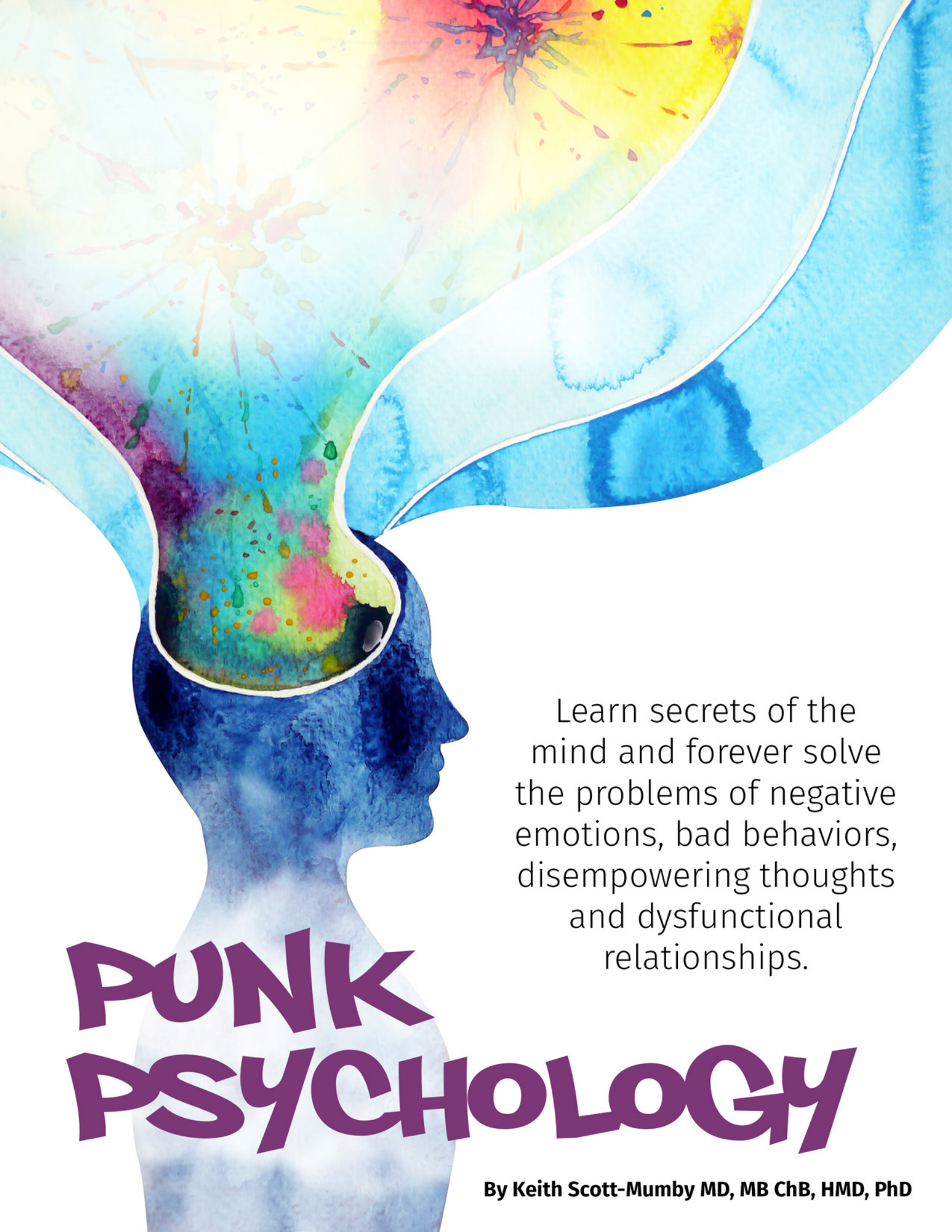


Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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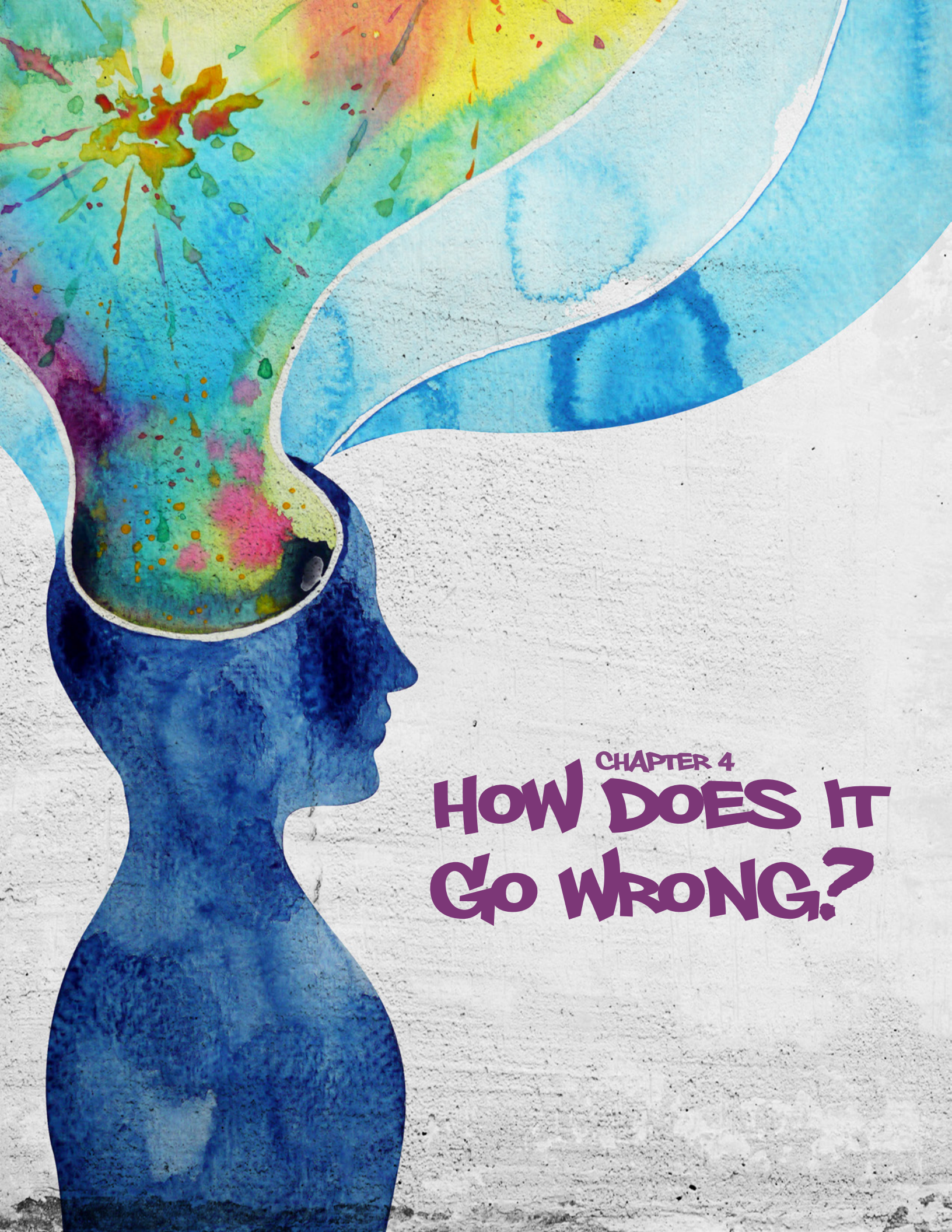
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CHAPTER 4

How Does It Go Wrong?

Let's go back to computers and a powerful property of computers, shared by the human mind, and which is critical: a computer doesn't make mistakes. If a computer gets it wrong, it's always because some kind of glitch crept in; in other words, there is a reason. If the data is correct and the algorithm is uninterrupted, then the answer which comes out is always correct, to as many decimal places as you programmed it.

So if this human mind is so great and perfect, compared to a computer, why does it keep screwing up? Ah, good question.

The answer, as I hinted, is that depends what the mind uses to compute with. If there is faulty input, there will be faulty output. If you are programmed with 2+2=7, you are never going to get any good answers to calculations, are you? If your mind programming told you that, "All blondes are gold diggers," you would start to act oddly, wouldn't you, especially around women?

Of course human reactions are not simple, as I have been explaining. But consider 2+2=7 as a metaphor for anything that goes wrong: "Problems with the opposite sex", "Hates authority", "Useless at communication", "Lousy self-image", "Resorts to unnecessary violence," "Insists on making a living by stealing from others," "suicide to further a twisted religious cause" or whatever happens to be the non-optimum situation.

In fact there are two main ways that the mind can get it wrong. Either bad data or a faulty process of reasoning—a corrupted algorithm. Let's start with bad data. It's back to the computer model of GI-GO (garbage in-garbage out); if you put in bad stuff, rubbish will come out the other end, no matter how brilliant the computer.

We collect tons of trashy learning in our lives. What follows here is a fast rundown how this gets into our thought processes. You will learn later in Supernoetics® how to manage data correctly, including what we call *information gating* (To gate: to put restrictions on what is allowed into your mind, by swinging the gate against what is undesirable or even harmful data, and opening it to let in what is of proven value).

HOW DATA IMPACTS THINKING

We assume we think only clear, sensible, uncontaminated thoughts. At least everyone believes that of their own mind. But we do not. Scads of computational debris gets into our thinking processes, some of it is merely faulty infor-

mation, which we absorbed innocently and unknowingly. Most of it is coming from deep within the subconscious mind.

Let's take the first. Being taught useless or false data is how kids and youngsters are mentally corrupted. The source of this mental garbage, typically, is adults! Children are filled with silly or destructive "facts" by the grown ups around them: parents, teachers, family and authority figures, notably religious leaders.

If you go through life believing something is true, because you were told it is, but it is NOT true, you are computing with bad data. Of course, all it takes to correct this is a revision of your information. Once you find out the true facts, then you can correct the erroneous data and start getting better outcomes.

The more destructive sort of bad data is that which resides in the unconscious mind. I'll come to that shortly.

Let's just neat away the conscious data stuff. There are a few ways that false data can creep into our thinking, without our realizing:

- Faulty perceptions
- Faulty education
- Unreliable sources
- Memes

FAULTY PERCEPTIONS

This can be dismissed fairly quickly. But it seems obvious that if you *think* you saw wasn't so, then you will have poor outcomes using that data.

There can be a whole range of these confusions, like Schiaparelli believing he saw canals on Mars (but didn't), down to an infant believing they saw Momma "attacked" by Daddy (which they did see but the explanation was sex, not violence).

Even normal perceptions are notoriously unreliable. It's almost an axiom that if you have six witnesses to an accident, there will be six different versions of what actually happened.

The key point here is that the intention is for truth. The person honestly believes what they saw.

FAULTY LEARNING

Since what we know (or think we know) is of such crucial importance, I have spent some time building up a classification of information. You'll meet these again in other Supernoetics® writings. I call these my Orders Of Knowledge (I also have the Orders Of Truth, which we'll meet later; these are very powerful). Let's take a look at these Orders Of Knowledge:

- Verified data (you've checked it and it's true)

- Unverified (not been checked and proven)

First comes verified data. Verified means checked as true (Latin: stem of *verax* = true). That means something you know and have learned or evaluated and decided is correct, *from personal experience*. This is the most valuable knowledge of all. It's pure gold. If you know it to be true and it works for you, it's proven. It doesn't matter whether it came from school or learned from life, if you tested it and it's correct, then it's valuable.

It remains your own truth, even if nobody else agrees. As Buddha said, "If it's true for you, then it's true."

UNVERIFIED

In contrast to that, we have unverified data. This means you haven't proven it for yourself. That's not to say a datum is wrong, only that it might be. So there is uncertainty about it. You can't trust the information. That makes it far less valuable as knowledge. Consider a car that might start sometimes, or it might not. You can imagine the frustrations. Well, that's about what you experience using unverified data!

You read something in a newspaper about the threat of war; it might be true, it might not be. What are you going to do? Draw out all your savings and flee to another territory? It would be unwise to act on data of this order.

Note that this has nothing to do with the opinions of others; so if you have been told orthodox medical treatment is the way to go, but you have had a bad experience and found alternative remedies better, then what you know to be true, for yourself, is what is true. It doesn't matter how many other people

or government inspectorates say otherwise: alternative medicine works and orthodox medicine is a bad experience. That's what you have verified.

Unverified knowledge can come from a number of sources:

- School
- Authority
- Books
- Television
- Peers
- Internet
- Memes

School seems obvious. As a source of learning, it leaves a lot to be desired. In fact in places like the USA, it can be considered a failure, the outcomes are so bad.

Schools (and colleges) tend to rely in "authorities": people they consider important and beyond reproach. That's a very dangerous position to take.

If Professor Blodwit of The Uckashuggum State University says hysteria is caused by a loose womb and therefore only affects women; that doesn't make it true! They said the Earth was flat; they said heavier-than-air machines would never fly; they said malaria was caused by "bad air"! They were wrong!

Big authorities are a bad way to get your data, actually.

This came home to me in my life and my medical skills. I discovered the power of food allergies. But professors and other "leading authorities" said there was no such thing. They even said I should not be allowed to talk about food allergies, it was so wickedly wrong to teach people that there was such a thing.

But I evaluated the data for myself, found it to be wonderfully true and workable. So I became one of the world's leading experts and among the top dozen doctors in the world, for that particular specialty. That's how powerful it can be, to do your own evaluation.

But books too can be wrong; television almost always is; and peers... well, forget it! Can you remember what your pals said about sex, before you found out for yourself?

Today the Internet stands for a monument of intellectual confusion and factual garbage. There are some reliable facts out there, but not many. You may per-

haps have thought that Wikipedia is a good source. It's edited by the people, isn't it?

Not any more! People have had their editorship revoked for even writing about subjects that are considered erroneous by the "Thought Police". You couldn't now submit an article about the electric universe, for example. It conflicts with the Big Bang and is therefore wrong, say the authority sources. Homeopathy has been heavily attacked, despite centuries of workability and plenty of good scientific studies, which are being added to, even as I write. Now the homeopathy entry is locked to any revisions and it says, "Homeopathy is a pseudoscience – a belief that is incorrectly presented as scientific." They just ignore all the studies which show it works!

Call that knowledge?

Memes (Thought Viruses)

I have already referred to the seminal work of Richard Semon and his book *The Mneme* first published in 1904, though my George Allen & Unwin (London) edition is 1921).

The word mneme, from the Greek for memory, lives on. Today, we spell it differently (meme) and sometimes refer to it as a "thought virus", which is a good metaphor. It does rather seem like a thought or idea goes around, "infecting" one mind after another.

That's because memes are very often faulty. They are more examples of those, kind of, "everybody knows that…" thoughts, that are actually rarely valuable and often very destructive. "Destroy America" is a thought virus that's spreading in the world today.

Of course "Jesus is the son of God" is just a meme. It's a 2,000-year old thought virus that has spread successfully from person to person. I mean, true or not, it isn't written in the stars or carved immutable in the sides of the Himalayan mountains! It's just an idea passed from person to person, verbally and in writing. You can opt in to it, or not. Therefore it's a meme.

Parents might infect their children with an anti-semitic meme, or a poverty meme (all money is evil); or mother constantly screams "You filthy pervert'" at the father and the daughter grows up believing this for the rest of her life.

Maybe father had only suggested sex in something other than the missionary position.

HYPNOTISM PROVIDES SOME CLUES

Of far more consequence than addled learning and education is they way the algorithmic function of the mind gets scrambled. We now come to some of the punk, dark mechanisms of the mind that literally and totally screw us up! This is the 2+2=7 cookie.

To gain an understanding, consider this important working model:

A stage hypnotist asks for a volunteer; a young woman comes up willingly. The hypnotist uses his “fluence” on her and she is soon in a daze. He implants into her the suggestion that every time he touches his tie, she will come to him and kiss him. He says, “You will not remember this. But when I click my fingers, you’ll wake up and everything will be normal.”

He then wakes her up. He touches his tie and she rushes over to kiss him. The audience roars with laughter; they know the secret. But the woman does not. She’s puzzled about the laughter. “I couldn’t help myself, you’re such a good looking guy,” she whispers to the hypnotist!

He thanks her for volunteering and then touches his tie again. She kisses him again. The crowd roars. Now, if she is lucky, the hypnotist will bring her out of this trance and send her home safely. However, many volunteers for this sort of mind circus are not so lucky. They spend months or years unable to sleep properly or settle down. They feel deeply disturbed but without knowing what it is that’s troubling them.

In our example, the girl may keep wanting to kiss strange men. She’s knows this is bad, maybe even dangerous, but can’t help herself. She is totally un-aware that it is a man touching his tie that triggers her weird desire.

This case is an example of what is called post-hypnotic suggestion. The per-son is rendered lightly unconscious or “suggestible” and an idea or command is dropped into the mind, which is then buried by a blanking buffer, such as, “When you wake up, you will not remember this.”

The MILLION DOLLAR question is: *can life do this to you, as a natural course of events?* In other words, does life work the same mechanism as post-hypnotic suggestion, without a hypnotist involved?

The answer is a whole-hearted YES.

In fact we carry on board hundreds, if not thousands, of naturally installed suggestions and crazy ideas. Some have powerful command impact over us. They literally dictate behaviors that we would rather not engage in... but we can't stop ourselves from doing certain things.

It's like being permanently hypnotized and walking around in a trance. The trance is somnambulism, to use the 19th century term.

We scream at the wife, kick the cat, abuse the kids or neighbors, overeat to the point of obesity and sickness, suffer endless headaches, or drink and drive recklessly. You can compile your own list of crazy humanoid behaviors. They are all irrational and all have one key characteristic, which is that the person cannot help him or herself. They are driven by some unknown force.

The person doesn't know why they do what they do. The origins of the implanted thoughts, emotions or behaviors are buried from conscious view; some deeper than others, of course, but none are understood by the person concerned.

In fact later, you will learn a Hypnoetics™ rule: as soon as the moment of origination of a thought, emotion or behavior is brought up into the conscious light of day and is fully inspected, the problem vanishes completely. The person comes to an understanding of the moment they became "hypnotized". As a result, the muddled thoughts, with their accompanying emotions and behaviors, drop away miraculously, as with the example of the fear of cats already described.

This is quite remarkable.

Meet the Reptilian Brain

You might wonder how all the crazy thoughts and resulting problems are able to successfully take over and force us to experience and do things we would rather not, such as making the girl who had an uncontrollable desire to kiss a man who touched his tie.

Why can't we use common sense to override these buried implants in the mind?

There is no question, I believe, that it's a mechanism that was once extremely valuable to us in our evolution. We were protected by these overriding responses. Like a gazelle that smelled a whiff of lion, we would react instantly. Only those who did react unthinkingly remained alive to breed and evolve!

Scientists sometimes equate this un-thinking thinking, or reflex reactions, with the so-called reptilian brain. It's crude, beyond control and is very limited. There are NO choices.

Unfortunately, we are still stuck with this reflex or "reductionist" thinking.

I'm talking about a very low level of thought processes that Alfred Korzybski called "identification thinking", in which everything was run together in one thought blob: sort of X=Y=Z thinking, when clearly that is not true.

Korzybski had another term for this: UN-sanity. Not quite insanity. It reflects the fact that people are not generally insane. But each of is, to some degree or other, insane about something, whether that's claustrophobia, hatred of ethnic groups, viciously bad-tempered, inept as study and learning, sex crazy, wildly addicted or just plain stupid about certain matters.

Richard Semon, who I have already referred to, gives a great illustration of this natural insanity and how it is built up. His example is a dog, watching boys at play. One boy bends down and picks up a stone; he throws it at the dog and it hits home. Ouch! The dog is far from happy and runs for cover, where it sits licking its wound.

Weeks later that same animal sees a different boy bend down for some reason and runs off yelping in terror. It even feels the pain of the previous stone throwing injury.

But there is nothing to be afraid of. The second boy was simply bending down to tie his shoelaces. The dog went into the X=Y=Z computation mode and came up with the faulty idea that bending down, equals stone, equals pain, equals: *run while you can!*

An unpleasant event of the kind that Semon was describing we call a *memoneme*. More of that in the next chapter. Meanwhile, be sure to grasp that this is a mental override circuit, something where an instant protective reaction is called forth. No time to think. In the case of the dog, it didn't wait to see

if this was going to be another stone throwing episode. It went into full overload, without time to reflect or reason sensibly.

We humans do this very often, as you will readily agree.

And like the dog, we have no obvious recall of the earlier memory. It happens anyway, without us being consciously aware of why we react as we do. Hence the term reductionist thinking (X=Y=Z).

You will see now that the core protocol of Hypnoetics™, which is to clear the timeline of buried memonemes, will have immeasurable benefit to the individual. Even without eradicating them all, we expect a tremendous resurgence on wellbeing, delight and mental clarity. The person will be more present (in the Now). We are working towards that spotless memory.

Trying to drag yourself into the Now, without a full understanding and cleansing of the mechanism by which you are trapped in the past (somnambulist), seems a difficult idea. Occasional success doesn't make it easy.

You will also perhaps appreciate why many populist psychologies, such as EFT and the Sedona Method (a version of Lester Levenson's "Releasing") are doomed to fail ultimately. Simply chanting "I feel fine," wherever you tap on your body, is no different to affirmations. It's not true; it's just something you wish was true.

Releasing or letting go of the idea, "I'm no good"—if you have a memoneme, with implanted commands, which conflicts with what you want to believe about yourself—well, guess which thought process will win?

You can't beat the lizard brain.

But you can flood it with knowing and understanding.

PUNK POINTS:

- The mind works flawlessly, processing whatever data it is given in an accurate and useful manner.

- If the mind is fed faulty or conflicting data, it ceases to deliver worthwhile thoughts, emotions and behaviors, while nevertheless, doing the best it can with what it believes is right.

- Faulty or conflicting data can come from bad experiences (memonemes), which are subsequently buried from conscious view, or from numerous sources of faulty learning.

- Faulty learning comes from crazy education, parental nuttiness, popular memes (thought viruses), the Internet and social media, and arbitrary "authorities", such as educational leaders who are—quite frankly and literally—dangerous.

- Reductionist think (reptilian brain) is a very low level rightness, where many items that are dissimilar are not recognized as such, but instead identified with one another: X=Y=Z or UN-sanity, according to Alfred Korzybski.