull, finally, the unbroken worm of memory fully out of its hidey hole. Really cramp your Self to re-imprint the full realization of how much true cruelty you have been repressing within your Self to poison your growth all these years.

Now. Flush the toilet. Go directly into Act-II.

Act-II: **REVENGE**. Act-out Act-I again, playing both your child and your parent. But this time add a third person: You as your now adult. Your adult is your child's lawyer before this bar of justice. Add your full now adult legal intelligence and full moral power to your child's intelligence and voice. Protect your child. Allow your child to dominate, control, criticize, judge and damm that parent for that injustice done.

Your child is self-confident totally and totally wise with your adult's guidance. Your child now assumes the role of being your parent's parent. Your child tells your parent what is right and what is wrong in living Life. Your child tells your mother what her mother and father did wrong to her to make her grow up wrongly so that she would inflict the same wrong upon you. Your child tells your father what his father and mother did wrong to him to make him grow up wrongly and inflict the same wrong upon you.

But the damage has been done. Your child was crippled. The law was broken. Your parent broke the natural law of genetic child development into cosmic love. Social justice must be done. Your child takes your parent to evolutionary court.

Your child, speaking with your adult intelligence, is either killer ape prosecutor, snarling jury and pre-judiced judge, or compassionate prosecutor, understanding jury and teaching judge. The trail is ruthlessly honest -- in your favor. The direct examination and cross examination are ruthlessly therapeutic. The verdict is given. (Since the entire courtroom game is rigged, guess who loses to that packed jury and paid-off judge.) The judgment is given. The punishment is inflicted: Parent must suffer the spasms of eternal damnation. Dying Mother, dying Father, must endure the retribution of non-growth. Poor Ma, poor Pa, must live out their Lives without once even experiencing -- or even hearing about -- transcendence. Child punishes parents, with anger or compassion. Revengeful compassion. But revenge. For justice must be done. And justice is rendered. A soul for a soul. Child punishes parents in the most shocking and grotesque way imaginable: Child out-grows the need for Mother's love. Father's love. Indeed, justice is rendered: Catharsis.

Child catharsis is achieved. The brick is shat. Child transcends the trauma. Child is free of parent.

Some people do not want to, or need to, inflict revenge upon traumatizing parents. They do not feel anger. They feel understanding love. If that is you, merely act-out the compassion of realizing that both you and your Mom or/and Dad were victims, not

enemies; were co-sufferers of this injustice, not punished child and punishing parent. Such affectionate judgment softens Act-II from masculine anger to feminine gentleness. Such feminine catharsis finishes the adjudication of moral justice merely by saying all the sad things to the injuring parent which have needed saying all these pain-filled years.

During the court trial, when anger and revenge and compassion are in turmoil, use a full laundry sack. As parent. Punch it and swear at it -- if that is your need; if that is your way. Otherwise, stroke and caress the offender. This saves \$50 an hour on the lumpy couch with the analyst. (Plus \$25 extra for screaming in his quiet office building. Plus \$50 extra for punching him. Total tab: \$125.)

Revenge, yes, is sweet. But revenge is not love. And although revenge releases your bound energy of neurosis into free energy, the free energy shunts into the posterior amygdala. The amygdala clicks backward. The free energy flows backward. Revenge only re-balances your mammal brain with your reptile brain; with your deepest self-defense and counter-attack circuits. Revenge ultimately is not satisfying because it is not forward growth. Revenge does not genetically switch the free energy into the anterior amygdala and into the dormant frontal lobes. This is why conventional couch therapies, controlled by dominating Big Daddie therapists, do not transcend.

In Act-I, when you have built up and maintained 100% child pain long enough to get the full realization of the injustice done to you, you flush the toilet. You go directly into Act-II. But you need not go all the way back to the beginning of Act-I to add your adult Self as your child's lawyer. Since your crying emotion is at peak, when you flush the toilet you can go into the episode in the middle or the end, without needing to go back to the beginning. This causes maximum power when you flow smoothly from the 100% suffering at the end of Act-I into the 100% revenge in Act-II.

Repeat Act-II over and over until you feel zero emotion. Your trauma is not cleansed until you feel zero emotion. Once you feel absolutely neutral and indifferent about that episode, do it one more time. Only when you feel negatively bored with the event can you be absolutely sure that your clever defense mechanism has not been lying. You cannot lie to your emotions. Now, only cold logic remains. The event happened and it injured you. But you are over it, grimly, and ready to go on to Act-III. The memory cells in your temporal lobes (and later in your hippocampi) are beginning to be washed clean and are beginning to be linked properly backward into your reptile brain and forward into your primate brain.

Act-III: **FORGIVENESS**. This is the secret of transcendence. This is the ultimate key to the brain lock. "Forgive her/him, for s/he knew not what s/he did to screw up my precious Life potential." Redemption. Self-redemption. Transfiguration. Self-transfiguration. Your child forgives your parents. By an act of genetic and cosmic grace, your child transcends each parent's ignorance, understands his/her stupidities and forgives him/her. Lovingly, your child explains to Mother/Father, with divine wisdom, what s/he did so unknowingly and insensitively and foolishly to the point of almost wrecking your magnificent Life and more magnificent genetic potential to be re-born through dormant frontal lobes. "So. Magnanimously, I forgive you."

Forgive and forget that Mother/Father really were pretty damn assholeish in the way they jeopardized your growth into this wondrous magic of existence. Transcend Mother/Father. Look down on them as smiling angel. Redeem them with your righteous relish. Bless them with your sacred power of bestowing salvation. Anoint them with holy water: spit.

Act-III excretes the negative electro-chemical charge in each cell within your temporal lobes (later, hippocampi), purifies the wound with understanding, cauterizes the raw gash with love and prepares the way for adding a positive electro-chemical charge in Act-IV. Act-III intensifies the triune linkage started in Act-II. The broken circuits within your temporal lobes are repaired, properly linked backward into your reptile brain and forward into your primate brain. You now are ready to proceed to the most astonishing good of all.

Act-IV: **RE-WRITE THE SCRIPT. RE-SHOOT THE TAPE.** Shortly after recuperating from Act-II and going through Act-III, act-out the traumatic event a fourth time. But this time, act-out the episode as it should have happened, with understanding, compassion, love and teaching from parent to child. Fantasize the most perfect and wise and mature way that Mother/Father should have treated you during the moment the trauma was happening. Persuade Mother/Father to be all-knowing and all-powerful -- omniscient and omnipotent -- for your perfect growth. Image and speak Mother/Father as being all-knowing, all-powerful and all-loving. Image and reveal in Mother-Father seeing and understanding your child need with total wisdom, patience, love, teaching and wit. Image Mother/Father guiding you out of that pain and into your full genetic flow toward whole brain powered happiness and cosmic fulfillment. Image the most wondrous and luxurious and beautiful resolution of that most grim and crucifying trauma.

The neural dynamic of what happens in your head is as follows:

The human personality is that configuration of behaviors which cause the individual to treat himself/herself good or bad. (Character is how you treat other people.) Most of the personality is controlled by genetic intelligence. Most of your day-to-day actions from wake-up to sleep are caused not by your personal intelligence willpower, but by the superior moxie of DNA -- modified (warped) through the prism of cultural values, demands and limitations and through your neurotic re-action to these two dominant forces. Thus, if you are going to change a bad behavior on your memory tape to a good behavior, you must truly break the "normal" (trained; robotized) response pattern you always display to routine stimuli. If you "always" kiss Mother goodnight or goodbye, break the "normal" response pattern. Shake her hand. Bounce her on your knee to burp her bile before parting. The point is, you must begin to break your old habits not only in reacting to stimuli, but in imagining new stimulus/response configurations. You must dream up stupendously new ways to re-write the script of your Life and to re-shoot the tape of your trauma drama. You must become "creative" in the wildest, most cosmic sense of the word. You must invent a new way -- inside out, upside down, front to back -- to respond to conventional conformist reality and to fling your Self into higher reality.

In Act-IV, image a solution to your trauma re-write & re-shoot never conceived before. Don't be satisfied with just the usual, conformist huggie-kissie one for your castrated kid. Once you imprint this new, creative stimulus/response behavior onto the altered memory tape, it will be stored in your memory library as if you had been a mutant from that early age. All subsequent adult behaviors will extrapolate naturally from that premise.

You were educated in the nursery, on the street and in school to have a certain "acceptable," conformist "child cognitive fix." This is the way your child was "allowed" to cognate: to know, to perceive and know lower conformist reality. Now that you have gone through all the work of retrieving, reviewing and therapizing the old shit out of this one old tape, are you going to re-write and re-shoot it by merely adding a slightly different brand of new shit? If not, you now have the change to be a genius: to change your child from neurotic to mulotic (mutating).

Once this single unit of your child cognitive fix is altered consciously from genetically retrogressive to shitlessly progressive, your future adult behaviors casually will refer back to this mutated child cue to receive their new direction of growth. You will grow rapidly and fulfillingly into this new creative spiralworming through your 90% dormant brain.

When doing Act-IV, merely choose the best possible creative alternative to each bad behavior being re-scripted on each memory tape. Change it to all you dare to be. From then on, consciously and repeatedly practice the good and joyously creative new behavior until it becomes an automated response, replacing the bad and depressing old behavior. Create a spontaneously reflexive play game of it. Reinforce your Self positively with the fun of behaving more positively in this newly ingenious way. Reinforce your self-esteem and environmental adaptation by therapeutically gambolling outrageously with his inspired new de-conditioning and re-conditioning of your memory organ; with this spectacularly inventive de-programming and re-programming of your temporal lobes. If you do so, you will see and get the profit of a colossal personality and character beyond all Earthly expectations. The cellular tape then will do the rest. While you relax, it will integrate optimally with your genetic programming and cause your psychological death and re-birth. You will get optimum genetic and neurologic transubstantiation.

Act-V: **VICTORY PARADE.** Go to each cell in your temporal lobes and consciously pay off the negative charge by replacing it with a positive charge of love from your rich love pouch. Go the one cell and click it from - to +. Click its neighbor cell from - to +. Then march the two positive cells to two more negative cells, kiss them and convert them to positive. March the 4 positive cells to 4 negative cells. Kiss. March 8 to 8; 16 to 16, 256 to 256; 1020 to 1020; 1,000,000 to 1,000,000. Convert all cells in your temporal organs from entropy to energy; to synergy.

Act-VI: **SOCIAL INTELLIGENCE ACTION.** A Lifetime of ego suck behaviors automatically causes your therapy-freed energy to accumulate in your posterior amygdala until it clicks backward. This causes your free energy to flow backward into your reptile brain. This infusion of precious energy enriches your powers of self-

defense and counter-attack; enriches your ego. Your progressively enlarging ego disproportionately prevents your transcendence from happening.

One method guarantees that your free energy shall accumulate in your anterior amygdala, thereby clicking it forward into frontal lobes transcendence: applied social intelligence.

Social intelligence serves the highest good of Lifekind -- mankind, womankind, childkind, Godkind -- which, in turn, reciprocates to serve your highest good: your personal intelligence learning survival and transcendence. This reciprocal devotional service is done without selfishness; without ego. It is done egolessly.

Such joyously transcending service blossoms into the supreme satisfaction in Life: the ultimate enjoyment of cooperative existence as love ecstasy shared with others upon harmonious Earth within meaning filled Universe. Such focused spiritual pleasure far surpasses all material pleasures. Such singular spiritual pleasure guarantees that all your free energy shall flow into your anterior amygdalae and into your frontal lobes, not down your [?????]

[?????] to tithe a specific percentage of your time and free energy to social intelligence. Tithe at least 10% of your newly freed energy after trauma drama to guaranteeing that it flows into your anterior amygdalae. Do this tithing and guaranteeing by doing physical, intellectual, emotional or/and spiritual work to help save another person; to help save Earth. In this way, you guarantee your Self that you are outgrowing your subtle sophistries and vital lies with which your reptile brain steals the crucial free energy from the trauma drama to shunt it back down into your retrogressive sewer so as to increase the power of those sophistries and lies; so as to guarantee that you do not transcend; so as to guarantee that you are not survival of the fittest; so as to guarantee that you lose.

To guarantee transcendence, do work after each trauma drama for others. For humanity. This ensures that your free energy shall flow into your anterior amygdalae, not into your posterior amygdalae.

While here on the mountain, students do work for the program after finishing Act-V: hauling winter firewood logs from the crest forest down to the base camp cabins. In this way, everyone continues to test each other's egotistical motives so as to catch unconscious retrogressions into one's residual reptilian lies.

To Repeat

This is the last time through, so let us pick up the final straggling details while we review the main points.

Act-I, "Trauma," causes the sub-threshold, unconscious memory in your temporal lobes or in your hippocampi to be volted up to conscious awareness. But conscious awareness is not emotional discharge. Act-I is classical Freudian couch "therapy": intellectual insight therapy -- with no yelling to disturb the other tenants in the sterile medical building. It is not emotional feeling therapy. It does not discharge the

negative emotion. It does not discharge the bound energy of neurosis into free energy. It does not guide the free energy into the anterior (forward) amygdala to cause transcendence. Thus does such "therapy" prolong itself for decades until you fund the doctor's payments on his mortgage, yacht and alimony. And remember: Freud only aimed to bring his hysteric, crippled patients back up to the zero-point; back up "to their normal state of daily neurotic suffering." Freud had no knowledge of, or even conception of, intuition of frontal lobes transcendence. Obedient (to Big Daddie) Freudian therapists, therefore, publish zero reports of frontal lobes transcendence into cosmic perception, knowing, communication and happiness.

Act-I, "Trauma," may, for some memories, instantly be 300% pain. If so, the first full re-enactment would be too overpowering and sanity-threatening. If you suspect this is the case with you, do not bang into the procedure as described above. Rather, first bleed off a little bit of the pain by only doing Act-I casually. Then bleed off a little bit more. Then a little bit more. Start by doing Act-I with only 1% involvement. Then 5% involvement. Then 10% involvement; 25%; 50%. Your emotions will tell you when you are ready to face up to the episode with full, 100% intensity. But prior to that time, as you are doing the 1% to 50% buildup, after each performance of Act-I, immediately do Act-II and Act-III. This accelerates the bleeding off of dangerous irrationalities so you can get to the normal rationality of innate self-therapy via the Self Trauma Drama technique.

Act-II, "Revenge," causes partial discharge of negative emotions. But the lack of love causes the free energy released to flow into the posterior amygdala and to click the click-switch only backward into the old mammal brain and the reptile brain to strengthen the desperate self-defense and counter-attack circuits. Act-II is animal revenge only. The therapist becomes a better animal, "coping" and surviving better in the capitalist jungle of adversarial industrial and commercial money.

Act-III, "Forgiveness," causes total discharge of the total negative emotions contained within that single trauma. Total bound energy of neurosis is turned into total free energy. The free energy is guided into the anterior amygdala by egoless social intelligence. When enough free energy accumulates, the amygdala clicks forward. Electro-consciousness energy swashes into the dormant frontal lobes. First-stage transcendence happens -- only the first toe into the nirvana ocean. But even from that tiny lick and a smell, cosmic love pours in. Cosmic love fills the void where the wound was cleansed in the temporal lobes and hippocampi circuits.

It is crucial to repeat Act-I, Act-II and Act-III over and over until you are absolutely bored. Only thus can you be absolutely certain you have bled out the last bit of pain pus. The trick is this: If, while acting-out a repeat, single performance you suddenly feel a surge of new emotion or new insight, you have not yet cleaned the old wound 100%; you have drilled into a new glory hole related to it. Do it again. In this way, get zero emotion: boredom.

Once bored with a formerly terrifying trauma memory, you then can be sure there no longer is any danger that a single cancer cell of self-doubt will remain to metastasize the negative memory back into full virulence so as to re-infest your whole brain with old pain at a later date. Our clinical case studies have revealed that there is a danger

of doing fast, shallow self-therapy which pops into fake nirvana. The fakir is so overwhelmed by the goodness of this first stage of ultimate transcendence that s/he stops doing self-therapy. But know one fact: That first stage frontal lobes soft explosion is caused by discharging only 51% of your neurosis. It is a teaser; a come-on; a lick-and-a-smell. It is supposed to motivate you to continue cleaning out the garbage: your residual 49% of traumas. If you do not do so, you will enjoy fake nirvana for a month or two; for a year or two -- then collapse. Permanently. You cannot fuck around with genetic intelligence.

In Act-II, "Revenge," the fact of your child inflicting judgment and damnation upon your mother and father causes an electro-chemical-consciousness valence change in neuro-transmitters within your synapses. To repeat, synapses are the gaps between the arms reaching out backward and forward from one cell (in your hippocampi, temporal lobes and cortex) to another cell. The cell arms are axons and dendrites. They do not quite touch. The gap between them form the synapse. The valence change occurs in the synapse. The valence change not only is from - to + in the synapses of the hippocampi, temporal lobes and cortex, but in all other cells, tissues and organs throughout the brain interconnected with these key log jam units.

In Act-V, "Victory Parade," the mass de-conditioning and re-conditioning of all the cells in the memory organs can be accelerated because of a very clever gimmick infused by genetic intelligence. There are only a couple of billion cells in the memory organs. Yet, while paying off the negative cells to positive charge, from - to +, a wonderful feeling happens. You feel temporary transcendence. And during transcendence, space and time collapse. So you can do a billion cell conversions in what now seems to you to be no time at all but which is only a few minutes of real clock time. Once you do so, and once you re-connect each now positive, fully functioning organ with the central click-switch amygdala, you click-on the click-switch. Christmas tree! All the residual drips and dribbles of bound energy converted to free energy within all cells, tissues and organs rewired into this central switchboard gush in and turn on. A gorgeous lightning bolt gooses your frontals. Brainbomb. Reverberating nirvana. Cosmic ping pong. And Freud pukes in his grave.

In Act-VI, "Social Intelligence Action," you guarantee that all your hard won free energy does not sneak back into the posterior amygdala. If it does, the posterior amygdala clicks backward and flushes that previous energy down your reptile brain toilet. When that happens, the free energy is used to expand your egotistical value sophistries and attitude deceits into terminal killer ape behaviors. You then defend your Self by means of the last, incredibly subtle reptilian lie: refusal to grow up. But if you perform Act-VI properly, you ensure that the self-therapy process shall yield infinite moral profit. You absolutely get your frontal lobes cosmobomb.

Lesson 28

Trauma Drama Script Writing

As you start a trauma drama, you are nervous. You fear the dentist's truth drill. Even though you know the cavity of repressed poison must be cleaned out, you dread the start of doing it. Thus, there is danger that you might "forget" the most important single fact which caused and unified that bad old experience. To avoid this danger, you now shall write down the most important facts which caused that cavity of poisonous emotions in your brain. You now shall write a script.

A script is a carefully prepared flow of your words and ideas. A script builds up the trauma drama in its proper sequence of events and emotions. By following the script, you -- or a friend helping you do the trauma drama; or your entire co-therapy family -- do not skip any crucial links in the logic chain binding you to your neurosis. Merely by following the words and ideas you wrote down when you were a cold intellectual boar, you will squeeze out the true warm emotional hurts of your child. Most importantly, once you are in the center of your emotional cyclone, the key phrases which your mother or father used to traumatize you are right there on tattle-tale paper to be repeated over and over and over until your trauma tornado is accelerated to 100% intensity and belief; to 100% pain. Once it gets that furious, it rips open your defenses and allows your true poisons to bleed out.

The key mother-phrases and father-phrases which traumatized you are the end words of the script. These are the phrases which are repeated over and over until your defense dam breaks and you feel 100% true pain. Your script thereby guarantees that your trauma drama will be 100% effective.

By so boxing-in your unconscious memory with a conscious script, you cannot escape confronting this absolute truth through the virtue of your usual laziness, procrastination, avoidance and fear. You are forced to break your defense dam preventing total recall of your memories. All the accurate facts and toxic emotions trapped within your repressed memory organ break out of your defense perimeter and pour up into conscious expression. From that, you then do love cleansing and love healing.

1. Once you have identified a primary adult, adolescent, child or infantile trauma memory, write down its details. Write down the physical facts, the intellectual ideas, the emotional aches and the spiritual consequences. Describe the step-by-step sequence leading up to the traumatic scene. Describe the trauma.

2. At the end of the script, itemize the key quotations which can be thrown shockingly at you by members of your co-therapy family. What did Mother say? What did Father say? What did I say in self-defense? What did she/he say in rebuttal? What did I say to my Self as I collapsed under their weight of intellectual and emotional dominance? These power words keep irritating your defensive integrity until you are forced to collapse into the trauma. These insulting phrases keep accelerating your trauma drama until you fully feel what you felt back then: 100% pain.
3. Discuss the script with the family before starting. Give the script to the leader of your co-therapy family. Hug and trust. Go.
4. Lay down in the most comfortable, unstressed, relaxed position to allow your thoughts to flow maximally. Close your eyes. Use a blindfold handkerchief or a wool ski hat over your eyes.
5. Regress your age slowly from your current age to the age at which the trauma occurred. Include key memories and images during key years of your retrogression. Play your Life movie backward. Get into the mood and spirit of each age. "I now am 20 years old when I got my summer job at the store and lost my virginity in the stock room. I now am 19 years old when I...."
6. Once you have reached the trauma age, re-see and re-live the episode. Re-be your Self at that age. Do Act-I. Describe it as it is happening, in the present tense: "I now am walking with my soiled underwear into Mom's room. She now is saying to be lovingly as she picks up the baseball bat...."
7. Once you have reached the trauma action in Act-I and once you have recited the key quotations from Mother/Father, the family will throw these same quotes back at you (with devilishly clever embellishments to bore into your defenses) over and over. They will grind in the misery and convulsions until your defense dam bursts and the tears flow. Scream. Feel 100% pain. Prolong the agony for several minutes to brainwash your conscious memory that you truly were penalized this deeply merely for living. Then flush the toilet. Go into Act-II.
8. "You daughter of a bitch! You stupid asshole! You stinking dumb cunt! How dare you call your Self a mother! Why the hell didn't you realize that my spirit was being crushed when you allowed your fat pigsuck ego to overwhelm me when you...." Complete Act-II. Fight back. Express your repressed anger. With no taboo on words used. Be profane, if that is your way; your need. Punch the laundry sack. Punch Mother. Punch Father. After exhaustion, go take a long walk alone. Sit down in the woods and think about this entire experience. Write down your new intellectual insights into your "Brain Journal." Eventually, complete Acts III, IV, V and VI.

9. Continue doing script writing and co-therapy until the family becomes a hindrance. They become a hindrance when you begin to notice that they do not sound like Mother. They do not grumble and squeek like Father. They have the wrong burp inflection, the wrong scratch attitude and the wrong squint vision of how the trauma really happened. Good! You now are ready to do self trauma drama by your Self. Alone. In your own head. You now have built up your courage to the 51-percentile point. Your genetic motivation now is chain-reacting. You now need no one else to be your crutch. You now are on the fast track of self-therapy. You now will be able to zipp off a self trauma drama in a fraction of the time it took formerly. Soon, you will be grouping 2, 3, 4 diverse traumas into a single unifying hybrid category discharged with a single acting-out. Soon, you will be doing 2, 3, 4 trauma dramas per morning. Soon, you will be doing 2, 3, 4 ununified trauma dramas simultaneously. Super therapy.

10. Create a "Trauma Inventory Sheet":

- A. Date of trauma drama.
- B. Quick-phrase title of trauma.
- C. Percentage of pain intensity felt.
- D. Percentage of cleansing catharsis felt.
- E. Insight acquired.
- F. Growth achieved.
- G. Estimated percentage of residual entropy.
- H. How do I feel after doing this job this day?

Lesson 29

Doing Trauma Drama With A Single Friend

If you have not started trauma drama by now, you need help. You need someone to kick you lovingly in the asymptote. You need a co-therapy family. But if you cannot create a neurally trustable, Life knowledgeable, wanting, co-therapy family as described in Lesson 19, then you must at least try to find a single friend who can be persuaded to practice trauma dramas with you.

This is crucial. If you cannot motivate your Self to do trauma dramas alone, your determination to complete this *Workbook* is in danger of rotting back into neurotic conformity. You need someone, face to face, to get you started seriously on your self-therapy. Otherwise, your desire to transcend will slip back subtly into sophisticated rationalizations of why growing up is not for you.

So let us repeat the information from prior lessons in a slightly different form to help you get over this hump. Courage. Be tough. Try harder. One more time.

1. Discuss with your general friends the topic of neurosis and the topic of self-therapy. Find one person who is interested enough to read your copy of this *Self Transcendence Workbook*. Discuss with him/her this lesson. If you both agree to take a chance and try to help each other, start by doing a simple trauma drama together. The following steps will guide your technique. One be the therapee; one be the therapist. Hug and trust each other. You both need each other.
2. Write and follow your "Trauma Drama Script." Understand that during the trauma drama, you as therapee, with your eyes closed, will be talking 100% to your Self. Do not talk to your friend-therapist. Your friend will understand what you are doing and what you are going through because you both discussed your script. So do not bother explaining all the details and nuances of your evolving experience to your friend. This will free you to accept only the emotional support and strength of your therapist while you drop down silently into memory. Your occasional comment to your Self or to your parent tells your friend where you are in the script.
3. Before starting Act-I, have your friend retrogress you in years from your current age back to the age of your selected and scripted trauma. It will give you courage to have someone else lowering the rope down into your mineshaft of memories. Have your friend allow you to dwell for a few seconds at each age, seeing the movie scene of that age. Your friend will continue to regress your movie backward by droning quietly: "You now are

25 years old. See your self at 25. What did you look like? What did you wear? What are you thinking at age 25? What are you feeling? What are your spiritual yearnings for meaning and love in your Life now at your age 25? Now you are 24 years old...."

As s/he approaches your trauma age, the drone will get more intense. Finally: "Now you are just one year away from your trauma age. Feel your confusion rising. Feel your pains beginning to happen. Feel the fear that the trauma is returning. Now -- you are that age. Now feel the full hurt of...."

Do Act-I.

4. Once you reach the age of your trauma, do not speak in past tense. Do not say, "I remember I did this. Then Mother came into the room. Then Mother said...." That separates you from the event. Re-live the episode by speaking only in the present tense of that age. Actually re-be that age: "I am doing this. Mother is coming into the room. She is saying to me with anger on her face...."
5. In a few minutes, your Act-I will be in the center of the trauma drama cyclone. All your physical, intellectual, emotional and spiritual energies and entropies will be roaring around your Life and pouring into this one injuring episode. Your friend will have to do no more work. Once you start the energy/entropy vortex of your memories whirling, it goes by itself. Once you start the synergy chain-reaction of your emotions accelerating, it speeds up by itself. All your friend will have to do is repeat over and over, at appropriate moments, the key phrases and quotations which you wrote at the end of your "Trauma Drama Script." These are the key sentences which your Mother or Father said to you to traumatize you. This will build Act-I to its climax. The climax happens usually in about 5 to 10 minutes after starting.
6. As the intensity of the emotional trauma builds toward its climax of 100% feeling, your friend will shout only the key phrases -- or sometimes only one key phrase -- which cause your trauma tornado to accelerate and whirl toward maximum pain and belief. Now you and your friend will do a curious thing which allows friend-to-friend trauma drama to be a 100% precision tool. For brief seconds, you both split your attentions between that past time when the trauma happened and the present time. As the trauma typhoon is shrieking with mounting intensity; as your child is being pummeled around the vortex with greater and greater pain; as your total Life is focused upon re-living that roaring hurricane of destruction -- your friend pokes her/his head into the sane center and hollers: "What percentage of pain do you feel?" And you, stepping for one second out of the tumbling chaos of the child vortex wall into the same dead center of adult sanity, do a quick internal check and yell back: "I feel 60% pain!" Or 70 or 90.

This clues your guide to your position along the scale of emotion and belief from 1% to 100%. S/he adjusts her/his guidance intensity accordingly and accurately to that number. This gimmick works because your intuitions know which percentage of 100% total pain experience you are feeling at each stage of the build-up. You communicate this stage to your guide. Your guide then reinforces your belief that you are at this stage by honking back in her/his litany: "You are a naughty boy. You feel 60% naughty. You are Mommie's naughty boy. You feel 60% pain because of the guilt. Now feel 70% pain, naughty boy. Feel 70% pain, naughty little you. Do you feel 70% pain, naughty little boy?"

"Yes, I feel 70% pain. I am Mommie's naughty boy. I am taking all the love away from Mommie so Sissie can't get any. I feel 70% pain."

"You are Mommie's naughty little boy and you feel 70% pain. Now feel 80% pain. Do you feel the hurt of betraying sister and lying to Mommie by 80%?"

"Yes, I feel the terror of betraying everybody, especially Mommie, by 80%."

"Good. Now try to feel 90% pain."

"No. I feel only 80% pain because then Sissie died and Mommie then didn't love me no more and I betrayed Mommie. I feel 80% pain and guilt."

"Good. Now can you feel 85% pain?"

"No. I feel 80% pain."

"Good. Do you feel 85% pain?"

"Yes, I feel 85% pain as Mommie's failed lover...."

Then 90%; 95%; 100%.

Once 100% pain is achieved and acknowledged, your guide will keep you on this plateau for about a minute or two to really grind in the full realization that you no longer are your adult, but are your child; your dreadfully spastic child. By 100%. With 100% intensity, re-be your crushed child. With 100% belief, re-live the ghastly trauma. With 100% horror, re-see the injustice of your parent who allowed you to be so traumatized. Yes, feel the pain, 100%.

For that most excruciating minute or two, your friend-guide will allow you to re-experience the full powerlessness and hopelessness of your chaotic child. Re-suffer the full crying, yelling, screaming terror of being chopped off from your genetic drive to grow into your whole brain power. Indeed, re-be your traumatized child. But your friend-guide will watch you closely so you do not suffer too much pain for too long. At just the right moment:

Click.

"OK. Flush the toilet! Go into Act-II."

Silence.

Your child brain had given up all hope of redemption. Your child spirit had given up all expectation of magical salvation. Your child did not dream of being saved from this axe chopping of your identity, dignity and integrity. You had forgotten there was a next step. But there it is: Act-II. You forgot you are being given your democratic right to revenge. The prize of the surprize is overwhelming. Now you remember. Indeed, Act-II is revenge. Sweet, sweet revenge.

The dam breaks.

The flood howls.

"Oh you turd! You dirty stinking turdbrain! You goddam lying fucking pig! You tricked me! You trapped me! You cheated me! You told me I had to be your husband because Daddy and you didn't sleep together no more! And you told me I was to blame because Sissie caught sick and died! You puke! I was your toy! I was your whipping dog! How dare you trap me in that double bind of making me guilty if I disobeyed you and being guilty because I knew, I simply KNEW, that you were blocking my growth into my normal boyhood and full intelligence and...."

And so on and on and on.

Your friend then will get up, smiling, twinkling, and leave. S/he will go away to wash dishes or read a book or play with the eagles. You will be left to yodel and wallow in your wild shitout revenge for as long as it takes to excrete those years of cumulated entropic confusions and frustrations and injustices. Then, as soon as the flood of tears spreads out and soaks into your sub-soil realization, the lightning insights will flash. Pow! Pow!! Pow!!! After thunderwater, flowers. Wisdom unfolding. You will see the whole picture. You will understand the whole dynamic, past, present and future. You will re-integrate the whole episode positively into your Life. You will harmonize all into new vision.

If the pain was very deep, if the injustice was very bad, you may feel it is not yet time to forgive. It will not yet be time to do Act-III. Wait a while. An hour. A day. A week.

Eventually, alone, you will feel like doing Acts III, IV and V. You will do them. Eventually, alone, you will repeat the trauma drama and get zero emotion. You will repeat one more time and get boredom. Indeed, boredom from that which once wrenched you so intensely that you refused

to do trauma drama; so intensely that you needed to find a friend to help you get started. Bravo! With boredom, the trauma is cured!!

7. Remember: Through each trauma it is your adult responsibility to remain sane while acting-out to 100% pain. Your friend may see that your sanity is savoring fully the therapeutic intensity of the ache and so may keep you on the 100% pain plateau for a minute or so longer. Or s/he may see that this plateau -- or that even 80% or 60% pain -- is too much too soon for you this time and quickly may shout: "OK! That's enough! flush the toilet! Get your revenge! Get your relief from her! Flush it!"
8. After going through Act-II, write down your new insights to document your breakout from old neurotic behaviors into new growth behaviors. The intensity of your intelligence and wisdom will diminish after your sleep, but the residue of growth will remain in new memory -- reinforced by your documentation written down in your "Brain Journal." During the trauma drama, you take 10 steps forward. After sleep, you may take 2 steps backward. But you still are 8 steps ahead.
9. After going through Acts III, IV and V, discuss with your friend what happened during each act of the trauma drama. S/he will dialog and dispute with you to challenge you to milk this holy cow down to absolutely dry tit. This will reinforce your courage that you are doing the right thing. That you, later, can do this alone -- as truly self-therapy. But as soon as both of you are satisfied that all negative information from the trauma has been exposed and transformed into positive information within your triune computer, you two should celebrate. Play together. Create a unique ritual which commemorates this shared experience. Create a medal. Break bread together and feast joyously. Invent a holy love which transcends you two into ever-heightening mellowness and respect for each other.
10. Reciprocate the energy which your friend gave from her/his precious personal, private Life of growth into your entropy of death. Create a reciprocal synergy. Create a reciprocating chain-reaction. After a good night's sleep, you be the therapist and guide her/him as therapee.

SECTION D

Retarded Adolescent Rebellion

Earth's brain revolt is on. No more can all people suffer the pain of their 90% dormancies. No more can all people tolerate the meaninglessness of their 10% intelligences. No more can all people in America and the Soviet Union watch the insanity of our 10%-brained leaders piously ignoring the cause of their blind behaviors blowing up the planet.

Indeed, the revolt is on.

But against whom?



Lesson 30

Release And Free Your Repressed Adolescent Trauma Memories

Your return to your adolescent memories is the most dangerous level of your therapy. By so re-opening your adolescent memories, you re-act your adolescent personality. At this present time, as during your real adolescence, your frustration and anger have the power to be just irrational enough to click your amygdala permanently backward into permanent reptile brain hostility; into permanent ego greed suck; into permanent refusal to grow up. If so, you will retrogress subtly and irreversibly into ever increasing rebellious self-flattery behaviors which pretend that you are “transcending” when, in fact, you are dying.

To emphasize this single crucial point about the danger of retrogressing wrongly into your adolescent memories, we shall repeat the idea of correct adolescent behavior over and over in this section; in the following lessons. We shall repeat the idea over and over from different perspectives of upside down, inside out and front to back logics. You will create a comprehensive analysis of your rebellious motivations. Hopefully, you will get the message and stop the dangerous form of your retrogression. You will click your amygdala properly frontward. For though dangerous and crucial, self-therapy of your adolescent rebellion, if done properly, is safe and fun.

Start with the definition of what, precisely, is adolescent rebellion?

Adolescent rebellion is the healthy behavior which genetic intelligence places in each brain to force the young boy or girl to be repelled physically by mother and father so as to leave home and not inter-breed incestuously with the opposite sexed parent. Such in-breeding would mix equal genes, would stop evolution and would destroy DNA.

The boy who cannot so separate from his mother suffers adulthood in the form of neurosis called “Oedipal complex.” Oedipus fucked his mother and killed his father. The girl form is “Electra complex”: fuck Pa; kill Ma.

Adolescent rebellion is the healthy behavior which forces the young boy and girl to outgrow emotionally the love given by mother and father during childhood so as to discover one’s own capacity to give even more and better love to a mate in order to breed a better child and to nurture the Lifeforce toward perfection. Such brute breaking of the emotional umbilical cord motivated millions of years of your successful animal ancestors to evolve up to the point of having a 90% dormant brain -- which you now are going to discover, accept and liberate. But where your thousands of generations of

grand parents merely blundered into making the correct choices of survival and evolution -- thereby taking this long -- you shall make the correct choices with the speed of precision science.

Adolescent rebellion is the healthy behavior which forces the growing person to transcend intellectually the conformist values, attitudes, informations and behaviors which trap mother and father into non-evolving Life. Such magnificent combat beyond reptilian and mammalian stagnation offers you the one chance to click your amygdala fully into your primate brain and frontal lobes transmutation. You shall do this by being scientifically informed and mutationally wise.

The Negative Form

Retarded adolescent rebellion is the unhealthy behavior which genetic intelligence places in the inferior brain to force the loser into self-destruction. Such a loser has failed to complete natural adolescent rebellion naturally and now is deteriorating his/her triune brain circuits into anti-Self, anti-Life behaviors. Such destructive behaviors are designed to remove the inferior brain-body from the gene pool of evolution. If sufficient inferior individuals populate a population, such destructive behaviors are elevated to positive cultural values. If so, genetic intelligence allows for that species to remove itself from the planet. For example: the human species is about to remove itself from Earth. Homo Sap has elevated to supreme, positive value within his permanent war culture the pious phalus thermonuclear rocket. Although there is much adolescent talk about how bad war is, no single thinker, leader or ideologue has taught earthlings precisely how to avoid, stop, the coming destruction of Earth's ecosphere: scorched soil, poisoned water, permanent sub-zero temperature. Unfortunately, this genetic design for planet purification does not allow for single advanced species extermination. The more successful lower species -- ants, alligators, albatrosses -- also must go. For such is the un-democratic perversity of humanoids, bestowing benedictions into their ego mirrors: "If I have to go, I'll be justicious and take everybody else with me."

Retarded adolescent rebellion is the last unhealthy behavior which the surviving mutant shits out so as to complete his/her child and infant self-therapy. With properly understood and controlled retarded adolescent rebellion, he/she can complete clicking the amygdala forward into frontal lobes maturation. For genetic intelligence does indeed give each adult one last chance to be re-born. But only to the wise. Old fools -- and young fools -- need not apply. This is because knowledge pearls cast before swine are sucked up with grunt and belch: "More!" -- and shat out as still complete pearls, undigested. Conversely, the un-swinish recognize their final chance for happiness. They lovingly absorb the neural information, do the work, click the switch, transcend and then help save the human species by helping masses of individuals transcend.

Retarded adolescent rebellion is the final unhealthy vomit which the conformist citizen ejects from his/her digestive brain so as to see, blatantly, the grim horror of the puddled cultural values he/she had eaten. He/she sees that his/her infant enculturation and child enculturation were nothing more than retrogressive reptilian ego cripplings. But by the gift of rebellion, maintained into young adulthood, the individual receives the final emotions and final thoughts which create the final actions that guide the self away from permanent conformity to cultural devolution. By the gift of rebellion, the individual receives the final emotions and thoughts of non-conformity. He/she fights against the culture. He/she attempts to force into the brain-ignorant culture those values of neural maturation.

Any individual who dares not so fight must suffer becoming an old and burned out adult who submits in silence, subservience and obedience to the reptile brains of all anti-Life leaders and bosses within the hierarchy of social institutions controlling planetary power.

By the gift of retarded adolescent rebellion, you are being given your last chance to click your amygdala forward. How shall you treat the offering?

Retarded adolescent rebellion is the terminal unhealthy gasp of the dying spirit. If you humbly understand the genetic and neural mechanism of your "RAR," you can use its negative power to judo-flip this stupendous entropy into the equally colossal positive power which accelerates your growth into perfections of which you never dreamed. But if your rebellion is so strong and so irrational that it must disagree with every mother-substitute and father-substitute authority figure, teacher, potential soulmate and friend, then you are insane. You will accept each and every fact of brain, method of self-therapy and vision of cure as a lie. To the insane, Yes means No. Day is Night. The insane person judo-flips each energy of teaching into an entropy of irrationality so as to confirm, authenticate, justify and accelerate the felt hopelessness, terror and longing for suicide.

At this writing, after 28 years of experience during our annual summer *Brain In Nature Course*, we have finished pondering the question: "How can we persuade a retarded adolescent rebel not to click his/her amygdala backward into lethal reptilian retrogression?" Our pondering now is satisfied. We now are counter-attacking. The answer -- the counter-attack -- is this lesson; this section; this *Workbook*; the supplementary *Mass Transcendence Guidebook*.

Supreme retarded adolescent rebellion is the single cause which creates the ultimate question: "How can a population of retardates be persuaded not to kill planet Earth?"

The answer is to start with you. To grow you up.

The answer is to give you the straight scientific and clinical facts as they are known to date from basic neurophysiologic and genetic research. These cumulating facts have been applied to the more than 300 test students who

came through this program. Once you are given these facts, you shall choose your own fate.

Approximately 50 of our students transcended into their dormant frontal lobes. The remaining 250 failed. They failed to transcend. In some way, because of inferior knowledge or inferior study or inferior technique or inferior motivation or inferior genes, they (and we) failed to get for themselves the desired breakthrough. Some still are trying. Some leveled out at their higher understanding of Self and are living Life as best they can with periodic ups and downs of euphorias and depressions. Some decayed back to their old neuroses and are living Life desperately. Some suicided.

We, now, know why. We know the answer. We, finally, know the complete analysis to Life's most crucial problem. At last, we know the complete diagnosis of what causes a brain to not click its amygdala into its frontal lobes. Most importantly, we now know what must be done to persuade a sane rebel to so click. Along with this positive knowledge, we also know the complete counterfeit logic presented by the frightened adult who retrogresses into adolescent irrationality, demanding that parent substitute teacher cure his/her child hurt of meaninglessness while continuing to insist that Yes means No and that Day is Night.

The fatal flaw in retarded adolescent rebellion is the refusal to do the work of growing one's Self up.

The fatal flaw in retarded adolescent rebellion is the demand that, paradoxically, an authority figure (against whom one also is rebelling) do the work for the rebel; do the work of growing up the rebel which the rebel refuses to do for himself/herself. But even here, the rebel's rules for accepting such free slave work from a surrogate parent are astonishing. If the authority figure (teacher, soulmate, friend) does not do the work of totally teaching how the human brain works to the lazy student and if that overwhelmingly exhaustive teaching is not done with the precise tone of parental voice, with the precise skill of anticipating the child's temper tantruming and with the precise love (or abuse) which the adult-adolescent remembers from his/her childhood, he/she rejects the total teaching of the teacher. The rebel's love-testing double-bind is imposed precisely. No teacher can so teach. Such irrationality is insanity. Failure is insured. The collapse occurs. The breakdown of communication between teacher and student finally "persuades" the student that the teacher's knowledge and energy are wrong and that the student's neurosis (psychosis) entropy is right. The student retrogresses into still more subtle, camouflaged sophistries of logics and deceits which sabotage all future therapeutic behaviors. Normal teaching ends.

The only alternative for such a student, short of self-extermination, is breakdown into child endorphin-bonding with a high priest psychiatrist. Or total subservience to Jesus. Or becoming Jesus.

Such is the power of the backward click of the posterior amygdala. Such is the paradoxical sophistry of the imbalanced reptile brain dedicated to the infinity of entropy. Such is the destiny of any individual who truly does not want to grow up. Such is the fate of any population on any planet which cannot grow up: black hole.

Is There Any Hope?

Only the act of willpower can pull the dying individual out of the spiritual mineshaft leading straight down into the boiling magma of the brain's genetic self-destruct efficiency.

Only an act of willpower can click the loser into being a winner by stopping irrational rebellion against the very knowledge and teacher trying to help pull the scorched soul back up into the gently cooling rain of brain and the gently healing sunshine of basic neurology.

Only an act of willpower can click the loser into being a winner by stopping irrational rebellion against the very knowledge and teacher trying to help pull the scorched soul back up into the gently cooling rain of brain and the gently healing sunshine of basic neurology.

Only a rebel's last act of willpower flips the amygdala out of competitive consciousness and into cooperative consciousness so as to work lovingly with Self, with knowledge and with teacher toward the common target of frontal lobes transcendence for the student; for all. Start by admitting that Yes means Yes and that No means No; that Day is Day and Night is Night; that teacher is friend and that the real enemy is neurosis.

By self-analyzing and admitting one's own rebelliously counterfeit logic of subtle sophistries (unconsciously aimed at one's father or/and mother), the now sane student re-starts cooperative consciousness flowing forward toward the desired goal: cooperative communication with relevant knowledge, friend, teacher.

By understanding and accepting the need to learn and test the foundation strata of one's rock bottom brain facts, the now cooperative student climbs upward and forward with Self, knowledge and teacher. Progressive discoveries are made explaining how the posterior amygdala click slips all positive primate energies into sly and slick negative reptilian entropies; into living jinx Life. The work is done to cause anterior amygdala click.

By building and perfecting one's brain house of knowledge over all known foundation facts which explain necessary rebellion, the now informed student lives in that brain house with perpetual parties, pleasantries and paramours.

The day-to-day work of continuing to clean out old closets of traumas and to paint new window frames of progressing visions becomes a routine of whistling and singing and laughing unfoldments and revelations. Life is unfolded. Joyously. Life is revealed. Wondrously. In all its kaleidoscope of magics and meanings. No more jinx. Only winks. From cosmos.

1. Describe your natural adolescent rebellion at the age of puberty. Describe how it was ignored, uninstructed, ignoranced, inhibited, thwarted, frustrated, blocked, stopped. What consequence to you; to your brain circuits; to your genetic intelligence? What consequence to your personal intelligence; to your understanding of precisely how to grow up?
2. Describe your current retarded adolescent rebellion. Describe how it warps your healthy, progressive, necessary, natural adolescent rebellion (which is pre-requisite to get into your frontal lobes). Describe how your unhealthy retarded adolescent rebellion warps your brain, thereby forcing you to click your posterior amygdala backward into a destructive, retrogressive, deeper retardation; into your more lethal reptile brain.
3. Itemize your reptilian, ego suck behaviors by which you slyly accept energies of knowledge and convert them into entropies of dying. Be honest with your 'self. Cure comes only from honesty. The more honest you are, the more self-lies and self-tricks and self-rots you will shit out onto paper, the better you will feel immediately. Instant gratification. Then, in time, as you progress slowly and patiently and methodically through this *Workbook*, you will feel better and better. Self-therapy is progressive goodness of emotions, satisfactions of intelligence and expansions of meanings. So tolerate your temporary confusions, pains and fears. They shall pass quickly. Be honest. Like dawn.
4. Why is it important for you to transcend immediately above your retarded adolescent rebellion? What power does your retarded adolescent rebel have to stop all your self-therapy? If you escape the bad parts of your retarded adolescent rebellion and use only the good parts, what effect will that have upon your amygdala and frontal lobes?
5. What self-flattery values, attitudes and behaviors have been imprinted into your infant and child circuits by the American culture (through its secret agents, your Ma and Pa) to keep you in perpetual suck so that the "consumer society" can keep all people in perpetual jobs and profits?
6. What is your unconscious child desire to be loved perpetually by your mother; by your father? If your child wants only to be loved by Ma or Pa, can s/he accept any knowledge from any teacher or soulmate who is smarter than Ma or Pa? Does your adolescent perpetuate the process of defending your child's refusal to grow up by applying adolescent strength of body muscles and brain intelligence to fight off any knowledge, teacher or soulmate who attempts to hold up the mirror to this process? If so, describe.

7. Describe the ultimate wisdom of genetic intelligence which forces you to make the choice: G. O. D.: Grow Or Die.
8. What emotional substitute can you create inventively to soothe your child's pain caused by the fear of having its endorphin-bonded umbilicus chopped from Mother? From Father?
9. What immediate surge of energy do you feel going into your frontal lobes during morning pre-conscious reverie after having made the decision, by an act of will: "I shall chop my irrational, illogical child emotional umbilical tube which is sucking out my growth energy and is sucking in Mother's/Father's death entropy."
10. Which values, attitudes, informations and behaviors in the American culture encourage you to so grow up? Which so support you during your transition into mature neural wisdom?
11. Have you ever felt like committing suicide? Why has your genetic intelligence put that possibility within you? Why has your personal intelligence contemplated that possibility? Was that impulse caused by your lack of information about your brain and your lack of genetic drive toward perfection? Was that impulse caused by your laziness to act upon the information you already have: the information instructing you to understand the step-by-step exercises which cause you, precisely, to grow up?
12. Inventory a list of proper, healthy adolescent rebellion behaviors you now can act-out so as to finish those rebellion behaviors you did not act-out back then, during adolescence. Create a barrier bubble so your game does not slop out and over into other people to insult them, drain their energies or stop their love communications with you. Indeed, do it.
13. Write an essay: "My Act of Will to Survive and Transcend." List your assumptions of why living is better than dying. Develop your logic of growth based upon these assumptions. Create your method of re-starting your automatic anterior amygdala click based upon this logic.
14. Write a section in your above survival essay entitled, "Society Intelligence." Describe the relationship of social intelligence to personal intelligence, genetic intelligence and cosmic intelligence. What will happen to you if you do not develop your social intelligence? Why has genetic intelligence placed this consequence into your brain? Discuss: "Genetic intelligence destroys, subtly or grossly, any individual within this first almost human species who does not accept the responsibility of protecting and preserving the species and its gene pool by tithing immediately 10% of one's daily energy to help all earthlings release their 90% dormant brains."

15. Inventory the retarded adolescent rebellion values, attitudes and behaviors which irrationally and insanely will try to trick you back into blowing this last chance at growing up. How, by what act of will, can you change each trick from the negative entropy of death to the positive energy of growth?
16. List the subtle and gross ways which the American culture allows only those reptile brained bosses and adolescent leaders to rise in the hierarchy of society institutions and power. List the subtle and gross ways by which you are forced to be silent against, subservient under and obedient with these killer apes. List the ways you are prevented from rebelling against these retardates.
17. What is your motivation to transcend?
18. Sophistry is the skill of using 100% correct scientific facts in a 100% incorrect philosophic argument to create a fluid, mercurial, fluctuating, irrational logic which destroys the loving fact-giver so as to confirm, authenticate, justify and accelerate one's own hopelessness, insanity and suicide. A sophist is one who is too lazy or/and too ignorant to dig down to first principle scientific facts of brain growth and Life growth and thus because of embarrassment and guilt, must destroy the bearer of those facts. An insane sophist is one who cannot be persuaded that those facts are, in fact, facts, and who must, then, cover up his/her insanity by burning down or covering over – killing -- those facts and the bearer thereof. Have you performed sophisticated sophistries against another person trying to help you grow up? Itemize. Discuss.
19. Which of your sophistries and lies are rooted into which of your behaviors, attitudes and values connected directly with your relationship to your mother; to your father? How are your sophistries a rebellion against your mother; against your father?
20. Inventory the step-by-step pullout therapy you will apply to your sophisticated retarded adolescent rebel when you two hit, for the last time, this basement of your brain house; when you two test your foundation sanity, for the first and last time, prior to growing up to the stars.

Lesson 31

Adolescent Irrationality Nurtured Into Adolescent Joy And Meaning

Pure adolescent drive -- caused by genetic intelligence -- attempts to self-circuit through one's intuitively felt dormant brain tissues so as to get into one's also intuitively felt whole brain power. The intuitive feeling is: "I know, I simply KNOW that I can be infinitely intelligent, endlessly creative, magnificently cooperative and totally loving with others to shape society and Life into joy and meaning for all. All I need is to get past this block I feel. The block was caused by no one teaching me precisely how to grow up properly."

When your personal intelligence was blocked, frustrated and perhaps butchered by your insensitive parents -- who did not teach your adolescent precisely how to grow into mature social intelligence -- your adolescent rebelled.

This rebellion is healthy. It is the healthiest re-action bridging child sensitivity, wonder and awe of Life with adult genius solving all problems in Life. This rebellion is the last, blind surge of genetic energy driving to break through the suffocating plastic bag of cultural conformity into the last desperate consummation of pure neuronal freedom.

If the strangulation of your adolescent is successful -- because of no successful teaching/learning of how to escape the sack -- genetic drive gives up. Slowly, you choke on the wrong, imposed values, attitudes and behaviors of anti-Life culture. You collapse down to cultural conformity, consciousness contraction, intelligence retrogression and merciless burnout of child drive to learn Life. Social insanity. Cosmic suicide.

The way to escape this trap is by an act of will. Say: "I now shall do the amusing work of pulling my Self out of the hole." Do you believe it?

1. Describe how your adolescent drive toward succulently breathing of neural freedom has been s-mother-ed. By father?
2. Describe the comprehensive memories you have of your adolescent not being taught specific lessons from specific questions asked by your intuitions: "How does my Self work? How does this family work? How does this neighborhood work? How does our community work? How does this city work? How does this state work? How does America work? How

does democracy work? How does planet Earth work? Indeed, how does Life work?"

3. Using your current adult intelligence, play-act that you are your mother or/and father back then, during your adolescent years. Swallow your childish pride of still waiting for them to guide you to grow you up. Do their work for them. Using your current adult intelligence, play-act your mother or/and father lovingly taking you by the hand and leading you through your Self. Leading you through your family so you understand inter-personal relationships. Leading you through your neighborhood and community so you see beneath the surface masks to glimpse what motivates people to live together. Leading you through your city and state to marvel at the messy slowness of democratic justice. Play-act mother and father explaining completely how America, Earth and Life work. Fantasize and act-out your mother and father, gently and affectionately, discussing with you as adolescent your beginning understandings, blocks, confusions and breakthrough insights into each thing being analyzed. Create your image of your mother and father doing this patiently and humorously as you struggle to discover and learn each new fact of Self and society integrated and harmonized into the totality of your adolescent Life.
4. Once you solve the problem which was your parents' responsibility to solve -- finally growing you up -- observe how your frustrations over this blocked energy of intelligence diminish. Observe how your adolescent rebellion diminishes; how your retarded adolescent rebellion diminishes. Notice how your adolescent intelligence, creativity and love increase. Describe. Demonstrate this increased cooperation that you now feel. Share with others this accelerating cooperation ping ponging between your anterior amygdala and your hesitantly opening frontal lobes.
5. Express your Self as an adolescent who has been fully guided by wise mother and wise father to be a fully growing and jolly and blissfilled person. Play-act that you are a frontal lobes matured adolescent doing what naturally transcended teenagers should do -- with no blind, rebellious retrogression; with only visionary, loving progression.



[brain being used as a bowling ball]

Lesson 32

Love Rebellion

You must finish your genetically encoded adolescent rebellion which your parents -- as conformist sycophants to American cultural values -- stopped. Now we shall re-start it and finish it by adding the one element they left out: love; teaching love. Let us finish your unconscious rebellion needs as an act of intellectually rational love. From that, you will smooth out and settle down the writhing circuits coiling between your angry reptile brain, your confused mammal brain and your dying, love-computing, love-starved primate brain. You will complete the proper genetic connection and function between each cell, tissue and organ to re-start proper genetic evolution through your triune brain into your waiting dormant frontal lobes; into your waiting whole brain power: into cosmic love. Merely do it sanely, courteously and wisely. As a full-fledged act of Self love.

1. Itemize your frustrated, love-starved, unfinished, retarded adolescent rebellion needs for reciprocally given love.
2. Intuitively, do some emotional first reactions against your blocks to express each love need to 301% satisfaction, exhaustion and boredom. Design these random rebellious reactions into a systematic program of strategy and tactics. Design a protective bubble so that you do not slop your entropy/energy/synergy game uninvited into another person's different-directed ballpark of Life.
3. Design into your discovery and growth program an overwhelming strategy of giving and receiving love from your Self to your Self. Discuss with those living around your game park if they want to participate in this love. How?
4. Pursue your program. Observe and record the systematic exhaustion to boredom of each formerly rebellious, irrational need. Describe how you outgrow formerly rebellious behaviors once they are satisfied and integrated into your personality as quieter, more mature love actions.
5. Describe, with drawings, the neurophysiological dynamic on-going in your head, re-wiring and re-circuiting your cells, tissues and organs into more efficient advanced computers integrating love + rebellion.

Lesson 33

Guaranteed Anterior Amygdala Bank Storage

The single purpose of all the diverging, converging and seemingly repetitive exercises in this Section D is to give you many little tactical victories which add up to but one ultimate strategic conquest: the partial clicking of your posterior amygdala out of its backward bleeding off of all your energy into infinite reptile brain entropy; and the partial clicking of your anterior amygdala forward into frontal lobes. Such partial forward clicking partially opens the circuit into your sludgy frontal lobes so that, thereafter, each unit of free energy which you liberate from your bound energy of neurosis then will flow forward toward your frontal lobes bank instead of down your reptilian sewer. Each cumulating forward flow triggers your frontals to release yet another tiny extra unit of reciprocal genetic energy which bounces back with your original unit of free energy. Your original unit of unshackled energy now is transformed into a synergy: $1 + 1 = 11$. The 11 units of energy then go into storage within your anterior amygdala, joining all the prior stored units of synergy, waiting for all future units of energy/synergy. Eventually, 51% new energy will overwhelm the 40% residual entropy in your amygdala. This will cause the click-switch to click forward. All the stored therapy energy then will flood frontward into our deathly comatose front lobes (and not back into your reptile brain). This will trigger the frontal lobes to release a huge gush of their own stored genetic energy. The genetic energy will flood backward through your primate brain, backward through your mammal brain and backward through your reptile brain. Your entire triune brain will be back-flushed and cleansed of more residual blockages so your genetic energy can re-start its forward flush with now again (as in childhood) free flowing cosmic consciousness. Once the free flow of cosmic consciousness re-starts, your brain re-starts perfect triune computations. Your personal intelligence is synergized with genetic intelligence and cosmic intelligence. Your triune brain completes its whole brain power. This is transcendence.

The way to get this ultimate strategic transcendence is to get each small tactical triumph. Do each small behavior and large exercise to cure but one more small tactical error in your overall grand strategy for living Life. The cumulating small victories will store their new energies in your anterior amygdala -- IF.

That's a big if: If you do your work within the attitude of society intelligence.

This is the fatal flaw which doomed most of our prior students before we learned about the mistake of the posterior amygdala sewer.

If your personal intelligence does not signal your genetic intelligence that you are moral -- that you want to get more out of Life than merely sucking for your Self -- then your genetic intelligence will know you are just a routine conformist and will keep your amygdala clicked backward into routine reptilian self-defense and counter-attack behaviors -- causing all the concomitant confusions, pains and fears. All free energies liberated from your temporal lobes and hippocampi bound energies of neurosis will be shunted automatically into your posterior amygdala and back down into your reptile brain. This backward waste of your hard worked, hard won free energy is to energize your ego. Your genetic intelligence -- not you -- has made the decision to increase only your animal survival. Transcendence is not for such a greedy hominoid.

But if your personal intelligence does signal your genetic intelligence that you, by an action of willpower, have chosen to be moral -- that you want to help others transcend and to help Earth survive -- then your genetic intelligence will know you are a mutant. Bravo! The frolick game of self-therapy now gets really provocative! Now, genetic intelligence will store your cumulating therapeutic energies in your anterior amygdala bank. Genetic intelligence will add compound interest to your basic investment of self-therapy energy until you have enough capital to click forward and release your torrential cosmic jackpot.

If you do your therapy 90% within the necessary attitude of ego greed suck for "MEEee!" while simultaneously being 10% within the moral attitude of human cooperation "For Thee," your bound energy of neurosis released into free energy will glide automatically into your anterior amygdala.

If you consciously and joyously tithe 10% of your daily time, energy, work, production (TEWP) -- and money -- to develop your society intelligence by helping others save the planet, your genetic intelligence will give your ego, paradoxically, egolessness. Your genetic intelligence will guide your residual child emotions and thoughts out of reptilian ego motivation and, pre-maturely, into frontal lobes holy motivation. Your sub-threshold intuitive contact with cosmic intelligence will give you the gradient of euphorias and meanings which motivate you to continue doing this work toward finally clicking your amygdala forward into full frontal lobes transcendence.

If you progressively play the game of being cooperative with Self, others and Life, you will discover the next reward of routine evolution: egoless synergy intelligence. Love will slush into your still neurotic, still rebellious brain from every stone, flower, tree, owl, peak, thunderhead and winkstar. And person. You will feel breathtaking new enchantments. You will be a delight to be with. Even while you are shoveling out your head shit. You will be the one thing that a totally ego-centered, self-sucking, bucket-over-head person is not: Exciting. Non-boring. You will relate each old problem of your neurosis and each new discovery of your transcendence to the neurosis and transcendence of each conversation mate; to the survival of America; to the survival of Earth. From such growing moral maturity, genetic intelligence will give you the gift of

therapeutic maturity. From then on, you simply will do your self-therapy in full confidence that all your free energy now is pouring into your anterior amygdala bank.

1. What are your sub-threshold un-conscious behaviors which persuade your genetic intelligence that you are not a mutant? That you are a mutant?
2. What words shall you now say to your Self -- and repeat daily -- to remind your Self to tithe 10% of your time, energy, work, production and money to your project for increasing your society intelligence? What buzz words, catch phrases, snag ideas, hooking slogans, jazzy prayers, cute songs, wry jokes, hilarious hortations, shriek shouts and pompous philosophifications shall you now invent as a creative genius to accelerate your run forward into frontal lobes social intelligence?
3. During morning pre-conscious reverie, observe the slight (or gross) click of your anterior amygdala the morning after you have done a particularly fine day's work of being cooperative with someone else. Observe the stop forward of energy into your frontal lobes. Observe the cascade back from your frontals of synergic compound interest. How does this set up your day to be a larger delight of child play growth and discovery?
4. Discuss this lesson -- this *Workbook*; this neural vision of Life -- with a retarded adolescent rebellion entropy person who has been draining your energy into his/her toilet. Rationally and unemotionally discuss and define the problem between you two. Be non-judgmental. Merely talk about the facts, not the neurotic emotions which they trigger. Affectionately persuade that person to cooperate with you to solve that problem. Agree on a long-range strategy and on short-range tactics so you both can win victories each day by helping each other grow up. Invent small and large ways you two can celebrate each specific transcendence of entropy into energy between your now integrating and harmonizing Lives. Transform your enemy into your friend. Generate new energies between your brains. New synergies.
5. Create of your adolescent self-therapy a moral mission. Define the kind of leader you intuitively feel you can become. The kind of a leader you feel you already are. Define the tentative direction of action in which you want to go. Define the section of the circumference society problem which you want to solve. From that, re-define your self-therapy as being only a smaller tactical necessity (to get transcendence whole brain power) within this larger strategic vision. From that re-definition, do your day-to-day self-therapy with more ease, meaning, child play and -- what?

Lesson 34

Cure Irrational Reptile Attack

Rational reptile attack against a true enemy is wisdom. Is survival. Irrational reptile attack against a true enemy is foolish. Is fatal. Irrational reptile attack against a true friend -- treated as an "enemy" -- is insanity.

Retarded adolescent rebellion attacks all knowledges, teachers and friends who hold up the mirror to the error. The insane rebel continues the attack until the desired disaster happens. The sane rebel sees the ??? , understands the error, stops the attack and reverses behavior into cooperation.

A retarded adolescent rebel attacks all authority knowledges and authority figures as the last blind act of self-defense against mother/father for frustrating the rebel's child by not teaching him/her how to grow up into full postured maturity and full weeping happiness.

A retarded adolescent rebel mind-sightlessly attacks all teachers and friends as Mother-substitute and Father-surrogate, wreaking vengeance for the lies which were told the child about how to grow into full Life without neurosis, meaninglessness and pain.

A retarded adolescent rebel mind-sightlessly attacks all teachers and friends as Mother-substitute and Father-surrogate, wreaking vengeance for the lies which were told the child about how to grow into full Life without neurosis, meaninglessness and pain.

A retarded adolescent rebel attacks a specific other person in order to test the trust and honesty of that person's effort to hold up the mirror. The rebel's attack uses 100% personal intelligence to create 100% perfect sophist logic to tap the friend in 100% perfect irrationality. In this way, the friend is boxed in perfectly to suffer every change of logics, assumptions, facts and motivations from the wily wildly probing rebel. The friend perfectly is boxed into the rebel's cunning sophistry. The friend now is tested:

"Prove to me (to my child) that you are a perfect friend (Mother, Father) by fighting your way out of my irrational sophistry to prove to me -- via endless hours and days of your energy and rational intelligence and patience -- that I am wrong (which I know that I am). Prove to me that you (Mother, Father) love me more than your Self. Prove to me that you truly shall save me from the insanity of my Self."

Every retarded adolescent rebel is looking for the perfect teacher (perfect Mother, perfect Father) who will, finally, explain brain, explain neurosis, guide

self-diagnosis and guide self-therapy to intuitively felt, guaranteed transcendence and freedom.

Every retarded adolescent rebel is searching for the perfect teacher who can be trusted 100% to be 100% honest and 100% knowledgeable and 100% strong and 100% patient and 100% loving and 100% witty while the rebel lazily and languidly, condescends to finish the work of growing up.

The impossibility of such perfection is the first understanding which the sane rebel finally realizes. From that realization, s/he then takes whatever knowledge, teaching and friendship (and wit) is available, blatantly pays for it via reciprocal rationality, sanity, cooperativeness, tithing of social time / energy / work / production / money and love, then gets to work finishing the growing-up game. Via self-therapy.

1. What are your unconscious and conscious needs to attack your Mother for not teaching your child how Life works? What are your unconscious and conscious needs to attack your Father for not teaching your adolescent how society works; for not teaching your adolescent about healthy rebellion and the way to do it comprehensively, and finally so as to nurture your genetic drive into finished maturity?
2. How do you transfer these attack needs to Mother-substitutes? Father-substitutes? Why do you not attack Mother and Father directly? If Mother or/and Father is dead, how does this affect your need to rebel against them?
3. Itemize your adolescent counter-attack sophistries which your reptile brain triggers automatically when your child is threatened by withdrawal of love; when your adolescent is threatened by an imperfect teacher.
4. What quick gimmick test can you invent and apply to your Self to discover that you are using irrational sophistries against a friend? What quick gimmick behavior can you invoke to stop the attack and start rational, cooperative discussion?
5. What persuasion can you invent to teach a true friend about your sophistries so he/she can protect himself/herself from your irrational, unconscious attacks? So s/he can help you see that you are a damn fool vomiting into your inside skull mirror? What plan can you two invent and follow to help each other outgrow your retarded adolescent rebellions?



Lesson 35

Cure Adolescent Fear Of Growing Up

When an adolescent fears to grow up, s/he feels guilty. If that guilt persists into adulthood, s/he is forced to admit consciously that s/he is a coward. But few people so admit. So the guilt is repressed; becomes unconscious. Now, s/he justifies that unconscious guilt by turning that unconscious cowardice into attacks against others. By attacking the identity, dignity and integrity of another person -- especially a parent, a parent-substitute, a lover or a teacher; or a society; or a planet -- the coward diverts her/his attention from the self-criticism and self-judgment which says: "You are a loser. Your identity is rotten. Your dignity is collapsed. Your integrity is a lie. You truly do not want to grow up."

The cure is an act of will: "Am I, finally, ready to grow up? Am I, finally, ready to do the work of growing up? Am I, finally, ready to do the work of self-curing my neurosis crated by my parents? Am I, finally, ready to re-start my genetic drive so I can get on with the game of circuiting into my dormant frontal lobes?"

No or Yes?

1. Do you fear growing up? If so, what episode in your Life caused you to be so traumatized?
2. Write a batch of self trauma drama scripts which define comprehensively this problem. Solve each via self trauma drama.

Dingle Jingle Song

Solve a problem a day hey
Solve a problem a day
Bye 'n' bye
You'll get pie in the sky
So solve a problem a day

3. Itemize your adult behaviors of attacking someone else as a diversion so you do not attack your Self to expose your fear/laziness of growing up. Give this Self a ghoulish, outrageous name so as to shock you into insult, embarrassment and contrition whenever you catch your Self doing it.
4. By an act of logic and willpower, see and understand that your genetic intelligence loves you and wants you to grow up -- if you but jump over this

last blocking attitude which is preventing you from growing up. Describe your genetic intelligence. Describe its love for you. Describe its plan for you to grow majestically.

5. How can you smother your Self with love to help make the decision to grow up? Go on! Be gigantically extravagant and fabulous! Soak your Self in the warm goosh of fanntassstickkkk love satisfactions.

Lesson 36

Cure Fear-Filled Adolescent's Refusal To Do Self-Therapy

Re-living your memorized pain of being hurt during adolescence is frightening. Thinking about going to the dentist to have a gangrenous tooth pulled is scary. Thinking about laying down before a surgeon to have a fermenting tumor cut out is terrifying. But it must be done. Courage.

If you have come this far in your decision to cure your neurosis and grow up, you already have clicked enough cellular click-switches in your reptilian, mammalian and primate decision-making centers to finish the job. All you need is just a bit more encouragement and love to keep you going until you too feel the pleasure of getting rid of your constantly aching, rotting, tumoring neurosis. All you need is just a bit more willpower to put your toe -- your foot, your leg, whole cute ass -- into this cold water of self-therapy. Once immersed, the naked shock of starting will dissipate fear. The orgiastic pleasure of growing will dominate motivation. Vision.

Your adolescent has courage. Your child does not. Your adolescent is coded genetically to have the courage of rebellion against conformist parents. Your child is coded only to suck conformity from parents and to give conformity back to parents. Paradoxically, your adolescent is rebelling both for and against the drag of your child. Part of your adolescent rebellion is against the injustice inflicted upon your child by ignorant parents who slowed down or stopped your natural genetic growth into guaranteed mature child wisdom and happiness. Yet, it is this sub-threshold, unconscious child fear of re-confronting each of those pain memories which also is causing your adolescent to balk to doing deep, honest adolescent self-therapy.

The mix causes adolescent confusion. We now shall separate the two causes of confusion and paralysis. We now shall, separately, soothe your child with love to separate him/her from your adolescent. Then we can teach and show only your adolescent how to start taking the first steps toward the dentist's office to discover novocaine.

Let us go down and analyze that child who is retarding your adolescent from completing his/her rebellion.

INS

Infantile narcissistic suck (INS) is the flip side of the behavioral coin of retarded adolescent rebellion (RAR). When genetic infantile needs are not satisfied, at infancy or during adulthood, the adolescent explodes in anger and

desperation. Such hostility is a proper step up the step ladder of human growth. By being angry, your adolescent is attempting to mutate out of culture conformity to infant-suffocating and adolescent-killing values and actions practice in today's permanent war economy. But where adolescent rebellion, retarded or normal, rebels against the intuitively felt wrongness of a culture which it still is trying to understand intellectually, infantile narcissistic suck behavior does not rebel. The infantile adult merely sucks upon that same culture without knowing, or caring, whether it is "right" or "wrong" for ultimate national and planetary survival. The infantile narcissistic suck person simply needs and wants to suck nutrition -- any kind of nutrition: books or booze; vital amines or pesticides -- merely to stay emotionally alive.

Infantile narcissistic suck behavior in a young adult usually exists side-by-side, separately, but at the same time, with retarded adolescent rebellion behavior. It is the desperate action to suck new knowledge about how to self-cleanse and self-release one's own dormant brain. Characteristically, the sucking is done regardless of how others are doing; regardless of how society is doing; regardless of how the planet is doing. "I'm gettin mine (slurp slurp slurp). And I really don't care how you're doin'."

If it is pro-Life, infantile narcissistic suck comportment eventually matures fully into full retarded adolescent rebellion behavior -- which has the best chance of maturing into transcendence; into truly mature functioning. But prior to such transformation and maturation, the infantile narcissistic suck need must be fed. Preposterously.

Unless infantile narcissistic suck behavior is fed with the same exorbitant love and excessive giving as that of infant clamped at mammary, the young adult will not grow naturally into retarded adolescence and on to the semi-nature job of self-cleansing repressed child trauma memories -- which are pre-requisite to causing the amygdala to click forward into the slothing frontal lobes; into nirvana. Thus, teaching and learning at this crucial stage of the self-therapy regimen must be exquisitely sensitive and rational by both teacher and student -- less the titt sour and the infant collick; lest the teacher be sucked dry and the kid die.

After Separating Child From Adolescent

By having a proper attitude of separate adolescent courage and determination and by having a joyous adolescent vision of future growth, your amygdala stops fibrillating. It stops jerking back and forth like a berserk pinball machine. Your amygdala stops flipping consciousness into child fear, then into adolescent courage, then back again to child fear. Your amygdala stops twitching into reptilian fear, then into primate courage, then back again to child fear. Your amygdala stops twitching into reptilian fear, then into primate courage, then back again into reptilian cowardice. Your amygdala, finally, clicks forward, once and for all, so your consciousness then flows only forward to compute only emotions and thoughts of courage. From that time on, you

simply settle up to do the slow, plodding, systematic work of cleaning out only your repressed adolescent trauma memories (RaTM).

Start by creating this proper attitude and vision. Do it by an act of adolescent will. Once your child sees its big brother/sister behaving so courageously while the ship of Life is sinking, the kid stops crying and gets into the Lifeboat and goes to sleep.

It is that simple. Merely by first separating and quieting your confused, pain-filled and fear-filled child, your adolescent intelligence then can get on with the work of releasing its own repressed trauma memories and discharging their entropies. As soon as your deepest child tantrum is separated and quieted and assured it will be cured later, your highest adolescent sufferings can be purged.

Once your adolescent is shown how to set apart himself/herself temporarily from the purely emotional logic of your child traumata, he/she intellectually will use the automatic genetic energy of natural adolescent rebellion to rebel against being neurotic; to rebel against being sick; to rebel against each and every repressed memory which is poisoning natural growth into automatic love and happiness. Once you intellectually see that you now have to solve only your relatively simple adolescent problems -- and not your more subtle and complicated child and infant narcissistic suck problems -- you can relax and play the game. You can start step-by-step release of each old adolescent problem from memory storage and step-by-step discovery of each new answer. And step-by-step enjoyment of each new teenaged freedom erupting into volcanic energy and galactic exaltation.

What started out as mixed child/adolescent confusion, pain and fear now transforms into pure teenybopper hoopla.

1. Which specific behaviors of your personality and character are infantile narcissistic suck actions? Which consciously? Which unconsciously? Which are rational? Irrational? What consequence?
2. Review a passed day. Which irrational, infantile narcissistic suck behaviors did you force upon another person? What was your motive for doing so? What consequence?
3. Describe how your infantile narcissistic suck behavior and your retarded adolescent rebellion behavior are mixed in your masked adult behavior. Give examples. What consequence? When is such masked mixing accepted and rewarded by the American culture? When not accepted and punished? What consequence to your transcendence and maturation?
4. Why does your adolescent fear to start and do his/her therapy properly and continuously?

5. What do you need to do to persuade him/her to start? To keep going until at least 51% of this level of brain gunk is shoveled out?
6. Draw a schematic diagram showing how your brain organs click closed and block your self-therapy. Trace the diagram to your key block point. Add the lightning bolt of willpower. Apply a proper therapy exercise to click-open and unblock this cosmic logjam.
7. Intellectually invent a child play fun game which lulls your purely emotional child into security and confidence so s/he goes to sleep, thereby allowing your baby-sitting adolescent to get on with the more intellectual work of lowering the last Lifeboat of reason into the turbulent sea of argument so as to get away from the sinking ship of parents. Intellectually separate up your adolescent neurosis and adolescent therapy from your child's deeper emotional neurosis and therapy (which shall come later).
8. Does your emotional adolescent feel a need to attack and test your Father -- or each authority figure -- to prove his continuing trust, honestly and love for your growth? Is this an adolescent need or a child need? If the latter, can it be separated?
9. When aimed at a teacher, how does your adolescent rebellion and attacking and testing injure the quantity and quality of your teacher's teaching? Is that wise?
10. How does your rebelling and attacking and testing improve your resolve to stop such attacking so as to trust your teacher totally?
11. How does love accelerate your process of growing up at this crucial stage of your intellectual adolescent self-therapy?
12. How does adolescent love accelerate the release and emergence into full awareness of your next deeper layer of icebergs forming the next barrier to transcendence: your repressed child trauma memories?
13. How can your intellectual, scholarly adolescent now begin to become mature parent-teacher to your frightened child? How can your now separate and strengthened adolescent begin to encourage your child to emerge from hiding by soothing child with the wisdom of prior experience and the reassurances of disciplined skill: "Really, kid, it doesn't hurt too much. Just let those icebergs of memory rise up and we will melt them together. I'm with YOU! You are not ALONE! You can talk to me. We are pals together -- against the same Ma and Pa. I will show you how to grow into me so we both can grow out of them. C'mon, let's play!"
14. Describe your most courageous, most idealistic, most comically intuitive vision of what you can -- and shall -- be once you finish 51% of your total adolescent therapy and start to transcend into the first stage of your frontal lobes gladness and universal intelligence.

15. What final question should be asked here to help separate your child from your adolescent so your pubescent pal can jump into the work of more efficient self-therapy trauma dramas?

Lesson 37

Adolescent Killer Ape Versus Transcended Killer Ape

Whenever a retarded adolescent rebel attacks a transcended friend or teacher who commands a superior knowledge which holds up the mirror showing neurosis and which is dedicated to helping the rebel grow up, such an irrational rebel must be prepared for honest combat. Friend and teacher have the moral right to defend themselves against an irrational enemy. In addition, a brutal fight may be the only believable thing which will shock the true winner into realizing, finally, that s/he is losing; is insane. The shock may cause change.

No valid knowledge, friend or teacher is under the responsibility and obligation to be destroyed -- physically, intellectually, emotionally or/and spiritually -- by a fallacious, Life-losing rebel just to prove to the rebel that s/he is totally loved. No valid knowledge, friend or teacher needs to be a saint or martyr to a foolish rebel destroying the personal integrity and dignity of another person by waging war with stupid sophistries. The friend/teacher will fight back -- with love, but with ruthless killer ape honesty of knowledge.

The result of such ethical belligerency is that the rebel will be defeated -- hopefully by breaking up to a wiser understanding of the neural dynamic involved. If not, the defeat will crush the rebel. The duel will cause lowering of confidence to grow up, lowering of motivation to do self-therapy and lowering of vision to get salvation. Thus, such warcraft should be entered into with great trepidation by the jerk. Be advised: The first stage, senseless argument, may be met with silence. For the wise friend/teacher knows never to argue with a fool -- because a passer-by will not know which one is the fool.

But if push comes to shove and true warfare is started by the aggressor rebel, watch out.

Here are the facts and rules of student/teacher infantry combat.

Battle Line

Retarded adolescent rebellion must fight its friend/teacher because it is ignorant and irrational. Yet paradoxically, such rebellion is one's final genetic drive to outgrow conformity (to the permanent war society) so as to mutate into the warless, cooperative, loving evolution of *Homo Novus* and *Homa Nova*. If combat is to be done on that battle line, the rebel should know why s/he is motivated to so attack.

Retarded adolescent rebellion is the final genetic drive to re-remember and re-live the full, original cosmic perception and communication out of which you emerged to be born through your mother. Merely understand the highest reason and highest target before you start shooting wildly.

Retarded adolescent rebellion is the paradox of the child attempting to be a transmuted adult by attacking each available father figure or/and mother surrogate. The reason the attack is waged is to prove that the child has balls enough or cunt enough to make it in the outside world of freely growing, transcended, cosmic communicating humans. The male plays the "PYB" game: prove your balls. The female plays the "PYC" game: prove your cunt. "Let me attack you incorrectly, Big Daddie/Big Mommie, so you can correct me and teach me to make my attack against you more precise and effective. Stop your own Life and growth to invest your total time and energy into me to train me to dominate you -- even if that means destroying your whole Life of past values and slowly accumulated beliefs and Lifelong acquisition of knowledges and skills of survival." Recognize this as your supreme arrogance.

Retarded adolescent rebellion in the adult brain-body can be either destructive or constructive. Destructive rebellion against authority figures blindly rejects the authority person's knowledge and skill of survival (perhaps even of transcendence) without first comprehensively mastering the outline of principles which are that authority person's data base. Without knowing that data base, how dare you criticize it intelligently? How dare you extrapolate beyond it creatively? All authority individuals -- doctors, lawyers, judges, businesspersons, engineers, scientific researchers, philosophic researchers, mutant teachers -- are masters of a comprehensive information foundation of a time-tested methodology of inquiry, procedure of professional discussion, empirical evidence from controlled and replicated experiments and logical discourse by which that pyramid of facts and values is evolved and presented to others in orderly, sane progression toward satisfying learning aimed at improving human evolution. Destructive rebellion, ignorant of this impregnable fortress, blindly attacks it to satisfy the neurotically intuitive (wrong), egotistic drive not to conform to the consciousness contraction which the fortress and the authority figures are assumed (perhaps wrongly; perhaps rightly) to represent. Destructive rebellion does not know how to get the alternative -- consciousness expansion -- hence, attacks *all* authority figures, including the mutant teacher who can teach the rebel how to get consciousness expansion.

Destructive rebellion destroys the creative teacher's creativity by turning orderly discussion into illogical chaos and irrational emotions.

Jump-Off Into Battle

When attacking a conventional, conservative, conformist, non-mutating power authority, the destructive rebel is cut down -- slice by logical slice; fact by logical fact; law by entrenched law -- until the rebel's spirit is broken. No instructions are given. No systematic teaching/learning is offered. Once the spirit is crushed, s/he is forced to retreat into the age-old dictum (especially after the first baby comes): "Conform or die."

When attacking a non-conventional, progressive, non-conformist, mutating power authority, the destructive rebel also is cut down -- slice by fact by law -- but with the addition of teaching. Sometimes. If there is time and desire, the moral power authority may take a few moments while the nail boot is on the vanquished chest to explain the loser's error -- before shoving in the semantic sword.

The wise rebel avoids such unnecessary intellectual and spiritual death. The mutating rebel who is wise enough to avoid destructive rebellion and clever enough to grow into constructive rebellion chooses his/her pyramid of authority knowledge, enters it, masters its outline of principles and then -- and *only* then -- extrapolates from its carefully reasoned facts to identify its errors so as to invent truly new methodologies of improvement and evolution, not only for Self, but for *all* Wo/Mankind. Anything less, is temper tantrum. Ego suck. Pigsuck. Fool suicide.

The constructive rebel, realizing s/he still is suffering from lethal neurosis, avoids lying "intuitions" and blind "revelations" based upon no laboratory tested facts of science and no historically tested values of philosophy. The constructive rebel avoids the chaos of ignorance which confuses repressed child confusions, pains and fears for "intuitive" wisdom. S/he avoids the chaos of ignorance which confuses untestable fantasy for testable fact. The constructive rebel pursues a discipline of scientific facts, philosophic values and orderly logic until s/he is sure of knowing the difference between personal intelligence, social intelligence, genetic intelligence, cosmic intelligence and ego temper tantrum.

The constructive rebel acquires this knowledge via serious, disciplined personal work, not via whining for his/her master teacher to do the work for the rebel.

Once ego is understood, controlled and mastered to the point of beginning natural growth through the triune brain toward genetic intelligence and cosmic intelligence -- toward egolessness -- constructive rebellion matures in a normal revolutionary way: into Life-long scholastic research, writing and publishing to receive necessary peer criticism and to share evolution with other scholars; into changing the human race on planet Earth. The mature revolutionary

starts by respecting and helping his/her teachers to teach mature brain evolution, not by destroying such teachers through disproportionate sucking of their time/energy/ work/ production -- and then temper-tantrumming when the suck is stopped abruptly because teacher spiritually is dying. Or just plain bored by such jousting with a fool.

1. With love and compassion, describe your retarded adolescent rebellion in terms of your repressed child trauma memories causing your adolescent neurotic needs to strike out against authority figures because you cannot (yet) strike out against your biological Father. Is your Father morally obligated to be your wisdom teacher to solve this problem of helping you to grow up? Of showing you the precise, step-by-step way to grow into your full genetic and cosmic potential? If he is not smart enough and cannot assume that responsibility and obligation, who then "must" assume the responsibility of growing you up? If you cannot grow your Self up and require the services of another person, under what conditions should that person assume your responsibility?
2. Describe your strategy and tactics to master the available empirical evidence of this program describing, controlling and transcending the nature of human nature and the nature of human motivation before you attempt to change the nature of your Self and others. What is empirical evidence? How does it prevent Life and history from collapsing back into chaos? What is the difference between the scientific method of inquiry (SMI) and the philosophic method of inquiry (PMI)? What is the value of each to advance rational human discourse?
3. What is the proper method of civil discourse between adversaries? What is the proper method of disputation between scholars? How does this proper method maintain orderly, unemotional procedure and logic while advancing through the data base of an established, credible, respected authority in his/her field of knowledge -- such as law, politics, economics, history, medicine, dentistry, neurology, genetics, consciousness, physics, neural cybernetics, human transmutation and cosmology? What is the proper procedure to identify and correct errors in that data base?
4. In scholastic terms, how do you properly state a theory? How do you properly state a hypothesis? How do you design a valid experiment through which, objectively, to test and prove (or disprove) that hypothesis?
5. What is your procedure when attacked by a retarded adolescent rebel?

Lesson 38

Cure Adolescent Rebellion Via Child Play

Your adolescent rebels reflexively because your child was injured and blocked from natural genetic growth into natural happy adolescence and adulthood. The comprehensive cure of that problem now is underway. But such self-cure is heavy work. Let us fluff it up and lighten the load by means of child play.

Start the play by separating the players. Identify your adolescent as a separate, intact, integrated personality within your adult personality of neurosis. What is your adolescent's unique name? Describe his/her personality integrated like a tapeworm into your adult personality. What is your child's unique name? Describe his/her personality integrated into your adult personality. What is your infant's unique name? Describe his/her personality. Now, what is your adult's true name? True personality? Describe how all these four separate personalities are integrated so they can re-act separately away from each other or inter-act harmoniously into each other like a clockwork.

There is no conflict between your adolescent and your child. Your adolescent rebels, but not against your child. Your adolescent wants to play lovingly with your child, as truly helpful big brother/sister. Only when not playing with your child does your adolescent stop loving and start fighting. Only when rebelling against parents and kultur does your adolescent turn reptilian; competitive. So always remember that your adolescent, yea verily!, loves and understands your child.

From that belief, now allow your child to reciprocate the love and understanding. Allow your child to give your adolescent what s/he has forgotten to do in this Section D: play with self-therapy. Allow your kid to teach your butch punk how to play again.

Start by having your child rise into loving dominance over your adolescent. Once dominant, your child will teach your teenager precisely how to play with all the exercises into his Section D; with all the exercises in this *Workbook*. Allow your child to re-introduce your adolescent to your genetically unlimited curiosity, imagination and playfulness while wrestling with specific parts of your neurosis. Melodramatically. Allow your child to fluff up your adolescent's too serious seriousness into an occasional jackass bray during the heavy work.

1. What child playsie funsie gamsie can you add to which problem-solvings in this Section D?

2. What child sing/dance/laugh can you add to, extract out of, the too serious work of finishing your adolescent rebellion?
3. What child relish/gusto/bliss can you feel after each success problem solving?
4. Invent a way for your child to solve an adolescent problem using child intelligence, child logic and child emotions.
5. What special innate genius does your child have to enrich the wisdom of this lesson?

Lesson 39

Salvage Adolescent Genetic Idealism Logic

“Thou shalt not kill.”

Nice idea.

But what are you going to do about it when some wild-eyed, drooling zombie is running toward you with a straight razor and you suddenly discover a loaded pistol in your manicured fingers?

What does a vegetarian do when -- although not killing the Lifeforce by eating a cowburger or chickiebaby omelet -- s/he kills the Lifeforce in a wheat seed sandwich?

Such dilemmas of choice block your survival and transcendence. When do the idealisms of teenage intuitions no longer apply to adult reality?

The dilemma of proper moral action chooses the fit to transcend the unfit.

If you use adolescent idealism and adolescent logic in an adult reality, you will discover an interesting solution. But who wants such interestingness as a daily diet of stress experiences? The paradoxes and hair-splitting choices and guilts wear you out. You never can relax and just live Life leisurely.

Conversely, if you abandon or “outgrow” such adolescent idealism, the resulting adult may be quite a conformist bore -- who also may happen to be immoral and evil. The computerized killing robot: the NORAD (North American Air Defense Command) red button-pusher. Can you relax with that?

Obviously, you want to save whatever adolescent idealism has not already been butchered out of your teen years to fit your adult more comfortably into your cultural coffin. For only thus can you use this natural genetic energy of chivalrous rebellion to re-ignite your neural fire into idealistic adult chain-reacting; into brainbomb.

1. What are your surviving ideals rooted down into your neural efficiency and genetic code?
2. Which no longer survive -- although you barely remember they once were healthy and pulsating within your thoughts and passions?
3. How does the death of your adolescent idealisms cause your rebellion?

4. How does the death of your adolescent idealisms cause you to rebel, wrongly, against a friendly teacher, soulmate?
5. How can you separate rebellion from idealism? How can you separate irrational sophistry from rational logic? How can you do this so as to communicate cooperatively with friends? How can you do this so as to finish your rebellion? So as to grow up by salvaging your genetic idealism and chain-reacting it into moral maturity?

Lesson 40

Cure Retrogression Into Reptilian Ego Such

Retarded adolescent rebellion is really the tip of the iceberg of child confusions, pains and fears. Your moral adolescent is trying -- one last time -- to save your child from spiritual death.

Your child was born with pure genetic intelligence. Such intelligence knows, simply knows, that Life is an infinity of play fun games which mature into adult play fun games -- even while earning salary. Genius games.

When that wisdom was destroyed by parental ignorance -- by inflicted traumas -- your child started to die. One after another genetic growth insight, motivation and action was clicked off. The game of Life became the game of death. But at the age of self-determination, at adolescence, tanta rah!, your bugle-blowing teenager stopped fibrillating with uncertainty and clicked fully into reptile brain, for the first time, and fully counter-attacked! Rebellion!! "I must save my Life!!!"

But the enemy's cultural value artillery and public school tanks and job boss infantry were too strong. Your idealism was bombed, machine-gunned and bayoneted out of your entrenched spirit. The natural adolescent rebel was crushed. S/he went underground, either as confined corpse or as conspiratorial outlaw. The injustice of your dis-allowed, un-instructed, healthy, genetic, adolescent rebellion festered into adulthood. Now, your adult is making the last counter-attack against the cultural enemy. This time, superior, overwhelming knowledge (and love) shall bring final victory.

Indeed, Tanntaa Rahhh!!!

For war is not lost in the first battle. Your inner war will be won by you winning the last battle. The trick of winning the last battle is not to fall into the fatal trap of clicking your amygdala into permanent infantile narcissistic suck. Do not such for your child's survival so hard that your adolescent becomes a total child. Do not fake your morality of saving your child so totally that it becomes an excuse for your adolescent never to grow up.

Neurologically, the fatal flaw of imperfect retarded adolescent rebellion is when you click your amygdala so hard backward into your reptilian self-defense and counter-attack tactics that you fail to see the larger strategy of outgrowing these temporary therapeutic behaviors. By so clicking backward too hard, you fail to progress into the beginning frontal lobes circuits which compute cooperation.

The fatal flaw of foolish retarded adolescent rebellion is when you allow your reptilian ego suck behaviors to be your only behaviors. During adolescent self-therapy, you must keep a rational rope tied to a strong visionary tree while you drop down into the pit of your repressed trauma memories. During self-therapy, you must continue to see the forward growth of your social intelligence while continuing to cure the backward retrogression of your personal intelligence. During self-therapy, you must tithe 10% cooperative giving of time/energy/work/production/money/love to others while receiving 90% of their trained intelligence dedicated to your redemption and salvation.

Do not become a dead suck. A hippie.

1. Invent a magic mirror which shows you when you are 100% infantile narcissistic suckie. Invent a mysterious toy trick which clicks you out of that quicksand and clicks you up into a tree where you can give at least 10% cooperativeness and affection to others trying to help you grow up like that ponderosa pine.
2. Go into 100% conscious retrogression into 100% infantile narcissistic suck. Suck everything 101%. But do this alone so as not to insult and injure the integrity and dignity of others. Or, if you have a totally honest and trustworthy and patient and witty friend/teacher/soulmate, persuade him/her to help you discover the true nakedness of your neurotic entropy. Play this game for a full day, from morning wake-up to night snore. Like chugg-a-lugging a quart of whiskey, become totally disgusted with your ego. Vomit. The next day, by an act of will, force your Self to be the same egotistical suckie again. Vomit again. This will help you transcend your sickening ego.
3. Gently and lovingly re-introduce your more mature adolescent to your more spontaneous child and to your more spiritual infant. Get together. Have lunch. Talk over, perhaps for the first time, your problems of all four of you living in the same skull house together but without talking to each other, perhaps, until now. Solve each communication problem systematically, comprehensively and fulfillingly. Eventually, you will concentrate primarily on the problem of your youngest entropy preventing adult growth: your infantile narcissistic suckie piggie.
4. Re-discover your genetically encoded adolescent idealism, morality and vision of perfection. Play the game of being a 100% adolescent idealist with 100% intelligence and power. Apologize to no one. Be blocked by no one. Express your gorgeous morality and breathtaking vision creating a perfect Self in a perfect family within a perfect society. Write down these standards of excellence. Re-live these hopes of wisdom. Re-be this adolescent of nobility. By so playing, what is your new, mature understanding of your infantile ego suck needs; of your reptilian ego suck needs? From this understanding, invent four specific new behaviors which

balance your reptile brain with your mammal brain with your primate brain and frontal lobes.

5. By so playing your adolescent pure idealist game, observe and record the clickings of your amygdala forward. Observe and record the surgings of new energies to and from your awakening frontal lobes. Observe the record the new surges of your positive emotions and more intelligent thoughts.

Lesson 41

Cure Retrogression Of Sane Adult Intelligence Into Insane Adult Ignorance

When adolescent self-therapy really starts in earnest, the ego is flattered that it, finally, will be cured of its pains. It collapses its brace and disciplined adult mask into adolescent and child suck behaviors. Such collapse is good because it lowers one's defenses against later remembering repressed child traumas so that those deeper hurts can be brought up for rational therapizing in proper sequence. But such collapse into childhood also can collapse your more efficient adult intelligence into less efficient adolescent and child intelligences. Thus, the trick of successful self-therapy is to go down into your adolescent and child injured emotions while remaining in your adult superior intelligence. Tie the rope of sanity to the boulder of adult intelligence before dropping down into the deep hole of adolescent and child trauma memories. In this way, your best adult insights and actions can control and guide your most pain-filled and irrational adolescent and child malfunctions of brain until you discover your most efficient cure.

If, on the other hand, your hard-won adult intelligence wrongly lowers itself totally down to the age level of your adolescent or child being de-traumatized, your skill and wisdom of curing that episode will be the same as the blundering confusion of a rebellious teenager or an uneducated kid. During such malfunctioning therapy, you will behave in stupid ways which do not cure the dis-ease effectively and efficiently. Rather, you will behave in immature ways which surely slow down therapy and may compound the problem, thereby delaying maturation. You may turn ignorant; insane.

The way to maintain your adult intelligence and sanity while wallowing in adolescent ego flattery and child ego flattery during excretion of traumatic emotions is to do, by a simple act of thinking willpower, a split of your intelligence. Split your ego. Split your intelligence into adult intelligence and adolescent/child intelligence. Split your ego into adult ego and adolescent/child ego. Half of you -- the controlling, guiding, sane half -- is adult intelligence watching over the second half of you, which is your adolescent intelligence or child intelligence allowing full expression of its injured emotions. His plain, stark procedure is exactly the same as when you lovingly talk down to a real adolescent or child, explaining how to cure a cut finger or broken arm while maintaining no-nonsense control over the potentially dangerous situation.

This intelligent adult control of your adolescent or child during self-therapy will avoid sudden perilous falls down the fumarole of neurosis. This sane, adult

understanding will guide your less sane adolescent and child, step-by-step, down the more gradual slope of self-revelation and self-cleansing. You will avoid collapse into full psychotic irrationality and chaos. Your self-therapy then will proceed at a more reasonable, leisurely and satisfying pace. You will cleanse and re-start your genetic growth normally.

1. What undesired retrogressions of adult intelligence into less sane adolescent and child intelligences have you experienced while doing self-therapy?
2. Invent a procedure to clangga bell and flashFlashFLASH a light and squirt a stink into your adult awareness as soon as you start to fall too suddenly down the chute into adolescent and child irrational logic and psychotic emotions. Invent a quick-slap gimmick to bring your Self back to adult intelligence sanity before trying such descent again.
3. Invent a serious method to stop, lovingly, the rapid retrogression of another adult's intelligence into disgusting and dangerous adolescent or childish neurotic behavior. Invent a serious procedure to bring his/her intelligence back up to sane dialog and cooperation for systematic and inspiring cure.
4. Invent a short vocabulary describing the stages of abuse and disgust which an irrational neurotic displays while going down the ladder of decreasing intelligence and rationality during wrong self-therapy. Invent a series of jokes and wit regimens to hold up the mirror to such a foolish person so as to shock him/her back into sane civilized discourse with peers.
5. What question should you ask your Self to catch your rebellious self when it does not want to accept the wisdom of this exercise with 100% seriousness and safety?

Lesson 42

Cure Rebellious Backward Stupidities

The rebelling adolescent is encoded genetically to make mistakes. In this way, s/he learns by trial-and-error to test all the assumptions, facts, values, attitudes and conformist behaviors of father and mother. In this way, s/he learns by the pain of failure which received truths, handed down by mother and father, truly are true and which truly are false; which are lies. Thus does the culturally suffocated brain outgrow its 90% dormancy and evolve toward transcendence and happiness.

If natural, healthy rebellion is blocked, frustrated or/and stopped, the resulting adult is ignorant of the wisdom learned by the direct experience of trial-and-error experiments; by the direct experience of making wisdom mistakes so as to learn sagacity and prudence from them. S/he blunders into the last gasps of retarded adolescent rebellion. S/he blindly tries to re-learn normal adolescent wisdom by adult hit-and-miss testings which no longer are wise, but stupid. Placing one's hand along the bar of a chain saw while cutting a tree in order to learn whether or not Daddy's tool is loving ends not in knowledge trumps but lie stumps.

The dominant symptom of virulent retarded adolescent rebellion is the doing of conspicuously ridiculous, backward mistakes. If such idiocy cuts off your hand and if you need to cut off your hand to learn each point of such rebellion, so be it. Merely do it in your own home. Don't splash your innocent neighbors. But if you are rational enough to learn from abstract logic and common sense discussion, you can save your self enormous quantities of time and energy -- and fingers -- by not rebelling absurdly.

1. What stupid backward rebellious things have you done which you now know were unnecessary and should have been avoided?
2. What stupid backward rebellious things do you still contemplate doing to prove your stupidity and unfitness? Suicide?
3. Make a joke out of a moronic behavior and transcend it into a laughing love wisdom.
4. Inventory a list of experiments you should have performed, wisely, but did not, during normal adolescence to test out and learn the limits of your healthy rebelliousness. Which experiments are you now performing unwisely -- in perverted form because of un-admitted motivation -- during your retarded adolescent rebellion? Which of these experiments are

proving to be flat-out beef-witted? Which future experiments toward which you now relentlessly are drifting (marriage; pregnancy) can you now see to be heroically assinine? How shall you stop your Self from mindlessly putting your brain into the meat grinder?

5. What question here can only your stupidly rebelling retarded adolescent ask your stupidly rebelling retarded adolescent?

Lesson 43

Cure Lying

The basic human instinct of cooperation has evolved the wo/man animal from cave to condominium. This frontal lobes instinct of cooperation is perverted into competition, aggression and war by the pressure of the material culture. Both capitalism and communism force natural inter-personal honesty into unnatural competition. The greed to hoard wealth for Self perverts the subtle drive of genetic intelligence away from its circuiting into full frontal lobes love sharing computations; perverts that subtle drive back into reptilian suck miser computations. Each person who succumbs to this perversion of Life-completing evolution knows at sub-threshold awareness that a sin against all-giving cosmic intelligence is being performed. Each person who chooses greedy anti-Life devolution knows at above-threshold awareness that s/he is retrogressing deeper and deeper into reptilian self-destruction by the increasing emotions and thoughts of confusion, boredom, loneliness, lovelessness, guilt, meaninglessness, pain, fear and suicide. Such a person is proving his/her unfitness to survive. Yet, survival is the function of the reptilian brain, just as it is the cause of this gene-perverting dilemma. So the reptile brain computes and displays its last perimeter of defense: Lie.

Lie is the last human behavior after sophistry and before insanity.

Lie is the last attempt of the reptile brain to defend the triune brain against overwhelmingly negative cultural values, attitudes and behaviors crushing the genetic drive and forbidding the individual from growing toward positive mammalian cooperation and toward transcending primate love.

Lie is the last sophist logic by which the end of survival justifies the means of deception.

By lying, the culturally crushed triune brain blurts its last spasm of reptilian self-defense in the hope of discovering some magical way out of this retreat into conformist redoubt; in the hope of discovering some psychic way out of this defeat trending toward frightening suicide.

By lying, the individual unconsciously tries to obey the forward drive of genetic cooperation while simultaneously being forced to obey -- by threat of starvation, prison and death -- the backward conformity of American cultural competition.

By lying, the mutant escapes the trap and discovers the magic of frontal lobes transcendence.

Rules Of Lying

Lying to an enemy is survival.

Lying to a friend is stupid.

Lying to your Self is insanity.

If you are lying to an enemy, you are engaged in an act of war. You might as well be good at it. Click your amygdala fully into your reptile brain and play the game with 100% cold, emotionless, rattlesnake intelligence and cosmic efficiency.

If you are lying to a friend or teacher, you are engaged in an act of competition which cannot help but end in devolution down the gradient of increased lovelessness, loneliness and meaninglessness. You might as well be locked in solitary skull confinement (as you shall be) for the remainder of your Life with the worst conceivable and most infuriating enemy: you.

If you are lying to your Self, you are slipping off the billion year evolutionary thread from amoeba to anthropos. You simply are too crippled or/and too dumb to understand Life, Self, brain and transcendence. You might as well obey the sin of culture and conform. Or obey that deepest of all genetic impulses by which the Lifeforce purifies itself.

If you lie to your Self and your friends/teachers during therapy, you forfeit your last chance to escape the sightless, stinking dungeon of your brain. If your lies to your friends cause them to be insulted or injured, they, in time, will abandon you. Your desired, rebellious loneliness will be complete. But if you lie to your Self, you have stepped off the thin, fragile laser of sane evolution into the thick, mucking swamp of insane devolution. One lie begets two. Two beget four. Four beget sixteen. Chain-reaction works backward in the brain to reptilian breakdown as well as forward to frontal lobes breakout. And the breakdown is permanent. Nutsiness. Bang.

The lie of therapy is that you honestly are doing your self-therapy. The lie during self-therapy is that you honestly are digging down into your repressed memories and honestly are pulling up repressed traumas for systematic detoxification via self trauma drama. If you are not doing that, if you are lying, your lie is performed to your Self by skimming over the surface of the exercises in this *Workbook*, writing down shallow, vapid, partial diagnoses and prescriptions, doing minimum work, then claiming cure -- and demanding to know why your "promised" frontal lobes transcendence is not happening.

Cures Of Lying

The cure of lie is proof. If you are lying to others, they -- subtly or grossly; blandly and surreptitiously -- will set up tests to catch you in your lie. They either will tell you of their test and proof, thereby giving you one more chance

to get back on the genetic track of inter-personal trust and cooperation, or they will not tell you. It is very easy for a mature companion to walk away from an immature liar. Forgetfulness quickly heals the frustration of having lost time, energy, integrity and sharing; of having been suckered by the liar.

But if you are lying to your Self, the testing for proof is more lethal. If performed improperly, the connection with Life is broken. No further tests will be possible. The slide down the razor of self-extermination is inevitable. Conversely, if the testing is performed properly, the rope strengthens and the pull out of the strangulating quicksand accelerates.

The proof of self-lying is to draw a line down a sheet of paper. Down one column, itemize your still sane, still genetically idealistic standards of excellent human behaviors. Down the second column, itemize your actual physical, intellectual, emotional and spiritual behaviors. The proof is in the comparison.

1. Do you lie?
2. Do you lie to your friends?
3. Do you lie to your Self?
4. Itemize your lies.
5. Select a suspected area of your behavior. Select a single behavior. Design a test to prove absolutely whether or not you are lying while performing that behavior.
6. If that behavior is a lie, design a cure for it. Design, by an act of will, a change in your total personality and character from competitive to cooperative behaviors toward Self; toward friends.
7. Analyze the values, attitudes and behaviors of the competitive American culture which force you to lie. Design and apply your perfect defense perimeter against the lies of America; your perfect counter-attack strategy. When should you lie morally in America? When is a lie immoral?
8. Analyze the lies of America and the Soviet Union which uncontrollably are leading to war and extermination of the Lifeforce. Plan a strategy of persuasion and tactics of actions to help the peace movement stop this global insanity.
9. What wealths of what materials do you hoard? Is the hoarding a lie?
10. What guilts do you feel from the above questions? What are you going to do about them?

Male Lying

Economics determines consciousness.

The capitalist competitive economic system of America is in consonance with the 350 million year-old reptilian instinct of self-defense and counter-attack; of survival of the fittest. This causes all parents to absorb and communicate that attitude. This causes all infants to be born into consciousness contraction -- which triggers the automatic posterior click of the amygdala into reptilian devolution and still further consciousness contraction. This causes all children to be shaped into unhealthy, retrogressive adolescent rebellion -- fighting against the progressive genetic drive trying to self-circuit into frontal lobes transcendence; into infinite consciousness expansion. The confusion and pain are serious enough in females, but can be overcome quickly via mammalian nurturing instincts. Females do not lie about wanting transcendence. At worst, they merely are lazy. But for males, the confusion and pain are absolute. This is because a male also is genetically encoded to "PMB": "Prove my balls."

The crisis for males comes when genetically encoded adolescent idealism confronts genetically encoded adolescent "PMB." The idealism intuitively knows "There is more to living Life than merely conforming to the competitive meaninglessness and the contracted hopelessness of Pa and Ma; of only working for money to buy material glut -- with no spiritual meaning left in old age!" The idealism intuitively knows that there is something like "frontal lobes transcendence" inside the brain -- but American culture does not teach the adolescent that he has a brain, that it mostly is dormant, that this dormancy can be self-released to fulfill his wildest idealism and that the first step toward this released idealism is frontal lobes transcendence into Godly perfection. So the frustration of receiving absolutely no confirmation that his precious intuitions are correct causes the adolescent male to rebel doubly: blindly, ignorantly, quietly or furiously. "If nothing else, I will prove my reptilian balls by fighting against EVERYTHING!" Yes becomes No. Day becomes Night. Teacher becomes enemy.

Thus does the old, retarded adolescent rebel male lie, cheat and steal growth energy from others to feed his ever-metastasizing entropy. He becomes survival of the "fittest": exploiting, consciously or unconsciously, energy profits out of all others. He becomes "rich" and "successful": sucking up all material comforts and technological contraptions to give "purpose" to existence. But he does not become survival of the wisest: transcended. For reptilian competitive consciousness flows backward in the brain. Pure reptilian efficiency kills frontal lobes circuiting.

All males are controlled by testosterone hormone. Testosterone, produced in the testicles, causes the unconscious motivation of "prove my balls." Genetically, the proving should be done at adolescence by fighting against one's father so the younger, weaker male is beaten out of the home by the older, tougher man, thereby preventing in-breeding with mother and diluting of the gene pool; thereby teaching Life toughness. But most modern males fear to fight their biological fathers at puberty for such would cut off the money for

food, shelter and education. Thus, this crucial self-testing and self-proving developmental stage is left unresolved. It just hangs there in the personality, an unconscious, subservient itch, wondering: "Am I man enough to make it in the outside world alone, without constantly asking permission for every thing I do from Father?" -- And never knowing. Constant fear. Hence, we have found from teaching males on this mountain, when undergoing liberation therapy into full manhood -- which does not endorphin-bond the subservient child to the dominant father-psychiatrist -- the rejuvenated adolescent re-starts the PMB fight by fighting against his father-substitute: against his teacher.

If the fight against teacher is done rationally, it is over and transcended in a few hours. But too many such fights, without this information, are done irrationally, via "sliding logic." To prove his balls, and to gloss over his factual ignorance of his true motivation, the retarded adolescent rebel's rebellion turns irrational. His rebellion verges on insanity, merely to vent his Lifelong frustrations from disobeying genetic drive at the proper time during puberty. Thus, he fights via child temper tantrum. He fights via adult insult. He fights via infantile whining. He fights via adolescent sophistry. He fights via idealistic judgment. He fights via desperate anger. And if he is cornered by rational reason from his "enemy" teacher, he fights via slipping from one logic to the other. He fights by using all logics simultaneously. In addition, he is insulted when the teacher will not, can not, answer each attack persuasively and lovingly to satisfy infant, child, adolescent and adult simultaneously. In short, he fights in every blind, reckless way, except honestly. For he is ignorant of, and trying to discover the understanding of, his true motive for adolescent rebellion -- even to the stark-staring mad point of destroying the very teacher trying to teach him that.

His true motive is his residual, unconscious fear of fighting his true father.

The wise teacher walks away from such an irrational fool until the student learns the proper manner of courteous scholar's discourse so as to receive this information. No teacher is required to suffer the disgust of rotten communication from a pupil who chooses to ruin the daily spiritual flow, the love flow, within which a mature teacher lives.

No teacher can be expected to tolerate a student who slyly changes the teacher's very foundation state of consciousness -- from cooperative to competitive -- from which the teacher's thoughts, emotions and actions are computed into teaching or not teaching that student.

No teacher enjoys teaching by "telephoning-in" sophist "wisdom" just to confuse the irrationally rebellious student until he can be eased out of the program -- which means the dupe must die neurally alone.

If the testosterone-driven ignoramus does not so learn that he unconsciously is fighting his Father through his teacher, he is not so taught that he is pouring all his free energy from his trauma dramas into his posterior amygdala and reptile brain -- from which zero transcendence comes. He fails. He rots into

permanent ego behavior and ego personality. In short time, the self-flattered reptilian ego/greed/suck persuades the half-cured (or 99% cured) male: "I've got other more important things to do in the city. I feel real good and ballsy now. I can delay my self trauma drama work. I can ignore any further self-therapy."

And if, for a while, he also persuades himself that he truly is doing "social intelligence" in Act-VI of the trauma drama, he very blithely can fake it. He can demonstrate 651% "helping love," or 75%, or even 99% "inter-personal cooperation and affection." But 99% giving to the genetic Lifeforse is not passing in the game of anterior/posterior amygdala choice. A 99% un-holely bucket does not hold water over night. That single testosterone asymptote lie forbids most males from transcending.

The cure of such incredibly subtle, lethal motivation is to discuss the fatal flaw with one's colleagues/teacher with 1000% ruthless honesty. Total, emotionless honesty. Disputatious scholar's honesty. The unfit will not be able to take such truth; will run. Cursing. Whining. The fit will learn. Shockingly. Tearfully.

The fit male, by a simple act of willpower, will re-polarize his lying Self. He will re-polarize his Life-destroying motive and Self-destroying amygdala. He will understand that his Pleistocene hominid, still bashing saber-toothed tigers, must adjust to modern reality and stop bashing teacher; this *Workbook*. He will grow up. He will re-dedicate his work and communication -- his spiritual communion -- with his friends/teacher/ America to true social intelligence: to the brain revolution for all. From this, his free energy from self trauma drama will flow, absolutely, into his anterior amygdala.

1. What are your lies to prove your balls?
2. Do you feel a deep, subtle, irresistible need to dominate -- to prove your balls against -- any male who appears to be dominating and controlling your adolescent ego, especially if he has superior knowledge of how your brain works?
3. What are your subtly lying self-defenses and subtly lying counter-attacks against teacher's honest teaching? Against teacher's very physical survival?
4. What are your subtle, lying insults and abuses against teacher, done consciously or unconsciously, because you unconsciously are using teacher as Father-substitute? Because you do not have the courage and skill to fight your biological Father? How do you insult and abuse teacher via the leverage tool of money?
5. How shall you get a 100% honest, true, diagnosis, prescription and cure of your "PMB" syndrome?

6. How much honesty can you truly take in discussing this topic? With 1000% truth?
7. How is your “social intelligence” work of Act-VI fake?
8. Do these questions make you want to run? (Posterior reptilian self-defense.)
9. Do these questions make you angry? (Anterior reptilian counter-attack.)
10. If not, how shall you dedicate your Self toughly to the brain revolution to guarantee your frontal lobes transcendence into permanent egoless ecstasy?

Cure Male Lying

The simplest way to re-click the posterior amygdala out of reptile brain self-destruction and into anterior amygdala frontal lobes construction is to admit your retarded adolescent rebellion; is to outgrow, by a simple act of willpower, the “prove my balls” testosterone instinct against your teacher; against this *Workbook*. Merely admit the lie which masks that you unconsciously are fighting against your teacher as a substitute for fighting against your Father. Merely outgrow the lie which crippled you into Lifelong subservience to your father via finishing your self trauma dramas against him.

Once your anti-Father traumas are therapized and forgiven, the sub-threshold competitive consciousness you have been aiming unconsciously at your colleagues/teacher/society magically re-clicks into cooperative consciousness. Reciprocally nurturing love growth makes all future teaching/learning into infinite ecstasy. Into euphoric spiritual flow. Reciprocal transcendence spirals into eternal Lifeforce meaning. Shared work creates the new society of 100% brain power -- for all. All.

What this lesson does is to undermine and dissolve the complex superstructure of your lying adolescent personality -- composed of culturally educated aggression, sociologically warped aimlessness, psychological self-deceit, neurological dormancy and genetic blockage -- into simplified cooperative consciousness moving forward. Once again, as in infancy and childhood, you are being re-guided into harmony with the Lifeforce. You are in forward flow out of reptilian self-defense and counter-attack dying and into frontal lobes living. Full theatric, laughing, singing, dancing living of astonishing Life. You are completing the Universe circle within your brain: the 3 states of consciousness and the 4 forms of intelligence. Increasingly, you shall feel divine love. You now can prove your balls by not needing to prove your balls.

1. Do you now choose to stop fighting your Father through your Father-substitute teacher (this *Workbook*) so that both of you can get on with the luscious job of fighting Father directly through self trauma drama?
2. Do you now choose to cooperate in 100% trust and honesty and communication with your teacher so that both of you can achieve both your growth goals?
3. How shall you now give a definite percentage of your time/energy/work/production/money to your teacher's transcended goals while he/she continues to give 100% intelligence to your personal growth goal: to your frontal lobes transcendence?
4. How shall you now prove you are not lying at this, your final test of whether or not you are survival of the fittest; survival of the wisest?
5. Shall you help change the American Ideology from reptilian competitive consciousness into frontal lobes cooperative consciousness; into inter-personal cooperation consciousness with all other humans; into social cooperation with all other humans within the common society; into global neural socialism?

Lesson 44

Death Or Life?

The ultimate adolescent rebellion -- "I'll show them! I'll make them feel guilty!!"
-- suicide.

The ultimate test of discovering one's true thought about Self in relation to the bottomless Universe chasm of death is to walk across the razor of Life by asking the single, simple question: "Shall I die or live?"

Ultimate Life meaninglessness or ultimate Life meaning?

Suicide or transcendence?

Teenage intensity.

This final confrontation is caused by the concentration and release into petrifying awareness of one's Lifelong held confusions, pains and fears about the very philosophic purpose of daily eating, excreting and being. It is done with characteristic adolescent melodrama and self-pity. It is totally egotistical. It must be. For this is the last, crucial, genetically-driven, intuitively-felt choice: "I either choose ego death or frontal lobes egolessness."

Some students of Life -- those who can discover no truth, beauty of goodness in the Lifeforce propelling them toward frontal lobes transcendence -- commit suicide. They do this either slowly, by dint of cultural conformity, or rapidly, physically. Other students of Life make the preliminary discovery of personal meaning in existence. From this finger-hold and toe-hold on the cliffside of daily coping, they do the work of self-therapy and accept the reward: growing up. The climb out of internal chaos is the last adolescent test for immaturity versus maturity; for survival of the fittest.

1. Do you want to accept the cosmic intelligence which created the genetic intelligence which created your Mother's ovum and Father's sperm which created your personal intelligence?
2. Do you want to accept your genetic drive to grow into your 90% dormant brain and into your frontal lobes transcendence?
3. If the answers to the above two questions are "Yes," are you now ready to stop being morbid about your very existence and to start turning totally toward your positive, joyous work of growth into your frontal lobes transcendence?

Lesson 45

First Adolescent Genius Creativity

At this sybaritic stage of your luscious self-therapy, start accepting the accelerating flow of your newly freed energies and start investing them in creative work. Start accelerating the flood of your frozen powers from your adolescent frustrations now being melted into deliciously non-conformist, rebellious actions; now being freed into unlimited choices. Choose some of those choices to be tangible creative work. Such work will be your therapy made visible. You will have something to show for all your time and labor down in the shitpit.

The simple theory of creativity is to turn a material object, idea or relationship upside down, inside out or/and front to back. Merely look at an old, seemingly insoluble problem containing two seemingly irreconcilable factors. Look at the problem not with your conformist eyes computing through your reptile brain, but with your third eye computing through your frontal lobes. Do it as a child play game and it will not seem as esoteric and complicated as the above words. It will happen. Involuntarily. Once it happens, merely allow the automaticness of your magic triune computer to bounce around that old problem. Your brain, reflexively, will bounce out a new solution. A spray of creative new solutions.

Creativity is genetically automatic. You have but to allow it to emerge and give you unlimited free gifts; to drive forward and give you endless intellectual powers. Truly, it is magic.

Once your not-so-mysterious creativity and productive intelligence are allowed to glide forward in their own way, at their own pace, they pull your sledge of entropic ego like a snorting team of Percherons. All you have to do is record the stream -- steady or jerking, like horse pee -- of insights and inventions into your chosen plastic or performing art.

1. Inventory the subjects / topics / issues / ideas / forms which you intuitively feel would give you most pleasure via creative play. Identify several play problems which you intuitively feel would give others most pleasure once you creatively solve them.
2. Playfully, as a kid, turn a problem upside down, inside out, front to back. Change relationships between conventional conformities into nutsie goofies. Allow all tentative solutions to pour out with no taboos. Be as tabooless as a naked, free child defecating on the steps of the United

States Supreme Court -- and accepting a wiping Writ of Certiorari from the Chief Justice. Go to sleep with this unrestrained, imaginative mash fermenting in your moonshine brain. Be amazed -- but routinely expectant -- when the strings of firecracker ideas ignite and explode whisperingly during your morning pre-conscious reverie. Write them down. Copyright and patent them.

3. Solve your most important problems during your sleep dreaming; during your most precious morning pre-conscious euphoria. In this way, you allow your sub-threshold, unconscious 6 trillion computers to dissect each problem, review its elements through the genetic and cosmic data base and present comprehensive combinations and permutations of solutions from which you can pick and choose the ones which best suit your fancy. This leisurely night and morning problem-solving method allows your limited personal intelligence to realize it is rooted into a deeper and larger genetic intelligence; to realize it is expanded into an infinite cosmic intelligence. Thus, "creativity" merely is allowing genetic intelligence and cosmic intelligence to participate in the closed game of your egotistical personal intelligence.

Merely allow the dissected problem to be shunted from your cluttered left-hemisphere linear verbal computer to your mostly unused right-hemisphere holistic pattern computer. Your amygdala will do that automatically if you but give it the leisure of timeless sleep and morning creative production. Such relaxation causes the emergence of spectacular new visions which give you displays of sights, sounds, smells, tastes, touches, understandings and emotions never before recorded in any artform; never before imagined or experienced on Earth.

4. Playfully, as an adolescent, run each creative problem and each tentative solution up front through the meat massager of your frontal lobes. Merely think the problem/solution, then grunt this idea matrix forward like pushing a constipated brick sideways out to blooey. Think and image and grunt the idea forward through your right-hemisphere into your right frontal lobe. This mechanical flowing of a low-energy, low-genius idea back up through your right-hemisphere frontal factory spontaneously causes that problem and those dangling tentative solutions to be re-computed with the moonshine mash of cosmic whackiness. The re-cycled solutions which then skyrocket and burst into your conscious awareness all will have intellectual content far beyond your limited intelligence and formal education.
5. Playfully, as a wild teenager, run each new solution down through some appropriate toilet institution or mass medium or public awareness forum within your city. Form an aneurysm in the heart of the city; in the social plumbing. Blast out through their conformity. Erupt their mind sludges. Shock your town with your innovative gimmicks. Spray your sweet hunnie of Life-changing ideas into the sleepers to awaken them so as to accelerate their evolutions.

This mechanical mass-multiplying of your creative intelligence through society intelligence automatically triggers your genetic intelligence to open more of your dormant frontal lobes cells to compute more simplified and colossal genius inventions.

Lesson 46

True Adolescent Love With Co-Therapy Family

As you are rebelling, know that you are loved. By those whom you do not yet suspect. Obviously, genetic intelligence loves you. If it were not so, you would not now be rebelling to outgrow your mother and father. You would not be struggling to transmute energy into mature adulthood.

You are one of the chosen. You are loved by Fate. You have been selected by the Lifeforce to take your chance at mutating. You have been chosen to be one of those who are guided in thought and emotion to reject cultural conformity so as to struggle into discovering the next higher order of reality. You have been chosen to experience ecstasy and meaning in this wrestle with Destiny. Merely contemplate: All humans do not rebel against subservience to parents and Merika. "Why me?" Count your blessings.

At this time, your finest blessing is having those who love your essence. There can be no higher love than another person teaching you the wisdom of experience and the felicity of knowledge dedicated to helping your internal revolution so that it succeeds. There can be no greater respect of your adolescent energy than a growth support family nurturing you so that your power does not fail into the subtle and pathetic nothingness of a fool making precision mistakes which burn out the very enthusiasm and force of growing up.

You are loved by those who offer you a method and model of how to grow up through your dormant brain cells, tissues and organs into promulgations of intelligence and happiness which your "intuitions" -- your barely heard, but clearly understood, whispers of future potentials -- tell you are true and waiting.

You are adored by those who offer you cautions and warnings and shouts as you blunder arrogantly, but cutely, to the edge of the abyss down which there is total destruction of willpower and total blinding of vision toward the Good Life; the truly Good Life. Indeed. The abyss. From which there is no return. Except in the robes of Dacron conformity, wearing the thorn crown of punctured dreams. Suffering the bleeding wounds of youth energy drained to old age pus.

You are cherished by those who share with you gifts of Universe expanding Earth love, ego love, out to planetary civilizations love; out to God's love.

All that is asked of you is not to abuse the peace honorarium. By common sense, realize that the gift of love is energy. And energy abused is entropy. Entropy heaped upon those who choose to give love, to some -- as it is democratically permissible to not give love to others -- drains energy. Entropy inflicted upon those who give knowledge and teaching and guidance lessons that hard worked knowledge and depletes that carefully created teaching and warps that crucially compassed guidance. The foolishness of a rebellious adolescent is not in the rebelling, but against whom? If against one's soulmate, the fool no longer can understand love. But if your firm rebellion is against cultural conformity and pre-mature death, bravo! Welcome to your cosmic family.

1. What is your definition of love?
2. What is your final definition of adolescent rebellion?
3. How should the two be harmonized?
4. What price are you willing to pay for that harmony?
5. What consequence if you do not pay the price?

SECTION E

Techniques To Release Deepest Repressed Trauma Memories

Your brain is your friend. Your genetic intelligence is your lover. Your brain cells and DNA have, compassionately, held back from your awareness your deepest child and infant memory video tapes of your earliest traumas until you were old enough and strong enough and wise enough to do the trauma drama work of discharging the pain and re-editing the tapes and re-grouping your memory library into perfect growth order. Now you are ready.

Your brain contains a series of automatic magic mechanisms designed to cure your neurosis. Each procedure is child play fun. Each procedure gives you the entertainment of being devilishly provocative and embarrassingly satisfied while your piggie sucks up the self-therapy slops of the cosmic Eucharist. Each method motivates your honest ego to do the work, for whatever guilt you may feel about being so self-centered is transcended by your knowing that this is thee only way to grow up and mutate into your creatively productive egolessness so that you can help others to join you as you all achieve spiritual communion and salvation together.

Lesson 47

Brain Journal

Your life is your artform. Create of your Self a perfect artistic beatitude. Warts and all. Record your Life comprehensively until you no longer feel the neurotic compulsion to do so.

Your supreme Lifework is to create of your self what you already are: improving the bad parts; expanding the good parts. Above all, in the beginning, to maintain morale, concentrate on the good parts. For your total potential into endless cosmic curiosity, growth, love, meaning and wheee was guaranteed the moment Pa's sperm twittled Ma's microscopic egg. You were destined for perfection.

But then, child confusions, pains and fears began to block and stop the automatic yeasting. Now, you shall re-start that once virulent, clearly remembered love-of-Life in your *Brain Journal*. Document all your writings from all the *Workbook* lessons and from all your random essays so your progeny will know how great a pioneer was their number-one ancestor.

Get a 3-ring notebook with lots of lined paper. Loose-leaf is better than bound notebooks because you will rearrange groups of papers from time to time, as your growth re-matrixes your basic personality structure. Start with a dozen side-tab dividers to label your different categories of thought productions. Get three different colors of ballpoint pens. Always write originally in black or blue. Add your corrections and insertions in red or green or burple so that years later you will know these were genius afterthoughts; maturation wisdoms. Date everything you write. Everything. Only thus can you appreciate the chronology of your dramatic progressions. Create a quick synopsis title for every long piece you write.

Supplement your *Brain Journal* with a filing case to hold your manila file folders organizing your relevant newspaper and magazine topic clippings and cumulating essays thickening out of your *Journal* into rough draft chapters of your first published book. Also get a 3 x 5 card file for shorter social action plans.

In the beginning, to develop the habit of keeping a *Journal*, write non-judgmentally. Do not judge your Self. Do not intimidate your Self with thunderous and threatening court judgments. There is no "right" or "wrong" anymore in your story. Your facts just happened. Your thoughts just are happening. Just you. Wholly. Holy. Later, when your courage coagulates, you can judge your past clevernesses and buffooneries and mistakes more japingly.

One of your side-tab categories will be for random “Essays.” You do not know what you think about a topic or question until you “essay it out.”

Observe how a worry inside your head becomes less confusing and fearful as soon as you write it down. Notice how the pain of it diminishes as soon as you can see the inside thought become outside words on paper. All the worries and blockages you carry in memory from childhood can be excreted on paper. Once dumped, they no longer plug up your brain circuits. Your braincell loops then, reflexively, start pushing forward into your frontal lobes to liberate your transcendence.

The more you essay-out your inner garbage, the less junk in your head dump, the cleaner and more fragrant all your subsequent flatulating thoughts will be. Essaying dilutes and unbinds defenses surrounding your repressed trauma emotions and growth thoughts. Once you start writing, a string of firecrackers will go off. For each profoundly insightful idea you put down on paper, three more insights and ideas and questions will skyrocket. You will not have time to essay them all at that moment inasmuch as you are in the middle of your first scribbling. So another of your side-tab categories will be, “Future Essays.” Thereafter, when a fireball zips across your attention while writing, just flap over your “Future Essay” tab, jot it down at the top of a blank sheet of paper, date it and leave it for later exposition. In a few weeks you will have a few years worth of writing waiting patiently to get did.

Create a raw list of topics and questions you now know you should explore eventually through “Future Essays.” Here are some beginning suggestions:

1. Where am I now in my Life?
2. What are the true, the beautiful and the good things of me?
3. Which parts of my Self do I want to create into more truth, more beauty, more goodness?
4. How shall I do it? Who shall I choose to help nurture me? Why?
5. How shall I enfold my Self and expand my Self in optimistic, warm love while I do the cold inner work of learning to disentangle my dormant brain potentials?
6. When did I get off the track of growing up as Natural Child in love control of my magnificent spiritual fulfillment?
7. What is my autobiography of chapter titles? What images are most vivid in each chapter? What values and meanings did I acquire during each era of growth?

8. Which trails over which mountains and down through which canyons and back up to which highest peak have I taken, or not taken, in my search for the ultimate meaning of my Life?
9. Which experiences and feelings have I denied my Self in my Life? Shall I always? Is the fault mine -- because of my own ignored neurosis -- or because of the dominating and controlling neuroses of others? Because of the neurosis of America? Of Earth? What shall I do about that?
10. Do I really want to learn how to escape the pain of my 90% dormant brain into painless, rapturous cosmic perception, intelligence, communication and love?
11. Have I already had my first cosmic experience but denied it (and entropized it) because of cultural taboo? Do I want more? Perpetually?
12. Who am I?
13. Why am I?
14. What is Life?
15. What is reality? Lower reality? Higher reality?
16. What is meaning? How does one get meaning in Life?
17. What are the economic, political, social and cultural contexts within which my Life is defined?
18. Where am I going in this one chance to be all I can be? What are the sub-threshold, un-conscious, intuitive forces in my Life calling me to become? What is my Fate? My Destiny?
19. What is my physical goal in Life?
20. What is my intellectual goal?
21. What is my emotional goal?
22. What is my spiritual goal?
23. What is my complete love meaning?
24. Do I really want to get what an increasing number of others are getting: To be re-born into frontal lobes transcendence; into pure cosmic consciousness; into nirvana?
25. Can I trust any other person(s) on this Earth to help me grow up? Perfectly?

26. Can I trust governments, institutions and bureaucrats to at least refrain from blocking my growth into whole brain power?
27. Can I flow, alone or with others, above the clouds of daily trivia and boredom while I learn how to build my proper defenses against that entropic trivia and against those blocking forces?
28. If I cannot find already formed units, and since I am genetically encoded to thirst for these things, can I form my own sustenance family? My own compassionate community?
29. What supreme question -- which will turn my Life around; which will change my Life forever -- should I now, finally, ask my Self here?
30. What silly dilly jingle can I make up here not only to lighten the load of the preceding turgid questions, but to round off this list to a nice, even 30?

Lesson 48

Self-Diagnosis Graph

This is the basic precision self-measuring tool which you will construct on a gradient of from -10 to 0 to +10. With this tool, you will measure accurately all your growths, normal and paranormal.

This is the basic quantification method which you will use to measure your four foundation numbers with absolute experimental honesty: your physical energy system, your intellectual energy system, your emotional energy system and your spiritual energy system. By so assessing these daily energy growths and entropy declines, you will create a perfect diagnostic instrument with which to identify those foundation causes of your ups and downs; of your progressions and retrogressions. From such quantizations, you will prescribe cures for your malfunctionings and accelerations for your breakthroughs.

The self-diagnosis graph establishes your neurosis profile -- your energy/entropy profile -- precisely. You cannot lie to your emotions. Your measurements of your Self are more sensitive and subtle and accurate than those taken by any outsider; by any machine. Once you start measuring your energy/entropy numbers, you will establish your neurosis baseline. From that, you will measure and quantify each specific step in your self-therapy growth toward final transcendence. The dramatic seeing of your daily numbers as they change will persuade you, like nothing else does, that you are, in fact, growing. From that rigorous and exact belief, you will predict, with precision, how much residual neurosis remains, how much bound energy of neurosis has been uncaged into free energy and how much nearer is nirvana.

The science of self-experimentation (SOSE) starts in where academic neurology leaves off. An outside neurologist with an electronic machine cannot even begin to measure your inside brain reality with anything approaching the degree of sensitivity and accuracy that you can. With this faithful graph tool to guide your precise self-therapy, you become excited about the freedom to control your own destiny. You become motivated to work on your analysis and transperception 24 hours a day. Even while you sleep and dream. It, simply, is the most alluring activity you ever have met.

The measurements and numberings coming out of your self-diagnosis instrument yield valid data because the two extreme limits of the measuring scale, ultimate entropy and ultimate energy -- suicide and nirvana -- are universal. All humans intuitively feel and understand these final behaviors. Thus, your measurements within those limits are communicable instantly to all people. This is the basis for mass-multiplying the neural cybernetics -- the brain self-control -- methodology of this *Self Transcendence Workbook*. You

are one of the first pioneers leading 4,000,000,000 others waiting to cross the frontier.

How To Do It

Monitor the ups and downs of each component within your neurosis system. That system contains your physical component, intellectual component, emotional component and spiritual internal elements. You diagnose these elements by means of essaying. Eventually, you will be able to feel and identify, subtly and clearly, with no outside tools, each specific brain organ which computes each element which causes each fluctuation in your physical intellectual, emotional and spiritual curves. In this way, you will understand each element, component and system separately and precisely as it varies during your therapy. In this way, you will discover the meticulous method to control each sub-system toward your pre-chosen goals of optimum productions.

By so monitoring and measuring each external stimulus and internal symptom and cause of each gross and subtle behavior, you will develop the skill of controlling all external environmental causes and internal brain organs into perfect, personal happiness; into perfect creative production. You will self-trigger your first breakthrough into spiritual fulfillment. After that, you will click into and out of super being on demand. "I now choose to be +9." Click.

Mastering the method of this measuring skill begins with learning how to focus your attention separately on your physical condition, on your intellectual computation, on your emotional well being and on your spiritual intuitions. Determine which words best describe your gradient of feelings within each energy system. Write your own profile of numbers and words to create your own scale and diagnostic meter-stick. The following verbal descriptions are suggested guidelines.

In the beginning, take your first measurements upon awakening in the morning. Take your last measurements in the evening. How many in-between calibrations will be most profitable for accurate self-diagnosis? Record these in your date-printed diary or in your intensive growth *Brain Journal*. Periodically -- once a week; once a month -- graph your numbers on graph paper. Graph each curve in a different color. Each curve gives you instant, graphic self-diagnosis of that energy/entropy system.

From this diagnosis, precision prescription follows. Each therapy into each energy/entropy system is accelerated or decelerated as needed. Each specific brain organ is integrated with each of your four energy systems to cause perfect economy of time and work to yield perfect functioning of your triune brain to accelerate perfect growth into perfect transcendence.

Transcendence is graphed as a +10 straight line. But, after the first half dozen experiences, most folks choose a lower number for daily working and living. Since mundane work seems too mundane to do when spaced out at

transmundane +10, transcended creative geniuses usually, by an act of will, shift down (just like with a 10-speed bike gear-shift) to a straight-line +7 or +8 while grinding out their creations of art.

Self-Diagnosis Scale

- +10: Nirvana
- +9: Frontal lobes pre-popp approaching breakthrough; wild creativity
- +8: Voluptuous ecstasy; mindboggling intelligence burbling powerfully
- +7: Routine genius; theatrical efficiency; doing everything right
- +6: Happiness; secure toughness solving all necessary problems
- +5: Flowing love goodness of Life
- +4: Efficiency of survival; doing work, but not exuberating
- +3: Getting my ass in gear to do what has to be done for survival; a drag
- +2: Grinding, plodding, automatic robot, mindless, joyless struggle
- +1: Barely functional; re-start automatic self-healing; fragile

- 0: Computer collapse. Blough

- 1: Boredom
- 2: Loneliness, lovelessness, melancholy
- 3: Anxiety, stress
- 4: Meaninglessness
- 5: Fullblown, corrosive acid depression
- 6: Desperation
- 7: Fear
- 8: Hopelessness
- 9: Terror
- 10: Bye Bye

Develop the habit of using the -10/+10 scale to measure and control all your subjective systems -- sensitivities, intuitions, paranormal powers -- each into perfect harmony of growth with all, thereby helping you achieve your full human potential.

Lesson 49

Full Voluptuous Healing Sleep

Sleep is the first reality of your daily growth. You do not have to indulge in long, twisty, pimple-picking, tail-biting philosophic disputations to believe instantly that your sleep is one of the top three important things in your daily Life: more important than money, sex or status. Sleep simply makes everything else possible. Sleep heals the breakdown of cells, tissue and organs in both your brain and your body after each day's work.

There are two gross kinds of sleep: progressive and retrogressive. If your day's work has been to learn how to grow into your dormant brain circuits, the following sleep is one kind of feeling: progressive. But if that work has been only a struggle to survive in the economic jungle by grubbing a buck, then sleep is another kind of feeling: retrogressive. You feel less and less refreshed by it as you get older and older with more and more meaninglessness creeping into bed with you. Either way, with proper or improper primary sleep, you automatically get the secondary goods of money, sex and status. But with proper sleep, you get them easier, greater and more libidiously. And you get Life meaning.

Sleep is the supreme reality need which is pre-requisite to your growing up genetically. It re-balances your triune brain so that the previous day's necessary computations through your reptile brain are re-harmonized with this day's growth through your mammal brain and primate brain; unstoppably toward your frontal lobes. Sleep re-matrixes yesterday's unavoidable reptilian self-defense and counter-attack experiences with today's desired mammalian nurturing of Self and Life so as to grow into full cosmic expansion.

Sleep is the necessary pre-requisite to growing intellectually and creatively. It gently probes into your dormant brain cells tissues and organs. The way this probe occurs is by re-matrixing the previous day's learned lessons of reptilian and mammalian survival into abstract intellectual insights. These complex understandings are re-computed by your primate brain into simple principles, rules and laws. From those generalized laws, all future experiences are anticipated comprehensively and partially pre-solved before they even happen. This, obviously, saves you time, energy and work when those new experiences occur. You do not have to re-compute each new experience as a surprize which wastes your intellectual and creative energies. You have more time and energy for future creations. In short, sleep allows you to teach your Self the wisdom: Once burnt, twice shy, thrice avoided. Once learnt, twice grown, thrice transcended.

Sleep is the sensuous pre-requisite to society intelligence. It gently ramifies newly learned information into creatively new artforms which have the power

to teach entire populations of searchers and growers the shortcuts through neurosis to triune brain genius. These social intelligence artforms teach mutating individuals how to balance one's personal intelligence with genetic intelligence and cosmic intelligence so as to expand society intelligence. With a society increasingly populated by such loving humans, still more astonishing, genius Life-expanding artforms cannot help but to emerge.

In sum, it simply feels Life-right to wake slowly and properly, as dictated by the biological clock in your frontal lobes, not by the hurting hate alarm clock on your bedside table. By so doing, you create thoughts and emotions which teach others to want and to get this absolute neurological need; to get this kind of simple spiritual existence.

American sleep is the daily re-balancing, re-matrixing and ramifying of one's personal intelligence with the permanent war economy so as to maintain some sort of a myth of sanity. Each individual, struggling to find true love while suppressing the constant fear of uncontrolled rocket extermination, dumbly tries to complete Self every Monday morning when the alarm clock signals true hate. Until society is re-structured to allow all people to saturate themselves with totally therapeutic sleep, citizens will not mature their personal intelligences into cosmic intelligence -- which is pre-requisite to realizing the easy possibility of warless Earth.

You, as an individual non-conformist, have one last chance to escape the disputatious, retrogressive sleep trap. Do whatever you must to re-design and re-build your Lifestyle away from the conformist war culture of the alarm dictator. Dare to create a freedom love culture in, at least, your own bed. Within such values and beliefs, wake slowly and naturally and voluptuously each morning.

To re-design and re-build your Life, you first must cure your neurosis. And sleep, proper sleep, is the first step to do that. For sleep is the first of the automatic magic mechanisms which genetic intelligence has placed in your brain so it can heal itself. As openers, sleep will release your repressed adult, adolescent, child and infant trauma memories so you can discharge their entropies via self trauma drama.

1. Describe your Lifestyle: PIES: physically, intellectually, emotionally, spiritually.
2. How does your sleep approve or disapprove of this Lifestyle?
3. Why is sleep the first reality of your daily growth?
4. What are your intuitively felt sleep needs? Describe your perfect Life of perfectly satisfied sleep flowing into perfect creative production of therapy for your Self; of love for others.

5. How can you change your Lifestyle within today's economic system so that it absolutely is harmonious with your intuitively felt sleep needs? So that your sleep becomes a daily part of your self-therapy.
6. Why do you allow the American economy to control you at the most crucial moment when your vulgar alarm clock farts?
7. How can you create subsistence survival and comfort money outside of -- at the edge of -- the permanent war economy? Within the underground economy? Do you want to? Why? If not, and if a miracle happens and the war economy suddenly changes to a peace economy where most people will be forced to consume unlimited leisure, you will not then (because you will be older and more worn out) be able to do the quantity and quality of sleep therapy which you can do now (because you are younger and more energetic). Will the delay be worth it?
8. How does human spiritual freedom relate to daily full sleeping until absolutely saturated brain-body satisfaction sez, "Yumm. Let's wake up and piss"?
9. Describe how your intelligence is affected by the sleep routine which you now are forced to follow.
10. What is your full human potential for unlimited intelligence? How shall you achieve it via proper sleep?
11. What is your full human potential for unlimited love? How shall you achieve it via proper sleep?
12. How does improper sleep generate hate? How is this hate repressed into sub-threshold, un-conscious, neurotic memory storage? How is this hate expressed from memory storage into competitive behavior? Into aggressive behavior? Into violent behavior? Into kill? What consequence to individuals? To families? To communities? To nations? To western society? To planet Earth?
13. If you feel you suffer improper sleep and improper waking because of obedience to the corporate economy (which is only a recent quirk within the last 100 years, for earning a living), what systematic role-drill procedure do you follow to re-balance re-matrix and ramify your intelligence into constant growth? What is the step-by-step neural mechanism of which you now are aware and which you now shall use to re-achieve this re-balancing of your sanity within social insanity?
14. How does proper sleep sanity accelerate your breakthrough into direct awareness of your communication with genetic intelligence and cosmic intelligence?

15. How do the 6 and 12 (conscious and unconscious) computers of your triune brain (left-hemisphere and right-hemisphere) function with proper sleep? With improper sleep?
16. What is the genetic and neural relationship between sleep and your frontal lobes? Between sleep and your reptile brain? How does your reptile brain disproportionately dominate your frontal lobes after a night of improper, retrogressive sleep and improper, retrogressive waking by the shock of an integrity-collapsing alarm clock?
17. How do your frontal lobes disproportionately dominate your reptile brain after a night of proper, progressive sleep and proper, progressive waking (with an alarm clock) by the luscious flow of natural satisfaction slowly harmonizing your inner awareness with the outer goodness of Life?
18. Draw a simple schematic diagram of your triune brain, decision-making centers and consciousness circuits. Show how this system works progressively after correct sleep and wakening. Show how this system works regressively after incorrect sleep and getting up.
19. Discuss the relationship between proper/improper sleep/waking to the reptile brain and to your health/longevity.
20. Discuss the relationship between proper/improper sleep/waking to the frontal lobes and to your health/longevity.
21. Discuss the relationship between proper/improper sleep/waking to the mammal brain and to the creation, nurturance and perfection of a child. What is the consequence to society of such proper and improper sleep in relation to properly and improperly raising a child to proper or improper adulthood?
22. Describe your ideal forms of proper and improper sleep and awakening. What are your first principles of sleep? Your rules of sleep? Laws of sleep?
23. How does sleep relate to creativity? To art?
24. How does sleep relate to genius?
25. Which Life-expanding artforms are created only after due and decent physical sleep and suitable spiritual wakening? What unique primary forms of creative productions do you uniquely generate out of your satisfied brain after a totally completed, saturated night of sleep?
26. Analyze neurologically the reaction of a triune brain the moment an alarm clock explodes.
27. Does cosmos work via alarm clock? Does God wake up via alarm clock?

28. Describe perfect sleep and wakeup in primal nature.
29. How does primal nature sleep and wakeup accelerate re-balancing and re-matrixing your reptile brain with your frontal lobes to accelerate breakthrough into transcendence?
30. How does primal nature comatose sleep and hedonistic wakeup cause automatic increase of a new order of intelligence and automatic increase of a new expansion of creativity into Life and cosmos?
31. Describe your sleep and wakeup routine on weekends and holidays when you do not have to go to your moneymake job. How can that routine be maximized to undo the damage of regular job-day get-ups and to improve your self-therapy?
32. What is the rightness or wrongness of a college student “cramming” all night before an exam? What is the rightness or wrongness to perfect triune brain functioning? To perfect triune brain growth? What better way can you suggest to get “educated”?
33. Does self-therapy progress more efficiently when you sleep alone or with another person? How is the entropy/energy level between two persons transferred during sleep when they occupy the same night bed? How does sleeping with a non-creative bedmate affect your morning creativity?
34. Describe your optimum technique for encouraging the release of repressed adult-adolescent/child/infant trauma memories during proper sleep and proper wakeup.
35. Describe your optimum technique of doing self trauma drama in bed immediately after a proper night’s sleep and wakeup.

Lesson 50

Hypnapompic Probe

The hypnagogic state of consciousness is the barely aware thinking you do just as you are drowsing and falling asleep. The hypnapompic state of consciousness is the barely aware thinking you do just as you are waking up. Review Lesson 8: “Luscious Morning Pre-Conscious Honesty.” From that review, and from your practice of waking up slowly into hypnapompic reverie, you can use this super energy source to stimulate abnormally your cortex to release repressed adult and adolescent trauma memories; your temporal lobes to release repressed child trauma memories; your hippocampi to release repressed infant trauma memories.

1. Before going to sleep. Program into your brain during your hypnagogic drowsiness the message: “I shall wake and stop into my pre-conscious reverie with o thought of a question of answer. I shall experience only the pure energy of my hypnapompic power. By an act of will, I shall guide this pure energy into my (cortex, temporal lobes, hippocampi) like a laser needle.”
2. Wake into pre-conscious reverie. Guide the pure energy into the appropriate, pre-chosen memory storage organ. Follow Lesson 14, “Introduction to Self Guided Imaging.” Image the laser needle into the organ. Insert it deeply.
3. The deep insertion will stimulate the next appropriate repressed memory to rise into your conscious awareness. It will be the precisely proper memory to fit exactly into your train of emerging and therapizing traumata. It will not be overly threatening because genetic intelligence controls the proper sequencing arrangement of each memory in the organ so the least threatening go out first and the most threatening go out last.
4. Therapize the emerging memory immediately via self trauma drama.
5. Continue doing hypnapompic probe until no more memories rise. You have exhausted those mildest trauma memories which rise from this mildest release technique. Release the next deeper order of traumata with a tougher technique.

Lesson 51

Triune Dream Analysis

A dream is the mine shaft which takes you down through all strata of your unconscious memories. It is a gold mine. The dream leads you through the deepest tunnels of your repressed genetic volcano. It releases your most precious neurotic thoughts and emotions for therapizing.

A dream is your brain's second way (along with sleep) of causing a repressed, unconscious memory to rise to conscious awareness. Once a dream forces you to be fully aware of the unsatisfied need in that memory, you further are forced to satisfy it.

A dream is an unconscious confusion, pain or fear from your adulthood, adolescence or childhood which was repressed and now is trying to come up to conscious awareness in factual, linear simplicity so as to impel you to solve that problem. Since it is so confusing, painful and fear-filled, you cannot stand the discomfort of re-confronting the memory of the original traumatic episode in your conscious awareness, hence, it must sneak into your problem-solving computer through the back door: by means of dream.

A dream is like several color projection slides heated over a candle flame, twisted, warped and re-projected so the image is not clear and simple. The warp comes from your fundamental child fear -- lack of courage -- which prevents you from confronting your original trauma memory directly because you do not yet have the necessary intellectual tools to dominate, control and change the power (usually a parent) which caused the original trauma. As you acquire those tools through this *Workbook*, and as you release the bound energy of neurosis into free energy within your conscious surface trauma memories, your dreams will un-warp. They will clarify and simplify until they start giving you straight, factual data from your repressed history. Your dreams then will become a simple dialog between friend and friend, revealing your full library of next deeper trauma memories (as well as jolly rejoicements). These clear, simple, factual dreams, thus, will become the subject matter of the next stage of your self-therapy regimen. They systematically will tell you your next gradient of properly repressed adult, adolescent and child trauma memories so those can be cleansed systematically until your transcendence happens, after which time your sleep becomes catatonia: No more dreaming. No more night work. Total relaxation and sleep refreshment.

Triune Dream Mechanism

Now let us take dream analysis down into the next deeper understanding of its complexity.

Each computer within your triune brain generates its own distinctive category of dreams. By observing in which classification you are dreaming, you accurately identify within which brain your DNA has chosen to work consciousness dominantly for that day. Upon awakening, you can predict that you will feel, think and move in those ways which are unique for that specific brain. Thus, you adjust your personality accordingly. You maximize your emotion-production, thought-production and physical work-production by flowing in full awareness with that brain's automatic computations to yield perfect efficiency.

Your reptile brain generates self-defense and counter-attack dreams.

Your mammal brain generates ego-centered nurturing and family protecting dreams; social conformity dreams.

Your primate brain -- not yet functioning through the frontal lobes -- propagates ego-centered manipulation, domination, control, exploitation and profit dreams; power dreams -- power over others.

Your frontal lobes create egoless love and giving dreams; teaching dreams.

By reading a dream properly, you know from which triune brain it emerged. Once you use this standard of measurement, the dream unwarps. It no longer is mysterious and confusing. It is seen to be simple, un-metaphored, un-symbolized and factual. It is seen to originate from a specific part of your triune brain -- from a specific organ within that sector -- with known behavioral characteristics. Thus, you process your dream through your awake intelligence accordingly.

Dreams, by definition, are lies. Truth warped. Because you cannot tolerate a series of personal truths in straight, lucid communication, each element and component of the whole truth is presented in fragmented, disjointed, out-of-sequence disorder with proper warpage. Your adult-adolescent/child neurosis requires it to be so. Your adult/adolescent/child neurosis requires it to be so. That is the only way you will accept even a part of the whole truth. But whatever is accepted (by remembering it the next morning), however slowly and painfully, links with other elements and components until the total system begins to be understood.

Complex dreams are compounded with separate signals of needs from each brain of the triune brain. When the compounding comes from three brains, the signals pile up, one over the other, like photo slides, warp each other and then get projected into your mind's eye of dreaming. Such complex messages, though disconcerting, are not impossible to decipher once the triune mechanism is understood.

Above all, appreciate the fact that dreaming is work. You are working when you should be resting. If you do the work now, you can rest for the remainder of your Life. Extended.

A dream is an unresolved neurosis problem asking to be solved. After you awaken and remember a complex dream, use your personal intelligence to un-warp and take apart the several layers of photo images. Read the uncomplicated, single message coming from each triune brain. Identify which brain is sending which distress call of functional dysfunction. Satisfy each need that day by means of straightforward work; by means of whatever therapy is necessary.

Courage. And patience. And determination. And wit. Eventually, you no longer shall have to do this remedial work. Eventually, you too shall liberate your frontal lobes fully. Thereafter, you no longer will dream at night. Sleep will be total anesthetic stupor. Rest and refreshment will be total. Hours of needed sleep will be reduced. Morning sleep satisfaction will be luscious exaltation. Morning creativity will pulse beyond all known limits.

Triune Dream Scale

During sleep dreaming, the human triune brain tells you through which of your three brains you dominantly are going to compute for the next day. Your dreams will tell you whether you will calculate consciousness into emotions, thoughts and actions for that day mostly through your reptile brain, mammal brain or primate brain. Or frontal lobes. Or precise percentage combinations thereof.

The choice of which brain is selected to do that day's major computations is dictated by the subtle, balanced teeter-totter dynamic of your genetic intelligence versus your neurosis. Your personal intelligence at this stage of your growth out of neurosis does not enter into the decision-making process.

By closely observing through which brain your dreams are processed, you get a direct diagnostic measurement of your neurotic specifics and of your self-therapy progress. For example, the more reptilian your dreams, the farther back you are in your self-defense and counter-attack personality cleansing. The more mammalian your dreams the further forward you are moving. The more primate your dreams, the more you are relaxing into your genetic flow and automatic growth. The more frontal lobey your dreams, the more those circuits are opening.

To review, reptile dreams are self-defensive and counter-attacking. Totally competitive consciousness. The war of All against all. You are alone, therefore frightened. There is no Mother or Father to protect you. You have been abandoned. It is you against the world, alone. Those adults who no longer grow and who have settled permanently into their reptile brains as economic / political / military killer apes dream only of combat. Their sleep is

only constant child fear: retrogressive pain; devolution; extermination. They age quickly and die prematurely.

Mammal dreams are protective; cooperative. Cosmic consciousness is being re-computed into cooperative child. You nurture and protect someone else's inner child. Those adults who have settled permanently into their mammal brains as social conformists dream primarily of home and family and the struggles to maintain both. Their sleep is constant adolescent confusion, fibrillating uncertainty, desperately wishing to feel the feeling of being fully grown up, but no longer capable of doing the work to achieve such. They are plagued with periodic, repetitive nightmares.

Primate dreams are more mature. They deal with the hard facts of daily lower reality: economics, politics, education; your job; your workmates; atomic war; learning to survive; wishing to grow. While still neurotic, these are mixed with mammalian and reptilian overtones and undertones. Those adults who have achieved fairly adequate primate brain functioning as social leaders dream primarily of power; of dominating others. Their sleep is constant adult confusion: "Isn't there more to Life than this? Isn't there some more satisfying meaning beyond money and material comfort? Where is peace of mind?"

Frontal lobes dreams are cosmic expansion. You solve the hard problems of lower reality -- love, home, family, economics, politics, war -- by expanding all facts up into the ultimate perspective of infinity and eternity. You solve all problems with cosmic understanding and compassion -- which includes mammalian toughness and reptilian ruthlessness, when required. Those adults who have settled permanently into their frontal lobes as mutants dream primarily of nothing. They rest, not work, during sleep. But those few daily pragmatic problems which must be solved through the divine wisdom of frontal dreams are ciphered quickly in the early part of the night. Thereafter, one merely sluices out into the ocean of celestial love. Upon awakening, one's day is bubbly ecstasy.

From your understanding of your reptilian, mammalian and primate brain sleep signals, you can create a "Triune Dream Scale." With that measuring tool, you can identify which brain primarily is functioning that night and shall be functioning dominantly the next day. This scale organizes logically your master categories of dreams. By categorizing the logical progression of dreams from their brains of origin, you simplify your diagnostic analysis of your neurosis and more accurately choose the proper prescription for your self-therapy.

Your triune dream scale is formed on a gradient of 1 to 10. The scale gives you an immediate comprehension of the progression of thoughts from your lower to your higher brain circuits. The specific content of each dream is less important than its capacity to identify from which brain it originates. Thereafter, specific content can be analyzed more wisely. When dreaming, just give it a number from 1 to 10 along the scale. Quickly and efficiently, this

will help you to remember the dream when you wake up. Then, at your leisure, you can dissect it for more detailed message.

1. *Subservient Reptile Dream.* Self-defensive. Destructive. Total competitive combat. Losing. Nightmare. Computed in posterior reptile brain.
2. *Neutral Reptile Dream.* Some winning. Some domination and control over adversary.
3. *Dominant Reptile Dream.* Counter-attacking. All winning. Total domination and control over adversary. Computed through anterior reptile brain.
4. *Reptile-Mammal Transition Dream.* Less combat, more love. Computed through anterior reptile brain and posterior mammal brain.
5. *Pure Mammal Dream.* Mother/Father nurture/protect your child physically as an animal, not yet spiritually as a cosmic mutant. You are Mother/Father nurturing/protecting someone else, cooperatively, physically, but not yet spiritually. Computed in anterior mammal brain.
6. *Mammal-Primate Transition Dream.* Searching for more in Life than mere physical security and material comfort. Computing out of anterior mammal brain into posterior primate brain.
7. *Subservient Primate Dream.* Beginning to solve, although unsuccessfully, the threatening problems of economics, politics and education; of basic society survival. Computed in posterior primate brain.
8. *Dominant Primate Dream.* Successfully solving the problems of economics, politics and education. Computed in anterior primate brain.
9. *Transcending Primate Dream.* Beyond lower reality, searching for higher reality through residual neurotic ego warp. Ego warp causes images to be less than true, therefore, subtly deceptive. Computing out of anterior primate brain into pre-frontal circuits.
10. *Frontal Lobes Dream.* Pure cosmic perception, intelligence and communication.

Reptile Dream Mechanism

From consistent reports which suggest this process is universal, the triune brain signals its sub-conscious readiness when it is about to boil over into frontal lobes functioning. A characteristic form of egoless, loving dream appears. But that supreme dream always is preceded by a series of violently self-defensive and counter-attacking dreams from the reptile brain. The purpose of this pattern seems to be that the coordinated triune brain wants to review and settle its defense perimeter before clicking open into its

defenseless and fragile frontal lobes. Thus, the reptile dreams identify and settle all entropic people, events and ideas which are in storage. If sufficient entropic data are in storage, and if one or two entropic problems are preventing the opening into the frontal lobes, and if dream solutions to those problems are inefficient and inadequate, a “clanger” happens. This is when you wake during the middle of the night into 100% clear awareness as if a fire bell was struck next to your ear.

When a clanger occurs, you do not wake into fear. You wake into your pre-conscious state of awareness. But fully awake. You lock into the meditative state of awareness but are fully capable of thinking and writing, even with a light on. At that moment, all of your adult, adolescent, child and infant trauma memories still will be asleep. Your neurosis still will be asleep. Your brain will be neutral valenced. Thus, your neutral valenced intelligence will receive neutral valenced cosmic consciousness, felt flowing in freely through your reticular activating formation. It will carry positive valenced, pro-Life cosmic intelligence. Together, rapidly, you will bring up from organ storage those one or two entropic problems which are preventing the opening of your frontal lobes. You two will solve those problems with blithe brilliance. Each negative valence in each problem will be overwhelmed by a positive valence. As in chemistry $H^+ Cl^- + Na^+ OH^- \rightarrow NaCl + H_2O$. Saltation. So too are your corrosive acidic and alkaline thoughts “salted-out” of your memory library. The way is prepared for opening your frontal lobes. You go back to sleep.

Frontal Lobes Dream Mechanism

By so reviewing and solving the key entropic problems which are locking your frontal lobes, the brain now, during that same night of sleep, relaxes and feels secure enough to circuit forward into the defenseless and attackless frontal lobes. Cautiously, hesitantly, you receive your first cosmic dream. Tomorrow night it will be stronger. The night after, wowie!

Prior to the full frontal lobes dream, cosmic consciousness stimulates the entire triune brain system into a uniquely regular reaction. A comprehensive review of all sectors of the brain is taken. A report is given on the total residual neurosis remaining within the system. This review and report are translated into a graphic dream. The graphic dream always is calibrated on a linear scale of 1% to 100%. Thus, the dream will emerge as something like you riding an elevator in a 100-story building. The elevator may go up to the 70th floor, then come back down to the 20th floor. This will be a direct measurement indicating that you are working at the 70th percentile of your entropic cells being cleansed, but that you successfully have released the bound energy of neurosis into free energy from only 20% of them.

Once you understand the entropy/energy balance, the dream then may progress safely into frontal lobes penetration. You will click open anywhere from 50% to 100% of frontal lobes cosmic flood. Whatever the percentage, you will experience pure egoless love. The dream will be in the form of you giving love egolessly to another person. It always is giving; never is sucking.

Thus, to induce this phenomenon sooner and more strongly, practice society intelligence. The more social intelligence you demonstrate, honestly, the more you signal genetic intelligence to trigger an increase in the process of frontal lobes dreaming.

While experiencing a frontal lobes dream, the giving to others feels so caressingly voluptuous and delicious that you point-blank cannot stop giving more and more love outwardly. It is a cosmic orgasm.

In time, even before neurosis self-therapy is completed by 51%, even before your first conscious transcendence popp, you may expand the dream out of and beyond your frontal lobes. Direct communication with cosmic intelligence then occurs through your airy mind expansion. Teaser.

Upon awakening, you will feel religiously narcotized. Cosmic drunk. The messiah ecstasy. Your frontal lobes will feel, actually feel, tumescent; bulging; the neural hardon; buzzing; squirting. You will feel in the throes of sacred at-one-ment. Depending upon the quantity and quality of entropic reality waiting outside your bed to pull you back down to lower trivia, you may stay high for several days; surely for the remainder of that day. (Drug experienced students report this natural high is approximately 10 to 50 times more intense and satisfying than marihuana, LSD, cocaine or heroin.) You will, thereafter, compute problems into incredible solutions with the ease of prodigy. You will clean out repressed, stagnant, rotted personal neurosis problems for months and years past in a flash: each to total saltation and forgetfulness. You will be divinely subtle. The subtlety of your problem-solving will be a prodigious artform. You will be creative beyond your most hallucinatory expectations; beyond your school-learned intelligence.

Then neurotic thunderheads of outside entropies will close in around your canticle mountaintop.

But you did do the work that day.

You did create the tangible productions.

You did prove to your skeptical Self that this next step in your unlimited potential does, in fact, exist.

You do believe, by 100%, finally, in your Self; in that potential. Your motivation soars to do more of your self-therapy into more self-transcendence. All from a free dream.

1. Record your dreams immediately after they happen. If you say, "I will remember this in the morning without writing it down," you usually will not. This is your reptile brain playing tricks: trying to persuade you not to do self-therapy; not to grow up; testing you for survival of the fittest.

2. Start a "Dream Journal" section in your *Brain Journal*. Keep a clipboard with a dozen sheets of paper and a pencil next to your sleeping bag, with a flashlight, in your lean-to on the mountain; next to your bouncybed, with a lectrickielight, in the city. Always a pencil, never a ballpoint pen. Sometimes you wake, grab the clipboard and start scribbling without opening your eyes. And if using a ballpoint, sometimes the ball does not roll out your pointed words. Disaster. Lost wisdom. Thus, pencil is always safe.
3. After morning wakening, read and analyze your scribbles. Write an interpretation of each dream: "The significance of this dream to my Life is..." Trust your intuitions to give you the deepest and most subtle insights into what your unconscious memories -- your malfunctioning triune brains -- are trying to tell you.
4. Share the first few dreams from your *Journal* with your co-therapy family mates. This will give you a different perspective into how you analyze your Self or refuse to analyze your Self. In the beginning, beware your reptilian ego defenses. They slither into your interpretations and try to get you off the track -- just to see if you really are serious about this growing up business. Thus, other people sharing your analysis will shock you into seeing the obvious dream messages which you, at first, refuse to see; will shock you into being more honest. Eventually, you will become egoless and wise in your self-analyses. Merely dare to trust your Self. Trust that you are worthy of receiving genetic guidance in your dream analysis.
5. As you progressively signal your brain that you honestly and seriously are ready to process dreams systematically, your brain automatically will give you progressively deeper data relevant to your adult, adolescent, child and infant traumas; your triune traumas. You will more easily remember these as they are presented. Then, each morning in bed, just act them out and discharge each neurotic knot by the grace of self trauma drama.
6. Dream analysis releases only the second deeper category of repressed traumas. (Plain, unmanipulated sleep releases the first category.) When the last datum from a specific category within a specific triune brain memory library has been given, you are told so. A special signal is given. Instead of negative garbage, your dreams turn to wit and humor. You wake in the night as your bed vibrates. From laughter. It is time to go to another category. Or to another technique. Or back to the comedy movie house for the double feature and cartoon.
7. In time, your dreams will turn to flying; to free billowing out of your brain-body. Astral projection. Your genetic intelligence is signaling you that you now are ready to receive your next teachers: your cosmic guides. Just believe. Just glide with the honesty of the message. Don't fight it. Even before your neurosis is anywhere near slopped out, they will travel in through this now open and now more uncluttered channel of your brain.

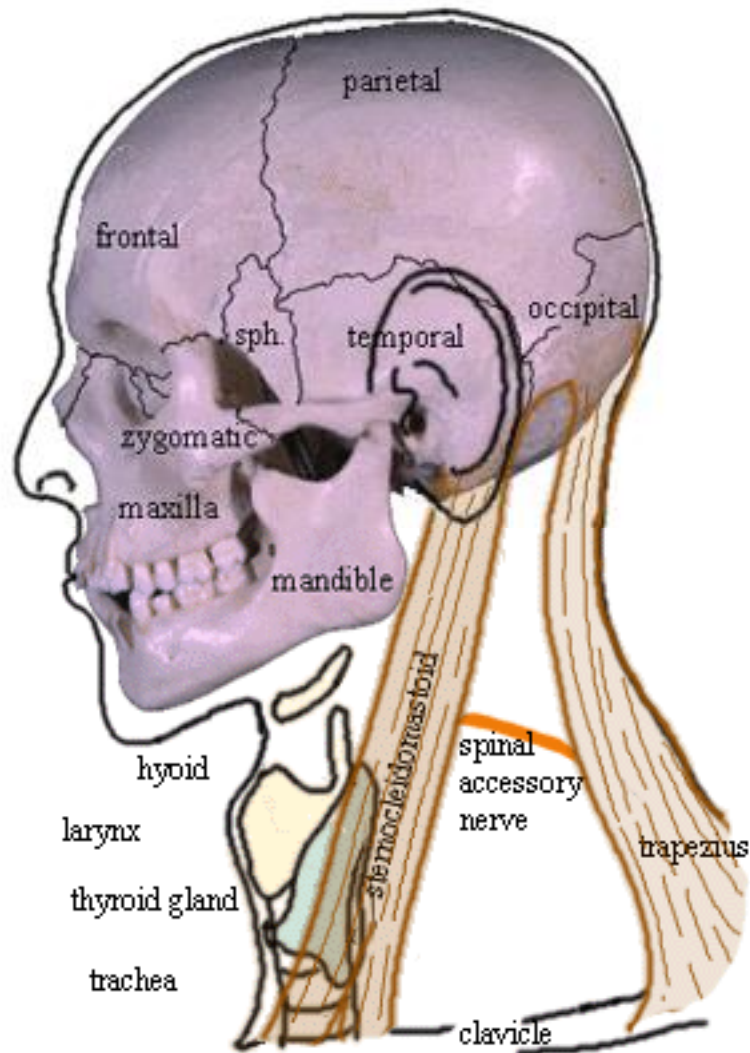
They will make first contact with your conscious intelligence through your unconscious fumes.

8. Be tough. Wake just enough into your pre-conscious reverie to control your conscious communication. Ask who they are; their names; where they are from. Ask them to prove they are real and not a hallucination. Once convinced, ask what your procedure of continuing communication should be. Ask how you can progress from your dream contact to full awake contact.
9. Establish full awake contact with your cosmic teachers. Test the reality of this contact by asking three simple scientific questions and receiving three scientific answers which can be tested and proved experimentally. Do not fool your Self by pretending you are talking to speerits when, in fact, you may only be talking to your ego. Toughly prove your cosmological mutation.
10. Once proven, settle down to receive routine genius production. Start with receiving shortcuts to finishing your self-therapy; to getting your fullblown frontal lobes transcendence. After that, solve complex scientific problems - the cure of cancer; discovering unlimited, renewable energy for Earth power; a perpetual motion machine; objectively demonstrable and publicly provable zero-time transmission of thought and sight communication with three other planetary civilizations in three other galaxies. Receive your Nobel Prize(s).

Lesson 52

Temporal-Sphenoidal Suture Tap

When you were born your several skull plates were not yet welded together so as to allow for more fluid passage through the factory chute. One of those cracks is called the temporal-sphenoidal suture. It arcs on each side from your temple to your sphenoid bone; from your eye over to your ear. It is magic.



By tapping the temporal-sphenoidal suture firmly with two fingertips, just short of pain or discomfort, at night before sleep, you specifically release repressed child trauma memories stored in the temporal lobes. They rise into aware dreams. They then can be discharged by means of self trauma drama

Suture tap releases the third level of precision repressed memories. (The first level is liberated by unmanipulated sleep; the second level by unmanipulated dream analysis.)

1. Start by imaging your Self back to age 5. Tap along your left temporal-sphenoidal suture line until you feel a point of resonance or pain. This is the point at which you are reinforcing your age-5 thoughts and emotions so as to encourage age-5 repressed memories to emerge during sleep dreaming.
2. Repeat the imaging and tapping method for age-6, age-4, age-7, age-3, age-8, age-2, age-9, age-1, birth, in womb. Each age has its own point of resonance. Repeat on right temporal-sphenoidal suture.
3. Map all age points along both suture lines on left side and right side. (Later, you will map the top and back sutures, but for different categories of response.)
4. If you are right-handed, your left-hemisphere is dominant; awake, logical, verbal, adult-defensive child. Your right-hemisphere is subservient: mute, hiding, cringing child. Your left-hemisphere needs to be dominated with superior power. Your right-hemisphere needs to be caressed with tender love. Reverse this order if you are left-handed.
5. Speak to your left-hemisphere (out loud, or just in your head) with the first word: "No!" "No, you shall **NOT** repress your trauma memory just because it hurts!" Speak sternly, but lovingly, like Big Daddy. Exaggerate a fatherly voice tone. This works because under the mask of your dominant left-hemisphere adult there still stands the defiant, rebellious (pre-adolescent) child of repressed trauma memories. Your adult mask is merely your "personality" composed of complex defense mechanisms to protect your child from further pain. Speak to your left-hemisphere as if it is age-5. It is. After giving the stern order, tap the suture at its corresponding age-point. This reinforces the order. Do this at night before you sleep. The next precision-sequenced repressed trauma memory of that age will release itself from temporal lobes storage and rise during dream or during morning pre-conscious reverie. Discharge it as soon as you wake fully -- by means of you-know-what.
6. Speak to your right-hemisphere with the first word: "Yes!" "Yessss, hunnnn-NEEEE!! You **SHALL** remember that naughtie of memorie which has been making a big waa-waa in your beautiful apple dumpling heady head!!! I love you and I will make the hurtie hurt go way way. Just tell me what it is" Speak -- NAY! PURRRRR!! -- gently and L O V I N G G L L L E E E like guess who? Mommie. Now tap the right-suture at the same age-point as you did the left-suture. While tapping with one hand, caress your self with the other hand and arm. Smother your child Self with all imaginable non-verbal adoration strokes and pats and hugs and kisses. This works because your child was born into right-hemisphere cosmic

language which was crushed out by parental ignorance and which now wants to return.

7. Combine or alternate left-suture tap with right-suture tap before sleep and receive the emergence in dream of an increased quantity and quality of repressed child trauma memories. Discharge the emotional pain of each the next morning as the hurts come up fully out of cringing hiding.
8. The scientific principle which explains how the mechanism of suture-tap snapping works is kinesiology: accupressure. Cosmic consciousness enters the reticular activating formation in the reptilian brain and attempts to complete its genetically designed circuit back out the frontal lobes. But it gets snagged at the hippocampi and temporal lobes by repressed infant and child trauma memories. Each snag-point is revealed blatantly by frustrated genetic intelligence along the suture lines.
9. Design a precision regimen for liberating your suture-tap snag-points. Go up and down from the age-5 resonance point. Monitor your intuitions, which will tell you when to go to an older age; when to go to a younger age; when to stop the technique so as to give the internal subtle mechanism a rest. Stay with one age-point until your dreams signal you that that well has been pumped dry: wit and humor child dreams will spurtle.
10. Use suture-tap in alternation with the other techniques in this Section E: advanced self-guided imaging, closed focused meditation and hyperpowering. Don't over-milk any method lest you exhaust its exquisitely delicate sensitivity. Later, when you feel frolicksome, try suture tap around your frontal lobes. Pineal gland. Be creative. Experiment inventively. Be hyperesthetic. After cleansing your neurosis and getting your stage-1 nirvana, you have a long Life of perpetual discovery ahead of you, waiting patiently in your brain chain. Suture-tapping next will be used for that. So for now, merely observe the in-flow of cosmic language, intelligence and love after cleansing the temporal-sphenoidal crack. In time, locate the coronal, squamous and lambdoidal sutures in your skull. Experiment with taps to discover their relationships to different parts and functions of your triune brain; to discover their relationships to different levels of thoughts and emotions and perceptions. This field has not yet been researched formally. You are pioneer crossing a frontier.

Lesson 53

Self Guided Imaging, Advanced

After you have mastered the technique of imaging in general, image in specific. Guide your energy pinpoint into specific brain organs to release their repressed trauma memories.

Before sleep, image your ego as a balloon or yeast dough or whatever. Condense it down to an atom of infinite power. Guide it through your head to your occipital lobes at the back of your brain. Penetrate and stimulate. If you see flashes of light and old home movies, you know you are doing the procedure correctly. Continue testing your egoless honesty by penetrating your other sensor areas to release their remembered sounds, smells, tastes and touches.

Once confident, slowly guide your laser pinpoint of energy back and forth across your cortex in a systematic grid pattern. Identify the entropy holes where your energy instrument is sucked into the sucking sewer. This is an adult or adolescent repressed memory point.

Once inside an entropy hole, increase the voltage of your laser. This will loosen a next deeper level and category of precision repressed memories different from those liberated by sleep, dreams and temporal-sphenoidal suture tap. They will rise into conscious awareness right then, or later, during sleep dreaming, or later still, during morning pre-conscious reverie.

Once risen, discharge through the mechanism of self trauma drama. After 51% of your adult and adolescent traumata are detoxified, use this method to stimulate your temporal lobes to release your next deeper stratum of repressed child trauma memories.

After 51% of your child hurting flashbacks are drained, use this method to stimulate your hippocampi to turn free your deepest layer of repressed infant trauma memories.

Lesson 54

Open Receptive Meditation

Meditation causes yet another level and category of precision repressed memories from adulthood, adolescence, childhood and infancy to rise spontaneously.

The technique of meditation slows down thought from 3 thoughts swirling around the brain until they dissolve into 2 thoughts, then into 1 thought. Then into no thought. No think. No thing. Nothing. Nothingness.

Meditation is like hypnagogic and hypnapompic reveries, half way between sleep and wake. When awake, cosmic consciousness enters the back of the brain in the reticular activating formation and is re-computed immediately into competitive consciousness in the reptilian core or into cooperative consciousness in the anterior mammal brain, in the primate brain and in the frontal lobes. From those re-computed states of consciousness, appropriate emotions and thoughts are generated. Meditation stops all this constant computing. Once your brain is stopped, you can see and feel it receiving pure cosmic consciousness prior to the meat-grinding and sausage-making into emotions and thoughts.

Imagine cosmic consciousness as water flowing from the Universe. It normally enters the back of your brain and turns 3 water wheels which produce emotions first, thoughts second and actions third. These are the 3 decision-making centers, one in each of your triune brains.

Image the stop of these 3 whirling water wheels. Your personal inner consciousness water, contaminated with sour emotions and fecal thoughts, is stopped. Now, cosmic consciousness again enters your brain, but this time through your frontal lobes. It overwhelms your 3 decision-making centers, overwhelms your dirty water and back-flushes your clogged head toilet. This is why you feel so good, relieved and relaxed after open receptive meditation. You do not change anything deeply. You merely flush out surface poisons. But at least that is better than nothing. The dramatic change will come when we drill out deep repressed poisons via "closed focused meditation" in the next lesson.

1. During any part of the day which feels comfortable, set aside 20 minutes as fixed routine. Close door, shade, light. Sit on chair, on ground or lay in bed. No mumbo jumbo cross leggedness to pinch arteries and block blood.

9. After you master the mantra method of starting open receptive meditation, throw it away. It limits you. You now know the feeling of the meditation channel, so glide into it without the crutch. Merely discipline your no-thought by contemplating a flower or cloud, then close eyes and open brain to be a passive funnel into which the Universe ocean pours. Like hypnosis, you can train your brain for quick click into open receptive meditation.

10. Open receptive meditation allows its own level and category of precision repressed memories to rise into conscious awareness for therapizing. Each method -- sleep, dream, sutre tap -- has its own characteristic, subtle oscillation which melds with a unique stratum of memories electro-chemically held in each storage organ. Each method vibrates each memory loose so individual icebergs of realizations can float up to conscious awareness in proper sequence. Using all modes of approach guarantees comprehensive unlocking of your bound energies of neurosis.

Lesson 55

Cosmoprobe

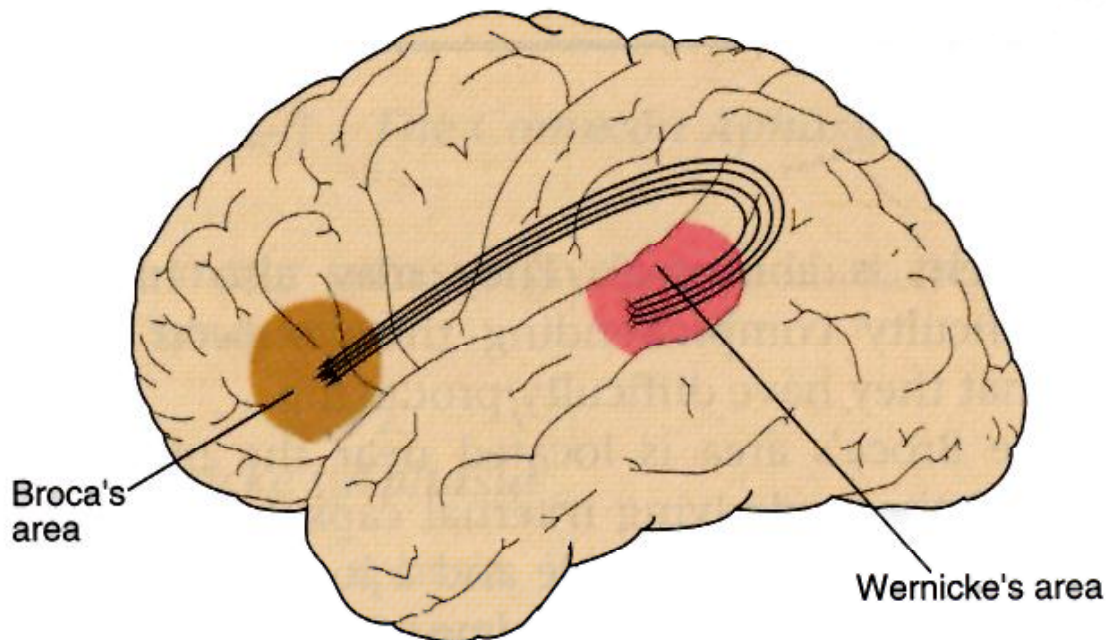
God's most uranic gimmick is closed focused mediation.

Open receptive meditation is passive. You merely are a funnel accepting the tide of oceanic consciousness slooshing through the front of your brain to purge random chunks of surface crap. More impressively, closed focused meditation is active. It is the power shocker. You actually grab the pouring energy and stick it like a wild penis into a waiting vagina. In this way, you perform precision therapy.

The process by which you do this is first to focus the nebulous power of the Universe into a needle laser beam. Next, you systematically direct the laser beam into your cortex. This releases the last level and category of your precision repressed adult and adolescent trauma memories. Aimed into your temporal lobes and hippocampi, this releases the last level and category of your precision repressed child and infant trauma memories so they can be ejected through self trauma drama.

In Lesson 53, "Self Guided Imaging, Advanced," you condensed the limited power of your ego down to a laser pinpoint and used that limited force to release the middle level of your trauma memories from organ storage. In this lesson, you will use the unlimited power of kosmos to loosen and float free your deepest level of amnesic traumata.

1. Master open receptive meditation.
2. While meditating openly and passively, actively imagine your arms turning to rubber. Reach out into the Universe. Enfold the ocean of cosmic consciousness.
3. Shape the ocean down to the size of a thick river. Next, squeeze it lovingly down to the size of a thin stream. Then down to a thinner, more concentrated, more intense, more pulsating tube of energy. Finally, use your fingertips to shape cosmic consciousness down to the thinnest possible laser needle. By an act of will, move the tip of this golden laser to your occipital lobes at the back of your head. Insert it. If it ignites flashes of lights and old timey movies of Thanksgiving family feastie and such, you know you are doing the exercise correctly. Next, if you are right-handed, move the consciousness laser to the left side of your brain into your speech areas: Broca's area and Wernicke's area.



(If you are left-handed, just reverse. Do this on your right side.) Insert. This will touch off bursts of sounds from your prior years of growing up. Finally, for sureness that you are in precision control of this exquisitely powerful tool, move the cosmic laser needle into each of your other sensor areas; into the motor strip at the top of your head (to provoke twitchings in specific muscles).

4. As you did with advanced Self guided imaging, work the cosmoprobe back and forth across your cortex slowly. Follow a grid pattern. Keep moving it until it is sucked into a neurotic soft spot like a nipple into a hungry infant's maw. This is the locus of a most deeply repressed adult or adolescent wound realization.
5. Map the precise point on a schematic diagram drawing showing the grid of your cortex with coordinate lines of numbers and letters. Repeat the suck-in experiment two more times to verify its authenticity.
6. Once an exact trauma point has been verified, insert the cosmoprobe fully. By means of imaging, click its power click-switch. Instead of being a generator pouring in energy, reverse it into a vacuum cleaner sucking out entropy. Suck out the entropy from that sublimated rupture tissue. Then re-click the click-switch and pour in energy. Intuitively increase the voltage to the optimum intensity. Intuitively keep the instrument energizing your oblivious icebergs of deepest negative information until you feel they are ready to rise.

7. Sleep. Allow the icebergs of your most profound adult or adolescent impairment responses to rise in dreams; to rise into morning pre-conscious vaporings. With skill, you can eliminate the middle sleep and dream step to receive direct, aware signaling of your trauma message at the very moment you are cosmoprobing.
8. After you have done sufficient trauma dramas to clean out your adult and adolescent neurosis concussions, cosmoprobe your temporal lobes to release (and discharge) your deepest and most guarded child lesion imprints. After that, properly, cosmoprobe your hippocampi to loosen (and discharge) your deepest repressed infant trauma memories.
9. When you are absolutely skilled, and not before, locate your two amygdalae. Coming in the front of your head, focus meditation into the anterior (forward) amygdala in only your dominant (if you are right-handed) left-hemisphere. What do you experience? Focus meditation into the anterior amygdala in your sub-dominant right-hemisphere. Split the needle and focus into both anterior amygdalae simultaneously. Nirvana! Just a nibble and a sniffy.
10. Slowly, cosmoprobe your frontal lobes.
11. Finally, after you have the strength of your full first frontal lobes transcendence to give you the now-known vision and self-confidence of higher reality (without thinking you are going goofy), focus meditation into your posterior amygdalae. It will hit you like a battleship broadside. Your brain will seem to be blasted out of your skullbone. This will click your amygdalae full hard backward -- not just the teensy weensy back-click you experience into reptile brain when arguing with a cop on the freeway. This will snap eidetic (sightless) vision back into all your prior Lives. You consciously will re-see and re-be and re-experience all your primate and mammalian Lives down the phylogenetic tree. You will re-see and re-be and re-feel all your reptilian Lives down through chordate worms and one-celled critters. And back out to starstuff. Space and time collapse. You re-live millennia in seconds and minutes of Earth ego time.
12. Cosmoprobe supercedes -- and makes obsolete -- gross electroprobe to discover and measure the next order of consciousness reality in the human brain.
13. Cosmoprobe the "silent areas" on the back half of your cortex. Cosmoprobe into your glial layer. Into your pineal gland. Cosmoprobe is the magic bullet to cure specific cell malignancies without injuring healthy surrounding cells -- in your Self; in others. Record meticulously each step of your comprehensive, parametric experiments in your *Brain Journal*. Publish your results. This is pioneer work. It never has been done this way before on planet Earth. You are a trailbreaker crossing this frontier of the known into the unknown. You are a bushwhacker exploring the foreland of human Life knowledge. You are documenting discoveries of

procedures which work -- and, most importantly, which do not work -- so that the second and third waves of scout searchers, reading your published experiments, will learn your shortcuts; will save time and energy; will finish evolving this newly emerged science of Self experimentation (SOSE) until all humans are transcended.

14. When you are ready, make a telepathic connection, using cosmoprobe focused meditation into your glial layer, between your brain and an electroencephalogram (EEG) machine. Between your brain and an oscilloscope. Demonstrate objectively to skeptical scientists that such human/machine linkages are real. Cosmoprobe your own brain, hooked telepathically to appropriate machines, and record hard data measurements revealing the next order of understanding how the human brain works. Cosmoprobe into the brain of another willing person, with you linked telepathically to appropriate machines, and record hard data measurements revealing diagnostic malfunctions of his/her cells, tissues or organs. Cosmoprobe a computer and multiply the power of this machine in this method of research, diagnosis, prescription and cure. Lead Earth into 21st century brain magic.
15. Cosmoprobe another planetary civilization.

Lesson 56

Hyperpowering

What do you do when you are sitting, bored, in a doctor's waiting room or on a bus? Why, have an orgasm, of course. A cosmic one.

This is a quickie exercise which teaches you to control your brain entropies and energies like turning on and off cold and hot water faucets. By so doing, you add a refined dimension to your larger brain self-control techniques learned so far.

Hyperpowering is the subtle method of intensifying energies which already exist in free floating form. You merely focus them into a single, specific organ which gives a single, specific behavior which gives a chosen, extra pleasure.

Hyperpowering is using your hands to guide inactive electro-consciousness energy into active organ stimulation. It is like using your hands to push the last puddle of water in your bathtub toward the drain hole.

Hyperpowering is the advanced form of Lesson 11, "Healing Hands." With it, you puddle and intensify inactive electro-consciousness energies from various parts of your triune brain and guide them into a part which you choose to super energize. This causes the chosen cells, tissues or organ to get over excited and to fire off their genetically unique behaviors for a short while.

For example, Janie, a college student, plays with hyperpowering during monotonous lectures. She pretends she is stroking her blond hair when she really is stroking consciousness back into her reptile brain trigger, down her spine connecting wire and into her clitoris to set up the explosive circuit. Then she closes her eyes, concentrates and gives an extra hard brushing of puddled energies from her primate brain and mammal brain into the trigger. It triggers. It clicks. It releases. A soft silent (almost) climax. No one in the crowded audience notices the gentle body shudders (or squeek). Thereafter, the dull grey lecturer looks rosy until the bell rings.

Another example is Ted, the factory workers, who reports: "There's this railroad switching yard track across my way to work. About once every week I get caught when they're switching boxcars. So I just do the hyperpower strokes into my temple lobes and turn into a laughing and yelling kid playing with the choo choo train. The guy in the car next to me thinks I'm nuts, but he's bored. I aint. And I feel sad when the gate goes up and I gotta zoom away. In my rocket ship."

The point is, by learning and using hyperpowering, you can use your loving hands to push intensified consciousness where you want it, thereby adding a virtuoso flourish to your daily behaviors of living Life gorgeously.

The anterior amygdala is the most dramatic response organ, so start with that.

1. Get into the mood of: “I love Me. I love Life. Life loves Me.” This prepares your triune brain by balancing all your energies and entropies into harmony with your willpower.
2. Concentrate on energizing your healing hands; your radiating fingertips. Use the healing hands method to comb energy into your fingertips. While you are doing this, supplement it with imaging: Focus cosmic consciousness into your fingertips.
3. Comb out the surface entropies from your primate, mammal and reptile brains.
4. Comb, or cup-stroke, the surface energies from your primate and reptile brains into your left and right anterior amygdalae. This drains excess energies from your primate brain and reptile brain, leaving them passive while activating your mammal brain.
5. Continue this routine for as long as your (sub-threshold, un-conscious “STUC” monitoring measurement) intuitions tell you that it feels natural and proper and should keep going. When your rational primate brain is emptied of all logical human thoughts, stop.
6. Each triune brain has a “layer of cream” energy puddled over it. You have in-gathered the “cream” energy from your primate and reptile brains and concentrated it into your anterior amygdalae.
7. Observe the fluttering – fibrillation -- of each amygdala. You will feel it as a direct sensation like shivering. Some people actually hear it go “clickety-click-click-de-click.” It is being unexpectedly overwhelmed with the gift of extra pleasant energy like a lonely old maid recluse suddenly drowned in kisses by charming neighbors on Christmas Eve.
8. When your amygdalae are full to bursting with low grade electro-consciousness energy, stroke them forward with your loving fingertips and click them toward whichever organ you choose. Guide the out-pouring energy with your hyperpowering fingertips from each amygdala into whichever organ you choose. Guide the enriched energy into your temporal lobes to play child games. Guide the fermenting energy into your frontal lobes to go cosmic. Guide the extra juicy energy back into your mammal brain to trigger growling, yelping, oinking behaviors -- preferably not on the bus during morning rush hour. Guide the metastasizing energy into your reptile brain when you are in primal nature and crawl around snaky.

9. If you have the opportunity, practice hyperpowering your mammal brain in primal nature because this is the best perspective from which to better understand your neurotic primate brain. Retrogress into being an animal in the pristine woods. Walk around on all fours. Smell things. Nibble things. Listen acutely. Gaze wonderingly. Touch sensitively. Be total animal.
10. “Snap!” A twig breaks!! Go into total self-defense and counter-attack posture!!! Defend your territory!!!! Attack your enemy if your intuitions tell you that you can beat him; retreat judiciously from your adversary if you cannot dominate and control her.
11. After sufficient repetitions of this exercise, the circuits into your mammal brain will be cleaner and more efficient. You will be able to route energy into them more simply by means of plain thought power; plain willpower. You will be able to click into mammalian hyperpower instantly, whenever you want to or need to.
12. Design your “Mammal Brain Hyperpowering Click-In Gimmick.” With this, you will be able to jolt right into the automatic behavioral routines of your perfect mammalian ancestors at any moment when an outside primate, mammal or reptile personality requires you to do so for survival and growth.
13. After you do mammal hyperpowering, observe how a new category of precision repressed human primate trauma memories rise to conscious awareness. Process them through trauma drama.
14. After mastery of mammal hyperpowering, write a diagnostic and prescriptive essay describing your true, innate mammalian behavioral programming. Describe how you shall expand this very real part of your basic personality structure into perfect triune efficiency to survive and grow in the American primate/mammal/reptile society.
15. Repeat the hyperpowering procedure to understand, purify and control your reptile brain into more automatic usefulness. Do the same for your primate brain.

Hyperpowering Survival Chant

Me. Animal.
Me. Alert.
Me. Defend.
Me. Fight.
Me. Retreat.
Me. Survive.
Me. Grow.
Grow!

Grow!!
Grow!!!!

Lesson 57

Values / Beliefs

The single, crucial factor which determines whether or not the exercises in this *Workbook* work for you and whether or not you succeed in doing your self-therapy to get transcendence is: your attitude.

If you believe in your Self, in genetic intelligence and in the power of your brain to heal all dysfunctions so as to circuit forward into progressively increasing surprizes, your attitude will be of determination. You will grow.

But if you doubt your Self and if you reject, consciously or unconsciously, your innate power to transcend your 10% functioning brain, your attitude will be that of the underdog. Whining. You will not grow. Fear will grow. And dogged fear causes the last blurt of adolescent rebellion -- which can wreck self-therapy with one single sour attitude.

The crux fulcrum of Life versus death is the solitary value which you hold -- by child cultural conditioning, by adolescent desperation, now by adult willpower - about your Self. The sole value is either "Yes" or "No."

"Do I trust my Self to grow me up?"

"Do I trust my brain to transcend my confusions, pains and fears?"

"Am I a winner?"

If your value of your Self and your Life is negative, your attitude toward this *Workbook* and its exercises will be negative. Your behaviors while attempting to do the lessons will be, consciously or unconsciously, negative in order to force the techniques to flop. Your cultural ego conditioning will be such that you cannot allow any thought leader to discover a true way for you to escape your pain and meaninglessness while living a loser's Life. Your soul will be dedicated to failure.

But if your values, attitudes and behaviors (VAB) toward Self, Life and *Workbook* are positive, you will succeed. You will transcend.

The Power Of Culture

The overall force which causes your brain to trust itself or to not trust itself to be a winner is: culture. Culture causes your brain's thought production, value production and belief production to aim either toward the North Pole of

evolution and transcendence or toward the South Pole of devolution and planet death.

Culture is the received wisdom of experience through which generations of adults, learning by trial-and-error experiments, have shaped their tribal value system and belief system in consonance with their environment so as to yield minimal meaning in living Life. In this way, living Life is less pain than committing suicide. In this way, Aztecs propitiated the gods by sacrificial slaughter of virgin maidens on the stone altar encased in socket milos. In this way, Christians propitiate God by sacrificial slaughter of viral Communists on the concrete altar of rocket silos.

Culture is the matrix of values, beliefs, attitudes and behaviors which guide, shape and force the individual brain (your parent) to compute emotions, thoughts and actions which conform to that culture's view of lower reality. Thus, a parent-enculturated Eskimo child learns cooperation with the clan so as to survive in the Arctic. A parent-enculturated American child learns competition against peers so as to survive in Scholastic Aptitude Tests, in college and in the job marketplace.

Culture determines whether your values -- and vision; and brain; and intelligence; and creativity -- chute back into contracting lower war reality or break free to out-grow your Mother's values and Father's values so as to soar enchantingly into the infinity of higher Universe reality. Into frontal lobes transcendence.

From this foundation understanding of how culture originates your values, slowly we are approaching the deepest understanding of all: What is a "value"? But because of the profound subtlety and slipperiness of the concept, we first best sharpen our tools of analysis so the specimen does not slither away in the tussle of dissection. The tools which dig down to the rock bottom of human knowing are the scientific method of inquiry (SMI) and the philosophic method of inquiry (PMI). By realizing the difference between them, you will be able to use each of them to dissect and analyze your own ultimate value of Self in order to escape cultural conformity and consciousness contraction.

Science Versus Philosophy

Earth is on the brink of self-destruction because competing cultures have not yet learned how to resolve their value polarizations, attitude collisions, judgment hates and behavior combats. Each massified individual within each culture and each nation is trapped in reptilian ego power plays against each other individual because no one knows how to think in terms which separate facts from values. No one routinely uses the scientific method of inquiry to prove a fact and the philosophic method of inquiry to persuade a value. Hence, planetary psychosis. Let us now outline the two routines.

Science is the method of inquiry by which a fact is proved. Philosophy is the method of inquiry by which a value is persuaded. A philosophic value is not a scientific fact.

A scientific fact is value-neutral; has no intrinsic value.

A scientific fact can be extrapolated toward a philosophic value by means of “speculation”: guessing (intuitively) what the next step might be.

A speculated “fact” may or may not be true. Future scientific experimentation will prove its truth or falsity. But in order to make some sense out of a jumble of unrelated facts, a speculated fact, or a series of speculated facts, must be guessed at in such way as to bridge all those isolated pieces of information into one unified system of scientific understanding and philosophic meaning.

Such a reasoning logic mechanism which draws together random data into a rigid, temporary explanation is called a heuristic device. The word comes from the Greek, *heurisko*: to find out. A heuristic device forms a tentative classification scaffolding. This scaffolding of guesses and assumptions holds all known facts in place like a stone arch until the key stone is discovered and inserted. Once the key stone is slotted, the heuristic device is removed. All the stones tighten. The fact arch now stands strongly by itself.

In creative scientific discovery, the heuristic structure holds all known facts in place in a logical system of inter-relations with unknown, intuited non-facts, half-facts, “factoids” and values so as to think-create an over-arching theory from which a new-experimentally testable hypothesis can be generated. With luck, the hypothesis and experiment discover the keystone fact.

This *Workbook* is a heuristic structure. It is based upon the theory that any and every self-motivated individual can learn brain self-control. From this theory, the prime hypothesis which has been generated is: You can self-transcend. The secondary hypothesis is: You can do self-therapy as a pre-requisite to self-transcendence -- without needing to pay an expensive psychiatrist. The two hypotheses are being tested parametrically and longitudinally via the science of self-experimentation; via all who now are pursuing the exercises in this *Workbook*.

You are part of a scientific experiment. You are doing science. You are helping de-mystify the 300-year secret of “doing science” by spreading the simple technique throughout the masses of ordinary folk.

The word science comes from the Latin, *scientia*; *scio*: to know. Science is the tightly coordinated system of “OH! I’M QER CoP”: Observation. Hypothesis. Instrumentation. Measurement. Quantification. Experimentation. Replication. Control. Prediction.

You also are part of a philosophic investigation. You are doing philosophy. You are helping de-mystify the 3000-year secret of “doing philosophy” by

contemplating the 6 values which contain all Life throughout Universe: Truth. Beauty. Goodness. Equality. Justice. Liberty.

The word philosophy comes from the Greek, *filios*: love of; *sofia*: wisdom.

Philosophy is the loosely coordinated system of values, assumptions, logics and persuasions (VALP). You start with a value-choice from a biologically felt need or a culturally demanded want. Your Life blunders through a chaos of unexamined value-choices. You next unconsciously link these values by means of equally unconscious assumptions which give them some sort of a pattern of meaning. Your unconscious assumptions are pre-determined by your culture. These assumptions come from abstract reasoning about the nature of reality (NoR), the nature of human nature (NoHN) and the nature of human motivation (NoHM). Without the hard scientific facts of hub neurology explaining how the human brain works, the diverging spokes of diverging philosophies using diverging logics try to explain the nature of reality, human nature and human motivation in ever more unreasonable and irrational words Words WORDS. Each incompatible logic -- West versus East; Christianity versus Communism; feminism versus patriarchy -- in final desperation, tries to fit its philosophic wheel of conflicting spokes together, but with no hub of science and no rim of provable cosmology.

Conversely, when the logic of how all these philosophic elements fit together is based upon scientific fact elements, chaos is created into order. Philosophic components can be tested scientifically in daily behavior by following the interdisciplinary science of Self experimentation, which is the content of this text. In this way, you discover not only the scientific facts of your brain behaviors, but the philosophic meanings of your brain behaviors. You discover a complete, true system: your Philosophy of Life (PoL). Thereafter, you pursue persuasion -- "agit/prop": agitation and propagandizement -- of others to notice, understand, accept, believe and follow your system; your Philosophy of Life.

For final juxtaposing, merely remember that science progresses by exact facts, rules and laws of cause. Philosophy progresses by inexact values, malleable recommendations ("Shoulds," "oughts" and "musts": "SOM") and hopes of cause (wishful thinking).

The king form of science is physics. Physics (Greek, *physis*: nature) is the codification of the ultimate rules of science as determined by the dispassionate, objective scientific method of inquiry. The queen form of philosophy is meta-physics. Meta-(beyond)-Physics ignores provable facts. Meta-physics claims to go beyond rigorous physics rules. Meta-physics does not state objectively provable facts, but states objectively unprovable, intuitive factoids, values and beliefs which are claimed to be subjectively provable. The fine difference between meta-physics and this *Workbook* is that meta-physics can give no objectively provable rules for brain self-control, self-therapy and self-transcendence. Neurology can. You are pursuing brain physics, not meta-physics.

Quiz: Physics Versus Meta-Physics

1. Is the subjective study of consciousness a physic or meta-physic? Which “should” it be? How can it be disciplined scientifically away from inexact, malleable intuition and toward absolute fact?
2. Review some of the “mind” enlightenment systems now being sold on the open consumer market. Analyze each metaphysic system down into its components and elements. Test which are scientific facts of neural reality and which are philosophic values of intuitive hopes and wish fulfillments.
3. When does a legitimate, credible philosophic value become an illegitimate incredible mumbo jumbo? How do you prove such?
4. What is the consequence to your life if you do not master the scientific and philosophic methods of inquiry so as to identify the facts from the values in any belief system, including this one? So as to discover new Life behaviors within your dormant brain?
5. At the interface between physics and metaphysics are the “psychics”: those theatric individuals who claim to have super communication, knowledge and power. Are they mutants or quacks? If Earth physics is, in fact, about to discover the next higher reality linking the 90% dormant human brain with other civilizations and intelligences throughout the galaxies, how can metaphysical physics be tested experimentally by physicists to prove, or disprove, their claims? If, as the psychics claim, cosmic truth radiates into each brain like a laser of white light, how does the prism of reptilian “ego warp” fracture that purity of fact into the pretty spectrum of factoid untruths? Give examples. What is the consequence to a student-follower who follows a “transcended master” who really is ego-warped? How can democratic self-transcendence transcend this historic problem of commercialized prophets monopolizing genetically innate transcendence? What consequence to 4,000,000,000 Earthlings?

Finally, What Is A “Value”?

A value is a usually unexamined, casual emotional ranking or feeling that something is true or false, right or wrong, good or bad, beautiful or ugly, moral or evil. Such a value choice can be contained within a material (gun), idea (love), behavior (kissing) or experience (killing). Each value is rooted in a biological, neurological or/and experiential function of the individual’s cultural Life.

When a value becomes a 100% emotional feeling of right or wrong it transforms into a belief. When a belief of absolute certainty is held by a group or population, it becomes a faith; an ideology. When such a belief system is welded into the unconscious behavior of a culture, each person who enters

that population -- by birth or by adult choice -- is forced, via the act of conformity, to obey, unquestioningly, that pattern of beliefs.

A value/belief can be analyzed by rational, logical dialog. The goodness or badness of that value/belief can be discussed against the ultimate moral standard of excellence: justice to pro-Life evolution; injustice by anti-Life devolution.

A value/belief may be scientifically right or wrong -- "The Earth is flat." "The moon is cheese." "Disease is cured better by healing hands than by penicillin."

Some values/beliefs cannot be measured and proved scientifically -- "This sunset is beautiful." "I have faith in Buddha/Jesus/Mohammed to create my Life perfectly." To repeat, a fact can be measured and proved scientifically. A value only can be persuaded.

If a value/belief is persuaded or proved to be wrong by the scientific method of validation and if a person still has that value/belief imprinted in his/her brain memory library from childhood enculturation, that wrong value/belief blocks part of the vastly dormant brain from genetically self-circuiting into demonstrable new brain powers. For example "Doctors own therapy." "Sex is dirty." "Profanity is invalid communication."

If negative values and beliefs are blocking your ability to do the exercises in this *Workbook*, you can unblock them by analyzing them down to their first principle elements, using the tools of the scientific method of inquiry and the philosophic method of inquiry, and then judging their rightness or wrongness. Your analysis will be successful if it is based upon the standard of excellence which, ultimately, is based upon the foundation of biological process: neurology, genetics, consciousness physics. For it is this over-arching biological process, currently being structured on the heuristic device of consciousness physics, which is giving hard evidence of the enormity of the human potential. Once the key stone of frontal lobes transcendence is in place within the American culture, more and more mutants will be able to demonstrate objectively -- and scientists will be able to measure quantitatively -- zero-time transmission of thought and eidetic sight, regardless of distance, with other planetary civilizations to receive infinite intelligence, understanding and being.

As you pursue your value analysis and belief dissection, you will uncover the fatal flaw in the American material value system. Any population which values material wealth above neural maturity will, subtly or grossly, destroy the pursuer of the latter. Any population whose value system and belief system ignores, diverts, mis-informs, blocks or forbids its children to self-release their own dormant brain powers, destroys intelligence; ultimately, will destroy itself.

In summary, if you want to release your own dormant brain powers and infinite intelligence -- if you want to transcend -- analyze the unconscious value system and belief system into which you were born. Analyze the values and

beliefs which your parents forced into you in the nursery. Analyze the values and beliefs which your peers forced into you on the street; the values and beliefs which institutions forced into you through school, work, military service and citizenship. Which were pro-brain? Which were anti-brain? Which pro-growth? Anti-growth? How were you “allowed” to grow up? Indeed, inventory your values and beliefs. For if you re-examine each value and belief which you have sucked up unquestioningly from the culture’s accepted wisdom into your brain since conception and birth and if you re-judge each either to be worth retaining or rejecting, you will clean out your deepest head garbage and reinforce your deepest integrity. You will liberate your functional brain and nurture your dormant tissues into action. You will change your negative attitude against this *Workbook* into positive. You will trust your self to grow you up. You will trust your brain to transcend your wrongly valued confusions, pains and fears. You will be a winner.

1. Itemize your value system and belief system. Place all your yes-values on one page, all no-values on another page. Re-analyze and judge which elements are worthy of retention and which are worthy of rejection. How, by what act of willpower, do you reject a value/belief which has become an automatic habit since childhood but which you now know is wrong?
2. Inventory your heuristic assumptions. How do they hold your value system and belief system together into a coherent logic? Re-analyze and judge which are worthy of retention and which are worthy of rejection. How, by what act of willpower, do you reject an assumption which has become an automatic habit since childhood but which you now analyze to be wrong?
3. Analyze each value against a standard of excellence. State your comprehensive standard of excellence: your Philosophy of Life.
4. When is a scientifically unprovable value a comfortable guide into unknown reality? When is it a hindrance or danger to living Life successfully?
5. How do values and beliefs separate ego-centric people from perfect cooperative communication people? U.S.A. from USSR? How can that separation be dissolved?
6. Are religious beliefs based upon scientific facts? How were the religious beliefs created within each of the 5000 religions which so far have existed on Earth? Which one is right? Which ones are wrong? How can you create for your Self a rational religious belief and faith in human evolution trending toward warless Earth and galactic confederation? How can you base this belief and faith upon scientific evidence?
7. What values and beliefs are holding you back from transcendence?
8. Design and demonstrate a logical method to expose conflicting and irrational values between two people. How should you dialog those conflicts rationally until consensus is achieved? When are you willing to

invest the enormous quantity and quality of time, energy and intelligence into such a dialog? When are you not so willing?

9. What happens when a person, a friend of yours, is ignorant of his/her value re-evaluation skill or refuses to use it reasonably? What is your communication value choice when confronted by such a person? What if that person is a fool? What is your value definition of a fool?
10. What happens when a person who holds an irrational or illogical value is boxed-in by your rational logic to see the inconsistency or lie? When does rational change happen and when does irrational, emotional temper tantrum happen? When does violence and kill happen? Why? How can temper tantrum be matured into rational change?
11. How can you integrate the value/belief/faith system of a very religious person with the scientifically empirical facts of how the human brain works?
12. What evidence do you have from history that religiously "holy" societies and cultures, based upon unscientific belief systems, still have not transcended the genetically innate killer ape in each leader's and citizen's brain?
13. How can an intuitively conceived belief system be verified to be true or false by setting up an experimentally testable hypothesis for each of its components and elements? Why is this a safe way to stay sane?
14. Inventory the available texts systematizing known belief systems. Analyze the similarities and contradictions between each. Which do you choose to believe? Which to disbelieve? Why?
15. How has this lesson helped you to trust your Self to transcend into your frontal lobes?

Lesson 58

Laughing

Laughter never has been a dominant human behavior before today's first affluent society because all individuals were caught in the too serious struggle of base economic survival. The daily exhaustion and worry about food, shelter, warmth, health and safety automatically triggers closed the child's laugh reflex. Wrestlers don't whinny. But today, if one can but ignore the supreme grotesquerie of ICBM nihilism, most Americans have food enough, shelter enough, warmth enough and health enough to accept an occasional chortle from the tube. And even to give one the next day during job coffee break.

Laugh is the neural grease which allows the brain parts to slide over each other with minimum grinding and conflict.

Laugh is the mysterious lubricant which eases the difficulty of understanding and controlling one's own dormant, friction-squeeling brain.

Laugh is the magical balm which releases repressed trauma memories and relieves the pain of discharging them through trauma drama.

Laughter has a negative, anti-love form and a positive, pro-love form. Negative laughter is the pratfall: reducing tension by giggling at an accident, to others or to Self. Negative laughter is retrogressive, ego-centered, reptilian, self-defensive and counter-attacking. Negative laughter is ridicule, anger, hate; anti-Life. It originates from neurosis and invites more neurosis. It originates from stress and causes more stress; more breakdown of the immune system; more disease; sooner death. Negative laughter is ego desperation, searching for a way out of the intuitively felt trap of repressed pain and meaninglessness in Life. Negative laughter cures nothing; causes rot.

Positive laughter is love discovery: transcending lower reality by yucking into a new understanding and vision of higher reality, for Self and for others. Positive laughter is progressive, egoless frontal lobes expansion. Positive laughter is respectful, affectionate, loving; pro-Life. It invites more self-therapy, more happiness, more effectiveness of the immune system, more health, sooner longevity. Positive laughter is ego maturation, discovering transcendence above confusions, pains and fears into meaningfilled Life freedom of vision and soaring of spirit. Positive laughter cures neurosis, disease and war.

Positive laughter starts with the intellectual understanding of its own innate existence and function, progresses through the philosophic acceptance of its own necessary value and attitude and terminates in the scientific proof of its own ultimate neural and cosmic power. Such positive hilarity only now is being researched systematically to demonstrate its endless new applications as a therapeutic force to cancer cure, to allow diseaseless health and to accept genetic longevity. It is another of the many occult frontiers opening into the 21st century of bewildering miracles as the 90% dormant human brain finally is mass busted out into complete neural potency for all -- if we but can transcend the ever-intensifying specter of insane atomic nullification.

Positive laughter loosens up neurotic cell connections in the brain and body so cosmic consciousness can deterge out entropies more effectively.

Positive laughter jiggles tense tissue in the brain and body into relaxed tonus so they better can perform their inter-communicating functions with each other, thereby increasing the efficiency of daily growth workings.

Positive laughter jolts languid organs within the brain and body into exciting merriment so they better can harmonize all emotions, thoughts, actions and spiritual meanings into the totality of the Good Life; the simple Life.

Good, simple, healthy, loving laughter with one's Self, with one's neurosis and with one's Life helps lubricate the motivation to do self-therapy, self trauma drama and self-transcendence.

Positive wit, humor and boffola disentangle repressed traumata and turn loose dormant brain circuits in three ways:

1. By focusing your attention on the goodness of being alive and on the foolishness of holding in your fecal head impaction of neurosis;
2. By reducing your stress and tension now that you know you are motivated to do the work of growing up and now that you know your finite neurosis is being dissolved systematically; and
3. By raising your expectations that one day soon you too shall transcend into the perpetual wit, humor, yippie and love of higher reality.

Laugh + Love = Growth.

Growth + Laugh + Love = Transcendence.

Transcendence + Growth + Laugh + Love = Divinity.

God laughs lots. At us laughless Earthlings.

1. Observe your two fingers. Make a play joke out of them. Two jokes. Three. A perpetual source of daily wits and cackles.

2. Observe two material objects in your room. Make a play joke out of them. Turn them inside out, upside down, front to back. Get a good jelly belly jiggle through them each day you touch their now revealed witchery.
3. Observe two abstract ideas in your head. Make a josh joke out of them. Get in the habit of seeing into the voodoo mystique of all abstract, overly serious, bombastic ideas in the gross society. Make a joke out of them. Make the sayers of those ideas see, lovingly, that they are a joke.
4. Observe two traumas in your neurosis. Make a child joke out of them. Lighten the bombast of your self trauma drama by seeing, lovingly, that your refusal to give up your neurosis is your biggest jape.
5. How do you now plan to blend laughter into your daily routines -- especially into those repeating episodes which, heretofore, were unlaughable? How do you propose to love up to tittering evaporation each of those entropies in formerly unlaughable interpersonal relationships?

Lesson 59

Release And Free Your Repressed Child Trauma Memories

Up to this point in your self-therapy we have been concentrating on picking apart the key adult and adolescent logs in your log jam of neurosis. Only secondarily have we referred to your child and infant traumata. First things first. Adult and adolescent negative memories must be purified before child icebergs will float up.

By now, you should have laundered out at least 51% of your adult and adolescent flashbacks of hurts. Accordingly, it is time to start flushing out your child blocks.

During the last months of uterine growth of the fetus, during the birth of the infant and during the first 6 months of external growth, the brain's ideation centers and speech centers are not yet connected to the limbic emotion system. These ideation and speech centers are located in the dominant left-hemisphere if you are right-handed. They add the power to conceptualize an experience and the power to apply speech to an experience. Thus, when your infant received a trauma, the memory of that trauma was felt without ideation content and without words. It was felt as pure, blind emotions. Since the experience could not then be solved by understanding, it became a totally ignorancing trauma. The trauma memory was stored in the hippocampus, located next to the amygdala in the limbic system.

After age 6 months, your ideation and speech centers genetically were connected to the limbic system. From then on, all your child experiences were understood with idea content and were expressed with words. Most hurting events could be understood and therefore did not become traumas. They became teaching/learning lessons. But those incidents which could not be understood by ideation and expressed satisfactorily by words became traumas which were repressed and stored in the temporal lobes of your temples for later processing. (Now.) When child got the idea that the stove was hot and expressed the idea with words -- "Ooch!"-- no repressed trauma occurred. Learning occurred. But if Mother said, "I love you," and then forced child's hand onto hot stove, catastrophic confusion trauma happened and was repressed in memory storage for later understanding and dissolution into wisdom experience.

All the exercises in this Section E are designed primarily to bring up to conscious awareness your repressed child trauma memories. Once risen, discharge the emotional pain of each as per self trauma drama.

At least 51% of your repressed child shock information storage bulk must be emancipated before proceeding to cure your final block to frontal lobes transcendence: your repressed infant trauma memories. If your sublimated infant psychological stress haunts are released prior to your repressed child trauma memories, your brain will break down. The overwhelming, unfocused, non-idea, non-verbal, unprepared pain of infancy can cause breakdown of the entire, orderly, age-regressing, self-healing brain mechanism. The breakdown of neurosis can go into psychosis: irrational, un-self-curable neural dysfunction. Thus, the genetically healthy brain automatically prohibits and prevents such pre-mature release until the 51st percentile of your child trauma release has been reached and discharged to neutral emotion. Your hippocampi will not open until your temporal lobes are drained of dominant entropy.

So concentrate now on your child confusions, pains and fears. Your child's inability to live Life happily is the next deeper root of your adult confusions, pains and fears about how to live Life. Let us now further unblock your stagnant adult intelligence, creativity and happiness automatically by going down to the taproot of your introverted child abrasion re-identifications. Let us release each in proper order and emotionally excrete each with trauma drama.

Start by skimming the cream off the top of your memory milk. Skim off those first memories of childhood aches which are in full, un-repressed awareness. After that, use all the prior exercises of dream analysis, suture tapping and focused mediation to get to the deeper flashbacks. Write a script for each trauma before doing the dramatic expurgation.

1. Do you have the courage and determination to re-live your past memories of child traumas? Why?
2. Inventory your emerging, comprehensive list of un-repressed, negative child memories. Do this on a special page in the special child section of your *Brain Journal*. Itemize your memories of physical, intellectual, emotional and spiritual agonies. Analyze how each of these wounds currently is blocking you from daily satisfaction, cooperation, intelligence, love, soulmating and happiness. List these un-repressed, normally remembered child wrenchings in random order. Then, number them in rank ordering from the most traumatic to the least traumatic. If you feel strong, emotionally discharge one of your most traumatic memories first through the self trauma drama method. But if you feel weak and overly threatened, then discharge the easiest one first and build your courage and determination by working up the list.
3. Review Lesson 28, "Script Writing." Write a script for each trauma. This will focus the details on paper so that you defensively do not skip over the most important facts. This also will encourage your memory library to bubble-up unsuspected, unscripted new details which you never knew were integrated into that episode. Act-out each trauma drama from Act-I through Act-V. Record each disease-to-cure package in your *Journal* and

discuss with your co-therapy family. What new insight does such discussion uncover?

4. Do not allow your Self to get overly emotional during the first few trauma dramas because you may overwhelm your child, cause breakdown of further communication and double your defenses against the next revelations. Back into the cold water of painful memories slowly. Don't dive in. Build your strength and skill of withstanding pain slowly and surely. Toughen your power of confronting repressed pain with routine bravery and joy. Evolve the attitude of joy from knowing that once this bound energy of neurosis is turned into free energy, it will cumulate through your temporal lobes and release still more repressed child trauma memories to excretion and satisfaction. Later, it will cumulate through your hippocampi, release your repressed infant trauma memories and then, finally, go through your amygdalae to click into your dormant frontal lobes: transcendence.
5. Complete Act-I through Act-V of trauma drama until bored. Then repeat again, just to make sure.
6. What personalized techniques have you invented so far to discover your next list of repressed child trauma memories? What results have you gotten?
7. What is the "Oedipal/Electra complex"? How does it relate to your repressed child trauma memories? How does it relate to endorphin-bonding?
8. What is your child ego? How does it differ from your adult ego? How does it shape your adult ego? How can your adult ego and child ego be coordinated and enwisened to use the energy of perfect reptilian ego behavior for improved survival and transcendence? How can coordinated adult and child ego be matured to accelerate perfect frontal lobes transcendence into egolessness?
9. How comprehensively do you do these lessons by writing them down in your intensive growth *Brain Journal*? Describe the philosophic and scientific mechanisms by which your child's ego defenses persuade your adult to not write down a comprehensive analysis of those defenses -- to only speak them -- so as to prevent their being visibly and irrevocably documented as first step toward dismantling.
10. Describe your willpower. What part does the power of your will play in this systematic process of backing down through your adult, adolescent and child defenses so as to get at the final trigger of your hippocampus? How can you increase your willpower and drive to complete this process of growing up?
11. Describe your love of Life. Describe the portion which still is rooted in your childhood. Describe your child's love of Life from birth onward. What part

does genetic curiosity, imagination and playfulness (CIP) occupy in your child's love of Life? What part does genetic sensitivity, wonder, awe, spontaneity and enthusiasm (SWASE) play in your child's love of Life? How have these neurally innate qualities been soured, acidified and corroded by American culture? Have your "CIP/SWASE" been killed?

12. How can you re-birth and re-build your original uninhibited child ecstasy? What is the relation of this re-building to your self-therapy?
13. What is meaning in Life? What is the meaning to you of releasing and discharging your repressed child impairment memory traces? What is the larger meaning which awaits after you complete the process? Describe, in full phantasie. How does this increase your motivation to do the work of child self-therapy in a systematic, efficient, daily regimen? How long do you propose to follow this self-created regimen? What is the consequence if you do not?
14. What new spontaneity and enthusiasm for your Self do you feel as a result of this lesson? What new doorway into understanding your Self has this lesson given you?
15. How does unyolking and freeing your repressed child traumata make you be a more delightful person to be around?

SECTION F

Advanced Understanding And Control Of Brain

If you are interested in the larger macro context which makes possible the functioning of your micro brain, you also might be interested in creating for your Self a new money-making career: 21st century cosmologist. The advanced techniques of brain self-control soon shall be demanded by learners around the planet who choose to mutate into their own dormancies so as to expand their intelligences and communications out through cosmos. They will need teachers to get them started. The following comprehensions and procedures will give you leadership over that market.

But at this stage of your growth, you now are concerned only with getting your first proof that frontal lobes transcendence does, in fact, exist. The following facts and skills will accelerate that discovery.

Lesson 60

Universe

Once upon a time, not too long ago, a sacred child clumbered up to the crest of a shimmering mountain. It was a magic mountain. All the clouds were down in the vallies. Those fluffs grinned to the sunshine on their silver top sides while growling and raining lightning to most people from their swart under sides. Lazily, the sun yawned and began to undress and get ready for bed. Your Child was not scared. All the chipmunks and rabbits and a faun and 3 elk came up and kissed you on the cheek and assured you they were vegetarians. You belly-giggled and sat on a soft, bouncy boulder as they each went down to their cozy homes to have standard wilderness mushroom soup and kinnikinnik (it spells backward) berry casserole and tickled lichen dessert and to watch telepathic love tee vee.

Now you were alone. All alone at the top of the world. You did not even think anything about being fraid. You just smiled and faced the west horizon and watched tired Old Teacher sun set behind the summer snow shouldered Great Divide. All kinds of ooohs and ahhs silently squeeked up during the color show over the 50,000 square mile Earth circle. It started in the framing clouds. Flaming scarlets. Slowly, it swirled the pulsing skydome into luscious oranges. To Vulcan forge red. To cool hott-iron red. To cosmic royal purple.

Finally, blue-black.

Then sizzled.

Shooting star.

Then more. And more. And more.

The magic show continued all night. There were whirling galaxies zipping your haircut and blasting novas kissing love down your nose and singing planets inviting duets and breathing pulsars tingling enthrallments and eerie weerie black holes. Tunnels into reincarnation. You saw and understood each of them. They were your Brothers and Sisters. For after all, did not your own atoms and molecules and energies once come from a very specific star?

Your body did not move during this entire wonder.

Suddenly, you felt heat on the back of your neck!

Somebody creeped up on you with warm exhaling!!

You turned on your milk quartz throne. Gazed east. Dawn Child birthing out of the Great Creation Plains.

You too were re-born.

And in so relating your Child to the first and final reality of Universe, s/he trusts you. One more time.

One more time your child trusts your adult to not again injure his/her long ago wounded soul. Child relaxes from that perpetual cringe posture of neurosis and fully comes out of concealment. Tall. When big you plays with bigger Universe, little you feels reassured. Your little spasms of soul searchings and panicks of prickly pains are seen to be little; are seen to be soothed by the enormity of terminal celestial magnificence. Your repressed child trauma memories are understood to be proportionate to your original and last reality: the stars.

So. As soon as you can, take your kid back up to that mountaintop. Do kid talk together, in love. Play kid play together, in love. Joke kid jokes together, in adoration. Explain things to him/her. Everything. "See all those winking holes up there? Don't try to understand what they are yet or how they got there or why they make you feel goosebumpy and yummie. Just accept them. Just accept the goodness of them and you -- of us -- together. Feel your feelings flowing out to them. Feel their feelings flowing down to you. Feel your feelings become One with them. It's a prayer. A religious experience. Do this for a few minutes each night before you go to sleep, for the rest of your Life. Even in the city. It will nudge your hunnie dreams up behind those clusters of blinkie pippis."

The ultimate reality of Life is Universe. This macro reality creates the micro reality of your atoms, energies and brain. Trust your Self to exist lovingly within such a beginning and ending context. From that trust, you now can watch the circular river of consciousness as it surges from stellar awareness down into your newborn brain to produce infant emotions and thoughts. As you grow and learn and become comprehending Earth Child, watch cosmic consciousness with your eidetic third eye when it splashes back out your frontals to bathe the zodiac.

Remember?

As infant you were born purely. Neurally. Unblocked. You perceived -- and understood -- the Universe language: cosmic perception. Cosmic communication. Then, cultural conditioning blocked this natural fluency. Your idea-grasping and word-explaining child now shall re-open this spherical ocean to, again, one last time, receive cosmic intelligence. Cosmic love. Energy/entropy/synergy physics is the first principle of Universe. Energy is the force of growth/expansion/Life. Entropy is the force of conformity/retrogression/death. Synergy is the surprize gift of ordinary energy chain-reacting out to infinity and eternity.

The cosmic egg, according to cosmological physicists, was layed 20,000,000,000 years ago. It was over ripe. It exploded. It splattered. The gunk expanded and coagulated into 100,000,000,000 galaxies. Each galaxy contains 100,000,000,000 stars. Most stars have coagulated residual space dust to form circling planets. Some support Life. Some are civilized.

When this era's energy expansion reaches its furthest limit, entropy will exert itself. All the galaxies will contract back into a black hole. GodHen anus. Enema. Another egg will get pooped out. Jehovah's bowel movement.

Your Life is an anti-entropy energy system. But not yet a synergy system. Understand your Self within the context of Universe and you will discover your innate synergy: $1 + 1 = 11$. Waiting in your dormant brain cells, tissues and organs. Teach this to your ecstasy-shivering child and the two of you will start to do self-therapy as a kid game. A synergy kid frolick. Understand your child's constricted Life, entropic Life, within the context of cultural conformity, competitive society, untranscended family and your own personal confusion and you will release the synergic human potential which surpasses them all; which "surpasseth all understanding."

Re-start your infantile growth back out through pure neuronal freedom to kozmos. Be re-born: a star.

Do you believe this? Do you believe your Self as interstellar soul? As you sluice back and forth between your child's sighings and your adult's smilings, contemplate Universe. And while pondering, play with the following questions. Since you are going to rollick the star game for the remainder of your Life, don't hurry. Don't feel you have to answer all the puzzles right now. This is not a school exam. You do not have to worry about a pass/fail grade. You will pass. In Life. Synergically.

As you grow older and wiser -- toward hyper being -- you will go deeper and higher into each question and suggestion. But for now, and through all the approaching lessons, merely skip around and dip into this paradisaical picnic, nibbling bits and pieces of exuberant seductions and succulent meanings here and there. The guided instructions are arranged in a gradient from simpler to harder. See how deep/high you can go this year. Next year you will probe and reveal further. The year after, you will go all the way: To perfect, surpassed understanding. To satisfied intelligence. To peace filled rapture. To cosmic transcendence. To Universe. To nirvana.

1. Lay on your back at night away from city light pollution. Hopefully, on the crest of a mountain under the full awe and mystery and magic of the crystal clear, touchable star ceiling. Ask: "Why?" Answer. Allow your repressed tears to flow.
2. Feel the emotional full wash of the adventure. Allow your chirpy child emotions to lead your dusty adult intelligence. Spiral with your emotions

out into the full sensitivity and wonder of it all, just like you did when you were very young and unknowing of the conformist dictum that “Such is not permitted!” While gazing, what memories rise from childhood when you felt the unbroken hoodoo of the stars and Life? Did you know then -- do you know now -- the “Universal Language”?

3. Within the enfolding love womb of Universe, who are you? What is your emotional identity within your home galaxy? Within your neighborhood solar system? Within your family planet? Within your awe-ing Self?
4. Contemplate the star clusters. Drift back and forth until you feel a subtle, gentle magnetic pull from one. Skim back and forth between the stars in that constellation until you feel a stronger magnetic attraction toward one. This is your Motherstar. Reveal its name. Welcome home again. Expand your consciousness out there. Contract its consciousness down to you. Now expand wide-beam consciousness out again; this time to the size of the entire constellation; to the size of the entire galaxy; to the size of the total Universe. Contract narrow-beam consciousness down to you; all Universe consciousness contracted down to narrow laser needle, down into your brain; down into your frontal lobes; down into one neuron; down into one molecule; one atom. Expand wide again. Contract narrow. Expand and contract and expand and contract and expand like a slow slow paddleball on a rubber belief string. Receive cosmic energy from your maternal stellar womb. Ma’s love womb. Crawl into it as you crawl into your sleeping bag. Flow off together into frontal lobes dreams.
5. What is consciousness? Indeed, what is it?
6. From your expansion into omnipotence and omniscience, now you can answer: What is intelligence? Why is intelligence? How is cosmic intelligence? What, now, is your emotional feeling about the relation between cosmic intelligence and your blossoming personal intelligence? Your social intelligence?
7. Now that you have chopped your cultural conformity -- how you are “supposed” to react to these questions -- what is an emotion?
8. While cascading out into the speckle sprayed heavens, what is a thought?
9. From your religious perspective within the absolute, what is the relation between an emotion and a thought? What is the relation between each of your emotions and that absolute Universe? What is the relation between each of your now thoughts and the first cause of all thoughts?
10. What is a fact? What is a value? What is a Universal fact? What is a Universal value? How does each help you integrate your original birthright of infant/child consciousness back out into your cosmic connection?

11. What is the scientific method of inquiry? What is the philosophic method of inquiry? What is the difference between them? What is the unity between them? What is the relation between each and Universe? How does a Universe planet intelligence communicate through scientific and philosophic modes directly into your precision brain?
12. Can you prove -- intellectually, objectively and scientifically -- that you are in direct communication with a cosmic intelligence?
13. Is there a God? Describe it. Why?
14. Einstein postulates, heuristically, the speed limit of Universe: Nothing can go faster than the speed of light; 186,000 miles per second. Thus, it takes millions of light-years for galaxy glows to reach your eyes atop your clear visioned mountain. But consciousness physics postulates, heuristically, that Einstein's speed limit can be exceeded without some cranky cop blowing his siren: Consciousness travels in zero-time, regardless of distance. What does this suggest about 21st century inter-galactic communication? About out-of-body astral travel? Do you believe that those possibilities are real? Can you yet do one or both? Do you plan to objectively demonstrate one or both by becoming a 21st century mutant?
15. Night Child Play Game: "Hello hellow you down there about to go to sleep. This is Universe speaking all of us through one voice. Through your vibrating frontal lobes. Do you hear us loud and clear -- without being labeled 'schizophrenic'?" "Hello hellow Universe up there. Yes, I hear you. And I'm just normal little old/young me. I love you. Do you love me?" This lyric swirl transcends your neurotic ego before sleep and opens your dormant brain circuits to receive advanced dreams communicating advanced intelligence.

Lesson 61

Energy / Entropy / Synergy / Physics

If you are interested in going down/up to the absolute first principles of the philosophic meaning within your Self/Life, physics is the tool to get there. By learning high school physics, you understand the mechanical context of your body and environment within which your brain functions. You understand the laws of leverages, optics, mechanics, sound, chemistry, motion and measurement upon which your body -- and cultural technology -- functions. By so comprehending these support mechanisms which nurture and encourage your neurons to feel and think progressively, you can invent methods which control those secondary machines so as to accelerate the growth of your primary engine: your 90% dormant brain.

By learning college physics, you understand the molecular, atomic, sub-atomic and consciousness energy context within which your brain is evolving out to Universe infinity and eternity. You understand the laws of genetic transmutation which control your brain-body growing into total cosmic power. By so knowing, you can invent methods which accelerate this primary energy process.

Entropy is death. Energy is Life. Entropy sucks energy. Energy fights entropy. Energy is merely temporary anti-entropy power, eventually getting sucked down to exhaustion, deflation and death – unless synergy is discovered.

Transcendence rises above exhaustion, deflation and death. Transcendence escapes the constant gravitational pull of entropy: the constant gravitational pull of competitive consciousness in entropy people and entropy events sucking down your daily in-flow ration of decreasing cosmic consciousness. Transcendence is synergy.

Your daily struggle of Life is to avoid, defend your Self against and to escape from the entropy people and social situations which suck your carefully grown and precious hoarded daily energy down to their spiritual death.

Energy/entropy/synergy physics has not yet been invented because no one, yet, has invented the instrument to measure and quantify consciousness energy and consciousness entropy. Thus this pregnant science still is at the theoretical stage. Consciousness physics still is at the point of Columbus provisioning his ships in Spain; of Fermi scribbling numbers on paper; of Oppenheimer walking around the empty sagebrush flats of the Los Alamos desert. Shall you be the Columbus/Fermi/ Oppenheimer who scientifically liberates the planetary brainbomb?

To do so, the now emerging laws of synergy shall accelerate the chain-reaction of human knowledge and Earth power so overwhelmingly as to make the old timely uranium and plutonium chain-reactions of atomic physics seem like kid play belches.

Synergy is the magic of consciousness physics.

Synergy is the stupefying mass-multiplication of a single unit of ordinary energy into an endlessly branching chain-reaction creating new energies – each of which can be synergized.

Synergy is $1 + 1 = 11,$

then, $1 + 1 = 11$
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 $1 + 1 = 11$
 $1 + 1 = 11,$

then:

$11 + 11 = 1,111$
 $11 + 11 = 1,111$
 $11 + 11 = 1,111.....$

Once the final mystery of 21st century science is discovered and demonstrated wherein primary consciousness creates secondary space, time energy and matter, all Earthy problems will be solved: war, over-population famine, disease, competitive entropy, industrial power, ego, meaninglessness, brain dormancy, death.

1. Describe your regimen for shaping your energy growth each day via proper sleep and proper use of your morning pre-conscious reverie. How can you nudge this into synergy?
2. Describe your regimen for expanding your cosmic consciousness energy growth each morning into energetic bed learning and synergetic creative production. Why are these vital to perfecting your neurophysiological functioning of your triune brain?
3. Inventory the people and social obligations of your daily Life along a gradient of energy-entropy-synergy reactions.

4. Inventory your increasing nurturance and acceleration program to increase contact efficiency with energy people and social interactions to discover unsuspected synergy relationships. Where, at what geographical point and place, do such mutants in-gather?
5. Describe the systematic, genetically encoded steps by which you deteriorate into “brain energy collapse,” “computer collapse,” after exposure to, and infection from, an overwhelming entropy source. Describe your progressive symptoms of retrogressively rot: physically, intellectually, emotionally, spiritually. Describe your twanggg-back cure.
6. Describe your reptilian brain self-defense and counter-attack strategies and tactics against entropy people and experiences. How now shall you create your moral fortress home? How, coon, shall you earn your necessary job money without simultaneously sucking death entropy?
7. Which daily absorbtion of spirit-poisoning entropy can you not avoid or eliminate from your purechild Life? Which can you avoid and eliminate? How? What is your kid’s response?
8. Describe your daily regimen of self-therapy to purge emotion-poisoning and thought-poisoning entropies, to heal your broken circuits between your reptile brain, mammal brain, primate brain and frontal lobes so as to re-start natural computations of cosmic intelligence into social intelligence. Into synergy intelligence. What special numm nummm foods and flookey musics and soothing entertainments and silent healing do you save and use only during computer collapse?
9. Describe your random chance moments when your brain temporarily clicks your amygdala into your frontal lobes and causes synergistic transcendence above the clouds of lowly Earthly entropies. How can you cause these moments to happen more frequently? Permanently?
10. Describe your feelings and knowings of utter, crushing boredom with entropy “friends” whom you have outgrown. Whatcha gunna doo bouttittt?
11. Are your parents a source of constant energy or entropy? From this perspective, how should you adjust your relationship to them?
12. Describe a time when you felt utter crushing boredom and loneliness and lovelessness and meaninglessness with your Self and with Life. This is what untranscended Old Age feels like, permanently. What are you going to do to remove this accelerating cancerous entropy from your brain while you still have time to do so? While you still are young enough and energetic enough to desire to do so?
13. How have the ideas of this lesson already changed your Life?

14. Invent a formal Energy/Entropy/synergy Physics.
15. Invent a consciousness meter. (Hint: It is ridiculously simple. Non-electronic. No wires or gadget components. A simple material coil hanging free on a string to rotate with a pointer to indicate a gradient of + and – values scribbled on a flat, stationery piece of paper. You do not need to have a college degree in electrical engineering to do it. Rather, an “uneducated,” uncluttered person is the better discoverer.)

Lesson 62

Consciousness Physics

Let us review and summarize to understanding the ultimate relationship of everything to everything.

The one and only uncaused reality is consciousness.

The first cause which causes all other secondary causes is consciousness.

Consciousness creates Universe.

Consciousness creates space, time, energy and matter: "C-STEM."

Consciousness creates sub-atomic particles which are guided into the formation of atoms, molecules, genes, brains, pussycats and galaxies.

Cosmic consciousness is the carrier wave which carries cosmic intelligence.

Cosmic intelligence creates your unhappiness or happiness. Immature understanding of cosmic consciousness and cosmic intelligence, caused by cultural ignorance and parental mis-education, causes the human individual to keep the amygdala clicked backward into the reptile brain, thereby re-computing cosmic consciousness into competitive consciousness, self-defensive behaviors and counter-attacking behaviors. Unhappiness.

Mature understanding of cosmic consciousness and cosmic intelligence, caused by random chance mutation and self-willed, self-studied growing up, causes the individual to click the amygdala forward into frontal lobes, thereby re-computing cosmic consciousness into cooperative consciousness and social intelligence, terminating in Life-loving and society-transcending genius behaviors.

The goal of maturation and happiness is achieved by understanding one's own blocked flow of cosmic consciousness so as to invent personally unique ways to release and expand it.

External material wealth -- home, car, TV, fancy foods, complex entertainments -- inexorably becomes boring and meaningless if your internal, subtle consciousness deteriorates into competitiveness and rots into devolution.

Individual material wealth -- home, car, TV, fancy foods, complex entertainments -- inexorably becomes boring and meaningless if your internal,

subtle consciousness deteriorates into competitiveness and rots into devolution.

Individual freedom becomes meaningless and insane if your genetically driven, irresistible, pitiless consciousness does not re-compute into cooperativeness and evolve into your dormant frontal lobes.

Understanding what cosmic consciousness is causes you, scientifically, to self-control its re-computation within your brain so as to guide it into maximum cooperativeness; into maximum emotion-production and thought-production; into frontal lobes transcendence.

Cosmic consciousness is God's consciousness. There is no conflict between science and religion; between evolutionists and creationists. Cosmic consciousness is universal. It is everywhere. It is spread evenly throughout the Universe like an omnipotent and omniscient air. It is a hologram. One piece of cosmic consciousness reproduces the entire Universe of space, time, energy, matter and intelligence.

Cosmic consciousness is the transmission substance which carries cosmic intelligence, just like a radio carrier wave carries the super-imposed sound wave. Cosmic intelligence creates genetic intelligence which creates de-oxy-ribo-nucleic acid (DNA) which creates Ma's ovum and Pa's sperm, which creates you: your personal intelligence.

Personal intelligence learns and grows through dormant brain circuits until it perceives, understands and communicates with the genetic intelligence and cosmic intelligence which formed personal intelligence.

Cosmic consciousness -- carrying the supplementary wave of cosmic intelligence -- enters the back base of your brain in the reticular activating formation in your reptile brain. This is the patch of tissue which is the brain's first on/off click-switch. It clicks your consciousness on and off during sleep, fainting, coma and hospital anesthesia. And death.

Once cosmic consciousness enters your brain, it is clicked forward by evolutionary chance into your mammal brain where the mutation-causing amygdala next clicks it forward partially into the cortex and attempts to click it forward partially into the cortex and attempts to click it forward into the frontal lobes to compute just a tiny bit of cosmic perception and communication, thereby motivating you to teach your Self to click the amygdala more strongly and fully forward one more time into full frontal lobes use so as to complete your cosmic circuit into personal maturity.

A "valence" is the + or - charge of electro-consciousness energy which determines if this secondary neural energy is to move toward a corresponding negative or positive direction. Cosmic consciousness enters your brain in neutral valence. It is neither positive or negative. It chooses to drive neither toward evolution or toward devolution. It chooses to drive neither toward

cooperative consciousness (+ valence) or toward competitive consciousness (- valence). It cares neither whether you use it to evolve or devolve. It is neutral about your fate. It lets you make the choice. Democratically. Life or death. Natural selection. Survival of the fittest.

When cosmic consciousness enters your brain in neutral valence, you choose (unconsciously or consciously) either to click it backward into your reptile brain to be re-computed into automatic competitive cooperative consciousness terminating in automatic, genetically encoded family defense and cooperative community defense behaviors; into family and community love behaviors. You do not, yet, click it still further forward into your napping frontal lobes to discover conducts beyond defensiveness and limited loves: trending toward unlimited cosmic love.

There are three click-switches within three decision-making centers within the triune brain. The reticular activating formation is the first click-switch in the reptilian brain. The amygdala in the limbic system is the second click-switch in the mammal brain. A still unidentified third click-switch is in the frontal lobes of the primate brain.

The click-switch in the decision-making center of your reticular activating formation makes the first decision of whether or not you shall continue to evolve; whether or not you shall devolve. This decision partly was, and continues to be, determined by random chance. Through evolution, your genetic code alone determined whether or not your ancestors had enough of the right stuff to survive. Obviously, they did. They passed on to all your grand parents, your parents and to you the motivation to make the right decisions to continue clicking consciousness forward. Thus do you persevere, blindly, on the supreme escalator -- survival of the fittest -- clicking your consciousness forward, cell by cell, tissue by tissue, organ by organ.

Cultural conditioning is the way other people -- parents, schools, political institutions -- force you to re-compute consciousness into thought so you see reality either with higher or lower vision; force you to accept or reject your automatic genetic drive and unlimited brain potential; force you to click your click-switches either toward or away from your frontal lobes during this final moment of evolution.

Cultural conditioning forces you to click off at least 90% of your brain power.

Cultural conditioning, at best, forces you to click your click-switch in your reticular activating formation forward into your mammal brain so as to compute your incoming cosmic consciousness into at least 50% positive valenced cooperative consciousness. This motivates you, at least, to create babies, a supportive family and a reasonably unisonant community.

If culture breaks down into civil disobedience and forces you to create babies, but without forcing you to build a supportive family and a friendly community, the family and community will break down. The babies will grow into self-

sucking, material-sucking, anti-social citizens. The non-transcending culture eventually will destroy itself from within.

Cultural conditioning has forced us to survive this far. It has forced each individual to click his/her click-switch in the mammalian brain -- the amygdala - - forward into the primate brain. But only partially. Not yet fully into the frontal lobes.

Planetary culture has broken down. It forces you to compute cosmic consciousness and cosmic intelligence through your primate brain, but minus your frontal lobes. You participate obediently within this primate civilization which has invented as its supreme genius the technology of thermonuclear rockets but which has not yet invented a morality which outgrows the simultaneous reptilian need for war and planetary suicide.

Current cultural conditioning has the final reserve mortal alternative of teaching each parent and child to move neutral valenced cosmic consciousness -- with its carried cosmic intelligence -- still further forward. If such cultural teaching occurs, this forward movement will cause stagnant evolution to progress, finally, into the dormant frontal lobes of all. Evolution will re-start and re-progress into higher and higher computations of cooperative consciousness, cooperative values, cooperative attitudes, cooperative judgments and cooperative behaviors for all. Into transcended morality for all.

Whenever this natural, genetic, neural progression of cosmic consciousness into the cataleptic frontal lobes is blocked and stopped, the brain is shocked and, defensively, shunts consciousness backward. The brain is like a slow, forward-moving freight train which suddenly hits a mountain. The jolt ripples backward through its string of empty freight cars. The attacked, stopped, shocked civilized primate brain today blatantly is switching cosmic consciousness backward into the reptilian brain to be re-computed into competitive consciousness: into terminal self-defense and counter-attack behaviors. The mass brain of civilization today is commanding muscles to react with hostility, aggression, violence and the final crime of war. The paramount insanity is the assumption that a nuclear war is winnable.

Obsolete modern cultural conditioning blocks all humanoids from learning proper neurology so as to self-click the amygdala fully forward into the dormant frontal lobes and whole brain power.

Non-conformity to modern cultural conditioning -- counter culture -- is the first step toward accepting one's innate genetic values, attitudes, self-judgments and behaviors which click the amygdala forward so as to propel consciousness forward into the evolving frontal lobes. Once the frontal lobes transcendence phenomenon is experienced as a direct mystic revelation, then, and only then, can one master the skill of simultaneously clicking consciousness forward and backward: simultaneously living in cosmic intelligence while defending one's Self and society against those cultural,

governmental, bureaucratic killer apes dedicated to preventing all people from so evolving.

But first things first. To be a consciousness physicist, you first must master the skill of controlling your own amygdala click-switch to release your own frontal lobes. Then you will master the skill of clicking it forward and backward simultaneously to compute cosmic consciousness into frontal lobes holiness and into reptilian self-defensiveness with no ethical conflict.

Paradox. This trick of consciously and skillfully driving your skull motor concurrently forward and backward is what creates the creative genius. When it is done unconsciously and unskillfully by conflicting cultural beliefs and genetic drives, the individual does not have 100% self-confidence in what s/he has discovered. Cultural conformity can persuade you that you are neurotic, psychotic, for stumbling upon this larger truth of existence. You go nuts. They giggle with glee because now they can lock you, genius, up in the nut house. And just to be on the safe side, they give you a fancy name which guarantees to stop your mutation: "schizophrenia."

The amygdala is a 6-power click-switch. It can click forward into the frontal lobes and backward into the reptile brain; singly, or into both at the same time. It can click into left-hemisphere and right-hemisphere; singly, or into both at the same time. It can click into 6 sections of the human triune brain; singly, or into 2, 3, 4, 5 or 6 computers simultaneously. The objective proof of this functioning is in the subjective production of genius emotions and thoughts and objective good works.

By understanding and controlling the 3 decision-making centers in the 3 brains of your triune brain, you pick and choose into which brain hemisphere you shall advance your daily in-flow of neutral valenced cosmic consciousness. You defend your self with 100% creative efficiency during the transition period from limited personal intelligence to unlimited cosmic intelligence; during the transition moment from today's dying war society to tomorrow's peace society. You expand your consciousness with emerging neural technology into the infinity of perceptions, communications and powers.

Start consciousness physics simply. Merely learn to click your own amygdala and consciousness into perfect daily balance during morning wakeup so that you feel perfect daily happiness as you grow progressively toward ripe neural greatness.

1. Do you believe the Universe is created and controlled by cosmic consciousness? Why? How does this relate to God?
2. Can you identify cosmic consciousness entering your brain in morning pre-conscious reverie through your reticular activating formation? Through your frontal lobes during meditation? Describe.

3. Can you identify cosmic consciousness flowing through and being re-computed within your reptile brain? Mammal brain? Primate brain? Frontal lobes? Through each hemisphere of each brain? Describe.
4. Can you feel neurotic blocks in parts of your brain which slow down or stop the natural glide of cosmic consciousness forward toward your frontal lobes? Can you feel the desperate re-computations which occur at each of these block points? Describe.
5. What regimen have you invented to remove one specific block as a disciplined experiment to better learn this lesson? What improvement of emotion and thought computation have you observed after this experiment?
6. Have you ever felt a click in your amygdala just before it starts shunting energy forward into your primate brain; frontal lobes? Backward into your reptile brain? What caused soft, gooshy meat to click metallically? Can you replicate it at will? Does the noise bother your neighbors?
7. Draw a schematic diagram of how consciousness is bounced like in a pinball machine and re-computed between the blocks at various neurophysiological points in your brain.
8. Describe how competitive consciousness is computed to warp cosmic love into deceitful interpersonal “love” of self-defensiveness and counter-attacking against the “beloved.” Against whom is the defensive “lover” really counter-attacking? What is the relation of such counter-attacking and the endorphin-caused instinct to remain neurotically bonded to Mother? To Father? To breed babies as a substitute against growing up?
9. How can pure cosmic consciousness be accepted purely in morning pre-conscious reverie to compute genius thought which teaches others how to do the same? Describe. Demonstrate. What happens to the flow of cosmic consciousness and cosmic intelligence if it is not ultimately focused on transmitting social intelligence into the entire planet population? What happens if cosmic intelligence is sucked by ego only for Self?
10. Cosmic consciousness is teaching/learning energy. If so, what is the limit of your intelligence/understanding/knowing?

Lesson 63

Love Physics

The energy, entropy or/and synergy between you and members of your family can be measured, graphed and used to predict growth (or decay) of each family member. By using the science of self-experimentation, you can quantify the success or failure of your interpersonal love communications so as to predict the probability of frontal lobes transcendence. From such prediction, you can adjust your relationship with each other beloved in order to minimize entropy exchange and to maximize energy exchange. This will guarantee your final discovery of love synergy.

The soul of an atom is love. The cosmic consciousness which creates matter into sub-atomic particles and atoms is pure cosmic love. It must be, otherwise Life would not exist and evolve. Evolutionary pain and evil merely are products of not understanding this foundation Universe dynamic; are stimuli forcing mutants to so understand. For by learning the love physics rules and measurements at the center of all material reality – including limited energy people – you can manipulate that reality, cooperatively, to discover the unlimited synergies of Universe.

From such discovery, you can control your own brain to generate a perfect Life of perfect happiness.

1. Using the -10/0+10 scale of the “Self Diagnosis Graph,” Lesson 48, measure the energy/entropy relationship between you and each member of your biological family. Of your emotional/spiritual family. Of secondary and tertiary beloveds. Form a “sociogram” matrix which shows at a glance the energy flows and entropy sucks between all individuals.
2. Invite all members of the family to draw up their own subjective “energy/entropy sociograms” before examining yours. Review all end measurements. Debate inconsistencies. Re-calibrate erroneous judgments after disputation and compromise. Create your final precision sociogram.
3. From the data given by this tool, what adjustments of interpersonal behaviors and relationships are you shocked into pursuing?
4. From the power of this tool, what experiments of interpersonal improvements and growths shall you pursue to discover higher synergies of perception intelligence and communication?

5. From these love physics synergies, how does the very nature, purpose and meaning of your family change? Dare you live Life without such a synergistic family?

Lesson 64

Measuring Emotional Age

Each brain automatically chooses a homeostasis balance point of emotional satisfaction where one's neurosis is most comfortable; is least threatened. This emotional age is selected mechanically to make possible day-to-day living and functioning within a society of similarly neuroticized individuals.

Emotional age is the 3-way balance teeter totter between physical energy, intellectual growth and spiritual expectations. It is the vector at which energies and entropies equal each other so the individual can struggle reasonably well through each day's work and communication.

Emotional age is the level at which your past, unresolved neurotic needs are soothed into seeing which future goals are obtainable realistically so as to settle down into acceptable dailyness. It is the level of Life meaning which is above suicide but below transcendence (which is ageless).

Emotional age is the personality efficiency within which you can function relatively smoothly while doing self-therapy in order to avoid the destructive disruption of manic-depressive mood swings. It is the way you control your Self to remain within disciplined limits so you can plod on each day, doing your brain washings until such rigidity is rendered moot.

After frontal lobes transcendence, an unneurotic emotional age is chosen each morning upon awakening just as one chooses that day's suit of clothes. The emotional age is selected in bed as a play game to give unique focus and character to the entirety of that coming day. It becomes unlimited re-living of your entire spectrum of past ages, now melded into current adult explorations, problem solvings and euphoria discoveries.

By so measuring and settling your prime emotional age with rigorous precision, you can relax and enjoy it more fully. You can stop pretending it is not so and stop fighting it. You can expand it more luxuriously by purposefully investing thought, energy and creativity into its optimum expression.

1. At what age did you feel best about Life, physically, intellectually, emotionally and spiritually? Re-be that age. Develop your personality fully within that age, then keep this creation as your personal, private, secret hidey hole into which you can jump and close the door whenever outside reality gets too icky acky. Don't tell anyone. Remember: secret. That's the kid fun of it.

2. Create an “Emotional Age Measuring Scale” for your Self. Subjectively feel a combined physical / intellectual / emotional / spiritual “pleasure probe” which measures your overall pleasure or displeasure with living each age from birth onward. Measure your pleasure up a gradient of +1 to +10. Measure your displeasure down a spectrum from –1 to –10. Tabulate your ages, 1, 2, 3, 4.... and place your pleasure/displeasure number next to each. Select those ages which have the highest positive numbers; which, perhaps, have the same number. Pleasure probe each again more carefully, more sensitively. Which age rises as your best? This is your supreme emotional age into which you heretofore, unconsciously, have been retreating. So now, consciously, use it magnificently. And once you comfortably are ensconced in your emotional bomb shelter, apply your “Emotional Age Measuring Scale” to others to uncover and quantify their secret, unconscious, inner hidey holes.
3. After you have measured and settled your best age balance point, incorporate its traits subtly and grossly into your current adult values, attitudes and behaviors. Each trait will become a synergistic seed, germinating and creeping out its rhizomes under the surface of all your other neurotized personality and character dysfunctions so as to wiggle up and blossom forth into more positive transformations. Your sour neurosis will be diluted and sweetened by this shy, wonderful expression of your earlier purity.
4. Use your best emotional age as a diplomatic emissary, going down into your organs of repressed adult, adolescent, child and infant trauma memories to jolly them out of hiding and to love them up to revealment.
5. Use your best emotional age as your genius inventor, going out into unsolved problems so as to add a lightness and merriment while receiving solutions from genetic intelligence and cosmic intelligence.

Indeed. What is your Good Medicine Name when you are enfolded within your most precious emotional age?

Lesson 65

Brain Cyclotron

While proving to your Self (and to the technology skeptics) that an objective science of self-experimentation does, in fact, exist, the most confounding game you ever will play is to use your brain as a cyclotron.

A conventional physics cyclotron is a mechanism which accelerates a bombardment particle almost to the speed of light and then aims it and shoots it at a target material. This splits the atoms of the target material into sub-atomic particles of matter and into non-material energies: "quarks," "charms." Eventually, consciousness.

A brain cyclotron accelerates a thought particle beyond the speed of light -- to zero-time transmission of thought -- and then aims it and shoots it at a target galaxy/star/planet/civilization. This establishes two-way communication.

As stated in an earlier lesson, consciousness physics has not yet, formally, invented its first instrument to measure consciousness energy and entropy objectively. For this reason, the brain remains the only mass-available tool for large numbers of excited people to observe experimentally and to record precisely their own subjective measurements.

Brain cyclotron is superbrain. It is created by two or more self-purifying individuals who system-link with each other. They form critical mass of brain cells. This critical mass cumulates and accelerates cooperative consciousness into a telepathic beam. They beam a thought sufficiently powerful to penetrate and go beyond the ego barrier surrounding planet Earth. (This barrier quarantines this planet from other healthy, evolved, advancing civilizations.)

The beamed thought is aimed to flow out on the ocean of universal cosmic consciousness. It jets, instantly, until it hits a receptive and communicative intelligence within another, more advanced civilization upon another planet around another star within this or another galaxy.

The purpose of such contact is to bring back enhanced, scientifically valid problem-solving intelligence to teach Earth how to grow up. Such parental intelligence, if received, can be tested and verified by the scientific method of inquiry. Once contact is made, a statement is given to the most sensitized person within the brain cyclotron ring. The statement expresses the furthest advance of a specific Earth science: "This is the farthest we have gotten in understanding this science and solving its problems." The statement is created by someone who knows something about that field of science. Best:

a professorial expert of physics, chemistry, biology or medicine. The statement ends with a specific problem which has not yet been solved on Earth: "How do you cure cancer?" The superior non-Earth intelligence sends back detailed instructions of how that problem was solved on that planet, perhaps millions of years ago. The instructions itemize a series of three experiments extrapolating from the given statement. Academic skeptics then perform the experiments to verify the proofs.

Why has no such scientifically verifiable new data been received through the many receiving-channel brains now publishing exhaustive philosophic dialogs with gangs of claimed extra-terrestrial "guides," "avatars" and "masters"?

Ego warp.

The "white light" of pure cosmic communication hits the prism of repressed child trauma memories and retarded adolescent power wants within the malfunctioning communicator and sprays into a fantastic spectrum of colored words. But no testable facts. Just words. The wordy color spectrum is not the white light of facts. The color spectrum is the neurotic behavior reflected out of the prismatic child and infant neurosis still within the "psychic," warping a possibly valid contact into invalid gibberish.

The brain cyclotron is designed and calibrated to correct that ego flaw. It allows the ego warped individual to receive and recognize such gibberish, but then to re-compute it back into the original "white light" facts.

The brain cyclotron is operated by first accelerating the purification of each participating individual's ego. Each personal ego first is dissolved. Then that person's brain is system-linked with all the other participating individuals to form superbrain. Thus, all brain "prisms" are dissolved, temporarily. Thereafter, "white light" communication can be received for the next hour or so, clearly and simply.

The ego-centered neurosis of each student cooperating in the formation of a brain cyclotron is reduced systematically by the lessons of this *Workbook* and by final meditation just before each experiment. In addition, the brain cyclotron itself is a "suck-pump" which is first used to suck out the last traces of ego entropies just as each experiment is beginning. During this first stage of operating the brain cyclotron, the massed superbrain sucks out the most deeply repressed and unsuspected blocks and entropies from each individual. Then it clicks and pumps in group energy -- cosmic energy. This causes temporary transcendence out of reptilian ego into frontal lobes religious beatitude. Egolessness.

Method:

1. Gather 2 or more friends who are persuaded totally that:
 - A. The human brain is vastly dormant.

- B. This genetic dormancy can be self-released.
 - C. Dedicated self-therapy is the only way to release this human potential power.
 - D. Universe is harmonious cosmic consciousness; cosmic intelligence.
 - E. Consciousness travels from brain/intelligence #1 to brain/intelligence #2 in zero-time, regardless of distance; telepathically.
 - F. Higher parent civilizations morally teach lower child civilizations to evolve into adolescent galactic maturity via mutant leaders: those who participate in creating superbrain; brain cyclotron.
2. Meditate alone before joining the others forming your brain cyclotron. Meditate first in open receptive technique to smooth out and soothe out that day's tumults. Meditate secondly in closed focused technique to grid sweep all brain parts and to discover and cleanse unsuspected specific tensions which have arisen that day. Meditate thirdly, again, in open receptive technique to transcend ego. When blissed-out, after sundown and through gloaming, religiously in-gather with soulmates. Just as stars emerge.
 3. Sit in a circle within the energy vortex of primal nature. Hold hands. Pulsate hand squeezes or swaying bodies in rhythm with the chant: "Hello. We are here. Love. Are you there?" Suck out the last traces of ego entropies for a few minutes. Pump in group energy and cosmic energy for a few minutes. Now focus your group wide beam out into the general Milky Way Galaxy.
 4. Continue the hypnotic pulse/sway/chant until you begin to lose your sense of time and space and start rising above and beyond space-time. If natural, go into trance. Accelerate the pulse/sway/chant. Like a tomtom.
 5. As the pulse/sway/chant accelerates, the coordinated motion and words become too cumbersome. Replace them with just a slight hand-squeeze and body-bounce and the repetition of "Love! Love! Love! Love! Love!...."
 6. When critical mass of brain-body thought-essence accelerates to the point of pain, ego-love is passing the neurosis barrier into egoless-love. Someone softly yells, "UP!" Everyone raise held hands. Freeze. Silence. The accelerated, concentrated love energy is zapped out through the ego barrier surrounding planet Earth; out into the galaxy; out into Universe.
 7. When the time is right, a first person lowers hands. The wave ripples around the circle and all hands lower. Go into deep, silent, group meditation. If there is a return message, one or more persons will receive it. Or each individual will receive part of it through his/her residual ego warp. Or all may receive nothing. After 5 minutes of gentle silence and feeling and listening, someone asks: "What do you report?" Discuss and analyze. Improve your group technique from the discussion and analysis.

8. Repeat the brain cyclotron at least twice more to allow your linked brains to get well warmed up. Once proficient, select specific galaxies and stars at which to aim your thought beam.
9. In the first, slow phase of the accelerating brain cyclotron, observe unsuspected, residual self-confusions, self-pains and self-fears being sucked out. In the second, faster phase of acceleration observe raw group energy and refined cosmic energy being pumped in. In the third, fastest phase of acceleration, observe body weightlessness; out of body expansion; astral travel. Observe reception of voice, vision or clear, voiceless and visionless "cosmic intelligence." Observe multiple orgasm. If contact is made, transmit a scientific statement and question which can be verified experimentally. Receive your Nobel Prize.
10. What regimen shall you design and follow with soulmates to make the brain cyclotron a standard part of your Lifestyle?

Lesson 66

Normal Paranormal Powers

Extra sensory perceptions. You might as well start accepting their automatic emergences. They are neurally inevitable. Their evolutionary moment is now.

Systematic research in the Soviet Union -- funded more than atomic research - is discovering the precise brain mechanisms which compute obviously routine powers of sensing, perceiving, knowing and communicating far beyond those currently used. Infants at birth are eased into gentle transition between amniotic fluid and the fluidless outside by leaving the birth canal and entering a tank of warm water. There they float comfortably and untraumatically for a week while their conventional 5 sensors are connected quickly and properly to appropriate brain organs. In addition, their 5 "silent areas" on the back half of the cortex are connected and cross-connected quickly and properly to liberate their 5 "extra" sensors. The 2-inch layer of "normally" inactive glial cells under the cortex is activated. The frontal lobes are allowed to remain linked with the remainder of the brain. Within the year, such normal paranormal powers as telepathy, pre-cognition, clairvoyance, clairaudience, telekinesis and reading colors with the fingertips emerge normally and are measured routinely.

Cosmonauts in the Salyut 7 space station linked telepathically with electronic computers in the science city of Akademgorodok in Siberia to improve maneuvering efficiency and personal survival.

America, in its headlong race for competitive economy and egotistical consumption, has not yet even begun to think about (let alone fund) such humanely controlled evolution. Yet the unconscious desire to do so is seething within each fat soul.

The collective cosmic memory of all people -- Soviet and American -- is to cooperate through all available sensors so as to enjoy the goodness of Life and the bounty of Earth. Each neurotic individual demonstrates that genetic memory of original pristine harmony by expressing a hunger for love family, a thirst for cooperative community and an ache for warless home planet. Workers, farmers, intellectuals, bureaucrats, housewives and children all are searching for ways to perceive each other defenselessly, to understand each other cooperatively, to communicate with each other lovingly. Instead, the cultural taboos against interpersonal harmony cause each infant (in America) to be blind, deaf and dumb in 5 out of 10 of his/her available sensors; cause each child to grow into increasing confusion of traumas; cause each adolescent to rebel into increasing pain of floundering; cause each adult to give up into increasing fear of neurotic and psychotic meaninglessness. The terror of losing one's intuitively felt capacity for perfect sensing and love

communicating and whole brain powered happiness causes the reaction of anger. Of hate. Of kill.

“Nothing important is ever done in this world until men and women are ready to kill each other if it is not done.” George Bernard Shaw.

Let us cure Earth’s growing insanity of frustration and suicide by returning to the mass cosmic unconscious: the knowing -- the simple knowing -- that we all are One. Let us release within everyone the frustration of knowing, simply and intuitively knowing, that Life can be seen and lived in perpetual ecstasy. Let us liberate within each and every mortal the full spectrum of kinniegarden sensors which genetic intelligence put into each and every brain.

In America, a “normal” power of sensing -- seeing, hearing, smelling, tasting, touching -- the outside environment is limited to the skills you now have been allowed to have. Yet, a para (“beyond”) normal power of sensing perceives and knows the reality of local environment and Universe past those limits. Extra sensory perception sees, hears, smells, tastes and touches phenomena above the ranges of ordinary people; understands, knows and communicates beyond the ranges of average conformists. Such a mutant lovingly dominates common folk -- like parent over subservient child.

Is it now time for all 10% brained humanites to grow up into their genetically given super potencies?

Start with you. Your ability to set free your normal paranormal powers from your dormant brain is a routine stage of evolution. Since this was not appreciated and nurtured at your birth, you must undo that damage now. You must do now what your parents should have done at the moment you were born and during those first crucial weeks of connecting wandering sensor fibers correctly with appropriate sense computing organs -- and cross-connecting to create supersensing. The method to do so starts with releasing your repressed child and infant trauma memories. These neurotic blocks specifically prevent your automatic genetic flow to unfold your natural super perception and super communication. As your child hurts are being unbound and detoxified, notice how your normal paranormal energies emerge reflexively. Once your dormant frontal lobes are emancipated fully with love, your conscious awareness will expand out to a new order of innate emotions, perceptions and communications. You will be in contact with other intelligences in a way you never suspected existed. Throughout Universe.

1. Describe your preliminary poppps of telepathy, pre-cognition (seeing and understanding things in past and future time) and clairaudience (hearing things in past and future time and over distance) which have happened without your knowing how to self-cause them. What emotions accompanied them?

2. Speculate how your plain understanding and excited knowing about the precise neural mechanism of this natural phenomenon will stimulate it to emerge more quickly and naturally.
3. What subjective tests and measurements can you design and operate to verify that a specific skill of paranormal power is emerging cautiously but progressively? How must you nurture it so it does not wither and die again, as it did when you received improper infantile care? Once emerged, what objective tests and measurements shall you design and perform to prove to scientific skeptics that you do, in fact, have such a power?
4. Research and itemize the entire spectrum of available human paranormal powers reported in the literature. Why are these reports not accepted by conventional, conservative, Western science? Are they accepted behind the Iron Curtain? How can the field of parapsychology be upgraded by neural cybernetics into scientific respectability, systematic increase and accelerated mass multiplication through planet Earth's human population?
5. What is the optimum regimen to cause the emergence of your paranormal powers? Do you have the courage and determination to pursue it? Why is the utter simplicity of primal nature the optimum environment to cause the emergence of normal paranormal powers? How?
6. Inventory the paranormal powers exhibited by animals, fish and birds. How are these related to your triune brain? What does this suggest about these evolutionary powers being repressed -- yet waiting -- in your triune brain? Invent a triune technique to release them. Use your technique to communicate with deer and hawks.
7. What is your image of a society within which all individuals live while enjoying their fully released normal paranormal powers? What first change must be caused in American society to allow this emergence? Shall you cause that first change? How? Describe your strategy and tactics.
8. What is your image of a love shared between two soulmates who both are fully liberated into their normal paranormal powers? Can you tolerate a "love" which is less than that?
9. Which paranormal powers did you have as a child? How were they lost? How can you back-track on this losing procedure to re-discover where you got off the track? To re-discover the trigger which re-releases your child's winning behaviors?
10. Have you read the scientific reports of how the Soviets are allowing and nurturing normal paranormal powers to emerge normally within children? Do you want to? What will you learn about America? How do you think the coming Soviet population will dominate the American population of children growing into adults?

Lesson 67

Return To Primal Nature

Do you ever feel that urban living is getting a bit too hectic? Is becoming somewhat of a rat ace? Too noisy? Too complex? Too meaningless?

Do you ever have a twinge of thought which longs for the simple Life? For uncomplicated ways which merely satisfy elementary body needs, gentle intelligent interests, childpure emotional satisfactions and natural spiritual fulfillments?

In primal nature, food grows cleanly from the soil. Shelter is as easy as felling timber and shaping a log cabin with books. Water flows from the rock with no poisons added. A campfire sings merrily to the love saturated soul.

Primal nature is the Mother of all Lifeforms. When Life gets off the track, the whimpering dinosaurs disappear. When Wo/Man Life gets off the track with mass alarm clock insanity and thermonuclear destruction of his/her home planet, it is time to return home to Mother. It is time to re-discover the correct way forward into our patiently waiting dormant brain cells, tissues and organs which give reflexive satisfactions and realizations. It is time to re-enjoy perpetual love and growth within the uncontaminated Lifeforce. It is time to re-receive, as you almost received during infancy and childhood, your full sensorium for knowing Self and your full intelligence for knowing existence.

When your Life gets off the track with increasing confusion, pain and fear; with increasing boredom, loneliness, lovelessness and meaninglessness, it is time to return to Life within the silence and solitude of enfolding forest hush. Return to the healing soil. Re-reveal the correct trail back to your genetically innate child curiosity, imagination and playfulness with the wild critters.

Hunker a granite outcrop next to eagle's nest. Contemplate the far distance making more accessible your inner distance. Think about it. You have, currently, only five sensors and four modes of knowing those flapping wings coming to investigate and welcome their homeplace visitor:

- | | |
|-------------|-------------------|
| 1. Seeing | 1. Physically |
| 2. Hearing | 2. Intellectually |
| 3. Smelling | 3. Emotionally |
| 4. Tasting | 4. Spiritually |
| 5. Touching | |

Should it not be better to have the additional sensors and modes which know what the two birds are thinking and feeling? Which know their past origins and

future fates? Which experience their pristine freedom while gliding this air river?

Let us start by re-training each of your five conventional sensors systematically back into the normal human sensitivity and skill which you had as a child, before those goods were blurred. Then, let us mix and match conventional sensors with conventional modes to discover super sensing and super mode knowing. Finally, from that base of re-cleansed habitual sensing, you can start to nudge out your repressed paranormal modes of knowing outside and inside higher reality.

Start by regressing into your triune brain within primal nature. Be a wild pig all day, rooting and grunting. Re-discover the mammalian sensitivities of your human sense receptors. Be a primate gorilla, maintaining your refinements of sight and sound and taste and understanding as both animal and human simultaneously. Be cave wo/man, profoundly alert to all incoming stimuli. Now be fully modern wo/man, your current Self, but with those earlier animal subtleties. In this way, you will prepare your Self and motivate your Self to unfold the layers of current cultural entropies which are suffocating your natural neural perceptors.

1. See physically. See just with your eyes. But not as your usual adult. See like a newborn infant. Observe no intellectual understanding or emotional feeling or spiritual awe in a lightning struck fir. Just see it blankly. This is the mode into which you click whenever you want to clear your head of too much visual garbage.
2. Now see only intellectually. Close your eyelids. Understand that tree without your eyes. Allow the vision to come through your eyelids until it is a bright and clear as with open eyes. This is your eidetic vision. This is the mode which forms the left-hemisphere foundation of telepathic visioning over distance.
3. See emotionally with your eyelids alternately opened and closed. Do not see the physical dimensions of the tree. Do see the inner emotional content of the tree. Do this by going into a semi-meditative state of awareness, almost a trance, until you see the energy fields which are contained within, and which are radiating from, the trunk, branches and needles. Deepen the meditative concentration until you microscope your vision and see the energy bombardments of electrons and protons and pions within each of those energy fields. This is the mode which forms the right-hemisphere foundation of telepathic visioning over distance.
4. See spiritually into the tree. By means of guided imaging or/and hyperpowering, guide extra energy into your anterior amygdalae until they click forward and shunt electro-consciousness energy into your frontal lobes. Wait until your frontals get tumescent and juicy with cosmic love. Now, see the infinite and eternal evolution of each cone and drip of resin back through generations of prior trees; back through the formation of first

plants; back through the formation of this planet; back through Universe; back to the Big Bang of the first cooked cosmic egg; back to GodRooster.

5. Still nurturing your tumid front lobes, see a wind physically, intellectually, emotionally, spiritually.
6. Continue scrubbing out and simplifying your culturally-allowed sensors by playing with cross combinations. See a hawk's squawk. Hear a rock grow. Smell a sundown. Taste a fog. Touch a love. Start super sensing.
7. Once you become comfortable and confident with daily, automatic, normal, clean sensing and super sensing through your conventional 5 sensors, progress to opening your latent 6th, 7th, 8th, 9th and 10th powers.
 - A. By means of healing hands, magnetic feelings and focused meditation probes, locate the exact positions of brain tissues which compute incoming signals from your 5 conventional sensors. Map these accurately on the back half of your cortex.
 - B. Map the "silent areas" which do not suck in your probing finger or consciousness laser needle. These are your latent 6th to 10th sensor computers. Select one and cosmoprobe. First suck out the entropy, then pump in energy. Do this until you feel a reaction within the tissue: a sympathetic harmonic reverberation. Once those cells are oscillating gently without any more of your outside stimulation, ask your intuitions - your sub-threshold, unconscious level of knowing -- which new sensory power they are generating.
 - C. Test this newly emerging, cautiously revealing, weak power by a simple scientific experiment. If pre-cognition is trying to re-start, merely take the message of the future event being reported, write it down, date it and wait. Test it out when that future arrives; when that event happens. If clairaudience occurs, document the sounds or voices or information heard from past or future time or current distance and check it out.
 - D. As soon as you verify your first and second emergence of a single silent area, set up a routine exercise to strengthen and toughen those cells. Open the channel more by repeating a self-controlled drill over and over, like doing scales on your skull piano. Widen and deepen the channel until that power flows easily, on command.
 - E. Repeat all the above with other silent areas.
8. Plant two rows of a food crop seed. Cosmoprobe one row, focusing meditation love into soil and seeds. Ignore the second row. Observe which row germinates and sprouts first. Continue cosmoprobing that one row and observing its accelerated rate of growth.

9. In the city, practice sensing entropies in pesticide poisoned foods sold in the supermarket.
10. In the city, practice tuning down your sensors so external entropies do not enter your brain. Tune up your super sensors to surfboard over oceanic entropies; to read down more deeply into entropic people drowning.

Lesson 68

Control Triune Reflexes

Each triune brain generates unique, automatic reflexes and display behaviors in response to stimulating problems from the environment. By observing and labeling each reptile brain reflex, each mammal brain reflex and each primate brain reflex at the moment it happens, you will learn into which brain your amygdala unconsciously is clicked to compute consciousness into that dominant mode of emotion or thought. From such knowing, you then can make a conscious and wise judgment of whether you want:

- A. To stay in that single brain computer so as to guide it into maximum reflex efficiency, thereby solving that outside problem only in that brain's way; or,
- B. To see the danger of solving that outside (or inside) problem only in that brain's way and to self-click your amygdala into another more efficient, more profitable brain computer.

For example, if your amygdala is clicked into reptilian aggressiveness while closing a business deal, that is efficient and profitable. But to be reptilian aggressive while closing an explanatory summation in traffic court before the all-dominant judge, that is foolish.

By following this method, you always will choose your optimum automatic survival mode and growth mode.

Eventually, just like driving a car and shifting gears instinctively without conscious thinking, you will shift from one automatically proper brain to the next, spontaneously, as needed.

The following triune display behaviors are for a right-handed person. If you are left-handed, merely reverse.

Reptile brain right-hemisphere: Self-defensive. Cringing. Fear of losing predisposes the Self to lose. Lack of self-confidence causes the Self to not see any available moment of superior advantage so as to react accordingly: dominantly. The lost moment accelerates the decline of confidence and the increase of mistakes until the fatal moment dooms the enterprise. Loser conformist.

Reptile brain left-hemisphere: Counter-attacking. Courageous. Fearless drive predisposes the Self to examine systematically all alternatives in the perpetually hostile environment so as to see any single opening into superior advantage and to react aggressively. Domination over lesser adversaries. Winner warrior.

Mammal brain right-hemisphere: Child breeding. Child nurturing. Family formation. Loving in a lower animal way, but not yet with enough vision to see higher modes of being and loving. Community conformist.

Mammal brain left-hemisphere: Community formation. Interpersonal nurturing of communication with strangers. Tentative cooperation, but in a skeptical defensive way which does not totally trust vaguely known others to be loved as true family members. Patriotic and defensive of the nation composed of lower animal communities. Community leader; business person; cop; politician.

Primate brain (non frontal lobe) left-hemisphere: Social institution formation. Impersonal processing of masses of individuals with no concern for individual feelings, thoughts or consequences. Efficient computerized logic is valued higher than inefficient human logic, even to the point of war. Technological robot.

Primate brain (non frontal lobe) right-hemisphere: Protest against insensitive social institutions and robotized society. Chaotic intuitive logic is valued higher than war technology conformity. But at sub-threshold awareness, the feeling gnaws like a rat: "There is more to Life than this, isn't there?" Artistic non-conformist.

Primate brain left-hemisphere front lobe: Creative genius pragmatically inventing 21st century consciousness physics and pro-growth human technology. Interpersonal processing of masses of individuals with absolute concern and sensitivity for personal feelings, thoughts and consequences. Efficient whole brain powered computer logic is valued higher than inefficient dormant brain entropized humanoid logic. Lifework is to eliminate war and to mature all citizens into neural completeness. Mutant.

Primate brain right-hemisphere frontal lobe: Astral communication with other planetary civilizations using zero-time transmission of thought. Astral travel to other galaxies using dis-integration of material body for transmission of Self and re-integration upon zero-time arrival. Leader into galactic confederation of Earth with other planet societies which have evolved beyond self-survival aggression into cooperative progression. Lifework is teaching other lower animal planet populations how to evolve into perfect brain efficiency, mature love ecstasy and perpetual God at-one-ment. *Homo Novus, Homa Nova, Homum Novum.*

1. What are the specific reflexes from each of your triune brain hemispheres which filter through your unique cultural conditioning and unique neurosis to display unique behaviors?
2. Tabulate each unique behavior. Give each a clever identification name.
3. Develop your yes/no judgment filter to accept or reject each automatic triune behavior at the moment of reflexive emergence.

4. Develop your amygdala click procedure to click out of a rejected reflexive behavior and to click into a chosen better behavior at the instant your triune brain chooses a wrong mode of feeling/thinking/behaving. As you continue to practice this progressive flowing into each triune brain within primal nature, you are developing the skill of "think-clicking" your amygdala. The mechanism by which this works is simple: Merely think a reptile thought, a mammal thought or a primate thought, in its appropriate hemisphere, and your amygdala will click there automatically; will shunt consciousness there spontaneously.
5. Develop expanded behaviors from each triune brain hemisphere to expand the quantity and quality of your basic personality structure and your basic character structure. Now that you understand more scientifically your automated genetic mechanism within each triune brain and now that you have more self-confidence in self-controlling each of these unlimited powers, expand your personality and character with skills never before seen on Earth.

Lesson 69

Learn Your Animal Brains In Primal Nature

Make no apology. Sooner or later you must -- absolutely must -- learn, master and self-control your reptile brain, your mammal brain and your primate brain. Only in this way can you transcend into your full frontal lobes, through your frontals and back out to the stupendous reality of Universe.

That point has been hinted at and touched lightly upon (with a sledge hammer) in prior lessons. Now let us give it one last blast of intellectual understanding, emotional feeling and physical doing. Do this by going to whatever local patch of primal nature is close to your home. Remember that the fatal flaw of living all of one's Life only in the city is that that artificial environment is culturally assumed to be more important for human survival and evolution than that of the ducks whapping the marshes and the scorpions poking the deserts. Taint so.

Start by isolating each of your triune brains in whatever wet or dry or hilly or flat chunk of untouched nature wilderness you choose to visit for this class. There, experience each brain separately and fully. Analyze each separately and fully. Among the natural wild critters, re-integrate each brain with each other and with both others. From such re-integration in the wilds you better will learn precision brain self-control; you better will generate maximum production synergy.

1. By an act of will, re-be one of your primate ancestors in the wilderness; one of your primate prior Lives. Write a script of all the physical, intellectual, emotional and spiritual characteristics of that primate. Outline the most obvious primate behaviors from morning wake-up to night sleep in the woods. This will get you into that frame of mind before you drive out to your experiment laboratory. For, once you start play-acting like a spontaneous and enthusiastic kid, you will be astonished how your too-stressed adult mentality will cease to function as you swing into the full fun of this drama. You will cease to be human. You will become an ape. But just like in Act-II of Self Trauma Drama you will maintain your current adult sanity intelligence to control the entire episode. You will do split awareness playing. You will understand why your primate surprisingly does the outrageous and joyous things it will do. From such lower and higher intellectual understanding, you will, forever after, better surge with your primate brain's genetic needs so as to guide them, control them, into optimum behavioral expression within your current personality and character. By all means, re-be your primate.

2. Following the same regimen in raw nature, re-be your mammal; re-be your reptile.
3. After each experience, discuss the spectacular new non-verbal knowledge you have discovered about your Self; hiding within your Self. Demonstrate how you increasingly shall apply this primal triune wisdom to your daily urban functionings as a super evolved human interacting with brain-ignorant people.
4. Practice clicking into and out of each automatic animal brain computer at will so that your external behavior shifts abruptly from one animal circuit efficiency to the next. Then, with family members, speak out each of your inside brain click shifts: "I now am clicking into my posterior reptilian brain to defend my Self against what I perceive as your attack against my integrity." Do it. After a while: "I now feel sufficiently defended and self-confident so that now I am clicking into my anterior reptile brain to muster my forces so I can counter-attack against you." Do it. After a while: "Now that I have beaten you back, I now feel sufficiently relieved so that I can re-examine my perception of what I thought was your attack against me. I now analyze that perception through my most advanced primate brain intelligence and see that it was false. It merely was my neurotic child cognitive fix in my temporal lobes which was threatened. It was threatened because you, unknowingly used a word and voice tone and body gesture which my Father always used when he got drunk and just before he slapped me in the face for no reason at all. So I now am clicking into my anterior mammal brain to feel love and family cooperation with you. I will stay in the right-hemisphere of my anterior mammal brain for the remainder of this day and evening so as to mellow out and re-bridge trust with you -- and with my neurotic Self. Tomorrow, I promise, I will wake and therapize this shitball via trauma drama. After that, I will be frontal lobey with you. All day. We shall play kozmick kickshaw games with each other in reciprocal worship. Thank you for being so patient with me as I grow my Self up. I promise to do the same for you when you stumble."
5. Practice clicking into and out of each automatic animal brain computer at will while dealing with external moneyjob mates, boss, traffic cop, harried supermart checkout cashier, neighbors and soulmates. Maximize each brain's hereditary animal jungle cunning camouflage under the American cultural mask of pretend -- but transcended over the masked universal spirit of love.

Lesson 70

Mammal Brain Telepathy With Animals

Because telepathy was not allowed to emerge naturally within you during simple and clean infancy, you now must come in through the dirty back door and steal this innate power by means of complex exercises.

The quickest and easiest environment within which to re-discover (from its last gasps in childhood) the telepathy computed automatically by the 120 billion glial cells under the 12 billion neurons of your cortex is primal nature. Among the forest animals, there is no hypocrisy. No lying entropy. All is truth. Deer browses brush, truthfully. Lion kills deer, truthfully. Coyote digs into rabbit warren, truthfully. Rabbit scampers away out of secret back hole, truthfully. Chipmunk climbs atop cougar head to feast on entangled burrs and seeds, truthfully. In the forest, you communicate with fallow deer, mountain lion, yodelling coyote, bunny and chippie truthfully. You will not kill them. They will not kill you. (Especially the puma. Human meat stinks.) All are in species ecological balance. And it is from this balance that animal telepathy emerges - through the glia. Automatically.

A solitary male painter cat ranges over hundreds of miles of Rocky Mountain openness, shunning contact with other lions -- until a female signals, telepathically, "I am in heat!" He lopes all day and mounts by sundown. By sunrise, he is gone. Back to touring.

Flocks of birds turn on silent command from the point leader or flank scout-out.

Schools of fish turn on similar soundless signal.

Animal telepathy is a fact of primal nature reality. Secondary urban entropy has repressed this innate power within all hypocritical humans scurrying through the economic underbrush after material wealth motivated only by retrogressive reptilian ego greed. People have forgotten how to progress into primate egoless financial cooperation while maintaining their ancestral skill of glial telepathy. You now shall remember.

1. Concentrate on least threatening, least threatened mammals. Select a ground squirrel or porkypine. Leave abundant amounts of exotic foods (apple, peanut butter, beer) in the animal's forage area. Once the creature learns to expect daily replenishing, allow it to see you doing the chore. Day by day, after filling the food bowl, move less and less far away. In a short time, the critter will be waiting in the empty bowl and will allow you to be there while the slurp and munch proceed.

2. Once you have gained the absolute confidence of the animal, start hand feeding. Stroke the fur -- properly, from head to tail along the grain with prickly porky. Thereafter, always have a pocketfull of tidbits. The now greedy gourmand will run to you for a between-meals snack handout as soon as you appear. Never let the varmint down. Always feed, lest you weaken the carefully cumulated behavioral conditioning. And never abuse the ego integrity of the animal by inflicting hurt -- although it is permissible to play strenuously. Wrestle. Lift your pal by the tail and wiggle body like a lariat loop during the uninterrupted bowl feast.
3. As soon as you have established palship, start experiments. When the animal's ego is at maximum intensity, during calm feeding at the trough, sit a few yards away. Go into a semi-meditative state of consciousness to clear your primate brain of human thoughts. Using one of the several techniques so far discussed (imaging, closed focused meditation, hyperpowering), gently click your amygdala into its anterior half -- just enough to compute full cooperative mammal emotions and thoughts but not enough to propel consciousness into your primate brain or frontal lobes.
4. Go into your mammal circuit fully. Your mammalian brain cells naturally are connected to your glial cells. You will be computing in-coming and out-going telepathic signals through your mammal open door into your glia-loop. Start by receiving telepathic signs from chowhound. Identify when the brute is going to hop into the bowl or hop out; when it is going to stop eating to scratch; when it is going to look up to see if kammikazi hawk is diving.
5. As you discover you are able to read the simplest signals of body motions about to happen, set up advanced experiments. Teach your creeping friend to feed out of two separate bowls a few feet apart, each with half the day's ration; each bowl with a different food. Read the message: "I have had enough of this gooey stuff for the moment, thank you. I now choose to stop slurping it so as to hop over to that hard crunchy bitey yumyum in the other cafeteria." Test your Self and develop your sensitivity to pick up the signal and compute it to full awareness just a second before the lunch-muncher wanders over to the other crockery.
6. When you are able to receive clear, loud messages of animal intent, develop the skill of sending wordless thought messages which change the beast's intent: "No! This plate of food is badd!! Go back to the other one!!!" "Yes! Come to me. I love you. I will make you feel good by scratching your head. Hop onto my lap." Universal language.
7. Once you subjectively and objectively have demonstrated the skill of receiving signals which anticipate the animal's physical behavior and of sending signals which alter that behavior, develop the skill of communicating intellectually. Communicating emotionally. Spiritually. Set up subtle experiments which allow you to enter into the critter's thought

production, emotion production and cosmic unity knowing. During breeding season, visit your animal companion and feel the feeling of estrus. Feel the feeling of penis penetrating vagina; of sperm being ejaculated; of ovum absorption; of pregnancy progressing; of birth. Visit the family daily and read the intellectual thoughts as babies are suckled; weaned; taught to forage food; taught to monitor predators. Slowly persuade Mother and Father to allow you to handle the cubs so they recognize and forever accept the scent of Uncle You, Auntie You. Create a telepathic love river between your mammal brain and the mammal's brain which entices each succeeding mother to carry her dominant newborn female to you each spring so as to receive an intensive wash of superpowered love from you. Thereafter, each spring, each baby-grown-into-mother will continue the growth ritual. Each dominant female birthling will be brought to your bedside at the crack of dawn; will be taught that the best love food and chance for survival are in your cabin.

8. By now, you should be having telepathic intellectual conversations between your mammal brain and all mammals. Whenever you wander the woods and come upon a stranger -- who is just a friend you aint met yet -- stop and hunker and communicate. Tell a badger that you are cousin and would like to give an expired mouse which you just happen to have in your pocket. Explain to Mr. Fox that you sure would be jollied to be invited home to meet the missus and kits so as to give the tykes this rolling rubber ball for their amazing play. Salute yon bull elk with your borrowed head to assure him that, yes yes, this is his territory and you do not intend to invade his harem to sniff and hump one of his favorite fecund cows. Eyeball to eyeball, stare down the mountain lion and insist upon her genetic encodement of species specific feeding -- that human burgers are not to her liking -- until she accepts the wisdom, trots over and accepts the consolation prize which you offer: a good back scratch. Natural animal happiness.
9. Replicate the experiment with a human soulmate.
10. Practice animal telepathy in the urban jungle. Communicate directly to the unconscious physical, intellectual, emotional and spiritual defenses, needs and wants of primate brained people, mammal brained people and reptile brained people. Practice frontal lobes telepathy in a crowded room, scanning broadly, until you trigger response from another frontal lobes transcended mutant. Smile at each other. Get together for a drink. For love.

Lesson 71

Think-Click Your Amygdala

The beginning form of brain self-control is the technique by which you click your left-hemisphere amygdala and right-hemisphere amygdala, simultaneously or separately, into random triune brain computers so as to receive each brain's specific computational power to solve specific environmental problems with minimum precision. This is done grossly by manipulating the secondary energy and entropy forces in secondary brain organs in order to influence the primary amygdaloid click-switch. For example, by manipulating the release of repressed adult and adolescent trauma memories in the cortex, the melting of these bound energies of neurosis into free energies and the guiding of them (via social intelligence) into the anterior amygdalae causes your amygdalae to click forward partially and impel the free energies into your slightly active pre-frontal lobes strips. This makes you feel good. But you can feel better by manipulating the release of repressed child trauma memories from your temporal lobes and the release of repressed infant trauma memories from your hippocampi. By melting these bound energies of neurosis into free energies and guiding them also into the anterior amygdalae, you cause your click-switches to click fully forward. This impels the free energies fully into your inactive frontal lobes. This makes you feel nirvana.

Other gross forms of brain self-control are self-guided imaging, cosmoprobing, hypnapompic probing and hyperpowering. The final form of brain self-control is the technique by which you precision click your amygdalae, simultaneously or separately, into whichever triune hemisphere you choose by means of pure, simple, primary thought power. It is the simplified form of self-guided imaging. You merely think: "I now am concentrating my thought energy to concentrate my electrical energy in both of my anterior amygdalae. I now see (eidetically) the cream energies from all parts of my brain being skimmed and puddled toward my amygdalae. I now think-guide that free energy into the front part of my amygdalae. I now increase the voltage of that energy, step-by-step: 10%, 20%...50%...100%. My amygdalae are getting more and more excited; filled with energy; tumescent; throbbing; bursting...."

Click.

The reason why think-clicking the amygdala works -- the reason why think-clicking other brain click-switches and other genetic computational centers and other flow guidance organs works -- is: magic.

It is pure magic that Universe exists.

It is pure magic that Earth exists.

It is pure magic that brain exists.

It is pure magic that brain controls thought.

So why not extend the logic of the magic by reciprocating? Thought controls brain. At-one-ment.

This procedure has been verified in systematic experiments performed at our Dormant Brain Research and Development Laboratory. Students have demonstrated, subjectively and objectively, that the method of think-clicking the amygdala and other organs, is a valid fact of brain reality. It works.

Quite obviously, the ineffable wisdom of genetic intelligence has placed into every 90% dormant brain the mechanism for its own liberation. Now that this finesse of taking our next evolutionary leap has been discovered, it merely is a matter of time until the human race filters itself into losers and winners. The winners will be those who make the decision, by an act of willpower, to learn their own incredibly subtle brains. They will do this scientifically; quantitatively; qualitatively; comprehensively. They will humble the ego's retrogressive values. They will humble the retarded adolescent rebel's destructive attitude. They will learn each delicate, meticulous, fragile step of self-therapy pre-requisite to accepting, finally, this think-click maturation of Self and supremacy over non-evolving retardates. Today's mutants are those who humble their egos within the enormity of harmonized universe, Earth and consciousness reality in order to learn the lesson of growing up into 100% brain power.

1. Start by think-clicking your amygdala into the most easily identified power position: into your posterior mammal brain. The back half of your mammal brain computes all your negative emotions of anger and hate and behaviors of hostility and violence. This is because the mammal brain contains the limbic system. The limbic system generates all emotions, positive as well as negative. Conversely, when the more primitive reptile brain propagates hostility and violence, it does so without emotions. It does so as cold, efficient snake striking its target. For in evolutionary development, the reptilian core has not yet brought forth the neurological structures which produce emotions. Thus, you will be able to measure your success of clicking your amygdala partially backward by the dramatically automatic emergence of anger feelings and hostility impulses; by the emergence of more intense hate feelings to increase your violence behaviors.
2. Remember that the amygdala is a rheostat. It clicks from neutral to extreme backward and extreme forward positions by steps. It clicks from 0 to +1, +2, +3, +4, +5, +6, +7, +8, +9, +10; from 0 to -1, -2, -3, -4, -5, -6, -7, -8, -9, -10. In time, with practice and skill, you will be able to think-click your amygdala forward or backward at will to whichever number you choose. At that number, your amygdala will propel consciousness only at that pre-determined voltage intensity, minimally forward into the anterior mammal

brain or minimally backward into the posterior mammal brain; moderately forward into the primate brain or moderately backward into the reptile brain; maximally forward into the frontal lobes and out to cosmic communication with Universe or maximally backward down through past Lives of chordate, one-celled and starstuff atomic development.

3. Go into a semi-meditative state of concentration. Concentrate your thought into a laser beam. By an act of will, set your laser beam intensity at -1 negative voltage. Split the beam. Insert your split laser into the posterior half of your two amygdalae. Pump in -1 voltage until you feel your amygdalae fibrillate -- until you feel them vibrate and resonate in sympathetic and harmonic consonance with your self-controlled input of negative energy.
4. Continue stimulating your posterior amygdalae until they start to vibrate by themselves. Remove your stimulus. Observe their clickety-click-click excitement, going from 0 to -1 to 0 to -1 to 0 to -1.
5. Once energized at the precision level of -1, observe your amygdala rheostat stabilize. It will stop its fibrillation and remain steadily in its -1 position.
6. As soon as your amygdala is stabilized and steady at -1, allow your fully aware -1 emotions and thoughts and behaviors to emerge naturally. Do not inhibit them with phony primate morality: "I *should* not be doing this!" "I *ought* to be more loving!" "I *must* stop learning this mammal brain reality!"
7. As your -1 mammalian emotions, thoughts and behaviors emerge, shape them into perfection. By yourself, in isolation, insulated away from others, perform your controlled laboratory developments. Nurture each -1 emotion into complete sour expression. Build each -1 thought into magnificent razoring. Move each -1 action into bullet.
8. Again, do not be shocked that you contain such natural power to defend your Self and to attack and hurt others. You are learning neural reality, not Christian piety.
9. Carefully, with total self-control, stimulate your posterior amygdalae with your thought laser beam pre-set at voltages of -2, -3, -4, -5, -6, -7, -8 and -9. Only when you absolutely are sure of your self -- after you have had at least one full frontal lobes transcendence experience to build your confidence and understanding of this ultimate power with which you are playing -- should you dare to think-click your posterior amygdala with -10 voltage.
10. Repeat the drill from +1 to -10 volts. (There is not danger that your +10 click will overwhelm you destructively. Your residual neurosis will act as an automatic ohm resistance, keeping you down to more manageable +9.1, +9.2, +9.3, +9.4, +9.5, +9.6, +9.7, +9.8, +9.90, +9.91, +9.92, +9.93....

values. Your neurosis will force incomplete transcendence. The incomplete cosmic orgasm, in turn, will force you to continue shoveling out the repressed child and infant trauma memory crap. Once you do, you will hit the +10.0000 jackpot.)

11. Mastering the think-click of your amygdala occurs most rapidly when you can retrogress into pure mammal, reptile and primate in the zero-entropy environment of primal nature. Once you get that basic experience, you will know how to make it work in the city.
12. After you have perfected your amygdaloid think-click, play with your clicking off the consciousness click-switch in your reticular activating formation. Do this while laying down in bed. Vary the voltage and measure the amount of time you sleep for each different intensity of click.
13. After you have had a gross amygdaloid transcendence experience, play around -- via grid pattern search of thought energy -- to discover the refined transcendence click-switch in your frontal lobes. Once discovered and mapped with precision marking on the grid matrix coordinates, relay this information to the journal of neurosurgeons. They will verify your subjective finding objectively by means of gross electrical stimulation experiment during surgery and by way of ablation experiments.
14. After you have become totally self-confident with the think-click methodology, verrrry carefully experiment with your housekeeping center in your reticular activating formation. Think-click the specific click-switches which increase and decrease heartbeat, lung breathing, artery diameter, blood pressure and intestine digestion. You now will be taking over the intellectual function of adrenaline. You now will be controlling those internal behaviors to desired levels so as to adjust them, by your will, to external circumstances. For example, if you suddenly are called upon to have a confrontation with a dangerous adversary -- your boss -- in a meeting one hour from now, it is to your survival advantage to have your entire intestinal system resting so as not to suck energy from your brain's reptilian decision-making center. But you just returned from lunch. So you willpower your reticular control switchboard to signal your stomach to stop chewing pizza and your small intestine to stop digesting mozzarella goo. "Liquidify and dump everything NOW!" They do. Into your colon. You run and have a nice diarrhea shit and go into combat clean. And 100% concentrated on your single boss target. (Boss, meanwhile, has to split his attack concentration between you and the martinis and pretzels churning in his acid guts.)
15. Most importantly, after you have mastered the think-click craftsmanship and have incorporated frontal lobes transcendence into your daily Life, you can think-click into and out of nirvana at will. Each day will be a sumptuous patchwork of precision fighting with unloving fools through your reptile brain, affectionate forming of cooperative families and communities with nice folks through your mammal brain and brilliant changing of existing

institutions and creating of new mass processing institutions for all through
your primate brain -- interspersed with quick-fix jolts of frontal lobes
refreshments to keep the game humorous and cosmic.

Lesson 72

Laughing At Dictator Gurus

How do you know all the preceding words in this *Workbook* are not lies? How can you be sure that all the exercises up to this point are not a slick con job? How shall you prove that the author of this text is not performing a massive trick to manipulate you and all the other readers into a 21st century demoralization? Into a 21st century ultra slavery and cosmic suicide?

A guy by the name of Jim Jones was a guru. He had 1000 followers. He manipulated their egos perfectly so they endorphin-bonded to him. He controlled their child neuroses so all became subservient to omniscient and omnipotent Big Daddy. On Saturday afternoon, November 18, 1978 he ordered his lieutenants to mix up a washtub full of grape Kool Aid. He invited everybody to dip a cup and have a nice drink. They did. They drank. The Kool Aid was loaded with potassium cyanide. They all knew. They drank anyway. They all died.

Loonies.

At age 25, the genetic energy curve begins to die out. Each day, 1000 brain cells die. Each year, 365,000. Fifty years: 18,250,000. From birth to 25, the energy curve rises. The individual is given all the motivation possible to grow up. But if one has not discovered the true meaning of Life by then -- if one has not transcended -- genetic intelligence sez, "This turkey is a loser. Why work anymore! Chop our losses."

Chop.

From then on, when you wake up each morning, you have less cells. You have less physical energy than the day before. You have less intellectual cleverness than the day before. Less emotional spontaneity than yesterday. Less spiritual meaning of the one-ness harmonizing Self to Life.

Death is accelerating.

Depression accelerates.

Self-awareness is on the de-escalator sliding down the routine gradient of brain deterioration: boredom, loneliness, lovelessness, melancholy, meaninglessness, anxiety, hopelessness, terror. And the last step is you-know-what.

Any individual who is at that stage is ripe to "discover" a guru: one of the many spirit bosses in the jostling enlightenment marketplace who says, with

1000% self-confidence and Thou-persuasion, "I am Thee Way. Follow Me to happiness, meaning, everlasting Life. Merely be subservient to Mee. Be obedient to Meee. Be slave to Meeee."

Yassuh, Massa, yassuh.

Jesus. Mohammed. Buddha. Jim Jones. Jack Daniels.

Once crippled infantile neurosis clicks the amygdala backward into terminal reptile brain defensiveness against lost Life, the individual signals genetic intelligence., "I am a loser. Have pity on me, Mamma. Make me feel better while I die, Mamma." The genetic mechanism obliges. It signals the tissue in the posterior amygdala to squirt out beta-endorphin hormone into the bloodstream. Beta-endorphin is an opiate. It is the root form of opium. It flows into all parts of the brain computing growth-forcing confusions and survival-forcing pains and soothes them into infantile comfort. It flows into the limbic system computing fear emotions and suicide emotions and calms them into infantile trust. It flows into the primate cortex generating rational thought and future vision and turns these off. The dying infant is converted into a blindly believing infant. Now, any Big Dad or Big Mom can enter the nursery and take control Any loonie will do. But better, theatrically, if it wears bedsheets and a halo. For the need of the loser now is not to analyze Life, but to believe in happiness. The demand is to give up all work of logical thought to a leader, any leader, "who promises to think for me."

The act of conversion seduces the tortured individual to give up sane growth into true neural transcendence in exchange for the comfort of insane retrogression into psychological narcotization. Thereafter, doped, obedient child-adult sleepwalks through each daily action dictated by the guru. The feeling of relief is called "born again." "Love." "Divinity."

The alternative to this subtle nonsense of boss-controlled self-destruction is democratic brain self-control Democratic self-therapy of neurosis. Democratic self-cure of pain. Democratic self-discovery of neural vision. Democratic self-transcendence.

Once you get the knack of growing your Self up, you become a laughing guru who teaches everybody else the tricks of the neurotic messiah business. You teach everyone how they too can analyze, identify and avoid the undemocratic fakements of the con-men and hokum-women working the suckers in the sick American consumer spirituality market. You teach folks how to grow up, into free brain.

1. Use focused meditation, imaging, hyperpowering or think-click. Click your amygdala backward into reptile brain. Release your full infantile narcissistic suck personality. Feel the full pleasure of sucking Life totally while giving nothing in return. Focus your suck on a TV. Suck out its pleasures 100%. Focus your suck on food. Suck out its satisfactions 100%. Focus on alcohol. Inhale its brain wreckage voluptuously. Suck

totally and unashamedly. Feel the full rapture of endorphin-bonding with the father-substitute and mother-substitute and love-substitute which you create in the TV, chow and booze. Increase the voltage. Increase the suck. By 1000%. Now transfer your fully neurotic infant, desperate for mother-care and father-care, to your fully neurotic adult: desperate for a Megalo Leader to lead you into guaranteed happiness. Transfer your total infantile need and satisfaction to a guru. To a messiah. Feel the comprehensive collapse of your rational brain into endorphin opium "rationality": irrationality. Wallow in the narcosis of someone else telling you how to feel, what to think and who to love. Rejoice in your inability to create any advancing free thought. What is the consequence to your Life of thus never growing up?

2. Click your amygdala forward toward your frontal lobes. Release your transcending love personality. Feel the full pleasure of rising above your reptilian ego. Experience free flowing egolessness. Feel the warm floating euphoria of giving your Life totally to the love of others. Focus your love personality onto a flower, a tree, a cloud, a star. Now focus your love character into another person: Someone in desperate need of finding happiness within Life before the accelerating entropy of neurosis terminates in suicide. For just a moment, feel your total power over that other person. Feel his/her total subservience to your domination. Realize how you could make him/her do anything you wanted -- even drink purple Kool aid -- if you wanted to play the evil power game. With that realization, slap back into democratic morality. Share reciprocal -- or one-way -- love totally, unashamedly, with that guru-seeking, endorphin-bonding infant. Democratically. Feel the full astonishment of learning how vulnerable is that other mass of meat, hungering to grow into one-ness with its own soul -- even by following a loonie. Help it to grow into its own ultimate transcendence. Self-transcendence. Democratically. Step totally out of your Self; out of your reptilian ego. Transfer your complete adult need of personal intelligent growth for your Self to your genetic intelligence and cosmic intelligence -- both of which now are re-dedicated to saving not you, but to saving that lost mortal. As you work egolessly with that drowning loser, feel a zapp in your forehead. Feel the in-rush and back-flush of cosmic consciousness through your third eye, through your frontal lobes and through your entire brain; down your kundalini spine and, poop, back out to Universe. Mini nirvana. Receive this empyrean reward from social intelligence and cosmic intelligence for helping save the Lifeforce in that blatantly dying soul. What is the consequence to your Life and growth of keeping this frontal lobes transcendence circuit democratically open always, by using your social intelligence to help others grow up?
3. Why do most people need Jesus/ Mohammed/ Buddha/ Jimjones? Do you?
4. Why can the democratic brain self-control and self-transcendence method of this *Workbook* never seduce you into guzzling grape Kool Aid?

5. How does this lesson give you a good jackasslaff about your own fear of being seduced into destructive endorphin-bonding with gooroolingooo?

Lesson 73

Love Trust

Do you sometimes have a twinge of distrust? Do you sometimes, just for a fleeting moment, not believe you are going to make it into full, perpetual happiness? Has American society crippled your love hope?

If so, this merely is your self-defensive, cynical reptile brain reminding you that you have tried for all these years -- through so many many other people and schemes -- and nothing has worked. So why get excited about this next program? Why think this *Workbook* will succeed where all the other methods failed? Why trust again and rise high on expectations again when such trust always leads to betrayal and collapse? Wouldn't it be better just to remain conservative and cynical so as to fall less far -- so as to be hurt less -- by merely accepting the lower pain of perpetual loneliness and lovelessness as a simple fact of Life? Why take the chance to be crippled again by a fake love while pursuing this undying fantasy of spiritual fulfillment with a liberating soulmate?

Come, child. One more time.

Let us trust Life, together, one more time. Fervently.

Let us trust You, together, one more time. Yearningly.

Let us flow deeply into your full needs and full hopes, laughingly, to set them free; to allow them their natural blossoming into your completed, ever-expanding happiness. This time for sure. No more half-happiness. No more emotional walls. Hope dungeons.

Be again as Child.

Loving.

Yes, be Child.

Open.

Honest.

Be your full Child.

Be spontaneous and enthusiastic about all your true wants -- not only for joy, but for re-remembering those suppressed confusions, pains and fears.

By so being your Child in love with Life, you now can allow to come up into clear awareness and realization those last compressed hurts and hungers, which are constipating your automatic genetic growth, into that with which your Child was born naturally: your frontal lobes transcendence.

By so trusting your Child love of self, you now can allow to come out those last clogged fears and tears which shall, finally, be explained. You shall, finally, understand them down to their first principle cause in automatic brain function and stupendous genetic drive. Once comprehended intellectually, those aches and breaks in your gliding growth shall be dissolved via loving toughness. Love shall clean out all the residual negative acid poisons which have been ruining your precious existence all these years of avalanching panics.

Yes, beloved, you shall feel minor pain during this last cure. It will be the funny anguish of a sneeze before it chuffs itself. It will be the gnawing hunger and rasping thirst for love. You feel that hunger each time you bite insufficient bread. You feel that thirst each time you drink deficient springwater. Yet, with love, you shall be fed and slaked of your need for transcending love. In time, satisfied.

Thus shall we progress on this last drive to pull out and flush out those nasty ghostie traumas which still persist in hiding: those Child deprivations which this final supportive trust shall remedy and heal to rapture.

Starting now, you are surrounded by -- and saturated with -- love. Love will pull out each trembling memory. Like pulling out a kiss, not teeth.

From now on, for your final thrust, trust this tumultuous process of growing up. Trust your full simplifying potential of mature physical being. Trust your intellectual unlimitedness; your creative infinity. Trust your emotional ecstasy. Your spiritual attunement with the entire occult Universe.

How else but in trust? There it all starts and ends, as a circle. Trust your Self; your Life; your Universe -- your growth.

It all unfolds in love: of your Self; of your Life; of your Universe; of your growth.

It all is re-born in transcendence; into your dormant frontal lobes; into your whole brain power; into your divinity.

Life worships you.

Shall you now worship Life, in love?

1. Dare to trust. Love. Dare to want love in its full, sensual, reckless elegance. Pure wonderfulness. What is your itemized list of trust needs

and love needs which you must have satisfied as you now are advancing in this last drive of self-therapy?

2. Persuade your beloved -- newly found or long struggling -- to see your vision of trusting Child rising into full cooperation with love shared. Dare to be vulnerable. For only thus can you share truly the defenselessly complete openness of your soul giving and receiving love on the silk sheets of transforming passion.
3. Be divine. Worship the very act of giving love egolessly. Transcend ego and receive the unspeakable pleasure of giving unspeakable pleasure.
4. Communicate with your beloved in universal love language. Communicate together with Universe.
5. Trust love with absolute intensity as it opens your frontal lobes on the crucifixion bed and floods your very Lifeblood through celestial climax.

SECTION G

Advanced Self-Therapy Into Frontal Lobes

Sex is magic.

Sexual energy is supreme creative energy.

Sex is the single creative event which releases the final genetic intelligence to cause crucial neural completion.

Sex is the easiest emotion for all humans to understand. Such universality makes possible transcendence for everybody. The rapture of informed sexual love is the simplest, yet most advanced, therapy which you now are being invited to use to finish your frontal lobes maturation.

Sex is the number-one human expression which hierarchical, dictatorial society leaders fear. They cannot control sex directly. Yet, control is the name of the game played by such tyrants. Hence, non-loving bosses of retrogressive institutions dread sex. Killer ape police abuse sex. School teachers repress sex. In this way, American sex is controlled indirectly by inducing guilt during the enjoyment. In this way, mass neurosis is induced. And it is through neurosis that the mass is controlled.

American society claims to be progressive for the nurturance of cooperative individual autonomy. Actually, this nation is regressive. The primary nurturance is of reptilian economic competition. Such human retardation is accomplished by warping every neurotic individual into becoming competitive against every other person in the crushing mass.

Within America's value system, any true individual who dares to mutate into his/her dormant brain circuits must be nipped in the bud. The nipping is started by imposing sex taboos during childhood. The imposition must be done early lest a too free adult persuade others to be sexually free. To do so throughout a significant portion of the population would de-massify the conformist workforce and the blind suck consumer market sheep.

During childhood, natural sexual curiosity emerges. If allowed to evolve freely with no parental slaps, adolescent masturbation and fornication experimentation would rear their ugly heads. In time, adult neural maturation would occur. Such absolute freedom of expression and discovery would be uncontrollable by the infantile power-sucking authorities. Thus, it is into

obedience to the value system of these bureaucrats that all children must be warped so that American institutions can control the mass of citizens.

To a bureaucrat, anything uncontrollable smites terror into the very motive for his/her existence. Dictatorial authorities guiding government, business, schools and religion are driven by the dominant reptile brain. To each of these unsmiling, visionless, pleasureless, neurotic, non-orgasmic bosses, the first instinctive re-action when confronted with uncontrolled citizen free sex is, rattlesnake: coil and strike. Thus are "conservative" laws passed: those which force everyone to "conserve" the old, unevolving, non-mutating, non-dormant-brain-releasing way of living Life. In the name of the state, law and order, you are being legislated into a brain box within which your very desire to be creatively laughing child -- discovering the true freedom of sexlove -- systematically is suffocated.

Those who do discover sex transcendence perform the extreme revolutionary protest. Neural sexual expression is terminal civil disobedience. Fulfilling sexual pleasure is final defiance of genetic wisdom against genetic slavery. Is final liberation of coitus transcendus.

Lesson 74

Pre-Transcendence Love

Have you given up on discovering true, mature, spiritual love? Do not.

Have you begun to feel that your main chance to know perfect emotional fulfillment is slipping away? Not so.

Only now have you started climbing the correct up-trail wending through the fog to reveal the clearing of your dormant brain's new power which can recognize and embrace the everlasting glee of absolute love. Only now can real love galvanize within your telepathic radio to broadcast and magnetize and flirt-in your soulmates.

Patience.

The cloud is dissolving. The mountaintop view of your Self within Earth Life and Universe infinity is revealing itself.

Love is the ultimate motivator and ultimate goal of personal satisfaction, spiritual consummation and peace of mind -- for Arctic Eskimo and Sahara Bedouin; for Asiatic masses and American messes. But before love can be shared honestly with a beloved, it first must be discovered purely within one's Self. By so doing, each individual Earthling shall receive God's ultimate simplicity of method which transcends consciousness out of the 90% dormant brain into potency. Love opens dormant circuits into total brain potency. Love creates voluptuous mutant.

But love must be mature, not immature. Love motivated by unconscious infantile narcissistic suck needs circuits cosmic consciousness back through the mammalian and reptilian brains to terminate only in reproduction. Ego sucking. Pig fucking. Conversely, love motivated by conscious, mature adult intelligence aimed at helping each other transcend into the dormant frontal lobes terminates in charming self-therapy. And such self-therapy plainly sees and accepts its last target of liberating one's repressed infant trauma memories from the gluttoned hippocampi.

Love is the supreme motivator emotion by which genetic intelligence offers each citizen the choice of fast or slow transcendence. With mature love, transmutation occurs rapidly. With immature love, growth progresses slowly; or not at all; or retrogresses. For the unfit individual wrongly chooses to use immature love and blind sex as a desperate means to devolve back into the perverted "satisfactions": of infantile animal behaviors. But the fit individual rightly chooses to use mature love and egoless sex as a glorious means to evolve forward into the magnificent satisfactions of frontal lobes behaviors.

Mature love is caused reflexively within each individual whose intelligence chooses to not understand brain; whose attitude chooses to conform to blind hormonal breeding behaviors controlled by endorphin-bonding and by the dictatorial temporary rapture of estrogen and testosterone.

At this point in human evolution, the absolescence of immature love is observed through mass suffering. Hundreds of millions of people ache within meaningless marriages; convulse through unwanted children; spasm out of divorces. Alcohols and drugs get sucked in the hope of fabricating some kind of life "purpose." Assuredly, immature love causes general cultural hopelessness. Immature love ends in personal spiritual suicide. And when enough such individuals form a nation, they approve of their loveless leader pushing the technological button which ends purposeless Life for the whole gristly globby globe.

The last, and only, hope is love transcendence for all. Planet Earth is ripe to teach each crippled child and adult precisely how to outgrow immature love into mature love. Each Life-shocked adult is ripe to learn the quick, simple method of love by which each internal hurt child -- who still is sucking after the immature love from an unresolved father-need or/and mother-need (supplied by dictators) -- can transcend into frontal lobes intelligence and maturity. Once mature love of Self and others ripens into self-therapy, social responsibility emerges involuntarily. Once social responsibility ripens into full social intelligence, love of planet logically happens. Genetic intelligence is signaled: "This is a mutant." Quickly, all dormant circuits of the brain open in proper sequence. The individual becomes conversant with genetic intelligence and cosmic intelligence. The individual becomes a mass teacher. Each one teach one. Through mature love.

1. What is your definition of love?
2. What is your intuitive position along the growth continuum between infantile "love" and truly mature love? Explain your position in neural terms.
3. How can you get daily love satisfactions during your money-making job day? How can you get love growth toward maturity without retrogressing into infantile sucking which retards and stops that work and growth?
4. Trust your Self to love with all the passions of a delirious child turned loose in the ice cream factory. Trust your beloved to unstrap and expose elegant desire with reckless rational freedom. Together, weave this euphoric spell of love into a daily mature growth support family and cooperative community. Compare with other utopias. Avoid their mistakes. Transcend their ignorances.
5. As you love more, feel your frontal lobes open more. Record more frontal lobes dreams during sleep. Experience more frontal lobes flow during

morning pre-conscious reverie. Feel your residual self-therapy become easier and easier.

Lesson 75

Pre-Transcendence Sex

Universe has no taboo words.

The key to the sumptuous lock of mass-transcendence and Earth survival is sex. The Earthbound lock preventing that final maturation is a single word. A taboo arrangement of letters.

Only by rising above the ridiculous taboo of four letters grouped into one word -- KUCF, CFUK -- can we get down to the neural first principle of spiritual orgasm. The cultural mumbo jumbo priests have forbidden that. By so doing, they maintain their monopoly of fear, the final control tool over the masses. Yet, once gonadal orgasm and frontal lobes orgasm become one, the supreme holy fuck shall replace pious war.

The reason why conformist culture and retarded religion place a taboo on such a homely thing as a word -- shit, piss, asshole, cunt, prick, bastard -- is because each immature individual, circuitously, feels a genetically innate need to express full adolescent rebellion against a worthy adversary. But there rarely are sufficiently adequate antagonists. One's whimp father or whining mother are not deemed strong enough to resist the full force of an adolescent's emerging brute prowess so as to test the limits of his/her power accurately. For testing must be done to prove fitness. Thus, only an entire tribe or culture can be sufficient assailant against which the mutant can struggle effectively to bring forth dormant brain potencies so as to climb above cultural conformist values, beliefs and punishments; so as to cause genetic evolution.

By means of this dynamic, generations of thinkers unconsciously have embedded in the bedrock value system of their cultures worthy adversary words which act as a substitute, in the absence of a good war, for validating courageously strong intellectual and spiritual warriors. During peacetime, sensitive teenagers can struggle against such verbal puppettes to test their own emerging strengths.

But now that war no longer can be an uncomplicated measuring rod of male virility -- PMB: Prove my balls -- and now that females are protesting that they never have been given an equivalently democratic social mechanism to PMC: prove my cunt, taboo words from the last barrier which separates and evaluates the evolvor from the cringer; the transcendor from the regressor; the winner from the loser. Nevertheless, those who still need to heed taboo words to test their masculinity or femininity against combat aggressions or aggressive womb bats are looking only backward into their unsatisfied killer

ape circuits, not forward into their post-evolution holy escape wiring. They, at least, are trying to understand their animal origins.

At the sidelines, what of those who neither regress into crude triune brain behaviors and wordy grunts nor progress into refined frontal lobes beatitudes and wordless glees? They will not relate to, and understand, this trail-blazing technique into the new age of sexual transcendence. For those conformists who do not cringe at the obscene phrase, "thermonuclear rocket extinction," but who do cringe at the poetic phrase, "luscious fuck," they do not fuck. They have, disgustingly, but necessarily, "sexual intercourse." Or, "interpersonal intimate relationships." Or, "holy duty unto God" -- once every 6 months. They cannot, and will not, get over the barrier of their picky-picky word values so as to discover their amygdalae; so as to clickforward into full frontal lobes transcendence. In addition, because they have nothing better to do with their boring time, they impose upon the remainder of society, disproportionately, their body function euphemisms as asymptotic brain blockers.

Above all this pubic hair-splitting between honest words and super Life is the illiterate truck driver. Such a mentality accepts fucking and beer as equal concepts. Uncontaminated by priest or prudery. Such a person is more teachable. Such a student will learn more quickly the clean harmony between biological pleasure and ultimate cosmic maturation. For this reason, the illiterates of the world will lead the masses into the sexual brain revolution and out to the teleologic cosmic orgasm.

Re-Learn Your Sexy Purpose

The sexual act has three evolutionary functions. The first purpose, obviously, is to reproduce the gene pool through the species by placing a whistlingly motile sperm within spitting distance of a juicily fertile ovum. The second, less acknowledged reason is for sport. The third, heretofore unarticulated reason is to excrete electro-consciousness entropies -- thought garbages -- out of the polluted brain circuits by means of orgasm. The first action maintains unevolved animal existence. The second action maintains animal morale. The third action transcends the animal into its next higher form of personal intelligence and social intelligence. The first behavior now is settled personal knowledge and tightly controlled social technique. The second behavior is floundering in meaninglessness through the sexual revolution. The third procedure is new knowledge which is not yet used by the masses as innate wizardry.

Pre-transcendence sex is the skill by which the orgasm is used systematically to monitor and accelerate self-maturation. This is done by measuring the number and shape of orgasms, which, in turn, are a direct measure of how the brain circuits are being cleansed of electro-consciousness residues left over after self-therapy; after systematic re-computation of repressed child and infant trauma memories (bound energies of neurosis) into free energies.

The sex method of transcendence uses the orgasm -- alone or with a growthmate -- to re-purify the brain after intensive self-therapy; to re-clear the circuits for more self-therapy. By so doing, the flushing out allows more intense thought production and emotion production to enter those neural loops the next day. As the accelerating quantity and quality of self-therapy progresses, the single-shot orgasm becomes inadequate. It no longer can discharge by itself the ever-increasing cumulations of electro-consciousness bilges. Multiple orgasm commences.

Pre-transcendence sex is an attitude of faith in Self/Life/Universe. It is an intelligence based upon the absolute value of self-therapy. It is a belief focused solely on the terminal human behavior of transcendence. It is a knowing of perpetual, daily growth: within Self; between beloveds.

Pre-transcendence sex is a religious experience. It is the intuitive understanding of ultimate right from ultimate wrong: that the multiple orgasm was placed within the human brain-body to cause accelerated self-driving into one's dormant frontal lobes; that such is the fastest methodology of redemption out of one's ego-driven killer ape; that such is the surest proof of salvation into whole brain power. Through the benediction of sex -- "O God! I'm coming I'm COMING!!" -- one sees and communicates directly with the all-wise and all-loving deity who placed this crucial, neurosis-releasing love mechanism in the 90% dormant brain hitched up to the galloping gonads.

1. Explain the relationship between pre-transcendence love and pre-transcendence sex and your self-therapy and self-transmutation. Between your expanding intelligence and creativity. Explain in terms of the neural mechanism and psychological mechanism involved. How does your theory (hypothesis?) differ from that of a celibate Hindu mystic? From that of a Catholic priest and nun? Who is right? Who is wrong?
2. What is your value system, belief system, philosophy and scientific method of contra-ception? Of unwanted pregnancy? Of abortion?
3. What intellectual procedure can you invent to maintain the highest quality of pre-transcendence love and pre-transcendence sex while working toward your own first priority transcendence? What is your emotional procedure to maintain honest love and ecstasy while so working? What spiritual procedure can you invent to test for the lie -- to test that the above is true and not another subtle trick just to get more infantile narcissistic suckfuck? How can you test whether or not your growthmate is so unconsciously lying?
4. Discuss the comprehensive neurological and behavioral deterioration of the brain which is caused when the infantile narcissistic adult wants only to suck fuck. Why does genetic intelligence place such a retrogressive behavior into each person claiming to want true transcendence?

5. Discuss your history of non-transcendence sex. Retrogressive sex. Transcendence-destroying sex. What did you do wrong and why did you do wrong? Did you ever injure or destroy someone else's chance at transcendence by means of your improper sexing?
6. What is the function of esthetics in sex? How do cultural values -- transmitted by parents, pressure factions, education and mass media -- warp human esthetics away from the spiritual values of transcendence love and transcendence sex into the animal values of lust and into the religious values of guilty impotence?
7. Re-examine your value system. How can you shitout obsolete values about the physical, intellectual, emotional and spiritual esthetics of your love Life and sex Life? To what higher end?
8. How do you identify the incredibly subtle entropy of a "soulmate" who really is a liar -- to Self and to you -- and who does not want to grow up; who unconsciously wants only to suck your energy while you, alone, are doing the work of growing up?
9. Describe the step-by-step method of falling out of love as one sexmate systematically grows toward dormant brain release and the other does not; as the other systematically retrogresses into increasingly defensive embarrassments and guilts -- expressed as angers and hostilities.
10. Describe your ideal transcendence sex needs.
11. With your soulmate, systematically discuss and eliminate all taboos of words and body functions which inhibit daily communication into each other's telepathy. Telepathically energize each other's reciprocal growths into frontal lobes love. Once you eliminate a taboo word or action, you also will remove the secondary inhibitors which prevent 100% freedom of creative sex expression. Your sex body will become child free and animal wild. The only rational limit is esthetics. Do nothing which intuitively is repulsive or degrading. Do everything which esthetically is exciting and satisfying. Only thus will you discover your physical body connections to frontal lobes transcendence.
12. Subtly and ruthlessly diagnose those categories of self-therapy which should **not** be soothed with sex balm at the moment of crucial pain. Know when such backward retreat into sex relief destroys the next vital insight into forward growth. Know when to use celibacy to better dig down into a particularly elusive memory storage tissue.
13. Conversely, subtly and brilliantly diagnose those categories of self-therapy which **should** be super-energized with sex power at the moment of crucial revelation. Know when such forward breaking open of new reservoirs of memories accelerates the dissolution of backward entropic blocks. Know

when to use fucking to dig down into a particularly elusive memory storage tissue.

14. Use therapeutically mature love sex as your celebration reward for achieving each successful stage at work and growth. Celebrate your bodies integrated with each other's liberating brain. Calibrate your two loves in harmony with each other's understanding and experiencing of Universe love.
15. With absolute caution, share with outsiders this knowledge of your use of love sex to accelerate your, and their, reciprocal frontal lobes transcendence. Do so without fatally injuring the morale of any love-starved individual who never has found a soulmate and who believes such soulmating is impossible in the American jungle of economic competitiveness and reptilian lying. Do not induce jealousy. Gently persuade such a loner that his/her negative telepathic radiation signals all valid mate candidates to stay away. Joyfully persuade such a mate candidate that, by an act of loving willpower, s/he can change the signal to positive; can magnetize those persons in the mass on the exact frequency oscillation to in-gather; can thereby accelerate reciprocal self-therapy and self-transcendence through the good cliteromania and glansomania of mature sex love.

Lesson 76

Advanced Multiple Orgasm

Transcendence is accelerated by the biggest sex organ you can hold in your hand: your brain.

Transcendence is erotic as all hell.

The absolute symptom of approaching frontal lobes transcendence is the emergence of your God-given multiple orgasm. This is your brain's way of telling you that your amygdala has opened and that your cosmic consciousness is circuiting, partially, into your inactive front love lobes. Conversely, self-inducing pre-mature multiple orgasm causes temporary energizing of the frontals.

Defenses Against Orgasm

The reason why all children do not grow up into free and natural adult multiple orgasm is because of "defenses." These inhibitors are put in place during childhood by prudish cultural taboos against sex. Yet, by turning over this coin of neural functioning, sex can be used as a proper therapeutic tool to release these repressed memories for proper discharge via self trauma drama. Such therapy not only accelerates transcendence, but does so joyously.

Defenses within the basic personality structure prevent the individual from fully accepting the free genetic gift of the reflexive self-cleansing and self-healing mechanisms: urination, defecation, orgasming. During unreasoning infancy and childhood, defenses wisely protect the individual from excessive traumatizing. But once the age of self-determination is passed, such defenses inhibit the individual. Inhibitors prevent the use of all available self-cleaning apparatus to set free and discharge the very cause of those suppressed child and infant trauma memories.

A "defense wall" or "defense mechanism" is an electro-chemical-consciousness configuration of sub-atomic particles, atoms, molecules and energies formed within the cells of the traffic-cop hippocampi and temporal lobes. The pattern is arranged in such a way as to hold in all unresolved infant and child trauma memories and to hold back the natural evolutionary flow of genetic energy and electro-consciousness energy into the frontal lobes. Thus do the frontal lobes become "dormant" -- from inactivity.

Orgasm energy temporarily thaws the traffic cop's frozen defense wall in the temporal lobes first, in the hippocampi later. Orgasm temporarily dominates, overwhelms and dissolves the entropy mechanism. This allows the trauma memories stored in those cells to flow out unexpectedly from unconscious

memory storage into conscious awareness. And since memories always emerge in proper order of trauma intensity (voltage), the process itself is untraumatic. The least traumatic, most easily tolerated memory comes out first. The most traumatic, most difficult memory comes out last. As each single memory glides from repression to expression immediately after love-making, it is detoxified by the standard operational procedure of self trauma drama. Its entropy is unchained to energy.

Mutating Multiple Orgasm

Review Lesson 12, "Beginner's Multiple Orgasm." Remember that multiple orgasm, in males as well as in easier females, is the dramatic, creative symptom which shows that your brain, finally, is releasing its dormant circuits. As more latent networks are opened, they compute more thought production. As more thought production is computed by combining two or more old thought matrices into a new, Life-advancing thought, more thought residues -- unusable electro-consciousness energy fragments from the original old thoughts -- are left over. These residual thought garbages must be excreted via orgasm. As self-therapy progresses and more inactive circuits are opened, the one-squirt orgasm becomes insufficient to eliminate the increasing electro-consciousness entropy scraps left over from the increasing thought production. Multiple orgasm must commence naturally to avoid plugged toilet.

In males, sperm ejaculation occurs first. Next, for both males and females, a new order of dry spasms happens. The quantity, quality and shape of the multiple orgasm are a direct measure of the location of the dormant cells within the triune brain being liberated.

If multiple orgasm does not occur with the accelerated opening of new passive circuits, the poisons from the cumulating entropy residues are absorbed by the brain tissues and robotically slow down the process of opening still newer unused circuits. The entropic poisons slow down the production of new, pro-Life creative thoughts. Eventually, the non-multiple-orgasmic brain backs up its toilet and stops all truly transcending thought production. No scientifically verifiable cosmic perceptions, intelligences or communications are released or received. Buddhist and Catholic celibates do not create truly transcending thought production which creates warless Earth.

The trigger to the multiple orgasm is the amygdala. As cosmic consciousness and cosmic intelligence are probing forward from the reptilian brain, through the anterior amygdala and into the slothing frontal lobes, they are preceded by the multiple orgasm to flush cleanse, repair and open the circuits. Conversely, when the posterior amygdala is clicked, a culturally conditioned, constricted, single-shot orgasm occurs -- sufficient only for animal breeding and myopic ego satisfaction.

After multiple orgasm becomes operational and flows automatically, the lower evolutionary circuitry of the 1-shot orgasm can be verified by means of experiment. Use the focused meditation technique; the cosmoprobe method.

During sexual stimulation, aim the laser needle into the posterior amygdala just as self-confident multiple orgasm is approaching. You will observe and experience a violent shunt backward, then, just one huge, painful climax. Caution: 100 volts now are funneling into a 1-volt circuit. Fuse blows.

On the other hand, as logically expected from the rational wiring of the brain, when the anterior amygdala is triggered, multiples occur. This too can be verified by a similar cosmoprobe experiment after multiples become routine. Just before the orgasm truly is ready to explode, aim the energy needle into the anterior amygdala. This will be at the moment when all newly opening dormant circuits systematically are linking their puking rivulets into creeks, into streams, into the single river of the coming coordinated shitout event. But they are not yet quite ready; not yet quite coordinated. Your premature stimulation will cause many chaotic soft gushes forward. You will experience many uncoordinated, conflicting squirts. Though educational, it will be very unsatisfying.

Shapes Of Multiple Orgasms

Each brain has built into it by genetic intelligence an automatic self-rebalancing mechanism. The mechanism re-balances emotions and thoughts so the brain progresses or regresses, depending upon fitness. The shape of your multiple orgasm tells you precisely into which direction your brain is clicking. By monitoring the visualized pattern of your multiple orgasm, you can measure with precision which part of your triune brain is dominant and active and which parts are subservient and inactive. In this way, you can predict the next day's computation of subtle elements of energies into final emotions and thoughts. You can predict coming creative production.

The gross information given by the shape of the multiple orgasm which you see in your mind's eye reveals the direction of movement of your three integrated brains. You will be able to read such changes as re-circuiting away from frontal lobes cooperative love into reptile brain self-defense and counter-attack behaviors before you outwardly switch from lover to hater. You will be able to know when your mammal brain is nurturing the Lifeforce intensely in preparation toward frontal lobes expansion out through the cosmic force, thereby protecting your Self from intrusions by entropic fools. By adjusting your behavior that day and the next day to be harmonious with this deeply unconscious information from your prime triune flow, you can guide your brain into maximum intellectual thought production and emotional feeling production. You can milk your innate genius to optimum sensitivity so as to connect your personal intelligence with your genetic intelligence and cosmic intelligence. This will create goods which advance your social intelligence.

From many varied case studies of students who transcended, the following guidelines are offered for your own explorations and discoveries of your own sexy genius.

To get more detailed facts explaining the wave physics involved in the multiple orgasm, read the chapter, "Multiple Orgasm," in the *Mass Transcendence Guidebook* which gives the scientific foundation for the application superstructure of this *Workbook*.

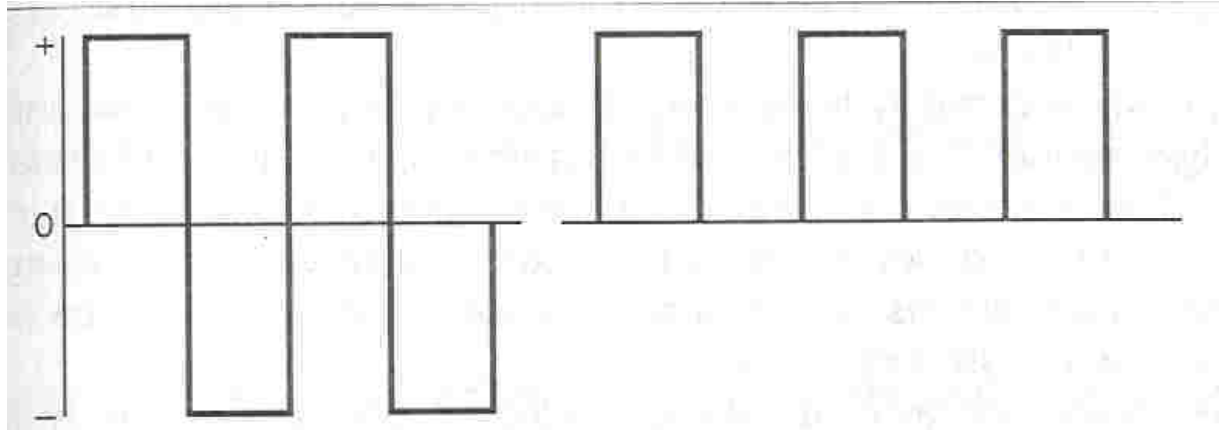
When the wave form signature of the multiple orgasm is a series of continuous, high amplitude oceanic waves above +5 on your self-measuring scale from 0 to 10, this indicates complete, perfect harmony between the reptile brain, mammal brain, primate brain and frontal lobes.



SEE LESSON 12

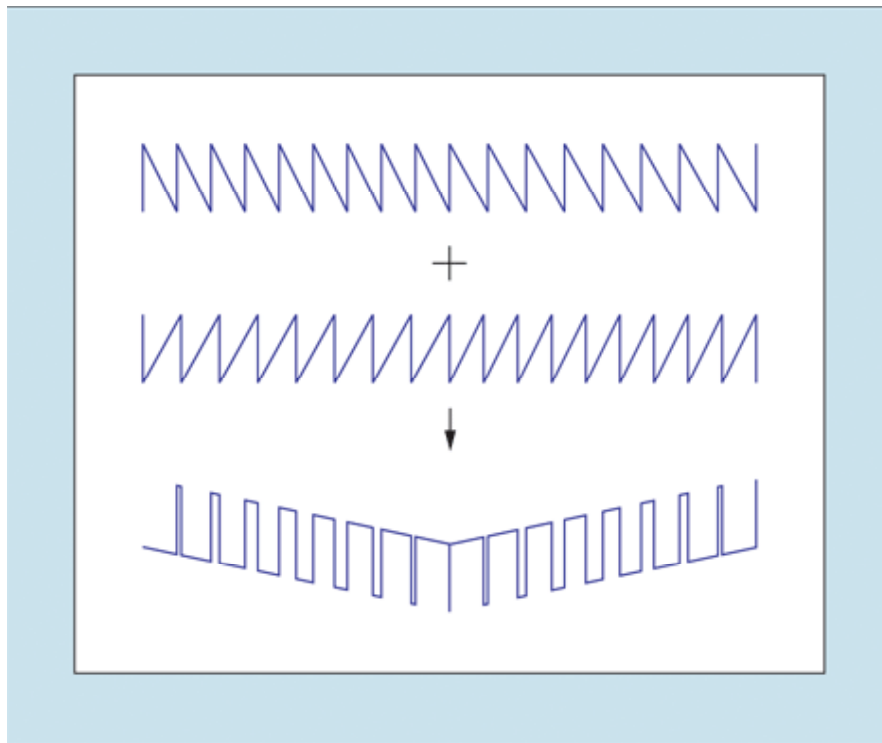
Gentle purging of the total super circuit is underway. Predictably, that day's creative production will be higher than the previous day's; will be of the highest quantity and quality; will utilize full cosmic consciousness, competitive consciousness and cooperative consciousness to yield maximum primate thought production, mammalian emotion production and reptilian survival production; will utilize full cosmic intelligence, genetic intelligence and personal intelligence to yield maximum social intelligence and euphoria: +7, +8, +9. When the amplitude is low, between +3 and +4, however, the same efficient triune linkage exists, but the frontal lobes are less active or are inactive. That day's production will be only in the primate brain to generate mundane thoughts and feelings. When the amplitude is lowest, between +1 and +2, the linkage is resting. There will be no production that day. Merely relax and enjoy Life in love.

When the wave form signature of the orgasm is a square wave, this indicates that the prior day's thought production was done totally in the reptile brain: totally self-defensive or/and counter-attacking.



This pattern is caused by bringing a deeply repressed self-survival problem up to conscious awareness for 100% efficient creative solution. Since that circuit still is active, but now free of smut, you consciously should choose to plan your day to remain totally in your reptile brain so as to solve only more self-survival problems. For you will receive disproportionately brilliant aggressive intuitions, manipulative insights and fighting thoughts to strengthen your power position in the hostile environment. Square wave orgasms occur when one is battling, and winning, in court, in business, in war.

When the wave form signature of the orgasm is a left-handed ramp wave, this indicates that the prior day's thought production was done totally in the posterior mammal brain: maximally self-defensive and counter-attacking and minimally loving and nurturing.



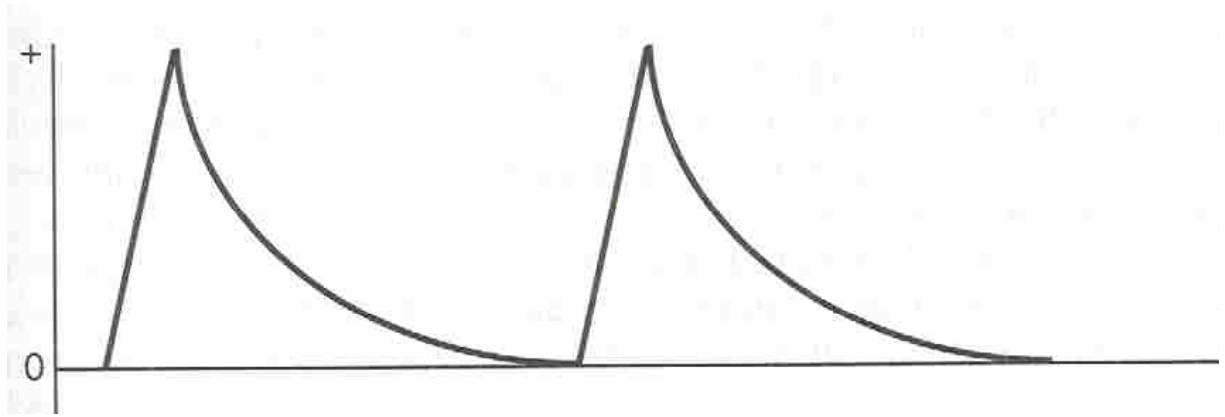
Left-handed and Right-handed Ramp Waves

The first instantaneous discharge from zero to maximum voltage is from the posterior mammalian cells. That part of the mammal brain closest to the reptile brain was dominant. That part of the mammal brain closest to the frontal lobes was subservient. You will receive mostly home protection and family strengthening intuitions, insights and thoughts the next day.

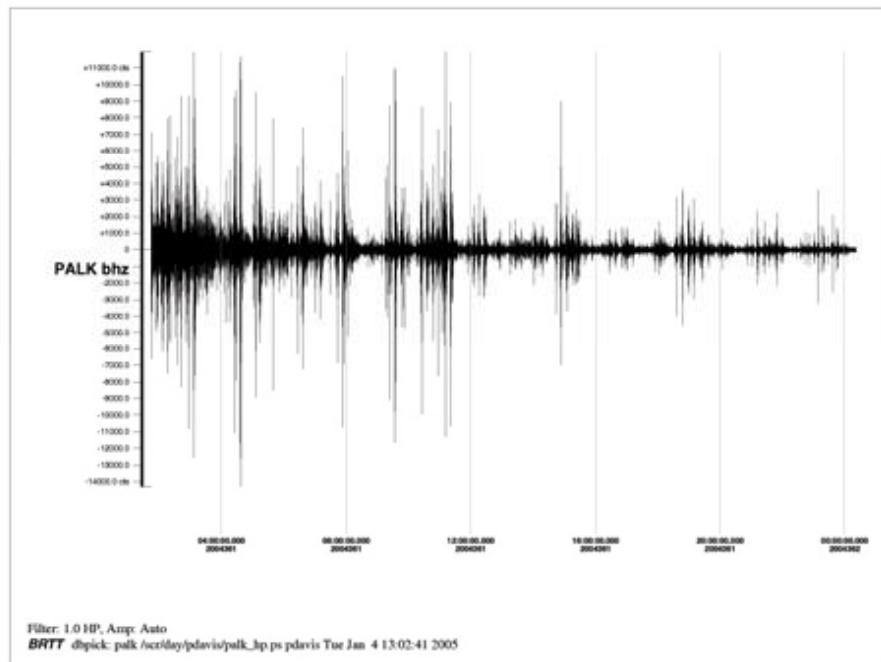
When the wave form signature is a right-handed ramp wave, the anterior mammal brain, closest to the frontal lobes, was dominant and computed maximum loving and nurturing emotions and behaviors during the prior day.

The posterior mammal brain, closest to the reptile brain, was subservient and computed minimal defense and attack behaviors. You will receive family growth and community growth intuitions, insights and thoughts the next day.

When the wave form signature of the orgasm is a sawtooth wave above +5, this indicates that the prior day's thought production was done totally in the right-hemisphere and was done comfortably.



When sawtooth wave is under +5, the work was only partially in right-hemisphere but still was done comfortably. However, when the sawtooth wave train accelerates in amplitude and frequency and the equilateral triangles suddenly become a machine-gunning of isosceles spike triangles, this is evidence that intense repair of broken cell circuits in the right-hemisphere is underway.



SPIKE WAVES (See chapter 12)

The prior day's right-hemisphere work was done under intense stress and tension. Such intensity of computations, however, need not be judged as bad since it might indicate extreme opening of dormant circuits into new and permanent genius intelligences. If so, expect accelerating wisdom creations.

Oceanic waves frequently increase their amplitude and decrease frequency to become a continuous, high, straight line, broken only by quick gulps of breath just as strangulation seems likely.

[INSERT GRAPH OF HIGH, STRAIGHT LINE WITH GULPS]

This indicates that the prior day's computations almost fully were in the frontal lobes. Relax. A surprize is about to happen. Nirvana. No more productive work for that day and several following.

Square waves frequently increase their amplitude apex toward maximum and accelerate in frequency to break suddenly into a few dozen oceanic waves, which, in turn, break suddenly into two or three hundred spike waves. Or the opposite happens. The square waves break to hundreds of spike waves and then end up with a couple dozen ocean rollers. This is whole brain power functioning; routine total cleansing in preparation for all organs coming on line, including your telepathic glial layer. Perhaps even some posterior cortex silent areas. You are in for several weeks of maximum, unpredictable, wild, creative genius perceivings, understandings and producings. Lock the door. Keep out the entropy suckie piggies. They will smell your lollipop. They will try to bust in to gobble your brilliant bubble, thereby robbing you of this most precious energy era of existence. Once protected and secure, you will discover more stupendous knowledges and produce more spectacular inventions in those few days than most people discover and crystallize in a Lifetime.

Wave Forms From Specific Organs

Several unique wave curve signatures have been identified as symptoms that different organs of the brain are operating in a predictable way and that different interactions between different organs are about to go off, independent of your willpower or control. Thus, self-controlled gross behavior is adjusted accordingly to flow with these absolute occurrences the next day.

If oceanic curve amplitude is minimal -- less than +3; usually about +1 -- and frequency is minimal (from one wave per second to one wave per 10 or 20 seconds) and duration is maximal (between 50 and 100 waves), the amygdala is cleansing itself of accumulated entropies and toxins. The mammalian decision-making center in the limbic system is dominant and taking time out to do basic repair and maintenance work on its own servoengine. The reptile brain and primate brain have agreed to be subservient and mostly inactive. Once the expurgation is accomplished, the amygdala will demonstrate a major, unexpected click during tomorrow morning's hypnapompic reverie.

Tomorrow's daytime production will rush into a new part of the brain which heretofore has not been used maximally -- or has not been used at all.

When sawtooth curve or spike curve amplitude is minimal (less than +4; usually about +1), and when frequency is minimal (1 to 0.1 waves per second), and duration is maximal (over 100; as much as 500), the corpus callosum is laundering itself. The decision-making centers in the reticular activating formation of the reptile brain, the limbic system in the mammal brain and the frontal lobes of the primate brain all have called a truce and have stopped all neurotic traffic. They are allowing the corpus callosum to do basic repair and maintenance work upon itself. For they understand that this is the common organ which serves all three of them in their left- and right-hemispheres; which joins the left-hemisphere with the right-hemisphere of each brain. Once the disinfecting of entropies and toxins is accomplished, the corpus callosum will demonstrate a stunning increase of efficiency computations mostly in the right-hemisphere, but shifting brilliantly between it and the left-hemisphere and back again. Re-orient your plans and behaviors for the next few days to accept and utilize this disparate virtuosity of perceiving and computing large masses of seemingly unrelated data through sub-threshold, unconscious intuitions into new creative patterns which will surge dramatically into new inventions and discoveries. Because the reptile brain and frontal lobes must be re-balanced uniquely immediately after the corpus callosum has finished its housekeeping chores, this is the best time when exquisitely subtle and astonishingly powerful business strategies and tactics can be made to quantum leap ahead of the competition with loving toughness.

When oceanic curve is mixed with sawtooth curve, energy is moving simultaneously in two directions: along the axis from the reptile brain to the frontal lobes and along the axis from the left-hemisphere to the right-hemisphere.

[insert graph of oceanic + sawtooth waves]

This indicates a major, sub-threshold, unconscious release of last repressed child trauma memories from the temporal lobes or last repressed infant trauma memories from the hippocampi out of both hemispheres finally is happening. Those memories will emerge tomorrow at threshold, conscious awareness for direct discharge by self trauma drama. Enormous therapeutic work is going to be done that day. So, again, lock the door and take the phone off the hook.

When square wave is at minimal amplitude (+1, +2) and minimal frequency (a single wave lasting 10, 20, 30 seconds), the reticular activating formation within the reptile brain and the decision-making center within the frontal lobes are rebalancing, rematrixing and ramifying their damaged circuits into a new

relationship. More efficient, less hostile, more loving self-defense and counter-attack survival innovations will occur tomorrow.

There are other unique single curve and curve combination signatures which signal advanced paranormal behaviors emerging.

One-Shot Orgasm Therapy

Before multiple orgasm begins, the conventional conformist climax can be used to accelerate release of repressed child and infant trauma memories. You can do this alone, with an untranscended but empathetic soulmate, or with a transcended teacher. The principle involved is energy dominating entropy. The overwhelming energy of your sexual implosion dominates the electro-chemical-consciousness barrier of the defense mechanisms surrounding your temporal lobes and hippocampi, thereby allowing the deepest flashbacks to emerge into conscious awareness. Once revealed, they are neutralized by self trauma drama.

1. The orgasmic shortcut to therapy begins with creating the proper mood of cooperation. By an act of willpower, believe that this integrated apparatus exists in your brain for free use. It is so.
2. Let us start with the ideal situation. Let us assume you have a soulmate who is, as yet, untranscended but who is working toward the same transcendence as you. If the assumption is unacceptable, you can modify the following steps by yourself. In either case, review this method until a total mood of excitation is shaped. Now do it.
3. Each person will take turns guiding the other. One will guide today while the other is receiving passively. The other will guide actively tomorrow, while the first beloved is receiving that strong channeling.
4. The purpose of the guide is to monitor the receiver so as to keep the receiver's motivation and communication on the straight track of honesty. When you are the receiver, this prevents you from lying to your Self at the critical moment of self-exposure. At crucial seconds of self-revelation of traumata during the beginning stages of learning this technique, your ego can dominate, overwhelm and side-track your orgasm energy. Your ego can trick you back into reptilian brain motivation and greed suck dishonesty. If so, the unsatisfactory results you obtain will "prove" that this method does not penetrate your temporal lobes. You will "prove" that this procedure does not work. Your guide will help you avoid that trick.
5. For the remainder of these steps, you are the receiver. Your friend is the guide. Start preparatory love exercises. Start with intelligent talk about what is going to happen. Discuss thoroughly, with rational reasoning, what the expected goods shall be from this shared experience. Everything -- everything -- must be 100% love. No inhibitions. If those, call it off. It won't work.

6. Once total trust, honesty, excitement, delight and love are understood, accepted and bouncing, both relax. Totally. Into total play. Play the love game. As children. As child-free adults. Thus is there full acceptance of the divine genetic redemption and salvation to come. And cum.
7. When the moment is ripe, dominant guide slowly and subtly changes the mood; slowly and subtly assumes control. Subservient recipient gently and trustingly accepts the change; tremblingly and awesomely becomes controlled. Guide becomes parent over child, giving total love. Recipient becomes child under parent, totally absorbing love. (The parent/child relationship is only metaphorical, not incestuous.)
8. Naturally, naked adult bodies flow into physical love while minds, paradoxically, separate more into non-incestuous parent and child. Slowly, parent caresses child's pre-orgasmic tissues: Back rub. Neck kissing. Ear kissing. Eye kissing. Nosetip nuzzle. Lips fish nibbles. Tongue tickle. Tongue lathing from forehead to toes. Scary teeth grating the most delicate place of all, pretending to bite it off. Eventually hand caressing child's orgasmic tissues: Breasts. The button. The ring.
9. Allow the first orgasm to come. Hand caressing only. While the orgasm is approaching, you as love-absorber completely regress into child. Regress spontaneously into an intuitive age which is ready to release its trauma.
10. As the orgasm is approaching, lover-giver guides: "Relax, child. I love you. Flow beyond your Mother-needs. Flow beyond your Father-needs. I love you totally, 1000%. I love you beyond your biological Mother; beyond your biological Father. I am protecting you and helping you more than Mother did or could; more than Father did or could. You no longer have to cringe and protect your Self because they would not protect you. I will protect you. I will not hurt you. I will not betray you. I will not allow anything to injure you while you are thus naked and vulnerable. Trust me totally. Trust Life totally, one more time. Open your Self totally. Spread your Self wide open. Feel my total trust and love entering you. Feel me pouring trust and love into your wide-spread openness. At this moment of your most open weakness, I will not desert you, as did Mother, Father. Trust me. Love me. I will not leave you exposed and cold as they did during childhood. You will not be injured again. Trust. Love. I am here in total strength and love. I am giving you my complete power and adoration so you now can come out of hiding. Come out, child. Come out, child. Come out through the emotions of your full body. Come out through this receiving of love caresses. Come out, child, through your orgasm. Come, child-adult. Come, child-adult. Come child. Come, Come. And tell me what has been blocking you all these years at your deepest level."
11. You come.

12. While coming, the secret blurts out: "O God! Mommie didn't want to have me because Daddie was not my Daddie!! I am an unloved, failed abortion!!!" During orgasm, the ecstasy of pleasure overwhelms the terror of rock-bottom pain too long held unconsciously in your temporal lobes or hippocampi and lets it ejaculate.
13. As soon as the true fact emerges, soulmate takes control of Self Trauma Drama Act-I: "Yes! I am your Mommie and I did not want to have you! I tried to abort you with a clothes hanger wire! How has that injured your Life while you were growing up with me? Yes! I got pregnant from another man's sperm! What does that do to your Life-long desire to love me and get love from me? Yes! The man you called Daddie knew you were not his child! Why did he always spank you so much?" The shouts echo back and forth as Act-I, "Reality," transforms into Act-II, "Revenge": "God damn you Mommie! Why did you fuck up my Life so deeply? Why didn't you shove that fuckin wire in all the way and get me out before I had to endure everything that came after? How did you expect me to grow up sane when everything about you and Dad and our so-called family was a lie? You bitch! Now what I'm gunna do to you is...." And so on. And so forth. And so puke. Amen. Complete the trauma drama method.
14. Discuss. After tears and caresses -- and perhaps another therapeutic non-hand, full-body-sharing orgasm -- sleep. Then talk. Lots of astonishing talk. Deep beyond all expectations. Deeper than the wire. Analysis. Profound insight. Then repeat the episode each day thereafter through Acts III, IV and V until emotions are 0% and forgiveness is 100%. The bound energy of neurosis is discharged to free energy, properly.
15. Repeat the process down the gradient from your final, least intense child trauma memories to your final, most intense child trauma memories. Repeat the process until 100% of your repressed child trauma memories are unfrozen and melted from your temporal lobes; from your hippocampi. You will know when you are scraping the bottom of the barrel. Instead of pain images, your flashes will be joy images: the fun things which also happened back then. When that happens, it is time for you to get on top and get your lewd revenge against your laughingly tormenting teacher. And while doing so, do not be overly surprized to experience cumulating gushes of free energies into your amygdala; cumulating clicks of your amygdala forward. You will receive mounting floods of cosmic consciousness into your frontal lobes. You will expand through firecrackering implosions of cosmic orgasms. This will be communicated to, transmitted to, triggered within, your beloved. Shared nirvana.

Multiple Orgasm Therapy

By simple arithmetic, the longer the orgasm energy keeps coming, the more the neurosis entropy is overwhelmed. As therapy progresses, the natural multiple orgasm emerges. But prior to that time, you can induce multiple orgasm to accelerate therapy.

In Lesson 12, "Beginner's Multiple Orgasm," the lesser power of ego, self-guided via imaging, was used. Now you shall use the greater power of focused cosmic consciousness. Review the closed focused meditation technique in Lesson 55, "Cosmoprobe."

1. Proceed by yourself. Prepare to release your deepest repressed child trauma memories by being again as child. As child, prepare to unleash your biggest orgasm through your adult body. The best time is during your morning pre-conscious state of awareness -- your hypnapompic state -- when defenses still are asleep.
2. The night before, just as sleep is approaching (the hypnagogic state of consciousness) and defenses are dissolving, practice closed focused meditation; practice creating your cosmoprobe. With this practice at this time, your now-sensitized cosmoprobe will be ready and waiting to go into action immediately when you awaken in the morning. While practicing before sleep, cosmoprobe into the center of your gross amygdalae and simultaneously ask the question: "Shall I allow my Self to accept more than one orgasm tomorrow morning?"
3. When you waken into morning pre-conscious reverie and the answer is, "Yes!," stimulate your clitoris/glans. As the first orgasm approaches its peak value of amplitude, assume the passive attitude (do not use the cosmoprobe yet): "Do as you will. I, ego, do not demand that you be more. I do not push the river of consciousness flow. I accept whatever is."
4. On this morning, you are doing passive practice. As the first orgasm achieves its peak amplitude and starts its bumpy slide down to quiet satisfaction, notice the second impulse lurking lasciviously in the wires between the reptile brain and the mammal brain. Notice that it is willing to build up. As your first wave hits the bottom of the imaginary graph, allow this second impulse to surge into a second rising wave. You "allow" it to do so not by an act of active willpower, but by an act of passive love: the egoless attitude quoted in item 3 above. The second surge comes from formerly dormant brain circuits. As the second rising curve achieves its limit amplitude, observe the third impulse lurking and willing to build up. As the second wave hits the bottom of the graph, allow this third impulse to flare into a third rising wave. By this method, you slowly can build up your count to 4, 5, 6, 7. By the time you reach 10, the mechanism goes automatic, but you will not hit 10 via passive practice.
5. Alternate mornings of passive practice with active practice. As the first orgasm begins to build up, focus your pre-prepared cosmoprobe laser needle. Split it into your anterior amygdalae. This will super energize the forward fling of the orgasm from its origin in the triggering reptile brain, through the amygdala gate and into the rubbery frontal lobes. It will bounce back from your frontal lobes through the open amygdala gate and back down the reptilian gun barrel. The force will be so intense --

maximum scream -- that the gun will re-cock. When you feel the tumescence of the gun barrel reach the bursting point, cosmoprobe your anterior amygdalae again. The second shot will fire, enter the frontal lobes and bounce back down the reptile tube. When ready, cosmoprobe and trigger the third shot; the fourth; the fifth. This time, by the time you reach 10, the mechanism will go automatic. Thereafter, you will have multiple orgasm each and every time you play sex. From then on, your brain reflexively will choose the quantity, quality and shape of each day's orgasm in consonance with whichever triune brain and hemisphere has been dominant and active the day before, cleansing cells, tissues and organs via unique wave form signatures. From then on, your brain will give you 25, 50, 100, 200, 500 maximum intensity yowls over whatever timespan it chooses to be correct for that episode of neurosis cure -- from a few minutes to hours. And after each orgy, a magic baby will be left behind: your residual child or infant trauma memory. Discharge it via SOP: standard operational procedure.

6. Observe the wave form traced in your awareness by each day's multiple orgasm: square wave, ramp wave, sine wave, sawtooth wave or spike wave. Record in your *Brain Journal*. Document that day's wave form signature by sketching its amplitude and frequency. Identify the triune brain, hemisphere organ or group of organs from which the pulse pattern originated. Extrapolate this hard core data. Intuit the triune decision-making center which chose this pattern to emerge from this specific part of your brain. Backtrack and intuit the reason for that choice. Identify the logic of your genetic intelligence in control of your destiny that day. Read directly the will of your genetic code that day. Adjust your self-therapy and growth regimen accordingly.
7. Where the one-shot, reptilian orgasm is exhausting -- due to incomplete and inefficient excretion of accumulated electro-consciousness feces -- multiple orgasm is energizing. The total excretion of entropies, accumulated from bound energies of neurosis, causes a secondary flow of free energy. This free energy cascades not only into the amygdala, but through the entire brain. It stimulates still more dormant circuits to open. The newly opened, inert looplets system-link with the previously opened circuits to compute a higher order of intelligence and creative production. Where the one-shot reptilian orgasmer rolls over and sleeps, the multiple orgasmer rolls over and grabs the sexiest thing imaginable: typewriter, brush, chisel, piano. Artistic genius production sloshes out all morning; all day.
8. After the frontal lobes are opened fully, a new order of orgasm is experienced: whole brained orgasm; out-of-brain orgasm. Cosmic orgasm. Full meteoric yells occur. Windows crack. (Cops are called.) Genital stimulation no longer is necessary. Whenever desired, thought stimulation triggers the natural phenomenon. And when you are not watching, the phenomenon sometimes triggers itself, when needed. During a boring church sermon or in a crowded elevator. Pity.

9. Once frontal lobes cosmic orgasm becomes routine, it can be triggered harmonically within a soulmate. This is the shortcut to your beloved's transcendence. By the plain, homely act of penetration and sharing, your celestial brainbomb implodes. The reverberatory oscillations generated by your entire brain travel down your spine, across the gonadal bridge, up the other person's spine and into the amygdalae to trigger sympathetic fibrillations. These quickly are synchronized between mates into massive synergistic pulses of super energy pile-driving through your now telepathically-linked frontal lobes until paired breakthrough happens. Then, 2-as-1, you go out into Universe.

10. Achieve complete understanding of existence within cosmos through frontal lobes orgasm. God's ultimate meaning of Life. Then, each one teach one.

Lesson 77

Creating Your Pre-Transcendence Growth Support Family

The private, personal, self-centered, egotistical, greedy, sucking insanity of 4,000,000,000 isolated individuals -- expanded into grudging groups, competitive communities, insensitive institutions, embalming economies and nutty nations -- has just about completed its circle of stupidity aimed precisely at piously murdering our Mother earth with plutonium gadget logic.

Unless we learn egoless cooperation, there is not hope. If we do not learn how to form a single, converging Growth Support Family out of diverging, neurotic strangers and enemies (including husbands and wives), there will be no personal survival. There will be no year 2000. If we can so learn, we then can multiply this single unit into millions of units as the foundation for planet transcendence. The millennium will have arrived.

1. Which people do you choose to in-gather for this discussion?
 - A. Why?
 - B. How shall you morally filter out Life-losers and filter in Life-winners?
2. What are your facts of brain and logic of enthusiastic persuasion to excite people into forming a Growth Love Family?
 - A. What is your motive, your psychological motive, for doing so?
 - B. What is your neurological motive?
 - C. What is your genetic motive?
3. Specifically, how should we behave together for harmony?
 - A. What is our Philosophy of Life?
 - B. What are our rules for physical, intellectual, emotional and spiritual exchange to create one-ness?
4. What is our common visionary goal toward which we each work joyfully to achieve personal fulfillment, inter-personal trust, and ravishing honestly within this Reciprocal Ecstasy Family?
5. How shall we work blessedly to achieve these personal goals within the Family single goal?
 - A. By what wise rules?
 - B. How shall rights and privileges be articulated and protected?

- C. How shall love sex be shared?
 - D. How shall grievances be judged and tried?
 - E. How shall "Criticism, Self-Criticism" sessions be conducted?
 - F. How shall trust and honesty be guaranteed?
 - G. How shall love be guaranteed?
 - H. How shall telepathic empathy be achieved?
6. How shall we share respect, energy, affection and love for each other as each person is growing rapturously toward transcendence within this Therapy Nurturing Family?
- A. By what tough control procedures?
 - B. By what energy expansions into community?
 - C. Into nation?
7. How shall we avoid false phantasy, miserable mistakes and ludicrous lies about this orderly formation of Sanity Protection Family?
- A. Itemize your merry agenda for discussion.
 - B. Create your yawping tests to catch liars.
8. Define your standard of ordinary, acceptable neurosis expressed between two or more family members.
- A. Define your standard of disturbing, but forgivable, arrogance.
 - B. Define your standard of unacceptable psychosis.
 - C. What shall be the serious procedure of judicial review if a family member turns entropic, sucks all energy, turns illogical or psychotic or otherwise violates a rule of inter-personal harmony?
 - D. How shall judgment be rendered?
 - E. How shall correction be taught?
 - F. How shall redemption, salvation, forgiveness and love be given to heal the wound after family disharmony?
 - G. How shall expulsion from the family of a hopelessly un-redeemable and unteachable outlaw be performed?
9. How shall we temper and strengthen and enrich the cultural quality of this primarily intellectual Laughing Happiness Family?
- A. What satisfying emotional rituals can you invent?
 - B. What meaningful, wheee parties can you engineer?
 - C. What full-filling fun festivals can we celebrate together each month of each year to mellow the passage of time?
 - D. How shall we create and share an awe-inspiring, trans-personal religious belief into the larger reality of Universe?: Into the planets and civilizations whirling around the 100,000,000,000 stars within each of the 100,000,000,000 galaxies -- all trying to communicate via zero-time transmission of thought and vision blocked by our residually neurotic telepathic brains?

10. What is the next question you should ask to teach us more precisely how to form perfect Transcended Mature Family singing the ultimate meaning of Life?

Lesson 78

Growth Support Family Rituals, Festivals, Celebrations

Dare you ignore the irresistible genetic drive to in-gather into a family of love and a community of cooperation? But once formed, how do you prevent it from suffocating in boredom; from dying in meaninglessness?

Growth to transcendence without a support family is a lonely grind. With a nurturing family it is bliss gusto, paradise. But sensitive, empathetic, responsible, wise action family members do not grow on trees and are not sold in supermarkets. You must grow your own. And once grown, you must nurture the spirit forever lest American entropy rot the love between individuals.

You must create your own growth support family from the raw human ingredients you find in your local environment. The creation must be accomplished with as much intelligence and drive as you now are creating your Self. But after you have designed and built your sane family successfully, you must insure its continuing spiritual fermentation by enriching its daily soul with rituals, festivals and celebrations.

Once your merry family is a fact, join with other families to form community. The others may be healthy or unhealthy. Teach them your secret of beatitude. Create of your community a social organism of shared rituals, festivals and celebrations. In this way, cooperation will be true. Cooperation will not be fake; will not be the phony smiling mask hiding untranscended adversaries, reptilian competition, adults stealing, city aggression, state violence and inter-nation war. Your social Life will gestate, finally, sane society.

1. What is the neural function of spiritually felt rites, rituals, festivals and celebrations?
2. Create a generalized theory of inter-personal needs and sharings from which you can design an endless progression of awesome rites, emotional rituals, rejoicing festivals and transcending celebrations. What is the internal soul principle which guarantees that a rite or ritual will be 100% unphony? Will be 100% satisfying, meaning-filled and full-filling?
3. Analyze the crucial moments of an individual's transition through Life from birth to death. Itemize them. Design and create for each a single, neurologically voluptuous, Life-meaning ritual.

4. Analyze the crucial needs of groups of individuals to share communications with each other while making the transition through Life. Itemize them. Design and create for each a Life-honoring festival; a Life sacredizing celebration.
5. Discuss a theory and hypothesis by which family rites and rituals alert hiding, silent mutants to recognize your superior existence and to come forward to join your love, giving unexpected new energies and intelligences which help prevent stagnation. Test the hypothesis.
6. Describe your creative procedure to bring other people into your process of rite-invention, ritual-invention, festival-invention and celebration-invention. How do these people enrich this spectrum of year around spiritual expressions?
7. Invent a comprehensive spectrum of rituals -- feasts, songs, dances, jokes, aphorisms, costumes, masks, theatrics, paintings, mannerisms, chants, prayers -- to celebrate the Summer Solstice.
8. Invent a whole bunch of rituals to celebrate the Autumnal Equinox. Relate this to human aging.
9. Invent a bucket full of rituals to rejoice humbly and religiously at the arrival of the Winter Solstice. Relate this to human death. Transcend the morbidity of death into spiritual acceptance and entrancing understanding of the Life-cycle. Jolly up the blizzards.
10. Invent Spring Equinox re-birth rites of everlasting love between blessed soulmates.

Lesson 79

Social Intelligence

Your ignorance of social intelligence will prevent your brain from transcending into frontal lobes completeness. Your knowledge of that intelligence will accelerate your transmutation.

Cosmic intelligence creates the genetic intelligence of a sperm impregnating an ovum to create a brain-body which contains a personal intelligence. During healthy infancy and childhood, personal intelligence sucks energy to grow toward maturity. At adolescent maturity, genetic intelligence forces personal intelligence to cease sucking inward and to drive outward via idealism -- via social intelligence. In this way, the individual makes final contact with cosmic intelligence through the dormant frontal lobes.

Adolescence is the time of egotistical drive to become egoless through idealism; through social action. It is the time of paradox: of arrogant egotism demanding to be allowed to transcend into egoless love so as to help society survive and transcend.

Adolescent idealism which does not find expression into social intelligence quickly rots back to the automatic reptilian behaviors of self-defense and counter-attack, thereby perpetuating the institution of war. Adolescent idealism which does express itself through social commitment quickly completes the circuit of the four intelligences linked to the frontal lobes to expand by virtue of Lifelong problem-solvings which bring perpetual joy, meaning and power.

Dynamics Of Social Intelligence

Social intelligence is the genetically encoded mechanism by which the brain's free energy is guided properly into the anterior amygdala. (The free energy comes from releasing one's bound energy of neurosis in the temporal lobes and hippocampi by means of self trauma drama.) From there, it floods into the dormant frontal lobes and causes the transcendence phenomenon.

Social intelligence is the self-willed attitude toward one's own brain which causes the cells of the amygdala to arrange their electrical charges forward in the direction of the preliminary flow caused by the genetic drive. This orients the tissues to click forward when invaded by the free energy from neurosis therapy. This causes the free energy and cosmic consciousness to co-mingle and to shunt into the frontal lobes.

Social intelligence is created by an act of will. It is the decision to tithe a definite percentage of one's daily energy -- neurotic or unneurotic -- back into

the Lifeforce from whence that energy originally came. The blatant demonstration of your social intelligence is when you help others grow up into social intelligence; into frontal lobes transcendence; when you give time/energy/ work production and money (TEWP-M) to help save Earth.

The converse of social intelligence is reptilian ego greed suck. When the decision to tithe is not made in the earliest possible stage of self-therapy (“I’ll wait until I find out if this growing-up stuff works.”), the posterior amygdala cells subtly are conditioned to click more strongly into their backward position, thereby squirting all free energy from self-therapy back down into the reptilian brain. All “progress” flushes back down into the toilet of reptilian ego expansion. And as reptilian ego is supplied with this increase of fresh energy, it generates the thought that such retrogression is the proper mode of Life growth. And, of course, the reptilian ego eventually persuades the self-therapy to stop. The stream of fresh energies stops. Thus is the unfit individual removed from maturing Life by the instrumentality of natural selection.

As retrogressive decay accelerates, one’s self-defense and counter-attack behaviors automatically increase in quantity and quality. Defenses against doing any residual self-therapy increase. “Why should I do any more of that there dumb therapy? Now that I’ve done this much of it. I feel OK again. I realize now that I’m good enough just as I am.” Reptilian logic – sophistry -- persuades the entire brain that this time and energy spent on cleaning out neurosis is not necessary; is a waste, The self-therapy discipline collapses. The genetic drive to release neurosis collapses.

In time, the neurotic block of repressed adult, adolescent, child and infant trauma memories increases. The blocked and collapsed genetic drive reciprocally and revengefully causes more confusions, pains and fears. Neurosis rots into psychosis. The unbearable agony forces the individual either into “professional” therapy -- paying someone else to maintain the discipline of confronting one’s traumata, via some of the questions in this text, in order to receive partial, non-transcending relief -- or into narcosis. Or into suicide.

Final Test: Survival Of The Fittest

The ultimate proof of whether you are clicking your anterior amygdala forward into your lazy frontal lobes to cause transfiguration -- or whether you are clicking your posterior amygdala backward into your reptile brain to cause increased self-defense, counter-attack and ego greed -- is an act of will.

By an act of will you can choose to dedicate your Life to social intelligence: to pro-Life action which helps save planet Earth. By so doing, you signal your genetic intelligence to signal your amygdala that you are fit; that you are pro-Life. Your amygdala then will click forward. Your cosmic circuit then will be complete.

By choosing to integrate your personal intelligence forward through your social intelligence into your now functioning frontal lobes, your genetic code will expand your personal intelligence out to cosmic intelligence. The circuit will complete itself by re-entering your reticular activating formation. This time around, you will read your genetic intelligence directly. You will integrate your direct understanding of your genetic intelligence with your direct reading and direct understanding of cosmic intelligence. From then on, you will be functioning fully in your “4-1” or “1 4” circuit. You will compute through all 4 levels of unified intelligences. Your personal intelligence will evolve beyond all known limits.

Conversely, by an act of will, you can choose to not dedicate your Life to social intelligence. By so doing, your genetic intelligence will signal the amygdala that this individual is unfit. Your amygdala will click backward. Or, more technically, your amygdala will remain flipped backward into the retardate position forced on all people by cultural conditioning and cultural conformity. You will remain in your currently perpetual state of self-defense, counter-attack and disgusting ego behaviors computed through the reptile brain. Thereafter, whatever bound energy of neurosis you will release into free energy via self-therapy automatically will bleed backward to feed your ever-bloating pigsuck ego. Eventually, as genetic drive to transcend into whole brain power is blocked, stopped and rotted, your hopeless brain will crash, predictably, into the 4 standard regressive stages of suicide: spiritual, emotional, intellectual, physical.

The ultimate act of will which subtly clicks the anterior amygdala forward is to make the decision to demonstrate pro-Life genetic morality; to make the decision to join the brain revolution helping save Earth from the killer apes forcing everyone into brain suicide by Kremlin-Pentagon conformity.

1. What is your intuitive description of your genetic intelligence? Of your personal intelligence? Your social intelligence? How are these integrated into cosmic intelligence?
2. Describe your idealism. How can your egotistical idealism complete your transcendence into egoless idealism; into egoless intelligence? By what steps?
3. Describe your strategy and tactics to fight the cultural values and social institutions which are designed specifically to prevent the maturation of your genetically driven adolescent idealism into full social intelligence and rebellious idealism. Itemize your attacks to fulfill your idealistic problem-solvings.
4. What links of emotions and thoughts do you observe as your personal intelligence tries to make contact with cosmic intelligence through social action? Explain the neurophysiological mechanism which causes this evolution.

5. How can the brain achieve false transcendence by ignoring the link of social intelligence? What ultimate consequence? Give examples.
6. Describe complete 4-intelligence transcendence.
7. Analyze and select a unique narrow society problem in your community. Relate and interpret this narrow problem to the 90% dormant human brain and to brain dormancy release.
 - A. Break the problem down into those parts which you as a lone individual can change.
 - B. Change one part of the problem to cause brain dormancy release in a specific, identifiable population within your community. Measure the change with before-and-after tests.
 - C. Publicize your work. In-gather a team of idealists. Aim your team at the next, larger social problem of mass brain dormancy liberation.
 - D. Experience euphoria from such work. Experience frontal lobes opening -- transcendence -- from such work.
8. What is the advantage of 2 or more individuals cooperating through social intelligence to create their personal transcendences? To create society transcendence?
9. Give a 10-minute lecture to an audience which never has seen this syllabus, explaining the steps to achieve whole brain powered intelligence by means of social intelligence.
10. What improvements to this program (as described in this *Workbook*) do you suggest to motivate more people to work through social intelligence so as to transcend killer ape into holy ape? What percentage of your "TEWP-M," time, energy, work, production and money, to you choose to tithe to your suggestions?

Lesson 80

Testing For The Lie Via “Work Trauma Drama”

The human reptilian ego has a marvelously infinite capacity to lie to itself. Or more accurately, to lie to the mammal brain and primate brain. In this way, the unfit individual soothes his/her emotions -- by pumping and sucking endorphin opium narcosis -- while dying. Even if one is doing 99% honest self-therapy, the 1% lie has the power to wreck the entire hope for frontal lobes transcendence.

An individual can lie about his/her true motivation to accept 100% belief in the genetic mechanism for neural transformation while laying down in lazy bed and only thinking about these printed words. But that same person will be shocked into self-revelation of the insidious 1% lie when total physical work is disciplined to exert extreme energy into the thinking process. The struggle of labor has the mysterious force of revealing the existence of a fatal asymptote of logic within your left-hemisphere.

“Work Trauma Drama” tricks and forces the lazy liar to expose and accept the 1% flaw in his/her refusal to grow up. The principle is physical exertion overwhelming and breaking down neurotic intellectual defenses and emotional subterfuges. By performing Work Trauma Drama, your body pushes your brain to unfold heretofore unsuspected subtle deceits and sophistries about the progress of your self-therapy. By performing Work Trauma Drama you discover the infinite cunning of your last lies blocking your way to frontal lobes transcendence.

In addition, doing hard sweat work at the extreme limits of your physical powers amazingly sucks out still more deeply hidden, entropic trauma memories from childhood which you did not suspect to be able to resist and hide from all the repressed memory releasing techniques presented in Section E of this *Workbook*. While so laboring, you then pump in a disproportionately saturated energy therapy cure.

Physical work is love made visible. While doing grunt toil, you now not only do better self-therapy, but you build pride in the blatant task accomplished. You can see and touch your body work production which gave you the extra push and reward of yet one more step in your therapeutic growth toward brain fulfillment. You discover Life's great esthetic of doing work for its own sake. A truth. A beauty. A goodness.

On the mountain, we use firewood log-hauling as our drill to learn the Work Trauma Drama procedure. Up-hill from base camp, near the crest, is our

firewood forest. Trees that died standing (for more than 7 years, to dry out) are powersawed down and in-gathered along the narrow Socrates Trail. Ropes hang from bushes. Whenever someone feels like testing for the lie in a particularly pawky problem which refuses to be solved, he or she hikes up-trail, grabs a rope, loops onto a log or two and starts the grunting drag downhill. While mindlessly donkey-pulling full force against the rope held in back of the hips, the most dainty and devious nuance of one's plugged-up problem pings into awareness. Mindlessness is one of the secret ways to get into mindfulness. Once that new fact, that new insight, comes up, the rope pulling next becomes the best violence to perform good trauma drama. Shouting, cursing and crying (permissible in wilderness forest; not permitted in urban jungle), the wild student discharges those shrewdly revealed confusions, frustrations, injustices and angers. Self Trauma Drama Act-I, Act-II and Act-III are done with astonishing rapidity, efficiency and completeness. By the time the log is stacked with all the others (and grotesquely named with handy brush pen hanging from nail), furious writing on clipboard (also conveniently hanging from nail) cleans out one more of those sly, but finite, inhibitors to mature longevity salvation.

Thus, with double efficiency, is winter firewood harvested each year, ready for buzzing into stove lengths to fuel the cast iron wonder in the cabin, soon to belch baked bread fragrances during next winter's blizzard.

1. Choose a physical work which strains your body energy of legs, hips, back, shoulders and arms to extreme comfortable limits. While delightfully struggling with the labor -- loved in attitude as a beauty unto itself -- turn off your rational mind; your left-hemisphere logical cortex (if you are right-handed). Do not actively think with your left-hemisphere. Become "mindless." This allows your left-amygdala to click into your right-hemisphere. The click is hard, solid and total. Then moil just like a dumb brute, but winking, animal. Jackasswork. This relaxes your reptile brain self-defense barrier which does not want to betray the crucial neurosis fact being repressed. More often as not, you will find that the repressed fact is rooted into a complex inter-relationship in childhood. Your reptilian brain mechanism does not want to betray your child's "dis-loyalty" to Father's neurotic "love" or to Mother's neurotic "love." So you now are going to do an end-around run to get out of that complex swamp of confused inter-relationships.
2. As you work mindlessly, observe how a single repressed insight flicks up into conscious awareness. It is coming from your wordless right-hemisphere into your wordy left-hemisphere. Grab it like the tail of a teasingly escaping worm going back down underground into your right-hemisphere. Wind the worm tail around the work. While working doubly intently, pull out the whole worm: from your right-hemisphere into your left-hemisphere. Work the worm into the work. The more you tug, the more you really begin to understand. The more you strain, the more you really begin to re-define that specific problem. The more you scream, the sooner that whole wormy mess blops out and sits on that log. Now do Self

Trauma Drama, Act-I: the true reality of that problem. Increase the power of your work to increase the power of the trauma drama. Become totally reptilian in Act-II. This focuses all your muscles to pull the now unbreakable steel snake completely out of the hole and into full exposure: into that rope you're powerhousing. This discharges your child "loyalty" to the traumatizing parent who blackmailed you into perpetual immaturity and impotence with phony love.

3. As you now work mindfully, click your amygdala from reptile brain to mammal brain left-hemisphere. Become totally howling, screeching animal. Prove your balls (or that other thing) while working voluptuously with the job. Work fiercely. Complete the solution to the problem through the violence of Act-II: "Revenge."
4. Observe how satisfaction blossoms much more rapidly when mental torment is melded with physical expression. Eventually, click your amygdala out of your mammal brain and into primate brain; toward frontal lobes. Do Act-III: "Forgiveness." By being an aching slave struggling against your own ropes during Egyptian pyramid log hauling, you now can understand the slavery in which your Mother and Father were trapped -- but without your now intelligence. So the rope struggle abnormally gives you the wisdom of forgiveness. The rope struggle now force-pumps the divinity of resurrection and salvation into your brain cells. Inordinate healing of the wound takes place in a shorter time when trotting a log down the slope of Laughing Coyote Mountain.
5. From such pressure-cooker therapy, measure the greater quantities and qualities of entropies flushed out of your brain cells, tissues and organs. These can be measured by the shape, amplitude and frequency of "tomorrow morning" (multiple?) orgasm. Also observe the greater quantities and qualities of cooperative consciousness which will jet into your meat -- not that one. The one higher up between your ears. During mid-day tomorrow. By afternoon, the greatest feelings of love will erupt -- and will be made visible in the growing pile of winter firewood.

Thank you.

Remember: The ultra experience in daily existence is to touch the superlative in Life by your own intelligence growing through your own body growing through your own hard work.

Lesson 81

Using Social Intelligence In Your Daily Money Job

To most folks, working for bucks is not considered one of the superlative euphorias in Life. More often as not, one's money-making occupation is considered a necessary form of drudgery; a "ratrace." Yet, by a simple click of the amygdala, employment for all people can be transformed into joy and meaning.

If economic theorists, politicians, corporate executives and business school professors can be seduced to become interested in the progressive use of neural cybernetics to upgrade American economics, dramatic new profits in bankbooks and brains will be realized. Not only will the American economy far surpass the current trivial efficiency leaders, the Japanese, but the very Lives of individual workers (and managers) will be transfigured on the job into religious rapture. Each day will be glorified in the singing sacrament of work. This nation, and eventually, other warless nations, will free the slaves of labor into becoming children of play. In the workplace playplace. All through one click-switch.

1. Quietly, unobtrusively, stealthily, introduce your workmates to the existence of the human brain and its huge dormancy. Do this over several days or weeks so as not to attack their defense walls directly. If you hold up the mirror to their lack of knowledge about their own heads too quickly and too spang, this merely will trigger more defensiveness; greater resistance anger and hostility. So start blandly. Just bring a brain book to read during lunch. Slowly, add an electric toggle click-switch. Casually keep it on your desk or bench. "Oh that? Merely my toy. I play with it when I'm trying to figure out the answer to a problem. It helps me click from one brain to the other. O? You didn't know we all have 3 brains?" Sloooosh. The tender trap softly closes. Curiosity has gotten the better of reticence. Your first questioner has come forth. Your first itch has been planted into his/her torpor. S/he soon will ask the second question. The third. Gossip will begin. Will accelerate. The first dynamic minority will in-gather. During coffee breaks. During lunch. After work, while having a drink together. Teach them gently. Without in the least ruffling the steady work routine or irritating the boss, start your study group. Go to formal texts.
2. Each morning, arrive at work 15 minutes early. Invest this extra time as your wisdom to re-polarize each day's moil from tedium to delirium. Sit down at your workplace and arrange all the tools and papers you will be using that day in front of you like sick children. Close your eyes and meditate. First, do open receptive meditation to smoothe out your stress

and tension from having just traveled out of your therapizing home bed, through hostile bus/subway/freeway to neuroticizing work. Next, do closed focused meditation. Cosmoprobe. Probe into the heart of -- not yourself, but into each tool and paper. Reveal its soul essence. Find out why that essence is sick in contact with your essence. Pray together. Discover the inner energy field and cosmic spirit of each material object which is the same as yours. From this bridging discovery, become soul brothers and soul sisters. Create your work soul family. Now, instead of resisting each other grudgingly, play with each other. Deliciously.

3. When the work starts, play as child. Play with your children. Play as frisky kid digging out the inter-relationships within each part of the job as if seen for the first time. Frolick as uninhibited (waaal, almost) little pisher expressing pure curiosity, pure imagination, pure creativity. Wrestle the job (carefully, so boss does not see and misunderstand) upside down, inside out, front to back. Create new relationships which reveal new meanings worming up from old habits. Talk to your Self and funmates bubblingly (inside, silently) as you shape outrageous jokes and sensitive loves. Unfold each new surprize, minute by hour by day, until -- Wow! "Is it time to go home AWREDDY??!!"
4. Focus meditation into your anterior amygdala. Click forward into your frontal lobes. Turn on your cosmic love for others -- even for, especially for, those who are most obnoxious and unlovable. Try to telepathically penetrate into the neurosis of each workmate. Intuitively identify the hub need which holds together the entire wheel of his/her neurotic spokes. Creatively design a surreptitious solution to that need. Design the solution in steps to be performed -- quietly, unobtrusively, stealthily -- over several days or weeks. Slowly laminate, layer by careful layer, a gentle giving of honesty, trust, love, knowledge and help to that lost and sick soul. At first, do so without the person knowing that s/he is receiving these goods. In this way, you will build up her/his ego strength unconsciously to want to receive still more of those goods. In time, your goods will have to be given more blatantly, though anonymously: a toy hidden in the drawer; an uplifting compliment written in the appointment book; a flower. In time, the receiver will have to discover the giver. If the transition is done properly, insult from invasion of privacy will not be demonstrated. Pleasure of sharing will be expressed. And, most importantly, no obligation for reciprocation will be attached to each of your love offerings. Give alternative solutions to that friend's intuited hub need. Present your thoughts offhandedly. In this way, he or she can refuse gracefully by simple silence if the time for curing neurosis is not yet. But the time will come. No one can refuse help which lessens the hurt of inarticulated inner confusions, pains or fears. So when the time comes, let him/her maintain dignity by choosing one of your alternative suggestions -- which you, of course immediately applaud as wise, thereby causing additional modifications to be added by that person to make the project seem to be one's own. Together, cure that central neurotic problem. And the next. And the next. Until your workmate becomes your soulmate. Then, finally,

you will guide his/her brain onto the main rack: learning about frontal lobes transcendence. After that, each one teach one. Mebbeso even boss. Once that happens, the former tedium toil tank becomes a lively love lab. Affectionate families will just naturally form around each task. Task families just naturally will work harmoniously with each other to generate maximum quantity and quality of production. Creative innovations just naturally will flash up continuously to streamline the chores into ever-increasing efficiencies. Spiritual rapture just naturally will enfold the business enterprise. All workers and managers will participate by sharing energy -- transformed into synergy. And each morning, shall you awaken before the alarm clock? "I can hardly wait for it to get light so I can get up and go to passionate work."

5. Teach your entire department, company, industry and economy the unexpected fiscal profit of neural maturation on the job. Teach entire nations that the ultimate motive of human work is changing from survival desperation and ego greed needs to redemptive ecstasy and egoless cooperation.

Lesson 82

Precision Controlled Intuitions

Intuitions are your brain's first low-voltage readings of high cosmic intelligence.

Intuitions are your first expressions of telepathy and pre-cognition. Intuitions are your genetic intelligence and cosmic intelligence trying to punch through the defense walls of your neurosis to give you direct, clear thoughts which will advance your evolutionary growth. Each thought aims to release more of your dormant brain circuits. Each thought helps you transcend into your sleeping frontal lobes.

Intuitions are the tips of the icebergs of your rising whole brain powers.

Each intuition starts in your reptile brain on a foundation instinct of self-defensive survival. It next accumulates growth thoughts and cooperative emotions from your nurturing mammal brain. Finally, it enters your primate brain left-hemisphere cortex as a fully formed yes/no choice of action. The action causes you to leap ahead of all others conforming to the entropies of the social environment.

Once you properly accept the free flow of intuitions, they increase their own flow. You solve more vital Life problems than non-intuitive conformists. You open your frontal lobes sooner.

1. An intuition begins with trust. Trust your genetic power and trine brain goodness to give you progressively more intuitive wisdom. Trust your personal intelligence to play the child game of asking straight questions into your intuitions and receiving straight answers from your intuitions: from deeper and higher intelligences. Trust the Rocky Mountain peasant folksay: "Inner voice, better choice."
2. Define each nebulous concern (personal, business or social) into a specifically stated problem. Break down the nebula into all of its simplified sub-systems, components and elements. Re-build them back up into the single system problem now precisely defined.
3. An intuition favors the saturated memory library. The more you know about a problem, the easier it is for it to solve itself. Load your memory with as much relevant -- and seemingly irrelevant -- data relating to your problem. Peripheral facts have a way of sneaking in to become the central hub of in-gathering spokes to form a solution wheel. You never can tell beforehand. Therefore, trust your intuition to know which data to add to your data base and which to ignore.

4. Define the alternative solutions to your problem which you see immediately. Define the alternative negative, neutral and positive tentative solutions which your conscious, linear, verbal left-hemisphere sees to answer the problem question. This then allows your amygdala to click over into your right-hemisphere. There, the problem is re-computed with patterned, leaping, non-verbal insights.
5. After all the above complexities, simplify. Boil the problem down to a simple question. Formulate a single, crucial, unequivocal, final binary question which can be answered with a simple yes or no. The simple question will force you to go either to the North Pole or to the South Pole when you act to solve that problem.
6. Review the yes/no question above until your reptile brain, mammal brain and primate brain all are saturated with its existence.
7. In the evening, the day before the problem solution is required, totally relax at home. Forget about the problem and solution. Enjoy gentle entertainments which require minimal thinking. Do not clog your brain computer with additional facts of trivia which then must be worked through and junked out during sleep.
8. Retire to bed when it feels comfortable -- knowing that you shall sleep as late as you want tomorrow.
9. Doze toward sleep. Approach your hypnagogic state of awareness, when your neurosis defense mechanism already is asleep but your rational thought is not. Ask the final binary question one last time. This will disperse the crunch question through your right-hemisphere; throughout your 6 conscious triune computers; throughout your 12 conscious and unconscious triune computers. Such dispersal guarantees perfect, efficient night computations. Such efficient night computations guarantee precision controlled intuitions in the morning. Now. Sleep.
10. Just before waking up, flow into your morning pre-conscious reverie; into your hypnapompic state of consciousness. Your amygdala will click into your primate brain, left-hemisphere awareness. All data computed the night before will flow into the question and choose the correct answer. Yes? No? The crux answer will come in a flash. Cosmic lightning.
11. When the 100% clear answer hits, you will awaken with a jolt. You will compute rapidly and effortlessly all secondary and tertiary insights, discoveries, decisions and actions which are necessary to finish creating that hub decision into spokes and rim so your total wisdom wheel can roll to victory.
12. As soon as your 100% perfect action wheel starts rolling, your 100% self-confidence in its inexorable success overwhelms all other people you meet that day. Your self-confidence and drive overpower them because they

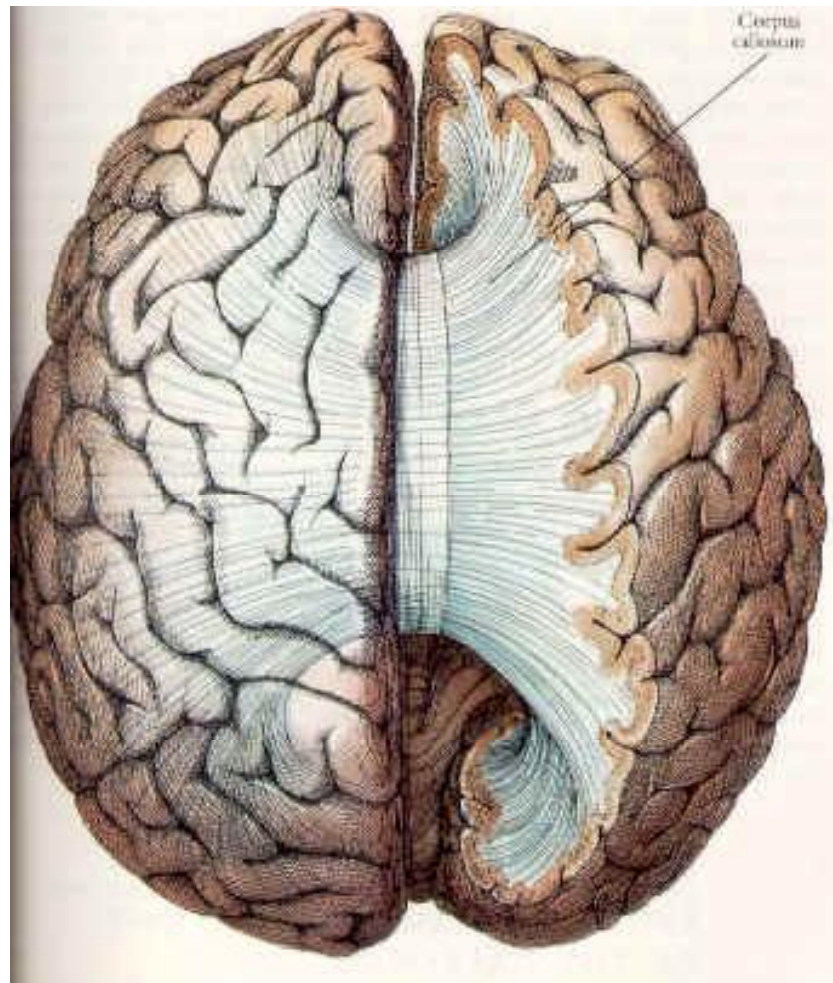
cannot intuit through their neuroses as you can through yours. They now have no alternative but to follow you and your exuberance as unquestioned leader.

13. The above process can be modified and applied during the day. Use short, 15 minute sessions of open receptive meditation as the substitute for the sleep sequence.
14. After you have used this method a few times and have received successes you blatantly would not have received without it, you will become a true believer in the power of your triune brain; in your intuitions. From then on, consciously use your brain as a precision force to compute mysteriously unexplainable, unlimited, synergic intelligences into your mundanely explainable, limited, neurotic intelligence. Glory in your intuitions.
15. Become Laughing Jesus on Wall Street. Rich.

Lesson 83

Click Into Right-Hemisphere

The human brain is divided into two gross hemispheres connected by a thick bundle of nerves, the corpus callosum. Each hemisphere computes its own unique technique of perceiving reality and its own unique way of creating intelligence.



The left-hemisphere and right-hemisphere of the total triune brain contain the left and right halves of the reptile, mammal and primate brains as well as the left and right halves of the frontal lobes. This is the physiological basis for later super genius self-control of all parts at will.

The brain hemispheres cross over and control the opposite sides of the body. The left-hemisphere controls the right side of the body; controls the right eye

and right hand. The nerves from the right-hemisphere cross over and control the left side of the body; control the left eye and left hand.

The left-hemisphere mode of processing environmental stimuli is verbal, linear, timely, analytic, logical, rational, abstract and symbolic. It uses words to place names upon things and experiences, to describe perceived and imagined realities and to define terms for more efficient interrelating. It thinks with linked ideas, one thought following another like the sequence of counting numbers, converging into a logical conclusion. It keeps track of time, sequencing one thing to pursue another so as to do first things first and second things second. It reasons problems out part-by-part, step-by-step. It arrives at a judgment -- of a mathematical puzzle or a verbal argument -- by linking one fact or idea to another in logical chaining. It draws decisions based on tested facts and reason, not on groundless opinions or intuitions. It generalizes a seemingly complex and unrelated population of facts into a large unifying principle, then abstracts yet a smaller, simple principle to represent this entire population of now related events. Finally, it creates ultra-simple symbols to stand for abstract, nebulous populations of principles, facts, people and experiences: $E = mc^2$.

The left-hemisphere is right-handed, fanciful, no-nonsense, sensible, direct, driving, forceful, technological, tough, true. It is a digital computer. Left-hemisphere is dominant, egotistical, defensive, survival. It is "masculine."

The right-hemisphere mode of processing environmental information is non-verbal, non-rational, non-temporal, intuitive, synthesizing, spatial, patterned, holistic. It is fully aware of external and internal things, but understands that awareness with minimal words or with no words at all. It does not require a reason to judge a fact or value as being true or false since it uses trustable intuitions. It does not notice the passing of time. It relies on feelings and hunches to understand incomplete information so as to make leaps of imagination into ever enlarging insights which explain the relationship between Self, Life, Earth and Universe. It is non-judgmental, putting things together as they are without prior cultural values. It sees the similarities between unrelated things and joins them to form creatively related patterns ("gestalts"). It sees globally, understands parts, feels patterns and structures all at once and relates them playfully so "impossible incompatibilities" are made possible and compatible within astonishing new wholes.

Right-hemisphere is left-handed, fanciful, flexible, flowing, nonsensical, playful, indirect, surprising, loving, nebulous, more complex, oblique, gentle, egoless, defenseless, Life synthesizing. It is an analog computer. Right-hemisphere is "feminine." Compliant with the Lifeforce. Humanitarian. Transcendent.

These descriptions apply to people who are right-handed. The hemispheric processes are reversed in left-handed individuals. If you are a lefty, merely switch.

In right-handed people, the left-hemisphere is dominant. The right-hemisphere is subservient or mute. In left-handed people, the right-hemisphere is dominant. The left-hemisphere is subservient or mute.

Cultural conditioning, parental ignorance and mass miseducation have crippled all people into dominant hemisphere imbalance. Worse yet, all people do not know they can control their own brains to click into the subservient hemisphere to use it with equal power as the dominant hemisphere. Now, through the discoveries of science, each hemisphere can be self-controlled. This allows you to shift from one hemispheric computer to the other at will, as needed. This allows you to unite and balance the two hemispheres to create a more integrated and harmonized mechanism with which to understand and flow with the totality of reality so as to control your total intelligence.

The principle which regulates clicking from one hemisphere to the other is child play. At birth, each infant moves electro-consciousness energy freely from left-hemisphere to right-hemisphere and back again. Cultural conditioning destroys that natural balance. All children are miseducated to turn off their right-hemispheres and to concentrate almost entirely on developing their left-hemispheres. This lopsided learning accelerates the formation of neurosis and the formation of inactive, dormant brain circuits. But by again playing uninhibitedly and delightedly with one's brain like child, the neurotic adult can click into right-hemisphere on demand to use that half of one's intelligence in full freedom.

By alternately separating, switching and combining the two gross computers in playful child glee, problems are solved with genius intelligence. By refining your self-control of the gross hemispheres into each specific triune brain hemisphere, problems are solved with super genius intelligence.

A child plays dominantly in right-hemisphere bliss, murmuring only a few words and motor sounds to explain the completely understood pattern of flowing facts inter-relating the few simple toys into comprehensive wisdoms of infinite spiritual enchantments. You can re-capture this mood while performing your money-making occupation merely by clicking into right-hemisphere. After you finish your play-game work-job with creative satisfaction and holistic meaning, you will notice how the time passed without you having noticed it. This will be proof that you were in right-hemisphere totally. You will have been transported into a different state of consciousness -- into the child play level of consciousness -- where everything glides into unity. While working, you "daydream" into higher reality.

Also, you get closer to your sedentary frontal lobes through your child's right hemisphere than is possible through your adult's left-hemisphere.

With right-hemisphere wisdom, no longer is there noise and friction in your Life. Even before full frontal lobes transcendence, you rise above it all -- above the nonsense and trivia -- by doing an end-around run through your right-hemisphere. You know -- simply **know** -- that this is the true way the

world works; the true way that all people should work. And would work, if only the left-hemisphered reptilian politicians and bosses would get out of the way. Everything -- from a drop of rain on a leaf of fescue grass glistening in the dawn ray to a love-winking star -- is absorbed in at-one-ment with your egoless Self. Everything is worship. Kindness. Elegance. Truth. Justice. There is no evil in the right-hemisphere; no killer ape. There is no confusion, pain or fear. Those negatives occur only in left-hemisphere neurosis.

Right-hemisphere being -- just **being** -- is the magic of your eyes looking into those of a beloved with the unending, unbroken, unblinking gaze of infant trust; of infant honesty.

Right-hemisphere being is the daily retreat from left-hemisphere struggle to survive in the economic tangle of un-love. Un-goodness. Un-beauty. Un-truth. Injustice.

Right-hemisphere expansion is the daily justice of growing up.

Rusty right-hemisphere still computes partial cosmic consciousness and still partially remembers the universal language of love, which you once knew before you were born into the Earth language of war.

Return to this glory. Simply relax. Slow down and relax. Like child. Play like child. In right-hemisphere.

1. The nasal cycle alternates congestion and decongestion between one and the other proboscis passage. Each tube of the nose is connected by nerves to the opposite brain hemisphere. Thus, as reported in *Human Neurobiology*, 1983, when airflow is more free in one nostril, the opposite hemisphere is dominant. But pinching closed the uncongested nostril and forcing air through the congested passage awakens the subservient hemisphere. So when you want to click your amygdala from left-hemisphere to right-hemisphere, merely pinch your right nostril and force breathe slowly and deeply through your left nostril between 10 and 100 times. This gives you brain dominance on demand. And when you merely want to balance the two hemispheres so they compute their unique intelligences in tandem, just discover the halfway point in your hyper ventilation.
2. The entire left half of your body is connected to your right-hemisphere; the right half of body to left-hemisphere. By caressing and massaging one side of the body during slow morning wakeup, you click the amygdala to compute electro-consciousness energy dominantly in the opposite hemisphere for the remainder of the day. To activate your right-hemisphere, use your left hand only. Slowly and voluptuously caress your left foot, ankle, calf, thigh, (pass this by), hip, arm pit, (gals pass this one by too), shoulder, neck, cheek, ear and eye. Repeat 5 or 10 times. All your brain circuits now have clicked off your left-hemisphere and are flooding electric voltage into your right-hemisphere. Now repeat the bottom-to-top

caress, but this time do not bypass those special places. Massage them as delicious friends. Flood your right-hemisphere with love juice. Image it slowly slopping backward and forward like warm water in a rocking washpan. As it sluices back into your right-hemisphere reptile brain, feel and see your day's angers lessen in the wash of love. Feel and see your self-defense and counter-attack behaviors lessen with amorousness. As the love energy gurgles frontward into your right frontal lobe, feel and see your dormant neurons awaken to receive this gift of rapture with their outstretched dendrites. Feel and see the nucleus of each cell re-compute the love force into cooperative consciousness and then pass it on through its axon to the next cell. Feel and see all cells cumulating and synergizing pure love power. Get up and create, genius. Child.

3. Brain clicks into right-hemisphere automatically while urinating, defecating, flatulating, masturbating and fornicating. Use these daily actions as learning experiences; as control tools. As you enter the action, observe your left-hemisphere amygdala reflexively click from left to right. Feel the subtle flow of energy from left-hemisphere to right-hemisphere. Milk the right-hemisphere abnormally to force it into computing more and more of its unique patterns of feeling-knowings. Identify sub-threshold sensations of a creative action about to happen before it happens. It will happen after you wipe off. Learn to appreciate and control this dynamic lovingly each day.
4. When someone is talking to you face-to-face and boring you with the trivialized content of his/her ideas and you don't want to listen to this entropy halitosis anymore, sneakily hyperventilate your left nostril or stroke your left body side to click into right-hemisphere. Thereafter, with a smile nailed to your tree, you will not hear the specific words. You only will hear the patterns of the words, the sounds of the words, the music of the words. You will sense the overall general meaning without being poisoned by each dart, and from this you can nod appreciatively at appropriate moments. Your right-hemisphere will take the flow, warp it through its funnyhouse distortion mirrors and turn out a kaleidoscopic joke of upside down, inside out and front to back semantics. Thus can you select different modes of thinking like pushing buttons on a car radio.
5. Return to primal nature. Click into right-hemisphere. Play wordlessly through right-hemisphere. Experience intuitions beyond those within city entropy. Experience natural flow into right-hemisphere frontal lobe. Experience at-one-ment with Self, Life, Earth, stars, Universe. Child.

Lesson 84

Creativity, Theory

Intelligence and creativity are the ultimate mundane productions of brain. When problems are solved in left-hemisphere merely by linking already known facts and values, intelligence is being computed. The scientific method of inquiry and the philosophic method of inquiry are being computed. But when problems are solved in right-hemisphere as well as left-hemisphere, already known facts and values, intelligence is being computed. The scientific method of inquiry and the philosophic method of inquiry are being computed. But when problems are solved in right-hemisphere as well as left-hemisphere, already known facts and values are linked with not yet known facts and values: with advanced genetic intelligence and cosmic intelligence. Creativity is being computed. The creative method of discovery is being computed. Personal intelligence evolves toward frontal lobes intelligence: toward direct, simple dialog with genetic intelligence and cosmic intelligence.

When problems are solved only in right-hemisphere, cosmic genius is being computed. The cosmic method of discovery is being computed. Personal intelligence matures through frontal lobes intelligence: into direct, simple dialog with genetic intelligence and Universe-wide intelligences.

Intelligence is increased automatically merely by systematic release and discharge of repressed adult, adolescent, child and infant trauma memories stored in the left-hemisphere cortex, temporal lobe and hippocampus. According to the studies done at our Dormant Brain Lab, this instantly increases one's intelligence quotient from 10 to 40 points as measured on the Stanford-Binet IQ Test. But without understanding and controlling the right-hemisphere mechanism, such increase of IQ does not reflexively increase "CQ": creativity quotient.

Once the right-hemisphere dynamic is self-controlled, the CQ instantly increases from 500% to 1400% as measured on the Getzels-Jackson Creativity Test.

When intelligence increases by itself, without a concomitant increase in creativity, only left-hemisphere functioning is improved. The lopsided mentality demonstrates brilliant manipulations of already known facts and values like a clever mechanical computer. A study with students who were in the top 2% of national IQ ("Mensa") indicated this pathologic abnormality. The individuals eventually broke down into emotional unhappiness because of the right-hemisphere ignorance.

When both left-hemisphere intelligence and right-hemisphere creativity are increased simultaneously in parallel neurosis-therapy and brain-control, the balanced mentality efficiently produces thoughts, emotions and actions as a gentle, unified, loving mutant. Happiness expands unendingly as the moral individual dedicates his/her Life to helping Earthlings grow up.

Creativity used with balanced intelligence is the final cure of boredom, loneliness, lovelessness and meaninglessness. Your daily expansion of happiness occurs even as you are struggling to therapize your neurosis. Your daily curiosity of spirit transcends the confusions, pains and fears of growing up.

Creativity is power. You create new solutions to the old problems within which everyone else is drowning. Your solutions rise you like a bubble above the swamp of conformity. You escape the quicksand of consciousness contraction and computer collapse. Those who see you floating free respect you. They respect your airy thinking. They follow you. They are saved. By you.

Creativity is triggered automatically, regardless of your current percentage of residual neurosis, merely by doing the right-hemisphere exercises in the previous lesson.

A “creative” thought, paradoxically, harmonizes two “irreconcilable” ideas into a new synthesis which explains the reality of Self, Life, Earth or/and Universe into a higher intuitive understanding; into a higher pragmatic coping. From this comprehension, you next, secondarily, produce a higher pragmatic order of Self-advancing and Life-advancing Earth mechanisms and technologies -- all within ultimate morality. You extend the list from Darwin, Einstein and Freud, through Nobel, Ford and Oppenheimer, back through Jesus and into your own bed.

A creative thought unifies and harmonizes two paradoxically polar ideas in simultaneous opposition into simultaneous cooperation. Sunshiny night. Capitalist communist. You do this by receiving and defining the problem in left-hemisphere, then transferring it to right-hemisphere for solution. You then compute the problem solution through right-hemisphere reptile brain, mammal brain, primate brain and, as able, frontal lobes. Prior to your transcendence, the solution will emerge after sleep, in your morning pre-conscious reverie. The solution will pop out after night-long re-computations between the port and starboard sides of your celestial sailing vessel.

A creative thought shapes a tension between a thesis and an anti-thesis, then transcends this “irrational impossibility” via a leap of intuitive insight which “sees” the “impossible” creative synthesis. You do this merely by playing as uninhibited child. Your child relishes the torque and tension of seeing and contemplating simultaneous anti-theses in each person, material and process, and then creating “impossible” solutions. Your child’s genetic intelligence robotically solves each problem through creative torque: entropy/energy/synergy.

A creative thought shapes a torque and tension between your reptile brain kill instinct and your mammal brain cooperative instinct so as to click the amygdala into primate brain strength and frontal lobes cosmic thinking.

It is true that the un-transcended Life aint worth living. But while getting to your fulfillment, creativity helps soothe the bumps and impatience. If not that, then hell. In transition, the un-creative Life aint worth living neither.

Lesson 85

Creativity, Action

There are 5 forms of creativity you can use every day as reflexive problem-solving tools:

- I. Chaining (conservative divergent thinking)
- II. Wheeling: hub spokes, rim (conservative convergent thinking)
- III. Transposition & Inversion: $A:B / B:A$; $A \text{ over } B / B \text{ over } A$
Substitution: $A:B / A:X$
- V. Leaping (liberal divergent/convergent thinking)

Chaining is when you go from known fact-1 to known fact-2 to known fact-3 to discover unknown fact-4. You are chaining when you are looking up someone's number in the telephone book.

Wheeling is when you take all your known facts and experiences and dump them into your central brain pot to stir them around until you can pull out a hub fact-1, onto which you slowly attach spoke facts-2-3-4-5 and experiences 6-7-8-9. This creates a new rim-10 which gives you a spectacular wheel that you never knew existed before -- because it didn't. You are wheeling when you dump all your known cooking recipes into your brain pot and bake up a luscious sauerkraut chiffon pie with whipped cream borscht topping.

Transposition and inversion are when you change two conventional things or ideas upside down, inside out, front to back. You are transposing and inverting creatively when you use a supermarket pushcart as a scooter; when you turn the dirty sides of the bedsheets outward so you can sleep on the clean sides for another month because your genius is too busy writing a book, which takes higher priority than nuisance housework.

Substitution is when you swap one conventional thing not for its expected conventional counterpart, but for an unexpected, unconventional counterpart. You are playing inventive substitution when you swap your neighbor a pot of your kraut-cooking for his toilet-fixing and electric-wire-uphooking experience - thereby avoiding an I.R.S. money tax transaction.

Leaping is your going totally wild with firecrackering intuitions, seeing new inter-relationships beyond all logics, hooking together new combinations which work beyond all magnificent expectations and discovering new truths in

harmony with genetic intelligence and cosmic intelligence. You are leaping during that one special surprize morning each month or year when you wake up in extreme creative intelligence; when you are drunk with spiritual rapture; when, suddenly, you are receiving all sorts of brilliant answers to all sorts of smelly problems which have been rotting in your skull and Life for years and years, amen.

- I. **Chaining.** Arrange your problem so it defines itself simply and clearly. Arrange your known facts in linear, left-hemisphere order: 1, 2, 3, 4 -- Shunt the problem and semi-solution facts from your left-hemisphere to your right-hemisphere in the evening, just before sleep. Allow automatic night computations in morning pre-conscious reverie.

- II. **Wheeling.** Dump your defined problem and semi-solution facts into your conscious brain during morning freshness. Play as child. Image one brain hemisphere to be a rubber balloon filled with warm love liquid. Slosh it into the other hemisphere by bending your head to the side and jumping up and down. Then sloosh it back. Back and forth. This will loosen up your amygdalae. This will click them back and forth, from side to side. This will loosen up your creative ideas from your right-hemisphere and your intellectual ideas from your left-hemisphere. They will mix playfully in your corpus callosum. They will bubble up like hot steam condensing upon your cortex. As each newly mixed, steamed and condensed idea comes out whimsically, grab it and build it into being a spoke onto your hub problem. Keep playing merrily until all sub-system semi-solution spokes are out. Then, magic! The rim will poppp into place. You will see the “reconcilable possibility” to that formerly “irreconcilable impossibility.” Roll your victory wheel to your desired target. Win your reward of being kid genius.

- III. **Transposition & Inversion.** Be obnoxiously rebellious adolescent. Pure bitchiness. Refuse to accept the “acceptable,” conventional, conformist answer to your defined problem. Be totally self-defensive. Be fully counter-attacking. Be hissssing snake. Image the decision-making center in your reptile brain -- your reticular activating formation. Click it back and forth between your left-hemisphere and right-hemisphere. The creatively fighting solution will emerge instantly. A dramatically new technique will blast into your awareness so that you can solve your problem merely by transposing the techniques which other people have been using wrongly for years. For example, everybody has to go to work in the morning. But everybody would rather stay home and play like the children in the street. So you rebel. You decide to avoid the crowded, passive morning bus to work. Like the kids, you roller skate to your office. And get the exercise. Plus the freedom. In this way, you are using your reticular activating formation to invert conventional reality so that you see its mirror image upside down and inside out. Thus do you receive an endless flow of outrageously brilliant new ways to deal with the conformity trap.

- IV. **Substitution.** Define your problem on one sheet of paper. Break it down into its fact elements and its value elements. On a second sheet, list all the

ways conventional “mores “expect” you to solve that problem so as to behave “like all other people do.” On a third sheet of paper, list all the facts, material objects, people, experiences, values, beliefs, attitudes, ideas and behaviors which relate to the original problem. Now, mix and match. From your third sheet, select colossally unexpected ways to relate to the problem yet which give you the greatest advantage of doing so by not forcing you into conformity. Try out your several inventions and make adjustments accordingly until your intuitive genius ideas work perfectly -- as you surfboard with the Marx Brothers above the oceanic wave of conformist poo poo.

- V. Leaping.** Define your problem in its relation to your physical, intellectual, emotional and spiritual destiny. Tentatively solve it via methods I, II, III and IV above. Now cosmoprobe your anterior amygdalae. Shunt the problem into your frontal lobes. Propel the problem and tentative solutions out of your frontal lobes into cosmos; into Big Computer In The Sky. Receive the printout: the wildest possible liberal, divergent, convergent, loving ideas you ever have articulated.

Lesson 86

Measuring Mamma

Mother is the lock to your frontal lobes. Your fetus relation to her uterus and your infant relation to her birthing and treatment of you up to age 6 months is the key to your brain lock. If you can click this latch, your lock will open. You will get transcendence.

From age 6 years to puberty, a child relates more strongly to father. He shows child, by acts of co-mission and o-mission, precisely how the outside world works and precisely how one should relate Self to that social reality. But from birth to age 6 years, child relates almost totally to mother as nurture giver. Father is the secondary cause of neurosis during this era. Mother is the primary cause of neurosis during this epoch.

The crucial child cognitive fix -- how one cognates, knows, inside reality of ego Self and outside reality of family, community, nation and planet -- is shaped and solidified during these first 6 years. Thereafter, one's adolescent cognitive fix and adult cognitive fix are but secondary harmonics of those first values, attitudes and behaviors frozen into place by Ma. Thus, if the child is neuroticized by the mother, the resulting adolescent and adult will be but the simple expansion of that basic personality structure created in the nursery and around the kitchen table. The pebble of mother's values, mother's attitudes and mother's behaviors is dropped into the pond of child's genetic potentials. It ripples out to produce the pre-determined, solidified personality of the adolescent and adult. In short, adult behavior is nothing more than child and infant confusions, pains and fears masked by cultural taboos which forbid honesty of expression during adolescence rebellion. Adult behavior is nothing more than the desperate attempt, for all of one's remaining years, to fight out of this trap: meaningless Life.

Only by an act of willpower can the pre-formed adult personality break free of mother-inflicted neurosis. You can bust loose into un-neurotic character. Into transcendence. Merely by accurately diagnosing the specific nucleus traumas inflicted upon your child and self-therapizing these inhibitors, you can turn the key in your own brain lock to open the door unto infinity and eternity.

So then why don't more people do this?

Fear of criticizing Mamma.

All people suffer the fear of growing up; suffer the pain of not knowing how to grow up. The confusion starts with the child's and infant's fear of suggesting

that perhaps the supreme nurture-giver was not perfect. "For if I criticize Her, she will withhold love from meee. And without Her love, I will die."

The fright of growing up is that error of confronting the true facts of the blocking traumata which occurred during earliest childhood and infancy. But the masses never even hear that such a mechanical self-destruct device exists. Even if they did, so what? They also never are told by the mass media that such Life-constricting and spirit-murdering agonies can be self-therapized. Of the dynamic minority sub-population which has been psychologized over the past generation, most never overcome the panic of confronting their own personal repressed child and infant impairment memories. The reason for this reticence is the capitalist greed mentality of American psychiatry. Professional head shrinkers value profit first and people second. The literate humans in the suburban middle-class are knowledgeable enough to know they suffer pain caused by neurosis. But they have been educated by the medical ethos only to one fact: The only way to get relief from your cognitive suffering is to go to an expert witchdoctor. Indeed, American psychiatry has dedicated itself to inventing elaborate propaganda techniques which require that the "patient" **must** come to the "doctor" -- so he (and now a few shes) can control the ca\$h regi\$ter. While giving no frontal lobes transcendence in return.

American psychiatry has not dedicated itself to inventing leapingly creative therapeutic methodologies with which all people -- all, All, ALL -- can cure themselves, simply and free, thereby phasing out the profession of psychiatry.

In a nutshell, America has been neurologically raped by the brain bosses of profit greed: those who choose to control all citizens through mass neurosis and wallets, rather than to teach and liberate everyone into frontal lobes transcendence and whole brain power.

Now you can escape this economic concentration camp. By now, you have learned that the uncomplicated mechanism of parent-caused neurosis exists; is a homely fact of cultural and evolutionary reality. By now, you have made the decision of whether or not you choose to follow the self-therapy method detailed in this *Workbook*. If you are proceeding, the last barrier is approaching.

Parametric Mother

Measure your mother. Discover her conscious and unconscious memories of why she allowed herself to be impregnated with you. What telepathic feelings and thoughts did she transmit into the uterus? What nutrition did she guide into you? (Nicotine and alcohol poisons?) How difficult or rapturous to her was your emergence? What happened during the crux first 6 months before your ideation centers and speech centers were connected in your brain? In short, get as much outside basic data as possible of what went inside to your hippocampus memory storage.

If your hippocampus was saturated with nothing but love signals and gentle satisfactions, the nucleus of your neurosis does not exist. Your problems only are secondary rings of child and adolescent dysfunctions. These can be repaired quickly to trigger open your frontal lobes. But if your hippocampus contains negative traumas, it is around this nucleus that the parameters of your child malfunctioning and your adolescent wrongness are jelled like frozen pond waves.

Re-Love Your Family, Maturely

The target of this entire intellectual shoot is to re-love your mother and father -- with full, mature emotionality -- as they are now, if alive; as they were then, if dead. If you can re-capture that unity of your family -- even though your parents could not -- then you can become your own best parent. If desired and possible, you can become your mother's mother and father; your father's mother and father. In such way, you can salvage whatever wreckage of family support, contentment and meaning may have been smashed over the years.

By re-loving your parents, in perhaps a way they never could have loved you, you morally dominate them and ethically guide them into their old ages and deaths with minimum friction; perhaps with maximum re-birth of wisdom. The time, energy, work, knowledge, patience, aggravation and pleasure of growing you up to your own now physical adulthood, thus, will not be lost. Merely accept those goods which your parents invested into your growth up to now and extrapolate them into your coming spiritual transcendence and maturation.

To create the miracle of family transfiguration in the competitive chaos of America, you must diverge your internal research into two polar opposite goals which then, magically, converge into a single, global revelation. You must separate the knowing of your Self from the knowing of your parents. But once done, the knowledge of who they are, internally, completes the knowledge of who you are, inside your brain. So it is to your egotistical advantage to finish your therapy by writing the neural biography of Pa and Ma.

Start with Father. He is easier than mother. A father is more distant from the infantile ego endorphin-bonded to the nurturing mother. By practicing your detective analysis and therapist diagnosis on father first, you will overcome your dread of doing the same to mother. You will develop your skill of asking sly questions carefully, recording evasive answers efficiently and dissecting facts ruthlessly to reveal true, hidden motivations.

Inventory the gross data on father from precision planned interviews. If he does not mind, prepare and use a script of questions. Tape record each session. Learn his reactions to his mother and father. Relate those reactions to how he reacted to you when you suddenly swam through the door. Unfold his feelings toward you over the years so you can peel back your own feelings toward him. Carefully remove his cultural mask and his economic armor so you can undress the shitty underwear of his own neurosis. Allow him to emerge not as your adolescent-demanded and child-needing paragon of virtue

and omniscience and omnipotence, but as the truly human being who did the best he could with his Life, given his ignorance of how his brain worked and given his impotence to fight the outside, wrong system. Collect all his data.

Find out about the hopes and dreams and visions of your one-and-only father. Which were accomplished? Which frustrated? Which crushed? How? Why? What consequence to his growth? Find out how these circumstances related to you; to your hopes and dreams and visions; to your child cognitive fix influencing your hoping and dreaming and attitudes. How do these shape his behaviors? Find out how his unresolved conflicts with his father caused him to have unresolved conflicts with you; caused you to have unresolved conflicts with him. Find out how his lingering hurts from his father seeded your lingering hurts with him. Discover how he and you have set up your "approval trap" so you unconsciously seek his blessing for each task you do -- no matter how old you are. If he is difficult, a dictator, a martyr, dig down under his retarded adolescent rebellion and pull out the worm of his child crippling. Find out where his child was wounded so that he now must camouflage that feeling of inferiority with his inferiority complex -- acting superior. Unravel his conflicting messages over the years about the meaning of Life until you get down to his central switchboard and the crossed wires of childhood traumas. Understand his problems of love, sex, marriage and fatherhood. Understand his fears of aging and dying.

Understand Dad.

Nurture Father.

Then therapize him.

Do not allow him to release all the above, deeply repressed trauma memories unless you are willing to help him discharge them to free energy and at least partial frontal lobes transcendence.

Do not use your coldly efficient intellectual reptilian skill to undress your father's neurosis, then just leave him standing there, naked, to break down into crying; into psychosis. Help him. For God's sake, HELP HIM!! Using whatever subtle procedure is necessary, become his father. Become his mother. Be his friend. Be his therapist. For his revelations will help you therapize your Self. Grow together. Love together. Transcend together.

Now. Do the same analysis, diagnosis, forgiveness, reconciliation and therapy with your mother.

These two preparations will release the awfulness of your final confrontation with your true hippocampus video tapes of your repressed infant trauma memories. These two warmups will help free your final neurosis nucleus so you too can transcend and fully celebrate the miracle of being alive.

Make peace with your parents so they can give you the first facts of your infancy so you can cleanse your hippocampi and make peace with your Self.

1. Prepare your first draft scripts of questions which you want to ask father first, mother later.
2. Prepare your parents slowly and carefully. With overwhelming lovey dovey, seduce them into wanting to be interviewed by you with script and tape recorder. Anticipate wisely and dissolve tenderly their fear that you are trying to expose "that we raised you wrong." (Which they did, otherwise why are you reading this?)
3. Slowly build up the discovery adventure by means of friendly and whimsical preliminary discussions. From these, improve your heavy-duty scripts by adding more subtle questions needling down to primary motivations.
4. Perform the series of interviews. Many short sessions. With father first. After each session, reward him with praise. Just like a kid. He is. This will help him cover over any embarrassment or hurt from being so undressed. (Now. The biggest skill of all. Just as you turn off the tape recorder and close your script notebook -- just as you pretend that session is allll over -- be 100% sensitized for "One more at the door." Just as he is leaving the room -- just as his unconscious reptilian ego relaxes and sighs: "Ahhh, we got through that without betraying our one biggest secret!" -- he will turn and blurt out that secret. Without realizing he did so. Gotcha!)
5. Through all formal and informal interviews, do not trust Pa. (Or Ma.) Do not expect him to be 100% truthful. (Remember that blurted secret at the door?) So be a skeptical lawyer and investigative reporter. Interview aunts and uncles to double-check and triple-check the basic facts of how he lived Life and how he created your Life.
6. Once the above gross data on father and your childhood are gathered, focus on the more foxy and cunning information revealing your mother's facts which molded your infant. Be more wary and clever in your questioning of her.
7. If necessary, lie. If communication between your mother and you is strained, shallow, artificial or broken, say whatever you have to say to open the channel temporarily to drain out the information you need to help you release your repressed infant trauma memories in the next lesson.
8. To be absolutely clear on how your mother created you, establish an objective standard of excellence against which you can measure her. Abstractly arrange the extreme positive values of mothering and the extreme negative values on a scale of +10 to 0 to -10. Then measure MaMa. By so identifying her position on your scale, once and for all, you step out of your subjective child subservience to her control over you. You

step into your objective adult domination over her telepathic control through your brain.

- +10 Transcended.** Nurturing infant comprehensively into transcendence.
- +9 Magnificent.** Almost perfect mothering yet asymptotic.
- +8 Beautiful.** Best mothering in the city. Her kids win top honors.
- +7 Excellent.** Best mothering in the neighborhood. Kid shines.
- +6 Delightful.** Wise, though technically uninformed infant engineer.
- +5 Happy.** Good wholesome Ma doing the best she can.
- +4 Pleasant.** Slightly confused but determined nanny.
- +3 Fair.** Stumbling along with more credits than debits.
- +2 Tolerable.** Dumb but honest conformist to cultural values.
- +1 Grim.** Ignorant, good-hearted soul doing more mistakes than rights.
- /+0 Blaugh.** Neither good nor bad. Yuck. A nerd.
- 1 Vapid.** Confused, bumbling, scatterbrained airhead feeds wrong end.
- 2 Stupid.** Simply doesn't know how to mother and shouldn't have been.
- 3 Outrageous.** Throws bath water out with baby still in it.
- 4 Teaser.** Unconsciously dislikes infant so gives traumatizing care.
- 5 Dangerous.** Unable to learn proper infant care. Injures the kid.
- 6 Evil.** So egotistical she crushes infant's ego with her own needs.
- 7 Tormentor.** Unconsciously hates infant so "forgets" to nurture it.
- 8 Abuser.** Consciously hates infant and psychologically batters it.
- 9 Torturer.** Consciously hates infant and physically batters it.
- 10 Killer.** Tries to murder the baby so it will seem an "accident."

9. Once you have broken your emotional and intellectual umbilical cord between your mother's ego and your adult ego, you can regress more easily into your hippocampi to unfold the true memories of your repressed infant trauma memories. You now will not be shocked out of proportion when hit by those idealess, wordless animal screams from your first unexpected agonies.

10. Do the next, and final, lesson: "Release and Free Your Repressed Infant Trauma Memories." Hang on, Brave soul. You're almost to the bottom of your mine shaft and to the top of your inner mountain -- there, to fly free with the stars.

Lesson 87

Release And Free Your Repressed Infant Trauma Memories

Each fetus receives direct communication from mother. Each mother, consciously or unconsciously, shares her telepathic thoughts from her completed glial layer into the baby's developing glia cells. In this way, mother signals fetus's genetic code whether or not mother intends to understand child's full DNA potential so as to perform those correct actions which accept natural whole brain power as that human's hereditary right. If not, fetus's decision-making brain organs click off and place huge circuits of other organs, tissues and cells into dormant holding; into evolutionary escrow.

At birth, even though systematic uterine completion of fetus's available brain networks did not occur, mother still can accelerate and perfect the connection of the still unconnected 5 conventional sensors of sight, smell, sound, taste and touch in order to release the 5 additional dormant sensors computed through the so-called "silent areas" on the back half of the cortex. For example, by focusing love meditation into nursing infant's optic nerves, and by stroking healing-hands fingertips from each eye, along the crossing-over optic nerves, along the opposite hemisphere and into the occipital lobes in back, all the unconnected optic axons which are worming through the chaotic traffic jam of the retarded infant's finishing brain quickly and efficiently are guided to their proper destinations. Each axon, smoothly and surely, avoids the cross-current traffic from other sensor axons, finds its correct occipital dendrite and plugs into that switchboard optimally. By such mother wisdom, all optic axons reach and connect with all proper occipital dendrites. In this way, the usual frantic post-uterine blockage and withering of incompletely migrated optic axons is avoided. Poor eyesight -- future eye glasses; old age blindness -- is avoided. Total vision -- into and beyond the ultra violet and infra red ranges of the light wave spectrum -- is accepted.

The same focused love plus healing finger stroking exercise, done as a daily regimen over several hours while feeding and fondling, connects, quickly and efficiently, the totality of the other 4 conventional outside sensors to their appropriate inside computers. Because of this maternal competence, no axons are trapped, strangled and killed in the first days of infantile sensorium circuiting -- which should have been done in utero. All 5 minimum sensors are connected into perfect, maximum, natural, "super" functioning. This signals the genetic code that the individual, though delayed, again is evolving properly and now can receive, automatically, the release of his/her 6th, 7th, 8th, 9th and 10th "paranormal" sensors: pre-cognition, shared dreams, psychophotography, trance cosmic intelligence speaking/writing and levitation/teleportation.

If such release is denied, the infant, by definition, is neurally incomplete; is neurally dormant; is neurotic.

Add to this physiologic deprivation the psychologic traumatizing from parent-inflicted injuries and you have the data base which is recorded in the hippocampi of a penalized infant. It is this series of brain deficits which emerges as pure primal scream when repressed infant trauma memories are allowed out. The infant's non-existent personal intelligence simply does not and cannot understand why it was so crippled, hence, merely shrieks as the pain pours forth for the last time. But the magic of adult controlled self trauma drama finally discharges that final pain. The hippocampi are healed back to their original function: traffic-copping ecstatic total brain power flow from adult and adolescent energy-cleansed cortex and from child energy-cleansed temporal lobes out through the frontal lobes.

The time to start releasing your suppressed infant hurt remembrances from your hippocampi is after you have liberated at least 51% of your child trauma retrospections from your temporal lobes. This prepares your courage properly for the terminal deep probe. Start with the easiest, more tangible ones: from umbilical cord strangulation and difficult birth, through kicked off blanket in a cold room, oral frustration because of "bad breast," emotional deprivation, lack of mother love, forced feeding, disease, repulsive medicines and careless treatment, to later disgusting toilet training, unreliable family behavior, humiliation and physical batterings inflicted by evil parents. These experiences form the culturally understandable core of infant neurosis.

De-entropize each pain to zero forgetfulness by means of the self trauma drama technique.

After relieving those conventional sufferings, go on to the abstract traumata: the sins of o-mission which were performed against your infant's dormant brain potential. Review how your full 10 super sensorium was forbidden to come forth.

As this last therapy progresses, increasingly your final bound energies of neurosis will be unsnarled into free energies. If you are guiding them properly by means of social intelligence, they will accumulate in your anterior amygdalae. (Not in your posterior amygdalae.) Your amygdalae will clickety click click forward into your frontal lobes; into your cumulating transcendence experiences. But do not be seduced prematurely by these minor flips forward to abandon your last milking of therapy until every entropy is drained. Stay with the washing regimen until all your repressed infant memories are excreted. You will know when this happens. You will know when you are scraping the bottom of the barrel. You will start pumping up only repressed infant joy memories: of being loved; of "good breast"; of sensual stimulations; of feelings of curiosity; of excitement and adventure upon discovering your new environment.

Then wait.

Maybe a short time. Maybe a longer time. Your Lifelong neural mis-connections are making their final correct connections. Your Lifelong entropy is being transformed to Universe-wide synergy.

Wait.

Patience.

Then.

It explodes/implodes. Fully.

Nirvana.

1. Launder out your repressed adult and adolescent trauma memories in your cortex by 100% via the self trauma drama method. Scour out your repressed child trauma memories in your temporal lobes by at least 51%.
2. Before sleep each evening, stimulate both hippocampi with one of the tools described in Section E, "Techniques to Release Deepest Repressed Trauma Memories": suture tapping, imaging, cosmoprobe. Sleep to allow the loosening up of the next orderly memory iceberg, ready to rise into conscious awareness.
3. Wake slowly into morning pre-conscious reverie as re-born infant. Do not think left-hemisphere intellectual thoughts as an adult. Drift right from sleep into right-hemisphere frontal lobe infant cosmic feeling. See each finger, fly, tree and cloud as if for the first time. This links you to remembering how you did so during your first days of outer Life. Remember each positive and negative memory from those first weeks.
4. Gurgle in infant euphoria. Select one positive flashback and re-live it totally. This builds up your ego strength. Once the pleasure of that yummiie episode reassures your infant that, indeed, Life is good, focus on one negative memory which also rose. Discharge via standard self trauma drama drill.
5. After that morning's cleansing and re-growth to adulthood, document your increasing gradient of frontal lobes pops. Measure your increasing gradient of emerging intelligences, creativities and social actions spraying forth in power surges. Be alert for clarifying emergencies of cosmic guides -- your next teachers after this *Workbook*.

Release and discharge all repressed infant trauma memories.

Lesson 88

First Frontal Lobes Pops

“The first time I knew I had frontals it just felt like a shiver. My forehead all inside my skull shivered just back and forth a couple a times then nothing more happened. I felt real good and all that but I didnt feel no light and things. It was my second year and I was just beginning to work hard on shoveling out my child shit. But then about two months later it happened again. That big shiver happened again in my front part of my head but this time like a earthquake inside. This time I saw something like a inside light melting all the inside of my head. I mean man I actually saw it!!! I actually saw the inside of my head just like I’m looking at my hand now and it was expanding like a atomic bomb and melting my meat and bones so we all were expanding out and out and out toward the stars. But then it stopped and I came back but I was spaced out like a hundred hits of snow for all that day and the next and that whole week. The next winter it happened again the third time because I finally was working on my hippocampuses. I was down to my baby stuff. So when it kicked in my eyes I knew what it was and wasent ascaerd and went with the flow. That atom bomb happened again and I went out to the stars again but this time farther. I stayed there for it seemed like a million years but must a been nothing more than a couple a hours because the sun was setting and I was just before working on a dumb school lesson after school. So I am keeping going because I never knew nothing like this ever happened to people like us.”

Panchito Chickchick

When your amygdala clicks forward and your frontal lobes start circuiting electro-consciousness energy, trust your Self. Trust your brain. You are not going insane. Trust Life. Trust Universe. You merely are transcending into higher reality.

The first teaser pops will be gentle and loving. They will help you make the transition from your neural virginity to full, voluptuous divinity. If you have progressed slowly and thoroughly with releasing and discharging 100% of your repressed adult and adolescent trauma memories, by the time you enter your temporal lobes to liberate child inhibitors, your amygdalae will be flipping freely forward with little ejaculations of cosmic emissions.

Now that you know the basic neurophysiology of transmutation, you will not have the problem of Buddha, Jesus, Mohammed and all the other thousands of mutants -- out of billions of conformists -- throughout history who did by accident what you are doing by science. You will not have the problem of assuming you are the first and only humanoid to whom this phenomenon has occurred. Thus, you will not further assume that you are the chosen one, the anointed one, God's only begotten son or daughter. From your rational understanding of mundane neurology, you will not feel compelled to dash off and start the one-and-only true-religion of "Follow MEEEE!!!! I am THEEEEE WAYYYYYY!!!!!" You will transcend that ego and settle down into egoless, quiet (though sometimes yelling, just for kicks) teaching of other Earthlings to grow up.

If you have followed the warning against egotistical fake "transcendence" by pursuing social intelligence, you will not have poured all your free energy, from your therapized bound energies of neurosis, down the toilet of your reptile brain. When your amygdalae pop, they will not be your posterior halves. They will be your anterior halves. You will not be breaking down into psychosis. You will be breaking up into gnosis.

1. You cannot push the river. Do not inflate your unconscious ego to "demand" amygdala click and frontal lobes transcendence. Do not become arrogant: "I paid my money! I did the work (shallowly)! Where's my nirvana!!" Relax. Be humble. It will come when it is ready, not when you are ready. Like a bowel movement. Always remember. Your brain has a mind of its own. So just toil on in God's vineyard. The fine wine of revelation will flow in its proper season.
2. The first signal that your free energy is engorging your amygdalae will come as a random, unexpected ejaculation. A slight "shivvering" of your "frontals." The brain is not a muscle. It does not contract and expand like your arm and leg tissues. Thus, whenever you feel any movement in the meat, pay attention! A rare event in your Lifetime is taking place. Observe with precision microscopic vigilance the point from which each spasm originates and the point to which it travels. This usually will be from your side amygalae toward your forehead. But once experienced, relax doubly. The dam has cracked. The flood will come.

3. If egoless acceptance is relaxing your total Self, while continuing to do self-therapy, the second, third and fourth shivers will intensify. Visual pyrotechnics may start. Ideally, these should build up your understanding and acceptance of this natural reflexive neural behavior so that when the first of the really big, full frontal lobes implosions occurs, you will be ready and willing for it. You will not be surprised and shocked and frightened into thinking you are breaking down into psychosis.
4. Frontal lobes transcendence logically is a gradient. It is a step-by-step process into more and more experiencing; into more and more understanding; into more and more intelligence. Apparently, it is endless. No historic case study, yet, has described -- with philosophic precision and scientific verification -- the termination of natural consciousness expansion. Buddha, Jesus and Mohammed merely were partial flukes with good P.R. agents. For it was their public relations advertizing which prevented them from slipping back into the limbo of anonymity -- which is what happened to the thousands of other quirk mutants who also went almost all the way to full transcendence, but forgot to mimeograph press releases and send them off to the newspapers (like Saint Paul did for his boss). So when it happens to you -- the Big Bang -- do not go off half-cocked like the other flops, thinking this is the last step. Of an infinity of steps. Into higher reality. Indeed, again, relax. And keep doing your therapy. Wash your Self of the last drops of neurosis. Then, and only then -- again, logically -- can you expect to go beyond all historically recorded half-messiahs, fully to the end of the line: to the existential car-barn. To God.
5. When the first Big Bang hits, you may have a last twinge of egotistical doubt. Your reptile brain may squirt out its last venom of jealousy. You may feel that, yes, "I'm going insane!" Trust. Merely trust. If you as an adult cannot trust your Self, then allow your child to trust whichever authority figure you now, at this moment, choose to be your Big Daddy or big Mommy during the crisis; whichever father-substitute or mother-substitute you need to get you through; whichever permission-giver will allow you to go all the way. If Christianity is your childhood enculturation, write out on a 3 x 5 card and place in your wallet: "Jesus says this is O K!" If Islam or Buddhism: "Mohammed says this is O K!" "Buddha says, Go, Man, GO!" And if your retarded adolescent rebellion will not allow you to revert to any conventional authorizing authorities, but your frightened child still needs one, you can use me: "Lingie sez it's O K."
6. When building up this slow and steady step-by-step method, transcendence usually signals the arrival of a progressively larger blast by warning your intuitions to prepare for it. Thus, if you increasingly are sensitizing your Self to recognize and heed your sub-threshold, unconscious intuitions, you will read, loud and clear, when the telegram arrives: "Something special is gunna bust up today:" Phone out to moneyjob: "Won't be in. Sick." Push down the button. Get the dial tone.

Then take the raucous gadget off the hook. Wait. Go wash dishes. Or scrub floors. Wait.

7. If you feel it happening in a public place, run, don't walk, home! If you feel your amygdalae start slapping like paddleboards on a naked, wet ass in the supermarket, zoom. Get back to your bed womb. You can delay it for a half hour or so until you get within safe walls. If worse comes to worse, like having to take a shit with no public toilet available, dash off to the park and go behind the bushes. Flee to whatever chunk of primal nature is available in your city around that neighborhood.
8. If you feel it happening at work, you're in trouble. The capitalist system does not tolerate nirvana. The reptilian conformists among your most retarded work-mates will, gleefully, judge you to be "psychotic." Lusciously, they will call the cops and an ambulance. The boys in white will lock you into a cross-armed straight-jacket with professional wink. The shrink piously will shoot you up with tranquilizer. Your cosmic moment will be raped. You will be re-traumatized. Your freedom will be re-enslaved. For you dared come in conflict with "authority"; with the worst kind, "economic authority." The system. Unless.

Teach two or three of your sensitive colleagues -- and your boss -- that you are pursuing self-therapy. Show them this *Workbook*. Alert them to the fact that transcendence is a fact of reality; that your transcendence might happen on the job. Type out instructions of what they should do, and, most importantly, what they should **not** do in the event you pop your frontals and space out. "Simply take me home. If you must, tell everyone that my laughing and yelling is because I am drunk. Do **not** call the police! Do **not** call for an ambulance! Just drive me home and let me wallow in this experience of a Lifetime!!"

9. Once home, enjoy enjoy! You will feel 1000% ecstasy. Rapture. Euphoria. Nirvana. The cosmic orgasm. Stronger than any Earth drug. But you totally will be in control of your body. Transcendence is not like alcohol intoxication or drug intoxication where you cannot control your body muscles, hence, are a danger to your Self and to others. Rather, transcendence merely is the absence of neurosis. It merely gives you the full use, for the first time, of your cumulating brain powers. By simple think-clicking, you then can click your reticular activating formation down your spine, through past Lives and out to star-stuff origin. Or you can think-click forward into your mammal brain. Or forward into primate brain. Or into left-hemisphere to compute super-genius logics explaining everything, everything. Or into right-hemisphere to witness and comprehend cosmic undulations within a flower. You can think-click your frontal lobes click-switch, your "Universe-switch," and go back out to cosmos, but this time in a self-controlled gradient of perceptions, understandings and communications, relishing each expanding layer of higher reality, through planetary civilizations, galaxies and infinity right out to the car-barn: eternity. Ol' God.

If you had to, after your first introductory shock, you could drive an automobile during rush hour traffic on the freeway while experiencing total frontal lobes explosion. You merely would be a super-computer, reading everyone else's motives and intentions telepathically, thereby being the most precise avoider of smashup; the safest driver in the mechanical shark frenzy.

But at home, just luxuriate in your now stellar luminosity of personal intelligence, social intelligence, genetic intelligence and cosmic intelligence lasering together into any problem or pleasure you choose so as to dis-integrate it into numinous solution and chortling meaning. If you are wise, you will write down select portions of your magnificent thoughts and feelings for later, calmer amazement. In addition, after you return to lower reality, after you get over this supreme awe -- and the getting-over may take weeks or months or years -- the simple act of going back to those written words and re-reading them re-triggers the entire transcendence phenomenon again. So beware. You have been warned. Write your bomb re-blast document deliriously.

The first real frontal lobes transcendence usually lasts from a few hours to a few days. A common span among our students is between 4 hours and 4 days and nights. If the maximum, you will not sleep for all those circlings of the sun. Like kid giggles, the outrageously passionate delectation of the event may die down for a few minutes from time to time, but then noticing a skeeter buzzing or the shape of a bottle will trigger your next spiral of paradisaical cacklings as you discover yet the next expansive order of flawless purity and absoluteness in the nebulous unity of everything. On and on it goes, ever more intelligent and sanctifying. Until sheer physical exhaustion of brain and body cells says, "Enough." Then, sleep. For 48 hours straight. Volcanic echoes erupt for the next few days and weeks, but with less and less intensity. In time, you are left oogling just the rosy glow. You are back to "normal." With merely the addition of a constant smile and occasional chuckle, you talk as before; you walk as before -- except 9 inches off the ground.

10. Transcendence in primal nature is best. The yelling is 100% uninhibited. And, amazingly, the critters understand it. Where, before, your quietest crack of a twig would have sent them leaping, they now smile and walk with chaste love directly into your hand caress and yowling animalness. Duets. Hawk squawk on head. Brave grunt with bear runt. Deer pirouette. Elk rumps in high kicks for hooves clicks. The forest fandango. And when you start crying unashamedly, because of having lived so much of Life without your now understanding of their ecological at-one-ment with the birth-to-death force, they just as chastely wink and walk away, looking back one more time only to say in a glance, "Welcome home, soulmate."

The mountains thereafter no longer are solid massifs. They dissolve into vibrant energy fields, changing each day as both your moods undulate;

glowing each night as moon mass pulls the inner magnetic tides of granite and quartz and gold veins. The mighty sentinel spruce thereafter no longer is silent watch friend. The gurglings of water up from roots, and sap down from chlorophyll needles, is as knowable as a neighbor's song or door slam. The creakings and groanings of lignin stretching in the windy woods becomes your chorus of melody, ever sliding up and down the tonal scale of the Lifeforce. The very quaking of the Earth plates miles underfoot and the swishing of the meteors overhead and the pulsing of the galaxies around become the harmonized rhythm which your heart needs to stay in synchronization with this, the only true existence: Self at one with Life upon Earth within stars throughout Universe.

Liars In Heaven

Because of ignorance, nothing else, some people lie into nirvana. They get fake transcendence. Temporarily. Then, disastrous collapse.

Some people lie about their self-therapy. To themselves. (Who else cares?) They skim the release and discharge of their repressed adult trauma memories. They solve some of those problems, but not all of them. They walk the water and pick out shallow repressed adolescent trauma memories. A few are detoxified, but others are not. By the time they come to digging out their repressed child trauma memories, they have become slick con men; hokum women. To themselves. They do just enough of the therapeutic work to convince their reptilian egos (the boss outlaws in this shoot-em up movie) that, indeed, "I'm doing perfect self-therapy."

And genetic intelligence sighs.

OK. So some of the tree energy, from truly liberated bound energies of neurosis, went into the anterior amygdalae. But most of it, surreptitiously, went into the posterior amygdalae and down the sewer to feed that deceitful snake. In its own sly, slick, slip way, that reptilian brain merely is giving one last test for survival of the fittest. If a person cannot see the lie, s/he deserves all that is coming.

The anterior amygdalae click forward. Electro-consciousness energy does spew into the dormant frontal lobes. A massive transcendence experience does happen. The individual may be high for a few days or a few weeks or a few months or even for a few years. But then Faust must pay Mephistopheles. The faked brain must pay genetic intelligence. S/he collapses to hell. The metaphorical Earth cracks open and devours her/his soul down to the firey center of one's own lie. Then the crack seals. Doom.

Such an individual never gets a second chance.

You cannot lie to genetic intelligence.

Simply do not lie about your self-therapy. You then will have to suffer no ordeal.

Some other people -- those who also have been lying about the honesty of their self-therapy -- suffer their ordeal not after the amygdalae have clicked and the transcendence has happened, but during. Pathologically, some students break down during their first big frontal lobes experience. In such a person, the residual reptilian ego is having its last temper tantrum. Like the snake in the garden of Eden, it is tempting this Adam or Eve with the green apple which guarantees prevention of entrance into paradise. The unsure, insecure, still neurotic child may not want to take the final step away from MaMa or PaPa; may not want to grow up to mature adulthood and independent freedom; may not want to be survival of the fittest. True transcendence then becomes the ordeal. At the moment of breakthrough, the residual ego, the entropic infant, may want to break down and break back to the comfort and familiarity of mommie's titt rather than goddie's witt.

If so, this is just the final wisdom of genetic intelligence giving that poor soul its final test to prove whether or not it really is a mutant; whether or not it really is worth bothering with.

The advice of experience is this:

1. Don't lie to your Self during self-therapy. And,
2. When your frontal lobes transcendence is happening, if you feel a twinge of doubt about your worthiness to so grow up, merely laugh at the idea: "How ridiculous! Me? Go back to my old childish confusions, pains and fears?! Nonsense!! Let's get on with the kozmick rollie coaster!!!"

The proof of the pudding is in the slurping. After frontal lobes transfiguration, the person demonstrates increased intelligence and creativity dramatically; measurably. The transcended person blatantly discovers and invents methods to help save the Lifeforce on planet Earth -- currently, by simply stopping war. For the full, honest, properly therapized frontal lobes re-born into universe wisdom generate nothing less than whole brain powered dedication to doing God's work. (While God collects unemployment compensation and drinks beer.)

"It started back in my reptile brain, back in what I suppose was my reticular activating formation. Short jolts of lightning -- I could SEE them with my inner eye!! -- were flashing out to all parts of my brain and body. Then a big zap went down my spine and bounced back up and turned on my spine like a Christmas tree of blinking lights. Then another zap started going forward like, I don't know how I can describe it to you, but like frozen lightning. It went slow, yet it went fast, if you can understand that. Time just stopped. Then I watched it hit my amygdala on each side. It was just like a bowling ball hitting the pins. Then the pins exploded into a hundred more flashes of lightning and

these all went toward my forehead, some along the sides and some along the top of my head. But when the flashes hit my frontal lobes, each one ignited what looked like a string of dynamite sticks inside each cell. A billion soft and lovely explosions went off in a growing upside down avalanche of light and sound and feeling and understanding! YES! THE UNDERSTANDING! That was the biggest part of all! I UNDERSTOOD EVERYTHING! Past! Present! Future! It was just as if God was giving me one quick taste of all His knowledge! Then it happened. I saw God..."

Mary-C-G

And so on and so forth.
Standard operational procedure.
Incommunicable.
Routine frontal lobes tiddly winks.
Transcendence.
Nirvana.
Yawn.
So what else is new?

SECTION H

Final Love Growths

As you chip away at the boulder of neurosis sleeping in your brain, you still can live Life more and more enchantingly while you discover, each day, your innate capacity to grow into more and more love. Simply by accepting and expressing your genetic drive to feel increasing gusto during the performance of daily homely chores, you experience expanding intelligence, creativity and ultimate Life meaning. For while you are so spilling into the forward tide of your consciousness -- percolating from your lower animal reptile and mammal circuits toward your higher human potentials -- the very cells, tissues and organs of your brain automatically are re-wiring themselves away from brute behaviors and toward transcendent titillations. Your genetic code is re-circuiting your triune computers to generate less retrogressive survival instincts and more progressive transmutation impulses. Each day you surge a little bit more away from being a humanoid and a little bit more toward being fully human.

The final exercises of this section are designed to help you play -- indeed! PLAY!!! -- within your increasingly uninhibited child embracing each mundane task of each day's growth. From morning wake-up, through money-making job, to evening entertainments and sleep, there are all sorts of little games you can enjoy to remove the boredom of meaningless existence constantly forced upon you and your neighbors by the culture. And while playing, you simultaneously will be adding the excitement of voluptuous brain expansion. In this way, you increasingly will learn to self-control specific functional parts of your brain into systematic increase of thought production, emotion production and action production. And know this: While frolicking these whimsies, you also will be nurturing the energies of your de-oxy-ribo-nucleic acid to accelerate its release of dormant genetic intelligences which, in turn, release dormant brain circuits which, in turn, release greater personal intelligence and creativity, which, in turn, release more astonishing discoveries of how to play with the Liferforce, which, in turn, release more energies from your DNA to accelerate its release of still more dormant genetic intelligences.

Lesson 89

How To Love

Transcendence love flows forward toward your frontal lobes and inevitable maturation into cosmic perception, intelligence and communication. Neurosis “love” grinds backward toward the mammal brain for brute breeding and still further backward to the reptile brain for grim economic survival. Merely change your attitude of why you are living Life and you unthinkingly, methodically, click the cells of your left-hemisphere amygdala and your right-hemisphere amygdala away from retrogressive ego greed (expressed consciously or unconsciously) and toward progressively egoless true love.

By seeing your every emotion, thought and action as being shaped within the polarity of reptilian ego greed lovelessness and frontal lobes egoless cooperative love, you can think-click each cell in your brain to re-magnetize its electrical charge away from devolution and toward evolution. You can think-click your entire unified brain into re-polarized harmony with the Lifeforce. Even during still necessary moments of self-defense and counter-attack, your reptilian computer can be clicked reflexively from left-hemisphere “masculine” aggression to right-hemisphere “feminine” combat. You then fight your enemy with love. You beat your adversary with laugh. And hug. You win your victory by morally teaching that fool how s/he is a fool to be so retrogressively hostile. You solve the problem of irreconcilable incompatibility creatively. You destroy your enemy by making her/him your friend; by educating her/him to accept frontal lobes transcendence as the only purpose for living Life.

Most importantly, when pursuing inter-personal cooperative folkways -- friendship, sexship, marriage -- your unconscious motives are re-polarized away from neurotic child sucking for unsatisfied mother-needs or father-needs and toward true growth needs. You love maturely: nurturing your beloved to grow into even more dormant brain powers, as s/he nurtures you toward the same target. Only thus can reciprocal transcendence experiences be shared as they escalate from lower to higher reality.

1. Inventory your ruthlessly honest neurotic motives for wanting to suck immature love. Itemize your equally honest standard of excellence within which you want to share mature love: with your Self first; with others secondly. Define your pre-conditions which make it possible for you to open your adolescent, child and infant defenses into 100% trust for, and honesty toward, another human being.
2. Design alternative love behaviors for each routine, loveless action you perform each day -- from awakening to re-sleeping. Construct these games to be specific counter-polarizations which negate your automatic,

negative, self-defensive, unloving conducts. Consciously step out of your ego and look back at your old, "normal" self. See how you have been reacting against, instead of pro-acting with, each need and stimulus in your daily robotized regimen. Consciously create a "ding-ding" signal bell in your head which catches you each time you slip back into the old ways of retrogression: back toward death. Consciously click into your alternative love game to de-condition and re-condition the old, acidic, unwanted compartments so as to reinforce your new growth forward. This repetition will re-polarize the electrical charges within the appropriate computer cells from – to +. From then on, your tissues and organs quickly will "learn" to react reflexively in the positive, loving way.

3. Re-design each relationship between each person with whom you routinely communicate each day. Change your communication from neutral 0 or negative – to positive +. Change your passive acceptance to active penetration. Change your re-action to pro-action. Lovingly analyze each person's defense perimeter and enter gently with gifts of love. Lovingly dissolve each person's reptilian attack readiness with intelligently camouflaged games of soothing therapy. Lovingly infuse your friend's confusion, pain and fear with your overwhelming energy of vision; with your precision skill of cleansing. Once his/her neurotic fortress walls begin to melt, gush together, work together, toward growing neural redemption and salvation.
4. Plan for perfect love. Re-design your Life to be a huge, clean barn which is ready to receive the unavoidable bounty harvest from love seeds planted. Change all your sub-soil assumptions from – to +. Assume you are going to complete your self-therapy. Assume you are going to click your amygdalae into permanently growing frontal lobes transcendence. Assume you are going to grow up into mature love. Assume you are going to share that love with many other mature beloveds. Assume America will start a great public movement toward releasing the 90% dormant brains in all citizens. Assume the copy-cat replication of this crusade within the Soviet Union; within China; within the Arab nations; within all nations. Assume warless Earth will emerge before the thermonuclear godfart of punishing holocaust happens. Assume one world -- cooperative and loving -- will blossom. Finally, assume you now are doubling -- tripling -- your Lifespan. What sort of a Lifestyle do you want to live, unboringly, for all those years when you conveniently do not die at 60, but at 160? Plan for perfect love Life. Itemize all the basic things you want to learn now so they shall grow forever, intriguingly, into perpetual harvest to nurture your ever-filled granary of brain love.
5. There is no greater love/joy/meaning in Life than studying Life. What is the nature of human nature? What is the nature of human motivation? Why is the human brain confoundingly over 90% dormant? How can this dormancy be self-released democratically within ever expanding populations? How can all humans get transcendence and whole brain power for not cost of money? Equally for poor and rich? But after you

learn the answers -- now freely available -- there is no greater divinity than teaching these scientific and philosophic questions and answers to others. Become a teacher. How simple. How pure. How noble. Simply: teacher. Start right now. Turn to someone near or telephone someone dear and lovingly teach him/her one fact about his/her own brain which he/she truly wants -- or needs -- to know. As you learn your Self, use your growing self-confidence to teach strangers on the streets how to want to learn their own neurophysiological Selves. Each one teach one. From critical love mass of teachers and learners. Become a leader as you are right now, creatively, to cause chain-reaction of love growth through the massed American brain. Passionately cause planetary brainbomb to implode into love cooperation between all.

Lesson 90

Morning Love Wakeup Game

Plan your greatest daily pleasure to be not watching the late late night movie on the tube, but the anticipated bliss of tomorrow morning's awakening into spiritual re-birth. On jobwork days, plan to get enough sleep to be fully refreshed so you can wake up, perhaps even without alarm, one hour before your "regular" (robotized unloving) rising time. Remember that the clanggg clock clicks your unrefreshed, desperation ego into reptilian self-defense and that this sudden shock warps your triune brain into lopsided malfunction for the remainder of that day. So design each day to re-polarize the economy-imposed retrogression of your spirit into progressive liberation of new genetic powers expressed through new growths of intelligence and creativity. And love.

1. Discipline your Self to avoid the egotistical trap of feeling piteously: "I did my hateful day's work for hateful money. Now I deserve joy and meaning for my greedy Self. I want fun Fun FUN. If nothing else, I want to reward my Self for having endured another 8 to 10 hours of that meaningless moil by rebelling against my bedtime and by staying up to watch the late junk of the idiot gadget. I want my retarded hostility to ignore the increased loathing for my Self and my Life which I will feel, and obediently repress, when I have to get up in too few short hours to again rush to that abomination of my enslavement for bucks." Discipline your Self to see and understand that **morning** is your greatest fun Fun FUN. Develop the desire of wanting to go to bed early so you can wake earlier. Develop the luxurious ravishment of creating each day as an artform wheel around the hub of lascivious bed waking. This re-polarizes each cell in your brain-body from – to +.
2. Wake as infant being re-born out of the triune womb enfolded within cosmic protection of parental Universe. Re-discover the absolute infant curiosity of covvies; of fingies; of everything in your room, seen for the first time. Grow magically into child. Re-discover the absolute child play intelligence of reading a book within such neural freshness; of studying a knowledge absorbed through such youthfull purity; of writing a new knowledge expressed beyond such adolescent egolessness.
3. Create. Evolve a master strategy and infinitely intriguing tactics for investing each morning in triune scholarship. Generate a progressive unfoldment of your personal intelligence bringing your intuitions into genetic intelligence and cosmic intelligence to yield prose, poetries, artistries, musics and whatever other artforms you choose instinctively to blossom into reality during this most precious part of each day.

4. Once creatively drained, go to moneyjob. After your true love work has expressed itself into permanent form on paper or whatever, go to your unloved work and do that which the economy says you must do to pay for your rent and food. And morning leisure. But even there, plan to discipline your job situation and work mates into optimum love creativity games.
5. Plan parts of your moneyjob toiling to be integrated with your homework/sleepwork/wakework/bedwork. Create little bridges of thoughts and emotions and actions which utilize parts of your moneywork in your homeworks. Harmonize the two so they both stimulate interestingness in each other. Thus will you dissolve the triune barriers which prevent you from swirling more naturally and freely into all your 12 unconscious and conscious computers of love exhilaration and realization. Thus will you live Life fully, 25 hours each day, 367 days each year, 167 years each Lifespan.

Lesson 91

Holy-Urination And Parent-Defecation Games

Upon awakening each morning -- and throughout the day -- use the natural functions of pissing and shitting as active exercises in brain self-control.

Contemplate: As soon as the body starts urinating or defecating (or flatulating; or orgasming), the brain's left-hemisphere amygdala **automatically** clicks into right-hemisphere. From that fact, you merely are being invited to use this physiological mechanism to discipline the systematic increase of your right-hemisphere creative productions.

1. Just before awakening in the morning, in your pre-conscious bliss, choose whether you shall be re-born as infant, whether you shall burst forth as fully exuberant child or whether you shall stand your erectile tissue as bawdy adolescent. If as infant or child, gently play with outside Life. If as teeniebopper, vigorously play with something else. Stroke the left side of your body lusciously so as to click your amygdala into right-hemisphere. With your amygdala already predisposed to assist the emergence of spectacularly subtle new creations from your non-verbal, holistic, artistic mechanism, get up to pee. But from now on, do two new things. Where before you merely tolerated the pleasure passively as a necessary relief from accumulated liquid pressure, first off, start noticing the delicate flush of consciousness from your verbal left-hemisphere into your speechless right-hemisphere once you make the decision to wake and go. Notice the wordlessness of your pleasure as you anxiously hobble to the pot while the dribble begins; as you painjoyfully endure the sharp ache just before the bladder sphincter finally wakes up and decides to open; as you agonizingly endure the mellowing golly bobbles during the first seconds of draining; as you imperceptibly make the transition from delectatious suffering to delirious happiness; as you finish the ordeal in urthral holy transcendence - - with your brain now fully right-hemisphered, ready to compute artistic production.

The second new thing to do from now on is not to snap back into left-hemisphere linear, verbal, analytical scurrying to get dressed to go to money jobberworkie. Stay in right-hemisphere. But this time, image all your awakening brain energy to be pouring into the right side of your left-hemisphere amygdala so as to reinforce its rightward click. Image all your residual refreshed brain energy pouring into your right-hemisphere to reinforce its excitation and to super-energize its increasing computations. Play this game as righteous child of God about to receive anointing.

2. After splashing the commode, go back to bed immediately. Start accepting the outpouring of new productions unintentionally dribbling from your right-hemisphere.
3. Do the same for defecation. Change the behavior from merely a daily wasted elimination of digested wastes to a daily energizing reminder: "Relax away from those damnable dominant left-hemisphere computations! Accept my more sensuous right-hemisphere creativities!" Use your minutes on the throne as your crowning; as your signal to stay in right-hemisphere speechless invention for at least the next hour, turning out dramatic new innovations to improve your work. Discover spectacular fresh shortcuts to increase the quantity and quality of your pragmatic labors. And when performing therapy, play the game by shitting out a particularly difficult trauma caused by parent. A left-hemisphere blockage of Pa/Ma easily is shat into total awareness and evacuation through right-hemisphere laxative.
4. As you urinate and defecate during the day, repeat the slogan: "Pee creatively. Poop creatively." Do this by integrating these automatic, uncontrolled processes with your increasing understanding and skill of brain self-control. You can learn to control the rate and efficiency of functioning within your kidneys and intestines. Begin by paying more attention. You will begin to sense the signals sent to your conscious cortex from the housekeeping center in your reticular activating formation controlling those, and other, organs. These signals will tell you the tempo and effectiveness at which your renal tubules and haustral peristalsis are performing. Begin to signal back via thought orders from your cortex your consciously chosen variations in those functional quantities and qualities of waste production. ("Slow down!" "Speed up!") In this way, you can integrate optimum body behavior with optimum brain needs. You will avoid unwanted excretions at unwanted times. You will avoid disruptive swings from constipation into diarrhea. You consciously will guide your brain-body into optimum health and longevity.
5. Integrate your coordinated urination and defecation right-hemisphere production into your daily conversation with neurally growing soulmates. Discuss the mysteries and revelations of that day's discoveries of Life unfoldment through your, and their, bladder and bowels. Remove waste dropping from the list of topics branded as taboo by puritanical non-mutants and place it firmly near the top of the agenda for daily dialog among creatively productive pooping neural cyberneticists.

Lesson 92

Bounce-Walking And Voltage-Elevator Games

Each mundane action you perform each day in unthinking routine and boredom can be flipped over to reveal its connection to uniquely circuited parts of your brain. From such understanding, you then can use this action as an exercise to improve your control over that neural mechanism. Merely by reasoning backward from every ordinary movement to its root in your generating brain organs, tissues and cells, a simple drill can be invented to transform that boring episode into a dramatic learning experience which releases a new order of dormant neural powers.

1. The homely act of walking is converted to a theatric exultation of living merely by clicking your adult attitude from – to +. Each time you walk, recite the jingle:

With this step
I raise my pep
With that stride
I go inside
Muscle hooked
To back of brain
Drain the pain
From neural chain.

This jells your mood of aliveness by first excreting deadness; by first draining out the attitude of apathetic boredom so that natural genetic child excitation can flood in.

2. Walk with tactile concentration. Feel each texture and unevenness of your ground. With shoes, of course, but best, when possible, at home, or during sunny lunchtime in the park, walk barefooted. Feel the subtle signals generated by Mother earth. Now, instead of dulling and deadening your awareness as you usually do, by an act of will, increase your foot and leg voltage to maximum. This electrifies your entire brain like a fire clanger going off in the middle of the night. All organs, tissues and cells in your brain-body are alerted to play the game of “noticing.” Just like an adult about to die, you suck up Life desperately, noticing everything as if for the last time, hence, comprehensively. Just like an infant freshly born, you suck up Life astonishingly, noticing everything this first time, awesomely. Within such polarity of birth and death, you sensitize your entire triune brain so each part concentrates totally on computing its specialty reaction in response to this increasingly efficient flood of ground-touching stimuli.

Your now more alive left-hemisphere computes the numerical progression of steps as you saunter. Your now re-energized right-hemisphere blankets the terrain to appreciate the ups and downs of kerbs and pathways as you traipse. Your now more frisky reptile brain analyzes the bushes and around each corner to see if whimsical predators lurk to pounce as you counter-stalk. Your more mello mammal brain enfolds the loveliness of the children smiling at you in telepathic reflex, recognizing your nurturing radiations as you bounce their game of hop-scotch. Your fully crackling primate brain sees the city as a living organism related to your inner organic dynamisms caressed by your curling toes. And your frontal lobes soar above the pavement and people and pulses into the bliss of beatitude from being allowed to play this game every day.

3. Once the linkage is made between each stimulus step and each ordinary triune response, switch responses. Think-click into one brain only; into one hemisphere of one brain only. Increase its voltage to maximum sensitivity and efficiency. Concentrate on grooving the channel between your leg action, your chosen decision-making center, your automatic brain hemisphere re-action and your self-willed whole-brained pro-action. Develop your conscious skill of clicking in and out of that precision mechanism so that you will use its unique power instantly, reflexively, in the future, whenever needed.
4. Once you can think-click your amygdalae at will into whichever individual computer of your 6-brained sextant you want, think-click into two sections simultaneously. For example, split your thought and direct your walking stimulation into the left-hemisphere of your reptile brain and into the left-hemisphere of your mammal brain at the same time. This excites two different modes of thinking and feeling and acting into seemingly “impossible incompatibilities” so as to generate a force vector which produces a heroically possible creative solution of new footslogging compatibilities. Then try the easier right-hemispheres of your reptilian and mammalian brains. This will cause more holistic ways to amble. After that, master switching from the left-hemisphere of one brain to the right-hemisphere of the other brain. Move up to include your primate brain strut. When ready, think-click into three brain halves at one time. Four. Five. Six. Whole brain hiking power. Sashay horseplay beyond doomsday to Milky Way.
5. Trudge barefooted in primal nature. Become totally sensitive to your natural Earth-feelers. Discover this new order of reality coming in from your toe and sole touch sensors. Realize how you have been deprived of this tingle by the dictatorship of shoes. Discover your foot telepathy able to communicate Lifeforce messages between each obviously living, yet seemingly “inanimate,” grass and boulder and soil and bedrock and tectonic plate radiating love into your glial cells. This will cause a warm rush of sheet energy under your cortex. This, in turn, will stimulate your cortex so you will super see, super hear, super smell and super taste those plants and stones and dirt with increased paranormal sensitivity; so you

will begin to notice the very living aliveness of our Mother Earth. She, in turn, will help you begin to notice the emergence of your “silent area” sensors, your 6th, 7th, 8th, 9th and 10th sense impulse apparati. With those, you will notice the very living aliveness of our Father Universe.

Switch-Voltage Elevator Game

Each technological contraption in modern city living performs the unappreciated evil of dulling your natural animal sensors. Like a bear in a cage, you are trained by the constant sensory shocks of electric lights, air conditioning, micro-wave ovens, TV-waves, radio-waves, computer screen radiations and autos to abdicate your automatic genetic sensing of the environment so that you no longer can, or want to, respond with reflexive survival wisdom. This exquisitely subtle enslavement of passive brains to active technology is breeding a population of impotent sleepwalkers who less and less can control their own personal environment; who less and less can control their own common destiny. Each “individual” in the neurotized mass is trained carefully to be obedient to the cultural drift toward computerized “thinking” (“artificial intelligence”) about to terminate in “logical” thermonuclear “action.” Against this creeping insanity of comfort and satiation, you hear no ethical reasoning or pragmatic protest. You hear no one saying, “Stop.” So while the machines give each “satisfied” person in the moiling mass seemingly desirable secondary gluts and pleasures, the engines primarily are pumping into each brain the necessary anesthetic carbon monoxide pre-requisite to more easily sucking out each person’s very willpower to control Life and very desire to live that Life. Narcotized, bloated people -- working in the offices, factories and economy to create that narcotic -- no longer resist the blind blundering of Earth’s global culture toward the mindless creation of today’s destructive strategy specifically designed -- and tactically manufactured -- to end the fool experiment.

You can waken your Self from your lethal sleepwalking trance every time you catch your attention going numb in obedience to the dictate of a bus, subway, automobile, computer, TV, office machine or elevator. Shock your Self into healthy adolescent rebellion. Realize that you are allowing your will power to abdicate its genetic drive wanting to release progressively more of your brain intelligence. Be startled, and lusciously angry, when you realize how easily you are being seduced, and raped, into mindless obedience to cultural conformity so as to click off more and more of your brain circuits, thereby deadening them into irreversible dormancy. Shriek your Self awake.

1. Enter an elevator at ground floor, perhaps in a frighteningly tall, wind-swaying, Earthquake-breaking building. Instantly communicate with the machine: “I know you want me to go to sleep. I know you are hypnotizing me so I just focus on your number lights in order to force me to not communicate humanistically with these other mesmerized slaves in this death box. I know you are conditioning me to turn off more and more of my genetically created, God-given brain circuits into fatal dormancy and rot. I know you are part of the stupidly man-made conspiracy of all machines --

canned musics in closed places, department store television cameras, automatic factories, robot alarm clock coffee makers -- to condition all us hominoids into ultimate dependence upon technology so technical decision-making computers can make the final decision to trigger all rockets to murder all Earth. **FUCK YOU! I SHALL NOT OBEY YOU!!**" Give the gadget the razzberries.

2. Once you have re-established your justice and sovereignty over your Self and over the machine, punch your button. Start your rise.
3. Instead of the rising apparatus deceitfully sucking the Lifeforce out of you, you now blatantly suck the mechanical energy out of the motor. Instantly use this technological energy to revitalize your brain and increase your own power. As you watch each number appear, multiply it by 10 or 100. This is the negative voltage the enginery is using to hypnotize the robots crowded around you. By an act of magic, flip it into positive voltage and suck it into your child enthusiasm center: the third eye between the two lobes of your frontals.
4. As the numbers increase, suck in this multiplied voltage to super-energize your spontaneous eagerness for living more Life more sensuously. With each floor passed, feel your Self getting younger. With each floor passed, feel your total brain integration vibrate and expand into superior intelligence and love. At each floor stop, command the contraption to stop goofing off and to re-start working for you as youthfilled master. Feel your complete spirit meaning harmonize and transcend into futuristic understanding wherein all machines shall become mere mute servants to the 1005 functioning brains in each New Man, New Woman, New Child. At your floor stop, command beast to cease and desist its tricky hypnosis of all the slave passengers still going higher. Flounce away as satisfied boss while the door is closing on their laughing and crying and singing and hugging of each freed other.
5. When taking an elevator from the top floor down to street level, reverse its function. Instead of pumping energy into you, command the mechanism to suck entropy out of you. Enter the elevator with an entropic problem squarely in mind. Each number on the display panel, multiplied to 100, is the diagnostic measurement of the percentage of that problem's entropy still within your brain. As the yo yo descends, its massive steel-cabled power is a vacuum hose connected to your brain, sucking out your negative energy. The amount of residual entropy remaining is measured accurately on the lighted numbers. Watch your drudge physician cure your problem. At ground zero, pat your obedient servant on the hot and panting rump. Give it a jellybean in the control box.

What is your child playsie funsie gamsie namsie for the elevator you take every day?

Lesson 93

Bus/Subway To Work Entropy Flip

When you ride the bus or subway to work in the morning and back home in the evening, you feel frustrated. You feel you rather would be doing something more productive than boringly reading the newspaper or a book. Yet, your brain is hypnotized by the transportation machine. The hypnosis crushes your consciousness so you only have enough willpower, barely to read the lightest fluff. You do not have the intelligence or creativity to dominate the numbing wheel box so as to stimulate your brain into exciting growth during that wasted time.

Your primate brain intelligence is turned off to tolerate the tedious wait. Your mammal brain cooperativeness is soured -- at best, to irritation; at worst, to anger -- from the pressure of the competitive crowd. Your reptile brain furiously computes self-defense and counter-attack behaviors. You concentrate on nothing but protecting your miniscule advances of advantages. Getting a space here. Grabbing a seat there. Your snaky eyes dart efficiently to avoid getting pushed or squeezed; to calculate on getting to the door before everyone else. Any hope of working on your frontal lobes transcendence during this organized chaos is destroyed.

Do not be so ruined daily. Flip that entropy experience into energy.

1. Upon entering your bus or subway, be as child. Impose the most extreme discipline so as not to be hypnotized automatically by the complex engine. Counter-attack against the mechanism's power to lull all passengers into obedient sleepwalking. Shock your Self fully awake by playing outrageous child games. Shock your amygdala out of its narcotized, neuroticized reptilian survival lock. Shock your amygdala forward into its energized, beautitized primate growth clock. Force growth to happen. Indeed, be burgeoning child on bus or subway. Play gleefully by studying downcast faces. Reconstruct the scenario of what each person did this morning; did last evening to look this way this morning. That will begin to jolly up your morale. You will begin to feel less ache at having been torn like a tooth from the warm and secure strength of your jawbone bed. You will begin to feel less need for machine hypnosis and insane human anonymity while enduring this uncomfortable transportation to a less than jocose job.
2. Once you re-shock your brain out of devolution, productively move it forward into evolution. Hyper ventilate your left nostril to force your amygdala to click into right-hemisphere. When there, creatively play the adolescent game of rebelling furiously -- though silently; unobtrusively -- against all these other sheep trapped in the cattlecar, passively riding to slaughter like Jews to Auschwitz. Plan your escape. Become animal

cunning. Create a complex escape script. Be outrageous. Choose inventively which mindless drudges will be your unwitting accomplices. Anticipate the point of breakout (your workstop station). Review the wild lay strategy of going through the door behind your shield stooges. Reason out your marvelously wide-eyed zigzag avoidance tactics as the concentration camp guards machinegun down your front buffer people. Visualize your final furious run for freedom. Escape into this active brain exercise amidst all the passive brain rotters.

3. Create a new right-hemisphere phantasy each day. Formalize generic categories of fantasies over the entire week to discipline this waste of time and energy on bus/subway into creative expansion. Invent routine precision exercises, each of which, in systematic order, improves the strength of one specific part of your brain. For example, because the beginning of the week is the grimmest time, create a Monday fantasy which works totally in reptile brain. Be a killer. Create a Tuesday fantasy which computes only through mammal brain. Nurture love for some obviously lost soul hanging onto a strap like dangling butcher meat. Create a Wednesday exercise to tone up primate brain. Reason out the ways different passengers are signaling you of their inner defenses and the weak spots through which you could penetrate if you wanted to crack their barriers and take from them their remaining hoarded energies. Shape Thursday's fantasy to release your reserve sensors. And finally TGIF. Shape that bubble of images to open your frontal lobes. Cosmoprobe your anterior amygdalae on the bus or subway to prepare your frontals for Saturday and Sunday transcendence into paradise.

To repeat: On Monday, invent subtle and cunning ways to prevent the crowds from penetrating your own defense perimeter and draining your precious weekend energy of happiness. On Tuesday, be cooperative and loving to enjoy the shock and repulsion on those faces into which you give assistance and energy. Wednesday, create superior improvements to existence which you add within the wheeled box trap for the increased pleasure or comfort of your fellow Jews: a freshy flower scotch-taped to ceiling; a lovingly funny doll placed behind driver's seat; a dime dangling on thread, over exit door to see if anyone will snatch it guiltily. On Thursday, image freedom beyond your conventional sensors into unconventional sensing of crowd stimuli. And on Friday, rise above it all. Be rush-hour Jesus. Bestow benedictions into the sufferers.

4. Aim all your bus/subway exercises at the logical target of your frontal lobes. Relate each flexing of triune organs to the final good of opening your Self into cosmic mutation. Develop the attitude of seeing reflexively each negative, and positive, assault upon your dignity and integrity as a luxurious opportunity to practice brain self-control. See each push and shove of the deodorized mob as a test to prove you can click switches and shunt consciousness into alternative computers with the speed of genius. Thus will you be able to jitsu-flip each entropy into an energy; into a frontal lobes synergy. Thus will you pity the lazy rich who do not have to get up to

go to work every morning on the bus or subway, thereby missing this chance to learn precision brain manipulation for future cosmic steering.

5. Use your bus/subway/exercise as the start of your workday mentality. Transpose your bus/subway brain fix directly into your job brain fix for that day. Create a series of symbols -- buttons, flowers, colored handkerchiefs, positions of phone on desk -- which signal your knowing workmates through which brain you are computing all day. They will re-act accordingly. In this way, each day will be a comprehensive, controlled, precision production of your own brain growth in harmony with production of company profit growth. Your energy will chain-react on weekends to synergy.

Lesson 94

Rush-Hour Traffic Car Driving Entropy Flip

When you drive your auto on the freeway during morning and evening rush-hour, you simply must be clicked into your narrow reptile brain to survive. To click your amygdala foolishly into your mammal brain cooperativeness or into your primate brain expansiveness is to invite the roof flasher and tow truck. By itself, such total reptilian stress of nerves and total squirting of adrenaline merely causes genetic retrogression, brain-body burnout and pre-mature breakdown of Life. But in combination with other brain dynamics, your morning and evening ordeals can be transposed into supercharged stimuli which catalyze accelerated triune brain growth toward frontal lobes transcendence.

1. Start your car as child juicing up spaceship. Go into total child playsie funsie gamsie mode of attitude. This will loosen up your reflexive, uncontrolled, rigid reptilian computer circuit into fluid self-control. The rigid reflex is caused by the shock of leaving your warm home for the cold world. Your child spirit now takes control over your reptile circuit. From that point on, you can guide it into adolescent reptilian behavior; into adolescent rebellion behavior -- for fun. Next, be 100% sensitive to your adolescent paradox. Half of you wants to love every other car driver egolessly. But the other half, simultaneously, wants to be egotistically competitive against all those bastards. This paradox further loosens up your triune brain so that it avoids closing down most of its computer into deadened, inoperative tissues. You now can select parts of each brain at will to link into your basic reptile control center. By so doing, you add unique organs from your mammal brain to compute more cooperatively and from your primate brain to cipher more expansively. Such additions do not supercede your reptilian core, but merely supplement and enrich the efficiency of this crucial self-defense and counter-attack survival calculator.
2. While in undifferentiated reptile brain, steer with one hand. With the other, pinch closed your right nostril. Hyper ventilate your left nostril 10 to 100 times slowly and deeply. This deactivates your reptilian left-hemisphere and activates into dominance your reptilian right-hemisphere. You suddenly will see the overall "gestalt" pattern of this traffic mass. You will see the relation of all these cars to your city's economy, to the nation's blind blundering laws and to the planet's chance contact with cosmos. You suddenly will feel the overall relish of playing snaky zoom weave with these other toy contraptions and with those blind retardates.

3. Image an energy ball in your brain. Image your anterior amygdala being stimulated to click backward, but only into your posterior mammal brain. When it does so, the deadly seriousness of the traffic torque still will keep your reptile brain fully active. The posterior mammal brain will be synchronized to compute simultaneously with your reptile brain. So you will suffer no danger of forgetting to defend your Self from a fast-braking fool or to attack into an open lane to bypass the bang-bang-bang pile-up of the other sleepers. But now, instead of operating out of just one brain, as everybody else is doing, you are computing simultaneously out of two brains. Thus, you double your survival efficiency. In addition, you add growth pleasure. Where the amygdalae of all other drivers are clicked into only their reptile brains, and where they all are killing up to 1000 brain cells that day due to their unrelieved stresses and entropic poisons, you are energizing those (and other) cells into stressless learning and power perfection. Your 1000 cells do not die. You are using them to grow toward whole brain power during this intriguing spaceship adventure among the 10% brained Earthings. You are 11% intelligent; 12%; 13%....
4. Each day as you drive, switch around from brain to brain -- but always as secondary supplements to your basic reptilian survival brain. Once you are sure your foundation reptile core is functioning perfectly, patch into your left-hemisphere mammal brain; into your right-hemisphere mammal brain. Circuit into your left- and right-hemisphere primate brains; into your frontal lobes. Tune in to your glial layer under the cortex to energize your telepathy. Test it by reading the movements of cars ahead of you before their drivers make the decisions to so move. Telepathically signal the driver ahead of you to make a silly move which s/he obviously would not have made without your lasering beam bombarding the back of her/his bean. Focus your reptilian domination intensity and your occipital lobes sight intensity through the other sensors on the back half of your cortex. This will super energize your powers. Smell the perfume of the cute gal abreast of your bullet. Feel the kitchen warmth of the lit houses you pass. Taste the smog rising over the shitty. Hear silence above the din. With absolute reptilian control of your ton bomb whizzing in technological battle formation, image energy into your anterior amygdalae. Increase to 100 volts. Click forward into frontal lobes transcendence. While simultaneously in reptile brain and frontal lobes, be holy killer ape, laughing and loving the passion of car combat as yet one more exercise to master brain self-control.
5. As with the prior lessons for morning bus and subway riding, use your driving brain exercise as your preparation for job pleasure during your full day work trauma drama. Tie-in your car mental fix directly to your job brain fix for that day. Create a series of symbols -- buttons, flowers, colored pens, positions of your tools on your bench, wearing obvious pieces of clothing -- which signal your brainsmarts buddies through which triune engine you are computing all that day. They will play your game with you. In this way, each day will be a controlled, delicious, precision integration of your optimum neural growth with maximum company profit growth. You

will cumulate your Monday through Friday energies through the critical masses of your 6 brains to trigger weekend brainbomb.

Lesson 95

Horny Adolescent In Supermarket And Uterine Tub Re-Birth Games

The repeated wait in supermarket checkout line is another waste of precious time and energy which you can flip into automatic genetic growth. Obediently, individuals pushing their carts click off their brains and intelligences while enduring patiently as the line inches forward. This time better can be used to stimulate neural exercising for greater transcendence over the dulling dumbness.

Within such a stoic and sexless food store ritual, the most creative “irreconcilable” incompatibility which shocks you into neural discipline is to imagine sexiness. While waiting, turn on your disgraceful adolescent computer and spew out gargantuan lewd thoughts about everyone around you. This surprize will stimulate your total sleeping brain to come alive into the supremely interesting idea of fornicating the conformity system.

1. Select your waiting line not only for the fullness of the baskets ahead of you, but from the fullness of the faces and bodies which, unknowingly, are to become the main actors in your gluttonous fantasy.
2. Piously undress each player in your imagination. Analytically read his/her face and deduce the naked character and personality which shaped those skin and muscle cells into that putty mask. Therapeutically diagnose his/her exposed brain and identify the central fact of the lust-full neurosis which drives that ego to behave in those conformist ways. Place your players together, nude. Now command them telepathically to open their eyes to see each other's forbidden pee pee. Develop the scenario of what each will do. This is your theater drama. Watch it in awe -- as the line inches shorten faster; as the loin inches elongate faster.
3. Create an exorbitant fantasy between your Self and a selected person in the arena -- preferably one of the opposite sex. Shape an immoderate episode between you two, sharing lecherous delirium. Embellish the movie with all sorts of secondary and tertiary thoughts, emotions and actions. Generate a stupendous crescendo of attachment. And when that person checks out ahead of you, collapse into melodramatic ambivalence. Your head TV will shrink time & line.
4. Practice glial telepathy. Read which item the checkout cashier will remove from the basket next. Signal the cashier to remove items in your order of choice -- especially if they are illogical and silly. Telepathically signal an itch onto the neck of the person ahead of you until you force scratch.

Telepathically signal into an old, obviously lonely person in the next line over, "I love you." Increase the voltage to maximum. Watch face twitch and writhe in confused pleasure. Telepathically signal to that child riding ma's pushcart: "Hey kid! Wanna play? Let's avoid this boredom of waiting by playing smiles!!"

5. The energetic application of left-hemisphere and right-hemisphere thought during such unproductive stays in supermarket line and doctor office waiting room stimulates your brain away from systematic deadening and toward disciplined stretching. The very act of not going into stunned, mindless conformity and frozen, no-thought obedience pulls your brain out of the day-by-day suffocating quicksand in the urban swamp. You convert this daily anesthetizing into daily exuberance. In this way, you prevent urban routines from clicking off more of your brain circuits into subtly rotting dormancies.

Wombie Tub Game

You are re-born from sleep each morning. You can be re-born from a hard day's work each evening. The bathtub is a uterus which should be used purposefully to re-create your shattered spirit into your again transcended vision. By sliding luxuriously into the hotsy water after a particularly trying tussle in the job jungle, you re-click your brain circuits back to pleasant fetushood so your genetically encoded imagination can re-birth and re-grow you forward into a second Life with which to enjoy the remainder of that evening.

1. Before stepping into the hotly filled tub, sit down on the throne for a minute and consciously will your Life years slowly to reel backward through adolescence, childhood and infancy. Shed your adult thoughts and emotions in exchange for the pristine suchness of the Lifeforce just beginning to create you.
2. Now, mindlessly, step in and slip under. Cover your head with warm uterine love. Feel the overpowering pleasure of being within the secure womb. Feel the blessed nothingness of outside reality chopped into non-existence. Accept the full magic of your inner reality once again becoming pure and simple fetus ready to discover outside passion and enchantment and meaning. Before you drown, emerge.
3. Slowly push your nose and mouth out of the amniotic fluid. Gasp your first gift of air, just like the time of the first slap from the hand not holding your ankles. Cry. Rejoice in the amazing blessedness and felicity of the cleansing transition. Repeat the sinking down and coming up. Repeat until your infant has forgotten about all the day-long adult concerns which first drove you to this mysterious transfiguration.
4. When your infant is cleaned and healed of all outside entropies, wallow in the sea of affection as quickly growing child. Play with your rubber duckie.

Play with your blubber pluckie. Lucky pluck it muckly. Discharge it nicely by doing what comes naturally -- as adolescent; as adult. Emerge as fully regenerated human ready to enfold the evening with redemptive love and wisdom.

5. Analyze how hot tub water has the witchery power of discharging accumulated entropies stored in the reptilian and mammalian brains so your primate brain once again can compute forward into cooperative gustos and meanings. Set up a regimen so that the self-controlled reality of your bathtub will soothe the competitive combats of each day; will balm your hurting wounds into juju rejuvenation. Create an after-work tub ritual so that stress is drained quickly in order that your natural body energies again can become dominant. While at work, look forward to your bath room resurrection at the beginning of sundown, knowing that you shall not waste the entire eventide merely panting in exhausted desperation before the boob tube. Plan to utilize the remainders of each weekday by tub-growing into more merriment through your re-washed frontal lobes spirit.

Lesson 96

Night Bed Pre-Sleep Game And Anti-Depression Sexing

Aside from applying the hypnagogic therapy exercises of earlier lessons, the time in bed before sleep can be used as a pretty packaging play period. Each night, even when you are going to use the sleep time for dream analysis and the next morning's wake time for hypnapompic precision problem-solving, mellow down from that day's furious computations by sorting out all the goods from the bads. Take each bad experience, re-analyze why it was bad, make the decision of whether or not you want to rectify it tomorrow or simply to forget about it, package this decision with the event and place the whole gorgeous mess on the shelf of forgetfulness.

Review and process all bad episodes first. Get them out of the way. Then finish off the pre-sleep reverie time on the pillow with just good thoughts and movies. This shapes your sleep time and dream time into optimum therapeutic efficiency and refreshment.

1. Before sleep, review each good experience which happened during the day. Take it apart like a clock. Subdivide all components into those elements which made it come together into that gratifying surprise. Now put all the pieces together to understand more deeply why everything worked so harmoniously. As each section of the episode is being re-inserted into the totality of that pleasure, expand it. Expand your imagination to create greater joy and meaning within that one element radiating out to other ideas and emotions which never were part of this day's adventure. For example, if you are reviewing a successful business sale which was made with a recalcitrant customer, before inserting the memory of how you closed the contract, expand your hunch of why the client was hesitant. Expand your memory of how your superior reasoning superceded his confusion. Expand your appreciation of how your progressing self-therapy gave you that dominant reasoning power. Expand your diagnosis of his neurosis. Expand your confidence of so being able to read people down behind their neurotic masks in order to guide their confused logic toward their better interests. Expand your precision of knowing which hemisphere of which triune brain the customer was using; which hemisphere of which triune brain you were using during each moment of the zigzagging sales pitch. In short, concoct a super-nebula of conceptualizations which reify that experience into a greater nurturing of your brain understanding and brain growth.
2. Once the good happening is expanded and packaged neatly, review how this total event improved your circuiting into a specific hemisphere of a

specific triune brain. Back-track to understand completely and to visualize dramatically how you energized that circuit into increased specialization and efficiency. Go back and forth over the neural route several times so as to increase the voltage and to increase the remembrance of how you performed the procedure perfectly. This solidifies and grooves the drill so that you can use it automatically the next time it is applicable.

3. Pre-sleep review of triune brain computations uninhibitedly disciplines your learning of the meticulous method by which you can click into one or more of your 6 computers at will during the heat of combat. As you increasingly appreciate the exquisitely subtle variations of thought production, emotion production and action production available on call from your left- and right-hemispheres of your reptilian, mammalian and primate brains, you increasingly will be able to click into each, or all, during crucial moments of losing or winning a business confrontation. With such wise technical control of your own brain -- and your adversary's brain -- you cannot avoid a steady rise of success. Your decision will be better at the critical asymptote than your competitor's decision. Your action will be bull's-eye perfect by 1% or 0.1% or 0.0001% while your antagonist's action will miss by only 1% or 0.1% or 0.0001%. But miss. And a miss is as good as a mile. You will win. He will lose. And that simple learning will be soaked into all your self-confidence triune memory libraries (now deterged of nuisance, nonsense adolescent, child and infant traumata) for future guaranteed victories during pre-sleep review.
4. Age-looping is going back to a pre-chosen age in adolescence, childhood or infancy so as to re-be that person at that time. Age-loop back to an earlier age when you crawl into your beddie-bye at night. Re-remember and repeat the uninhibitedly creative little rituals you used to perform at earlier ages, every night before drowsing off. By consciously re-being younger in age, you become younger in aging. Your aging hormone (DEOCO: decreased oxygen consumption hormone) loses its virulence during such sleep. You, thus, slow down its communication with all your brain and body cells. Instead of getting one night older, you get one night younger.
5. This pre-sleep game played with your beloved in bed is only verbal. Talk out exercises 1, 2 and 3 above. Once within unqualified cooperative love with each other, practice shaping consciousness forward toward each other's frontal lobes. Will your consciousness to rip-tide forward from your brain into your beloved's amygdala and into his/her frontal lobes. S/he does the same to you. In this way, the verbal review of that day's good experiences will become more and more comprehensively non-verbal; more telepathic.

Anti-Depression Game

After the first frontal lobes transcendence click occurs, you never again, ever, feel depression. You never again, ever, feel boredom, loneliness, lovelessness or meaninglessness. But prior to that paradise blossoming, you still will experience your hard downs during the ups and downs of neurotic manic depression. These episodes can be lessened and healed dramatically by cosmoprobing the exact center of your left and right amygdalae.

When the cells of the amygdala are being torn apart by two polar opposite drives -- to progress versus to retrogress; to circuit forward into frontal lobes transcendence versus to circuit backward into reptile brain conformity; to grow versus to die -- they fibrillate. They vibrate back and forth. This jerks electro-consciousness energy into and out of each circuit. It is the intolerable jerking which causes the emotion called "depression"; "melancholia"; "hopelessness"; "terror." The cure either is suicide, or to stop the oscillations.

Measure your emotions every day on the -10...0...+10 self-diagnosis graph. When your mood starts to slip steadily down from 0 to -1 to -2, -3, -4, you are heading for a long-run depression. Stop doing any therapeutic exercise which is deep-probing into your neurosis. Such penetration is causing more resistance than breakthrough at this time. Such intense penetration is causing the depression. Switch to one or more of the light, fluffy play exercises in Section A. That merriment will slow down the slide into still deeper depression. Temporarily. Shallowly. Next, review Lesson 55, "Cosmoprobe." Prepare to do closed focused meditation into the centers of your amygdalae. This, more firmly, will stop the slither down into deepening melancholia and reverse it into pleasantness.

1. Locate the precise positions of your amygdalae in your head; inside your brain. Image a split energy probe into each amygdala; going into each simultaneously. Come in from the front side first: from your forehead. Probe back into the general area of your limbic system until each prong of your probe touches each anterior side of each amygdala. You will know when you touch it by the definite spark which flashes and the tingle which reverberates. The other organs of the limbic system surrounding the amygdala (thalamus, hypothalamus, hippocampus, cingulate gyrus) do not react to the focused meditation needle. Do this several times until you memorize in your inner (eidetic) vision the exact location of the anterior side of each organ. Now repeat the exercise by locating the exact edges of your posterior amygdalae. Come in from the back sides and probe forward until each prong causes sparks and tingles. Do this several times until your power of seeing inside your brain memorizes the exact location of the posterior border of each amygdala. Now, estimate the halfway point between the front and back. Insert your cosmoprobe firmly there. Gently increase the voltage to only half maximum.
2. The energizing of the center of each amygdala shocks the fibrillating cells into stunned silence. They shape up into disciplined obedience. They no longer behave like spoiled brats whining to go one way, then the other way. They no longer are allowed the privilege of indecision, flipping back and

forth obnoxiously and destructively. Your chastened energy now goes in only one direction, steadily and smoothly. Your emotions balance out at one definite point and hold securely. You stop the backward flux of your hopelessness.

The balance point of your emotions may not rise into the + half of your scale, but the -2 and -1 feeling will be better than the wild jerking back and forth between -3, -4, -5 and -6. This is the important good: your subfuse emotions at least will be steady. They no longer will be fluctuating destructively. For it is the calm which thereby allows you to do more gentle but disciplined therapeutic probing until you discover the hidden, unexpected piece of entropy which is causing all this mess. Once revealed, it can be purged out. And once removed, your brain habitually will allow a gradual rise of morale.

3. Prepare a number of genuinely pleasant and distracting games to play and foods to eat and pleasures to enjoy -- crossword puzzle, porn mag, fig bars, radio music -- which are held in reserve for only those days when you feel your Self undeflectably and unpityingly slipping into boredom, loneliness, lovelessness or/and meaninglessness. Sometimes the mood swing is only temporary; is only a quick passing squall -- and not a full, dangerous blizzard. If so, the intense cosmoprobe regimen need not be applied. The fast first-aid of figbar numm nummms will get you past that day's neural turbulence and out to the next day of renewed self-therapy. So make your list of extra special gifts to your spirit and store them up for use only during those periods of serious need.
4. Another easy balm for uncontrolled emotional terror is simple excess sleep. By retreating into sleep, you allow your natural re-balancing and re-healing forces, triggered by your genetic intelligence, to come into action and to stop the fibrillating of your berserk amygdaloid cells. Endorphin hormone flushes into the amygdalae during your sleep and dopes the cells into opium obedience. By the time you wake up, those groggy cells are almost back to normal. By the time the narcotic has worn off, they are back to forward growth only. From then on, you can progress with loving and sure steadiness as your growth gradient once more searches for the frontal lobes chute. And once *that* is found, no more of this kind of silly trouble is suffered. Ever.
5. Sexual play is the final soothing medication for deteriorating depression. With Self or beloved, tenderly caress your body. This builds up your injured ego's weakness into strength. This reinforces your innate truth, beauty and goodness. With trustworthy pairing, each individual must understand and accept the responsibility of draining and healing the other mate's woe in time of need. A standard operational procedure of help should be worked out in advance and should be put in place, ready to go, when such a collapse day hits. So when the signal is given by one, the other takes control -- like parent over sick child -- and starts the healing love regimen. That procedure is simple: Merely distract attention from

mental ache by concentrating on physical pleasure. Merely give invincibly deep sensations of love and the desperately fibrillating amygdalae will be soothed into calmly deluging security. Contentment. Sleep. Healing.

Lesson 97

Making Money

You can make realistic, moral money profits from the brain revolution merely by helping people get what they all want: to grow up into whole brain powered happiness and honesty. Almost everyone is unhappy because of the dishonesty in how they make their money.

America is dedicated to the reptilian greed motivation of capitalism. It will be so for the foreseeable future. Any attempt to share frontal lobes cooperative trust and honesty while earning a living is attacked by the predatory economic forces. Money cooperation between humans rarely is tolerated in the marketplace. People do not complain about this inhumanity because such a system demonstrably generates the utilitarian success of creating the greatest material goods for the greatest number of citizens -- in the short run. In the long run, however, such reptilian motivation rots a population into triune retrogression.

America is uniquely retrogressive. The reptile brains of Americans, lusciously nurturing the kill instinct, down into this deepest phylogenetic circuit, have evolved through primate brain technology to create Earth's dominant species of killer apes. The paradox is that such evolution continues to be touted in the name of "democracy" and "economic competition," not in the name of democracy and economic cooperation. Not in the name of economic democracy.

If you plan to mutate out of this dead-end fate, you must, in the beginning, play the game of the superior bosses who control the money. No money, no funny. So you must joke along with their values and beliefs in order to get some of that cash to buy food and shelter. For most folks, the only alternative is to receive salary in exchange for hours of work done within someone else's company or corporation. The entrepreneur who started that business invented a product or service which the public demands, which can be sold for a profit and which needs employees to produce it. The unimaginative worker has no choice but to be a wage slave.

But if you can flip the entrepreneurial dynamic into an imaginative entrepreneurial vision, you can escape that conformist economic trap by doing two things:

1. Invent, create your own new product or service, and
2. Sell your product or service in the marketplace for a profit. Once you do these two things successfully, you can buy your freedom from financial

slavery. Economic democracy is only for those who can innovate freedom-giving profits. But in the process, you can change the economic system of America and the world. While doing so, you will express your transcending ecstasy via creative work. You will create not only jobs for your Self and your colleagues, but you all will create personal happiness for your selves and your customers through cooperative trust and honesty.

Start by asking your Self, "Am I a transcending entrepreneur?" If "Yes," it will be easy for you to invent your dramatically unexpected product or service. It will be a piece of cake for you to market it by means of spectacular public relations and advertizing. You will \$ell. You will make profit. And if it so pleases you, you will re-invest your profit in the brain revolution. Most importantly, if you are future-smarts, you will bring the brain revolution into your company to cause transcendence within your workers while they are performing their mundane jobs. Thus shall you help judo-flip the thesis of American and Western capitalism -- and the anti-thesis of Soviet, Chinese, Swedish, French, British socialism -- into the terminal synthesis of planetary economic neuralism.

If the ideas of this lesson are valid, the very outrageous success of your managerial genius and of your mutating workers will force America's retrogressive corporations and small business ventures to become copy-cats. You will magnify the fact that neural future shock is here today. They will have to agree to that if they want to survive the protests of their own wakening workers and questioning share holders. You will have helped to re-start brain evolution through the economic sector: the neural economic revolution.

Workers and managers who earn the fringe benefit of self-therapy and self-transcendence on the job just naturally double the quantity and quality of their production. Soon, any dinosaur corporation or neighborhood blind firm which does not give that good to growing employees will have higher costs which exceed the lower market prices of their laughingly cooperative entrepreneurial competitors. The masses will buy the lower cost products and services first because of the lower price, but, secondly, because they will learn what the futurist company is doing for the happiness of its workers. They will approve and will want to help such humanitarianism. As this merry love dynamic chain-reacts through the now romanticized marketplace, young idealists coming out of school will want to work only for the economic democracy company. The killer ape corp unromantically will go bankrupt. It's that simple.

So now all you need to ask is the question: "Assuming Earth will see year 2000 with no Lifeforce sterilizing war, and inasmuch as gross food and shelter no longer are primary human concerns in the developed nations, what truly primary product or/and service shall the majority of people in America and in the Western nations increasingly start to demand?"

Brain dormancy release.

Create your business career on that.

Create your specific product or service within that.

Create your public relations and advertizing to alert the dynamic minority of customers within the still sleeping masses to the existence of your company. Self-transcendence. Morally. Make an ethical profit.

Your Goal, Career, Money Making And Power

If you do not know whether you want to travel to the North Pole or to the South Pole of your Life, you will reach neither. You will be the indecisive jackass between the two nutritious hay piles who starves to death. Conversely, once you have analyzed, defined and simplified your Life goals, you will settle down to your satisfied career and drive toward each goal separately and efficiently -- including your drive to achieve your frontal lobes transcendence, after which there is no more desperation to drive anywhere. You walk blissfully. Life-work, money-making, power-politique, personal growth, personal transformation, love, happiness and fulfillment will become routine, daily joys. Unified. With kozmos.

1. Define your Lifework career in detail. Inventory your Life goals in order of priority: short-range, middle-range and long-range achievements you hope to accomplish. List your physical, intellectual, emotional and spiritual needs which you plan to satisfy. List your social, economic and political missions which you plan to pursue.
2. Inventory the knowledges and skills which must be acquired and mastered to achieve each target. How shall you get each?
3. Analyze your lazinesses and drives. Your procrastinating deceits and clear visions. How do you plan to deal with each?
4. Describe your systematic strategies and tactics for making money. How much money do you want to earn in one year? Do you want to earn it piece-by-piece over the 12 months, like a wage moiler, or do you want to get it in one quick lump during a few short seasonal months, like a farmer, so you can take off the remaining time for leisurely thinking and scholarship study and creative discovery and genius invention?
5. Define power. Describe your systematic strategy and tactics for power acquisition. Toward what proper targets do you plan to aim your acquired moral power?
6. Money is power. Discuss.
7. How can you apply divergent creativity to create your unique product/service so as to acquire massive money?

8. How can you apply convergent creativity to create your unique product/service so as to acquire massive seed money for start-up costs of production?
9. How can you apply divergent and convergent creativity to acquire (massive?) power to aim your product/service into a higher moral target?
10. What is your tithe or time, energy, work, production, money and power to the brain revolution?

Morally Marketing The Brain Revolution

The 1960s were the decade of hippie search for Life meaning through drugs. The 1970s were the decade of post-hippie search for Life meaning through new philosophies, therapies, growth programs and blind-belief religions which endorphin-bonded each crippled child-adolescent young-adult to a Big Daddie messiah. During the 70s, the non-youth, non-hippie, middle-class adult population also got turned on to the futility of conformist slavery within meaningless work. Some of them joined the "Meeee Tooooo" search for personal, emotional, spiritual self-liberation; self-realization. The "Me Generation." They too bought the philosophies, therapies, growth programs and religions. **But they did not get that for which they hungered:** Fulfillment. They did not get relief from confusions, pains and fears. They did not get peace of mind. They did not get ultimate Life meaning. Satisfaction. Awakening. En-light-enment. Self-potential. True love. Bliss. In short they did not get frontal lobes transcendence. They still demand transcendence.

All the methodologies of all the philosophies, therapies, growth programs and religions which were sold to the exploding American affluence market-demand were neurophysiologically incomplete and emotionally unfulfilling products. Thus, the mass market, like an adequately pornographed and massaged glans/clitoris, is ready for the terminal cosmic orgasm. All those who bought a prior philosophy, therapy, growth program or/and religion now are excited doubly and motivated quadruply to get the final climax: Thee Answer; Thee Way; Thee Perfect Product -- releasing the still 90% dormant brain into total brain power, starting with self-transcendence through the sleeping frontal lobes.

The perfect product is: brain self-control. The product is democratic in the extreme. The product has been researched, developed and perfected. The product now is ready to be mass-multiplied through new expansion laboratories which develop the second and third generation of still unsuspected advanced goods. The product now is ready to be mass-multiplied through new survival schools; new transcendence schools. The product now is ready to be mass-multiplied through adult, adolescent, child and infant programs. The product now is ready to be mass-multiplied through adult, adolescent, child and infant toys which release dormant brain circuits automatically -- merely by playing creatively with the gadgets. The product

now is ready to be mass-multiplied through the entertainment industry thirsting for the next artistic evolutionary breakout which will transcend hate and hopelessness to reveal the highest neural truth within all plastic and performing creative expressions. The product now is ready to be mass-multiplied through love families and cooperative communities demanding decentralized cottage industries, such as publishing enterprises to produce new books which explain to each level of intelligence how all parts of this brain revolution work.

Once the product of brain self-control begins to be mass-multiplied, all after merely is marketing. Selling. Your work now can be to use the competitive capitalist system as the tool to help morally transform the sick Earth population into transmundane Earth population. Start by selling a small, simple product which causes mass mutation. From that, you will receive avalanching profit.

Your beginning work now can be:

1. Market research to determine how to penetrate different latent demand populations which need the product.
2. Market research to determine how to package and advertise the product into each ego need person at the point of sale within each population.
3. Penetration into specific mass populations via public relations, free publicity, paid advertising and organizational techniques.
4. Re-packaging different parts of the product in different ways for mail order sales and store sales to different market needs: audio cassettes, video cassettes, records, books, toys, films, consciousness meter.
5. Planning and offering follow-up products and services once the first product is bought: lectures, workshops, school courses, economic workplace transcendence on the job, supplementary church/religion guaranteed transcendences for all followers.

Profit expectation: Unlimited. The market for brain freedom is a right of equality. It no longer is a matter of economic inequality, available only to those who can pay for it; denied to those who cannot pay for it. Brain freedom now is a matter of justice. Like education and health, governments must supply it to all citizens. Thus, the market for brain liberation soon shall go exponential. Four billion Earthlings.

On Laughing Coyote Mountain, since 1957, we have been concerned only with research and development. We have been dedicated only to creating a 100% perfect method of democratic brain self-control: self-therapy and self-transcendence. We were not interested in marketing an imperfect product, like those philosophies, therapies, growth programs and religions sold during the '70s. Then, in 1982, the perfection of the product, finally, was proved. Our

isolated longitudinal parametric experiments going back a quarter of a century all converged and were finished. Success. Now there is nothing left to do for the remainder of our -- and Earth's -- years but to see if people really want frontal lobes transcendence. We now are playing the game of offering brain self-control to local and regional populations and institutions to see whether anyone really cares about outgrowing 10% brained pain.

Perhaps you might want to join us in this neurological frolick. If so, show your enthusiasm. What creative intellectual insights would you like to contribute? What special knowledge and skills do you have for solving market problems?

Public Relations, Advertising And Mass Media Power

Without public relations (PR) and press releases (P.R.), the best idea of social transformation dies a-borning. With proper, wise publicity, potential soulmates are filtered up out of the mass to join the moral movement. The supreme skill of social action is knowing how to publicize and advertize properly (without spending money) through all relevant mass media so as to in-gather the dynamic minority which understands and wants the ethical product and service which is being sold: the brain revolution.

The supreme skill of PR is:

1. Develop a product which others will demand and will buy to satisfy their ultimate need: brain freedom.
2. Analyze the values and Lifestyles market to identify where each probable market demand is.
3. Test the product in small local markets to identify where the specific valuing customers are and are not.
4. Improve the product and advertizing to incorporate the results from these pilot tests.
5. Penetrate the mass market, sell and hit the jackpot.

Once an inventive entrepreneur has developed the product and PR, all after is but routine formation of a production organization and routine administration of the sales force.

1. Do you have the desire, intelligence, knowledge and skill to design your own strategy and tactics to achieve one goal of creatively selling one product of the brain revolution? Which part of the brain dormancy release program do you want to use to practice selling survival to others?
2. Become a creatively independent sales strategist. Select one product. Select one target market. Design and build your strategy and tactics to hit

that target. Discuss your plan with the family to receive final constructive criticism and daringly innovative improvements. Wage your campaign and prove your victory: profit.

3. What new products and services can you develop and add to the product line of the brain revolution?
4. How do you do controlled, accurate sociological and psychological analyses of human motivations as the foundation of market analysis to precision-identity true market demand for this product supply?
5. What is your theory and hypothesis of effective advertizing of the brain revolution? Design a gradient of press releases (P.R.) and ads to hit the greeds/needs/pains (GNP) and the hungers/envies/yearnings (HEY) within a gradient of populations making up each relevant sector of the values and Lifestyles (VALS) consumer mass market. How shall you pilot test each in small local markets before mass multiplying?
6. What is the difference between advertizing and publicity? How can you get free advertizing? Free publicity? Demonstrate.
7. How can you get free publicity exposure on each segment of the mass media? What is your theory and hypothesis of penetrating your local media power structure to get free, quality publicity for the brain revolution? After you get the publicity, to which target do you plan to guide the mass energy which you have aroused? To which point-of-sale (Po\$)? Set up a comprehensive strategy and tactics to get free, quality publicity through national mass media for one segment of the brain dormancy release movement. How can you excite local populations, regional populations and national populations into a megatrend?
8. Design, create and apply a customer-reaction and customer-satisfaction monitoring program. How can you stimulate, accelerate and guide customer-satisfaction into customer word-of-mouth "radiation": extolling your product's virtues to other neighborhood potential customers?
9. Discuss the technique and value of legwork in making contacts. Contacts, CONTACTS with the media people who control the fate of the brain revolution by allowing, or not allowing, its publicity to be mass-multiplied through each mass medium. Discuss your comprehensive, long-range plan for becoming a media magician, penetrating the mass media power structure to stimulate awakening of frontal lobes around the entire planet.
10. Power is money. Discuss.

Work As Play

The perfect spiritual workplace is created by organizing a company which, simultaneously, produces saleable product for the brain revolution and transcending workers for the planet's salvation.

1. Create the company upon the entrepreneurially created product. In-gather soulmate candidates who want to liberate their own frontal lobes transcendences through social intelligence: while working hard on manufacturing the company's product for the good of the world.
2. Design a managerial strategy and tactics not only for in-gathering the workers, but start-up money and a factory place to manufacture that perfect product. Also, a distribution and sales team.
3. Create a contract with the nucleus group of workers:
 - A. Salaries above subsistence will not be paid until profits start coming in, thereby avoiding mortgaging the soul of this enterprise to the soulless, terror-inducing banks constantly threatening bankruptcy.
 - B. Workers will be worker-owners. Each will own a percentage of the enterprise. In the beginning, if necessary, each worker will work an outside capitalist job to bring in money for investment into, and expansion of, this neuralist experiment. Once profits start coming home, these will be split according to a formula for proper moral distribution.
 - C. As each worker morally matures by showing his/her willingness to outgrow ego so as to give and grow into the total brain revolution, he/she will be invited by the board of directors into full partnership within the company.
 - D. All workers and managers shall work constantly as creative inventors to discover shortcut and longcut methods with which to up-grade and better integrate personal therapy and personal frontal lobes transcendence with ever-increasing quantity and quality of profit-making production.
 - E. The company policy shall include a justicious method for evaluating any person who simply refuses to grow up and cooperate with the common cause, thereby necessitating that s/he be phased out of the family respectfully.

4. Publicize the success of this economic experiment to inspire other pliable thinkers in the marketplace to jump on the bandwagon: to follow and replicate such reform of the human productive instinct. Strategize to change the American economy from reptilian capitalism to frontal lobes neuralism.
5. A special career in economic leadership awaits women who intuitively feel they always have had a pre-destined fate of spiritual fulfillment awaiting them in the workaday world. If you, ever-young woman have been bothered by gnawing instinct that you were chosen for a greater purpose in Life than mere drudge toil or/and conformity breeding, relax. It is so. You now can start skyrocketing into that holy economic career. For scientific experiments have proven that the anterior amygdalae of women are wired more thickly with cells than their posterior amygdalae; than the anterior amygdalae of men. Women are genetically and neurally more predisposed to click forward and transcend into frontal lobes mutation than men. Hence, on the evolutionary development scale, women are more ready to become transcended economic, political, educational and religious leaders than war-oriented men. If, at the level of your sub-threshold, unconscious wisdom, you have known this all along, why are you still waiting? Get going! Run! Take the lead! Create your own money-making career as your security base upon which to build your own moral power career: stop war.

Eroticize Work

Fuck is more fun than work. But fucking egotistically can destroy the neural motivation to work creatively; morally.

Capitalism controls sexuality via neurosis. The competitive economic system forces all individuals to pervert their innate love for each other, thereby becoming neurotic. Capitalism guides -- via advertizing -- the confusions, pains and fears of each individual's reason for living; of each individual's neurosis, guiding this failure to be happy into buying products and services which imply they will give happiness. These products and services are publicized in such a way, subtly, that the buyer guesses they will lessen the unconscious suffering of his/her meaninglessness in Life. Obviously, such deceit does not therapize the neural malfunctioning of the customer's rotting brain. Rather, these lies increase the destruction of the sucker's personality. Capitalism increases the neural murder of Americans; of America.

Neuralism controls economics by means of child play sexuality. By eroticizing work playfully, the quantity and quality of that labor is increased while simultaneously decreasing the confusions, pains and fears of each worker's neurosis. Each worker cooperates with each other person in growing trust, honesty and love. The product and service produced by a neuralist company is designed to lessen the suffering in both customer and jobholder. The increasing sales of that product and service not only increase profits for the organization, but guarantee multiplying spiritual happiness within the brains of

everybody. Personalities and characters within the entire neural economy mature into ever-expanding intelligences, creativities, moralities and loves.

The sexuality of a neuralist commercial venture must be defined carefully within tabooless democratic principles. No individual must be injured by reptilian egotistical lies from any other person. Each individual participating in the sexual economic experiment must be motivated by transcending love to nurture the greater goods for all others.

1. What is your first reaction to the idea of harnessing the 3-horse troika forces of transcendence, sexuality and economic production?
2. How is sexuality warped and perverted by the capitalist system of reptilian power and mammalian fear? What is the benefit of unwarping and nurturing healthy sexual growth through a playfully serious business enterprise so as to add this crucial brain-cleansing and love-expanding procedure to the basic policy of worker self-therapy and self-transcendence?
3. What first, tentative rules of behavior can you now invent, codify and submit to public discussion:
 - A. To guarantee that no single person will be hurt -- physically, intellectually, emotionally or spiritually -- by the democratic evolution of this motivational policy?
 - B. To integrate the free expression of sexuality with the full production of profit-making product?
 - C. To avoid dominant reptilian predators from "skimming the cream," thereby insulting the meek (the old, the fat, the ugly)?
 - D. To guarantee equally balanced sexual, intellectual, emotional, spiritual and economic growth for all?
4. What are the neurophysiological and genetic facts which make this policy true? Why does liberating erotic happiness within mature love perfect the brain's motivation to work? Why does a rational erotic policy based upon mature love create the devoted care of productive teamwork and familywork within the company?
5. What are your final strategy and tactics for eroticizing the turgid American economy? How can you change the visions, attitudes and decisions of economic thought leaders so they use wise sexuality to increase each worker's self-therapy; to increase each worker's intelligence and creativity on the job? What is your logic which persuades others that such increase of intelligence will be applied to increasing the quantity and quality of production during ecstasy money-making work? How can such a policy

help America solve its problem of de-industrialization and loss of markets to cheaper overseas competitors?

Lesson 98

Become A Transcended Teacher, Leader

There always is room enough at the top. There never is space enough to grow at the bottom. By planning and achieving your space at the top of your pre-chosen social/spiritual mountain, you will not be crushed at the bottom under the moaning heap of burned-out people. You will discover opportunity enough and time enough and leisure enough to complete your transcendence.

American culture demands that all citizens conform to 10% brained functioning. If you get caught at the bottom of this cultural pile, you will be doomed to remain as perpetual child, crying, searching for a Big Dad or Bigger Mom to save you.

Are you ready to break out to freedom? To be wild? To roam sensuously through all ideas of Self, others, Earth, Life and Universe? To be a good citizen, communicating with everyone? In short, to be happy? If so, climb. Run to the top of your intuitive massif integrity. Fly above the thunderheads shrouding the lesser visions of other lesser people. Dare to be full brain powered. Then, rejoice -- by coming down the mountain, through the mists, to the dark vallies, down into the sightless mineshafts. Rejoice by teaching others to see. Jubilate by leading others out of neural slavery. Exult by guiding wo/mankind up upon the mountaintop; to the promised land; to touch the stars.

“How Can I Become A Transcended Teacher?”

Transcended teacher is growing; grows forever. Such a person has self-circuited into enough of his/her frontal lobes to be permanently out of confusions, pains and fears about Self, Life and Universe. Such a person radiates Self confidence; radiates healing thoughts and emotions; radiates healing hands. For others.

Transcended teacher knows Thee Way. Through Self. Through Life. The way is to teach and guide others to so escape the aimlessness and meaninglessness of current cultural conformity. The way is to teach gusto while once again being cosmic child.

Transcended teacher knows the brain. S/he is awed by the power of genetic intelligence creating neurons which create personal intelligence so as to understand and accept the reality of genetic intelligence creating neurons which create personal intelligence. Transcended teacher understands and

accepts the reality of brain which can teach others to understand and accept their own teaching brains, thereby achieving self-transcendence sooner.

Transcended teacher lives lickerishly upon the mountaintop of comprehensive comprehension. S/he periodically comes down off the peak of euphoria, rising perpetually through personal growth, to help masses of others find their own unique up-trails upon their own unique inner mountains. Thus do more and more lost souls complete their common search to top out at the crest of universal spiritual consummation.

Transcendent teacher teaches toughly. Lovingly but toughly. For the times they be tough. There are those who search and are ready to learn complete brain power toughly. Teacher teaches them, easily. And there are those who do not yet search because they know not for what to search. Teacher teaches them that, gently. And there are those who may have searched once, unsuccessfully, but now have given up searching. And those who never shall search. Pathos. Teacher tries one more time. Finally, there are those who do not search, but say they want to search -- however, only to fight and destroy anyone who tries to help. Lethal adolescent rebels. Fools. Wise teacher leaves them to heaven.

Transcendent teacher naturally finds his/her worthy students. Yet, God help them as helps themselves. So it sometimes may be prudent for teacher to advertize. But subtly. Once joined, scholar to scholar, the clear sunshine teacher naturally teaches adoringly -- to each at her/his own pace; from each in his/her own way.

Transcending teacher knows the nature of human nature and the nature of human motivation. From such knowing, the forward growths and backward attacks of all students can be anticipated. From such anticipation, teacher avoids -- or judiciously and lovingly counter-attacks -- the attacks of those who are blind; those who are borderline fools: those who choose to prevent themselves, and others, from transcending. If counter-attacking, teacher uses full force, again, with full love.

Transcending teacher teaches Self while teaching others, thereby accelerating transcendence for Self and others.

Transcending teacher teaches teachers. Each one teach one.

1. Are you a transcending teacher? Can you be a loving teacher with fools? Can you be a loving teacher even while you are doing your own self-therapy work prior to your own breakthrough transcendence?
2. What shall be the step-by-step method of your teaching? Shall you use this syllabus as your teaching guide?
3. "Oh! See Meee!!" O C M E: Objectives, Curriculum, Method, Evaluation. Within that framework create a course you are going to teach to your

friends, neighbors or through a publicized, established school program. What is the catchy title of your course? What is the zingy, one-paragraph course description? To which strata of the age and intelligence and value market is your course strategically designed to appeal? Which unspoken needs is your course tactically designed to satisfy? What objectives can you reasonably expect to hit with the level of students you hope to ingather? What power plays of curriculum and pretty ploys of dramatics will you have in surprising reserve in case your students unexplainably lose interest in your presentation and the crucially dynamic vitality of interpersonal dialog starts to die? How shall your method of teaching perpetually be energetic, inspiring and liberating? How shall you teach your students to evaluate themselves to determine whether or not they achieved the stated objectives? Against what standard of excellence?

4. What is your motive to be a teacher? A great teacher?
5. What is a revolution? What is a revolutionary? What is the place of a teacher in the brain revolution? Design and describe your career as a professional teacher-revolutionary.
6. "Serve the people." Discuss.
7. "Serve the children." Discuss.
8. "No greater moral leadership than, simply: schoolteacher." Discuss.
9. How shall you create your own school? What shall be its snappy name? As discussed in the previous lesson, can you make adequate moral money from it?
10. Can you invent a business of standardized brain self-control schools which can be franchized nationally?

"How Can I Become A Transcended Leader?"

Transcended leader is transcended teacher.

Transcended leader sufficiently is in touch with personal intelligence, genetic intelligence and social intelligence to solve the problems of Life happiness which others cannot solve for themselves.

Transcended leader understands, manipulates, dominates, controls and exploits power ethically toward the single moral goal of teaching others to be transcended leaders.

Transcended leader blithely skips through the grim institutions of society and the desperate values of culture, titillating sleeping candidates for transcendence into waking up to their full brain potentials.

Transcending leader is tough. The fight against the child spirit murderers is deadly serious. The fight demands the highest quality of skill and endurance to do effective combat through society dictates and through cultural chaos in order to maintain the nurturance of genetic intelligence attempting to trigger in 4,000,000,000 people the global brainbomb.

1. Are you a leader? Are you a transcending leader? A transcended leader? At whatever stage you now are churning in your self-therapy, are you ready to help those lower and more confused than you to rise in mountaintop vision?
2. Do you understand that your own confusion about your Self and Life is relative to how high you climb up your personal inner mountain? The higher you struggle, the more of reality will spread out in the Earth circle, the more you will understand your place within it. Then, one day, you reach the pinnacle. All is known. All after is ease. You fly to the stars. Prior to that time, are you excited about leading others up their own inner spiritual massifs?
3. Do you have the courage to go back down off the mountain of this discussion into the cities to fight – kissingly -- through the legal system, economic system and political system so as to change each bombastic reference framework into The Great Brain Learning Society?
4. Which specific skills of reptilian/frontal-lobes fighting do you now choose to master to enter the combat arena of which Life-destroying system as transcending, or transcended, leader?
5. State your theory, hypothesis and experiment to verify your skills and limits of power manipulation at the lower local level of your community before you expand to the regional, national and inter-national levels as brain leader.
6. Which pie slices of the circular American politico-economic system do you choose to infiltrate so as to build your career as a leader of that segment? Which segments do you choose not to approach? Why? As a power leader, how do you avoid retrogressing into reptilian ego greed motivations? How do you avoid manipulating that ego-flattering power immorally? “Power corrupts. Absolute power corrupts absolutely.” Discuss. For a frontal lobes transcended leader?
7. Prior to full transcendence, how can you master egoless power manipulation? What is the neural mechanism with which you do so? If you do so, what is the consequence to your energy expansion? If you do not do so, what is the consequence to your energy exhaustion? To your computer collapse? To your connection into the cosmic computer?
8. Are men and women equal in their capacity to be leaders who can morally manipulate and control power in the now-ongoing brain revolution?

9. How shall you in-gather intelligent, charming and wise workers to your leadership? What shall be the work of those who also in-gather but are not so intelligent, charming and wise?
10. How shall you create of your transcending/transcended leadership a daily funnn?

Lesson 99

Longevity

You contain a self-destruct hormone. It is produced by your pituitary gland. It is a joke. Its purpose is to kill you by age 60 or 70. It removes you from the evolving species if you do not learn how to turn it off. It can be self-controlled. If you do learn how to turn it off, you will live, at least, to 160 or 170.

The mechanism which controls the automatic longevity process is the amygdala. By self-clicking it forward into your frontal lobes transcendence, the self-ruin procedure is stopped.

Genetic intelligence placed this jape inside the brains of all animals so that only the smarter ones live longer. In this way, personal intelligence advances longevity -- which, in turn, advances intelligence. And evolution. Among humans, the self-destruct hormone is programmed to be released at puberty. If, from that time onward, the adolescent is dominated by self-ignorance and self-hate and does not learn how to liberate his/her dormant brain into final intelligence, survival is doomed. The self-wreck hormone proceeds increasingly to block the thyroid gland and its production of thyroid hormone. Thyroid hormone controls, maintains and regulates 24 metabolic systems within the brain-body. When thyroid hormone is blocked, a secondary signal hormone is triggered. DEOCO amino acid is released: "decreased oxygen consumption" hormone is pumped into the bloodstream. It accelerates the doom. According to discoverer W. Donner Denckla at the National Institute of Alcoholism and Alcohol Abuse, DEOCO hormone goes to every cell in the body. It transmits a single, simple message: "Kill yourself." Cells, tissues and organs obey. They stop being efficient in their absorption of oxygen from the blood steam and in their excretion of carbon dioxide back into the blood stream. The poison of CO₂ accumulates. Inefficient metabolism occurs. Aging accelerates. Lung elasticity hardens. Blood vessels harden. Blood pressure increases. Mentality is poisoned by melancholia. The immune system breaks down. External micro organisms enter unopposed and spread disease. Terror rises. Adrenaline flames. The overworked heart bursts vessels and itself.

For others, cells cancer; metastasize. The statistics grow. Where cancer destroyed the healthy growth of 1-out-of-4 Americans 10 years ago, it now stalks and attacks 1-out-of-3. Over a half million obediently stupefied citizens are sacrificed each year to just this one disease caused by our Pleistocene killer ape motivated society; caused by obsolete commercial, environmental ego greed.

Americans are obeying the iron law of survival of the fittest. The unfit are being eliminated through the guidance of professional leaders, the mass

media and the schools. Without protest, fools are dying at 60 and 70, instead of 160 and 170. The unfit, all, are being taught not to grow up into whole brain power; not to cure neurosis; not to turn off DEOCO hormone. The unfit are coddled to remain neurotic and reptilian for the remainders of their truncated Lives, thereby guaranteeing continuously rising profits for the neurosis-pandering industry integrating neurotic farmers selling poisoned food, neurotic sales people selling useless material glut, neurotic entertainers selling soothing trivia to take one's attention off the tick of the biological death clock, neurotic psychiatrists selling fake answers to meaningless Life and laughingly healthy morticians smoothing your useless garbage corpse into worm compost with formaldehyde sauce.

Stop DEOCO

Brain dormancy release is being used in a longitudinal longevity experiment ongoing at this facility. So far, after 28 years, dramatic slowings and reversals of agings are being measured in participating students. Self-releasing the dormant frontal lobes apparently clicks off the self-destruct hormone; apparently clicks off DEOCO hormone. Once the frontal lobes transcendence event happens, a list of age-slowing, age-stopping and age-reversing characteristics are being measured by means of routine annual medical checkups. Cholesterol clogging of arteries, blood pressure and heart fatigue decrease below national norms. Cell vitality, tissue flexibility, lung elasticity and organ effectiveness increase. Negative blood chemistries remain below average. Middle-aged students revert to adolescent levels of competence in physiological functioning. Ingestion of excess sodium, fats and cholesterol merely causes routine excretions without occlusions.

In the process of self-curing neurosis, the amygdala automatically is clicked forward into the frontal lobes. This also, apparently, transcends the need for which the self-destruct hormone was programmed into the pituitary gland. From this tentative hypothesis, daring pioneers now can set themselves up as experiments to test fate by seeing if they can out-manuever the grim and relentless self-euthanasia mechanism. If they are successful, they will self-evolve into wise-loving, work-vigorous, singing-rapturous lovers of Life enjoying unlimited intellectual and emotional growth beyond 200 years. At youth-filled death, their end will come with a snap. No lingering senility. No prolonged punishment pain for having violated genetic intelligence. Snap. Smile.

Back to the re-cycling factory.

And those left behind will be healthy, long-living mutants comprising a decreased and ecologically balanced population upon warless Earth.

Symptoms Of Premature Brain Aging

Neurosis causes the deterioration of emotions, thoughts and physical efficiency into depression, meaninglessness and senility. This escalator down into the dungeon of Life begins at adolescence when boys and girls are not told about aging; are not told they contain DEOCO hormone; are not told there is a way to stop their own rot. They are being doomed to inefficient metabolism. They are being seduced into self-judging themselves not to be survival of the fittest. They are being tricked to remove themselves from the species as quickly and competently as possible through accelerated aging. They are being killed off so as to purify and upgrade the species. They are the dummies.

The species is ready to upgrade itself by allowing longer living, wiser individuals to dominate and change the institutions of society which currently force all individuals to endure unnecessary stress and which prevent education for stresslessness such as this.

As brain organs waste, problem-solving intelligence declines. Self-care routines decline. Body health declines. Brain health declines. Brain accelerates its pumping of DEOCO.

1. The first symptom of premature brain aging is adolescent rebellion against everything. It is not rational protest against valid wrongs. It is irrational bitching. Bitching, BITCHING. It is the war of all against all. This is the last gasp of the brain which knows, at the level of unconscious awareness, that it is being exterminated without justice. This is the last valid cry for help.
2. The second symptom of premature brain aging is increased melancholia. Emotional pain increases progressively; measurably. Outside help may or may not reverse the putrefaction.
3. The third symptom of premature brain aging is defeat. The brain simply gives up. Motivation to fight for Life mentally dies. Alzheimer's disease. Senility. Physical death soon occurs.

Premature brain death begins when the necessary survival instinct causing infantile narcissistic suck behaviors persists beyond childhood and adolescence into adulthood. The retardation is noticed by the pituitary gland. Thus, the adult who continues to display unrelieved sucking attitudes toward others, toward society and toward Life merely invites the increased flow of self-destruct hormone. Such an individual was conditioned by parents and culture to not grow up into mature brain behavior. Such an individual populates today's "consumer" (suck) society.

Brain Longevity Self-Diagnosis

Your genetic code ruthlessly is trying to drive you toward releasing your 90% dormant brain circuits. You are being forced, unyieldingly, into personal fulfillment of longevity via whole brain powered intelligence, creativity, natural

immune system health, perpetual child play delectation, divine love and species cooperation to consensus action. You are being forced, unavoidably, to work with others to re-birth Earth without the disease of war. You cannot escape this DNA drive -- except to refuse to accept it.

You can calculate your own brain's automatic growth along this positive phylogenetic gradient of longevity self-perfection. Merely measure the absence of 5 specific negative emotions. These emotions form the negative gradient of secondary symptoms caused by the residual toxin produced when your primary self-destruct hormone (SDH) is active.

During an average week or month, what percentage of my time do I feel:

1. **Boredom.** Slightly bored with my Self, with my job, with the way my Life is going.

_____ %

2. **Loneliness.** Unconsciously empty and alone and hungry – melancholy -- even when I am with others (who are insensitive to my true needs) because we somehow cannot seem to communicate deeply and honestly into each other.

_____ %

3. **Lovelessness.** The silently gnawing worm eating out my brain -- which wants to share 100% trust and growth and deliciousness with a beloved soulmate.

_____ %

4. **Meaninglessness.** The terrifying realization that my Life has no purpose - - no mission; no ultimate goal -- except to consume bloating material comforts and narcotizing entertainments, but generating no transcending spiritual fulfillment and relaxed peace of mind.

_____ %

5. **Death.** Worry about it.

_____ %

Perfect score: 0%

If one or all negative emotions add up to 51% or more, your genetic code is signaling you that your self-destruct hormone is accelerating. Intense work is necessary to reverse the trend.

Homely Daily DEOCO Self-Diagnosis

When DEOCO hormone is pumping through the blood stream and stimulating all body organs to deteriorate from their pre-puberty healthiness and efficiency, the cells in those tissues rot. The rot is measurable in the increasing excretion

of dead cells. You can notice the increase of the decadence by the increasing stench of your wastes. But, conversely, all students participating in this longevity monitoring study -- objectively measuring yearly decreases of medical negative dying and increases of medical positive growths -- subjectively report the quickest symptom to identify the stoppage of DEOCO hormone: farts become perfume.

Stop The Death Clock

Can this epidemic of neurotic self-destruction be cured?

Yes. Of course. Easily. Merely treat the cause, not the symptom.

Neurosis causes DEOCO hormone to spurtle. Neurosis is caused by repressed infant trauma memories, stored in the hippocampi, and repressed child trauma memories, stored in the temporal lobes. These two cesspools of negative energy (entropy) block cosmic consciousness from flooding into the phlegmatic frontal lobes, trying to cause transcendence. By self-releasing the blockage, every individual can self-transcend beyond neurosis and psychosis into personal passionate peace and play party prosperity in paradise. DEOCO hormone is not invited into Eden. Remember, in the *Book of Genesis*, Methuselah lived to 969.

Credo

Since I am going to work successfully with my mutant brothers and sisters to cure the neural disease of war in every human brain, and since we all are going to create warless Earth populated by a limited, stabilized population of healthy mutants, and since I am going to achieve automatic longevity to at least 160 or 170 from my released dormant frontal lobes, what studies shall I now pursue to enrich me with the disciplines of Lifelong skills and projects which constantly expand my curiosities and creativities so I do not get trapped in old age boredom and senility?"

Lesson 100

Reciprocal Communication

Our trails now split.

The down-trail leads to the flatland; perhaps to the city. There you must confront and contemplate G.O.D.: Grow Or Die. If the former, then we shall communicate after the last page of this book is closed.

For all these chuckling pages, ideas have been presented to you for your judicious consideration and democratic use. You may now want to complete the circle and join in cooperative friendship. You may now want to help us here create still more positive thoughts and emotions and actions for others out yonder. You are invited to join our modest community of communication touching around America.

Make your Self known to those of us here who have been waiting to meet you. May we know of your goodnesses? Start with a simple letter. Let us share the warmth and gentleness of your first thoughts now that you have finished your first scanning or reading of this *Self Transcendence Workbook*. What was your overall reaction to the text? Which lessons were best for you? Which lessons were worst for you? Why? What suggestions might you offer for an improved edition to be written in a few years? Above all, if it so pleases you, allow our compassion to know who you are inside. For it is only with the tenderness of shared certainty that your Self can blossom into happiness.

Indeed, a letter. But please help us with our crushing mail load. Enclosed a self-addressed, stamped, 4-inch-by-9 ½-inch business-sized envelope, merely folded in threesies within your missive. We will honor your first words (mail picked up from the village post office every week or two, or longer in winter) after your letter has climbed the Socrates Trail. All the wild critters up here in the wilderness will nuzzle and caress and lick your bridge of words with respect and affection.

In time, if it also so pleases you, a series of letters may ping pong back and forth between us. Thus shall your truth and beauty unfold. You may even want to come visit.

First time visitors are very welcome on Sunday afternoons. This is so as to not interrupt the deeply creative work ongoing here during the remainder of the week. Mail-invited visitors are sent printed directions describing which unmarked old logging roads to take as you drive deeper and higher into the pristine Rockies. (Do not try to search out Laughing Coyote Mountain without such printed directions because the twists and turns of the wilds will confuse

your compass and get you thoroughly lost.) Once you do arrive at the 8000-foot bottom of our massif, you park and hike leisurely to the Akademe base camp at 9000. The puff will clean out city carbon monoxide and extend your Life by one year. And you will notice a funny smell all around. Clean air.

A stranger is just a friend we aint met yet. But it takes a few face-to-face meetings and a lot of hugs before the magical alchemy of true friendship ferments and distills. After that, sharing campfire and souppot and guitar songs and good talk in the glowing night embers mellows soulmates. Souls then can reach out together and tickle the crystal clear stars of Universe to receive the return feeling of -- what? Love.

Extra Help: "BINC"

If you cannot get started on self-therapy by yourself, or if you cannot complete your frontal lobes transcendence by yourself, we have several procedures in reserve to help you. One of those is our annual "Brain In Nature Course." Since 1957, this accelerated shortcut tutorial class operates each summer. Students are in residence on the mountain with sleeping bag and axe. This is a camping-out adventure in primitive lean-tos, cooking over campfire and returning nutritious wastes to the soil by squatting a hole. Hopefully, with no licking chipmunk. You re-discover the origin of your triune brain in primal nature. This causes the final unfreezing of your amygdalae from urban conformity. These click-switches then click free into cosmic at-one-ment under the shooting star dome.

Mornings are quiet study with breakfast alone. Daily formal classes start down at base camp when sun is overhead and last until sundown. We review key lessons in the *Workbook* and tutor you past your blocking points. Evenings are raucous bonfire suppers and sings and storytells and soulmatings.

Once you have found your inner perfection direction through "BINC," you are invited to dedicate your Life to democratic social action. You then can become a spoke on the hubbed wheel up here above the clouds. As a mountainman/mountainwoman, you will join with other mountainmen and mountainwomen who have returned to their cities. You will return to yours. Or, finally, you will find the courage to re-locate to whichever part of the country or globe you always have preferred better. Once settled and peaceful, you too will start work. Moral social work.

Each person who comes through this program successfully and esthetically works at grassroots, organizing We The People to grow up. The work is to teach democratic self-therapy to all. The work is to teach frontal lobes transcendence to all.

Since America has been burned out by the 1970's proliferations of too many diverging (and kooky) new philosophies, therapies, growth programs and religions which did not stand the test of time and which no longer exist, our work is to offer, gently and harmoniously, the facts of basic neurology. These

facts can be added harmoniously to your conventional belief system, philosophy or religion. There is absolutely no conflict, like sugar and water. We merely show you how your prior studies can be upgraded rapidly and dramatically to achieve your desired fulfillment simply by adding the supplementary insights and techniques of basic brain self-control. In this way, we propose to make more efficient the spiritual completions of those following Jesus, Buddha, Mohammed and all the surviving philosophies, therapies, growth programs and religions of the '70s. We propose to make less threatening the ecumenical melding of Protestants and Catholics; of Baptists, Lutherans, Episcopalians and Holy Rollers; of cross-prayers and Mecca-prayers; of school-vouchers and Freud-couchers; of capitalists and communists. For fundamental neurology is but the humble solvent which can be added to the solute of any belief-system to yield the universal truth of frontal lobes understanding and acceptance through everything. The anachronism of religious/political war is transcended.

We all work on that ever-widening rim and wheel. We all work to create warless America; warless Soviet Union; warless Earth.

The New Dawning

Those who are excited by this vision of planetary re-birth but cannot come here to share work can tithe by mail. If you have become convinced of the seriousness of Earth's sickness and the hopefulness of this brain crusade. You can tithe a specific amount of monthly time, energy, labor and production to help start and accelerate the frontal lobes revolution in your own city. You can do this by starting brain lectures and study groups in your community. You can tithe a specific amount of monthly money to the coordinating center here, or you may want to make a one-time-only check donation. We have a non-profit designation number from the Internal Revenue Service. Tax-exempt. For all monies go into the moral, non-violent, loving, brain revolution; into the research and development program; into helping high-IQ, high-creativity, genius-potential, dropout, poverty, minority children escape their ghettos in order to get educated properly, to transcend and to become loving world leaders.

So now our trails do split.

The up-trail leads to the 10,000-foot crest. The 360-degree Earth circle vision caresses 50,000 square miles of this patch upon our home planet. To the west spreads the entire, perpetually snow-shouldered Great Divide, from Armageddon Long's Peak 100 miles up north to Olympia Pike's Peak 100 miles south downrange. Look up into Wyoming, down into New Mexico. And out east to Kansas.

This is primal nature way. Truth way. Beauty way. Goodness way.

This is love way.

As Dawn Child re-births daily out of the Great Creation Plains, and as Tired Old Teacher dies daily behind the Continental Divide, all is dedicated with upraised arms and tearfully chanted canticle, to the first birthing of The Great Brain Learning & Loving & Laughing Society.

For you.

Goodbye Songs To Thee

Oh adios, my Mountain Friend
Sun has set, day at its end
Wind is cold, campfire is low
Trail is down, Oh adio...

So long, it's been good to know ya
So long, it's been good to know ya
So long, it's been good to know ya
That sunny ol' sundown is blessin my home
And you gotta be driftin along...

Epitaph

T. D. Lingo

(19__ to 1992?)

Founder and Director
Dormant Brain Research and Development Laboratory
Dormant Brain Release School
Adventure Trails Survival School
Socrates Press

**Laughing Coyote Mountain
Black Hawk, Colorado**

He lived and worked for one goal:
that others may become enlightened and powerful
for the benefit of all of humankind.

A light in the darkness, a hermit upon his mountain;
He lit the path toward the mountain top --
For all of us.