

MIND

DOORWAYS INTO HIGHER CONSCIOUSNESS

MAGIC



BILL HARVEY

Praise for MIND MAGIC: Doorways into Higher Consciousness

Dr. Daniel Goleman, author of *Emotional Intelligence* and many other books, Science Editor, *The New York Times* writes:

“Highly recommended—a book that will loosen your moorings and open you to creative vistas.

You may find this book very different from any book you have every read. It will gently bring you into a different state of awareness—one in which you will get more from your moment-by-moment experiences—and from which you will be tangibly more effective in your life.”

“The reader very quickly goes from reading a book into experiencing a vitalizing recreation of consciousness and perception.”

– Khigh Dhiagh, actor, Rector of the Taoist Sanctuary in the West

“This book is an exquisite example of ‘transformational software’. A practical guide for developing the power of mindfulness. The most striking thing to me about the book is its incredible clarity. It is a brilliant condensation of wisdom that resonates with the higher aspects of our beings and is experienced as truth... And it really works. My suggestion: experience this book and share it.”

– Dr. Rick Ingrassi, excerpted from his review in Eric Utne’s *New Age Journal*

“MIND MAGIC is a delight. Sets forth with neat precision just how to do it (think).” – Ram Dass, author of *Be Here Now*

“What sets your book apart from all others in this field... is that it is a rare combination of frontier knowledge, wisdom, and plain old-fashioned warmth... in your debt for the insights it provides.”

– Norman Cousins, founder, *Saturday Review*

“This book is a practical tool for people who want to look at how their heads and lives are working and then establish a more effective order in that process. This book is not the presentation of a system of knowledge but is rather a way of knowing.” – *East/West Journal*

NO MATTER WHO YOU ARE, the quality of your life depends upon your effectiveness in meeting challenges. This is true whether you are a world leader, a performer, an athlete, a CEO, a copywriter, a soldier, a parent, a husband, a wife, or if you are on any of a myriad of other life paths at the moment.

If there could arise a new science by which our individual effectiveness could be reliably increased, a better human race could rise to meet the worldsize challenges mostly of our own making which now threaten our very survival.

This book is a test instrument. You have the opportunity to test whether it works for you or not. The measure is whether or not it increases your effectiveness. You will be the judge.

When you fall asleep, a part of your consciousness shuts down. The part of you that dreams (let's call it the Lower Mind) gets into situations that sometimes trouble you in the dream. If the part that is in charge when you are awake (let's call it the Middle Mind) were not shut down, it would have protected you from getting into those situations and from the bad feelings you felt in the dream.

Similarly, we hypothesize based on observations that there is another part (let's call it the Upper Mind) that is shut down a lot of the time you are awake, but the Upper Mind can be awakened by certain stimuli and your reaction to them. Each page in this test instrument (book) is designed to be such a stimulus.

When the Upper Mind, Middle Mind, and Lower Mind are all awake your faculties are at peak effectiveness and the things that you do — the solutions that you find — are characterized by an unusual level of creativity. At those times we say that you are in the Observer State. This name is used because when all of you is awake you have less of a compulsion to use words in your Middle Mind — and so you have

the feeling that you are simply watching events in profound silence — without being emotionally captured by those events.

From this balanced place you are able to use all of your resources more creatively and effectively.

Even one page at random may be used for testing purposes. Others have found that even a random page a day increases effectiveness which has encouraged us to continue this line of research.

There are many portals or doors into the Observer State. Each of the twelve chapters uses a different doorway into the Observer State. Rather than just tell you about the state, the book gently brings you into the state.

Here's what each chapter helps you do, and the portal involved:

- 1 Reopen your mind to the existence of all possibilities.
(DOOR: Suspend Certainty)
- 2 Drop acquired habits and mannerisms, and spontaneously express your true Self.
(DOOR: Self-Observation)
- 3 Create unpredictable solutions to seemingly insoluble problems.
(DOOR: Suspend Consistency)
- 4 Be real, rather than perform for other people.
(DOOR: Suspend Rating)
- 5 Rediscover the unique experiment which Nature has designed in you.
(DOOR: Inner Wants)

- 6 Perceive the profound web of cross-connections underlying every moment of present experience.
(DOOR: Outer Observation)
- 7 Develop the ability to concentrate at will in any situation.
(DOOR: Multi-stream Observation)
- 8 Learn not to become ruffled by time pressure, instead, relax into a previously unknown and remarkable grace.
(DOOR: Timing)
- 9 Realize the true role of the mind in the experience of the Self, and so have the mind serve you rather than vice versa.
(DOOR: Disidentification with Wordstream)
- 10 Know a greater inner clarity, and a greater receptivity to the inspired creative expression of your Self within.
(DOOR: Inner Observation)
- 11 Experience negative emotion as a brief creative stimulus, rather than remaining its victim.
(DOOR: Nonattachment)
- 12 Perceive Life from the point of view of All of It Combined.
(DOOR: Nobility)

MIND MAGIC

Doorways into Higher Consciousness

by

BILL HARVEY

THE HUMAN EFFECTIVENESS INSTITUTE
GARDINER, NY

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*Originally published in June 1976 under the title
MIND MAGIC: The Science of Microcosmology.

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ISBN: 978-0-918538-00-0

Distributed by The Human Effectiveness Institute
<http://HumanEffectivenessInstitute.org>

Book design and production by Studio 31
www.studio31.com
Sixth edition cover design by Christine K. Niver

Printed in the United States of America

*Dedicated
to my bride and soulmate
Lalita Harvey*

*Visualize the whole
universe as one thing*

*Every individual
of every species*

Every idea

Every event

Every moment of time

Every percept

*Every lump of matter
and energy*

All parts of one thing

You are a Musician
harmonize

You are an Actor
detach

You are an Artist
beautify

You are Real
don't pretend

You are in Time
don't hurry

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Preface

WHY THE BOOK

Mind Magic

Doorways into Higher Consciousness

HAS AN EFFECT

And what makes it different from other books

INITIALLY THE BOOK was a compilation of intuitions and thought patterns which with reasonable reliability led the writer to experience periods of verifiably higher effectiveness.

The writer, however, did not know *how* those stimuli caused or catalyzed effectiveness.

Learning how this causation happened was of interest.

So draft copies of this book were distributed with fall-out postcards in the back requesting reader feedback. An address in the back of the book invited letters. A lifetime moneyback guarantee was offered. All of these mechanisms invited feedback of some sort.

So far the stats are approximately:

35,000 books sold

2000 letters and cards received

11 books returned for refund

Initially this feedback did not point to a specific process by which the book had its effect. The letters and cards said that the book had positive life-changing effects that surprised the readers who were not used to getting such effects from a book. However the range of effects described was so broad

that it did not provide any clues as to how the book actually worked. The few book returns came with little information.

Over time fortunately some patterns coalesced out of studying the results of hundreds of personal interviews with readers, the letters and cards, and all other available information. Here, for example, is what readers say about what makes the book different from other books on the same general subject:

- **Experiential** — it focuses on the intimate reality of what life is really like, looking out from inside a conscious self, and not knowing too much for certain about anything
- **Empirical/Scientific/Verifiability** — it does not ask you to take anything on faith, but to test certain things in your real world and note the effects
- **Instructions You Can Follow** — the language is not vague but explicit, clear and simple with no hidden assumptions about mutually-understood meanings of words
- **Operational/Interactive** — everything is designed to be put into practice
- **Computer Software Metaphor** — where ephemeral phenomena need to be verbalized, requiring some abstract construct or model, the one that is typically chosen is the by-now-familiar concept of computer software operating within our conscious biocomputer
- **Eerily close to home** — the book verbalizes things that go on inside all of us that usually never strike us as being worth verbalizing; sometimes one realizes that a page in the book is speaking to us something that we ourselves realized long ago to which we simply paid insufficient attention.

One specific example of how the book offers instructions that can be easily carried out, is with regard to the practice of meditation. Often in discussions of how to meditate one hears the words “First you must still the mind.” This is not bad advice but just that those words alone do not automatically equip the meditator to achieve such stillness. In the book the instructions relate more to letting the mind do whatever it wants while *disowning* it. The latter type of instructions are more operational. They equip the user with a strategy that in the end achieves the stillness so difficult to achieve directly. (More experienced meditators can however go direct.)

What does meditation have to do with effectiveness? Meditation, we hypothesize, is a more efficient and effective processing mode. It is characterized by no delays putting things into words. Instead the mind gets the point of each thought while it is still an amorphous feeling-image packet, before the energy of translating it into words is expended. The intellect races ahead on an accelerated basis and everything in the database is apprehended simultaneously and in relative perspective. Wisdom is more likely to occur.

In fact the meditative state is what makes the book work. The book is a collection of stimuli that catalyze that state. The object of the book is not for the reader to experience that state only during sit-down meditation but in every moment. The sit-down meditation periods are enabling to the state coming on during periods of life action.

We believe that a more actionable, operational word is the Observer state, which in the Yogic tradition is called the Witness state. This is a state today typically associated with the meditative state, but the feedback from readers of this book demonstrates that Observer state can be achieved outside of the meditative state. The Observer state is the doorway to the still-higher state, which Dr. Mihaly Csikszentmihalyi (former head of the Psychology Department of the University

of Chicago) has given the name Flow. Athletes call it the Zone. In show business it is universally known as Being On. This book is designed to increase one's time in these two higher states of consciousness, and to decrease one's time in EOP ("Emergency Oversimplification Procedure").

The reason we choose the name Observer state is because our aim is to have the name itself have effect. To do so the name must remind the user of a way of getting into the state. The other words appear to us to have less functionality in that regard — except for the word Witness which works for us almost as well as Observer.

In the Observer state one has temporarily suspended preferences about outcomes. From this in an autonomic cascade one has also dropped the mantle of self-protectiveness and the accompanying Defender or egoic state, one has the inherent motivational/emotional strength to deal with any outcome ... and one is therefore simply observing. Since nothing is being rejected there is a merging of inner and outer. One's consciousness is creating the event and is the creation itself. These latter abstract ideas are not necessarily present as one is not focused on any ideas, but is in fact above words ... ideas are coming, leaving insight and then going out rapidly.

Observer triggers are woven through the book. Here are some of the more obvious examples from different chapters:

Page 64 — Observe yourself as if you are observing another entity.

Page 73 — Start your life anew with a clear slate each moment.

Page 90 — Do not constantly rate your success.

Page 102 — When you hear in your head the words "But I really want that!" you must identify who that "I" is.

Page 114–115 — Look at everything as if seeing it for the first time.

Page 134 — Look without talking to yourself about it but accept useful words which float up unbidden.

Page 137–138 — Do not move but observe yourself not complete the intended act.

Page 154 — Do not identify with your thoughts. You are not the thinker of the thoughts; you are the hearer of the thoughts.

Each chapter in fact is another strategy for triggering the Observer state. One chapter approaches this through the concept of timing, another through the concept of self-rating, and so on. The number of approaches is conceivably limitless. The book is a compilation of the stimuli which have worked best for the writer. They are offered for testing so that those which work for the individual may be retained and used, potentially leading the user to develop his or her own even more individually effective trigger stimuli.

Our work is motivated by the hypothesis that as more people are able to stay longer in the most effective state of consciousness all of the other problems of the world will tend to be solved by them.

We thank all those who have contributed to our work over the years — a list too large to acknowledge everyone by name. Special thanks go to those whose work has made an enduring impact on this book: Yana Lambert, Jim Wasserman, Jan Bertisch, Virginia DeLillo, Russ Norman, Lalita Harvey, and of course George and Christine Niver.

— BILL HARVEY
Mohonk Mountain
September 23, 2012

A.

THE HUMAN HERITAGE:
WORD POLLUTION:

*Because words
Are so powerful,
We tend to believe them
Rather than assimilate our own experiences*

Word-Intoxication

**All words hypnotize
to some extent.**

Where Did Words Come From?

From the depths of our soul.

They were discovered *inside* us, not invented.

The evidence of similar-root-noises-for-similar concepts across separated peoples, attests to this.

We *all* discovered something like the noise *mama* for mother.

Even apes apparently make similar sounds for the same concepts as we.

It is as if we were all discovering the same MASTER LANGUAGE, distorted into various different directions by the effects of different genetic/environmental conditions.

Words Just Became Important Recently

We came down out of trees
over 1,000,000 generations ago.

For 999,750 of these,
humans used or heard
only a few words each day.

Over just the last 250 generations,
this has increased to *tens of thousands* of words
going through the average human head each day.

Note: "Generation" = 20 years.

Words Have Tremendous Programming Power

Words are not arbitrary sounds we can choose to ignore.

They are tailored
by physical (pre-human interference) nature
to fit our sensoricognitive biochemistry.

Like a key in a lock:
words were *discovered from* inside of us.

They can be used by a talking head
to a separate listening or reading head,
and when they are so used,
they tend to exert a behavior-impacting influence
on the listening/reading head.

When the ancients talked about spell-casting,
it wasn't just their superstitious ignorance at work.

They were recognizing
the hypnotic power of communication,
lifted to a new level by the use of WORDS.

How Do Words Compound the Power of Communication?

By making it far easier for conceptualization to occur.

Conceptualization is the structuring
of individual perception-items (percepts)
stored in memory,
into association-clusters
with specific “relationship bonds”
between percepts associated.

Like making a tinker-toy.

Your concept of freedom, for example,
is a tinker-toy of all of the specific words,
pictures and feelings you have stored inside,
associated with the retrieval-keyword “freedom”.

Until words were popularized,
people tended not to build such elaborate tinker-toys
in their minds.

Associations among percepts
tended to cluster into “attraction” and “repulsion”,
without many finer breakdowns.

This meant that we tended, when we wanted an effect,
to repeat *all* of the “causes”
which we associated with that effect.

This is undoubtedly how the program
of throwing salt over the shoulder,
the program of blessing people for sneezing,
and all other “magical” programs first arose:

they had happened in the “first instance”
and were thereafter regarded as causally essential.

Our magical phase preceded words
and was pushed out by words.

Words gave us the power
to more easily *separate* things into parts.
We didn’t have to conceptualize
only with *wholes* any more.

We could put a word-label on a part of an event,
to more easily trace whether or not that part
always went along with the event or not.

Words appear to have kicked off a phase
of developing the *left* lobe of the cortex,
which handles data sequentially-analytically
rather than holistically.

When we were concentrating on our right-cortex,
we *were* able to achieve certain effects of persuasion,
“getting our way”, etc.
we didn’t understand at all —
but we knew they worked and we used them.

Childhood is a time through which
each of us has the opportunity
to re-experience the whole evolution of the race,
first-hand, in microcosm.

As children,
we do have “magical” means of getting our way
through gestures and moods that somehow work.

So the race has always wielded
a lot of right brain power it never understood.

Then it took up words,
wielding vast left brain power,
which the race also used with only faint understanding.

*As words can hypnotize
they can also de-hypnotize.*

*Out with the bad air
in with the good air.*

Man comes into the world.
He finds out certain things:
for example, he finds out that fire burns him.
This “finding out” we call *knowing*:

when someone has a true picture in his or her mind —
“true” meaning that the picture corresponds
to the external reality —
we call this *knowing*.

So if a man has a picture in his mind
of fire burning his hand,
we say that he knows that fire can burn him.

So far, language does not yet exist.
Man can know without language
by holding true images in his mind.
There is no “believing.” “Believing” comes into the picture
when language is invented.

With language, one man who knows something
can pass on this knowledge to another man
who has not yet discovered it for himself.
The latter man,
in accepting the former’s knowledge as true,
“believes” it.

As we all now know, this “believing” often leads
to the holding of untrue pictures in people’s minds.

The cure is to cut down on believing —
tend to only hold pictures in one’s mind
of the things one has seen oneself.

*Belief Was Never Much of an Issue
Before Words*

Belief = be lief = be for me.

I believe him = he be's for me on that.

he was there.

he saw it.

he sees it for me.

he sees it — I see him see it.

Cosmic humor: Most belief is founded on the form,
not the content,
of the words believed in.

Disidentifying with the Feeling of Belief

At almost every instant you are likely to experience the feeling about a given postulate:

“It is so.”

Look for that feeling,
and when it arises remind yourself:

“It may not be so.”

Be willing to act based on your judgment
as to whether something is more likely to be true
or to be not true;

but do not *believe* that it is
either true or not true.

In this way, belief is unnecessary to action.

Be especially wary of the feeling of belief
at times when you have a thought
and then do not contradict it.

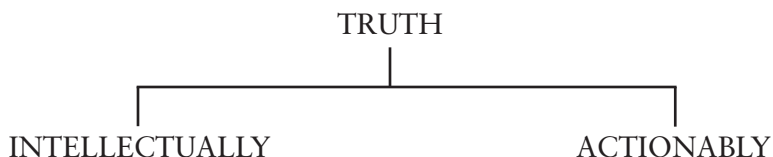
Simply the experience of non-contradiction
suggests to the belief program
that it energize itself.

Thus, you must guard against the tendency
to believe any thought you generate.

This can best be done
by remembering to say to yourself (but not in words)

“It may not be so”

in response to every thought.



The definition of Truth at the intellectual level is what can be made to sound reasonable based on the words you use. Intellectual reason can find some truth and some falsity in every statement, depending upon how it is interpreted.

The definition of Truth at the action level is what works when you actually try it in reality . . . i.e., what the universe reinforces.

We need to make action decisions each second.

We need to make intellectual statements a few times a day.

The two are usually unrelated.

Few people living in the Scientific Age have realized that the Scientific Method can be applied to Life . . .

The Application of the Scientific Method to Personal Life

In the usual unscientific approach to personal Life,
if someone gives you a piece of advice
you either believe it or disbelieve it.

In the scientific approach to personal Life, you neither
believe it nor disbelieve it.

What you might do is test it.

This also covers advice from “your own thoughts”.
It even covers “advice” from “your own feelings”.

In other words,
your own feelings might steer you right,
might steer you wrong —
you can’t assume one or the other
because there have always been instances of both.

You can only “test” a particular feeling
by seeing its results:

1. First in a *simulation* run in your head
of what could happen
if you were to “run with” this feeling;
2. Then, possibly, by “going with” the feeling
in *real Life*
and *seeing* what the consequences *are*.

So it ALL boils down to:

Whose advice to follow?

There is the advice of the mind
the advice of the heart
the advice of the gut
the advice from others
the advice from books,
memories,
etc., etc.

The only way to know is to try experiments.

Be sure you remember which advice
you are testing at the moment,
so you know why you are getting certain results
(there is a tendency to forget).

Example:

Let's say somebody, maybe a parent of yours,
when you were small, said to you
“Hey — dig it — unselfish actions *pay back* better.”

Let's say you had a flash of real understanding
and decided to try this advice.
You would have found that it *works*.

In trying this advice out in practice,
conscious of what you were doing
and willing to see the advice succeed or fail
in all objectivity,
you were living that moment
by the scientific method.

This is the way a “guru” lives each second.

Watching the evidence of experience very closely
(inner and outer experience)

Stepping back a pace from all the opinions.

The Guru Has/Is Savoir-Faire

What impresses people about gurus?

They seem to know how to do everything right.

Like certain fictional heroes,
and people in history's favor.

This implies the existence
of a Best Operating Procedure
that they have discovered.

The thing about a guru
is that he/she is watching very closely.

This way, *he/she learns*.

A flash to the wise is sufficient.

This Is What Neurosis Is

Neurosis is the mouse endlessly trying the dead end.

Not learning.

Living with unsatisfactory stuff
in one's Life permanently,
as if it inherently cannot be overcome.

Unlimited Willingness to Refine One's Position

In the usual unscientific approach to Life
one attempts to get one's positions unshakably firm
as soon as possible,
and then defends against any changes to these positions
with demonic energy.

In the scientific approach to Life,
one is always eager to take one step further
in any particular analysis.

Thus one is always making provisional action decisions
for *this time, now*;
keeping an open mind about later;

suspending belief and disbelief.

One's positions, this way, gradually *evolve*,
based on day-to-day *learning from experience*.

Unfortunately, most of the Race has forgotten how to do
this.

B.

THE PRESENT: WORD POLLUTION OVERLOAD:

*How the Tonnage of Words and Other Input
Has Increased Past the Overload Point,
Causing Hysterical Imitation in
the Place of Real Life.*

Meditation as Accelerated Information-Processing

Information Overload: A Cybernetic
Explanation for the State of the World*

Over the last 15,000,000 years or so
we humans evolved a neuronc net
which we call a cerebral cortex.

We are still learning how to use this new facility,
and currently it is running amok and hypnotizing us,

due apparently to an overload of “question-producing”
sensory input per average second.

*Cybernetic = from the Greek for “Helmsman.” The Science of Guidance
Systems, human or otherwise.

This overload appears to have been brought about
by the successive waves of media revolution,
which began with the printing press
and have reached tidal wave proportions
in today's television, radio, Internet,
magazines, newspapers, books, records,
outdoor signs, matchbook covers, movies, plays
and so on.

The world was *very different* 600 years ago.

We estimate that about *seven weeks' worth*
of sensory “question-producing” stimuli 600 years ago,
is what we now get *in a day* —

about *fifty times the pressure to learn and adapt*.

Just as an “Ice Age” appeared to stimulate humans
to discover “travel” and master fire,

this media revolution,
while it has paralyzed the brains of our leaders
as well as ourselves,
also appears to be a stimulus for humans —
to evolve *the capacity*
to remain focused through complexity.

Cybernetically Contemplating the Brain

In order to appreciate how
“question-producing” sensory overload
can have such a powerful effect,
one must cybernetically contemplate the brain.

The neuron net we call the cerebral cortex
contains about 13 billion neurons,
each of which is capable of relating
in many different ways*
to thousands of other neurons around it.

Let us visualize this as transparent,
as if it were a force field rather than matter,
so we can look *through* it in our minds.

When sensory input comes in,
it moves from neuron to neuron.

At each neuron, it encounters other information,
and in some cases,
the contact results in a cognitive association
between the new input and a memory.

Brain researchers can tell that the incoming sensory data
are “filtered”
(as if through a grid)

as it moves in through layers of neurons,
each of which check the data
from slightly different “viewpoints”.

*Most neurons can either “fire” or “not fire”. Some, called “micro-processors,” have a wider repertoire. However, even the two-way neurons can have a *range* of meanings depending upon which other neurons are firing.

This is how the brain updates many of its files
based on each new piece of data passing through.

Something we see on the street
may trigger “notes to oneself”
in several different “files”
without our being consciously aware of all this
(because there is so much going on so fast
inside *and* outside).

Because of the many logical connections
between each bit of incoming sensory stimuli
and each bit we have already stored as memory,

a cyclopean computer update —
the kind that would daunt human computer specialists —

takes place in our brain
each second our eyes are open on anything
other than a totally familiar scene.

Yogis estimate that 70% of the energy we consume
is consumed through the eyes.

Today's Media Revolution proves that
what we let into our eyes and ears
is much more of a factor in our well-being
than what we let into our stomachs.

We have gotten used to treating
our precision electronic circuitry
most carelessly,
by feeding it sustained hyper-overload
with scarcely a letup.

As if our neuronics were more like Sherman tanks.

There's your brain there every moment
like a secretary tugging at your sleeve
asking you where to file something
and your answer requires a decision.

But meanwhile, outside your eyes —
the world still wants you to do this and that
(and it asks questions too!).

Before the Media Revolution,
people just took their time,
thought things through pretty carefully and slowly,
and worked out all the details.

Today there are *too many* details.

The brain shifts
into *a different kind of functioning entirely*.

The brain represses dissonance.

It accepts that questions needn't be answered.

And it lets itself regard certain questions
only long enough to identify them
as having been looked at before,
then it puts them away
with a “characteristic-habitual-decision-feeling”
as if the matter were solved . . .

We call this phenomenon “hasty closure”.

In other words, we let ourselves fool ourselves
into ignoring things we should be understanding:

because we “simply haven't got time”.

(Actually, we don't know where to begin.)

A Different Kind of Functioning Entirely

When people are hypnotized by the things they are told,
their resulting emotional motivations
drive them at a hectic pace
precluding meditating on their own experience.

They “click into
EMERGENCY OVERSIMPLIFICATION PROCEDURE” —
another way humans can process information,
other than the way that is normally best.

In this EMERGENCY OVERSIMPLIFICATION PROCEDURE,
our biocomputers follow a grosser logic.

For one thing, in EOP,
everything must be either black or white.
And it must be decided immediately, based on precedent.

We also have little foresight in EOP.

In meditation, we can see
where things will lead years hence
and so avoid entanglements we won't want *then*.

The mind has little agility for this maneuver in EOP.

Too Many Variables

“Too many variables” is another way of defining the root cause of today’s mass hysteria.

These variables are programmed into our lives, by words and pictures and gestures etc., via people and media and nature.

600 years ago it was mostly just people and nature. And fewer people contacts per day.

Why is the increased load of sensory messages so devastating?

Because:

- We get attached to having our lives come out a certain way (sometimes we get programmed into these attachments). This sets up a “maze” for us to get through, i.e., what we have to do to get what we want.
- We have strong emotional charges connected to these attachments.
- The more messages we hear, the more complicated we make our maze — the more conditions we are trying to bring about at once.
- Everybody’s mazes get tangled.
- Everything “uncopeable with” we ultimately hypnotize away.

Unresolved Experiences

These tug at the mind.

It is an automatic secretary function
of the brain which does this.

These are items the brain recognizes as relevant to goals,
and about which it knows more clarity will be possible.

It holds these messages for us,
and gives us these messages in odd moments.

When these items first came in through the senses
they were “question-producing”
and achieved cortical recognition,
although not necessarily conscious cortical recognition.

This resulted in dissonance,
and the items were put on “hold”.

Now, with the brain giving us
six week's worth of messages each day
needing clear meditation and learning
so that we can improve our progress through our maze,
we repress *all of* these messages.*

*Then, the messages begin to *accumulate*. This usually begins at about age 5 (when real learning virtually stops) and lasts until death.

We refuse to learn.
“We haven’t got the time.”

Instead, we persist in our fixed, programmed pattern:

this is *not* a *normal* condition,
but a *pandemic pathological rigid shock reaction*
to today’s information overload.

*We Plan Empirical Studies
to Confirm or Disconfirm that:*

1. A sensory overload relative to meditation time (to assimilate those inputs) causes a shift in how information is processed: *different* (simplified) biocomputer logics.
2. By perpetuating robot repetition of conditioned programming, these simplified logics reduce free will, powers of observation, sensory sensitivity, and in other ways unnecessarily hamper one in achieving lasting satisfaction from Life.
3. The simplified logics are intended by Nature to be used in short bursts for coping with actual emergency threats to survival, i.e., they are an alarm reaction.
4. The pandemic problem today is the inability to turn off the ever constant alarm reaction.
5. The difficulty in functioning through this alarm reaction is that learning is suspended. Experiences which need to be assimilated are repressed.
6. Meditation is the most efficient method of assimilating human experience.*

* Specific instructions on how to meditate are included on pages 182–189, 140, 130–135, 113, 121–122, 124, 95, 100, 238–242

The Source of Tension

Unresolved experiences cause tension.

This is the body's way of "alarm"-ing us,
so we figure out what's bothering us.

In a "natural" situation, we stop and meditate.

On today's sensory battlefield,
there's a general feeling that to stop is doom.
Part of this is the subconscious awareness
of how many messages are waiting inside,
and how tangled together it all is.

So we keep up the act as usual,
and wait for some outside force to maybe come along
and save us some day.

This leaves us with a lot of tension.
Taking it out of the body directly (by massage*, etc.)
is treating only the symptoms.
The tension will therefore always return.

"He can't relax — he's got so much on his mind."

* Highly recommended anyway.

Clarity Removes Tension

Tension is an alarm system prodding us to do something
we are not noticing needs doing;

like pain, a warning device.

Tension is a clutching. A keeping-tight.

The mind does it first, then the body follows.

Tension in the body
mostly comes from tension in the mind,
e.g., therefore fear
makes us take up less space physically.

We find that when we really achieve clarity
on whatever has been bothering us,
the tension eases.
Then the choices are clear
and one chooses in the proper time.

It is clarity that turns off the alarm system “tension”.

*“Meditation” as
“Automatic Clearout Process”*

The number of
“not-perfectly-familiar-so-as-to-be-invisible”
sensory impressions
falling on the individual per second,
determines how much unresolved experience
will be created by a culture.

Subtract out that culture’s propensity for meditation
(“putting the biocomputer on ‘automatic clearout’”)
which is the fastest process
for resolving unresolved experiences,

and what is left
is the weight of residual unresolved experiences.

In our culture,
the high sensory glut
and low incidence of meditation
creates such a backlog
of unresolved activity in the brain,
that these electronic “tensions held”
become a distracting screen,
and we go into a kind of hypnotic trance.

We handle the trivial moment-to-moment stuff,
and lose sight
of the highest long-range possibilities
of our lives.

Meditation Is the Assimilation of Information

It does to sensory food
what the liver does to physical food.

Unassimilated food turns gangrenous.
So do unassimilated experiences.

In meditation, the mind unclutches;

super-efficiently,
experience is assimilated;
patterns are recognized;
action implications become clear.

The resulting clarity eliminates the tension
of unassimilated experiences
which caused the mind to clutch up
in the first place.

*Humans Exist by
Processing Information*

That information is our own inner and outer
sensory experience,

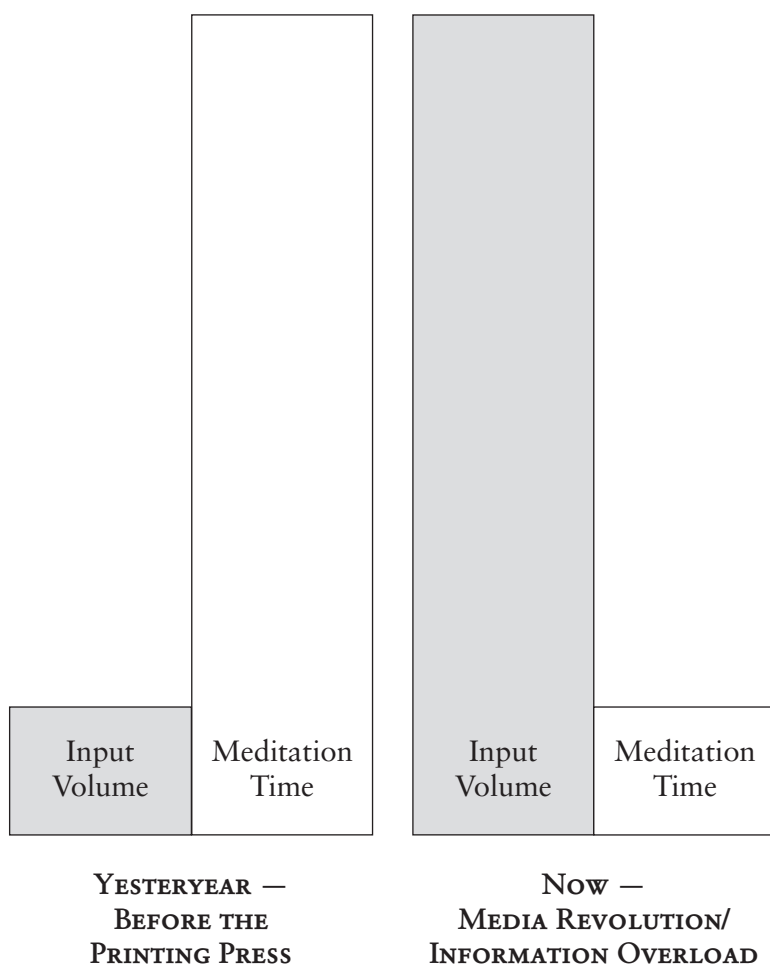
including words we are told.

*All of this tends to program us,
if we don't process the information
in a certain way nature intended.*

*If we do process it the natural way,
we program ourselves.*

The natural way of processing
assumes a reasonable ratio of
input volume : meditation time.

In today's reality,
this ratio has become highly *unreasonable*:



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