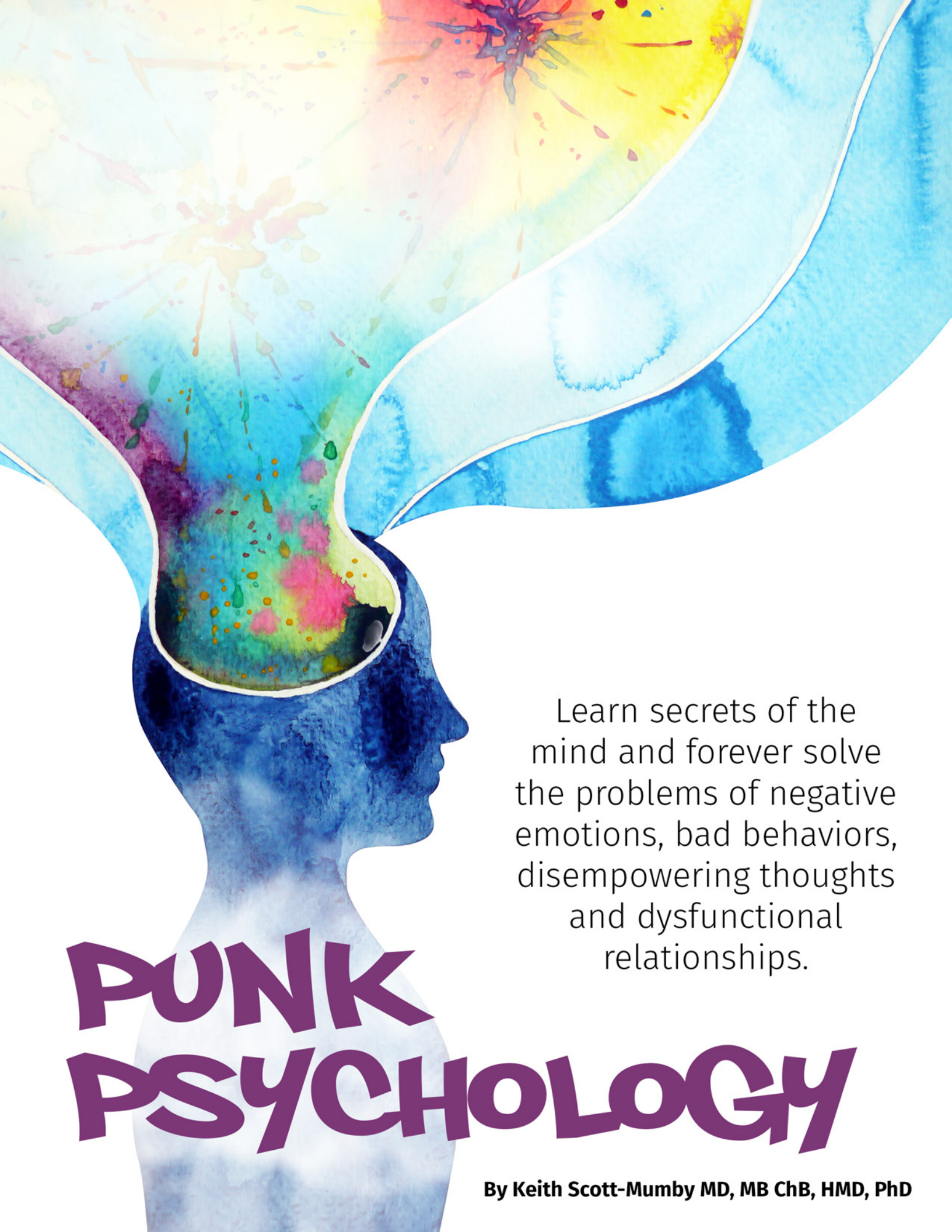


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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Otherwise, enjoy this book and may your life improve forthwith.

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CHAPTER 1

INTRODUCING HYPNOETICS™

The core tool in Punk Psychology™ we call Hypnoetics™. Don't be disturbed by the fact that it sounds a bit like hypnotism. Hypnoetics™ is actually UN-hypnotizing people. It's taking them out of their trance, into the NOW!

That might seem a shocking idea—that people are walking around as if asleep. But it's actually not a new concept. French psychiatrist Pierre Janet (1859—1947) actually pioneered many extremely modern advances in the field of the mind. He even invented the term *subconscious mind* and developed amazing techniques that were later grabbed by Freud, who accidentally "forgot" to say he had stolen them from his colleague.

All that's history now and Freud has gone down the tubes, his weird sexual theories almost a historic joke; whereas Janet is literally being re-born, as scientists and psychologists in the 21st century discover his remarkable, insightful work.

Janet wrote about "somnambulism", which you probably know is a medical term that means sleepwalking. The person looks properly tuned in and present; but is not. He or she is not "here" but is working on automatic. And, as the original 19th century pioneers understood, we are all—to a degree—sleepwalking!

We function mostly normally. But we have a significant percentage of our attention units trapped elsewhere. We are in a kind of mind loop, sticking to past unpleasant events. In Supernoetics® we call these unpleasant memories *memonemes*. The more we have our attention on these issues from the past, the less attention units we have for living in the present. In other words, the more asleep or hypnotized we are!

Influential early 20th-century mystic, philosopher and spiritual teacher, Georges Gurdjieff noticed the problem too. His famous saying was: *the biggest barrier to being conscious (alert and aware) is the delusion that we are already conscious.* Most people are not. Not fully.

Our task in Hypnoetics™ then, is to UN-hypnotize people and get them back to the present. It's like sending out the lifeboat, to rescue them from rough seas of the mind, and then bring them safely ashore, to relaxation, calm and insight (awareness).

You can perhaps imagine that by getting our attention off many troublesome events from the past, that we become more alert, brighter, quicker at thinking and with less "baggage" in our emotional processes. In fact that's just how it feels: clean, clear, alert and efficient in mind! A spotless memory!

How do we do this? It's simple (you can learn to do it, as this book will show): we guide or "pilot" the person to wherever he or she is stuck in the past and UN-stick them! How do we know where to look? The answer is quite simple, but again quite modern: we use a biofeedback device that tells us what memories are significant and where to find the hidden, stormy memonemes. We call it GPS for the mind!

Regression: isn't that old fashioned?

Nope. True, the idea has been around a long while (since 1868, when Dutch physician Andries Hoek provided the first case study of cathartic hypnotherapy in fact) but the actual modern technique we use—easy, fun and very effective—was only developed by me and a handful of colleagues in the late 20th century.

We call it piloting because it's essentially like steering. We find a "place" in the mind! We have our detailed map and we use the mind-GPS device to know exactly where we are in a chain of events or what we call a "thread". Think of it like a riverboat pilot, knowing what to do and where to go.

So, far from being an old procedure, Hypnoetics™ is really a modernization of a well-established (proven) concept.

Without the Electronics

Don't be overawed, however. I am going to show you how you can perform this miracle of recovery, frequently, even routinely, and help your fellow man step out into the light and live a different kind of life, free of the encumbrance of past miseries. The use of a GSR meter is not mandatory, except perhaps for those doing this work professionally.

Most importantly, we do not need drugs or any other chemical "solution" to improve mental function and performance. We are not trying to "solve" a difficulty, or come up with an answer or adaptation. We fully eradicate the dependence on the unpleasant emotions of the past.

Thing is, all negative emotions and unsuccessful behaviors (ineffective strategies, you might say) were installed for a reason. They worked once. But that was then! This is Now! We don't need to go back there every time an issue arises.

Through the true power of the mind, we can create better and forward-thinking moods and behaviors that serve us well. You know the ones from the past don't work! We all aware of that. Yet it can be extremely difficult to stop dramatizing them (dramatizing: living out the past, move for move, thought for thought).

What I found and proved to my own satisfaction, over and over, is that if you find the episode from the past that is tending to dominate your thinking, is generating unwanted feelings and is forcing you into behavior that you don't want, providing you address it fully and with our special immersion approach, it will evaporate… literally.

Memory, as I have already revealed, is NOT a permanent record or scar on the tissues. They have to be recreated whenever we "remember". So when we alter this process, for our own benefit, these uncomfortable memories become evanescent (evanescent: vanishing, short-lived; this word derives from a form of the Latin verb *evanescere*, which means "to evaporate" or "to vanish").

You don't lose these unpleasant memories. But they are bled of all negative emotional charges and destructive, derivative beliefs, so they become what I call "clean, useful memory".

That's an important point. If you suffer agoraphobia (fear of the outdoors and open spaces) because of having been attacked in a dark alley, we want you to break out of your fear. But we want you to do it rationally, not from avoidance or denial. To recover fully, not just cope. You will develop a future safety strategy for walking alone, based on what you learned. But the life-impairing fear will be gone. You can recall the events of that night, without quailing or switching on your incapacitating flight-or-fight response. Your memory of events has become helpful.

More about this later.

Unconscious Memory

Again we have cause to be grateful to Pierre Janet, because he discovered hidden and untapped memory. In Hypnoetics™ we call these buried memories the "stacks", a library term, meaning all the archives stored in the basement and not generally accessible, without special permission from the librarian!

It's difficult to believe, in our day and age, that it was once supposed that if you couldn't remember an event, the memory simply wasn't there. It was vanished. The volume was gone from the shelves in the stacks, if you like. But thanks to Janet's pioneer investigations—given wings and spread through the early part of the 20th century by Freud's plagiarism—we now accept it as a matter of course.

It shows up in movies and TV soaps, for goodness' sake!

Don't underestimate the size and significance of this enormous breakthrough in understanding the mind. If was really true that what you can't remember cannot disturb you, because it's no longer there, life would be a breeze. But the other model, of unconscious or "subconscious" hurtful memory, is one of Humankind's biggest problems. We are plagued by emotions, nightmares and behaviors caused by events in our past, which we simply cannot remember. They are buried, well and truly.

But they are definitely there. The "librarian" in your mind knows all that stuff is there in the "stacks" and seems unable to refrain from handing out the memory volume, without you being consulted, and often to your great disadvantage. It takes a specific trigger to cause the volume to be opened and released (this is continuing the library metaphor, avoiding complex scientific language). But whenever that trigger comes along in life, the librarian does her stuff and out comes the whole book—and a good few related volumes at times!

You suddenly feel upset, yucky, irritable, get strange pains and sensations or your concentration goes off the rails.

Thing is, the librarian is not a dope. In fact she's ruthlessly efficient. She's a whizz at her job. Think about it: if you asked her to recall every occasion on which you wore a particular jacket, she could turn up lots of files; if you asked for holidays at the seaside, she's got all those indexed and cross-indexed too; if you ask her for exciting sex memories, no problem; Italian works of art, sure; embarrassing moments, oh we have LOTS of those!

It's true isn't it that it's easier for her to find tricky or uncomfortable memories than sweet ones that make you sigh with delight. That's not her fault; that's how you lived your life. But Hypnoetics™ will change all that too. *Your take on things will improve quickly and comprehensively as you clean out the old stacks and get your memories re-classified as "clean and useful"!*

About to be revealed is the Punk Psychology™ number one secret to a new and happy life: *what you think is wrong is not it!* Or put another way, where you think the problem is coming from is never correct.

There is a simple rule: when you find the source of an issue, it vanishes. It's a kind of psychology functional magic we call Deep-IS. The surface layer, the Simple-IS is what appears on the outside; that's how it looks. But it cannot be true because, if it was, the problem would vanish in a puff. Deep-IS is a special kind of impermanence; it's the same magic at the moment of creation as at the moment of vanishment.

Zen philosophy and many sages over the ages have noticed that truth is ephemeral... Time (persistence) is a lie and only attained by altering something; in other words making it less than true. Anything which persists contains falseness. Real truth evaporates, to become part of the infinite field of all-knowing.

Of course this is the opposite of what people suppose. *Real truth is eternal and never changes*. It's a world-class hoax (faulty idea which "everybody knows" is true, like the flat earth). However, the commonly held view is w-r-o-n-g! That's why humans have never been able to spring the trap that holds them fast.

Does this sound troubling and complex? Don't worry. It may be, at first sight. But you will work with this axiomatic truth throughout this book and discover for yourself that real truth does not contain persistence. Hence the difficulties we encounter only persist because there is a lie. Once you get past the lie, to the real truth (Deep-IS), the problem simply disappears. That's great.

We have a technical expression for this: *negative gains*. Getting good results by dropping out what is not wanted. No, it's not a joke. It's a very real mechanism. When you find the real reason for an effect, the deeper truth, is vanishes like morning mist in the noonday sun!

CASE EXAMPLE:

I had a client, a lady in her thirties, who was afraid of cats. She "knew" why she was afraid of cats, she told me. At the age of four years she had been attacked by a mean tomcat, which bit her and badly scratched her.

I took her back down the timeline, using the PP immersion method I will describe later in this book, and I quickly found she was w-r-o-n-g! The real (true) reason for her fear of cats was a memory we uncovered from the age of just a few months.

Her mother had put her in a crib and set it out in the sunshine in the yard, so that the infant may have some fresh air, while Mom did her chores. Unfortu-

nately, a wily cat slipped into the nice warm spot in the crib and went to sleep on the baby's face.

When mother discovered this she yelled in anguish, *"The baby is dead! The cat has killed the baby. My baby has suffocated. She cannot breathe. The evil cat has killed my little child..."* on and on, as mothers might, given the situation.

But the child was not dead and easily able to breathe under the fluffy cat. Now bear in mind that an infant of just a few months has no language. She didn't understand the words. But she did get the fear and grief emanating from her mother. It was very stressful.

This force rolled up in the memory was what made her afraid of cats, once it was triggered by the later event of being scratched and bitten. How do I know for sure? The woman howled with laughter for a full half hour and was never afterwards afraid of cats. In fact she giggled every time she saw one and even stroked them freely.

So Do We All End Up As Identical Plastic Dolls?

Not on my watch! The truth is by shedding unwanted strife and negativity, we come in time to be more our own unique selves, not more like everybody else.

The actuality seems to be that the dark mechanisms of the mind are somewhat universal in character and effect. We share those. The light, free, good-humored personal aspect of our thoughts and character is the part that is unique to us.

So don't worry; we are talking personal freedom and expanded awareness, not cookie-cutter mentality!

But without your pain and emotions, aren't you a poor shadow of a human being? That's a common misconception you will certainly come across. Again, it's misguided. Yes, stormy emotions, ridiculous beliefs and absurd destructive behaviors are common, even as you might say normal, but that doesn't make the poor functioning state most people are in something desirable.

C'mon! Road rage doesn't make you a better driver, now does it?

The idea that it is noble to suffer and we need emotional hurt and strife is, quite frankly, baloney. In Punk Psychology™ we call these "everybody knows it's true" follies a hoax. Hoaxing is a widespread vice we'd like to get rid of! Especially this one: that behaving badly and throwing our negative emotions all over the place is not just desirable; it's our right or entitlement!

What complete and insupportable nonsense. It's peddled largely by people who cannot cope with their irrationality and emotional overload. Getting drunk continuously or taking mind-invasive drugs is not needed to be a creative and productive person.

Ask Michelangelo! He didn't need self abuse to create his masterpieces, though it is generally accepted that he had some kind of *terribilitá (*Italian word for driven by personal demons of overwhelming intensity)

PHYSICAL HEALTH

Now, earlier, I hinted that unpleasant physical sensations, such as aches and pains, nausea, headache or fatigue can come from charged events deep within the mind.

This is so.

You have probably heard the term *psychosomatic*, which means "in the body, coming from the mind". It's often used pejoratively; the idea being that people who suffer from psychosomatic ills are somehow inadequate or weak-minded.

This is a foolish notion. Take pain. The idea that there is "real" pain and imaginary pain—pain from peripheral pain nerves or pain only from within the mind—doesn't fly. *All pain is processed at brain level and experienced in the mind, not in the nerves or tissues*. That's why we can anesthetize someone by shutting down mind function temporarily.

The doctors express this as saying that pain is a central phenomenon.

OK, with that out of the way, let's move to the important point here, which is that stress and mental trauma are strenuously visited on the body. This is not a slight thing. I'm not just talking aches and pains, rashes or bellyaches; I'm talking heart disease, crippling arthritis, autoimmune disease, cancer and even the possibility of death. Even the way genes express themselves is proven to

be influenced by our thoughts. Anything that can go wrong with the body can get started with trouble in the mind.

Medicos in the know have a rule: if a person gets sick, *stress or psychic trauma leading up to that sickness is always a factor*. Stress causes illness. This can be as simple as something you will see often, once you have read to the end of this sentence: a cold or sore throat will often follow a shock or a loss. Or it can be as severe as cancer coming on after the loss of a loved one (death or divorce).

We'll talk about it more in a subsequent chapter. For now, just keep this clearly in your head: the mind powerfully impacts bodily health and disease, as surely as bodily damage and ills can influence the way we feel in mind. Put in simpler words, the mind influences biology as surely as biology influences the mind.

There's a great book I will be introducing in later pages by Harvard professor Bessel van der Kolk, called *The Body Keeps The Score*. This phenomenon is big in Hypnoetics™.

It's called *somatization*, from the Greek word *soma*, meaning body. It has nothing to do with malingering or faking symptoms for financial or other reward. It has everything to do with the fact that our total experience of the world begins and ends with the mind and a mind in turmoil will, sooner or later, result in physical symptoms in the body!

HELPING OTHERS

The great thing about Hypnoetics™ is that you can use it to help people around you, all the time! You can also buddy up with someone and hack away at each other's lousy emotions and irrationality. That's why it's optimistic punk!

Some of us feel (or believe) we are leading very good, meaningful lives. Maybe we are not struggling, as so many people are, to find happiness, purpose and reward in life.

That doesn't mean we have no interest in the mechanics of mind and the structures of a workable philosophy of success. It just means we need to develop the expertise of helping others who are not so fortunate and may be making heavy weather of it all.

The thing is, how could it not be valuable and life-changing to get a grasp of some of the key mechanics of the mind and its workings?

You could become the go-to person for your tribe or network. It really is electrifying to be able to recognize what someone is experiencing and know why it is happening to them. As you share your knowledge, people will look to you for solutions and advice.

Remember, Supernoetics® is a HUGE library of protocols, workshops, tips and rubrics that can solve just about any life situation. Hypnoetics™ is only a small part of the whole; but a very handy part, nonetheless.