

# The Ways of the Human Mind

THOUGHT - HOW IT WORKS - HOW TO USE IT

Intelligence  
Free Will  
Personality  
Motives  
Indoctrination  
Illusion  
Thought Streams  
Thought  
Mind Evolution  
Loneliness  
Materialism  
Life & Death  
Spirituality  
Brain Damage  
Insanity  
Thought Origin

**Printed & Published**

**By**

**ORISSOR TRUST**  
Isle of Bute - Scotland

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**ISBN: 0-906220-31-9**

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## **AN OPEN MIND AND A NEW WAY**

It will take courage to read this book, impartially and with an open mind. That is because the facts presented to you regarding the nature and workings of the human mind will be quite contrary to the ideas you have been indoctrinated with all of your life, by the medical and other established authorities. And the human mind is such that when you have been taught ideas about a subject as if they were facts, and have lived in a society which fully accepted those ideas, over a period of many years, then the mind tends to reject new or different ideas, or even facts, about the same subject.

Nevertheless, this book contains the most advanced factual information about the Mind and Thought. Moreover, everything is explained in simple-English and a straightforward manner. High-sounding language, professional jargon, unnecessarily long and foreign words and complex phrases have been put aside for the sake of clarity and understanding. Such ways are only used as a camouflage for ignorance of a subject, or to deliberately confuse a person, or merely for reasons of snobbery and prestige.

Any person who truly understands what he is talking about can describe it simply, in his own language, as used by ordinary, normal people.

For the duration of the study of this book, old ideas and theories must be put aside, no matter how obvious they may seem to you, otherwise you will find yourself continually trying to fit the facts presented herein with the old theories you have been taught from childhood. Then confusion will follow. You will imagine that you only understand the point being explained to you when it matches your preconceived ideas.

Empty your mind of those old ideas and what you think you already know of the human mind and its functioning, and look at everything in a new way. Then understanding will come easily and simply to you. The truth is always simple - only theorising based on a state of ignorance, is complex.

### **Fact will not fit in with wrong Theory**

The most common failure among those who profess that they are seeking a new way, is too much emphasis on the old ways. In certain instances, this attitude would be permissible and even helpful to the understanding. For instance, if you were doing a jigsaw puzzle and had an almost complete picture in which all of the pieces fitted perfectly, except for one or two which were missing, and then someone presented you with a piece, it would only be sensible to try to fit it in and see if it matched the rest of the picture. If it did not, then you could be certain that it did not belong, and reject it. But that would only apply if all the rest of the picture were complete and satisfactory, if all the pieces fitted perfectly.

However, that is certainly not the case with Man's picture of life, death and the Universe today: the theories of the masses of experts are changing day by day; there are thousands of contradictory theories of how the Universe works, how the human mind and body works, how to survive among the activities of 'nature'; there is just as much sickness in the world today, in spite of modern 'medicine', as there was one hundred years ago; youngsters have to go on training courses on how to earn a livelihood, even after eleven years of compulsory education; religions professing 'love your neighbour' are fighting wars against one another over a wide area of the Earth's surface.

None of the pieces of the jigsaw of the picture, of the explanation of life's problems and the answer to them, will fit together. The picture presented is one of chaotic nonsense.

In these circumstances, as they now stand, it is non-intelligent to look for missing or alternative pieces of the jigsaw, and then judge their value or true worth by the extent to which they fit in with the rest - especially with those aspects that have proven, for you personally, to be a failure in solving life's problems or sensibly answering its questions.

If, for example, you are one of the tens of thousands of rejects of the medical profession, those who have been experimented upon with a variety of drugs or acts of surgery and then told nothing more can be done for them, then it would be against all reason to have a new explanation of the workings of the body and a new way of health presented to you, and then to reject it because it did not fit in with the theories of the profession which had failed you. The same applies to any aspect of life.

### **Experts fumbling in the dark**

Experts observe sets of actions or expressed thoughts, and rationalise that this or that must be happening in the brain. They are really in the business of working out possibilities and probabilities, assumptions and guesses, observations and 'interpretations', and reasonings based on all of these. Also they experiment on people's brains to try to produce what they regard as evidence to prove their theories or disprove other people's.

The complexity and obscureness of their theorising and rationalising has reached such a point today as to be ridiculous in the extreme - with the mountains of nonsensical jargon piling up like slag heaps outside a colliery. The number of theories and schools of thought about the various aspects of the mind/brain is like a colony of rabbits forever breeding and dying off at a bewildering rate.

Apart from these ever-changing fashions in theories on this subject, the state of disagreement between the various experts and schools of thought is highly significant. Taken all in all, these and other factors about the highly divided-up profession of the mind experts, when viewed by any common-sense observer, can lead to only one conclusion. They just do not know.

These so-called experts are merely fumbling in the dark for some clue as to how the mind actually works in fact. And they are damaging tens of thousands of their fellow Man in the process - experimenting upon them and 'treating' them from a state of ignorance - and making a very comfortable and prestigious living out of the unfortunate ones, into the bargain.

Never place yourself or your loved ones into the hands of such people, no matter how many certificates, white coats, letters after their name, or plush offices and clinics they may flaunt in public - unless you can be certain that they understand exactly what they are doing, and why, and can guarantee what the result will be, and unless they can explain those things to you in sensible, simple language.

Better to come to understand the mind yourself and make the effort to put right what is wrong, rather than allow anyone to interfere with your brain or thought process, whether it be by operation, shock treatment, drugs, 'therapies' or just plain misleading and dangerous advice.

### **The Body Machine**

We are going to discuss what the mind is, what thought is, and how the mind works. But before any of these things are examined it is necessary to be aware of what the body is, and to bear that in mind constantly when studying all of the other aspects.

The human body is a machine - it is nothing more, it is nothing less. It is a machine designed for a specific function, built to carry out a certain preset purpose.

You are not the machine itself. You merely inhabit the machine. The body is a vehicle and you are its driver - temporarily. You sense the world around you through the body-machine, you act upon your environment by means of the body-machine, you sense pain and discomfort when the machine is maltreated - and yet you are not the machine.

You wear it like a coat, you activate it into motion, and you manipulate it from within. You instruct it to feed itself, to keep itself warm, to rest itself at intervals - and yet you are not the machine.

Everything around you, within and upon the Earth, as well as surrounding the Earth, is composed of substance or 'matter' as you may call it. The purpose of the body-machine is to assist you to begin to evolve, as an individual being, by handling and manipulating that substance in a certain way, in the correct manner.

The being that is you enters the body at birth (not before) and discards it at the moment referred to as 'death'. It is as if it were on loan to you, to perform a certain task with - just as you might hire a car to make a special journey with, that you would not be capable of otherwise.

The body itself is chock full of machinery which is in ever-continuous action. This machinery works towards the fulfilment of three main functions: one, to process an intake of raw materials; two, to carry out a self-sustaining, self-repair function; and three, to make possible limb and body movements for the handling of substances outside of itself.

The machine itself is alive. Every minutest part of it is alive - and every minute part of it will remain alive, even after the 'death' of the person, right up to the moment when it has disintegrated and disappeared back into the earth. If a body, after the departure of its driver/inhabitant were left to its own devices upon the ground, and you observed it closely, you would see that it was teeming with life in every last part of it.

Of course, it would not be alive in the sense of one whole, coordinated unit, operating under the control of one single master operator (its inhabitant), and its inner machinery would have ceased to function - yet every part of it would be alive and in movement.

I tell you this merely to bring home the point that the human body is a machine, itself full of a vast array of machinery, each part of which is composed of vibrant, active, living matter.

Nothing on this Earth ever dies, even though the coordinated living unit which it comprises, or of which it forms a part, may disintegrate and the unifying, controlling force may depart from it, those parts still live on - but in another form, or forms. Nor is it possible for the unifying, controlling element to die. It merely moves on to some other function and location - still a living element. It cannot die. Nothing ever dies.

### **You inhabit the body-machine**

You are not your body; you merely inhabit your body. Notice that all through your life, you always feel yourself to be you - in spite of the condition of your body. At times, in fact, when your body is in a condition of pain or incapacity, you may wish that you were free of the encumbrance and discomfort of it, that you could just float away and leave behind the pain and misery.

You can't, of course. As long as your life lasts upon this Earth you are prisoner within that body and you may as well resign yourself to that fact. Drink, drugs and meditation are means which are commonly used by the desperate in an attempt to escape from the body but, apart from a lapse into unconsciousness, all they do is distort the thought process, and create a world of distortion and illusion for the inner being to wallow in.

Any attempt to escape from the body you inhabit must be paid for - not only in the discomfort of the hangover, withdrawal symptoms, and slowness of thought brought about by alcohol, drugs and meditation, but by the long-lasting damage to the body processes brought about by these ways. (When I refer to the taking of alcohol, I mean

only when taken to excess, causing a state of drunkenness or loss of senses. By drugs, I refer to both illegal and medical drugs of all kinds, even those such as aspirin).

So, if you are to understand how the body works, and be able to treat it in a correct way which leads to good health and freedom from disease, you must get used to thinking of it as a machine which you inhabit - for that is just what it is. And more important, if you wish to understand how your mind works and to use it to full advantage, again you must get into the habit of looking upon your body as a machine which you inhabit merely during the course of your lifetime on Earth.

### **The Mind is the Brain**

How does the mind affect the body? That it does affect it to a large degree is self evident, for you can consciously control many of your body functions at will: breathing, elimination, limb and other body movements, and so on. You can control the working of the lungs, stop them from taking air in and out, yet how far does the mind control the functioning of the other organs - stomach, kidneys, heart, and so on?

Also, the billions and billions of minute organisms (parasites) within the body, which are essential to tend and care for every small portion of bone, flesh and blood - does the mind control those, too? If the answer to the question of the mind controlling all the unseen internal activity is 'yes', then when things go wrong with those internal workings - as well as the visible and external ones, such as limb movement and coordination - then what causes such an occurrence? Has the mind lost control, or is it merely redirecting operations in a different way, a way which is harmful or painful to the body-machine? And if so, why?

It is clear that the answers to all these questions will remain a mystery, together with the associated ailments which baffle the experts as well as Man in general, as long as the way of the workings of the mind remain a mystery. The object of this book is to dispel that mystery, and the only way to do so is to explain the outline of just how the mind works - starting from basics and using plain, everyday words. Within these pages all theory is abandoned, medical or otherwise. Only plain fact is used.

If you want to understand the human mind (and the body) in a practical, down-to-earth way, then that is the way in which we must discuss it. It is no good referring to abstract, floating, airy-fairy things when talking about the mind. There is nothing abstract about it, any more than there is anything spiritual or abstract about a computer.

But the human mind can grasp concepts and ideas, you may say. Well, so can a computer. There is hardly a game that is considered more abstract than chess - yet it is odds on that a computer can beat you. Yet a computer does not have some unearthly, semi-spiritual part of itself floating around in some unknown space or dimension. It is all pure matter, total substance - and so is the human brain. The mind is the brain.

## **The convenient ‘Subconscious’ Mind**

There are two areas (sectors) of the body which deal with thought: one of these is called the Mind. The Mind is the Brain. The Brain is the Mind. There is nothing about the mind that is not real, physical. All of the mind is substance, matter, physical - there is no part of it that is abstract.

What I am saying, in effect, is that this mysterious, shadowy and non-understandable ‘thing’ called the subconscious mind does not in fact exist. It is a mere invention of modern mind experts - a very convenient one which is used to explain away, rather vaguely, all the contradictory elements in their theories of how the mind works. It is rather like a band of primitive men coming across a motor vehicle and, because they have no idea of what powers the engine or how it really works, telling their fellow tribesmen that there is a hidden spirit force which drives it. They then give this ‘spirit force’ a name and endow it with all sorts of qualities and powers which effectively sidetrack any awkward questions about how the engine actually works, and which they do not know but will not admit.

The ‘subconscious mind’ is a pure invention of the medical mind-experts of today.

There is nothing vague, mysterious, spiritual or occult about the human body-machine, including the brain. Everything is simple, definite, practical and composed of substance (matter). How everything works is explainable in a common-sense way.

As the whole of the facts about the mind being here presented to you will form an entirely different picture from the theories of fashionable medicine, with which you and your society have been indoctrinated from childhood, it is inevitable that there will be many unexplained factors cropping up as we go along, especially when major popular fallacies are exposed. Just have a little patience and the whole picture will gradually unfold as we progress and cover each aspect.

## **Brain not a thought-maker**

The second matter of fact to be established, and one which must be kept clear in the mind, is quite contrary to what you have been led to believe all of your life:

**thoughts are not made in the brain.**

The brain cannot make a thought - it is not equipped to do so, and that is not its function. Its function is to scan, interpret and put into action each one of a stream of thoughts which are fed into it. It can put these thoughts into action by receiving and holding an image or concept (in the ‘mind’, as it is thought of), or it can relay them to cause the body-machine to move, to act physically in some way. This latter can be by seeing, walking, talking, eating and so on.

You will have observed yourself that some thoughts may clearly not be for acting upon (thoughts of past times, thoughts about the nature of things, etc.) whilst others are obviously action thoughts (I am hungry, I must eat the food in front of me), whilst yet others could be thoughts merely to observe something, or to observe and relay it (my wife's hat looks awful - should I speak this idea to her or not ?). But whatever thoughts occur to you, do not be under the illusion that you made them - for it is only an illusion. The thoughts did just that - they occurred to you. They were presented to your brain and your brain received and accepted them.

It is no different when you say to yourself that you will sit down and 'think things out'. Your brain merely received the thought urging or telling you to sit down, put aside other matters, and allow a stream of thoughts to flow through your mind/brain. Sometimes you may receive thoughts which look at each aspect of the situation and are followed by confusion; other times you receive only a jumble of thoughts which tell you nothing at all conclusive. You do not make those thoughts or control which particular ones come to you. Surely you would never choose a jumble of thoughts, but always choose or make, an orderly logical flow of thoughts on the subject, and always arrive at a clear conclusion or decision - if either you could make your own thoughts or could choose which particular ones you had.

### **Thought Selection**

If you were to take with you on a long sea voyage, to show him lands he had never seen or imagined before, a person who had been brought up in a society believing in a flat Earth, you would notice that he might go with you willingly for the first few miles perhaps, but that the further you travelled away from his familiar shores, the more apprehensive and reluctant he would become - his trust in you would start to fade.

Each lap of the journey, out into what was to him an unknown sea, would make him less eager to proceed, for always in his mind would be the indoctrination of his society, of the wise men of his people, that the world was flat and he would surely come to disaster and fall off the end if he went along with you. His experts would have taught him so. Yet if he really wanted to know and understand fully the Earth upon which he lived, and if he had courage - he would put his old ideas aside and allow you to show him.

I, too, am asking you to put old ideas aside, no matter how much they may have been imprinted upon your mind - and no matter how strange they make the new ideas seem to you. The human brain does not make thoughts - streams of thought are constantly, without pause, being fed to the brain from another source. However, although thoughts are not made or manufactured in the brain, they are selected by the owner of the brain. Even then, they are not selected individually, one by one, but rather in streams.

It is like choosing a bead from a table, and as you pick it up a whole string of similar type beads comes along with it. They are all connected and there is just nothing you can do about it - until you come to the end of that string of beads (or thoughts), at which point you are able to select another string of the same type or of an alternative type.

As far as thoughts are concerned, the streams or strings of thoughts selected can be very long indeed, so that once having chosen one track of thought (one lifestyle, you might say), then it may be quite a long period of time before the next break for selection comes along. Until then, you are stuck with the one track of thought.

### **Tracks of Thought**

Life patterns, in the form of thought, are already made up for you, ready to begin to use immediately you draw your first breath from this world. You cannot make your own life pattern, no matter how much you would like to: how many people idolise certain others and would give anything to be able to be the same as they in thought and action - and yet they can never be. They can only use their own life patterns.

These thought patterns or lifestyles, however you would like to regard them, are fed through the brain along two parallel tracks, rather like two tracks of sound on a cassette tape. They were designed to run side by side, so that the being which is the man could have a choice, so that he would be able to slide from one track to the other, depending upon which aspects of those streams of lifestyle he cared to use at that particular period of time.

It does not mean that he could skip willy-nilly from one to the other as fancy took him. There are linking points between the two tracks at certain intervals - points of choice between two ways of thought, of living - and in between those linking points there is no stopping off, no turning back from the way chosen, no change in the type of thoughts you receive, in the type of actions you perform.

### **Free Choice**

In effect, once you have chosen one type of thought, even by merely preferring it to the alternative presented to you, at the linking point between the two tracks, you have in fact selected a lifestyle, and you are stuck with that lifestyle until you reach the next linking point, the next choice that comes along. Therein lies the 'free choice' of Mankind.

It is most likely that you have, up to this point, been under the impression that Man had free choice available to him at every moment throughout the day, so that he could choose to perform each individual action or not, at every encounter with people or things. You may have even been under the impression that he had the capacity to choose from a large variety of actions at each turn, thousands of times each day - what most Western religions and philosophies refer to as 'free will'. Once you get down to serious consideration of the matter, it takes only a few minutes to realise that this cannot be so.

The simplest way to realise this is to look at the fact that you spend most or all of your conscious life merely reacting to circumstances and words and actions of people around you.

Reacting is the key word. In general, Man does not just act - he reacts. And he reacts according to the lifestyle or thought pattern that he has chosen to be using at the time, one he has habitually used throughout almost the whole of his life. Men and women succeed in controlling other men and women only because of this factor - the acceptance of that control relies entirely upon the set and repeated reactions of the victim.

If someone asks you what you would do in such and such a situation, invariably you know, inside yourself. What reply you speak, however, is a different matter, as you may want to give the impression of bravery or kindness or loyalty, and so on. The reason you know how you would act is because you would be reacting, and the reaction to the same situation would always be the same, according to the pattern of lifestyle you were using.

If you know, well in advance, just how you would act in certain circumstances in the future, then surely you must realise that there can be no element of choice in the matter - as long as you maintain the same attitude, the same way of thinking about that particular matter. I call it the same 'pattern of thought'.

So you see, the only way in which you can change the way you would act, or react, is by changing from one basic track of thought to another, in effect, changing from one lifestyle to another. This is the only sense in which you have any choice in the matter - free choice of pattern of thought - and this is only possible at one of the linking points along the track you are currently using.

In the sense of being able to choose from a variety of courses of action in each separate instance, Man does not possess free will, but merely free choice, which is a choice of the two tracks available to him at certain points throughout life. The exercise of free choice entails a complete change of track of thought, of the lifestyle arranged upon it.

### **Reacting is not choosing**

If it is quite easy for you to accept the conventional teaching that states you are born with (or inherit) certain traits of character or personality - such as quick temper, kindness, secretiveness, possessiveness, and so on - and therefore can be depended upon to react in a quick-tempered, kindly, secretive or possessive manner when the circumstances arise, it should not be so difficult to accept that you are born with a certain prearranged lifestyle upon a track of thought.

After all, if you really were born with particular personal traits, such as quick temper, you would not have much choice of reacting calmly and impartially when provoked by another person.

There again, if you still think you do have free will or even continual free choice, just imagine what control you have over your thoughts or reactions when you are, say, consumed with an emotion such as jealousy. True, if it is on your thought pattern to cover it up to a degree, then you will do so; but that will not change your thoughts or how you basically react, nor your attitude towards the other person.

Think how much control you have over your thoughts and actions when you are in the throes of any strong emotion - fear, for instance. Fear of ridicule or of organised physical violence can cause a conscripted soldier or a law-compelled schoolchild to act like a puppet and suffer years of discomfort, mental anguish, boredom or even grave danger - without any physical force ever being used on them. It was the emotion of fear which made them puppets to the will of others. Fear forced them to act in a subservient way: no-one would endure years of suffering for something that they did not believe in - by choice.

Whether you happen to believe that the controlling fear was inherited, inbred, or whether you know it was arranged on their thought pattern, you must admit that the fear compelled them to submit, against all consideration of what they would have liked to have done. It compelled them to react.

If it is possible to see how people can go for quite long periods, when controlled by strong emotion, without the capacity of free choice, even though this fact does not occur to them, then surely you can see the possibility that people could live out large portions of their lives believing that they were choosing to do each action, without being conscious of living out a prearranged pattern of lifestyle and only having the capacity to exercise free choice at certain intervals along that thought track.

The examples given are not intended to be any sort of proof or argument in support of the new concept of free choice. They are merely points to observe to help you to overcome strangeness of the new knowledge that free will does not exist for Man, just as **continual** free choice does not exist, either.

## **Personality**

Do you regard yourself as having a set 'personality'? If so, then you are a robot. You react, predictably and unchangingly to the events and circumstances around you. Consider just what a personality really is. It is a set of automatic reactions to the world about you. These reactions always follow a set pattern. That is what is regarded as the real 'you' by your friends and acquaintances. Apart from the shape of your body, that is how they recognise you and know you.

Try making a list of the main features of the personality of someone you are familiar with. No, don't just consider it done - actually do it now. Just make a small list at this moment, before you read any further, of the chief consistent characteristics of the person of your choice.

What kind of things do you have down? Quick tempered, smiles a lot, easily depressed, shy and easily embarrassed, devious, kind, tells lies, generous, secretive or outgoing, quick-witted or slow to react, religious or common-sensible, cowardly or brave, and so on. Realise that you are actually looking at a pattern of reactions to people and circumstances.

People often say to one another 'What would you do in such and such a circumstance?' and usually the answer comes straight away. The greater the detail of the supposed situation that is given, the more definite the reply. They have a good idea of how they would act because they would merely be reacting, a set response according to set conditions. A robot could do the same. The responses are quite predictable according to the set, rigid programme of the robot or, in the case of Man, according to the set, rigid, acted-out section of his thought pattern which he calls his personality. To try to cling to a personality makes a person a prisoner to that particular thought track.

It may appear that his personality changes over the years: at least his actions or reactions to situations certainly change. But here we are really talking about external actions, words, and the covering mask which each person wears. What is happening inside that person, though? Has he really changed his pattern of thought? Usually not. The circumstances around him have changed.

Take a person who, in one circumstance, say at school, can get his own way by bullying smaller children. When he grows older and starts work, he may find that there are too many people of his own size to be able to intimidate them, or that he is not socially acceptable whilst acting in that way, or that he may get the sack if he threatens or fights. So, in order to continue to get his own way, he may change his tactics and try lies and deviousness to get what he wants. Those who knew him as a child would say that he had mellowed or 'matured', and now had a new personality. But has he changed inside himself?

### **No change - reacting to circumstance**

On the other hand, such a person with a bullying thought pattern may become a prison warden, a soldier, teacher or nurse, in which profession bullying is the order of the day, as well as being socially acceptable. Notice that the warden would not normally try to shout at, humiliate or act violently towards his mates in the 'pub' or on the streets; the teacher does not shout at, beat or threaten the children's parents. They only bully and act cruelly towards those in their power, those in a weaker position than themselves.

Do not imagine for one moment, however, that their thought pattern, their sense of cruelty or power, changes or diminishes at all. They are still reacting faithfully to circumstance. They still act out their normal pattern of emotions - when they can get away with it, when society permits.

Observe the apparent radical change that often occurs in those sent to prison for long terms for crimes of child beating, murder, torture, violence, etc. They are spoken of as reformed characters with a totally new, gentle and kindly outlook on life. Do not accept the surface values. Ask yourself if they have merely changed their extreme actions and words in order to get what they want, because they can clearly see that it is hopeless and futile to carry on in their own way - under the present circumstances.

Notice that many of the reformed characters turn religious. Yet no matter which part of the world they may be in, out of all the gods and religions there are throughout the world, they always seem to choose the religion that is acceptable to, and approved by, the authorities which have it in their power to prolong their imprisonment and suffering, or allow them comfort or freedom. If some god had contacted them and inspired them to benevolence as they claim, why should it just happen to be the god that is popular in their area at that time, and who favours the particular religion practised by that particular sector of society? The coincidences, if they existed, would be many thousands to one.

No, people just do not change their thought pattern or track as easily or as often as it may appear. Their original personality if you look a little deeper, lies just below the surface of the new mask that they have now decided to wear.

If you cherish or are proud of your personality, or are just too familiar and comfortable with it to want to change it, then you can be sure that you have no intention of changing to a better lifestyle. You like too much the track of lifestyle you are using and will remain firmly on that track, come what may.

You can also be sure that it is the track of non-value. You are a robot, a slave to your entrenched emotions which rule you. In that way lies ill-health of body, torment of mind, and disharmony with your environment.

### **The Duplicate Track of Thought**

The human brain is the constant receiver of two basic streams of thought, what we may call the Original tracks of thought. These tracks contain all the required conscious thoughts and deliberate actions. However, there are also two other streams of thought, each one associated with one of the Original tracks. These secondary tracks contain all the thoughts necessary for the unconscious workings of the body - controlling the functioning of organs, senses, blood, bone and body organisms (host parasites).

The thought tracks work in pairs - one Original and one Duplicate together. If a person chooses to switch from one Original track to another, then automatically he switches to another Duplicate track. The human body is a very complex machine, in the way of detail. It requires a vast amount of control and coordination to keep it running. For instance, every one of the billions of caretaker organisms must be controlled and directed; the distribution of Pancreas fluid to all areas of the body must be supervised; blood must be regulated at the correct fluidity and temperature for pulsing throughout

the body; the channels it flows through, from artery size to the size of invisibility, must be kept in good repair and kept open for the flow of liquid; all organs must function in conjunction with one another; all food must be processed from entry at mouth to exit at anus; all pores and hairs must be serviced for reception of nourishment from the atmosphere; the precise amount of Carbon must also be extracted from the atmosphere which goes into the lungs - and so the list of activities that the Duplicate track needs to take care of, goes on and on.

The Duplicate track is not a duplicate in the sense of being a copy of the Original, but only in the sense that it governs the body according to the types of thought arranged on the Original. I could have called the two tracks Primary and Secondary, or some other names. It is not important, as long as you understand what I refer to.

Each Duplicate is so closely geared to match its Original counterpart that it would be disaster for the body-machine if a Duplicate track got matched up with the wrong Original (which, of course, is not possible), for it takes a great deal of organisation of the interior workings of the body to fit in with any particular lifestyle adopted by choice of an Original track of thought.

For example, just imagine all the special precautions, protection and repair work required in the case of a person who had selected a lifestyle which mainly included the activity of running round a track at top speed until the body collapsed or could take no more. Duplicate tracks are arranged to take into account the peculiarities and stupidities of the lifestyle to which they are coupled. If Man did not have built-in protection on his Duplicate thought track to counteract the excesses and abuses of the body contained within his chosen lifestyle, then the human race would exterminate itself within a few short years.

However, protecting Man against himself is only one aspect of the Duplicate track of thought; allowing for special talents and skills is another. It would be no use, for example, to prearrange a lifestyle for a person to be an expert ice skater, for instance, if the balancing mechanism and ear connections were allowed to become damaged - the Original and Duplicate patterns would not match up. In cases where damage or disease of the balancing mechanism did take place, it would only be because the career was intended to be cut short on the Original track of lifestyle.

You can be sure that the operation of the Duplicate thought pattern and the consequent condition of the body is always exactly as it should be, as it was prearranged to be - according to the pattern of lifestyle which the person chooses to adopt. This applies to a body riddled with cancer, one stricken with paralysis, or one bursting with physical energy. This state has nothing to do with the condition the person wants to be in, what he would like, but is strictly according to the consequences of the lifestyle he selects.

The ills or misfortunes of the body (controlled by the Duplicate thought track), accompanying the selection of an uncaring lifestyle (Original thought track), could be compared with the hangover accompanying or following a night of excessive revelry

and drunkenness. The person wants the revelry, but not the hangover - yet one goes with the other, whether he likes it or not.

To sum up, it means that for each Original track of thought, or lifestyle, there is a corresponding secondary track. Therefore the body performs according to the Original track chosen, for each Duplicate track directs the body-machine to function in a different manner.

### **The two Original thought tracks**

What is the difference between the two Original thought tracks? This is the natural question that arises. Is one better or more beneficial than the other? Why are there two tracks, anyway, rather than just one?

There is a vast difference between the two tracks of lifestyle, both in purpose and in effect. One basic Original track is to allow the machine that is Man to function towards evolvement, and the other basic way is against that evolving.

In practice, there are only two basic thought tracks among the whole of Mankind, although there are myriads of deviations upon those tracks, as supplied to the billions of members of the human race. Two basic thought tracks of lifestyle for the whole of Man, yet billions upon billions of variations upon them for each machine of Man. Like a set of two plans issued to each of a large band of travellers before the start of a journey.

Plan A will guide them all to end up at one specific destination, but plan B will lead them to another. Yet each basic plan will take each traveller along a different route, or some the same route with different stopping places, or others maybe along the same route or stopping places but at a different speed, or travelling in different vehicles or on foot. All travel in groups for almost all of the time, but the plan may cause them to change groups from time to time. Yet all using the first travel plan will end up at one destination, and all using the other plan at another.

Allowance is made, at certain intervals along the way, for changing from one plan to another, for the difference in distance between the two is not great, but the difference in nature of the destinations is vast. The modes of travel, too, although through the same terrain, hold immense differences in ease or difficulty of proceeding: how easy for one person, given the thought to look down, to step around a sharp rock that another person, with a thought to look elsewhere, would bark his shins upon.

Just two basic thought tracks of lifestyle for the leading of an entire life, and each with a Duplicate thought track to arrange the workings of the body for that lifetime. One track of thought containing the prearranged lifestyle for the machine that is Man to perform the function of evolving, the other track of thought providing a lifestyle which leads to self-destruction, stage by stage.

## **The Source of Thought**

Now we have come to another area of explanation which will be quite contrary to your previous learning on the subject. This is the stage at which the protective emotion of your indoctrination of preconceived ideas will put up a strong resistance to your acceptance, or even partial consideration, of what I have to say.

You may have noticed that earlier in the book it is mentioned that 'there are two areas (sectors) of the body which deal with thought: one of these is called the mind.' It has also been made clear that the brain (mind) is not a manufacturer of thoughts but merely a receiver of thought - two parallel tracks or streams of thought, which are sent to it from another source. The source of these thoughts received by the brain is at the Pancreas.

All thoughts used within the body machine of Man, whether conscious thoughts or merely thoughts for the interior working of the body, originate at the Pancreas.

They are stored in what you may regard as a container, designed with a mechanism which releases the thoughts in a prearranged order, in constant streams. Two of these streams or tracks are transmitted to the brain, and one other directly to all parts of the body-machine. It may help you to understand more clearly how this works if you think of these thoughts as being on the tape of a cassette - two tracks of thought side by side on a tape (the Original tracks), and another two parallel with those (the Duplicate tracks). Then imagine the whole container reduced to micro micro-dot size, and yet the tape or tracks contain all that is necessary in thought to live out the whole lifetime of one person. The actual tracks and manner of being transmitted are nothing like a cassette in reality, of course, but it is a convenient manner in which to describe them at this stage.

If it seems to you incredible that anything could be reduced in size to that extent, then you have only to visualise the early type of computer, which filled a very large room indeed and weighed many tons, and then to see a modern computer of similar electronic capability and memory, which is so small that it can be placed on a desk. Consider also the size of a seed which contains within it the design of shape, size, colour, texture of a huge tree, together with programming and instructions for its growth, form of expansion, taking in of nourishment, production of seeds, and so many other factors. To intelligence, the designer of tree and human body, miniaturisation is no problem.

### **Duplicate track operates direct**

The two Original tracks of thought are fed from the 'cassette' at the Pancreas to the brain-receiver along very fine channels designed especially for that purpose.

There are two other tracks of thought within that so-called cassette - the Duplicate tracks, as described before - and either one or the other is triggered off to send out its

stream of body-controlling thoughts, according to which corresponding Original thought track is selected for use at the brain-receiver.

If the person chooses to use the Original conscious thought track (A) for his lifestyle, words, actions, emotions, etc. - then automatically the corresponding Duplicate thought track (A) will come into play and control all the internal workings of the body, its 'caretaker' parasites, its blood flow, lung action, temperature control and so on. If the person selects to use the alternative Original thought track of lifestyle (B), then the alternative corresponding Duplicate thought track (B) takes over the day-to-day running of the body-machine.

These body-controlling thoughts from the Duplicate track do not need to go through the receiving set that is the brain: they activate all areas of the body directly from their source at the Pancreas.

### **Thought travels along channels**

Thought is an activator. It is thought which activates the body into movement. Thought is the power, the energy of the body. It is responsible for the movement of a limb, the blink of an eyelid, the beat of the heart. The body-machine is not energised, powered or activated by any other means - not by glucose or adrenaline or any other chemical reaction that medics may observe to take place. Thought alone activates the body.

The Pancreas is an organ which supplies juices to all areas of the machine: to the hairs of the head, the mouth, stomach, abdomen, to the toe nails and to the marrow of the bones. It has channels which connect with every tiniest and remotest corner of it. It is through these fluid channels from the Pancreas that thoughts travel to activate every part of the body, or not - according to what movement or condition is required at any particular moment.

If you imagine that the thoughts flow along with the fluid in the channels, as a boat on a canal, then that is not the case. They travel to any area in a flash. To give an idea, just imagine you suddenly stamp your foot on the brake pedal of a car. The force is transmitted along the fluid in the brake tubes and arrives at the brakes on all four wheels almost instantaneously. Thought travels much more rapidly than that - far faster than the speed of light, for it is a far more refined substance than light.

So there you have it - the outline factual way of the operation of thought in the human mind and body. So drastically different from the speculations and guesses of today's medical theories - yet so simple, in fact.

It must be stressed, however, that this brief explanation is only the barest outline of how the process of thought occurs, related in the simplest possible way in order to make a new and totally unfamiliar set of facts more easily understandable. A wealth of fascinating detail remains to be told, but the outline given here, if considered fully and impartially, is sufficient to give you a good working knowledge of thought and the human mind - as it really is.

## **The all-important Pancreas**

Out of the past, from the dark ages of ignorance, comes to us a legend. It is the legend of the Heart: how it is the most important organ of the body how all life stops the moment the heart stops beating; how the heart is the seat and source of all emotions; how it is the body centre of all feeling; how a person in a state of grief can die of a broken heart. People are still said to be lionhearted, half-hearted, broken-hearted, kind-hearted - and many dozens of other phrases.

Yet the heart is merely a pump - plain and simple. It has no connection with emotion, feeling or any other type of thought. It is a pump.

The organ which is the control centre of all life, all movement, all thought throughout the body-machine of Man, is almost unknown in nature and certainly unrecognised in any of these capacities. The Pancreas.

It is the most important organ in the body, the one that should be cared for above all others: most of the physical disorders of the body can be attributed to a previous malfunction of the Pancreas. Yet it is almost totally ignored by the medical profession, except when such disorders as diabetes crop up. They assume, in their ignorance, that what they do not see does not exist. What more can you expect from a body of people who, at every opportunity, cut off and throw away a most valuable organ (the appendix) because they cannot see a use for it. It is your duty to understand and care for your own body (including the mind) instead of leaving its welfare in the hands of those who just do not understand it.

## **Life-juice control system**

The Pancreas produces and supplies the life juices to all the other organs and all other parts of the body. If it does not supply the organs with the correct juices at the correct moment, they malfunction. If it fails to supply any area of the body at all, that area begins to wither. More dramatic still, and more important for you to realise, is that it is the presence of the life juices of the Pancreas in any area that prevents the parasites that cause Cancer from taking a hold. The flow of the Pancreas juice is the means of disabling and eliminating those parasites.

Where the Pancreas juices do not reach, and alien parasites are present (taken into the body by consumption of animal produce), there Cancer occurs. One surgeon performing one 'routine' operation, blithely unaware, cuts through hundreds of vital channels leading from the Pancreas. Some manage to repair themselves - some cannot.

Activating thoughts from the Duplicate track at the Pancreas are transmitted along those channels, both to bring about routine organ functions and other unconscious body

movements, and to control the function of the body's own caretaker parasites, as well as suppress and eliminate alien parasites.

Juices from the Pancreas are at various strategic points throughout the body, ready to be released in that particular area at a split second's notice by thought activation. If the Pancreas waited until the juice was required at a particular spot before it started to send it along the channel to that area, it may well be too late.

As an example of what I mean, supposing you are going to place a certain item of food into your mouth. To enable you to process it properly, the juices are required immediately you place the object into your mouth. You could not afford to wait until the juices travel from the Pancreas all the way to the mouth, so a little juice is arranged at the tongue area, and a thought flashes to it immediately the Pancreas has been alerted of the presence of food. This then triggers a release mechanism, and in this way you have instant juices.

Notice that even a conscious thought of, say, biting into an apple, has with it a simultaneous thought sent out from a Duplicate track direct to the mouth area: observe how saliva (Pancreas juice) immediately floods into the mouth. This same system is in operation throughout the whole body, supplying by thought-instruction all the necessary juices (and there are many different types) to all areas, as and when required. No mistake - all the body's life-juices are from the Pancreas.

### **Diabetes**

Though generally ignored by the medics, the Pancreas is given much attention when it is discovered that the ailment of diabetes is present. To put it simply, diabetes is a malfunction of the Pancreas causing an imbalance in the production of the many different types of juice that it sends out. This is most damaging to other parts of the body and can have a wide range of totally different effects and disorders.

The medical men, however, long ago latched on to one of the symptoms of the malfunction - variations in the levels of what they call 'sugar' in juices produced - and their experimentation and treatments have revolved around that ever since. They still cannot cure diabetes, but do claim that many more people would die or go into a coma if they did not take their treatments, which they claim lessen the ill-effects. A major treatment is the injection of a drug called 'Insulin'.

Now consider the situation, in an impartial and common-sense way. The Pancreas is malfunctioning drastically, causing damage to other organs and more damage to itself by its very malfunction. In the majority of cases, the malfunction is caused by attack by alien parasites, or deprivation of the one 'essential' item necessary for the production of the juices - salt.

So the medical people then pump in regular and large doses of Insulin which goes direct to the Pancreas. Insulin contains vast amounts of alien parasites (taken from animals).

Now the last thing that the Pancreas, under attack by alien parasites, requires is further massive doses of other alien parasites. There is no more effective way of destroying it thoroughly, apart from direct physical assault. On top of this folly, the victim is often put on a salt-free diet - depriving the Pancreas of the very item it is craving, and the lack of which may have been a major factor in the onset of the diabetes in the first place.

The stupidity of treating the body's most vital organ in such a manner really needs no further comment from me. Your own common sense will tell you all you need to know.

### **Coordination between tracks**

To consider one or two ailments may help you to see the two types of thought tracks operating in isolation. Observe paralysis, for instance. If you think about it you will see that this is a case of the Duplicate track of thought operating normally, for the internal organs are functioning normally, but that for some reason of brain malfunction, the Original track of thought is not controlling or activating the limbs.

The various stages of Multiple Sclerosis are also very revealing to observe. See how the two tracks are out of alignment: observe the type of thought pattern being used by the victim. With Parkinson's Disease, with its uncontrollable shaking and bouts of paralysis, the lack of coordination of the tracks is blatant.

Thought-induced ailments are discussed in another book of this series, but it is worthwhile to mention here that, in the illnesses referred to above, this lack of coordination or alignment between the Original and Duplicate tracks of thought occurs only when the Original track of low Intelligence, of non-caring, has been selected and used continuously.

For the person to switch to the alternative track of lifestyle of value, of common sense and caring, would be quite sufficient to cure the illness. Yet this effort to change the lifestyle almost never occurs.

Such people are often used to indulging in sporting activities and violent physical exercise of some sort. They still attempt to, or wish to, carry on in the same way, even when their illness is progressing to an advanced stage. Their selfish determination to do this is quite marked. They should switch over, especially at an early stage, to activities more in keeping with their Duplicate thought track, instead of insisting on a greed for actions not intended for their body design.

### **True Evolution**

The being that is Man is not the body. The being inhabits the body. The purpose for the existence of that being on this Earth is to evolve. In order to do this, he must use the body-machine that he inhabits. For this reason, when I refer to the evolution of Man I am not talking about his body changing shape over the ages of time, from sea slug, to

monkey, to Man. That is an incorrect and totally absurd theory. I am referring to the inner being of Man, the part that does not die and decay, the part that existed before it came to inhabit a body-machine on this Earth, and will continue to live on, without pause, long after this Earth has disintegrated.

Evolution simply means learning how to handle substance (matter) in the correct manner. Everything upon this Earth and within the Universe is substance - there is nothing that is not substance. Rock is obviously substance, as is cloth, also water. Electricity is substance, though you cannot see it:

it can travel, it can burn, it can destroy the body. Light, too, is substance, though it is much finer than water or rock: it can cut through rock or metal, in the form of a laser beam.

Thought, too, though a much more highly refined substance than light or heat, is nevertheless still substance: it activates the brain, and through it, the rest of the body. Thought is a real, living substance - a powerful substance - not just an airy-fairy, abstract idea floating about in nothingness. Each thought exists in a certain location: it travels, it communicates, it activates and energises the human body.

There are many other forms of substance. Man has been placed on this Earth - he certainly did not appear on it by chance, a mere walking accident, as some claim. Placing Man upon this Earth in the middle of all these substances, from the most coarse to the most refined, was tantamount to presenting him with the substances and saying to him:

“I place you among the substances to give you the opportunity of learning how to handle them in a positive, caring and constructive manner for the benefit of your fellow Man and for the very Soul of this Universe. Some appear very coarse substances, and some the finest of the fine, but you cannot help but handle them in one way or another. One way puts you on the road to evolving, and the other allows those substances to bring about your own destruction.”

### **Value or non-Value**

The range of substances upon the Earth is many, varied and complex. Each substance, from metal to air to thought, is capable of being dealt with in a million ways, and yet the handling of them is made simple for Man - each person is given a choice of two ways of dealing with each substance that is placed across his pathway. That is not to say that he can do only one of two things with each item, it means that there are two possible ways of handling it, two attitudes he can adopt towards it. Nor does it imply simply two different types of action, but also two different states of mind governing those actions.

Take, for instance, the substance of ‘knife’. A metal worker can choose a way of making blades to cut corn, slice wood, cut out cloth, chop food and other similar constructive functions, or he could adopt a way of making daggers, swords, bayonets, hunting knives, and other such tools of cruelty and destruction.

On both his tracks of thought he may have a prearranged ability for handling metals in an efficient,) way, a natural skill for forging, tempering and honing steel to make really sharp or rasping cutting edges, but upon his choice of track or lifestyle would depend which of the two ways he used his talents of manufacture. The first track of thought would lead him towards evolving, the second towards destruction eventually, if he persisted in using that track and ignored all opportunities to change to the thought track of value along the way. When I speak of destruction, I am not referring to the destruction of the bodies of others, but to his own destruction as a human being.

As stated, there are at intervals along the two basic thought tracks, connecting links to provide the opportunity for the person to change to a different pattern of lifestyle, and strong thoughts are placed there on both tracks, at this juncture, to consider the alternative way.

Let us refer to the track leading to the performance of the function of evolving as the track of Value, and that leading the body-machine of Man to act against evolving as the track of non-value. If you look around at your fellow Man you will not generally see him changing from one thought track to another, because in this age, and for many centuries past, all of Man has been using constantly, without pause, the track of non-Value.

Do not misunderstand, referring to it as the track of non-value does not mean that all the thoughts and actions upon that track are negative, uncaring and destructive, for they are not.

What is the case, however, is that the pattern of lifestyle being enacted is, on the whole, definitely directed against the function of evolving. The degree of caring or uncaring employed by the same person within the same thought track can vary immensely from time to time, even from moment to moment. The difference in degree of uncaring, for people or objects, between the non-value tracks of two people can also be immeasurable.

Even the fact of observing a great change in the way of life of a person need not indicate a change of thought tracks, for patterns of behaviour can vary throughout the life-track of a person. One can start off nondescript or quietly gentle, and turn in the end into a raging torrent of a person - and no-one can understand how it has happened, because they are unaware that a set, prearranged pattern of lifestyle was placed there for that person to live out, or not.

Yet the life-patterns of others around or near that person are affected by the lifestyle of the other, and they can damn him, condemn him, or assist him to a better way - depending upon their own selection of lifestyle.

## **Indoctrination**

One aspect of life in this age which makes it difficult, in fact near impossible, for Man to change from his habitual track of non-value is indoctrination.

Indoctrination today, in all classes and sectors of society, is so strong, so complete and all-consuming, that little room is left for standing back and reconsidering one's lifestyle. This indoctrination takes place in schools, religions, families, and the upkeep of old traditions and conventions - all of these being reinforced by the popular media of films, television, etc.

Looking impartially or favourably at another's way or at another lifestyle is totally discouraged, punished and made socially unacceptable. Why else do muslims remain muslims, maronites remain maronites, hindus remain hindus, druzes remain druzes, jews remain jews, and christians remain christians? They have all had it so strongly impressed upon them that it is a sin, even a crime, to consider that another way than the one they were born into may be right, and their own not so right.

The opportunity for considering the alternative way of lifestyle, upon their other thought track, the track of value, is brushed aside whilst the child is still young, and later in life not even noticed.

The same system applies within races, nations, tribes and families. At intervals along the thought track, the thought of invitation to a new way is there, saying: "Here, look at this way, consider a way of value, a way of common sense and caring!" Yet it is ignored, and even if noticed, hastily pushed under the carpet, with a sense of fear, guilt or shame at having had such a thought.

## **Education**

How foolish it would be for a cook employed by a household to attempt to train a younger one by getting him to make inedible practice dishes, rather than to start by actually doing some simple yet useful activity which was a normal part of the day's working process, thus contributing to food production from the first day. To sit for years listening to a talking, non-working cook would be a waste of time - both for the youngster and for the cook, as well as the household keeping them.

Yet that is our present-day system of education - at least eleven years of it. After the eleven years, the youngster must start to learn how to earn a livelihood (how to live in present-day society), because the eleven years has not taught him how to do this and, what is more, they have prevented him by daily confinement and forced mind-feeding, from learning how to earn his living from any other source.

## **Schooling not real life**

Schooling is playing - with theory.

Schooling is non-productive.

Schooling does not prepare a person for a livelihood.

Schooling takes a young one away from the basic realities of life.

Schooling prevents the habit of using their own thoughts by forcing the young ones to learn and 'memorise' the thoughts and theories of other people - for several hours each school day, most of the days of the year, for many years. What goods or services does a school produce that are useful to society? If the answer is nil or negligible, then that is the amount of goods or services that the young persons are capable of producing at the moment of being released from the schooling institute.

It is useless to say, as an excuse for this, that it is necessary to acquire 'background knowledge' of life around, for the only way to acquire true background knowledge of life within a society is to live in that society, take part in that society, in cold reality - not be shut away from it.

You can only know reality, the practical, basic background of society, by experiencing it - not by listening to theories and second or third-hand stories about it, being parroted by a group of people, most of whom have never left school or had any real life experience outside of school.

What does it benefit a youngster wandering the streets without a clue as to how to make a livelihood for himself in real life, if he can remember that Harold of England was shot in the eye by an arrow at the battle of Hastings against William the Conqueror in 1066? Even that has turned out to be a fanciful invention, anyhow - just another piece of misinformation passed down through generations.

Education should be learning about life, as it is lived and as it could be lived. Each young person is an individual with his own thoughts, his own thought pattern which matches the lifestyle he has arranged to fulfil. If his intended purpose in life was to plant and grow food for the benefit of himself and his fellow Man, then that is what his thought tracks of lifestyle would be geared towards - full of aptitudes and capabilities to enable him to fulfil such a purpose.

To force him to sit for many years, under threat and intimidation, ridicule and social pressure, trying to learn supposed facts and figures, science, history, a foreign language and Shakespeare, would not only be ludicrous and useless, but outright cruelty and mental torture for such a person. What is more, this form of indoctrination would be preventing that young one from handling the substances he was supposed to be handling, from fulfilling his purpose in life, and from the chance of beginning to evolve.

## **Ability and Aptitude**

The Law of this Land states that children must be educated according to their 'ability and aptitude', yet this Law is broken in all schools every day they are in operation. Those put there in charge of the young ones do not have any idea of what the child's aptitudes and capabilities are, for they have only experienced and understood (in part) their own: they do not have the knowledge, experience or understanding to educate so many people in so many differing aptitudes and abilities as they would find in one classroom; and if they did discover those aptitudes and could by magic teach the children accordingly, they would be prevented from doing so by their paymasters, the education authorities.

Suppose a boy's thought pattern was geared to the sea and fishing, for that was his intended lifestyle, the substance he should be handling in order to evolve. Who, in a classroom, is able to guide him to handle with care and Intelligence the substances of sea, of boat, of winds and weather, fish, the seashore, and the type of people with whom he should work in harmony? No confinement to a classroom in the charge of a teacher of book-theory can achieve this.

It would be good if the Law of the Land were put into practice - education according to each individual's 'age, ability and aptitude' instead of present-day schooling, wherein lies disaster for the future of this nation.

But first, thought patterns and the human mind must be understood by those who exercise the power over the lives and minds of the young ones. That step must take place before the real evolving of Man begins. If you are responsible for a child - remember that.

## **Evolving - learning to handle substance**

Man, away from this Earth, does not possess a human body. The body-machine which he inhabits whilst on Earth is made up of coarse substances of the Earth itself, as well as some of the more highly refined ones, which are mostly undetectable to Man in his present state of science. Man - or rather the being which is the inner man - inhabits the body in the form of Thought, combined and activated by a minute amount of Essence. Man, away from the Earth but within this Universe, exists in the form of Thought, combined and activated with a certain amount of Essence, depending upon his state of evolution - that is, the state of his capacity and ability to handle substance. The substances (matter) which he finds himself surrounded by, are not of the coarser type among which Man is placed on this Earth, but much more refined types. Nevertheless, all substances, all types of matter, can be highly dangerous to the user if not handled correctly.

In fact, they can be a threat to his very survival. Away from this Earth, the very survival of the being, as a being, depends upon the handling of the substance it encounters - the

more refined the substance, the more potent it is, the more dangerous when misused (for example, electricity and laser light on Earth).

As the being moves forward and encounters more and more 'new' substances, its vital well-being depends upon its continued learning of how to handle it, deal with it and manipulate it in the correct manner - in other words, its survival depends upon its continual evolving.

It should be clear to see how important it is to Man on this Earth to learn how to handle the substances with which he is surrounded, to take the first step on the road to evolving - unless his first step is to become his last. It should also be amply clear, merely by looking around at the condition of the Earth in general and the result of Man's misuse of all the substances he encounters, that the result of misuse of substance is self-destruction.

Man is placed on this Earth - never mind how just for the moment - in the middle of a range of many and varied substances, in varying degree of coarseness or refinement, and it is positively of no value to him to dream of 'higher planes' and 'spiritual values', or to grovel to a variety of gods and spirits to make everything nice and comfortable for him, to put things right for him, and to help him escape from all that surrounds him. That way he can never evolve. That way he can only destroy himself - the race of Man.

No. Man is, by nature and design a materialist. It is his business to handle the matter (substance) that he finds himself placed amongst and within - but to handle it in the correct manner. And now we come to the crucial factor - what exactly is meant by 'the correct manner'?

### **The Essence of Intelligence**

Throughout the Universe there is a myriad of differing substances, in seemingly infinite differing degrees or stages of refinement, yet in every area there is order, an overall pattern, patterns within patterns - an ultimate Purpose.

In order for there to be harmony throughout the whole, non-clashing and non-destruction, the intermingling and areas of contact of the varying substances have to be within a very precise pattern. On a minute scale, imagine the contents of a chemistry laboratory randomly mixed at a variety of pressures and temperatures, and you can have a small idea of the destructive power of chaos. Further, imagine the contents of a nuclear power plant disarranged carelessly or randomly, or an 'accident' occurring.

The destruction which is rife upon the Earth in this age - vast explosions, weapons for maiming and killing, the poison and laying waste of land, sea and air, the disease caused to human bodies - all this clashing and chaotic way is not possible throughout the rest of the Universe. There exists throughout all of the vast expanses of substances (there is no vacuum anywhere within the space of the Universe) a living, feeling, knowing substance which is of such a superior state of refinement that it can permeate, seep into,

any and all of those substances. It is capable of bringing order and harmony to all that it penetrates: it organises and blends substances into harmonising patterns which benefit those substances, and guides them away from clashing and destruction. It is called Intelligence or Essence.

Do not confuse this pure Intelligence of which I speak with what Man thinks of as cleverness or knowledge or learning - for the two ways bear little resemblance. After all, was it not the cleverness, the 'intelligence' so-called, of Einstein and people like him, which created the folly of the atomic bomb? The rare Essence of the pure substance that is true Intelligence rules the Universe - but it holds little sway on this Earth of Man's. Yet it could.

Having set the scene, Intelligence does not operate of its own accord upon this Earth - it merely places itself there to be used or rejected. It is essential that Man is given a choice to use it or not to use it in his handling of substance. That is the key to his evolving. By the handling of substance in 'the correct manner', therefore, I mean with full use of Intelligence.

There is nothing complex in discovering and utilising this Intelligence, for all is made simple for you. You have a choice of two tracks of thought, two lifestyles, which you can use. One contains, you could say is permeated by, a thread of pure Intelligence, whilst the other is a track or pattern of non-value - of clashing and destructiveness.

Mankind, almost without exception, is in this age firmly fixed on the thought track of non-value. Another way of describing the difference between the two life-tracks is that one uses Intelligence in the form of common sense, based on a long term view of the common good of the individual and humanity, and the other uses selfish emotion based on a blind following of the combined indoctrinations of education, religion, convention and tradition.

The thought pattern of the Track of Value is based on Caring: the thought pattern of the Track of non-Value is based on the personal satisfaction of selfish emotion. To evolve Man must choose and use the Track of Caring. True caring is not kindness and do-gooding: it is the application of Intelligence to the handling of substance. And remember, people are substance, too.

## **Spirituality**

To summarise what has gone before, Man inhabits a body, which is a machine to be used for handling certain types of substance (matter or material). Man's Purpose is to begin to evolve by learning how to handle the substance around him in a caring way - that is, applying pure Intelligence to the handling of it.

Man is intended to be a materialist. He does not, on this Earth, exist on a 'spiritual plane' or any other abstract plane - he exists on a material plane. Man has been placed

within a material body among material items. It is foolish of him to try to ignore those material items and live in an imaginary world of spirits or heavenly planes, etc.

Imagine a group of students being placed in a chemistry laboratory to learn all about the chemicals and other substances placed there, to learn how to understand and handle them caringly and correctly - and then just misuse those items, destroying them as being of no value, neglecting them and harming others with them, then sitting in the middle of that destruction and dreaming of the day when they would be studying Einstein's Theory of Relativity, theoretical astronomy, and so on.

To exist in one world and to try to live in another is sheer stupidity - a total waste of a lifetime, and of the substances you have been placed among.

Spirituality is in no way possible. You could only be spiritual if spirits (angels, devils, etc.) existed. They do not exist - in any shape, form or condition.

All throughout the Universe is substance, matter. The essential Intelligence which permeates and controls every centimetre of the Universe, is substance. The very Soul of the Universe is substance. All beings which inhabit the Earth, upon the death of the body return to their original condition, that which they were before they came to Earth for their brief stay - beings of Thought. The number of months or years they spent on Earth is totally irrelevant: the stage of growth or ill-health of their body is of no consequence.

### **Spiritualists**

To imagine, as do some people who are fooled by spiritualists, that some form of spirit of a dead person floats around the Earth after death is ludicrous, foolish in the extreme, and a total and utter impossibility. Further, to pretend that the so-called spirits take on the body-shape, mentality and personality of a child, because the person died at a young age, is laughable - though not so funny for the distressed person being fooled into thinking that they are actually contacting their own dead child. A later chapter explains the real nature of death and of the being which inhabits the body on Earth.

#### **There are no spirits - and no spiritual life in any form.**

Most of the stories, visions and voices claimed by so-called 'mediums' are sheer invention. It is so easy for people so inclined to read books or listen to other 'mediums' and what they are supposed to have seen and heard, and from this to make up their own 'spirit contacts' to fit in with the already accepted picture built up by others.

Often these stories are made up to deceive gullible people, as well as to deceive one another, or even to play up to one another in joint displays of deception. Many mediums like to think they are priests and priestesses: they take services, prayers, thanksgivings, hymns, sermons and lies. Prestige is a major factor and incentive, as well as money, in their world of shady dealings.

In a few cases, however, there are people who do hear the 'voice' of their own Intelligence giving them words which may assist another person - not a voice in sound, but merely a louder or stronger thought than usual. But they have probably been indoctrinated into believing that the 'voice' they hear is some spirit or other - usually called a 'spirit guide' or what-have-you - and so they weave fancies around what they hear. They are not content with 'hearing' and relaying a statement - they want to embroider it to make it fit in with what they consider to be best, or more impressive to their listeners, not realising that their Intelligence would know much more than what their body-machine sees or understands.

Notice that I only said a few hear the voice of their Intelligence but as long as those few regard spirits, guides, gods and other inventions of superstition as being definite fact, then their Intelligence will mislead them along that path of selfish greed, as if to say: 'so you want to play games, do you? Right, I will play along with you until you realise and put aside the stupidity of those ways.

The vast army of others, too, those who really 'hear' nothing but pretend all, have no way of avoiding paying the price for their deception. Their own thought pattern, if they choose to continue along that thought track of non-value, arranges that they pay for their deceit and lies, their duping of people who come to them for help, or in grief at the death of a loved one, or even those genuinely searching for that 'something else' they know exists. Their make-believe life in the twilight world of good and evil spirits brings eventually, to them personally, its own inner thoughts of fears, imaginings and nightmares.

If you have ever thought that there is no real justice on this Earth, then you have been mistaken: each pattern of lifestyle bears upon it the results and consequences of that particular style of life, when used. No-one can ever escape the justice of their own thought pattern, whichever one they choose, though those consequences are not always apparent to the onlooker.

### **Man the Materialist**

Naturally, Man is a materialist, but that does not mean to say that his main concern should be to grab material possessions for himself: in no way does it imply that he must be possessive, greedy or selfish.

Consider! Man has been placed upon this Earth for a Purpose. In spite of what the followers of the played-out 'theory of evolution' may say, Man is not a purposeless walking accident, brought about by a billion, billion-to-one chance - a combination of the accidental coming together of primitive substances and random changes of environment. Man is on this Earth by design, and for a specific Purpose - though I do not mean this in any religious sense.

I repeat: Man has been placed in a material world, within a material body, and among material objects and environment. He must learn how to handle material substance in an intelligent and caring way if he, as an individual, and Man as a combined entity, is to evolve.

The author of a book cannot just sit in his chair dreaming or talking of the day when everyone will read his words and when understanding will flow from one to another, whilst regarding the pen and paper as inferior material objects, not worth bothering with. Nor can he afford to sit talking to imaginary gods, asking them to bring about a successful completion of the book and to bring enlightenment to all of Mankind.

**Nothing would ever get done.**

Whatever results are achieved in this world must be as a consequence of the handling of material substance.

### **Materialism**

Religions and philosophies will tell you to disregard material objects, that human and animal pain and suffering are good and necessary and to treat poverty and starvation as natural and unavoidable, and to concentrate on spiritual and 'higher' levels of thought. It is noticeable, however, that in the matter of poverty and suppression some religions are recently changing their tactics to jump on the socialistic bandwagon.

The 'spiritual' school of thought is a good way to justify and condone all the evils that have befallen humanity, to avert blame for them and avoid making the effort to deal with material physical things around him in a more caring, common-sense way.

Without doubt, Man is, by nature, a Materialist. When I say by nature', I do not mean that he has some primitive instinct, dating back to his distant ancestors. I mean that Man's natural and true purpose on Earth is to act, live and think as a materialist - an out-and-out materialist.

know that the word 'materialist' can immediately conjure up in the mind ideas of greed for acquiring and hoarding possessions and desirable objects at the expense of caring for one's fellow Man, because that is the way people concerned with material objects have generally acted in the past. In the same way, Communism has come to represent the Soviet and Chinese system of total State control rather than simply a system of people living together in communes. Democracy has come to represent the Western system of government by a manipulating few, rather than government by the people.

As the words 'democracy' and 'communism' have been corrupted  
By misuse of the pure principle, so the word 'materialism' has  
been corrupted. The true meaning will emerge as the explanation proceeds.

## Degrees of Refinement

The first point to realise, without doubt, is that **everything is substance** - everything within this Universe is substance: there is nothing anywhere that is not substance.

Rock is substance, wood is substance, water is substance, and so is snow, and steam, and gas. Electricity is substance, as well as light and heat and sound. Substance can be heavy or light, such as water or snow; it can be opaque or transparent, as rock or glass; it can be solid to the touch or undetectable to it, such as wood or a light beam. Substance can have a whole range of qualities and appearances, and yet, of all these, the most vital difference is that of degrees of coarseness or refinement. You could say that a degree of refinement of a substance represents the degree of evolution of that substance.

Upon this Earth, for example, you have the substance that is dense rock near the lower end of the scale, and the substance that is Thought at the higher end. In between, there is wood, wool, wax, water, gases, electricity, heat, sound, light. If you doubt that some of the more refined substances are, in fact, substance, then watch a sound shatter a glass or cause an avalanche, watch a laser beam of light cut through a solid foot of steel, or watch a thought move a limb of the body.

Substance is merely another word for Matter. It is correct to say that all that Man can experience on this Earth is Matter, nothing else. He has been placed in the midst of a living, moving, changing, active world of Matter. Everything that he can sense, perceive or conceive in any way is nothing more or less than Matter.

## Evolution is not body-change

Now in order to understand what is the nature of Man, we have to know just what is his Purpose for existing on Earth, and to realise all that that implies.

Man is on Earth in order that he may begin to Evolve - and I say 'begin' deliberately, for the Earth can be regarded, from the point of view of Mankind, as his launching pad on the very first stage of his evolutionary journey. But what does Evolution mean? It is a word used so often by philosophers, religionists, gurus, geologists, biologists, and a whole list of other 'experts', not to mention the masses of people who have been indoctrinated them and who repeat their phrases and jargon blindly. But perhaps the most fashionable use of the word Evolution is the meaning given to it by the 'man-from-monkey' people - Darwin's followers. They claim that no individual person ever evolves, **it** that the species as a whole (or in part) evolves by changing the body into the shape of another species - but that it is only the body (and brain) which changes.

All in all, the experts seem to regard evolution either as a change in body shape and brain capacity, or as some occult and therefore unexplainable) enlightenment. Neither theory can tell you, in a practical way, just how to achieve this change, can demonstrate by bringing about such a change in themselves: they can merely produce reams and

volumes of jargon and complexities, with liberal sprinklings of foreign words, with which to baffle and confuse those who would sincerely like to know.

And yet the true meaning of Evolution is simple to explain and easy to understand. Evolution merely means learning how to handle substance correctly. It means understanding all about the nature of each substance and how it fits together with every other substance in a harmonious way. It means learning how to manipulate those substances so as to help change them to a better state - for the benefit of the whole.

### **Free choice essential to Evolving**

Man is no accident upon this Earth: he was placed here - for a specific Purpose. He was placed among certain substances which can either exist together in one harmonious whole, or can clash, grate and hang, and set about destroying one another.

How those substances are arranged depends entirely upon how the race of Man chooses to arrange them. The last phrase holds a really vital meaning, for the one essential condition of evolving is that the being learning to handle substance must have free choice to decide whether to handle it correctly or in the reverse way. In other words, he must be free to decide whether to care for that substance or not. And this is bearing in mind that everything that Man experiences or comes into contact with whilst on Earth - from grain of sand, to insect, to light, to cow, to water, to Man, to Thought - is substance.

Nothing ever remains as it is, everything is changing constantly - structurally, internally, externally, in location, pattern of movement, even in rate of change. This applies throughout the Universe. Consequently, all collections of substance which are beings, and which intend to remain as beings, must also be constantly changing, improving their ability to handle different forms of substance which they encounter.

All is in a state of change - always. Therefore, to evolve or maintain a state of harmony with Reality, you must constantly change and that change must be for the better - improvement. No man (or woman) can afford to rest on his laurels, to be content with the way he is. In Reality, away from the Earth flexibility and change are essential to survival. The overriding rule is 'Change - or be destroyed.' This same rule applies to Mankind on Earth, and it applies now.

### **Evolving means Survival**

Evolving means survival - from the lowest of beings to the highest. Every being that refuses to evolve, automatically brings about its own destruction eventually. That is why Man should adopt a practical, down-to-earth attitude at all times.

No theories of gods, devils, spirits, or other abstract ideas can serve any useful purpose or be of any value whatsoever to Mankind. Only Matter is essential to Man's evolving, to Man's continued survival. First, middle and last, Man's primary concern must be the substance in which he lives, if he is to continue to exist as a being.

To despise Matter as being of a low order compared with some imaginary non-existent spirit of any form, is the height of ignorance and folly - and extremely dangerous, to say the least.

Now it may appear to some of you that I repeat myself too often, but I tell you that it is not so: there are some facts of life that are of such momentous and vital importance to Man's survival that they cannot be stressed too strongly or repeated too often.

### **Man deals with himself**

To fully understand Thought Patterns and the way that they interact, it is necessary to realise that all of Man is ONE - yet divided up into what appear to be individuals. Not the machines he inhabits, the personalities and the masks that he wears, but the thought-being that is within.

That is how all the thought patterns of Man come to be interacting and interlocking. In strict truth, no individual was ever born on this Earth, it is the race of Man which was born, or rather is constantly in the continual process of being born.

No one of Man is an independent unit, either before, during or after his stay on Earth. The fate of Man is decided **as a whole**. He either uses his free choice to decide to begin to evolve, as a being not as a body-machine, or to go down to destruction - as a whole.

When a man damages or harms another, he damages and harms himself; when he cheats another, he cheats himself; when he judges another, he judges himself; and when he helps to destroy another, he helps to destroy himself. When two bodies are joined together, as in the case of Siamese twins, then this is more apparent, easier to see how if, for instance, one breaks the leg of the other, then he himself is disabled.

With rare exceptions, individuals of Man are not joined together in body, bonded in flesh, but all of Man are linked inseparably in their true state. The fate of each being which has inhabited a human body-machine on Earth, or is at present inhabiting one, is bound completely and unchangeably to the fate of every other one of his kind - every one of Man. This is the nature of the being that is Man. He must at all times realise that when he is dealing with other people, he is merely dealing with, or interacting with, another part of himself.

### **Judge another - judge yourself**

Consider a standard situation, typical of many other similar cases, but with differing details: a case of a family who are educating their youngest member at home, a boy of thirteen, allowing him to learn how to handle wood and plants, etc. The authorities object to this. The case goes right through to the Appeal Courts where the judge rules that the boy must have official interference and control in his present lifestyle (schooling), because he cannot use written words sufficiently well to please the judge (who incidentally is not as proficient in craft work as the boy is). Consider the way the family is condemned and the way that authoritative education is imposed upon them and their son.

Take the man who professionally sits in judgement upon his fellows: he himself may have a thought pattern which causes him to like dealing with words, and yet the other part of himself whom he condemns as being illiterate (as in the above case), may have the type of thought pattern which causes him to like dealing with wood or plants or fishes. He may condemn the boy to years of misery, being forced to struggle against his natural life pattern, to learn about the substance of words.

Yet he judges and condemns without realising that it is essential to the evolution of his whole being that a part of himself learns how to handle one type of substance (say, words) in a good way, whilst another part learns to handle another type of substance (say, wood), and yet another part of himself must learn to handle yet another substance (say, soil), and so on.

If he prevents any part of himself from following that part's own thought pattern and choice of substance which he was intended to handle, then he is destroying his own chances of evolving. He is, in fact, destroying his own chances of survival as a being.

His action of condemning the boy to years of enforced schooling in word-type substances would, in fact, be doubly destructive - for not only would he be preventing the boy from learning how to handle, with sufficient understanding and dexterity, the boy's own prearranged substance of say, wood, but he would be misusing his own chosen substance of words: two parts of himself would have been prevented from evolving. One would have chosen not to Care, and the other would have been prevented from Caring. Thus a judge condemns himself.

Caring is merely the application of pure Intelligence to the handling of substance. I say 'pure' Intelligence because in a way the whole of the thought tracks of Man are infused with Intelligence, but the lifestyle that Man uses on the track of non-value is contaminated by indoctrination. There are many levels of Intelligence contained in the lifestyles - strong or violent emotion being the lowest level - but the overriding factor of indoctrination dilutes even further the small amount of Intelligence present on any part of the non-value track.

## **Caring versus Kindness**

When you decide to stop thinking and acting automatically according to your past indoctrinated ideas, and to look honestly and impartially at why you do everything - then you start to use pure Intelligence to a greater degree. Common sense, free from the censorship of indoctrination, and without the selfish motivation of emotion - that is Intelligence.

Looking to see how you can improve any substance you handle, to leave it in a better way than when you encountered it, seeing how you can always act for the benefit of others, impartially and putting aside self-interest - that is Caring.

But when dealing with other people, it is a matter of seeing what they need, not what they want. That is the difference between Caring and Kindness. Being kind to demanding and encroaching people, especially children and old people, can be the most uncaring thing you could do for them, when what they really need, for their own welfare, is to be told clearly that their manner is demanding or encroaching and needs to be changed.

When dealing with people who are diseased, disabled, troubled in mind or in depressed circumstances (conditions all brought about as a result of their own uncaring thoughts and actions), before you started pampering and do-gooding, it would be better to ask yourself if your 'kindness' in doing or giving them what they wanted would actually help them to make an effort to change their attitudes and their circumstances - or would it merely make them content to remain the way they are.

If, for instance, there is an old lady living by herself whose family and neighbours do not visit her, then for you to take it upon yourself to visit in their place, even when she is cantankerous, unappreciative and maybe rude and demanding, is being uncaring of the lady. It would be better to ask her to look at, even to point out to her, just why her relatives and neighbours bun her. If it is because of her nasty attitude towards people, then she deserves to be alone, and you should tell her so.

That would give her a chance of changing to a better way. It would be true caring. To visit her, to put up with her ways and sympathise with her, would only confirm her in the state of mind she was already in. It would be kind - but most uncaring.

In old people's homes, it is a common sight to see the old ones sitting idle in their chairs in the lounges whilst 'staff' wait on them, even making and bringing them cups of tea. Yet there are always some who are quite capable of making tea, others of serving it, whilst those who cannot walk could be sewing or flitting for the rest, some could be writing letters for those ho do not see well, and so on.

If people can be useful to their fellow Man in some way or other. To allow and encourage them to sit in idleness waiting r death is uncaring, making them feel useless or become lazy, expecting others to do everything for them. They would all be happier

and feel more useful, wanted and satisfied, if they were 11 expected to contribute usefully to the welfare of themselves and their colleagues. Their state of mind would be much more alert. That would be caring of them - and they in turn would ~ encouraged to become, not kind, but usefully caring of others.

People and their emotions are substance, and they need to be handled with Intelligence - that is, with Caring. Caring is merely the application of Intelligence.

There is a saying: 'You have to be cruel to be kind.' But it would really be more accurate to say: 'You have, at times to be unkind to be caring'.

### **Illusion**

You can only ever see what your thought track allows you to see Even though your eyes may be quite healthy, you see only small fraction of what is there, and an even smaller fraction of what is actually occurring. The fact of seeing only that fraction keeps you living within a world of your own - with your own illusion.

This is not a bad thing. In fact, it is essential, for it means; that you only have to deal with a very few, limited aspects of substance at one time. To see all that is there, at the same time, would make it far too complex and confusing for you to cope with.

Consider the aspect of size, for instance. The human awareness of vision is arranged to concentrate upon a small range of size Objects of one hundredth of an inch appear merely as dots to the naked eye: whether that dot is a spot of ink, a speck of soot or a complex living creature is hardly noticeable. Colouring or movement of the object might help to identify it, if you were familiar with that type of object, but if its size were only one thousandth of an inch, then even that would not help. Many one-thousandth of an inch, as also are billions of solid and liquid particles floating within the atmosphere all around you. You are totally unaware of them, visually.

You look at your hand and you do not see the teeming mass of minute creatures living upon and within **it**: you merely see skin. Even when you think you see skin, you do not see the millions of minute channels of which **it** is made. Super, in each square inch of area. It is a fact that, with a powerful microscope, you could manage to observe a slight fraction of those tissue channels or living parasites, yet again your vision is severely restricted, for in seeing the minute objects, you would be unable to see the hand, being able to view only a small fraction of **it** at one time.

To turn to the other aspect of size - bigness - you do not observe the Sun, Moon or Stars, or the Universe at large, in any way except as an ant would see a man: **it** observes a part of his shoe or foot, and perhaps a large shadow or dark mass in the 'sky'. Yet this view which the ant perceives gives it no real indication of the nature of a man, just as the man's view of the Universe has given him no clue as to its real nature, even with the aid of telescopes.

## Seeing only a fraction

The ant may learn a little of one fraction of a toe, by nibbling at it, but that could lead it to assume that all of the man was merely an extension of the toe - one big toe, in effect - just as Man nibbles at his Earth and the surrounding area, and makes wild assumptions about the rest of the Universe.

Man can never, in any circumstance, see the whole of any object or understand the real nature of **it** by observation. Assumption and theorising do not help. Size defeats him - the range of vision which his thought track allows him ensures this.

Not only does Man see only a minute fraction of what is there before him, he also sees a merest fraction of what is happening in front of his very eyes. This is because his thought pattern is geared to see only the happenings or movements which occur within a certain limited range of speeds: he does not see a bullet passing one foot in front of his eyes, it is too fast, and he does not see a flower growing in his garden, it is too slow. Only by continuous photography, slowed down many times in a film, or speeded up many times, can he see the bullet or the growth of the flower.

Compared with the limitations of speed imposed upon Man's vision by his thought pattern, the range of speeds at which objects do in fact travel, is unimaginable - from speeds far faster than what scientists regard as the speed of light, to so slow that the object seems totally immobile, even to the most patient slow-motion photography. Again Man's viewing is cut to a fraction.

Next, consider transparency and its opposite condition, opaqueness - in other words, what you can see through and what you can't.

The nature of substances in which Man lives is either extremely coarse or extremely fine (refined), and every variation between the two. Roughly speaking, though not in all cases, the more coarse or dense a substance is, the less chance light seems to have of passing through it, and the less chance Man has of seeing through it. A brick wall you cannot see through, water you can partially see through, and air you can see through to a very great extent. There is practically no variation in this ability (except as a person's eyesight fades), so the number of substances which block or partially block your view as you look around is fixed - and so your vision is limited yet again. An object could be one foot from you and yet you might not be aware of it, if a sheet of paper were placed between your eyes and the object.

You think you see a person's body, if it is naked, and yet all you really see is skin surface and hair - and an outline of shape. You cannot see his bones, his organs, his blood, his tissue, etc. You see only a fraction. It is all that is on your thought pattern to see. All that the nature of substance around allows you to see.

But what if you had a form of X-ray vision, or used an X-ray machine? Your vision would still be as limited, because even though you might be able to view certain

coloured items and bones inside the skin, you would now not be able to see the skin itself. The fact that you can see 'through' a substance means that you cannot see the substance itself. You cannot see the moving air about you, unless some colour is introduced into it, nor can you see what water is - only the visible objects contained within it, or the reflection of light upon it. Another severe limitation upon your viewing of substance - of what is there.

### **Restriction simplifies life**

Light, dark and all stages in between: a dull day or twilight partially restricts vision of everything, whereas the brilliant sunlight clarifies certain objects, but dazzles you when shining upon others and casts deep shadows on yet others. Also, coming from dark suddenly into light, or bright light into darkness - this cuts down observation ability. In fact, any slight change affects it to a certain extent, and total lack of light eliminates it completely.

So you can see, by means of those few illustrations, just how very, very limited is your vision: you see only a fractional part of what surrounds you, of what is happening around you. Because of this, the view you have of life is a grossly distorted one - an illusion, in fact.

Yet this illusion is designed so that substance can be dealt with by the body-machine in a simple yet caring (Intelligent) way: the thought track can allow the mind to deal with one simple aspect at a time.

When you observe substance, an object, person or event, your thought pattern allows you to see whatever is necessary for you to be able to handle it in the correct way, or not, as you choose. Allowing you to see, every time you looked, the teeming mass of life and interaction within those substances would divert your attention needlessly, drawing attention to millions of activities which are not your immediate concern and would only confuse your lifestyle.

### **Know Yourself**

Many people, especially the 'guru' type, have over the ages repeated the occult phrase 'Know thyself', given a knowing wink implying their infinite wisdom, and sat back to watch a baffled group of followers struggling to understand just what they were talking about.

Strangely enough, never do you hear of one such 'master' of the occult, or of Western philosophy, who actually followed this up by telling them how, in a specific or practical manner. Now there has always been a very good and valid reason why they did not, and do not, tell their followers '**how**'. Simply - that they do not know themselves.

It is on a par with social or medical advisers who glibly tell anxiety-ridden people: 'Do not worry!' They never tell them **how not to worry. In fact, all** such advisers have worries themselves to a greater or lesser degree. Psychiatrists, for example, have a far higher rate of anxiety (neurosis) than the general public whom they presume to advise: medical records show that they have a higher rate of suicide.

Priests and preachers who spout these wise and occult sayings about 'knowing yourself' are afraid of death, saddened by it: they moan, pray, cry and grovel over dead bodies. They whine to their gods not to let so-and-so die, and treat the matter as a great tragedy when he does die. Seven hundred million people were begging their god to save their religious leader from dying, not so long ago - not that **it** made a scrap of difference.

Are these the actions of men who know themselves, to dread the coming of death? Once you know and understand yourself, you also know that you do not die, but merely abandon the body you have been inhabiting, and transfer your consciousness, your 'being', to another location, a familiar one from where you originated before your visit to Earth. To look back and see people playing with the decaying body you have abandoned, seeing them in a state of fear, self-pity and superstition, would be a ridiculous sight indeed.

To know yourself means to know who you really are, what you really are, and what is the purpose of your existence upon this earth.

A person who knows himself does not need to dress up in fancy robes, use foreign or complex words to impress his followers, nor to regard death with fear and loathing. Nor does he sit with his limbs in unnatural, twisted positions, muttering occult phrases that he has read in some book.

He has peace of mind, health of body, clear understanding of birth, life and death. And, more important, he can explain to you, simply, how you can come to know yourself, too.

### **It hurts to look**

Yes, to arrive at a state of seeing clearly and impartially just who and what you are, is a simple matter': nothing complex in any way. And it can take you as long or as little a time as you **choose. But** it takes the full use of courage. Never more courage than a person has available - but often more courage than he cares to use. Like drawing a tooth without anaesthetics

- it's going to hurt you for a short while, but will cause you far less pain than you already have.

The hurt would come about at the moment you honestly looked at yourself - without all the camouflage and self-defending. The pain would be the shattering of illusions about

yourself, your personality, your character, how you have been - up to the point of looking. But it would be quick with each realisation.

However, there is a type of pain which can be long drawn-out and agonising, and that is the fight which takes place within yourself when you cannot pluck up the courage to really look with absolute honesty at how you are. It comes about with the automatic defending, denying, evading, justifying or ignoring of the unsavoury parts of yourself that are being held up for your inspection, **it** is rather like having to have reset a badly broken leg without anaesthetic, and without being strapped down so that you cannot move or resist the process, but are free to jerk and twist and even attack the person trying to perform the resetting.

Imagine how long the process would take and the unnecessary damage done to the area of the limb in question. Imagine the pain! And all caused by the struggle against the setting of the limb. The same process can occur in the mind: you may say you sincerely want to look at the rotten parts of yourself and to be rid of them, yet you fight against having them uncovered, even to your own sight, and then fight again like someone insane against their removal. The time taken could run into years, if you did have this attitude, or go on for the rest of your lifetime.

The story of the resetting of the broken limb is, of course, only a rough example to illustrate the sort of fight that can go on in the mind of a person who wants (or says he wants) to see himself, and yet cannot bring himself to honestly look at how he truly is. It is not really the getting rid of faults that is painful, but the looking honestly at them, the admitting that they exist. The getting rid of such attributes would follow automatically, once they had been faced without reserve and without one iota of justification or non-acceptance.

### **Simply a matter of choice**

Now at this stage I could say, 'Can you do that?' or 'Do you think you could do that?' But that question is entirely unnecessary. Each and every person upon this Earth can do **it** - if he cares to do so. The only question to be asked is whether he chooses to do it. It is no harder or easier for one person to do it than another, no matter how it may appear on the surface.

If you have never really attempted to look at yourself in a deep way, you may now be wondering either what all the fuss is about, merely looking more closely at yourself, or you may have become highly apprehensive at all this pain and suffering that lies in store for you if you decide to go ahead with the one and only method of ever understanding yourself.

But, as I explained, it need only be a short, sharp, painful shock - or it can be a long, agonising struggle. It depends upon whether you fight it, or whether you take your courage in both hands and look with **absolute honesty**. **It** is quite simply a matter of choice.

Now we come to the practical part of the operation, the actual doing of it. Merely discussing and theorising would keep us down on the level of philosophers, wouldn't **it**? And as the philosophies of the world's greatest philosophers have been applied (even to precise and extreme lengths), and still none of the major problems of the world have been solved, it should be fairly obvious to any common-sense person the futility and hypocrisy of being a philosopher. So onward to action.

### **The Action and the Motive**

In considering what a person does, it is necessary to be absolutely clear of the difference between the action itself and the motive for performing that action. In order to see and understand the state of the person performing the action, these two must be regarded separately at all times.

No action, in itself, is either right or wrong - only the intention of the doer, the motive behind the action, can make the performance of it 'right' or 'wrong'.

Is it wrong, for example, to kill a human being? Take for instance the example of a piece of rock which falls on a man's head, crushing him. Was the rock wrong to kill the man? Well, obviously you would not even consider a rock capable of a wrong action. And why? Because it is incapable of intending to kill, or of being conscious of killing - therefore the question of right and wrong does not arise. Quite reasonable!

And yet Man, when **it** comes to judging his fellow Man, is not so reasonable. He condemns him for having done wrong merely upon the basis of seeing an action performed, often totally disregarding the motive or intention. For instance, a man may be judged and punished for performing an action contrary to an invented Law of the Land which he was totally unaware of. In judging whether he has done wrong or not, the proof that he has performed a certain action is often sufficient, whether he was aware of performing that action or not, or whether he was aware of breaking the Law or not. 'Ignorance of the Law is no excuse,' we are told. The man is declared to be guilty.

So, motive is the all-important factor when considering the rightness or wrongness of the performance of an action. This applies no matter which code of ethics or principles you judge the motive against. Let us examine a few examples.

A man has killed a fellow being - was he right or wrong to do so? It depends upon the circumstances, you may say. Well, he saw the other approaching him, took up his gun and shot him between the eyes. Was he right or wrong?

But I need to know **why** he shot him.

Ah! You are asking for the motive then. I could say he shot the other because he thought he was going to attack him and kill him otherwise. Or again, he shot him for the pleasure of killing. Or, he shot him by accident, really aiming for another target. Or, he thought the gun was not loaded and he was playing a joke on him. Or, he was hungry

and wanted to eat the body. Again, he wanted the fur skin of the other to make a coat. Or, he had been given instructions to kill by his superiors.

Notice how, with each change of identity of the victim (man or beast) and more important, with each change of motive of the killer, so your assessment of the rightness or wrongness changes

When beginning to look into yourself, to see how you really are, it is no use making a list of 'good' or 'bad' actions and habits and assessing yourself by weighing one against the other. You will always end up by deciding that you are, overall, quite a decent person who doesn't really need to change very much.

### A Test Case

So now we have reached the stage of not merely looking superficially at an action to see if you have done right or wrong, but of looking to see the intention behind that action - just why you performed it. Again, let us take an example, in order to be able to see more easily just what is occurring.

Let us say you have joined the nursing profession and eventually become a hospital 'sister'. Looking at that action, of becoming a nurse, tells you nothing about your inner self. So now you go one stage further and ask yourself WHY you became a nurse. The answer may come readily to mind - you want to spend your life caring for sick people!

Here, you stop and sit back and look at your answer. You may smile to yourself, and feel self-satisfied:

- What a worthy cause! What a noble motive! Who could possibly doubt the rightness of such an action, such a motive! To devote one's life to caring for the sick must bring acclaim in anybody's eyes, judged by anybody's standards. Good. Now let's consider the next action on the list.

- But wait a moment! I thought you said you were going to look deeply at your actions and motives.

- Well, isn't that what I've just done? I have openly looked at my action of becoming a nurse. And I truthfully stated my motive, my reason for doing **it** - to care for sick people. And proud of it! That's the truth. What more do you want?

- Let me ask you another question: Why do you want to care for sick people?

- What sort of question is that? It's obvious why I want to take care of the sick: I feel compassion for them, I want them to get better.

- Any other reason? Any selfish reason?

- No, of course not! What other reason could there be?
- Well, I had hoped that you would be the one to look deep and tell me the answer. As you seem to have stuck at that point, allow me to make a few suggestions:  
You said you were 'proud of it'. Are you proud of being a nurse? Are you proud of your uniform, of wearing a badge, of being given the title of 'Sister', of putting the letters S.R.N. after your name? It is prestigious, isn't it? Do you get any satisfaction out of those things? Do you like being in charge, giving orders to patients as well as lower nurses and domestics, etc.? In other words, do you enjoy the power? Now, be honest! Most people enjoy positions of power, no matter how low in the scale.
- Well, to be honest, I am proud of my profession and I do like my title - but that isn't the reason I became a nurse.
- Give yourself a little test then. Imagine you were stripped of your rank of 'Sister', or even 'Nurse', had your badge and letters taken away, and were told that it would be more helpful to the sick if you worked as a 'domestic', cleaning the wards, toilets and kitchens (because there was a shortage of such people and there were two extra sisters). Would you be willing to do that, without hesitation?
- Well, no, I don't think it would be right. I .....
- Thank you. You have answered my question. The next one is: Would you still remain in nursing if you were made to accept a lower rate of pay - say from a Sister's rate to that of a trainee Nurse?
- No. That would not be fair. I could not manage on that amount. I have a home and family to help to support and many other commitments.
- I hear you were on strike a short while ago for more money and better conditions. Isn't this the same as showing that you would cease to take care of the sick unless the price was right? Does that not reveal the real reason you are doing that job?
- You are only twisting things around. We have every right to ..... etc., etc.

### **Incentive is part of Motive**

So you see, that person's motives were not what they seemed on the surface. Even though the questions were not answered fully and openly, the answers were enough to reveal that prestige, self-satisfaction and money were all part of his/her motives for being a nurse. Of course, I am only using the profession of Nurse as an example. I could have used equally well any other profession which appears to have high motivations. An examination of your own, for instance, may prove interesting.

It is not enough to ask yourself the first 'Why?' You must go deeper and keep on asking 'Why?' - you must also consider what you gain by taking any particular course of action, and if those benefits gained are part of your motives.

Realise that if any of the possible benefits for self form a part of the incentive for acting in any particular way, and the withdrawal of them would make you any less enthusiastic to perform those actions, then they are part of your motive.

This is a normal part of the struggle against looking into your real self, the real character you have assumed, within the body, during this life.

### **Justification**

Generally, the first tactic is to try not to look at an unsavoury aspect of your thoughts or actions - either by glossing over, evading the issue, diverting attention to someone else, pretending you just do not see the point, or even denying it exists, point blank.

However, once it has been held undeniably before your eyes, so that you cannot escape from looking at the aspect in question, then the next method of self-protection from truth is justification. A determined effort to show how what you did (or thought, or intended to do) was perfectly justified in the circumstances.

These two stages, the avoidance of looking at a 'fault' or ulterior motive, or the justification of **it**, occur when another person is trying to point out a 'wrong' action to you. Yet both can also take place when you make some attempt to look at yourself, by yourself. The self-defence mechanism comes into play swiftly and fully, at an instant's notice - like a drawbridge being raised at the first signs of the approach of anyone who might look the least bit threatening or dangerous. A well oiled drawbridge. Justification may be merely showing how the circumstances made such an action necessary, how badly things could have gone had you acted in a different way.

### **Blame somebody else**

The most popular sort of justification of your actions is I blame somebody else. For most people, merely to show the another person acted unjustly or uncaringly is sufficient reason to justify an uncaring action on their part. Even a supposed possible wrong action on the part of another is often considered sufficient reason to warrant uncaring or harmful action on the part of the one demanding justice:

"I attacked him because he attacked me," or

"I attacked him because he was going to attack me," or even "I attacked him because he might have attacked me if I didn't get him first."

In this manner wars are justified.

Alternatively, actions or attitudes may be justified or defended by pointing out worse actions committed by other people - especially those committed by **many** more people:

“You’re accusing me of that petty thing? You should see what he does!”

“You’re telling me off about shooting the odd bird with **IT** air rifle - but you don’t mention those people who go clubbing thousands of baby seals to death just for their skins.”

“Why pick on me? Of course I cheat in business - but ever body does it !“

Another very common form of self-justification is to transfer responsibility, and therefore the blame, to somebody else - usually some higher authority. How often do you hear the same old cry, ‘Sorry, but I’m only doing my job!’ or, in military circles, ‘I’m sorry, but I was only carrying out orders!’

Personally locking possibly innocent men in cages, over periods of years; evicting destitute families from houses onto the streets; dragging screaming, distressed children away from their parents to be locked away in ‘care’ because they could not face school - these are but a few examples of ‘Only doing my duty!’

### **Need to overcome indoctrination**

To obtain peace of mind, to understand what and who you are, to know the reason for your existence on this Earth and your own specific Purpose in life, to discover the nature of your real self - in other words, to know yourself - you must be prepared to look at that vital element which decides the lifestyle you adopt, the state of health of your body-machine, the state of calmness or torment of your mind, and your success or failure in handling the substance of your own environment - as well as whether or not you begin to evolve.

That vital element that must be revealed fully to your gaze is your basic intention, the real motives behind your actions.

It is most essential that you be prepared to look deeply and entirely honestly at your inner motives. It takes courage and determination to do this. The indoctrination of your society has taught you to resist doing this at all costs. You must be prepared to recognise and put aside the whole range of automatic cover-up devices that spring to attention immediately ‘motives’ are mentioned - the glossing over, evasions, diversions, pretended non-understanding, point blank denials. Be on the alert for self-protective emotions that are used as guardians of your inner secrets, when an attempt is made, especially by others, to dig down to your basic motives - indignation, anger, resentment, self-pity, confusion, and so on.

Your true motives will have dug themselves in and be prepared to use all weapons to remain undercover, and yet they are the real you - or rather the only true indicator of the real you and the nature of the thought track or lifestyle you have selected to use as your own.

Forget totally about lists of actions you have performed, for or against other people or things. Disregard the measuring of your past actions against sets of man-made rules and regulations, whether from religious books, Society's laws, or merely old traditions and conventions. How your actions measure up to those rules will tell you nothing about yourself. I repeat, no action is right or wrong - only the real motive behind it makes it so.

Do not be afraid to look. Once you have made the effort to look, in all honesty, then you will have earned the understanding of yourself and your relation to life and the Universe. Then you will be able to look at the gurus, philosophers, and other professional wise men and agents of the various gods, and see them clearly for what they are - charlatans, in a state of gross ignorance whilst wearing masks of wisdom and kindness over innards of corruption and other selfishness.

You will be able to look at them with calmness and peace of mind understanding them because you understand yourself, having taken that first step on the road to evolving, knowing you can never die, but only increase in the Essence that is Intelligence.

### **Deviousness means loneliness**

A person practising deviousness upon another (colleague or companion) must feel himself to be apart from that person. Someone who is persistently devious, as a way of life, must feel very much alone. He is forever engaged in concealing his inner self from the other, so he can never share with them a part of what he really is, in thought. In excluding others from knowing what he really is, inside himself, he deliberately separates himself from them. He erects his own barrier.

In this way he can never share himself (his inner self) with them - even when it is wife, lover, husband or close friend. His body and surface personality (his mask) may intermingle with many others, with their bodies and masks, or even their inner selves, but he himself remains in isolation.

Yet the very nature of the real self craves a sharing with other real selves, those of his own soul kind. The deprivation of this sharing creates a deep feeling of lack, of emptiness. This empty feeling is known as loneliness. To be open and honest with another is to share what you are with that person. It is an essential form of giving.

Deviousness is a concealment and hoarding to yourself of all that you are within - a deliberate withholding of thoughts, ideas, true senses, understandings, basic feelings, objectives and so on. In these circumstances no change of capacity, no evolution can possibly take place - no growth of understanding or realisation, or fulfilment of any positive needs. In fact, all positive or caring ideals must shrivel.

As regards your own Higher Intelligence, the only communication you choose to have with it, whilst you remain using that lifestyle, is a constant stream of thoughts of self

and how to manipulate all for the best benefit of self (self being regarded as the body-machine). You deny what you really are - and that brings about the most intense loneliness of all.

## **Meditation**

Calmness and peace of mind are qualities that those who meditate just do not have, and can never have - and yet, ironically, that is just what they are seeking. Meditation is carried out for two main objectives: one, to obtain a level of calmness of mind by blanking off the mind from everyday thoughts, especially worries and problems; and two, to achieve a mental communication or oneness with a higher self or a Universal Mind. As far as both these objectives are concerned, the practice of meditation is self-defeating.

Mostly, people who meditate are cowards: they try to push aside and escape from their own pressures and anxieties by shutting out such thoughts and attempting to launch themselves into worlds of unreality or even oblivion. They are afraid to face their problems and try to pluck up courage by hiding from them for a while - not realising that their problems do not go away but are still waiting for them when they return from their stupefying journey into a state of non-awareness or non-reality.

Your conscious thoughts are your only link with your own Higher Intelligence: there is no other Universal Mind or Entity. Those conscious thoughts were arranged, by that Higher Intelligence, to arrive in a constant stream at your brain/receiving set for you to use fully. All that you require to lead a full and purposeful life, with ease of mind and body, is contained on those thought tracks. Realise that Intelligence is not stupid. It does not ever send you thoughts that are unnecessary or useless (although it does allow you choice of lifestyle). Each thought serves a purpose - even those that cause you pain.

Consider what meditation really is: it is an attempt to concentrate the mind on one thought, or one type of thought, an attempt to slow down the flow of thoughts or even to shut down the thinking process altogether. And yet **it** is impossible to stop thinking - as long as you are not asleep or unconscious. No-one ever goes into trance, no matter how cleverly they may fool and convince others that they do.

Often those who meditate pass into a state of slumber, which can provide a much-needed rest in some cases, especially to those who are in a state of near-exhaustion due to the pressures of the hectic or worrying situations surrounding them. And of course they often 'come to' feeling more relaxed and refreshed than before they started with the meditation session.

But the constant practice of slowing down or blanking off the flow of thoughts has disastrous effects - and this is especially so with the most popular type of meditation in use in the West today. The effects of those intensive courses of meditation are there for all to see.

Their slowness of thought in everyday life is blatantly revealed by their slowness of speech, their hesitation and the long pauses before replying to a question. Their inability to hold a line of thought without tailing off, forgetful and distracted, is so evident, too, as can be seen by their habit of failing to complete sentences. They have become slow-witted and unable to concentrate - although they themselves do not realise this.

a slow thinker, slowness of thought appears normal.

However, because they have become dim-witted, less aware and more insensitive to what is happening around them, they have a false feeling that they have become more tranquil in mind (discounting the uncontrolled bursts of violent emotion to which they become prone). All that has occurred, in fact, is that the thought processes have become dulled, in much the same way as the thought processes and senses become dulled by constant drugging with tranquillisers and other medical drugs for treating mental ills.

The only way to peace of mind is to face up to your worries and problems, and eliminate the cause (refer to 'Thought-Induced Ailments'). The only link with your Higher Intelligence is through the streams of thought fed to your brain: to discard or block out any of them is to destroy your only link with Reality.

It is also interesting to note that the popular and commercialised type of meditation most fashionable in the West today is, in reality, an Eastern religion, disguised and introduced by the 'back door'.

Meditation teaches you to neglect your thoughts: you indulge in such stupidity at your own peril.

### **Recurring Thoughts**

Regrets about the past, present problems, and anxieties about the future often come in the form of recurring thoughts. Situations real or imagined, go over and over in the mind: sometimes an emotional scene from the past can be relived hundreds of times in the mind, as can confrontations which may occur in the future.

Sometimes these are thoughts you would like to put aside, but cannot, for they just keep coming - against your will, **it** seems. These are usually the painful, upsetting or embarrassing ones. Others you may wallow in, especially if they harbour situations which instigate hatreds and resentments - or even moments enjoyed with loved ones in the past.

All recurring thoughts about past situations, which are of a painful or troublesome nature, are presented to you for a very good and practical reason and can be most valuable to you if handled correctly. It simply means that a situation occurred that you did not handle at the time in a caring manner - that is, with Intelligence. Situations are merely combinations of substances presented to you for your consideration and manipulation. If you do not succeed in handling it correctly in the first place, the situation occurs again many times throughout life - with differing details.

For instance, you may have been indoctrinated to believe that all foreigners, or those of a particular race or colour, are inferior to you or are out to take away what should be yours. So you may treat those foreigners with loathing or suspicion every time you encounter them. Situation after situation may arise where you become angry and resentful of such encounters. In fact, **it** may eventually appear that your life is plagued by them.

You can either go to your grave never having overcome your particular indoctrination and prejudice or you can one day really look impartially and put that indoctrination aside. The choice is yours, but it is certain that you will be given chance after chance to overcome **it** and act in an intelligent and caring way.

It is substance of one sort or another that the situations present to you. The colour of someone's skin is substance, a foreign accent in the voice, a slant of the eyes, etc. -- all are substances to be handled or dealt with in one way or another.

However, often it is not necessary to actually physically live out such situations. Ones from the past can occur in your mind many times over in the course of just one day. The purpose of this is to give you other chances, over and over again, of adopting a more caring attitude towards that substance.

In order to do this, you have to really examine the situation - impartially and honestly - and see how you could have handled the situation for the benefit of the other person or persons involved, and to make up your mind to act in this way in future situations. Then you will have no need for the situations to keep on recurring in your mind to plague you. If they do, then your conclusion was not correct and you must think again - more deeply and more honestly.

Recurring thoughts are valuable. Do not waste them or suffer from them. Use them fully. Your understanding of life and of yourself will increase by leaps and bounds if you do so.

## **Insanity**

Insanity is a condition which is very difficult to define to everyone's satisfaction, because there are so many differing ideas of what it is. And yet it is something which is both feared and ridiculed. It is, however, an aspect of the mind which must be looked at and not just brushed under the carpet.

Each profession or vested interest has its own definition - according to what is convenient to use. The legal definitions merge with the medical ones, and accordingly change with medical fashion as well as with political convenience. It is all very confusing for the ordinary man in the street, as it is intended to be, and almost every person you meet attributes a different meaning or shade of meaning to the word 'insanity'. No-one understands it. The ones who misunderstand it most of all are the

mind experts whose titles begin with the letters 'Psych . . .' The tangled web of complexity and detail, theory and assumptions which they weave for themselves, and for the bafflement of others, is so great in volume that it gives them no hope of understanding simple fact.

Most of them, however, actually prefer complex confusion to simple fact - if **it** brings them a fat living, wealth and prestige. Why not by-pass such obstacles to understanding, as we have done throughout this book, and you will have far more knowledge and understanding of the human mind and the use of thought than all the mind experts put together.

### **Three Categories**

Insanity can be placed into three basic categories: first, actions and thoughts which are considered to be abnormal, irrational and dangerous, and which form part of a person's track of thought, as arranged; secondly, similar type actions and expressed thoughts which were not in that form on the person's thought track, but which emerge in that manner as the result of damage to the brain-receiver; and thirdly, words and actions which would be considered normal in other circumstances, but which are made to appear as insane by the deliberate manipulations of other people.

The third one is not, in fact, any kind of insanity at all, but it is made to appear to be so, and it is necessary to consider it and have a clear view of the whole picture.

### **Brain Damage**

Bangs to the head that do not shatter or pierce the skull will not damage the brain, such is the way it is constructed, but actual brain-damage can occur in other ways. Medical interference is the chief cause, and this can take many forms.

Surgery is a good way of damaging the brain-receiver, whilst in the process of removing tumours, blood clots and such like, or merely experimenting. Imbecility, cabbage-like states, and even insanity can and often do result from these crude and barbaric ways of treating such a refined and sensitive organ. Such ways are unnecessary.

The next best way of causing direct and irreparable damage to the receiver, and certainly a more popular one, is the use of forceps at the time of birth. Many other injuries, deformities and scars can result from this crude and callous way of handling a new-born (or almost-born) babe, but injuries to the brain itself which are so easy to bring about, as the skull is very soft and pliable at that stage, are often the cause of imbecility in a new being.

With the receiver damaged, the normal flow of thought through it is blocked. What may be regarded as insanity in varying degrees is brought about in some cases, though it may not be noticed until the being grows older.

If the uncaring ones fail to damage the brain-receiver with forceps, then they can have another attempt by the use of drugs. There is a great variety to choose from, as well as a wide selection of excuses for inflicting them on the young child - any small way in which it does not conform to the 'norm', or how the experts think the child ought to be.

The brain is very susceptible to the drugs' damaging effects at this stage. Even drugs given to the mother during the pregnancy can and do cause great harm to the child - as so many unfortunate victims are aware of, every day of their lives.

Not only deformed or missing limbs, twisted spines and other horrific physical disablements are caused, but also various forms of insanity resulting from the damaged brain. Even having medical drugs inflicted on you later in life can sometimes achieve a state of insanity for you, by actual brain damage or blocking the channels of thought, or destroying the 'mechanical' means of using the thought-instructions from the brain.

Non-medical hallucinatory drugs can also be the cause of insanity, often temporarily but sometimes permanently. To live in a world of hallucination, and not reality, is in itself a state of insanity. Being temporary does not make it less so.

Drugs are highly dangerous to the human mind. The only sane course of action is to avoid them - and especially not to allow them to be inflicted upon any helpless babe or child for whom you are responsible.

### **Shock Treatment (E.C.T.)**

The electricity that goes through the wires in your home is a substance. Compared with wood or stone it is a very much more highly refined substance. There again, compared with the substance of Thought, electricity is a coarse and blundering substance.

If you had a small computer, with 'cells' made of the very finest microchips and the most miniature and finest circuits within, and then you were to blast the household electrical current from one end to the other, indiscriminately, you would urn out circuits and cells and destroy the machine in a flash. But of course, you would never really do such a thing to your computer machine, if you really cared for it at all. Imagine :he disastrous effects, therefore, if you were uncaring enough to push a blast of electricity right through a machine of a million times the refinement of your microchip computer. With absolute certainty, parts of that machine would be destroyed beyond repair. Yet that is what is perpetrated upon the human brain by members of the medical profession who have no conception of the damage done - and what is more, do not care.

They know that no mental disorder was ever cured by this mass slaughter of brain cells and linking circuits. Yet they know and see full well that it can and does turn many victims into zombie-like creatures - and still they carry on with their barbaric 'treatments' and experiments. Of course, it does calm down 'troublesome' people and make them docile and easier to handle

- very convenient if those responsible for and in charge of the victims want an easy life, and if they cannot, because of their ignorance of the mind, do anything to really help them.

To treat the ultra-sensitive brain, the mind, of their fellow man in that cruel, barbaric and wantonly destructive manner is a crime against humanity and the very Soul of the Universe. All concerned who condone such practices must also take their share of the blame for this blundering assault on the mind of Man. To be in a state of ignorance regarding the structure and workings of the human brain is understandable, but to play and experiment on the brain whilst in ignorance is inexcusable.

Never, under any circumstances, allow anyone to tamper with your brain. It is your one and only link with Intelligence, and you should not let them destroy that link for you.

### **How sensitive the Brain?**

It has been stated, when referring to the fact that brain damage does not occur through hard bangs to the head, that the brain is not delicate. It has also been stated, when referring to damage caused by Shock Treatment and medical and hallucinatory drugs, that the brain is very refined and sensitive. Both these statements are true. The brain is made up of a very flexible type of substance which is easily able to withstand shock (of bangs) to a great degree, but this is quite different from the numbing, blocking effect of drugs, or the searing effect of electricity.

Regarding the use of drugs, the brain is active only as long as the track of thought is active. It is the receiver of the thoughts of that track and it becomes useless when there is nothing on the track - a period of drug stupidity that overrides the messages which were on the track, arranged to fit in with the situations being experienced.

It is akin to the tape of a cassette which, in different parts of it, has had a coating smeared on which prevents the voice or sound from being fully understood or even heard at all. This therefore dulls the receiver. The Duplicate track is also prevented from working to capacity, for the same smear or coating would be on that also.

Alcoholic drinks, when taken to excess, can have the same effect as drugs. It causes the smearing over of the thought tracks, this in turn causing a blurring of the senses. It prevents the normal pattern of the character from coming through. It befuddles, causing idiocy during the period immediately following its consumption and mingling with the body juices, whereas drugs block for longer periods.

A person taking hallucinatory drugs may imagine that they are strengthening themselves in mind, giving themselves a certain insight and understanding not attainable in a normal state, when in effect it is a weakening of the character of the person, a mere distortion of Man's reality.

A person in drink can often fall into a drunken slumber and not recall the drunken period: a drug addict wants more of the drugs to take him into the state of strength or heightened vision (as he thinks) which he has recently experienced.

Drugs are destructive. Medical drugs, though not so obviously affecting a person's conscious thought pattern, or to such an exaggerated degree, are certainly as damaging to the Duplicate track, causing all sorts of other bodily disorders, commonly known as side effects. 'Side effects' is made to sound mild and relatively harmless, but they can wreak havoc and destruction to a high degree, destruction often not associated by the victim with the drug he is taking - yet in many cases known to the drug manufacturer, whose interest for purposes of sales and profit lies in not disclosing, or playing down these effects.

### **'Natural' Insanity**

An intermittent or continuous state of insanity can form a fixed, pre-set part of a person's thought track of lifestyle - the track of non-value, that is. Once having selected that track of thought, the person has no choice but to play out the periodic or permanent states of insanity, in varying degrees of intensity or violence. Even so, he does have the choice, from time to time, of switching to the thought track of value at the points of linkage between the two tracks.

No matter how insane or mentally disturbed he might be, he would still be aware of the choice at those points, and always he would be lucid and reasoning enough at that juncture to be capable of knowing and choosing the caring, Intelligent way or the way of uncaring and insanity. However, to give him the best possible chance of changing his way would require a great deal of patience and genuine caring on the part of those involved with the insane one. Remember, he does not have to be a raving lunatic to be insane - there are many differing forms of that unhappy state.

### **Emotional Insanity**

The habitual unrestricted use of certain emotions may lead eventually to insanity, and this is the pattern of lifestyle most often played out by the insane ones. The victim starts out to use the emotions for his own self-satisfaction, disregarding the harm he causes to other people. He begins to wallow in the emotions, and finally to live for them entirely - his whole life's objective being their satisfaction. For example, you only have to visualise love, then possessiveness changing to jealousy and hatred, through imaginings to violence, and eventually maybe even murder, in order to see one possible pattern in your mind's eye. You may even have gone a little way along that pathway yourself.

Or perhaps you could consider a babe in arms. It cries for milk, then for comforting and 'nursing', then it cries for attention. It clenches its fists and screws up its reddened face in temper, in order to get it. A little older, it stamps its foot when thwarted, it throws a

tantrum to get its way or maybe holds its breath. At school it bullies others to achieve the same result. It shouts, demands, and even fights.

As an adult he (or she) may rob with violence, intimidate or merely overbear with the voice or a show of rage. Ultimately, carried along by the habit of violent emotion, he may mutilate or even destroy his fellow man by murder, insanity growing along the line as he continues to act out a lifestyle to the bitter end. Yet he does have the linking point of choice - a chance to change along the line.

So do not allow a child in your care to stamp his foot or throw a tantrum. Show him the alternative way - but firmly. If you condone his way part of the blame for his increasing state of insanity throughout life lies on your shoulders, should it occur.

### **No Accident**

No-one is insane by accident, even those damaged by the medics who have them in their 'care' are damaged as a planned result of the uncaring and stupid actions on the thought track of non-value of those medics. Those people in effect damage themselves when they experiment and practise their foolish ways upon them, for they are in reality one being.

It is rather like being in amongst a tangle of bodies in a dark room, with arms and legs thrashing about all over the place. In an effort to clear a space for yourself, you hit out with a machete, not caring whom you injure in the process. Suddenly you feel a sharp pain and when the lights are put on, you realise the reason - you have wounded your own foot in the darkness, believing it to be another person you were attacking.

Individual thought patterns and the interweaving with other thought patterns are arranged to give Man the opportunity to handle or mishandle substance. The complexities of society are merely patterns interweaving to set substances interlocking in harmony or jarring in a state of violence, as the necessity dictates in order for substance to act upon substance and for Man to handle it in all manner of ways. Man himself is substance, too.

Thought is controlled by the pattern set on the track of each one on Earth, so that that pattern coincides with all others who come into contact. It is a simple matter for the Being of which each one is a part (that is, the Universal Intelligence), to arrange this, for over and over again the same type of lives are lived, so that substance of one kind or another can be handled and understood. So, for each life a little can be added, altered, subtracted and so on. Detail is easy, for as the lifestyle of the Earth changes, so the patterns change with it.

Every person is divided in one way or another - and all have attachments with other people (other parts of themselves). Each one is linked in with someone else, constantly. No-one is ever alone, no matter how it may sometimes appear.

## **Sinister uses of Insanity**

In Europe, not so very long ago, the religious leaders used to torture, burn or shut away in prisons those who did not agree with or believe what they were told by those same leaders. The victims were called heretics. They used to do the same things to those women whom they said were consorting with their imaginary 'devil'. They called them witches.

It was a very effective way of the authorities removing people who did not agree with them from their path and maintaining control over all the people. A similar method is used by the ruling parties of several states today, that of torturing dissidents (with medical 'treatments') and locking them away (in asylums). They call them insane or mentally disordered. It is a very convenient method of removing opposition.

In the days of the supposed witches, the situation was taken advantage of by many of the ordinary people who wanted their enemies punished or removed permanently - often relatives who wanted to obtain the victim's possessions, or just people with a grudge against them. They would make up stories which showed the 'witch' doing things that witches would be expected to do (flying on broomsticks or talking to black cats, etc.), or relate actual details that could be made to look suspicious, such as gathering herbs, or helping sick people.

In the same manner, it is very common for ordinary members of the public today, when there are people whom they want to have removed or against whom they bear a grudge, to make out that such a person is insane or in need of mental 'treatment'.

Many a person remains quite unaware that one close to him is doing his or her best to make him think he is insane, or at least so mentally unbalanced or sick as to need treatment. And all to gain something from him, or to get him out of their life. To persuade him to take medical drugs is usually quite easy, and from there on the deterioration in his condition can almost be guaranteed. Then there are always ways of making the authorities believe that he is insane, and even arranging forcible 'treatment'.

This sort of sinister behaviour is far more widespread than most people would ever suspect. Yet it is fact. It is not really so surprising that this can be easily arranged, by means of a little deviousness, when you look at a modern dictionary definition of the word insanity: 'Mental disorder causing one to act against the social or legal demands of society.'

It is common practice for people arrested for small offences, such as causing a disturbance, rowing and fighting at home with the wife, struggling with a policeman whilst drunk, and so on, to be placed in the hands of the psychiatric people for tests, reports and treatments. Often those convicted are given a 'choice' - to place themselves 'voluntarily' in the hands of the medics, or prison. Once in the power of the mind-medics, they are completely helpless whilst subjected to drugs, experimental treatments, shock treatments of the brain, and anything else that their jailers and controllers think

fit. The 'normal' world around knows little or nothing of what goes on under their noses and in their name - and cares less.

### **Pretence**

At the other end of the scale there are certain people who act as though insane, as though mentally incapable or seriously disturbed. They do it in order to escape their obligations, work or the responsibility of supporting or looking after family, or from violence in the home or a variety of other unpleasant circumstances. Doctors and psychiatrists are so easy to fool: they are symptom mongers and it is easy to know what symptoms to fake.

it seems far easier to these people to let themselves go, without having to make any effort, into the attentive hands of the mind experts and their assistants. To some it is heaven to be away from their families and hateful bosses at work, or their debts or responsibilities. To others, the mental institutions can be the nearest they have ever had to a home.

Asylums are shelters as well as infernal traps. Some rest from preyers on their senses, and some are preyed upon.

The age is here where a completely new look should be taken at thought and the human mind, and when all the complexities of old ways at present in practice should be put aside. The mind has no intricacies, but merely a flow of thought arranged on a track that takes into consideration the actions of the tracks of those in contact throughout life.

It is time now that the mind was understood by one and all.

To talk about the mind and thought tracks is to talk about life, as applied to the body-machine of a human being. The pre-set thought tracks within the machine, which activate the outer actions and inner workings of that machine, are in turn activated themselves by a tiny core of Essence which has come to reside within the machine.

You could think of that tiny core of Essence as being a combination of pure Power and pure Intelligence - the most refined substance in the Universe. It exists in the form of Thought. You are that core of Essence - the thought-being which inhabits the body-machine.

When the Essence enters the body, it activates the beginning of the thought track of the pattern of life, at one end of that track, so to speak. The required impetus is given and the body comes to life. It continues to activate the track of lifestyle, unbroken and without pause, until it comes to the end of the track and there is nothing more to activate. In some cases, the body is deactivated in stages, leading up to the final withdrawal: in others the total withdrawal is in a flash. The thought-being of Essence then leaves the machine, discarding it as being beyond further use, and returns to its

previous environment to begin the next stage of its existence - once having fulfilled the purpose for its visit to Earth.

To talk about the mind and the activating of the thought tracks of the body-machine is to talk about the Life of that machine. To talk about the core of Essence coming to the end of the thought track is to talk about the Death of the human machine. The Essence that is the thought-being, the inner you, lives on. It merely vacates the machine - ceases to activate it.

### **Never Dies**

The thought-being does not die. No substance on Earth is capable of damaging it in any way. It does, however, change its state of awareness from one where its whole consciousness was concentrated on its own limited area of Earth and the substances and events of that narrow environment. Upon release from the confines and so very restricted awareness of the body-machine and the limited track of lifestyle allocated to it, its range of awareness opens out fully once again to take in a vast consciousness of the Universe, its nature, function and purpose.

Imagine that as a person on Earth you are free to roam all around the city and countryside and take in all the sights, smells and activities at will, without limitations. Then someone comes along and says that they have, on a cassette, a piece of music or radio drama that they would like you to hear. So you sit down, put on the headphones, close your eyes and switch on the tape. You immediately block out all sight, sound and awareness, in fact all thought of anything around you. All your senses are 'plugged in' to the fascinating music or drama coming to you from the tape. You become totally immersed and involved in it, to the extent that only when the tape comes to an end and automatically switches itself off do you remove the headphones, open your eyes and realise once more where you are.

That is comparable to the simple story of what you regard as birth, life and death on Earth. Where is the fear in that? Where is the supernatural, the mystery and superstition? Only in the minds of men. Why the horror, sadness and rituals with the discarded machine, the grovelling to a god to save the 'dead' one from the horrors that that god has prepared for it?

They come from religion and its leaders playing upon the ignorance of Man, misleading and misinforming him in the first place, in order to gain control of him through fear - fear of what will happen to him after 'death' if he does not do as the priests say, what their god is supposed to have told them.

### **Nothing to fear**

There is nothing to fear from becoming free of the temporary body you have 'on loan', and awakening once more to your previous awareness of how all is.

### **No Death**

There is no death. There is only release from your self-imposed occupation of the body-machine (imprisonment within it, if you care to call it that). It is an event to be looked forward to with joy and peace of mind. It is the day you shrug off all pain and discomfort of body, all worry and torment of mind - the day you become free.

The day that you, the thought-being become the Essence of Power and Intelligence without the encumbrance and restriction of the lowly and confining senses of the lifestyle of Man - that is the day you rejoin the other part of what you are in Reality ( for you are only a mere fraction of the Whole). It is the day you go home.

### **No Hell**

There is no hell and no hellfire: there is no purgatory of torture. These things are the invention of the evil minds of evil men, intended to put the fear of god into the gullible masses who are fooled by them.

There is only you, the thought-being, becoming free to be the real you, unencumbered by a body you no longer have any use for.

Why should a caterpillar be terrified of changing into a butterfly? Does it snuggle comfortably into its cocoon and gently and deliciously sink into its sleep-state to allow the transformation to take place that will make it free as the wind? Or does it have to be dragged there in a state of terror, maybe 'fighting for its life', and begging to be spared?

You can be sure it is something like the first way. It is Man, the victim of superstition and indoctrination, who would use the second way.

### **Soul of the Universe**

There is a supreme force, a Being of pure Power and Intelligence, which exists throughout the Universe and controls all that is within it. You could regard it as the Soul of the Universe. The real you is a minute fraction of that Being. You, and millions of other fractions of the whole of what you are, arranged to inhabit and activate a body-machine on Earth. Each machine is placed among a range of substances, substances which are coarse in nature compared with the varying high states of refinement of other substances within the Universe and away from the Earth.

The reason is so that the fraction of Essence which is you, the inhabitant of the body-machine, along with the millions of other fractions of the Whole, may have a chance to learn how to handle substance in a caring way - that is, by use of Intelligence. This would be the first step towards evolving.

To imagine that you have to flatter (praise) or grovel to the Being that is the Soul of the Universe would be ludicrous and foolish. Not only would no being of Intelligence require or desire any sort of flattery, but you would in fact be grovelling to yourself.

### **Survival**

The actual survival of the Being of which you form a part, the Soul of this Universe, depends upon its parts evolving - learning how to handle substance in a safe and intelligent way, so that it can be refined and used to power the Being itself.

Outside of the Earth, this Being of Intelligence exists within and among a myriad of differing substances in a variety of states of coarseness or refinement. Each one of them is potentially destructive if not handled correctly, yet each one is a potential source of energy and life to the Being, if handled in a caring manner.

All throughout the Universe is substance, matter. To handle it caringly means to sift and sort, then select and fit gently together to achieve the right combination without banging and clashing, disorder and destruction. By uncaring, I mean the reverse. True caring has nothing to do with kindness and do-gooding - even when applied to other beings. It requires the use of pure Intelligence in dealing with substance, which includes people and animal beings. Caring for substance means survival outside of this Earth.

### **Evolving by stages**

A 'new' part or fraction of the whole Being that is the Universal Intelligence must first of all learn how to handle the coarsest types of substance. When it has satisfactorily learned how to handle those in a caring way, then it has begun to evolve, and it goes on to the next stage, working on a set of more refined substances. Once it has mastered those, it progresses to the next set, even more highly refined, each set differing in nature.

The more refined a substance is, the more powerful it is: the more highly refined, the greater its capacity to manipulate, move or change other substances. The Essence of Thought is the most highly refined substance in this Universe. It has the potential to control and manipulate all others. Each thought-being that a part of the whole is Essence - though at first in such minute quantity as to have the capacity to manipulate other substances, but only in a small way.

However, as it begins to evolve, to actually take part in the refining of the substances it handles, it grows in size, expands in Essence, for it absorbs an essential part of the refinement it the substance which it has just helped to bring about - as absorbing a form of energy into itself.

If the parts of itself which the Soul of the Universe sets to work on substance refuse to evolve, then such are the circumstances that the Universal Being, the Whole, cannot survive as a Being any longer. If the whole Being does not survive, then its arts do not survive either. You, thought-being within a body-machine, will not survive - unless you evolve and your fellow en evolve with you.

Only when handling the lowest grade of substance, the most Dense, is it necessary to activate a machine to handle it, machine which matches the coarseness of that substance. The human body is such a machine, and it is necessary to deal with the type of substance encountered on Earth before you can evolve.

### **A matter of Choice**

You may have noticed that I said 'If the parts of the Intelligence refuse to evolve', and wonder why they are endowed with choice in the first place. The answer is that **free choice is a necessary requirement of evolving.**

If a being were made just to carry out instructions, with no option, then that being would really be nothing more than a robot, it would never understand the substance it was handling, never be able to act independently to any degree at all. It would never be able to grow, absorb, or accumulate understanding and capacity in its own right. Yet all those things are required of it, if it is to be of service in the survival, growth and prosperity of the whole.

Choice of ways must be available to the evolving being, choice of handling or mishandling. There must be alternatives to choose between, and as there is always only one correct way of manipulating substance - caring, use of Intelligence - the alternative way of uncaring and stupidity must be available. For Man on Earth both ways are offered in the form of the two patterns of lifestyle, the two tracks of thought.

The most urgent substance that faces Man, to be handled in either of the two ways, is his fellow Man. It is crucial for him to remember that in dealing with his fellow Man he is, in effect, dealing with himself - other parts of himself. All his actions and intentions should be based on this fact.

All is made easy for you to decide, and once you have decided which way you intend to go, then all is laid out for you to follow, ready prepared on the track of lifestyle you have chosen, within the body-machine you inhabit. Caring versus non-caring, common sense versus indoctrinated ideas, evolving versus non-evolving - survival versus annihilation.

Look at how Man treats his Earth - pollution of land, sea and atmosphere, war devastation, deserts by land misuse, earthquakes through oil extraction.

Look at how Man treats his machine - self-induced disease, mental illness, starvation of masses of humanity.

Look at how Man treats his fellow Man - wars, viciousness, oppression, slavery, medical ones preying on Man's sickness, religious ones preying on his ignorance.

Look at how Man treats his fellow animal beings - imprisonment, experimentation tortures, exploitation for flesh and dairy produce, hunting for pleasure, massacring for fur coats, taking of all his food that it is possible for Man to eat.

Look at the crashing, burning, destroying weapons he makes from the ores and chemicals of the earth.

Look at all of Man's activities today - and tell me which track of lifestyle Man has chosen.

Look at your own - and tell yourself.

### **Fears of Death**

Once, Man knew that he did not die, he knew that he was not the body, and he knew that he did not begin his existence when the body-machine was born onto this Earth. And because he understood these things, he had no fear of what is now called 'death': he knew there was nothing to be afraid of - it was merely a natural stage of transformation in his existence.

But over the ages of time of Man's stay upon the Earth, the understanding has clouded over, the memory of what he is has dimmed, and the introduction of superstition and religious fantasy has finally extinguished his dwindling awareness of Reality.

Now he lives in a state of ignorance and dread of the unknown, and he has lapsed into the practice of complex ritual which he performs after the departure of each of his fellows in order to appease his gods and to comfort and reassure himself. He is formally led into such ways by his high priests and leaders of superstition.

It is easy to see that when fear of dying is present it is because of some misinformed state. The fear is either of the body having to suffer prior to death, or remorse in case one has to suffer after death, because of actions to or against others during life, or even the fear of a god being unjust to the being after death. I underline unjust.

You must see how little regard they have for this being they call God, when they would even stoop to considering that it wouldn't be caring of them. It isn't a love for the being God or Jesus, or whatever, that makes Man try, or pretend to obey the rules the high priests lay down for them - it is regarding that god as unjust enough to consider making them pay for their so-called sins. The priests are merely the cheer leaders who agitate Man (in flocks, congregations, etc.) to stooping down to grovel on the ground. Without the promptings of the cheer leaders few would kneel, yet the loud voices of those few combine to give the false impression to all and sundry that the majority of society

accepts and believes the fantasy attached to the rituals of flattery, begging, bowing and scraping, and general self-abasement.

### **Gods and their tortures**

If you have in the past been one of those who had a fear of what comes after death, because of the indoctrinations forced upon you from childhood relating to after-death, know now that there is nothing to fear. Let common sense drag your superstitions out into the cold, impartial bright light of day and examine them thoroughly. Be certain that there is no such being as a god who has prepared burning hells and unspeakable, everlasting torments for those who do not flatter him and grovel in the dirt. Know that there are no phantom-like spirits of good and evil floating around, one set waiting to grab you and enslave you if you try to obey the god's laws, and others waiting to grab you and punish you, after death, if you do not obey them.

Such beings do not exist - only the Universal Intelligence, of which you, the inner you, are a part. Would you harm yourself? Be sure that the other part of you, the Being of Power and Intelligence that is the Essence of life throughout the Universe, would never harm itself - and that includes you, the inhabitant of the body-machine. Only you can harm you - by refusing to evolve.

Death is a transitional state of being. Merely a halting of the thought track that activates the machine that is the body of Man. To consider dying to be a sad affair is ludicrous. It is merely a halting of what action the machine was capable of, and the being activating the machine is still in existence - with or without the machine.

Should you consider dying to be a thing of cruelty, then you would be unaware of the true reason for the being (or part of the Being) 'residing' on Earth. The fact of life is to handle substance in a special capacity on Earth, and when that period closes, then a different state is reached.

When you 'awaken', free from the restrictions of the body you have been wearing, you will find no inanely smiling gurus, no chanting priests in fine and fancy robes, no men with long white beards, no rows of 'goodies' with harps and haloes, or even lines of trudging, despairing men and women unbelievers marching to the hellish torture chambers of your merciful and loving god.

You will merely encounter other parts of the Being that is yourself, to begin with a new capacity to handle new, more highly refined substance - if you have taken the trouble to begin to evolve during your brief stay on Earth for that purpose. As I have already described, if sufficient of Man care to make this effort to evolve, then the Being which is the very Soul of the Universe, will survive.

## **Disease not cause of death**

You may buy a mechanical/electrical machine such as a lawn mower, motor car or washing machine, and decide that you will make it last for a certain period of time - say five years. Now if you treat it badly, handle it roughly and neglect to service it, then as it draws towards the end of the life span you have allotted to it, it will probably have more and more faults troubling it and require a large number of patching-up operations performed just to keep it ticking over. The human body is often the same, in a way: as the person draws near to the ending of his life track, all the effects or results of the ill-treatment he has been giving it during his life are allowed to take over. The automatic protective devices of the body are gradually withdrawn allowing the alien parasites residing in the body, but previously kept in check, to have free rein.

It is not the diseases which cause the coming to a halt of the body-machine, but the ending of the thought track and the withdrawal of the Essence inhabiting and activating it. Many people die with a disease, but no-one ever dies **of** a disease - that is, because of a disease.

So, pain often accompanies 'death', or rather occupies the period leading up to it, and this is a major cause of the fear of death. And yet, there need not be any pain at all prior to your departure from your machine, and there is a simple way to guarantee this. Start to put your body in order and to adjust your pattern of thought. You can do this simply by refraining from eating anything from an animal, bird or insect, either flesh or produce, on the one hand, and switching to your alternative thought track of value, on the other.

Then you can be sure of a calm and pain-free way of departure from this area of substance called Earth. It is never too late to adopt a new way - no matter what condition your body and mind are in. And the result is always guaranteed. It is a fact of life, you could say.

One point to be clear on, though, is that even though pain often precedes death in this age, death itself, the actual transition to another state, is always **painless**. It is always a matter of relief, of becoming free, of awakening to a wonderful awareness.

## **Protection Racket**

There are no dark journeys, no fumbling in the darkness, no shadowy spirits, goblins, elementals, and weird 'lost souls'. There are no doubts about who you are, where to go, or unseen dangers. Such ideas are evil inventions of the nastier types of human being. Their objective is to try to frighten gullible people into believing that they need the advice and protection of those who are 'in the know' - those who claim to be agents of a god, invested with special knowledge and powers to ward off or handle these evil spirit beings.

This is one of the oldest forms of the 'protection racket'. Someone comes up to you and offers to protect your person or property for a price. You explain that you do not need protection for there are no dangers threatening you or your property. So the devious one goes on to explain at length all the nasty things that have occurred (he says) to people he knows, lots of nasty villains about to go around doing all sorts of horrible things to those who do not have the right know-how and, special protection against them - which our devious friend can provide.

Of course, the nasty villains are merely a figment of the devious one's imagination - he himself (together with his colleagues) is the only evil you need to be on your guard against. But he puts the fear of evil beings, or even the fear of god, into you, and the evils he points out are so devilish that it stops you from thinking straight. You feel you cannot risk disbelieving him, especially if you are told these things as a child by not only the devious ones, but those who have been duped by them and believe the stories themselves.

Come on, Man, wake up. Do not be fooled and frightened any longer. Make full use of your own Intelligence. Apply common sense to what others tell you. Do not let anyone rule you by fear. Refuse to be misinformed. You do not die - you change from one sector of substance to another, perfectly naturally and comfortably. You free yourself from the confines of your borrowed machine and from the confines of the Earth.

From now on, if someone comes to you with stories of fear concerning death and after-death, just examine his motives or his gullibility. If he wants to get you to do something in his way, have nothing to do with him. If he is merely one who has been fooled, a victim of the 'protection racket', then perhaps you can help him, help to give him ease of mind by pointing out how things are in Reality.

### **The Indignity of Dying**

There are other fears that many people have when contemplating death, or rather than fears it would be better to class them as intense dislikes. The indignity of dying is one of them, but what is really being referred to is the degrading state, as some regard it, in which the breakdown of the bodily functions leaves the victim in the period prior to death.

On occasion, weakness of limb or a form of paralysis sets in and the person is unable to do anything for himself (or herself). He can only lie there whilst his most basic needs are attended to by others, such as feeding and washing and toilet requirements - often attended to with an attitude of resentment or disgust, a despising of the sufferer. This is especially so if the valves regulating the elimination of urine and excreta are not functioning, so that the victim has no control.

The mere fact of being helpless, twisted or paralysed, or bereft of speech, is a great indignity. Of course, as all these conditions are dictated by the Duplicate track of

thought brought into play by. **your** choice of an original track of lifestyle of non-value, then you need have nothing to worry about. The Duplicate track which controls the bodily functions, and which accompanies the original track of value, does not contain such discomfort.

### **False Duty**

There are three other aspects which may give rise to concern of what may happen after the person's departure, but happen here on Earth. The first is the fear of leaving dependents not properly provided for, or with no-one to fend for them and look after them. This is common to 'bread winners' of families, especially a father who has been the sole support of a woman and several children. What will they do when he has gone? They can hardly manage now, with the wage he brings in, so how will it be with only welfare benefits?

Such a person has been strongly instilled with a sense of duty - not necessarily something he wants to do, but something that the rules of society tell him he should spend all his life doing, and even be responsible for after his death - that is, providing a livelihood for a team of able-bodied persons who may be perfectly capable of helping to provide for themselves, if the rules and traditions of society allowed or encouraged it. Even young ones are well capable of doing their share to help, if tradition would leave them free to do so.

It is well to understand that each and every person has his own Higher Intelligence to guide him, that each one has a choice of lifestyles, and that each lifestyle is designed to give him exactly what he deserves, or what he requires in order to give him the best chance of fulfilling his purpose on Earth. This is not always obvious, and sometimes needs a lot of consideration to realise it - yet it is so.

You are never responsible for the happiness of another being - but the highest contribution you can make towards it, is to care for that person, and that mainly entails giving him or her free choice to take the path of value or non-value - providing that he does not encroach on your choice of lifestyle.

### **Control from the grave**

The other two fears for what may occur here on Earth after death are much more blatantly selfish: fear of others misusing property you leave behind, and wanting to control the lives of others as well as your former possessions, 'from the grave'. They really amount to the same thing.

The attempt to control people and possessions from the grave, in other words to dictate who will do what with each item and in what circumstances, is normally done by means of a Will. Often the author of the Will even goes so far as to use his possessions to try to

control whom a person has sex with and whom they can live with, and when: this is done by inserting marriage clauses and conditions into the Will. Such an action is merely an extension of how the person behaved whilst alive - utterly self-centred, grasping, interfering and encroaching on the lives of others whenever possible. Such greedy and demanding people certainly are in a state of ignorance and misinformation regarding both the purpose of life and the nature of death.

One other major fear that the idea of death brings with it, and one that intensifies as the years go by and old age approaches, is the fear of having led a 'wasted life'. If the person who suffers from this fear happens to believe that death is the final end of the individual and that nothing follows, then this fear will be even more intense.

Such thoughts are brought about by the person's realisation that there is something more to life than the filling-in of time, satisfying the emotions, or living to please and flatter some god and live out an unnatural and 'good' life. He feels that there is some Purpose he should be fulfilling, if only he understood what it was. To come near to the end of his days, as he believes, and have achieved nothing of value can be a very worrying thought - a constantly recurring thought.

If you know such a person, then you are now capable of setting his mind at ease, if you care to do so. To have a lifetime of achievements behind him is not necessary: to genuinely begin to evolve is everything. It can never be too late for that.

### **Death of others**

Consider the following words and phrases:

Last rites, passed away, dear departed, shock, condolences, last respects, pay tribute, great sadness, funeral, mourning, black, sorrow, prayers, good man, sad loss, valley of death .

What a mixture of pompousness, self-pity, pious words, superstition and hypocrisy. Yet I am sure you recognise the jargon, the hollow words repeated endlessly by priests and politicians, television announcers, friends and relatives - each time a person dies.

That some people are deeply affected emotionally by the death of someone close to them is a fact. That some people pretend to be deeply affected by the deaths of relatives, friends and acquaintances, whilst in truth they could not care less or may even be pleased, is also a 'fact. Do not be content with a surface glance at the people who may have genuine 'grief' at the death, or prospect of death, of another, but look deeper at the patterns of thought which they are using, so that you truly understand them. In other words, examine why a person cries, what is the exact source of their grief or fear.

## **Security**

First, it must be realised that when a person cries at the departure of another, then they cry for themselves - and for purely selfish motives. One of the most common is loss of security, and this occurs when the one surviving has been kept wholly or to a large extent, by the dying or departed one.

A wife, for instance, usually regards her husband as the provider, a meal ticket for herself and her children. This secure and comfortable arrangement may have carried on for many years: she has become accustomed to the situation and lifestyle, and to suddenly be confronted with the loss of her provider can throw her into panic, shatter her cosy state of security. It means that she now has to radically alter the way that she lives, give up many of her comforts and luxuries, give up her way of socialising, perhaps, and be saddled with the whole burden of looking after the children.

She weeps out of sheer horror at the prospect of the new situation. She wants him back, but weeps because she cannot have what she wants, and her security has flown out of the window.

The same situation may also apply in the reverse case of a husband 'losing' his wife. She may have represented a different sort of security for him - a home organiser. Who will look after the household, arrange the food and, possibly the most worrying aspect of all, look after the young children (if any)?

It may even mean having to give up his job to do this. His whole sense of security of home life may be wrecked without the presence of the familiar, ever-present woman who was his household manager, and who may even have waited on him hand and foot. In both cases, certainly a loss worth crying over, it would seem.

Now it is no use protesting that this is a callous, cynical or even distorted way of looking at the situation, and that there are many other factors such as 'love' entering into it. I agree that there are, but if you are ever to see clearly and understand the thought patterns and motives of others, as well as your own, then you must be prepared to look honestly at each separate aspect. I merely bring to your attention one strong and very common reason why some people weep in grief at times of death.

## **Loneliness**

Another reason for sorrow is a sense of loneliness at the loss of a loved one, or merely at the loss of a familiar companion or sharer of one's life. Again this applies mostly to married couples. Going back to the empty house after the death of a partner can be the point at which the sense of loneliness really strikes home at the 'bereaved' person.

The restrictions of the rules of marriage pander to the jealousy and sense of possession of the partner during the marriage, and so work to prevent the naturally desired

company of members of the opposite sex on any but a superficial basis (except for the person that he or she has been officially bonded to), so that the longer the marriage state lasts, the less chance there is that the surviving partner has formed any of the deeper relationships which the human emotions crave - even though these need not have included sexual activity.

The result is that when one partner dies, the other is left in an unnatural state of vacuum, and so a strong sense of loneliness is usually felt. It is understandable, therefore, that this should cause a person to weep at the thought of their own plight. Of course, if the emotion of love or sexual attraction were felt to a strong degree for the dead person, then the sense of loneliness would be increased many times over, and could reach the state of sheer despair. A good motive for tears, you may think.

Yet consider, the emotion of loneliness is merely a state of self-pity. It is a state of emptiness, something lacking inside the person which has no present prospect of being satisfied. It often occurs in those who have never had a real companion, and who have no particular person in mind as a prospective companion - which indicates that the lonely person cannot be crying for the benefit of another person, as no-one else is involved. So it is clear to see that the sense of loneliness is a completely selfish emotion, one of feeling sorry for oneself because of a need unfulfilled.

Just as a person who has never had a partner of the opposite sex, and who is in a state of abject loneliness, can only be weeping for himself (as there is no-one else involved), so the bereaved person must also be weeping for him or herself. The notion of a person weeping after a dead lover may seem very romantic and deserving of sympathy, but the fact remains that it is a selfish act, and should be recognised as such by those who wish to be clear-seeing.

### **Possession**

Many people regard those to whom they are attached by family, legal arrangements (marriage) or emotional relationships, as possessions. Possessions in the sense that they consider they have a right to control, to a small or greater extent, the activities and movements, general lifestyle and even sexual habits of those people. The desire for the exercise of control or power over person or object is the basis of the emotion of possession.

When the possessions are taken away from such people, they suffer, although they may strongly deny that they ever wanted to own a person. Certainly wives and husbands would be most reluctant to admit that they considered they owned their partner - yet they do. The degree of control they exert or try to exert over the other tells its own story. Each one becomes the other's jailer.

Each one lays down a set of rules of conduct and activity that he or she expects the other to live by, even if those rules have been made up for them by their particular religion or local tradition or the conventions of society in general, or all three combined. Each one

regards the other as being answerable to them, and expects to answer in turn for their own actions when they themselves step outside those rules. This feeling of 'ought-to-be-answerable' is called duty.

The sense of ownership is strong because it has been strongly imprinted upon each person since childhood. It affects all relationships in a family and not just wife and husband, parent and child: usually all members of a family feel they have a right to have a 'say' in the conduct of other members, and a right to expect conformity to certain rules of conduct.

No-one who belongs to a family is free - without making a clear and determined effort to be so - just as no-one who belongs to a family or marriage contract is free from the idea of possession of others within that relationship, and that sense of possession is strong. When an object of the emotion of possession is withdrawn, the emotion of self-pity at the loss of the possession comes into play. Yet another reason for the tears to flow - for self.

### **Remorse**

The grief brought about by the emotion of loneliness may be lessened or nullified by the appearance of another companion by way of replacement. The sense of loss of a possession can also be removed by the act of replacement by another possession and the sense of loss of security may be countered by another provider or home manager appearing on the scene, or by coming into a fortune, etc. But there is one type of sorrow which can eat the heart out of a person and which can never be satisfied by the act of replacement or substitution for the dead person, or for the satisfaction of the needs or emotions that he or she provided. I refer to the sorrow of **remorse**.

Remorse is a feeling of guilt or regret, usually at having treated someone in an uncaring way in the past. Whilst the victim is still alive and likely to remain so for a while, then there is always the chance of attempting to rectify the situation, so it seems, or to make it up to the person in some way. Even if it does not remove the harm or pain you caused your victim, at least your changed attitude or action of making amends can let him or her know that you really care, and help to make their life a little more pleasant, or to bring them comfort.

But once a person is on the point of dying or has already died, then the situation seems unalterable, and the guilt feeling or emotion of remorse is heightened a hundred fold.

Many people are cruel, callous or uncaring to others during their lifetime, but usually the ones who are cruellest to each other are those who are bonded together by Law, and often totally incompatible, unsuited to each other, thus forming what is termed a love-hate relationship, but what is more often in fact a hate-hate relationship, often heavily disguised to appear to conform to duty and society's rules, though sometimes of quite open antagonism.

The cruelties practised by one partner upon another often go unnoticed by outside observers, especially if the one practising those ways is devious. Nevertheless, the person himself knows, and the thought track contains a pattern of recurring thoughts of recall of those past incidents, accompanied by pain of mind, and the recurring thought of 'If only I had done . .

These recurring thoughts are fraught with danger to the remaining person - especially if they follow certain religions. The hellfire of purgatory, or similar, is ever present in the mind, and mostly these people throw themselves into some sort of do-gooding or other to try to atone for their crime, and so wipe out the consequences. 'Charitable' organisations collecting for research into diseases, funds for hospital equipment, for starving people abroad, and so on, abound with such people atoning for their sins under the guise of having compassion for their fellow Man. Motives never lie on the surface for all to see, but still they require understanding.

This is the type of person that is most likely to genuinely break down and weep inconsolably, even on public occasions connected with the person's death - funeral, Will reading, meeting of relatives, and so on. The torment of remorse is one of the worst mental agonies it is possible to undergo, especially if accompanied by abject terror of the possible consequences lying in wait. The effect can be devastating. And yet it is very clear that the survivor is not crying for the deceased person, but only for himself, for the pain he feels and the very helplessness and hopelessness of the situation. He knows full well that tears and sorrow cannot help the departed one.

People may cry after the dead person, but never for him. Their own guilt may cause them to cry out in grief - for themselves - but this is not because they think the victim is suffering at the present time. Theirs is an understandable grief, but nevertheless a selfish one. Therefore understand it, but do not condone it.

### **Mass Emotion**

Apart from those closely attached to the dead person, and just described as suffering from loss of security, loss of possession, loneliness and remorse, there are a number of others who weep or cry genuinely at the related gathering and rituals. These are the ones who have been affected by the show of grief of some, and the 'performance' of others, and so are drawn into an orgy of mass emotion - the emotions of sadness, fear, despair, pity and so on.

The chief culprits here, who deliberately set out to bring about this general wallowing in negative and damaging emotions, are the leaders of superstition who organise the macabre rituals. Their long-drawn-out performances of prayers, chantings, and invocations of protection of a god or spirit figures for the 'departed spirit', as well as readings in false, eerie-type voices about 'shadow of the valley of death' and 'fearing no evil', etc. - all these things are carefully calculated to implant feelings of awe, of dread, emphasising the loss of the person. The mystic signs and words, blessings and consigning the dead one to the protective arms of their god, etc. - all imply the presence

of evil and the possibility of not being received by that god if the rituals and prayers are not performed.

The whole performance is cruelly arousing the painful emotions **of the mourners unnecessarily. It is tantamount to playing at** rituals with a dead body - nothing more or less. It is high time that all common-sense people put firmly aside these superstitious leftovers from the dark ages.

Emotion is contagious, an atmosphere of sadness and dread is easy to spread, especially when accompanied by the black pomp and ceremony, and many are drawn into the mass emotion, or even hysteria, of grief by this means. This is one method by which leaders of religion control Man. Be aware, and have no part in such cruel ways.

### **Hypocrisy**

I have mentioned a few reasons for genuine sorrow or grief being experienced by those affected by the death of another. When analysed, each one turned out to be, in effect, sorrow for self of one form or another. Notice that several times I have used the word 'genuine' when applied to grief and sadness - and with good reason, for most of the weeping and wailing, the expressions of 'sad loss' and sorrow, the condolences and the 'tributes' are entirely false.

Yet such is the present day tradition of regarding death as a sad thing, a wrong and evil thing, an event to be feared and avoided as long as possible, that it is expected of other people to be sad and 'shocked' and even to heap mountains of flattery on the dead person. Politicians, community leaders and family acquaintances are very good at this - yet the fact that they repeat the same worn-out phrases over and over again makes them ring hollow and meaningless.

If you have respects to pay to someone, then pay them whilst they are still here: it is sheer stupidity to attempt to treat someone with respect when they have gone away. It is just as sensible as waiting until a friend or acquaintance has vacated his house and emigrated to another continent, then sending messages to the empty house, decorating it with flowers and then shouting nice things through the letterbox. It is a form of insanity.

It is all 'top show' and so hypocritical. "What would other people say if I did not pay for a message in the newspaper?" I am not aware that they read newspapers in your heaven, hell, spirit realms, or indeed any place away from this Earth. Those messages can only be for one purpose, and that is to show off to other people that they care for the departed ones, as is **expected of them. To pretend because of fear of what others** may think of you is cowardly and hypocritical.

"What will others say if I don't take part in playing at rituals with the dead body?" Yet inside you, you know as well as I that the 'dead' person has been gone from the body for a few days, or at least many hours before the ritual.

People cry at funerals because they think that it is expected of them - and they do it even when they hated the partner or relative concerned.

People who claim to believe in a religion should know that if the person was good, he has gone to a heaven or Valhalla or some sort of paradise. There would be no reason to cry for him

- quite the opposite in fact: they should rejoice and celebrate his good fortune, wish him well in his new home and hope to join him soon. But no, they do not.

The same is true of religious leaders. They too fear death. However, there are leaders of certain religions who incite their followers to go out on killing, suicide missions, to invite death and seek martyrdom. It is noteworthy that in these cases the leaders themselves stay safely at home. In other religions, they pray to their gods to keep people alive, even their own colleagues and those of higher ranks who come near to death. If the religious ones were not hypocrites they would welcome death and the entry to paradise, and not fear it.

### **Cruel or clear-seeing**

It may seem cruel or unkind to strip the facades from the very people who are in a situation of loss or grief, instead of sympathising with them, but it is not so. In fact, it is those who indoctrinate these unfortunate people into a state of ignorance, superstition, fear and sorrow who are the cruel ones.

To clear your own way of thought, you must have the courage to observe impartially the thought patterns of other people, to see clearly the damage and suffering that indoctrination causes. It requires the full use of Intelligence to do so. It is only a matter of choice whether you use it for seeing clearly, or whether you prefer the familiarity and comfort of the blinkers provided and held in place by indoctrination all the years of your life.

It takes courage and a truly 'open mind' to undertake the **proper use of thought**.

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Practical application of the proper use of thought, based upon the understanding presented to you in this book, will with certainty bring about the most desired of all human states - peace of mind.

You will hear many people say that they would 'give anything' to have peace of mind, and yet this is not a true statement. No doubt they would be willing to buy peace of mind, if it were possible, by parting with a fraction of their possessions - but that is all. They are never willing to let go, to give up what they have.

You may be sure that this is so, because it is the very attitude of being unwilling to relinquish ownership of objects, control of people or possession of old deep-seated ideas and ingrained habits that brings them to the condition of pain and torment of mind in the first place : being unwilling to give up anything is the very reason they have no peace of mind. It is interesting to observe that it is always the ideas that are the most difficult to give up, more so than 'material' possessions.

With a vessel or container, you must throw away all the dirty water before you pour in the clean, otherwise what little clean water you do manage to pour into the vessel will immediately become contaminated by the dirty water already there. In the same way, if you wish to have a crystal-clear, trouble-free mind then you must be willing to put aside old ideas before you are free to take in the new.

Are **you** willing to let go - or do you condemn yourself to remain in your old state of mind until the end of your days?

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